



Village of
Gates Mills



City of
HIGHLAND HEIGHTS



Community Recreation Guide



Fall/Winter 2016-17



City of
Mayfield Heights



Mayfield Village





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Dear Community Resident,

After another successful year at **Wildcat Sport & Fitness**, we are ready to take on another year as we go into our 5th year of establishment! **We would like to thank our members for making this possible.** The community is what drives Wildcat Sport & Fitness. The school district communities of Gates Mills, Highland Heights, Mayfield Heights, Mayfield Village and the Mayfield City School District have worked diligently to create recreational programs and additional facility space for you and your family.

This publication includes programs and special events from all the communities. **Wildcat Sport & Fitness** has added more; including rowers and a rope machine. As a participating school district resident, you will have the opportunity to purchase individual, senior (65+), and family memberships which has access to the indoor track, indoor pool, and weight and cardio equipment. 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, teens, adult and seniors — **at Wildcat Sport & Fitness. Visit us on Wednesday, September 14 at 6:00 p.m. to experience Healthy Mayfield. See page 8.**

We look forward to seeing you at one of our programs or at Wildcat Sport & Fitness Facility. If you have any questions about the facility or programs, please **call Wildcat Sport & Fitness at (440) 995-6840.**

Please note: The Outdoor Track is available to residents when not in use by another permit holder. The field is available by permit use only.

Sincerely,
Recreation Staff

Gates Mills

Mayor Karen E. Schneider
Mary Reynolds, Council President
Jay Chip AuWerter
Lawrence Frankel
Nancy Sogg
Sandra Turner
Ann Whitney
Ed Welsh

Highland Heights

Mayor Scott E. Coleman
Cathy S. Murphy, Council President
Chuck Brunello
Ann M. D'Amico
Edwin V. Hargate
Leo R. Lombardo
Robert Mastrangelo
Lisa Marie Stickan

Mayfield Heights

Mayor, Anthony DiCicco
Gayle Teresi, Council President
Robert DeJohn
Donna Finney
Donald Manno
Joe Mercurio
Susan Sabetta
Diane Snider

Mayfield Village

Mayor, Brenda T. Bodnar
Joseph Saponaro, Council President
Stephen Jerome
William Marquardt
Thomas J. Marrie
Patsy Mills
Dr. Stephan Parker
George Williams

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Mayfield City School Board

Dr. Keith W. Kelly, Superintendent
Susan Groszek, President
Al Hess, Vice President
Ronald Fornaro Jr.
George J. Hughes
James Teresi

General and Important Information



Village of Gates Mills
1470 Chagrin River Road, Gates Mills, OH 44040
(440) 423-4405, www.gatesmillsvillage.com



Mayfield Village
6622 Wilson Mills Road, Mayfield Village, OH 44143
440-461-5163, www.mayfieldvillage.com, Weather cancellation 440-954-4114



City of Highland Heights
5827 Highland Road, Highland Heights, OH 44143
(440) 461-2440, www.highlandheights.com



Mayfield City Schools Board of Education
1101 S.O.M. Center Road, Mayfield Heights, OH 44124
(440) 995-6800, www.mayfieldcityschools.org



City of Mayfield Heights
6154 Mayfield Road, Mayfield Heights, OH 44124
(440) 442-2627, www.mayfieldheights.org



Wildcat Sport & Fitness
6116 Wilson Mills Road, Mayfield Village, OH 44143
www.mayfieldcityschools.org, (click on Wildcat Sport & Fitness)
(440) 995-6840

A Few Key Notes

- **Please be sure to check your child's school website for specific recreation program flyers.**
- Complete details of programs, procedures and guidelines are sometimes omitted from program brochures because of limited space. Errors in days, times, registration requirements, and fees may occur as well. We apologize for any errors and will try to inform you of changes as quickly as possible. Thank you for your patience.
- While many participants are inclined to wait until the last minute to sign-up for programs, please note that programs are canceled due to low enrollment. Most programs and events have minimum enrollment numbers so to avoid them being canceled, be sure to sign-up as early as possible.

Sports Corner. Athletic leagues listed here are Mayfield based organizations that serve Mayfield District Residents. **These are not City run organizations.** Please use the contact numbers below to receive additional information about the league or sport.

Mayfield Soccer Club

Website: www.mayfieldsoccer.com
Contact: Glenn Lobo
Email: lobog@ccf.org

Mayfield Wrestling Club

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

Wildcat Youth Football Club

Website: www.mayfieldwyfc.com
Football Contact: Eddie Barch 440-821-1591
Email: leaguerep@mayfieldwyfc.com

Cheerleading Contact:

Meghan Clancy at 216-970-7905
Email: cheer@mayfieldwyfc.com



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

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

Facility Highlights

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

Group Fitness Room: Located on the first floor, this is the primary space for large 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 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.

Memberships

• Memberships are only available for purchase by Mayfield School District Residents. Mayfield School District Residents can also purchase a pass for youth family members ages 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.

BIRTHDAY PARTIES

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

***Party Packages: District Resident - \$170.00**

**If you require more than 20 participating guests for your party there is a \$5.00 per person charge that must be paid 24 hours in advance of your scheduled party. All parties require a \$50.00 security deposit. Both the security deposit and rental fee are due at signing of the contract. For more details please contact Wildcat Sport & Fitness at 440-995-6840 or email at Pschneider@mayfieldschools.org. There will be exception dates due to school holidays and events. For complete schedules or more information please call 440.995.6840.*

Purchasing Membership/Renewal and Day Pass

- Memberships are for a 12 month period.
- Initial membership purchase must be in person with below mentioned proof of ID and residency
- For renewal of membership bring ID and renewal letter.
- Memberships can be purchased or renewed at Wildcat Sport & Fitness Monday - Friday, 5:30 a.m. - 9:00 p.m., Saturdays 8:00a.m. - 8:00 p.m. and Sundays from 8:00 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. 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 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: 440-442-2627
Mayfield Village Parks & Recreation Department: 440-461-5163
Highland Heights Recreation: 440-461-2440 ext. 149
Village of Gates Mills 440-423-4405

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

Payment Information

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

YOUTH PROGRAMS

Tumbling Class

WSF

Fall session 1: October 1 – October 29th
Fall session 2: November 5 – December 10
Winter session 1: January 14 – February 11
Winter session 2: February 25 – March 25
Saturdays: 2:30 – 3:30 p.m.

Cost is \$45.00 for session 1 week prior to start up date, or \$50 the week of class. Min of 5 and Max of 15

Class will be designed to teach 6-9 year old beginners and intermediate skills. Wonderful training if you want to try out for a cheerleading team and squad. Instructor: Dawn Brazis & Rachel Toth, coaches from Lakeshore Dance & Gymnastics.

NEW: Kids Yoga!

WSF

Wednesdays, 7-8 p.m.

Fall 1: October 5 - November 9

Fall 2: Nov 16 - Jan 4 (No class weeks of Nov 21 and Dec 25)

Winter 1: Jan 18 - Feb 22

Winter 2: Mar 8 - April 12.

\$50 for session. \$10 drop in.

Engages kids 8 - 13 years old with a fun opportunity to learn yoga poses and benefit from relaxation in a non-competitive environment.

Little Tyke Olympics

MH/MV

Kids ages 4-6. Tuesday Nights: October 11 – November 15, 6:30-7:15 p.m. Cost is \$40 per person. MAX 30 participants.

Sign up as individuals or as a group of no more than 5.

A 6 Week program held at Wildcat Sport & Fitness. This interactive program will showcase skills while doing various exercises. Parent involvement is a must, as they will be performing drills that deal with hand eye coordination, tailored specifically for the following events: running, gymnastics, track and field, and basketball. Each week we will work on a different event leading up to the two week Olympic games and awards. Participants will be placed into one of 6 countries. Countries will receive shirts and practice together, and will participate in the Olympic games together. Sign up as an individual or in a group of no more than 5. This is a great chance to get out and start your little one on the ins and outs of some of Olympics great events!

Get Wildcat Fit Camp

WSF

Attention: This program is geared towards individuals looking to improve their physical fitness and learn how to make healthier lifestyle choices. Our goal is to give the students the tools needed to live active and healthy lifestyles. The skills learned can be applied in their everyday life.

When: Mondays and Fridays, 3:30-4:30p. (Dates that school is not in session, class will be rescheduled).

Session 1: September 19 – October 28

Session 2: November 1 – December 9

Who: 4th – 8th graders.

Cost: \$180 for 6 weeks or \$40 a week.

Little Tyke Intramurals

MH/MV

Kids ages 4-6

Thursday Nights: October 13 – November 17, 6:30-7:15 p.m.

Cost is \$40 per person

MAX 30 participants.

Sign up as individuals or as a group of no more than 5.

A 6 Week program held at Wildcat Sport & Fitness. This interactive program will showcase skills while doing various exercises. Parent involvement is a must, as they will be performing drills that deal with hand eye coordination, tailored specifically for the following sports: baseball, soccer, football, basketball, and kickball. Each week we will work on a different event leading up to the games, graduation and awards. Participants will be placed into one of 6 colleges. Colleges will receive shirts and practice together, and will participate in the end games together. Sign up as an individual or in a group of no more than 5. This is a great chance to get out and start your little one on the ins and outs of some of what college life has to offer!

Players Basketball

MH/MV

Wednesdays, January 4 - February 1

6:15 – 7:00 p.m.

For 3 – 5 year olds. Cost is \$40 if basketball and shirt needed \$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 1.



Wildcat Explosive Power Camp

WSF

Attention: athletes of all levels, this clinics purpose is to prepare for Varsity sports. 6th to 12th grade student athletes will focus on strength, speed, agility, quickness, and power. Our goal is to give the athlete the tools needed to exceed and excel at the next level. Prepare to work!

When: Mondays and Fridays, 5:30-6:30p. (Dates that school is not in session, class will be rescheduled).

Session 1: September 19 – October 28

Session 2: November 1 – December 9

Who: 6th – 12th graders.

Cost: \$180 for 6 weeks or \$40 a week.

YOUTH SPORTS

Youth Dodgeball League

WSF

4th-5th Graders, looking for 6 teams, 8 persons per team
6th-8th Graders, looking for 6-8 teams, 8 person per teams
Cost is \$50 per person. Game times: 5:00, 5:30, 6:00 p.m.
Call Patrick Schneider at 440-995-6840 for information.

18th Season MBA (Mayfield Basketball Association)

MV

Held at Wildcat Sport & Fitness

LEAGUE BREAKDOWN

MBA – (contact Mayfield Village at 440-461-5163)

3rd - 4th grade (Boys League) 5th - 6th grade (Boys League),

7th - 8th grade (Boys League)

3rd - 6th grade (Girls League)

SEASON BREAKDOWN (PRACTICES/GAMES)

Registration Begins September 19

Boys Leagues: Mid-November until March

MBA ASSESSMENTS

Boys League: Saturday, November 5, 12:30 – 3:30 p.m. OR
Monday, November 7, 6:30 – 8:30 p.m.

MBA COACHES ORIENTATION

Boys League: Wednesday November 2, 6:30 – 8:00 p.m.

At Mayfield Village Civic Center

If interested in volunteering as a coach, please call Sean Suple at 440-461-0237.

LBJ - Basketball

MH

Lil' Biddy Jumpers is an exciting program for girls and boys that emphasizes the basic fundamentals of the game while introducing game competition. 2 Divisions— K-1 & 2-3

Practices— 3 held in November (Group Practices)

3 held in December (Team Practices)

All Practice Days & Times will be TBD

All Practices will be held at the Wildcat Sport & Fitness

Games— Will be held on Sundays with start times ranging from 11:15—4:30, starting January 8th.

Game day session is approximately one hour.

All games will be held at Wildcat Sport & Fitness

Teams in the 2-3 division will have practice times after the first of the year. Times are TBD; all practices will be at Wildcat Sport & Fitness.

Cost is \$70. Registration begins Sept. 12 SDR, Sept. 28 NSDR

NEOEA Basketball Clinic

WSF

There will be a one-day basketball clinic held by Mayfield Boys Varsity Coach Kevin Niemczura and Girls Varsity Coach Ryan Looman and their staff on Friday, October 14. The clinic will focus on basketball fundamentals and will help prepare players for the upcoming season. The clinic will be held on NEOEA Day. Cost per child will be \$25, and the clinic will run from 8 am to 11 am. Students from grades 3 through 8 are encouraged to attend.

Pat Vuyancih Basketball Academy

MH

Improve your basketball fundamentals. Coach Vuyancih is a former coach and collegiate basketball player who will offer a proven set of high level basketball development programs to advance and accelerate motivated athletes.

Large Groups Skills Class – Min 10 / Max 15

Focus on overall skill work, with heavy emphasis on ball handling and attack moves.

Mondays & Wednesdays

September 19th– October 19th, October 24th– November 23rd

Beginners K- 3rd Grade, 6:15 P.M. – 7:00 P.M.

Cost: \$70 per athlete

Intermediate 4th - 6th Grade, 7:00 P.M. – 8:00 P.M.

Cost: \$80 per athlete

Middle/Freshman: 7th - 9th Grade, 8:00P.M. - 9:00 P.M.

Cost: \$90 per athlete

Registration deadline is Monday before start date, after that extra \$10.

Small Group Skills Class: 8 per group to run

Focus on overall skill work, with emphasis on application of skill in 2 on 2 and 4 on 4.

Costs: -\$100

Sundays

September 25– October 23, October 30 – November 27

Beginners K- 3rd Grade, 11:00 – 11:45 A.M.

Intermediate 4th - 6th Grade, 11:50 a.m.–12:50 p.m.

Middle/Freshman: 7th - 9th Grade, 12:50P.M. - 1:50 P.M.

Registration deadline is Monday before start date, after that extra \$10.

Indoor Floor Hockey

WSF

FALL LEAGUES

League play begins Saturday, October 22

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 28, times 9:00 a.m. – Noon, Center School

3rd – 5th grade: League play begins January 28, times Noon – 4:00 p.m., Center School

8th -12th grade: League play begins January 14, 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

MH

Tuesday & Thursdays, MARCH 7, 9, 14, 16

For 5 – 6, 7 – 8, 9 – 10, 11 – 12 year olds. Cost is \$40. 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 440-442-2627 beginning February 1.

AQUATIC PROGRAMS

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 online at www.mayfield.schools.org for current schedules.

Youth Learn-to-Swim Program

WSF

Saturdays, times TBD

Classes for children ages 6 weeks to 12 years will be offered.

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

Cost for 5 week session \$35 for SDR and \$45 for NSDR

*SDR registration will open at 2 p.m.

Session	SDR Reg *	NSDR Reg	Lesson Dates
Fall 1	Sept 6	Sept. 14	Sept 17-Oct 22
Fall 2	Oct 22	Oct 26	Oct 29-Dec 10
Winter 1	Dec 10	Jan 4	Jan 7 - Feb 11
Winter 2	Feb 11	Feb 15	Feb 18 April 18
Spring 1 (5 wks)	April 8	Apr 19	April 22- May 20

Adult Lessons

Lessons will be offered on Wednesday evenings at 7p.m. and follows the Youth Lessons Dates above. Please call pool staff for more details.

Private Swim Lessons: Ages 4 & up

These classes are thirty minutes long. Contact the front desk for availability at 440-995-6840.

American Red Cross Water Safety Instructor Course

WSF

Sat. 10/1, Sun 10/2, Wed 10/5, Sat 10/8, Sun 10/9, Mon 10/10

Saturday and Sunday class times 12:00pm -5:00pm

Monday and Wednesday class times 5:30pm-8:30pm

Cost is District Resident \$150, Non District \$175

Upon successful completion of this course participants will receive the American Red Cross Water Safety Instructor Certification. Participants will be trained to teach American Red Cross Swimming and water safety courses and presentations, including Learn to Swim for all ages.

Pre-requisites: Be at least 16 years old on or before the last day of the course. Perform the following swimming skills: 25 yards each of front crawl, back crawl, breaststroke, elementary backstroke, sidestroke, and 15 yards of butterfly. Float on back and tread water for 1 minute. **Participants must attend ALL classes, no make up session will be available.**

Winter Break American Red Cross Lifeguard Training Course

WSF

Cost is District Resident \$150, Non District \$175. Participants will be trained to prevent, recognize and respond to aquatic emergencies, injuries and sudden illnesses until emergency medical services take over. Upon successful completion participants will receive American Red Cross certification in Lifeguarding, First Aid and CPR for the professional rescuer. **Pre-requisites:** Be at least 15 years old on or before the last day of the course. Perform the following swimming skills: Swim 300 yards continuously using front crawl and/or breaststroke, swim 20 yards, surface dive to 8-10 feet and retrieve a 10pound brick and swim on back for 20 yards in less 1 minute 40 seconds and tread water without using arms for 2 minutes. The course will be conducted in a blended learning format. Participants will be required to complete online assignments, participate in classroom and pool activities. Dates and Times to be Announced.

Deep Water Exercise for Adults

WSF

Monday/Wednesday 11:00 a.m. - 12:00 p.m.

Tuesday/Thursday 7:00 p.m. - 8:00 p.m.

Cost: School District Resident \$50 /10 classes

Non- School District Residents \$60/ 10 classes

First class resumes Tuesday, September 6th 2016.

Need a fun different type of conditioning? This class is for you! Using a floatation device this is a great no impact cardiovascular and total body workout. A workout for all ages, men and women. Annemarie Finch will lead this class in the diving well. Participants need to be comfortable in deep water.

Aquacise

WSF

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

Wednesday's 7:00 - 8:00 p.m.

CLASS RESUMES SEPTEMBER 6, 2016.

Cost: School District Resident \$50 /10 classes

Non- School District Residents \$60/10 classes

Aquacise is a great form of exercise for all ages and abilities to maintain flexibility, range of motion and muscle strength. Classes are conducted by Kathi Busher in the shallow end or with floatation provided. No swimming skills required.

NEW: Deep Water Running

WSF

Monday/Wednesday 10:15am-10:45 (1/2 hour class)

Tuesday/Thursday 6:15pm-6:45pm (1/2 hour class)

Cost: School District Resident \$30/10 Classes

Non-School District Resident \$40/10 Classes

This high intensity interval non-impact workout will improve strength and cardio respiratory endurance. Participants will use floatation belts allowing for a no impact workout. Annemarie Finch will lead this class in the diving well. Participants need to be comfortable in deep water.

Adult Aquatic Institute Ages 30+

WSF

Coming to Wildcat Sport and Fitness January-February 2017

Are you a retiree, stay at home mom? Were you a lifeguard or instructor in the past and you would like to again but don't want to be in a class of 15-16 year olds? Do you like to swim? If you have answered yes any of these questions this is the class for you. The institute will consist of 3 sections, Section 1 will guide participants through drills and skills to prepare for the pre-requisite skills needed for American Red Cross Lifeguard training and Water Safety instructor courses. Upon successful completion of Section 2 Lifeguard Training and Section 3 Water Safety Instructor participants will receive American Red Cross Certification in the following: Lifeguard, First Aid, CPR for the professional rescuer and/or Water Safety Instructor. Contact Wildcat Sports and Fitness Aquatics Supervisor for details at 440-995-6840.

SPECIAL EVENTS

Wildcat Teen Halloween

MH/MV

Thursday, October 13, 6:00 – 9:00 p.m.

For 6th – 8th Grade Mayfield Middle School Students. At Mayfield Middle School. Cost is \$10 presale and \$12 at door plus additional money needed for raffle, food, and some games.

Family Fun Night

WSF

Saturday, 5:30 – 8:00 p.m. Date TBD

Presale tickets are \$20, which includes game tickets, inflatable tickets and concession credit. All tickets can be purchased the day of the event as well. So, come enjoy a one night special event targeted for families that want to get out and experience the carnival season in the winter! Attractions include carnival-esque games, inflatables, food, raffles, prizes, balloons and fun for kids of all ages.

NFL – Pepsi Punt, Pass, and Kick Competition

Wednesday, Sept 14. 6-8pm

As part of the Healthy Communities Initiative, the annual Punt, Pass and Kick Competition will be held 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, 2015. Top finisher of the local competition in each age division move onto the sectionals competition. Look for flyers that will be distributed to all schools in late August.

Healthy Mayfield

Wednesday, September 14th from 6:00 - 8:00 p.m.

Mayfield High School Stadium

Join in the fun & take part in this healthy community initiative. Sponsored by: Mayfield City Schools, the school communities of Mayfield Heights, Mayfield Village, Gates Mills & Highland Heights, Cleveland Clinic, Mayfield Library & Cleveland Metroparks. Take advantage of FREE health screenings, cooking demonstrations & food sampling by the Mayfield Culinary students, local business vendor tables & many interactive kids' activities. Hear the band, meet the fall athletes & all the Booster Clubs. Fitness demonstrations throughout the evening along with the annual Punt, Pass & Kick event. Walk the track with your family & receive FREE giveaways. FREE food sampling & refreshments for everyone. Bring your family & friends & don't miss this great event!

The Girls on the Run Northeast Ohio 5k



3rd – 8th grade girls, Sunday, November 13,
9:30 a.m. at Mayfield High School

The Girls on the Run Northeast Ohio 5k is the culmination of 10 weeks of training for over 600 3rd-8th grade girls and is open to the public. The program combines training for a 5k (3.1 miles) non-competitive running event with healthy living education. The curricula empower girls with a greater sense of self-awareness, a sense of achievement and a foundation in team building, as well as a commitment to enhancing their communities, all of which help them become, strong, contented and self-confident women. Registration opens online on August 20, 2015. The 5k is managed by: VERTICAL RUNNER. For more information please visit www.gotnortheastohio.org or call 234-206-0786.

ADULT & SENIOR PROGRAMS

NEW: Body Sculpting

WSF

Monday & Wednesdays, 9:00 - 10:00 a.m.

Session 1: August 24 – September 21 (No class 9/5)
Session 2: September 26 – October 19 (No class 10/3 & 10/10)
Session 3: October 24 – November 16 (no class 11/23)
Session 4: November 21 – December 19

Friday Sessions: 9:00 - 10:00 a.m.,

Session 1: August 19 – October 7
Session 2: October 14 – December 9 (No class 11/11)

Cost is \$55 per session.

Register now for this results-oriented strength fitness class. Using a set of 3-5 lb dumbbells, Body Sculpting is designed to build and sculpt muscles, strengthen your core, and improve your strength and flexibility – all while burning fat and calories by firing up your metabolism, and helping you to lose weight and inches.

ChiZel

WSF

Saturdays, 8:30 a.m. - 9:30 a.m.

Session 1: Sept 3 - Oct 15 (6 classes and no class Sept 10)

\$57.00 for session. \$10.00 drop in.

Session 2: Oct 22 - Nov 12 (4 classes)

\$38.00 for session 2. \$10.00 drop in.

ChiZel is Back & Better! Start Every Saturday with Great Music & Power Moves to Pump & Poise Your Bod! Effective Pilates, fun Hip-Hop, Strengthen & Stretch. Bring Mat, towel, water, 6lb. med ball, sm. stability ball, yoga blocks, wear shoes. Work Hard & Get Results!

NEW: Dance Aerobics

WSF

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

Fall 1 session: September 6 – October 18th.

Fall 2 session: October 25 - Dec 13th (no class Nov 8th).

Cost is \$8 drop in for adults, \$5 drop in for students.

An energetic, upbeat aerobics class, based on latin dance steps and taught to pulsing Latin rhythms, pop, and hip-hop hits. Dance aerobics is a great cardio workout that is suitable for all fitness levels.

NEW: Zumba

WSF

Mondays and/or Wednesdays, 5:45 - 6:45 p.m. Cost \$35/\$65

Fall 1: September 26 – November 7 (No class 10/31)

Fall 2: November 9 – December 21 (No class 11/23)

Winter 1: January 2 – February 1

Winter 2: February 6 – March 15

For adults (18+). 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 work-out. No experience necessary, just come in comfortable clothes ready to move. Min 6.

ADULT & SENIOR PROGRAMS Cont.

Tai Chi for Health

WSF

Tuesday Thursdays 7:15 - 8:15 p.m.
Fall session 1: September 27 - November 3
Fall session 2: November 8 - December 20
Winter session 1: January 10 - February 16
Winter session 2: February 28 - April 6

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

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

Tai Chi for Martial Arts

WSF

Tuesday Thursdays 6:15 - 8:15 p.m.
Fall session 1: September 27 - November 3
Fall session 2: November 8 - December 20
Winter session 1: January 10 - February 16
Winter session 2: February 28 - April 6
Cost: \$90 for 6 week session. \$15.00 drop in

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

Tai Chi and Qigong - For Seniors

WSF

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

Tuesday and Thursdays, 10-11 a.m.
Fall 1: Sept 27 - Nov 3
Fall 2: Nov 8 - Dec 20 (No class Nov 24)
Winter 1: Jan 10 - Feb 16
Winter 2: Feb 28 - April 6
\$65 for 6 week session. \$12.00 drop in.

Balance Class

WSF

Tuesdays, 11:00 a.m. - 12 noon
Fall session 1: Sept 27 - Nov 1
Fall session 2: Nov 8 - Dec 13

Cost is \$12. Physiological changes occur as we age. This is a natural process. Learn how to minimize the natural effects of aging by improving balance, posture, strength and mobility. Balance and strengthening exercises aimed at preventing falls and fractures will be taught by Michelle Beers, one of our strength and conditioning specialists. Max of 6.

Gentle Yoga

WSF

Thursdays 9:00 - 10:00 a.m.
Fall Session 1: Sept 29 - Nov 3
(5 weeks \$35 members, \$45 non-members)
Fall Session 2: Nov 10 - Dec 15 (No class Nov 24)
Winter Session 1: Jan 5 - Feb 9
Winter Session 2: Feb 23 - March 30

Cost is \$42 members, \$54 non-members.

\$10 drop in. This class welcomes all levels, from advanced to those who are new to yoga. Each class will focus on the fundamentals of yogic breathing techniques, poses and meditation practices. **Minimum of 8 students.**

NEW: Self Defense

WSF

Saturdays, 9:00 - 10:30 a.m.
Fall session 1: October 1 - November 5
Fall session 2: November 12 - December 17
Winter session 1: January 7 - February 11
Winter session 2: February 25 - April 1
Cost: \$90 for 6 week session. \$15 drop in.

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

NEW: Conditioning Training Class with Justin

WSF

Sundays 9:00 - 10:00 a.m.
Fall 1: Oct 2 - Nov 6
Fall 2: Nov 13 - Dec 18.
Winter 1: Jan 8 - Feb 12
Winter 2: Feb 19 - Mar 26.
Cost is Adults: \$50 for 6 classes, Students: \$40 for 6 classes, Drop-in fee: \$10. Start your week off right with a conditioning class designed to improve your body composition, and get you fit and healthy! Workouts will combine strength and body weight movements in both circuit and interval based training formats, and have you looking, feeling, and moving better. We will also address common postural issues, build relative strength, and develop muscle tone and balance.

ADULT & SENIOR PROGRAMS Cont.

NEW: Yoga

WSF

Thursdays, 7:00 - 8:00 p.m.

Fall 1: October 6 - November 10

Fall 2: Nov 17 - Jan 5 (No class weeks of Nov 21 and Dec 25)

Winter 1: Jan 19 - Feb 23

Winter 2: Mar 9 - April 13th.

Cost is \$60 for session, \$10 drop in.

All levels are welcome. Experience the physical benefits of Yoga, such as increased flexibility, strength and balance. Experience the mental benefits of yoga, such as increased stress reduction and relaxation. Comfortable clothing. Yoga mat required.

Personal Training

WSF

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

Fitness Equipment Demonstrations

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

ADULT PICKLEBALL

NEW: Wildcat Pickleball Club

Annual membership runs from Sept 1, 2016 - May 31, 2017.

Cost is \$10.00 for Resident, \$15.00 for Non-Resident.

Join today and get your exclusive WPC T-shirt and other member benefits including invitations to pot lucks, luncheons & "member only" tournaments, timely e-mails, fun days and more.

Pickleball For Seniors

WSF

Pickleball starts Tuesday, September 6th, 2016

Monday - Friday, 9:00 a.m. - 12:00 p.m.

Cost: Mayfield School District Residents: Drop in \$5/class

Non-School District Residents: Drop in \$7/class

\$20/month for residents. \$30 for 12 punches

\$40/month for non-residents \$40 for 12 punches

Pre-registration is required.

Pickleball is a fun game which is a cross between tennis and badminton played on a court. This is an established program to introduce you to new sports and to gauge interest to develop further programs for 2016.

Mixed Doubles Pickleball Tournament

Saturday, October 22, 2016, Cost is \$20/team

Check In /Warm Up begins at 8:00 a.m.

Tournament begins promptly at 9:00 a.m.

Our 2nd Annual Mixed Doubles Pickleball tournament is geared for players who are 50+ years who are rated between 2.0 - 3.5. Eight (8) indoor courts are available. A "Pool Play" format will be used with a maximum of 16 teams, with two eight (8) team pools. The top two teams in each pool will then play in the semi finals with the winners playing in the finals. Pool play will conclude around 11:30 a.m. followed by the Semi Finals and the Finals. Pizza, cookies and water will be available at the conclusion of the Pool Play for the contestants. Bottled water will be available throughout tournament play for the contestants. Registrations accepted on a first come, first served basis. Registration deadline is 9:00 p.m. on Wednesday, October 19, 2016. Registration accepted by phone, mail or walk-in at WSF Front Desk 440-995-6840.

NEW: Pickleball Lessons

Learn how to play Pickleball at WSF. Lessons now offered for Beginners and Advanced Beginners by WSF Pickleball Director, Rick Dula, former Physical Education teacher and Recreation Professional. Lessons available on Mon & Tues from 12 noon-3pm and Mon-Friday from 7:00 - 9:00 a.m.

Other lesson times may be available upon request.

Private, Semi-Private and Small Group lessons available

-Private One Hour Lesson—\$30.00

-Semi Private One Hour Lesson—\$25.00 /per person

-Three People One Hour Lesson—\$21.00 /per person

-Four People One Hour Lesson—\$18.00 /per person

NEW: Friday Night Adult Pickleball

Get guaranteed playing time on 18 Friday nights, 6:30—9:00pm, between November 11, 2016—April 7, 2017. Maximum of only 18 paid players.

Three (3) indoor courts available. No class on the following Fridays; 11/25/16, 12/2/16, 1/20/17, 2/24/17 and 3/17/17

Courts may be separated by skill level if necessary in this supervised COED setting.

Cost is \$54.00/Resident and \$89.00/Non Resident.

WPC "Club" Doubles Tournament

Saturday TBA

Check In/Warm up begins at 12:30 p.m.

Tournament begins promptly at 1:30 p.m.

Cost is \$16/Team.

This "members only" Doubles Tournament will use a Pool Play format with a maximum of 16 teams, with two eight (8) team pools. The top teams in each pool will then play in the semi finals with the winners playing in the finals. Pool play will conclude around 4:00pm followed by the semi-finals and the finals. Pizza, cookies and water will be served following the conclusion of Pool Play for the contestants. Registrations will be accepted on a first come, first served basis. Registrations will be accepted by phone, mail or walk-in at WSF Front Desk 440-995-6840.

Village of Gates Mills & Gates Mills Library

Gates Mills Art Reception

Thursdays @ 7:00 PM - 8:30 PM

September 8: Maria Ramirez (Nature inspired paintings)
November 3: Abbas Lamouri (Photographs)
January 5: Nelly Vileikis (Quilts)

Friends Book Sale

Friday November 4 - Monday November 7

All the proceeds support the Gates Mills Branch Library programs and events.

Tuesday Book Discussion

Tuesdays @ 7:00 PM - 8:00 PM

September 13: *The Chosen* by Chaim Potok
October 11: *The October List* by Jeffery Deaver
November 8: *Our Souls at Night* by Kent Haruf.
December 13: *Skipping Christmas* by John Grisham
January 10: *The Drifter* by Nicholas Petrie

Wednesday Book Discussion

Wednesdays @ 7:30 PM - 8:30 PM

September 14: *Kitchens of the Great Midwest* by J. Ryan Stradal
October 12: *The Immortal Life of Henrietta Lacks* by Rebecca Skloot
November 9: *The Race for Paris* by Meg Waite Clayton
December 14: To be announced
January 11: To be announced.

Jazz/Music Icons

Saturdays @ 2:00 PM - 3:00 PM

Enjoy live performance and lectures on an iconic figure in jazz/music history for three Saturdays at the Gates Mills Branch Library.
September 10: Charlie Parked and Dizzy Gillespie
October 8: Duke Ellington
November 12: Miles Davis

Robotix Blox Club

Thursdays @ 6:00 PM - 8:00 PM

Love to build and program LEGO Mindstorms Robots? Then join us to build LEGO Mindstorm Robots that will do a variety of actions. This program is for students in grades 6-12
September 15, October 13, November 17, December 15, January 12, February 16

BrushBots

Thursday, October 6 @ 6:00 PM - 8:00 PM

Teens in grades 6-12 can come to the Gates Mills Branch Library to make your own BrushBots! By attaching a small vibrating motor to a toothbrush head, you will create a Bot that will be ready to race and battle.

Drawing Machines

Saturday, September 17 @ 3:00 PM - 4:30 PM

Tens ages 11-14 will construct a simple circuit with parts salvaged from battery-operated toys and apply it to a machine made of drawing implements that they design. At the end of the program the "drawing machines" are placed on large pieces of paper to see the various marks they can make.

Cleveland Orchestra Community Concert Preview

Tuesday, September 20 @ 7:00 PM - 8:00 PM

Join us at the Gates Mills Branch Library as Cleveland Orchestra's Dr. Rose Breckenridge previews the upcoming Cleveland Orchestra 2016 Fall Season.

Scratch with LEGO WeDo Robots

Thursday September 29 & December 8 @ 6:00 PM - 8:00 PM

Teens in grades 6-12 are encouraged to come to the Gates Mills Branch Library to learn how to create your own digital animation from SCRATCH!

Tales from the Eerie Shore - Ghosts of Ohio

Monday, October 10 @ 7:00 PM - 8:30 PM

Join us for an evening of storytelling with award-winning authors, ghost hunters, and para-historians Theresa Argie and Cathi Weber - aka The Haunted Housewives.

Plants, Shrubs and Trees for the BEST Fall Color

Saturday, October 15 @ 2:00 PM - 3:00 PM

Come learn from the Cleveland Botanical Gardens about AMAZING shrubs, perennials and annuals that you don't have - yet!

Solving Mysteries through Chemistry

Sunday, October 16 @ 2:00 PM - 4:00 PM

Children in grades 3-6 are welcomed to join us for fun hands-on activities! We invite families to stay and participate.

Good Clean Fun - Chemistry for Teens

Thursday, October 20 @ 6:00 PM - 7:00 PM

Teens in grades 6-12 are welcomed to come celebrate National Chemistry Week with fun and exciting chemistry experiments using soaps and detergents.

Perils of the Presidency

Monday, October 24 @ 7:00 PM - 8:00 PM

Learn about Ohio's surprisingly dangerous presidencies with a staff member from the Western Reserve Historical Society.

City of Highland Heights

"Artist at Heart" Paint Nights

Join us for a fun evening with your friends and neighbors creating your very own masterpiece. Don't worry if you have never painted before, your instructor, Denyse Carbonell, Cleveland Institute of Art, BFA, will guide you step-by-step to create the following paintings:



Sept. 13 "Flag"



Oct. 18 - "Moonlit Landscape"

Highland Hts Community Center
6:30-9:30 pm
Cost \$25 per class which includes a 16 X 20 canvas and all paints and supplies needed. Prepaid registration is required. To register for one or both classes, contact Gina Bissell at 440-461-2440 x 149.

Children's Halloween Party

Calling all little ghosts and goblins and their families to join us for our Annual Children's Halloween Party at the Highland Hts. Community Park Barn Pavilion, 5905 Wilson Mills Road on **Saturday, October 15 from 6:30 - 9:00 p.m.** Join us for hayrides, games and fun at the park. Please dress your children in a fun, safe, and weather appropriate costume. Visit www.highlandhts.com for additional information



Commission on Aging Holiday Party

Wednesday, December 7 from 12:00 until 2:30 p.m. at the Highland Hts. Community Center. The cost is \$5.00 per person which includes lunch, entertainment (singer - Joe Scigliano), treats and door prizes. **Reservations are required by Wednesday, Nov. 30.** Contact Mary at 440-461-2441 for more information, or to make a reservation.

Highland Heights Lions Club Clambake

Saturday, October 1
(Doors Open at 6 p.m.)

Highland Heights Community Center
Catered by La-Vera Party Center

Tickets \$35 per person
(extra clams \$10 per dozen)

Purchase Tickets by Sept 24—NO TICKETS SOLD
AT THE DOOR!!

Contact Frank Skala 440-473-3484 / Gary Kryszan 440-461-9342 / or Larry Nudelman 440-461-2720 for information and tickets.

*All proceeds go to Lions' charities to help the
Sight and Hearing Impaired*

Flu Shot Clinics

Trained Drug Mart technicians will administer flu shots at the Highland Hts. Community Center at 5827 Highland Road on **Monday, Sept. 19 and Monday, Oct. 10 from 10:00 a.m. until 1:00 p.m.** No appointment needed. Anyone can participate. Call 440-461-2441 with questions.

Holiday Lighting and Children's Holiday Party

The annual lighting of the Highland Hts. Municipal Complex will take place on **Saturday, December 3 at 6:30 p.m.**, followed by the Children's Holiday Party. Enjoy the lighting of the trees and grounds along with a musical holiday light show which will continue throughout the holiday season. The Children's Party will be held at the Community Center following the lighting ceremony and will include crafts, games, refreshments and visits by various holiday characters. 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



10th Annual Craft Show

Sunday November 6, 10:00 a.m. – 3:00 p.m.
At DeJohn Community Center. Cost is \$1 admission. There are over 30 vendors to peruse. A variety of concessions will be sold. All proceeds benefit Parks & Recreation Programs.

Santa Breakfast

Saturday, December 3, time TBA
At DeJohn Community Center. Cost is \$5 for kids and \$5 for adults. Tickets go on sale at Mayfield Heights City Hall on November 7.



Taste of Italy Dinner

Saturday, February 25 6:30 - 11:00 p.m.
At Ross DeJohn Community Center. For adults 21 years and older. Cost is \$30 per person. 6:30 p.m. appetizers and open beer and wine bar, 7:30 p.m. all you can eat pasta dinner including: pasta, meatball, sausage, chicken cutlet, salad, rolls, and a glorious dessert table. Look for more details as the date comes up on www.mayfieldheights.org, our Time Warner Channel 20, AT&T U-Verse channel 99 & Facebook.



Half Way to St. Patrick's Day

Friday, September 16th

Who says you have to wait until March to enjoy a corned beef? Enjoy Slyman's but don't enjoy the trip down there or can't find the time? Mayfield Heights is offering a special service for one day only! Order from Corned Beef, Roast Beef, or Pastrami sandwiches and we will pick it up and deliver it to the Community Center, where you can take it home and enjoy. All we ask is that you pick one of those sandwiches and have no special order, and we will provide you with a terrific meal, with the help of the friends at Slyman's of course. To place an order, call the Recreation Department at 440-442-2627. **Prepayment is required by Thursday September 15th.** Choice of Corned Beef, Roast Beef or Pastrami - \$17



Halloween Bash

Saturday, October 29, time TBA

At DeJohn Community Center. Cost is \$5 for kids and \$5 for adults. Tickets go on sale at Mayfield Heights City Hall on September 28.

TRIPS

Hartville Marketplace and Flea Market

Friday September 16, bus leaves at 9:00 a.m., approximate return at 4:00 p.m.

Cost is \$20 per participant – includes transportation to and from Hartville. All participants will get lunch on their own. Limit: 24 participants. From produce, fresh meats and cheeses, hand crafted candies and pastries to high end boutique fashions, jewelry and accessories, home décor and antiques, Hartville truly has something for everyone. Come enjoy a day of exploring, shopping and eating at Hartville!



Sisters Tea Room and Garfield Memorial

Friday October 14, bus leaves at 10:00 a.m., approximate return at 3:00 p.m.

Cost is \$25 per participant – includes transportation to and from Mentor and admission to James A. Garfield Memorial. All participants will get lunch on their own. Limit: 24 participants. A front porch can serve many purposes. For some, a place to enjoy the breeze on a warm summer night. For others, a perch from which to keep eyes on what's happening in their neighborhood. In 1880, James Garfield used his front porch as a platform to greet thousands of well-wishers during his presidential campaign. Today, the porch serves as a gateway to the story of the Garfield family. A tour of the house in Mentor will offer museum exhibits chronicling the life of James A. Garfield, from canal boy to President. Sisters Tea room offers a B&B style breakfast and traditional tea menu.

ADULT SPORTS/FITNESS

Yoga

Fall 1	9/1 – 11/3	TH 5:45	\$60
Fall 2	11/10 – 12/15*	TH 5:45	\$30 NO Class 11/24
Winter 1	1/5 – 3/9	TH 5:45	\$60
Winter 2	3/16 – 5/25 *	TH 5:45	\$60 NO Class 4/13

At DeJohn Community Center. For adults (18+). 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 the level of yoga skill. The warm-up is initiated with numerous relaxing breathing techniques. The class flows into balancing and alignment moves – various modifications and explanation on the yoga poses are given. The sun salutation session flows smoothly with creative verbal and physical illustrations on the correct yoga alignment. As an instructor, I have 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. Min 8.



Columbus Zoo Wildlights & Schmidt's Sausage House

Saturday November 18, bus leaves at 12:00 p.m., approximate return at 9:30 p.m.

Cost is \$50 per participant – includes transportation to and from Columbus, admission into the Columbus zoo. All participants will get lunch on their own. Limit: 29 participants. The J. Fred Schmidt Meat Packing House in 1886 in the heart of German Village, Schmidt's became Central Ohio's most well-known name in meats and to this day is sold in leading grocery stores around the country. J. Fred's grandson, George F. Schmidt, opened the company's first restaurant in July of 1967 just around the corner from his grandfathers' meat packing plant in German Village. Using meat recipes from the packing days and dessert recipes from the German ladies hired to run the kitchen, Schmidt's Sausage Haus became an instant success. Not only home to Jack Hanna and numerous cute, cuddly and exotic animals, the Columbus Zoo opens their Holiday season with their traditional Wildlights exhibit. Starting at 5:00 PM, there is a light show at the central pond every 15 minutes. The Columbus Zoo offers many animals from many continents, with many outdoor and indoor exhibits – including the impressive Shores & Aquarium. Start your Holidays off right – a good meal and lights!



YOUTH SPORTS/PROGRAMS

See Wildcat Sport & Fitness under Youth Sports for:
Little Tykes and Players Basketball page 5,
Li' Biddy Jumpers page 6.

SENIOR ACTIVITIES

Silver Socials

Put on your dancing shoes and join us these Mayfield Heights at the DeJohn Community Center, 6303 Marsol Rd and Beachwood Community Center 25225 Fairmount Blvd.

9/17: 6:30 -8:30 p.m. Free
Beachwood
Music by: Mike Wojtila

10/22: 6:30 – 9:00 p.m. \$5 Sockhop
DeJohn Community Center
Music by: DJ Jammin Joel

11/12: 6:30 – 8:30 p.m. Free
Beachwood
Music by: The Lenny Russo Band

12/3: 6:30 – 9:00 p.m. \$10
Italian Dinner & Dance- RSVP by 11/22
To 440-442-2627
DeJohn Community Center
Music by: Steppin' Out

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.

Hoagie Day

September 13
Hoagies or veggie hoagie (selection at registration), cucumber salad, bag of chips, dessert & coffee. Entertainment by Steppin' Out. Sponsored by:



A Slice of Heaven

October 11
Pizza, wings, salad, Angel Food Cake & coffee. Entertainment by Sam Fosh.

Lunch Bunch

Lunch Bunch is an opportunity to get together at a community restaurant for lunch once a month. We work with the restaurant to offer a special discounted price to our group. So get a friend or a group of friends and join us at 11:30 a.m. Pre-registration is a must by calling the Mayfield Heights Recreation Department at 440-442-2627 or filling out the registration form. Space is limited so don't wait! Although you will be pre-registering with the Recreation Department, you will pay the restaurant directly.
DiCillo's – 11:30 a.m. – September 28
Abo's – 11:30 a.m. – October 26
Piccolo – 11:30 a.m. – November 16



Fall Fest

November 15
Turkey, mashed potatoes, stuffing, vegetable, dessert & coffee. Entertainment by Dan Elish. Sponsored by:



Holiday Fest

December 13
Creamy Chicken croissant, cream spinach risotto, dessert & coffee. Entertainment TBA. Sponsored by:



Pot of Gold

March 14, 2017
All the Slyman's taste, made fresh in our Community Center Kitchen. Corned Beef sandwich with Swiss cheese, pickle, potatoes, dessert, our famous pudding shots & coffee. Entertainment TBA. Sponsored by:



Mayfield Village

SPECIAL EVENTS

Mayfield Village Garden Club

Meetings held at the Mayfield Village Community Room or Civic Center. No Meetings June - August. Additional information for membership: Elaine 440-449-1474.

September 28, 7:00 p.m. "Who Needs Air, Space, Soil, Water, and Sun?" presented by Frank Stupczy, Mayfield Village Arborist. Community Room.

October 26, 7:00 p.m. "Herbs for Fragrance and Fitness" presented by Kathleen Gips, former owner of Village Herb Shop in Chagrin Falls. Community Room.

November 16, 7:00 p.m. "Amazing Amaryllis" workshop presented by Suzanne Valentine, gardener extraordinaire. Community Room.

December 3, 9:00 a.m. - 4:00 p.m. 23rd ANNUAL MISTLETOE MARKET. All vendors with handmade items. Civic Center.

December 14, 12:30 p.m. ANNUAL HOLIDAY LUNCHEON with Mayfield Township Historical Society. Visit from Mrs. Santa Claus. Social Time. Lunch served at 1:00 p.m. \$15.00 per person. (Your check is your reservation.) Civic Center.

January 25, 1:00 p.m. "Why No Edged Beds at the Library" presented by Bill Rubin, Manager of the Mayfield Branch Library. Civic Center.

February 22, 1:00 p.m. "Soil and Water Conservation" presented by Amy Roskilly, Conservation Education Specialist. Civic Center.

March 22, 1:00 p.m. "What is the New Plant of 2017" Noelle Aik, Director of Communications at Petitti's. Civic Center.

April 26, 7:00 p.m. Presentation of scholarship certificates to graduating high school students from the Gates Mills Environmental Education Center. Students, Becky Gardner & Staff. Community Room.

May 24. Installation of officers at Kirtland County Club. Members only.

Mayfield Women's Club

Meetings held at the Mayfield Village Community Room at 7:00 p.m. on the following dates (no meeting in December). For Additional Information contact: Martii, 440-833-0059

September 19 "Cultural Gardens of Cleveland" by Rebecca McFarland

October 17 Welfare Work project by Marty Nagy

November 21 Susan Kozan presents "Day Care at Avalon Adult Day Care Center For Seniors"

January 23 "Valley of the Kings" New Tombs found

February 20 International Pot Luck and Basket Raffle Planning Meeting

March 20 Annual Fund Raiser International Pot Luck and Basket Raffle

April 17 "Women throughout Aviation"

May 22 Musical Program

June Installation Banquet at Pineridge County Club. Date to be announced.

Mayfield Township Historical Society

Meetings held at the Community Room unless noted. For additional information: Mayfield Township Historical House 440-461-0055.

40TH ANNIVERSARY CELEBRATION

ICE CREAM SOCIAL

September 14, 6:30 - 8:00 pm

Bennett-Van Curen Historical House, 606 S.O.M. Center Road

Special Exhibits at the Museum, Ice Cream Sundaes and Music

Donation \$3.00

October 12, 7:00 p.m. "HAPPY DAYS ARE HERE AGAIN" The Baby Boom Years. PIE NIGHT. Bring your favorite pie to share.

November 9, 7:00 p.m. "THE EXTRA ORDINARY GIFTS FROM THE WADE FAMILY, JEPHTHA, HOMER, AND

FREDERICK" presented by Holly Wichey Ph.D of the Cleveland Museum of Art. Annual Holiday Dinner Raffle.

December 14, 12:30 p.m. ANNUAL HOLIDAY LUNCHEON WITH MAYFIELD VILLAGE GARDEN CLUB.

Visit with Mrs. Claus. Lunch at 1:00 p.m. \$15.00 per person (Your check is your reservation). Civic Center.

January 2017: MEMBERSHIP TIME. Support the Historical Society to help preserve the history of the Mayfield Township. \$10.00 per person.

February 8, 1:00 p.m. "TIMING IS EVERYTHING" Passage of Constitutional Amendments 17-18-19, by Jim Sweeney.

March 8, 1:00 p.m. "U.S.S. Cod" presented by Frank Artino. COOKIE NIGHT. Bring favorite cookie to share.

April 12, 1:00 p.m. "DO YOU KNOW WHAT A 3rd GRADER KNOWS?" Docents will highlight what 3rd graders have learned while touring the Bennett-Van Curen Museum.

May 10, 7:00 p.m. "Louise Catherine John Adams & her husband John Q"

Fall in the Wetlands

The brilliant colors of autumn are the trade-off for the months of winter gray. Autumn officially arrives during the 3rd week of September when the sun is directly over the equator, making day and night hours equal in length. Peek color for tree foliage is the 3rd week of October. Temperature and moisture content contribute to color brilliance. Birds that are dependent on insects or nectar for food will begin to migrate. Yellow goldenrod flowers are abundant in the meadow. Its heavy pollen is not carried by the wind. The inconspicuous green flowers of the ragweed produce light airborne pollen responsible for many allergies. Deer begin "rut"(breeding), with males competing for dominance. The points on the antlers (racks) show nutritional health of the male, NOT age. Bring your family and friends to the 26 acre wetland located behind Parkview Pool. Take a walk on a 1 mile crushed gravel loop trail around and see what nature brings this Fall and Winter.

Youth Halloween Party

Saturday, October 22, 1:30 – 3:00 p.m.

For Children & grandchildren living in Mayfield Village, through 5th grade. Cost is \$4.00 per child. Wear a costume and come to the Community Room for refreshments and games.



Halloween Window Painting Contest

6th – 8th graders attending a school in the Mayfield School District can enter the contest by submitting a colored drawing to their teacher. Mayfield Village will review the drawings and selected ones will be able to paint on a local storefront window. Look for flyer with details in September through school website and art teachers.



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

2016 – 2017 Winter Special Events

Tree Lighting

Sun., December 4, 7:00 p.m. Gazebo

*Santa Ride

Sat., December 10, 10:00 a.m. – 1:30 p.m.

Mayfield Village neighborhoods (look for schedule in VOV and at mayfieldvillage.com)



*Childrens Christmas Party

Sat., December 10, 1:30 – 3:00 p.m. Community Room



*indicates for Mayfield Village residents/grandchildren of residents

Menorah Lighting

Mon., December 26, 7:00 – 8:00 p.m.

Gazebo lawn/Community Room

Singing Angels Concert

Sat., December 10, 7:00 p.m. Civic Center-Reserve Hall
Doors open for the concert with first come first serve seating at 6:35 p.m. Children under 5 must sit on lap. Ticket sales begin November 4 at the Civic Center until December 9 (during office hours). Tickets (if still available) can be purchased the night of the concert at the box office beginning at 6:00 p.m.-cash or check only. Mayfield Village Residents: Senior (62+ yr) & Child (5 – 10 yr)-\$11, Adult (11 – 61 yr)-\$9, Non Mayfield Village Residents: Senior (62+ yr) & Child (5 – 10 yr)-\$12, Adult (11 – 61 yr)-\$10

Mitten Tree

After Thanksgiving, please bring in new winter hats, gloves, mittens and scarves to decorate our Mitten Tree at the Civic Center. Donations will be given to one of the local shelters to help keep kids and adults warm this winter.

ADULT SPORTS AND ACTIVITIES

YogaReach presents Dynamic Arthritis Exercise

Tuesdays, 6:00 – 7:00 p.m.

Fall Session 1: September 13 – October 25 (except Oct. 11)

Fall Session 2: November 1 – December 13 (except Nov. 8)

Winter Session 1: January 3 – February 14 (except Jan. 17)

Winter Session 2: February 28 – April 4

For Adults at Mayfield Village Civic Center

Cost is \$64/participant per session or \$5 off if registering for two sessions at once. Join our Arthritis Exercise regime and learn how simple, low impact movements will help increase joint flexibility, range of motion, and muscle strength. Yoga-

Registration Deadline: Friday before each session.

Metal Jewelry Making

Tuesdays, September 13 - November 15, 7:00 - 9:00 p.m.
(except October 4, November 1)

For Ages 16 and older at St. Bartholomew's Church.

Instructor is Mary Giorgis. Class fee is \$95. (Additional supplies are approximately \$30 - \$50. A supply list will be provided and discussed on first day of class. Also, there is a \$5 fee payable to instructor on first day.) 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 6



Fly Fishing at Deep Spring Trout Club

Saturday, September 24, 9:00 a.m. – 3:00 p.m.

For 10 years and older (10 – 17 year olds must have one parent accompanying) at Deep Springs Trout Club (Chardon). Cost is \$80 includes instruction, rod, tackle, lunch and trout fishing. George Vosmik will teach how to fly fish on this 2 acre spring fed trout pond with over 2,000 stocked trout. Participants will have the opportunity to savor the enjoyment of catching their fish then dining on their catch for lunch in the clubhouse (other food options will also be available). **Other optional costs (paid for 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 21.**



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. 6, 9:30 a.m. – 12 noon
Entry fee is \$390/ School District Teams and \$410/Non-School District Teams. Plus official fees.

Line Dancing

Wednesdays, 10:00 – 11:00 a.m.

Fall Session 1: September 14 – October 5

Fall Session 2: October 19 – November 9

Fall Session 3: November 30 – December 21

Winter Session 1: January 11 – February 1

Winter Session 2: February 15 – March 8

For 18 years and older at Mayfield Village Civic Center.

Cost is \$29 per session. Love to dance but don't have a partner? Need some exercise but keep putting it off? You can do both as we do familiar dances and learn some new dances as well.



Scrapbooking Crop-a-thon

Saturday, November 5, 9:00 a.m. – Midnight and Sunday, November 6, 10:00 a.m. - 5:00 p.m.

Saturday, February 18, 9:00 a.m. – Midnight and Sunday, February 19, 10:00 a.m. - 5:00 p.m.

For 21 years and older at Mayfield Village Community Room.

Cost is \$40.00 for each weekend– includes lunch & dinner on Saturday, beverages and snacks. **Limited seating, so register early.** **Registration begins October 5 & January 11.**



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.

Mountaineer Casino, Racetrack & Resort (Chester, West Virginia)

Thursday, September 15, 9:00 a.m. – 6:00 p.m. (approximate times)
Cost is \$38 (includes \$25 voucher for free play). Get IN on the fun at Mountaineer Casino. Must be 21 years and older. **Registration Deadline: Call for availability.**



Ski Trips to Holiday Valley & Holimont

For students in 6th – 12th grade, families and adults
These trips are a cooperative effort among surrounding communities. Join family and friends and enjoy the slopes this winter. Prices vary upon package needs and resort. Cost includes transportation aboard a charter bus. Food cost is on your own. A registration flyer will be ready in September, call 440-461-5163. All times are approximate and leave from/return to Mayfield High School.
Holiday Valley: Monday, January 16 (MLK Day): 6:00 a.m. – 8:00 p.m.
Holimont: Monday, February 20 (President's Day): 6:00 a.m. – 8:00 p.m.
Prices available on flyers.

Trips in Cooperation with Discovery Tours & Orange Community Education and Recreation

OCTOBER 15, 7:30 a.m. – 6:00 p.m.
DISCOVER THE UNEXPECTED: OHIO CITY & TREMONT \$98. Tour Features: Ohio City: Christmas House, Carnegie Library, special presentation by "Dorothy Fuldheim, Antique Alley (over 25 stores), Tremont: St. Theodosius Church, Banyon Tree for lunch with dessert at Lolita Restaurant and tour of neighborhoods

NOVEMBER 11, 8:30 a.m. – 9:30 p.m.
IKEA SHOPPING AND RIVERS CASINO \$49. 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. Next to Rivers Casino for slots and gaming. **Bus departs from/returns to Pepper Pike Learning Center.** Includes \$15 for slots and \$5 for food at the casino. Must be 21 years or older. **Last day for refunds is October 11.**

DECEMBER 1, 10:00 a.m. – 9:00 p.m.
MAGIC OF THE HOLIDAYS: AKRON \$105. Tour Features: Deck the Halls: Stan Hywet Hall, Gingerbread Land, Dazzle light show choreographed to music, over 800,000 lights on display, lunch at Papa Joe's Iacominis Restaurant and live entertainment.

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. Go to <http://www.cuyahogabdd.org/en-US/Social-Recreational-Activities.aspx> to access information on programs offered for those with developmental disabilities in the Cleveland area.**

Pizza Bowls

Fridays, 7:00 - 9:00 p.m.: August 19 (\$17), September 16 (\$17), October 7 (\$17), November 4 (\$21), January 20 (\$22), February 17 (\$22), March 10 (\$22) April 28 (\$16), May 12 (\$16)
Freeway Lanes of Solon (33185 Bainbridge Rd, Solon, 44139). For 13 years and older. Cost includes shoes, bowling, cheese pizza, pop and Dixie cup ice cream. **Registration Deadline: one week before the program.**

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.

ADAPTIVE RECREATION continued

Fitness to Wellness to Fun

At Health 360 (Beta Drive, Mayfield Village) 6:30 – 7:30 p.m.

Fall Session 1 August 29 – October 19 (except 9/5, 9/7, 10/3, 10/12)

Fall Session 2 October 24 – December 7 (except 10/31, 11/23)

Winter Session 1 December 12 – January 25 (except 12/26, 12/28)

Winter Session 2 January 30 – March 8

Spring Session 1 March 13 – April 19

Cost is \$49/session for either day or \$88 for both days. Join us for this energetic, fast paced stimulating hour designed to get you up and moving while having fun. The class will include a combination of obstacle courses, strength training, agility drills, endurance training, motor skill reaction drills, and developmental exercises. **NOTE:** Parent or caregiver can pay \$12 per month to use facility when class is held. If interested, see front desk at Health 360. **Reg. Deadlines: The Thursdays before each session**

Game Nights

Fridays, 6:00 – 8:00 p.m.: Sept. 9, Oct. 21, Nov. 11, Dec. 16, January 13, Feb. 10, March 3, April 7, May 19

For all ages at Mayfield Middle School. Cost is \$5.00/participant per date pre-registered or \$6.00/participant per date at the door. Participants can play a variety of board games, volleyball, basketball, learn organized dances and enjoy pizza and pop. Participants can bring a game to share and bring their own basketball if they want. **Pre-Registration Deadline: The Wednesday before each date.**

Walking Club with LEAP

For 18 years and older. Time: 6:00 – 7:00 p.m. Cost is \$10.00 per person per session, includes snacks & beverages.

Fall Sess. 1: Mondays, Sept. 12 – Oct. 10, Clev. Metroparks Euclid Creek Reservation-Highland Shelter

Fall Session 2: Mondays, October 24-December 12, Beachwood Mall

Winter Session 1: Mondays, January 2 – February 6 (except January 16), Beachwood Mall

Winter Session 2: Mondays, February 20 – March 27, Beachwood Mall

Indoor Water Exercise

Thursdays, 6:30–7:30 p.m.

Fall Session 1: September 15 – 29

Fall Session 2: October 6 – 20

Fall Session 3: November 3 – 17

Winter Session 1: December 1 – 15

Winter Session 2: January 5 – 19

Winter Session 3: January 26 – Feb 9

Winter Session 4: February 16 – March 2

For 10 years and older at Wildcat Sport & Fitness Indoor Pool (6116 Wilson Mills Rd, Mayfield Village). 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.**

Embrace Abilities YogaReach

Tuesdays, 4:45 – 5:45 p.m.

Fall Session 1: Sept. 13 – Oct. 25 (except 10/11)

Fall Session 2 Nov. 1 – Dec. 13 (except 11/8)

Winter Session 1: Jan. 3– Feb. 14 (except Jan. 17)

Winter Session 2: Feb. 28 –April 4

For Teens – Adults, everyone is invited. At Mayfield Village Civic Center. Cost is \$64/participant per session or \$5 off if registering for two sessions at once. Parents and siblings attend FREE! Our instruction encourages participants to strengthen skills, gain new abilities they may have thought impossible, meet new friends and have fun. Wear comfortable clothes. Mats provided. **Registration Deadline: Friday before each session begins.**

Goodtime III

Saturday, September 17, Noon – 2:00 p.m.

For all ages. Cost is \$15. Transportation on your own. Food items can be purchased on board, no outside food allowed. Boarding begins at 11:30 p.m. Parking along Pier at 825 E. 9th Street or in surrounding lots and streets. Some may be pay. **Registration Deadline: September 9.**



Learn & Practice Living and Social Skills

Wednesdays, October 5, 19, 26, 6:30 – 7:30 p.m.

Day 1: Learn to manage our money and budget for a night out, including figuring the tip.

Day 2: Learn about manners & social skills when having dinner at a friend's/restaurant

Day 3: We will meet at a restaurant. We will order and pay for dinner.

For 13 years and older at CEVEC House (6532 White Road, Mayfield Village). Cost is \$30 plus participant/parent/caregiver will pay for own dinner Day 3. Min./Max. is 4/6. Instructor is Jennifer Rose.

Lake Erie Monsters

Friday, October 15, 7:00 p.m.

For all ages. Cost is \$22/ticket. Do not miss out on this fast-paced, action packed ice hockey game with your defending American Hockey League Calder Cup Champions! You also can enjoy Sully the mascot, Monster Hockey Girls, the Mullet Brothers, and fun entertainment. **Registration Deadline: September 28.**





Basketball Clinics

Sundays, 1:00 – 2:00 pm

October 16 & February 5- JCU Men's Basketball Team

October 23 & January 22- Notre Dame's Men Basketball Team

November 20 & April 9- JCU Women's Basketball Team

January 8 & February 19- Ursuline Women's Basketball Team

For 13 years and older. Cost is \$5 per date. Join Varsity Basketball Coaches Mike Moran, Tim Koenig, Shannon Sword, Kelly Morrone and the 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 Deadline: The Thursday before each date.**

Fall Hike, Fire Building, & S'mores with Cleveland Metroparks Outdoor Recreation

Saturday, October 22, 5:00 – 7:00 p.m.

For Families or Individuals 13 years and over with parent or caregiver at the Nature Education Building, North Chagrin Reservation. Cost is \$8 per participant (siblings must pay, parent/caregiver no charge). **Min./Max. 5/20.** Enjoy the beauty of a Northeast Ohio Fall with an easy hike along an accessible path before learning how to build a fire. Reward your fire building skills with the sweetness of chocolate, marshmallows, and graham crackers as you make the perfect s'more. Dress in layers and be prepared for the weather. **Registration Deadline: October 7.**

Halloween Party & Dance

Friday, October 28, 7:00—9:00 p.m.

At Hilton Garden Inn (700 Beta Dr., Mayfield Village). For 18 years and older. Cost is \$10. Join your friends and have a great time at this Halloween party/dance. Everyone is encouraged to wear a costume. The event includes dinner, dancing with music from a DJ and contest for best costume. **Sponsored and staffed by LEAP. Registration Deadline: October 14.**

Making Pizza at Pizza Roma

Saturdays, November 5 and February 18: 1:00 – 1:45 p.m. or 2:00 – 2:45 p.m.

For all ages. Cost is \$12 per date. Grace Van Ness of Pizza Roma will help you press 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. Enjoy your creation in the store or take it home. **Registration Deadline: The Wednesday before each date.**

Build a Hat & Scarf Rack

Saturday, November 12, 10:00 a.m. – 12:30 p.m.

For 13 years and older at Orange High School Woodshop (located in the rear lower level). Cost is \$24 (plus \$20 material fee paid at class to the instructor) Build your own hat & scarf rack, perfect for storing winter accessories. The instructor is professional woodworker, Kurt Klimko. **Registration Deadline: November 4.**

Holiday Party & Dance

Friday, December 9, 7:00—9:00 p.m.

For 18 years and older at the Hilton Garden Inn (700 Beta Dr., Mayfield Village, 44143). Cost is \$10. Join your friends and have a great time at this holiday themed event. The event includes dinner and dancing with music from a DJ. Sponsored and staffed by LEAP. **Registration Deadline: November 28.**

Camp Cooking with Cleveland Metroparks Outdoor Recreation

Saturday, January 21, 1:00 – 3:00 p.m.

For Families or Individuals 13 years and over with parent or caregiver at River Grove-chestnut Shelter, North Chagrin Reservation. Cost is \$10 per person. Warm up this winter while learning to cook over an open fire with Cleveland Metroparks Outdoor Recreation. Learn fire building basics, fire safety, and cooking instruction using several different implements. Participants will have an opportunity to try the food prepared. **Registration Deadline: January 13.**

Movie Night

Fridays, January 27 and February 24, 7:00 – 9:30 p.m.

Open to all. At Beachwood Community Center (25325 Fairmount Road) Cost is \$5 per date (register in advance, no walk-ins). Come watch a movie on a drop down projection screen. Movie will start approximately at 7:15.

Cavs Game

Don't miss a chance to watch your Eastern Conference & NBA CHAMPIONS play a game at Quicken Loans Arena. Date and ticket prices to be determined. Call (440) 461-5163 to be put on a mailing list to receive information when it is available.



Performances at Playhouse Square

Call 440-461-5163 for a detailed flyer. Prices & registration deadlines vary.

Finding Neverland: Saturday, November 5 or 12 (TBD), 2:00 p.m.
Dr. Seuss' How the Grinch Stole Christmas: The Musical: Saturday, December 10, 2:00 p.m.

The Curious Incident of the Dog in the Night-Time: Saturday, March 25 or April 1 (TBD), 2:00 p.m.

YOUTH AND TEEN SPORTS & ACTIVITIES

See Wildcat Sport & Fitness under Youth Sports for: Little Tykes and Players Basketball page 5. Mayfield Basketball Association (MBA) page 6.

For Fly Fishing at Deep Spring Trout Club see page 18.



Mayfield Volleyball League

Saturdays, October 22, 29 & Novembers 5, 1:00-3:30 p.m. Tournament Nov. 12.

For Girls 3rd-6th Grade. Cost is \$45 SDR or \$50 NSDR. Join Varsity Coach Rosella Glodkowski and her staff to work on skills development, rules and team fundamentals for 3 practice dates. Then the program will finish with a tournament at Kenston against surrounding communities and schools. **Registration Deadline is October 17. Participants must sign up by deadline in order to receive shirt.**



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

SESSION DATES/PRICES

Fall Session 1: September 12 – October 3

Fall Session 2: October 17 – November 7

Fall Session 3: November 21 – December 12

Winter Session 1: January 9 – February 6 (except 1/16)

Winter Session 2: February 20 – March 13

Prices: \$39 per session or \$5.00 discount if signing up siblings at same time or a \$5.00 discount if participant signs up for multiple sessions at a time.

Wildcats Youth Running Club

Mondays & Wednesdays, August 29 – Oct. 17 (except 9/5, 10/3, 12), 5:45 – 6:45 p.m.

At Parkview Pool Pavilion. For 2nd – 6th Graders in the Mayfield School District. Cost is \$65 - includes t-shirt for each participant. Coach: 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. You'll learn more about how to run, pacing, racing, and in general how to be more physically fit. Class will take place rain or shine, so please dress for the outside. Bring a water bottle. **Registration Deadline: August 24.**

Making Pizza At Pizza Roma

**Saturdays, 1:00 – 1:45 p.m. or 2:00 – 2:45 p.m.
November 12 and/or January 21: 3 – 4 year olds
November 19 and/or January 28: K – 5th gr**

Cost is \$12 per date Grace Van Ness of Pizza Roma will help participants press 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. Enjoy your delicious masterpiece in the store or take it home to enjoy later. Parent must attend with child. Siblings will be accommodated for the same class. **Registration Deadline: The Wednesday before each date.**



MOVE AND GROOVE WITH ME

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

For 1 – 3 year olds with parent. With a soundtrack of familiar and fun songs, your preschooler will delight in the repetition of dancing and tumbling each week.

BITTY BALLET

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

For 2 – 3 year olds. 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.

PRINCESS BALLET

Mondays, 11:00 – 11:30 a.m.

For 3 1/2 – 5 year olds. 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. Students will hold a performance for family and friends at the end of each session.

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

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

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

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! **Call 395-0103 for pricing.**



SENIOR PROGRAMS

Lunch 'N' Movie with CPA

Held once a month at 12 noon at MV Civic Center. Cost: \$5. Contact us for movie titles & menus.

Holiday Party for MV Residents Ages 60+

Friday, December 9, 12-3 p.m. at MV Community Room. Doors open at 11:30 a.m. RSVP by Wednesday, November 30.

Bereavement Support Group

Mondays, September 12-December 5, 2016. No meetings 9/19, 10/17, 11/21. Or choose Mondays January 9-April 3. No meetings 1/16, 2/20, 3/20. Meets 5:45-6:45 at MV Community Room. Free. Contact us to register.

Foot Clinics with Dr. Kelly Whaley

Cost \$20. Fridays: September 9, 23; October 7, 14; November 11; December 2, 9; January 13, 27; February 10, 24; March 3, 24; April 14, 28; May 12, 26.

Watercolor Classes

Free Demo: Tues., Aug. 30, 10 a.m.-noon at MV Community Room.

Tuesday Classes: Sept. 6-Sept. 27; Oct. 4-25; Nov. 1-22

Thursday Classes: Sept. 8-29; Oct. 6-27; Nov. 3-Dec. 1. Contact us for 2017 dates. 9 a.m.-Noon at MV Community Room. Instructor: Florence Smith. Cost for Mayfield School District Residents: \$35 per 4/week series, Non-Mayfield School District Residents: \$40/per 4/week series. Deadline to Register: Ten days prior to series start date.

Knitting & Crocheting Class

Fridays 9:30-11:30 a.m. Session 1: Sept. 9-Oct. 14. Session 2: Oct. 28-Dec. 16 (no classes 11/25 & 12/9.) At MV Community Room. (\$48/6-week session.) Learn to knit or crochet, or hone your skills. Instructor: Janet Perna. Deadline to Register: One week prior to session start date. Contact us for 2017 session dates.

Bridge Lessons

Fridays 10 a.m.-12 noon. Session 1: Sept. 23-Oct. 28 at MV Community Room. Classes will cover the overall game, bidding, contracts, no-trump, transfers, scoring, and more. Instructor: Sue Pisanelli. \$64/6-week session. Deadline to Register: 9/14.

Spanish Lessons

Fridays, 1:00-2:30 p.m. Session 1: Fridays Sept. 15-Nov. 4 at MV Community Room. \$69/8-week session. Learn conversational Spanish. Instructor: Cristina Sempe, Deadline to Register: 9/7.

Dynamic Arthritis Exercise

Wednesdays, 2-3 p.m. Session 1: Wednesdays, Sept. 14-Nov. 2 at MV Civic Center. No classes 10/5 & 10/12. Join our Arthritis Exercise regime and learn how simple, low impact movements will help increase joint flexibility, range of motion, and muscle strength. Instructor: Staff from YogaReach. \$64/6-week session. Deadline to Register: 9/7. See page 20 for information about Tuesday evening classes.

Cooking & Baking Classes

Classes held on various Thursdays at MV Civic Center, 1-3 p.m. Learn how to make special dishes and enjoy samples. Cost: \$17 per class plus food fee of \$9 to \$10 per class payable to instructor. Instructor: Judith Strauss as seen on T.V. Contact us for course descriptions and dates. Deadline to Register: The Monday before the class.

One-Stroke Painting

One-stroke painting is a decorative painting technique of mostly flowers using acrylic paints. You do not have to be able to draw to paint! Held at MV Community Room on various Wednesdays from 1:30-4 p.m. Cost: \$28 per class plus a surface fee of up to \$4 per class. Instructor: Barb Brastoff. Deadline to Register: One week prior to class date. Contact us for course descriptions and pre-requisites.

AARP Safe Driving Class

Wed., Sept. 28, 12-4 p.m. at the Mayfield Village Civic Center. No driving involved. Cost: \$15/AARP Members; \$20 all others. Deadline to Register: Monday, September 26.

i-Phone Basics—Orientation:

Friday, Oct. 21, 9-11:30 a.m. at the Apple Store at Eton Collection, 28849 Chagrin Blvd. Free. Deadline to Register with MV Senior Services: 10/13.

Lunch & Movie at Governor's Village:

Held at Governor's Village once a month at 12 noon. Cost is \$5. Contact us for movie titles, menus & dates.

Trips

"Higbee's" Silver Grille Christmas Party! Wednesday, December 7. (\$83) Deadline to Register: October 17.

Rainforest at the Zoo - Wednesday, March 22, 2017. Lunch on your own at Market Garden Brewery. Deadline to Register: March 13. Cost TBA.

Clementine's Tea Room for "High Tea" - Wednesday, April 12, 2017. Deadline to Register: April 3. Cost TBA includes "high tea."

Ohio Governor's Residence & Heritage Garden Tour and Franklin Park Conservatory - Tuesday, May 16, 2017. Deadline to Register: April 13. Contact us for details and cost.

Free Lunch and Learn Programs

12 Noon at MV Civic Center

"Name Those Tunes" Wed., Sept. 7. Deadline to Register: 8/31. Sponsored by Kindred.
"Stroke Symptoms and Health Screenings." (Blood Pressure, Glucose, Cholesterol, and BMI screenings.) Fri., Sept. 23. Deadline to Register 9/15. Sponsored by UH Ahuja.

"How Hearing Loss is connected to our Mental Health" Wed., Oct. 26. Deadline to Register: 10/17. Sponsored by Zounds Hearing.

Walking Group & Wildcat Sport & Fitness

Call us for details.

Art Exhibits

- Stop by MV Civic Center (6622 Wilson Mills Road) between 9 a.m. and 4 p.m. Monday-Friday November 7-December 31 to see a special display of student's watercolor pictures.
- The 3rd Mayfield Art Show will be held October 9-16 at Mayfield Library, 500 SOM Center Road. Artwork will be on display during the library's regular business hours. Questions: Call 440-919-2332.

CALL MAYFIELD VILLAGE SENIOR SERVICES FOR MORE INFORMATION OR TO REGISTER FOR SENIOR PROGRAMS: 440-919-2332.

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