

Adaptive Recreation Winter 2016-2017: Reminder Flyer

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. **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.**

Participants who are not capable of participating independently must be accompanied by parent or caregiver. In order to avoid cancelling programs, we need the cooperation of participants to sign up by deadlines. Mayfield Village will charge an additional \$5 per participant if signing up after the deadline. Please note that Mayfield Village reserves the right to deny registrations after the deadline due to limited enrollment, planning, etc.

Pizza Bowls



Who: 13 years and older **Where:** Freeway Lanes of Solon (33185 Bainbridge Rd, Solon, 44139)

When/Cost: **Fridays, 7:00 - 9:00 p.m.:** February 17 (\$22), ~~March 10 (\$22)~~, April 28 (\$16), May 12 (\$16)

Details: Cost includes shoes, bowling, cheese pizza, pop and Dixie cup ice cream. **Reg. Deadline: one week before date**

Fitness to Wellness to Fun

Who: 13 years and older **Where:** Health 360 (700 Beta Drive, #500, Mayfield Village, 44143)

Cost Per Session: \$49 for either day or \$88 for both days

When: Mondays and/or Wednesdays, 6:30 – 7:30 p.m.

Winter Session 2: January 30 – March 8 **Spring Session 1:** March 13 – April 19

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



Game Nights

Who: All ages **Where:** Mayfield Middle School (1123 SOM Center Rd., Mayfield Hts., 44124)

When: Fridays, 6:00 – 8:00 p.m.: Feb. 10, March 3, April 7, May 19

Cost: \$5.00/participant per date pre-registered or \$6.00/participant per date at the door

Details: 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

Who: 18 years and older **Cost:** \$7.00/session 1 and \$10/session 2

Winter Session 1: Mondays, January 9 – February 9 (except January 16), Beachwood Mall

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

Indoor Water Exercise

Who: 10 years and older **Cost:** \$20 per session

Where: Wildcat Sport & Fitness Indoor Pool (6116 Wilson Mills Rd, Mayfield Village, 44143)

When: Thursdays, 6:30—7:30 p.m.

Winter Session 4: February 16 – March 2 **Spring Session 1:** March 16 - 30

Details: 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



Who: Teens – Adults, everyone is invited

Where: Mayfield Village Civic Center

When: Tuesdays, 5:00 – 6:00 p.m.

Winter Session 1: Jan. 3– Feb. 14 (except Jan. 17) **Winter Session 2:** Feb. 28 –April 4

Cost: \$64/participant per session or \$5 off if registering for two sessions at once.

Parents/siblings attend FREE!

Details: YogaReach LLC is a therapeutic adaptive yoga program that provides group/individual yoga programs led by experienced and highly trained yoga instructors from a wide array of disciplines. Our programs serve individuals who love to promote ability development. YogaReach programs teach an integrated system of adaptive poses, breath work, daily function skills, movement exercises, meditation practices, and facilitate ongoing group/individual discussions. We empower our students to focus on what they can achieve and reinforce an optimistic approach. 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**

Basketball Clinics

Who: 13 years and older

Cost: \$5 per date

When: Sundays, 1:00 – 2:00 pm

February 5-JCU Men's Basketball Team

February 19-Ursuline Women's Basketball Team (at Orange High School)

April 9-JCU Women's Basketball Team



Details: 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.**

Making Pizza at Pizza Roma

Who: All ages **Cost:** \$12 per person

When: Saturday, February 18: 1:00 – 1:45 p.m. or 2:00 – 2:45 p.m.

Details: 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.**



Movie Night

Who: Open to all **When:** Friday, February 24, 7:00 – 9:30 p.m.

Where: Beachwood Community Center (25325 Fairmount Rd.)

Cost: \$5 per date (register in advance, no walk-ins)

Details: Come watch a movie on a drop down projection screen. Movie will start approximately at 7:15 p.m. Enjoy popcorn and refreshments during movie. **Registration Deadline: Feb. 22 as long as space still available.**

Cirque de Soleil's Toruk

Who: Open to all **When:** Sunday, March 5, 1:00 p.m.

Where: Quicken Loans Arena **Cost:** \$55 per person

Details: Experience Cirque du Soleil in a stunning new light. Inspired by James Cameron's *Avatar*, Cirque du Soleil transports you to the world of Pandora in a visually stunning live setting. Experience a storytelling odyssey through a new world of imagination, discovery and possibility. **Registration Deadline: February 14.**



****REGISTRATION INFORMATION**** Register over the phone with Mayfield Village with Mastercard, Visa, or Discover by calling (440) 461-5163. **OR** Mail form on back to Mayfield Village Parks and Rec., 6622 Wilson Mills Rd., Mayfield Village, OH, 44143. Check payable to Mayfield Village or fill in credit card info.

Adaptive Recreation Registration Form Winter 2016- 2017: Please print clearly.

Participant's Name _____ D.O.B. _____ Gender: M F

Home Phone _____ Alt # _____

Parent/Caregiver Name _____ Email _____

Address _____
(street) (city) (zip)

Does participant require any special accommodations (ex: wheelchair, etc)? No Yes

If yes, please explain: _____

Program(s) registering for: show dollar amount per program next to each program in first column and please specify in second column-session/time/date if there are multiple ones.

Example: Yoga Reach-\$64

Winter Session 1

- | | |
|----------|-------|
| 1. _____ | _____ |
| 2. _____ | _____ |
| 3. _____ | _____ |
| 4. _____ | _____ |
| 5. _____ | _____ |

Total amount to charge to card:\$ _____

Credit Card Number _____ Exp. Date _____ *Code _____
(mastercard/visa/discover) (* last 3 digits by signature on back)

I (parent/guardian/caregiver) hereby release and hold harmless the City of Mayfield Heights including but not limited to the Parks and Recreation Department, Mayfield City School District/Bd. Of Education, and Mayfield Village and all employees, agents, and representatives from any and all claims, cost, damages, and liabilities for any injuries sustained by myself (parent/guardian/caregiver) or my minor child's or adult's participation in any program offered by Mayfield Heights Recreation Department, Mayfield City School District/Bd. Of Education and Mayfield Village. I (parent/guardian/caregiver) understand that any fees charged for a program do not include accident, or personal property insurance. I further represent that I (parent/guardian/caregiver) and my child/adult are physically capable of participating in the program in which I (parent/guardian/caregiver) or my child /adult are enrolled, based upon consultation with my or my child's/adult's personal physician.

 Signature of Participant if over 18 (or Parent or Guardian)

 Date