Mayfield Village Adaptive Recreation Spring/Summer 2017 Programs

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. Volunteers are welcomed! For more information/flyers for adaptive recreation programs, please visit mayfieldvillage.com/recreation, leapinfo.org, solonohio.org, theupsideofdowns.org and orangerec.com.

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

In order to avoid cancelling programs, we need the cooperation of participants to sign up by deadlines. Please note that Mayfield Village reserves the right to deny registrations after the deadline due to limited enrollment, planning, etc.

Fitness to Wellness to FUN!
Who: 13 years and older Where: Health 360
When: Mondays and/or Wednesdays, 6:30 – 7:30 p.m.
  Session 1: March 13 – April 19  Session 2: April 24 – June 5 (except May 29)
Cost: $49 for either day or $88 for both days per session
Details: This energetic, fast paced stimulating hour is 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. Registration Deadline: The Friday before the session begins.

Indoor Water Exercise
Who: 10 years and older Cost: $20 per session
When: Thursdays, 6:30—7:30 p.m.
  Spring Session 1: March 16 – 30  Spring Session 2: April 6 – 20
  Spring Session 3: April 27 – May 11  Spring Session 4: May 18 – June 1
Where: Wildcat Sport & Fitness Indoor Pool (6116 Wilson Mills Rd, Mayfield Village, 44143)
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.

St. Patrick’s Day Dance
Who: 18 years and older When: Friday, March 24, 7:00pm – 9:00 p.m. Where: Hilton Garden Inn
Cost: $10 person
Details: Sponsored by LEAP. Dress all in green for this St. Patrick’s Day Dance. We will be celebrating the end of the winter months and the beginning of spring. Chicken fingers and fries will be served for dinner.
Registration Deadline: March 15

Build a Plant Stand/Outdoor Table
Who: 18 years and up When: Saturday, April 1, 10:00 a.m. – 12:30 p.m.
Where: Orange High School Woodshop located in rear level Cost: $35 (plus $25 material fee payable to instructor at class)
Details: It’s the perfect way to celebrate Spring! And it also makes a great Mothers’ Day Gift. You will love this beautifully crafted plant stand or outdoor table made by you!
**Game Nights**

**Who:** All ages  
**When:** Fridays, April 7 and May 19, 6:00 – 8:00 p.m.,  
**Where:** Mayfield Middle School  
**Cost:** $5.00/participant pre-registered or $6.00/participant at the door  
**Details:** Come join a fun night and hang out with friends. Participants can play a variety of board games, volleyball, basketball, learn organized dances and enjoy pizza & pop. Participants can bring their own games to share.  
**Pre-Registration Deadline:** the Wednesday before each program.

**Cleveland Gladiators Game**

**Who:** Open to all ages  
**When:** Saturday, April 8, 7:00 p.m.  
**Where:** Quicken Loans Arena  
**Cost:** $20 per ticket  
**Details:** Join us for Cleveland Gladiators arena football at the Quicken Loans Arena as they take on the Tampa Bay Storm. Kickoff is at 7:00pm. Do not miss out on this fast-paced, action packed indoor football game! You also can enjoy Rudi the mascot, the Goddesses cheerleaders, and fun entertainment and music between quarters and time-outs. Please indicate on your registration if you need special seating accommodations. Tickets will be delivered electronically via Flash Seats.  
**Reg. Deadline:** March 17.

**Walking Club with LEAP**

**Who:** 18 years & older  
**Cost:** $10.00 per person per session, includes snacks & beverages  
**When:** Monday or Tuesday depending upon session, 6:00 – 7:00 p.m.  
**Session 1:** Mondays, April 10 – May 15  
**Session 2:** Tuesdays, June 6 – July 11 (except July 4)  
**Session 3:** Mondays, July 24 – August 28  
**Where:** Cleveland Metroparks Euclid Creek Reservation-Highland Shelter

**Indoor Bocce with LEAP**

**Who:** 18 years & older  
**Cost:** $35.00 per person  
**When:** Tuesdays, April 11 – May 16, 6:00 – 7:30 p.m.  
**Where:** Game of Wickliffe (28801 Euclid Ave, Wickliffe, 44092)  
**Details:** Bocce Ball has been around for ages. It’s a great way to spend time in the company of others. Develop your strategy and test your skills in healthy competition and fun!  
**Reg. Deadline:** March 29

**Embrace Abilities – YogaReach**

**Who:** Teens – Adults, everyone is invited  
**When:** Tuesdays, 5:00 – 6:00 p.m.  
**Spring Session 1:** April 11- May 16  
**Spring Session 2:** May 23 - June 27  
**Where:** Mayfield Village Civic Center  
**Cost:** $64/participant per session or $5 off if registering for both sessions at once.  
**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.  
**Reg. Deadline:** The Friday before each session begins.

**Spring Outside Fun**

**Who:** 18 years and older  
**Cost:** $10  
**When:** Wednesdays, April 12 – May 17 (except May 10), 6:00 - 7:00 p.m.  
**Where:** Mayfield Middle School Football Field (1123 SOM Center, Mayfield Hts., 44124)  
**Details:** Come get in shape for the spring playing different sports and fun games together; exercising, walking, and running.  
**Registration Deadline:** April 7.
**Pizza Bowls**
**Who:** 13 years & older  **When/Cost:** Fridays, April 28 ($16) and May 12 ($16)  **6:00 – 8:00 p.m.**
**Where:** Freeway Lanes of Solon (33185 Bainbridge Rd, Solon, 44139)
**Details:** Bowling at Freeway Lanes of Solon is Cosmic Bowling (main lights off, the disco and black lights turned on, and a smoke/fog machine. There will be a live DJ every Friday with drop down screens showing music videos).
**Registration Deadline:** one week before the program.

**Fishing & Picnicking**
**Who:** 15 years and older  **When:** Saturday, May 6, 2:00 – 4:00 p.m.  **Cost:** $12  **Max:** 10 participants.
**Where:** Timberlake Park (Root Road in Bainbridge, North off Pettibone and East of Aurora Rd)
**Details:** This one day event is part of Solon’s Blue Ribbon programming. Bring your fishing rod, complete with hooks, line, and sinker; and we’ll supply the bait. We’ll fish in the pond located at the beautifully secluded Timberlake Park. Cleveland Metroparks Outdoor Recreation will show us what fishing is really all about and will provide a limited number of fishing rods and tackle if needed. Ham/turkey sandwiches and sides provided. The Ohio Dept. of Natural Resources has proclaimed May 6 as a Free Fishing Day so a fishing license is not required. **Registration Deadline:** April 19.

**Kickball League**
**Who:** 13 years and older  **When:** Mondays, June 5 – July 10, 6:30 – 7:30 p.m.  **Cost:** $15
**Where:** Parkview Softball Green Field (425 N. Commons Blvd., Mayfield Village, 44143)
**Details:** Join the Regan family for fun and everyone can play! Participants who need one-on-one assistance/constant guidance are required to have a family member or caregiver join them in play. **Registration Deadline:** May 31.

**Sand Volleyball**
**Who:** 13 years and older  **When:** Wednesdays, June 7 – July 12, 6:30 – 7:15 p.m.
**Where:** Wiley Park Sand Volleyball Court (610 SOM Center, Mayfield Village, 44143)
**Cost:** $15
**Coordinators:** The Regan Family
**Details:** Have fun and build skills by playing in this fun volleyball program. Participants who need one-on-one assistance or constant guidance are required to have a family member or caregiver join them in play. **Registration Deadline:** May 31.

**Aquacize**
**Who:** 10 years and older  **When:** Thursdays, June 15 – July 20, 6:00 – 7:00 p.m.  **Cost:** $30
**Where:** Parkview Pool (425 N. Commons Blvd., Mayfield Village, 44143)
**Details:** Experience success, increase comfort level, exercise & have fun in a pool. **Reg. Deadline:** June 9.

**Movie Night**
**Who:** Open to all  **When:** Friday, June 23, 7:00 – 9:30 p.m.
**Where:** Mayfield Village Civic Center
**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 snacks and beverages while you watch a movie. **Registration Deadline:** June 9 as long as space still available.
Outdoor Pool Party at Parkview Pool
Who: All ages  
When: Saturday, July 1, 12:00 - 4:00 p.m.
Cost: $10 includes admission to pool and lunch, must register in advance (no registration at the door)
Details: Come enjoy a great time swimming at Mayfield Village’s Parkview Pool during the Village’s Fourth of July Celebration. The pool offers a zero to 42” depth play area and slide. Our group will have the pavilion reserved right next to the pool and will begin serving food at Noon. Entertainment will be available on the pool deck. Stick around the area until dusk and enjoy free Fireworks which are shot off near the pool. Participants are asked to bring a side dish or dessert, no chips please. We will provide hot dogs, sides, chips and some dessert. Registration Deadline: June 23.

Outdoor Movie at The Grove
Who: Open to Everyone  
When: Friday, July 7, approximately 10:00 p.m.
Where: The Grove
Details: FREE!! Relax outside while watching Raiders of the Lost Ark on the big screen. Bring a chair or blanket and get comfy; there is no permanent seating available. Feel free to bring in your own snacks and beverages. The Grove is accessible to all. No registration required; just show up and enjoy!

Quantum LEAP Softball League
Who: 18 years and older  
When: Thursdays, July 27 – August 31, 6:00 – 7:30 p.m.  
Cost: $30
Where: Parkview Softball Green Field (425 N. Commons Blvd., Mayfield Village, 44143)
Details: Cost includes t-shirt, hat, snacks & beverage. Equipment provided except limited supply of gloves. Bring your own bat and glove if you have them. Registration Deadline: July 13.

Cleveland Indians Game
Who: Open to all  
When: Saturday, August 5, 7:10 p.m.
Cost: $26 per ticket
Details: Come see the Indians take on the New York Yankees. Seats are in the Family Deck. Fireworks following the game. Registration Deadline: June 29.

Outdoor Living Skills Campout
Who: Families/Individuals 13 years & over with parent/caregiver  
Min./Max. Participants: 5/11
Location: Hemlock Creek Picnic Area, Bedford Reservation
Date/Time: Pre-trip: Saturday, August 5, 1 - 3 p.m.  
Trip: Friday, August 11 – Saturday, August 12, 5 p.m. – 11 a.m.
Cost: $65 (includes the use of some camping and cooking equipment) (siblings must pay; parent/caregiver no charge)
Details: Cleveland Metroparks Outdoor Recreation is proud to offer this special overnight campout, which is designed to teach you basic Outdoor Living Skills including Leave No Trace, setting up a campsite, building a fire, and more. Enjoy the simple life by camping under the stars at beautiful Bedford Reservation and roasting marshmallows over a campfire. No special equipment is required, please bring your own camping equipment if you have it. Dress in layers and be prepared for the weather. Parent(s) or caregivers MUST attend the campout and pre-trip meeting and will need to provide their own camping equipment. *Participants MUST attend the pre-trip meeting in order to attend the campout.* Packing suggestions as well as directions will be supplied once registered. Registration Deadline: July 28

Mayfieldvillage.com/recreation
Adaptive Recreation Registration Form Spring/Summer 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: Pizza Bowl-$16  April 28

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) herby 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