Mayfield Village Parks & Recreation
Adaptive Recreation Fall 2015 & Winter 2016 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. 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.

Participants who are not capable of participating independently must be accompanied by 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.

Lake County Captains Game
Who: All ages When: Sunday, September 6, 6:30 p.m. Cost: $10 per person
Details: Watch the Lake County Captains as they take on South Bend. In addition to great baseball, Family Fun Sundays feature concourse entertainment like magicians, face painters, and balloon animals. After the game, stick around for kids running the bases and a fabulous Fireworks show! Please indicate on your registration if you need special seating accommodations. Registration Deadline: August 28.

Walking Club with LEAP
Who: 18 years and older
When/Where: Fall Session 1: Tuesdays, September 8 – October 13, 6:00 – 7:00 p.m.,
Cleveland Metroparks Euclid Creek Reservation-Highland Shelter
Fall Session 2: Mondays, October 26 – November 30, 6:00 – 7:00 p.m., Beachwood Mall
Cost: $10.00 per person per session, includes snacks & beverages.

Cuyahoga Valley Scenic Railroad
Who: 18 years and older
When: Saturday, September 19, 12:45 – 4:00 p.m. (must arrive by 12:15 to begin boarding)
Where: Train Departs from/Returns to Rockside Road, Independence
Cost: $20 per person, includes boxed lunch (must order selection upon registration)
Details: Take a train ride through the majestic Cuyahoga Valley National Park. Once on board, you will head south to Akron and then loop back to the boarding site. This relaxing, enjoyable, 3 ½ hour train ride will allow the opportunity to see small towns and a working 19th century farm. There's a wealth of both natural and human history in the Valley; a world where time stands still. Registration Deadline: August 28.

Soccer Clinic
Who: 13 years and older
When: Sunday, September 20, 3:30 – 4:30 p.m.
Where: Wildcat Stadium (behind Mayfield High School, 6116 Wilson Mills Rd, Mayfield Village)
Cost: $5.00
Details: This clinic will focus on basic skills with the Mayfield Varsity Coach Sean McNamara and the Varsity Boys soccer team. Registration Deadline: September 16.

OVER
Fitness to Wellness to Fun
Who: 13 years and older       Where/Time: Health 360 (Beta Drive, Mayfield Village) 6:30 – 7:30 p.m.
Fall Session 1   Mondays, September 21- October 26 (except September 14)
     Wednesdays, September 9- October 21 (except September 23)
Cost: $49 for either day or $88 for both days
Fall Session 2   Mondays, November 2- December 14
     Wednesdays, October 28- December 16 (except November 25)
Cost: $58 for either day or $104 for both days
Winter Session 1  Mondays, January 4- February 8
     Wednesdays, January 6- February 10
Cost: $49 for either day or $88 for both days
Winter Session 2  Mondays, February 15- March 14
     Wednesdays, February 17- March 16
Cost: $41 for either day or $74 for both days
Spring Session 1  Mondays, March 28- May 2
     Wednesdays, March 30- May 4
Cost: $49 for either day or $88 for both days
Details: Join us for this energetic, fast paced stimulating hour designed to get you up and moving while having fun. The class will include a combination of obstacle courses, strength training, agility drills, endurance training, motor skill reaction drills, and developmental exercises. NOTE: Parent or caregiver can pay $12 per month to use facility when class is held. If interested, see front desk at Health 360.  Reg. Deadlines: The Thursdays before each session

Flour Power Bakers
Who: 6 – 12 year olds       When: Saturdays, September 26 – October 10, 12:30 – 1:45 p.m.
Where: Pepper Pike Learning Center, Room 41       Cost: $49 per participant
Details: Participants will learn how to bake some of their favorite dessert treats from scratch! The children will be exposed to different types of safe kitchen appliances and utensils. Each class, your child will bring home a sample as well as a recipe card to practice baking at home. Parents and caregivers must remain and are encouraged to participate. Monika Richards, Orange Early Childhood Coordinator and Sarah Gnoddie, Youth Program Supervisor. Both instructors are certified elementary teachers.  Registration Deadline: September 18.

Goodtime III
Who: All ages
When: Saturday, September 26, Noon – 2:00 p.m.
Cost: $15 for all ages
Details: Transportation on your own. Food items can be purchased on board, no outside food allowed. Boarding begins at 11:30 a.m. Parking along Pier at 825 E. 9th Street or in surrounding lots, streets. Some may be pay.  Registration Deadline: September 17.

Pizza Bowl:
Who: 13 years and older
When: Fridays, 7:00 – 9:00 p.m.:  September 18, October 23, November 6, December 18, January 22, February 12, March 11, April 8, May 6
Where: Roseland Lanes (26382 Broadway Avenue, Oakwood Village)
Cost: $14 per bowler per date (includes shoes, bowling, cheese pizza, pop and Dixie cup ice cream)
Registration Deadline: one week before the program. SEE LAST PAGE FOR NEW/ADDITIONAL INFORMATION!!

NEXT PAGE
**Indoor Water Exercise**

**Who:** 10 years and older  
**Where:** Wildcat Sport & Fitness Indoor Pool (6116 Wilson Mills Rd, Mayfield Village)  
**When:** Thursdays, 6:30—7:30 p.m.  
- **Fall Session 1:** October 1 – 22  
- **Fall Session 2:** October 29 – November 19  
- **Fall Session 3:** December 3 – 17  
- **Winter Sess. 1:** January 7 – 28  
- **Winter Sess. 2:** February 4 – 25  
- **Winter Sess. 3:** March 3 – 17 (except 3/17)

**Cost:** $20 per session except Fall Session 3 is $15  
**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.

**Game Nights**

**Who:** All ages  
**When:** Fridays, 6:00 – 8:00 p.m.: September 11, October 2, November 13, December 11, January 15, February 19, March 4, April 15  
**Where:** Mayfield Middle School  
**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.

**YogaReach**

**Who:** Teens – Adults  
**Where:** Mayfield Village Civic Center  
**When:** Tuesdays, 4:45 – 5:45 p.m.  
- **Fall Session 1:** September 15 – October 27 (except Sept. 22)  
- **Fall Session 2:** November 3 – December 8  
- **Winter Session 1:** January 5 – February 23 (except Jan. 19 & Feb. 16)  
- **Winter Session 2:** March 1 – April 5

**Cost:** $64/participant per session or $5 off if registering for two sessions at once.  
**Parents and siblings attend FREE!**  
**Details:** YogaReach is a therapeutic, educational yoga/movement program that provides an integrated system of adaptive movements, breath work, mindfulness exercises and relaxation techniques for people of all ages and abilities. Join the fun. Participants experience and expand strength, flexibility, focus, and social connections with lifelong friends. Classes taught by YogaReach Team Members. (www.yoga-reach.org).  
**Registration Deadline:** Friday before each session begins.

**Learn & Practice Living and Social Skills**

**Who:** 13 years and older  
**Where:** CEVEC House (6532 White Road, Mayfield Village)  
**When:** Wednesdays, October 7 – 21, 6:30 – 7:30 p.m.  
- October 7: Learn to manage our money and budget for a night out, including figuring the tip.  
- October 14: Learn about manners & social skills when having dinner at a friends/restaurant  
- October 21: We will meet at a restaurant. We will order and pay for dinner.  
**Cost:** $30 plus participant/parent/caregiver will pay for own dinner October 21  
**Min./Max.:** 4/6  
**Instructor.:** Jennifer Rose  
**Registration Deadline:** September 30.

**Fall Hike, Fire Building, & S’mores**

**Who:** Families or Individuals 13 years and over with parent or caregiver  
**When:** Saturday, October 10, 5:00 – 7:00 p.m.  
**Min./Max.:** 5/30  
**Where:** Nature Education Building, North Chagrin Reservation  
**Cost:** $8 per participant (siblings must pay, parent/caregiver no charge)  
**Details:** 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. Directions will be provided once registered.  
**Registration Deadline:** October 2.

OVER
Lake Erie Monsters
Who: All ages   
When: Friday, October 16, 7:00 p.m.   
Cost: $19/ticket
Details: Join us for Lake Erie Monsters’ Home Opener at Quicken Loans Arena. Don’t miss out on this fast-paced, action packed ice hockey game! You also can enjoy Dollar Hotdogs, Sully the mascot, Monster Hockey Girls, the Mullet Brothers, and fun entertainment and music between periods and time-outs. Participants are responsible for their own transportation. **Registration Deadline: September 18.**

Basketball Clinics
Who: 13 years and older

When: Sundays, October 18 and February 7, 1:00—2:00 p.m.-John Carroll Men’s Basketball  
Sundays, November 1 & January 17, 1:00—2:00 p.m.-Notre Dame College  
Sundays, December 13 & February 28, 1:00—2:00 p.m.- Ursuline College Women’s Basketball  
Sundays, January 10 & April 10 1:00 – 2:00 p.m.-John Carroll Women’s Basketball

Cost: $5 per date
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.**

Halloween Party & Dance
Who: 18 years and older
When: Friday, October 30, 7:00—9:00 p.m.
Where: Hilton Garden Inn (700 Beta Dr., Mayfield Village)
Cost: $10
Details: 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 16.**

Making Pizza at Pizza Roma
Who: All ages

When: Saturdays, November 7 and February 20: 1:00 – 1:45 p.m. or 2:00 – 2:45 p.m.
Details: Grace Van Ness of Pizza Roma will help you roll the dough, add the sauce and toppings, and then bake it in the oven. While the pie is baking, participants can decorate their pizza boxes. **Registration Deadline: The Wednesday before each date.**

Talent/Creativity Showcase
Who: 13 years and older   
When: Saturday, December 19, 2:00 p.m.   
Where: to be determined  
Cost: $5.00 per person (must register in advance)
Details: LEAP and Mayfield Village are offering anyone 13 years and older a chance to showcase their creative side. Acts will be limited to a certain length and can include multiple people or just individuals. To be put on a mailing list to receive a flyer (when available) with specific details, rules and for pre-registration, call LEAP at 216-696-2716 or 440-461-5163. **Deadline to submit your act is December 2.**

Cavs Game
Don’t miss a chance to watch your Eastern Conference Champions play a game at Quicken Loans Arena in December. 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.
**Winter Snowshoe or Hike**

**Who:** Families or Individuals 13 years and over with parent or caregiver

**When:** Saturday, January 16, 10:00 a.m. – 12:00 p.m. or 1:00 – 3:00 p.m.

**Where:** Strawberry Picnic Area, North Chagrin Reservation

**Cost:** $12 per participant (siblings must pay, parent/caregiver no charge)

**Min./Max.:** 5/15

**Details:** Embrace the snow this winter by learning how easy it is to snowshoe. If there isn’t enough snow, we’ll hike instead. Either way we’ll warm up with hot chocolate afterwards. No special boots are required for snowshoeing, but waterproof footwear is suggested. Dress in layers to keep warm. Directions will be provided once registered.

**Registration Deadline:** January 8.

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**Night at the Movies**

**Who:** Open to all

**When:** Fridays, January 29 and February 26, 7:00 – 9:30 p.m.

**Where:** Beachwood Community Center (25325 Fairmount Road)

**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, pop, candy and water as well as the movie. **Registration Deadline:** Jan. 22 & Feb. 19 as long as space still available.

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**Performances at Playhouse Square:**

Call 440-461-5163 for a detailed flyer. Prices/registration deadlines vary. Show dates and times are as follows

- **Wizard of Oz:** Saturday, December 5, 2015 at 1:30 p.m.
- **Annie:** Saturday, January 16, 2016 at 1:30 p.m.
- **Mamma Mia:** Saturday, March 12 at 1:30 p.m.
- **Matilda:** Saturday, May 21 at 2:00 p.m.
- **Phantom:** Friday, July 1 at 8:00 p.m.

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**REMINDERS FOR MAYFIELD VILLAGE PROGRAMS:**

Participants who are not capable of participating independently must be accompanied by 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.

Phone number for Mayfield Village if you need more information, have questions or to register over the phone with credit card: 440.461.5163.

REGISTRATION FORM/INFORMATION ON BACK
**REGISTRATION INFORMATION**
Register over the phone with Mayfield Village with Mastercard, Visa, or Discover by calling (440) 461-5163. OR Mail form 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, Fall 2015/Winter 2016: Please print clearly.

<table>
<thead>
<tr>
<th>Participant’s Name</th>
<th>D.O.B.</th>
<th>Gender: M F</th>
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<tbody>
<tr>
<td>Home Phone</td>
<td>Alt #</td>
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<tr>
<td>Parent/Caregiver Name</td>
<td>Email</td>
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<tr>
<td>Address</td>
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</tbody>
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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.

<table>
<thead>
<tr>
<th>Example: Making Pizza-$12</th>
<th>February 20, 2:00 pm</th>
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<td>5.________________________</td>
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Total amount to charge to card:$________________

<table>
<thead>
<tr>
<th>Credit Card Number</th>
<th>Exp. Date</th>
<th>*Code</th>
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<tbody>
<tr>
<td>mastercard/visa/discover</td>
<td>(* last 3 digits by signature on back)</td>
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</table>

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/adult’s personal physician.

Signature of Participant if over 18 (or Parent or Guardian) __________________ Date ___________________
Important!

Pizza Bowl Changes

Due to unforeseen circumstances, we must move our Friday Pizza Bowls to Freeway Lanes of Solon (except in December). It includes two hours of cosmic bowling with one slice of cheese pizza, a small soft drink and a small cup of ice cream for each participant.

Cosmic bowling consists of bowling with the 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.

All Pizza Bowls will be at Freeway Lanes Solon except in December we will be at Roseland Lanes on a Sunday.

The dates/times/location/prices are as follows:

<table>
<thead>
<tr>
<th>Year</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Price</th>
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<tbody>
<tr>
<td>2015</td>
<td>Friday, September 18</td>
<td>7-9 pm</td>
<td>Freeway Lanes of Solon</td>
<td>$14</td>
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<td></td>
<td>Friday, October 23</td>
<td>7-9 pm</td>
<td>Freeway Lanes of Solon</td>
<td>$14</td>
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<td></td>
<td>Friday, November 6</td>
<td>7-9 pm</td>
<td>Freeway Lanes of Solon</td>
<td>$14</td>
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<td></td>
<td>Sunday, December 13</td>
<td>5:30 - 7:30 pm</td>
<td>Roseland Lanes</td>
<td>$14</td>
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<td>2016</td>
<td>*Friday, January 22</td>
<td>7-9 pm</td>
<td>Freeway Lanes of Solon</td>
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<td></td>
<td>*Friday, February 12</td>
<td>7-9 pm</td>
<td>Freeway Lanes of Solon</td>
<td>$20</td>
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<td>*Friday, March 11</td>
<td>7-9 pm</td>
<td>Freeway Lanes of Solon</td>
<td>$20</td>
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<td>Friday, April 8</td>
<td>7-9 pm</td>
<td>Freeway Lanes of Solon</td>
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<td></td>
<td>Friday, May 6</td>
<td>7-9 pm</td>
<td>Freeway Lanes of Solon</td>
<td>$14</td>
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*Note: These three dates are $20 each due to peak bowling season

Freeway Lanes of Solon  
33185 Bainbridge Rd  
Solon, 44139

Roseland Lanes  
26383 Broadway Avenue  
Oakwood Village, 44146

Please let us know if you have any questions about the change of location:

Mayfield Village Parks and Recreation  
440-461-5163  
Danielle: decht@mayfieldvillage.com