



# COMMUNITY RECREATION GUIDE 2017-18

Fall  
Winter



GATES MILLS HIGHLAND HEIGHTS MAYFIELD HEIGHTS MAYFIELD VILLAGE



*Are You Tired of Slow or Clogged Drains?*

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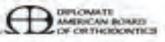
# PARKER & STREEM ORTHODONTICS



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Call To Schedule Your Complimentary Examination

**Stephan H. Parker, DDS, MSD**

**Mindy J. Strem, DMD, MS** 



*Creating Beautiful Smiles for Children and Adults*

**Mayfield Village Office**

6519 Wilson Mills Road ph (440)442-4800

**Twinsburg Office**

9945 Vail Drive, Suite 6 ph (440) 248-4825

[www.ParkerStremBraces.com](http://www.ParkerStremBraces.com)



After another successful year at Wildcat Sport & Fitness, WSF is ready to take on another year. Wildcat Sport & Fitness would like to thank their 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. As a participating school district resident, you will have the opportunity to purchase individual, senior (65+), and family memberships and have access to the indoor track, indoor pool, and weight and cardio equipment. 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.

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.

Sincerely,  
Recreation Staff

**Mayfield City School Board**

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Susan Groszek, President  
Al Hess, Vice President  
Ronald Fornaro Jr.  
George J. Hughes  
James Teresi

**Gates Mills**

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Mary Reynolds, Council President  
Jay Chip AuWerter  
Lawrence Frankel  
Nancy Sogg  
Sandra Turner  
Ann Whitney  
Ed Welsh

1470 Chagrin River Road, Gates Mills  
(440) 423-4405  
[www.gatesmillsvillage.com](http://www.gatesmillsvillage.com)

**Mayfield Heights**

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

6154 Mayfield Road, Mayfield Heights  
(440) 442-2627  
[www.mayfieldheights.org](http://www.mayfieldheights.org)

**Wildcat Sport & Fitness**

6116 Wilson Mills Road, Mayfield Village  
[www.mayfieldcityschools.org](http://www.mayfieldcityschools.org),  
(440) 995-6840

**Highland Heights**

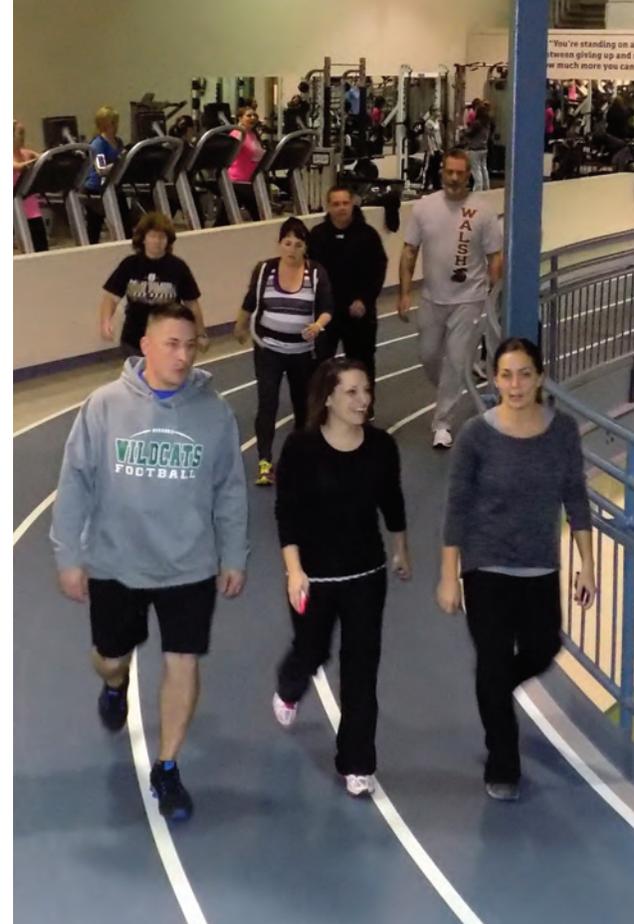
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Cathy S. Murphy, Council President  
Chuck Brunello  
Ann M. D’Amico  
Edwin V. Hargate  
Leo R. Lombardo  
Robert Mastrangelo  
Lisa Marie Stickan

5827 Highland Road, Highland Heights  
(440) 461-2440  
[www.highlandheights.com](http://www.highlandheights.com)

**Mayfield Village**

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

6622 Wilson Mills Road, Mayfield Village  
(440) 461-5163  
[www.mayfieldvillage.com](http://www.mayfieldvillage.com)



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**A Few Key Notes**

- Please be sure to check your child’s school web site 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.



## HOURS of OPERATION

Hours will be posted on the bulletin board near the front desk and online at [www.mayfieldschools.org](http://www.mayfieldschools.org)

### Pool Hours

Monday – Friday	5:30 A–2:30 P 6:00 P–9:00 P
Saturday	10:00 A–1:00 P (swim lessons and 18+ lap swim) 1:00 P–7:30 P
Sunday	10:00 A–5:30 P

### Court Hours

Monday-Friday	5:30 A–2:30 P 6:15 P–9:30 P
Saturday	12:15 P–8:00 P
Sunday	8:00 A–6:00 P

### Cardio/Track Hours

Monday – Friday	5:30 A–2:30 P 4:00 P–9:30 P
Saturday	8:00 A–8:00 P
Sunday	8:00 A–6:00 P

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

## Want to stay in the Know for Wildcat Sport & Fitness?

There are two ways to stay in touch with what’s going on at WSF (including weather closing):

Like us on Facebook @ Wildcat Sport & Fitness  
OR

### Get Text or Email Updates

Receive text or e-mail updates for Wildcat Sport & Fitness by following the steps detailed below:

- Log onto <http://www.rainedout.com/>
- In middle box, search for ‘Wildcat Sport & Fitness’.
- Under Preferred Results, Click ‘Wildcat Sport & Fitness’.
- Follow the 3 steps. Make sure that you check the box that agrees to terms.
- A validation code will be sent via text or email.
- Enter that validation code into box in step 2.
- Once you get to step 3, select all categories you wish to receive alerts.
- You can sign up for alerts for: Cycling, Membership, Lap Swimmers

**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.**

## 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 participant 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 screens 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.

**Cycling room:** Located on the second floor.

**Group Fitness Room:** Located on the first floor, this is the primary space for yoga and other 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 can be divided according to needs. Gym space will be available to members and also Recreation Department programs.

**Pool:** Cool off and rejuvenate with some lap swimming and enjoy our 25 yard, 6 lane competition pool with large instructional area. There is also a separate diving well with two 1 meter boards. We offer a variety of classes for all skill levels and interests, from youth and private swim lessons to adult Aquacise and Deep Water exercise classes.

Hours will be posted on the bulletin board near the front desk and online at [www.mayfieldcityschools.org](http://www.mayfieldcityschools.org)

## FOR MORE INFORMATION

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

Residents of the Mayfield City Schools must provide a current gas or electric bill, photo id and birth certificates when purchasing a family membership or an individual membership that includes a 7 -17 year old.

## MEMBERSHIPS

- Memberships are only available for purchase by Mayfield School District Residents. Mayfield School District Residents can also purchase a pass for anyone between the ages of 7 -17 years old.
- Proof of residency is required as outlined on page 2. 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.

Individual (Ages 7 - 64) .....\$32/yr.

Family .....\$105/yr.

Senior Citizen Individual (Ages 65+) .....\$12/yr.

Daily Rate (SDR Only) .....\$5/day

A parent must purchase a pass for anyone between the ages of 7 - 17 years old, 6 and under free with adult.

## 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 retaken on a regular basis as 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 each time or there will be a \$1.00 charge. • A \$5.00 replacement fee will be charged for each lost ID card.

## YOUTH PROGRAMS

### TUMBLING CLASS

WSF

Class will be designed to teach beginners and intermediate skills. Wonderful training if you want to try out for a cheerleading team and squad. Cost: \$45.00 per session week prior to startup date \$50 the week of class. Min of 8 and Max of 16

Instructor: Dawn Brazis & Rachel Toth, coaches from Lakeshore Dance & Gymnastics

Fall 1: 9/16 - 10/21 S 3:30 P - 4:30 P

Fall 2: 11/4 - 12/16 S 3:30 P - 4:30 P

(no class 11/25)

Winter 1: 1/13 - 2/17 S 3:30 P - 4:30 P

Winter 2: 3/3 - 4/7 S 3:30 P - 4:30 P

### KIDS KUNG FU

WSF

Join us on Mondays for Kids Kung Fu Class with Sifu Chris Burnett. Using techniques from Shoalin Five animals, Bak Mei Kung Fu and Combat Tai Chi students will learn awareness, avoidance and conflict resolution. Build a solid foundation in self-defense with stances and footwork. Learn the basics of blocking, striking, takedowns and joint manipulation. This class will build inner strength, self-confidence and provide tools for stress relief and focus. Ages 5 through 17 Fee: \$60.00 for 6 week sessions or \$15.00 Drop in fee.

Fall 1: 9/18 - 10/23 M 7:30 P - 8:30 P

Fall 2: 11/6 - 12/11 M 7:30 P - 8:30 P

### KIDS DRAWING CLASS

WSF

Tuesdays, 7-8p. \$60 per child (5 week session)

Kids ages 6-11. 16 max per class.

Fall 1: Pokémon Session: Sept 5 - Oct 3

Fall 2: Beauty and the Beast: Oct 10 - Nov 14 (No class Oct 31)

Winter 1: Art For Adventure: Nov 21 - Dec 19.

## PURCHASING MEMBERSHIP/RENEWAL AND DAY PASS

- Memberships are for a 12 month period.
- Initial membership purchase must be in person with mentioned proof of ID and residency on page 2.
- For renewal of membership, bring ID and renewal card/form.
- Memberships can be purchased or renewed at Wildcat Sport & Fitness: Monday - Friday, 8:30 a.m. - 2:30 p.m. and 6:30 p.m. - 9:00 p.m., Saturdays 1:00 - 8:00 p.m. and Sundays from 10:00 a.m. - 6:00 p.m.
- A day pass can be purchased by district residents, at the Wildcat Sport & Fitness Desk. If younger than 18 years, a parent must show proof of residency and ID for themselves and child's birth certificate or report card. The proper paper work must be filled out. This paperwork will be updated every six months. After the initial day pass purchase and paperwork, the child may attend the facility by themselves as long as they are 13 years and older. Anyone 12 years and younger must be accompanied by an adult member or a paid day pass adult visitor.

### KIDS YOGA

WSF

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

Cost: \$50 per session or \$10 drop in.

Fall 1: 9/19 - 10/24 T 7:00 P - 8 P

Fall 2: 11/7 - 12/12 T 7:00 P - 8 P

Winter 1: 1/9 - 2/13 T 7:00 P - 8 P

Winter 2: 2/27 - 4/3 T 7:00 P - 8 P

### YOUTH CHEERLEADING

WSF

Let's get ready for more of the Mayfield basketball season and learn many of the cheers that the varsity cheerleaders will be performing at games. This will be a fun time for all, and to make it even more special, the girls get the opportunity to do some cheers at one of the Junior Varsity Basketball Games. Kindergarten - 4th graders

Cost: \$40.00 per session

Winter 1: 11/11 - 12/16 S 10:00 A - 10:45 A

(no class 11/25)

Winter 2: 1/20 - 2/10 S 10:00 A - 10:45 A

### ZUMBINI

WSF

Zumbini combines music, dance and educational tools for can't-stop, won't-stop bonding and fun. Tap your toes, sing-along and get lost in the only program to combine early-childhood development with the magical joy of Zumba® Fitness

Session cost: \$105 - includes 6 45-min sessions, corresponding song-book, CD & digital music download & plush toy, additional children in same family - \$35

9/7 Free Demo 9/14-10/19 Th 9:15-10a

# AQUATIC PROGRAMS

## LEARN TO SWIM

Wildcat Sport & Fitness offers American Red Cross Swimming and Water Safety lessons for all ages and abilities. All lessons are taught by American Red Cross trained water safety instructors and life-guards. Lessons emphasize skill development in conjunction with water safety. Skill assessments are available. Lessons are held on Saturday Mornings. Cost: SDR - \$42 for session, NSDR \$52 for session

Fall 1                    S                    9/16-10/21  
SDR Registration opens Tuesday, September 5  
NDR registration opens September 12

Fall 2                    S                    10/28-12/9 (No Class on 11/25)  
SDR Registration opens Saturday, October 21  
NDR registration opens Tuesday, October 24

Winter 1                S                    1/6-2/10  
SDR Registration opens Saturday, December 9, opens  
NDR registration opens Saturday, December 16

Winter 2                S                    2/17-3/24  
SDR Registration opens Saturday, February 10  
NDR registration opens Tuesday, February 13

Spring Mini            S                    4/7-4/28  
SDR Registration opens Saturday, March 24  
NDR registration opens Saturday, March 31

Summer                S                    6/16-7/21  
SDR Registration opens Saturday, April 28  
NDR registration opens Saturday, May 19

## WILDCAT AQUATIC INSTITUTE

Wildcat Sport and Fitness will be offering American Red Cross Aquatic training for the following certifications:

*Lifeguard Training*                    ages 15+ years  
*Water Safety Instructor*            ages 16+ years  
*Lifeguard Instructor*                ages 17+ years  
*Lifeguard Review*  
*Lifeguard Instructor Review*

For class requirements, schedule and fees please contact Annemarie Finch [afinch@mayfieldschools.org](mailto:afinch@mayfieldschools.org)

## PRIVATE SWIM LESSONS

Private lessons are 30 minute in length. Semi and Private lessons are available. All instructors are American Red Cross Water Safety Instructors. Days and Times are based on Instructor availability.

	Individual Lesson	Package of 3 Lessons	Package of 6 Lessons
Private Lessons 30 Minute Lessons 1 Participant	\$30.00 SDR \$35.00 NDR	\$85.00 SDR \$100.00 NDR	\$160.00 SDR \$190.00 NDR
Semi Private Lessons 30 Minute Lessons 2 Participants	\$45.00 SDR \$50.00 NDR	\$125.00 SDR \$140.00 NDR	\$225.00 SDR \$255.00 NDR

## WEEKDAY PRESCHOOL AQUATICS

Levels Parent Child Aquatics and Preschool Level 1

Fall                    10/10-10/26            T/Th            11:15 to 11:45  
Winter                2/6-2/26                T/Th            11:15 to 11:45  
Spring                4/10-4/26                T/Th            11:15 to 11:45

## JUMP AND SPLASH

For ages 24 months-4 years old and adult companion  
SDR Fee \$55 NDR Fee \$65. Participants will engage in age appropriate gross motor skill activities on land followed by swimming readiness games and activities.

Fall                    10/10-10/26            T/Th            10:00 A-11:15 A  
Winter                2/6-2/22                T/Th            10:00 A-11:15 A  
Spring                4/10-4/26                T/Th            10:00 A-11:15 A

## DEEP WATER EXERCISE

18+ years. Using a floatation device this is a great no impact cardiovascular and total body workout. A workout for all ages, men and women. Instructors will lead this class in the diving well. Participants need to be comfortable in deep water. 10 classes. Cost: \$50 SDR/\$60 NSD

M/W                    11:00 A-12:00 P  
T/Th                    7:00 P-8:00 P

## DEEP WATER RUNNING

18+ years. 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. Instructors will lead this class in the diving well. Participants need to be comfortable in deep water. 10 classes. Cost: \$50 SDR/\$60 NSD

M/W                    10:30 A-11:00 A  
T/Th                    6:30 P-7:00 P

## AQUACISE WITH KATHI BUSCHER

Aquacise is a great form of exercise for all ages and abilities to maintain flexibility, range of motion and muscle strength. Classes are conducted in the shallow end or with floatation provide. No Swimming skills required. Class time 1 hour. 10 classes. Cost: \$50 SDR/\$60 NSD

T/Th                    11:45 A-12:45 P  
W                        7:00 P-8:00 P

# ADULT & SENIOR PROGRAMS

## NEW CYCLING

WSF

**Why Cycle/Spin?** Maybe it's because you'll burn an average of 500 calories per 45-minute ride. Or maybe it's because regardless of your fitness level, you'll get a heart pounding yet low-impact workout while maintaining the ability to go at your own pace. Classes will begin September 18. Please check with the front desk. Open to Members and Residents of the School District only.

**Member: Drop In \$6.00**      **Resident Non-member: \$7.00**  
**Member: 6 Punch Pass\* \$30**      **Resident Non-member: \$34**  
**Member: 12 Punch Pass\* \$57**      **Resident Non-member: \$65**  
**Member: 24 Punch Pass\* \$108**      **Resident Non-member: \$124**

\*Passes are good for all group cycling classes. Expire one year from date of purchase. Riders must be at least 4'11". Min 3/Max 11 per class. Bring a water bottle, towel for you and heat monitor (optional)



## BODY SCULPTING

WSF

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. Cost: \$55 per session.

Session 1:	8/14 – 9/11 (No class 9/4)	M/W	9:00 A – 10:00 A
Session 2:	9/13 – 10/11 (No class 10/9)	M/W	9:00 A – 10:00 A
Session 3:	10/18 – 11/13	M/W	9:00 A – 10:00 A
Session 4:	11/15 – 12/13 (No class 11/22)	M/W	9:00 A – 10:00 A
Session 5:	12/18 – 1/22 (No class 12/25, 12/27, 1/1)	M/W	9:00 A – 10:00 A
Session 6:	1/29 – 2/21	M/W	9:00 A – 10:00 A
Session 7:	2/26 – 3/26	M/W	9:00 A – 10:00 A

Session 1:	9/22-11/10 (No class 11/17)	F	9:00 A – 10:00 A
Session 2:	11/24 – 1/19 (No class 12/29, 1/26)	F	9:00 A – 10:00 A
Session 3:	2/2 – 3/23	F	9:00 A – 10:00 A

## CONDITIONING TRAINING CLASS WITH JUSTIN

WSF

This workout will combine strength and body weight movements with circuit and interval training. Cost: Adults: \$50 for 6 classes, Students: \$40 for 6 classes, Drop-in fee: \$10

Summer:	8/20 – 9/24	Su	9:00 A – 10:00 A
Fall 1:	10/1 – 11/5	Su	9:00 A – 10:00 A
Fall 2:	11/12 – 12/17	Su	9:00 A – 10:00 A
Winter 1:	1/7 – 2/11	Su	9:00 A – 10:00 A
Winter 2:	2/18 – 3/25	Su	9:00 A – 10:00 A

## NEW FIT CIRCUIT

WSF

Group Circuit Training Class is a general overall fitness program aimed at improving strength and cardiovascular fitness. Each exercise routine is adaptable to **any fitness level**.

All ages (14+) This is a high intensity interval program lasting approximately 40 minutes.

Cost: **6-Session Package Price \$80.00, Drop in Fee \$10.00**

Session 1:	9/18 – 11/1	M/W	6:15 P – 7:15 P
Session 2:	11/6 – 12/13	M/W	6:15 P – 7:15 P
Session 3:	1/8 – 2/14	M/W	6:15 P – 7:15 P
Session 4:	2/26 – 4/4	M/W	6:15 P – 7:15 P

## NEW YOGA

WSF

Wonderful way to serenity and peace. This class is for all levels and includes modifications for the beginner practitioner. Working on core, balance, strength and learning the flow of yoga. Min 6.

Cost: \$36 for one day a week, \$62 for full session, \$10 drop in.

Fall 1:	9/18 – 10/25	M/W	6:00 P – 7:00 P
Fall 2:	11/6 – 12/13	M/W	6:00 P – 7:00 P
Winter 1:	1/8 – 2/14	M/W	6:00 P – 7:00 P

## YOGA STRETCH & MINDFULNESS MEDITATION

WSF

\$50 for the 6 week series. \$10 drop in All levels are welcome. Experience gentle yoga stretching followed by a guided meditation practice. Learn science based benefits of Yoga & Mindfulness Meditation with attention to breathing and movement. Comfortable clothing. Yoga mat required.

Fall 1:	9/20 – 10/25	W	7:00 P – 8:00 P
Fall 2:	11/1 – 12/13 (no class November 22)	W	7:00 P – 8:00 P
Winter 1:	1/10 – 2/14	W	7:00 P – 8:00 P
Winter 2:	2/28 – 4/4	W	7:00 P – 8:00 P

## ADULT YOGA

WSF

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.

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

Fall 1:	9/21 – 10/26	Th	7:00 P – 8:00 P
Fall 2:	11/2 – 12/14 (No class Nov 23)	Th	7:00 P – 8:00 P
Winter 1:	1/11 – 2/15	Th	7:00 P – 8:00 P
Winter 2:	3/1 – 4/5	Th	7:00 P – 8:00 P





softness dantian  
 harmony stillness  
 low impact MOBILITY health  
 martial art strength  
 MOVEMENT FOCUS life force  
 centered self-healing graceful  
 awareness EXERCISE breath ENERGY Qi  
 ANCIENT relaxation  
 rhythmic meridians  
 balance INTERNAL  
 tai chi ch'uan HEALING  
 THERAPEUTIC longevity  
 yang yin FLOW intention  
 meditation safe FORM

Tai Chi is great for beginners and experienced practitioners alike. With movements from Yang Style 108 and Qigong (Chee-Gong) you will learn how this art form is not only good for self-defense but for relaxation, balance, core and lower body strength. Other health benefits include enhanced mental capacity, improved balance, reduced blood pressure and arthritis pain.

## TAI CHI FOR HEALTH WSF

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

Fall 1:	9/19 – 10/26	T/TH	6:30 - 7:30 P
Fall 2:	11/7 – 12/19	T/TH	6:30 - 7:30 P
	(No class November 23)		
Winter 1:	1/9 – 2/15	T/TH	6:30 - 7:30 P
Winter 2:	2/27 – 4/5	T/TH	6:30 - 7:30 P

## TAI CHI FOR MARTIAL ARTS WSF

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

Fall 1:	9/19 – 10/26	T/Th	6:30 - 7:30 P
Fall 2:	11/7 – 12/19	T/Th	6:30 - 7:30 P
	(No class November 23)		
Winter 1:	1/9 – 2/15	T/Th	6:30 - 7:30 P
Winter 2:	2/27 – 4/5	T/Th	6:30 - 7:30 P

## TAI CHI AND QIGONG - FOR SENIORS

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

Fall 1:	9/19 – 10/26	T/Th	10:00 A – 11:00 A
Fall 2:	11/7 – 12/19	T/Th	10:00 A – 11:00 A
	(No class November 23)		
Winter 1:	1/9 – 2/15	T/Th	10:00 A – 11:00 A
Winter 2:	2/27 – 4/5	T/Th	10:00 A – 11:00 A



## SELF-DEFENSE WSF

Certified Instructor Chris Burnett will use various techniques to effectively teach 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!  
 Cost: \$90 for 6 week session. \$15 drop in.

Fall 1:	9/23 – 10/28	S	9:00 A – 10:30 A
Fall 2:	11/4 – 12/16	S	9:00 A – 10:30 A
	(no class November 25)		
Winter 1:	1/13 – 2/17	S	9:00 A – 10:30 A
Winter 2:	3/3 – 4/7	S	9:00 A – 10:30 A

## RIPPED WSF

Resistance, Intervals, Power, Ploymetrics, Endurance and Diet. A fitness program that encompasses all aspects of physical fitness designed for all. Requires: Hand weights, comfortable clothing and shoes with light traction, exercise mat, towel.  
 One day a week, \$36 or \$65 for both days  
 \$8 drop in.

Fall 1:	9/19 - 10/26	T/Th	5:00 P – 6:00 P
Fall 2:	11/7 – 12/19	T/Th	5:00 P – 6:00 P
	(No class on November 23)		
Winter 1:	1/9 - 2/15	T/Th	5:00 P – 6:00 P
Winter 2: F	2/27 – 4/5	T/Th	5:00 P – 6:00 P

## CoreDanceBody WSF

Each class is created to be unique and fun for all. CORE combines Pilates, Yoga, Dance and Flexibility/Strength movements to help you become strong and confident. Bring a mat, towel and wear tennis shoes.

Fall 1:	9/14 – 10/26	T/Th	5:30 – 6:15 P
	(No class Sept 21)		
Fall 2:	11/2 – 12/19	T/Th	5:30 – 6:15 P
	(No class Nov 21 & 23)		
Winter 1:	1/4 – 2/13	T/Th	5:30 – 6:15 P
Winter 2:	2/15 – 4/10	T/Th	5:30 – 6:15 P
	(No class mar 20, 22, 27 & 29)		
Spring 1:	4/12 – 5/22	T/Th	5:30 – 6:15 P

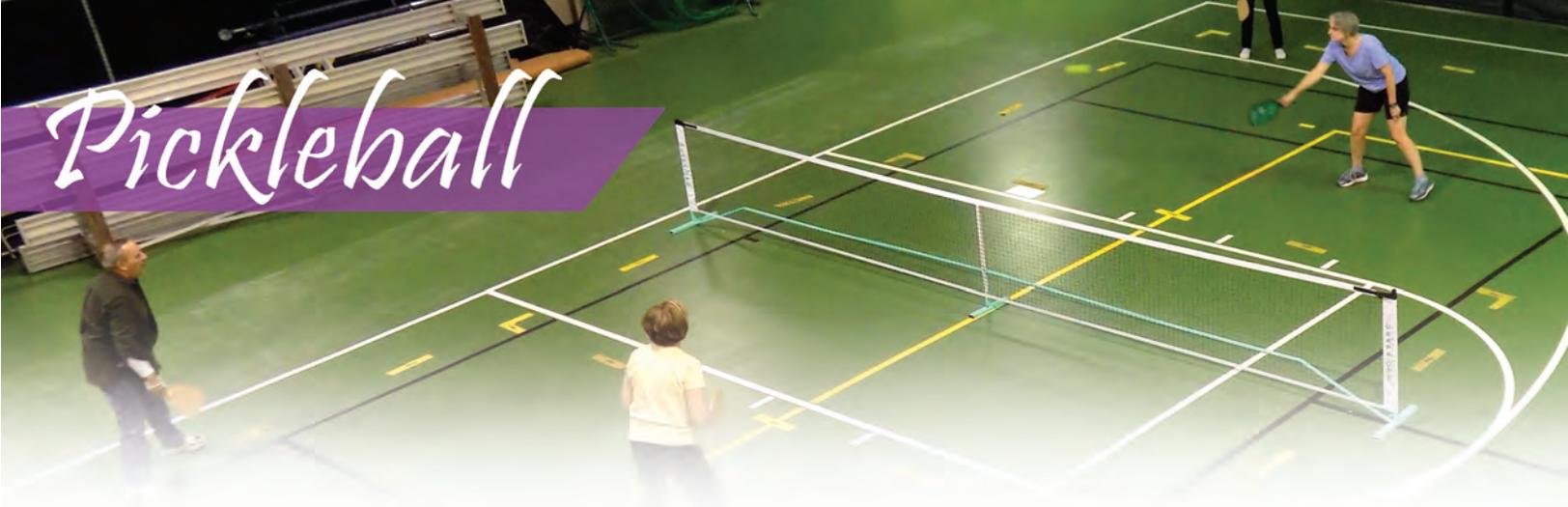
## FITNESS EQUIPMENT DEMONSTRATIONS

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.

## 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.

# Pickleball



## PICKLEBALL FOR ADULTS & SENIOR ADULTS

Pickleball is the fastest growing sport in the USA with over 2 million people currently playing. It is a cross between tennis, badminton and ping pong played on a court. Our established program provides you with opportunities to socialize, exercise and to be competitive. Pickleball will start in October (weather permitting).

Cost: Mayfield School District Residents: \$20/month or \$30 for 12 punches or Drop in \$5  
 Non-School District Residents: \$40/month or \$40 for 12 punches  
 Pre-registration is required.

M – F 8:00 A – 12:00 P

## MEN'S & WOMEN'S DOUBLES PICKLEBALL TOURNAMENTS

Our separate Men's Doubles and Women's Doubles tournaments will be geared for players 55+ years old who are "self rated" between 2.0–3.5. A Round Robin format will be used for each division with a maximum of 8 teams per division. Teams will play up to 7 games. Tournament play will conclude around 11:30 A. Prizes will be given to the top two teams in each division. Pizza, cookies and water will be provided after tournaments. Registration is first come, first served. Registration deadline will be at 9:00 P on Wednesday, October 18. Registrations will only be accepted as a "team". Registrations will be accepted by phone, mail or walk-in at WSF Front Desk, 440-995-6840. Cost: \$20.00 per team  
 Check in and warm up begins at 8:00 am  
 Tournaments begin at 9:00 am

S 10/21

## PICKLEBALL LESSONS

Learn to play the fastest growing sport in the USA. Lessons offered for Beginners and Advanced Beginners. Times are arranged between your and the instructor's availability. Private, Semi-Private and small group lessons available. Please call for availability.

Cost: Private One Hour Lesson \$30.00  
 Semi Private One Hour Lesson \$50.00/per person  
 Three People One Hour Lesson \$63.00/per person  
 Four People One Hour Lesson \$72.00/per person

## THURSDAY NIGHT PICKLEBALL

Get guaranteed playing time this indoor season on Thursday night on our three indoor courts. Courts may be separated by skill level if necessary in this COED setting. Residents may begin to register on August 14 Non Residents may begin to register on September 20. Max of 18.

Session 1: Th 10/5 - 12/28 (no play 11/23) 7:15 - 9:15 P  
 Cost : \$38/Res \$60/Non-Res

Session 2: Th 1/4 - 3/29 (no play 3/8) 8:30 - 10:30 P  
 Cost: \$30/Res \$54/Non-Res

## FRIDAY NIGHT PICKLEBALL

Get guaranteed playing time this indoor season on Friday night on our three indoor courts. Courts may be separated by skills level if necessary in this COED setting.

Residents may begin to register on August 14. Non Residents may begin to register on October 10.

Cost: \$54.00/Res \$89.00/Non Res

F 6:30 P – 9:00 P 11/3 – 3/23 (no play 1/19)

## SUNDAY MORNING PICKLEBALL

Get guaranteed playing time this indoor season on Sunday Morning on our three indoor courts. Courts may be separated by skill level if necessary in this COED setting.

Residents may begin to register on August 14. Non Residents may begin to register on October 20. Max of 18

Cost: \$64.00/Res, \$99.00/ Non Res

Su 11/5 – 3/25 8-10 A



# SPECIAL EVENTS

## HEALTHY MAYFIELD

Join in the fun and 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 and the Cleveland Metroparks. Take advantage of FREE health screenings, cooking demonstrations and food sampling by the Mayfield Culinary students, local business vendor tables and many interactive activities for kids and adults. Hear the band, meet the fall athletes and all the Booster Clubs. There will be demonstrations throughout the evening. Bring your family and friends and don't miss this great event!

W 10/4 5:30 - 7:30 P

## GIRLS ON THE RUN

The Girls on the Run Northeast Ohio 5k is the culmination of 10 weeks of training for over 800 3rd-8th grade girls and is open to the public. The program combines training for a 5k (3.1 miles) noncompetitive 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 September 12, 2017. The 5k is managed by: VERTICAL RUNNER. For more information please visit [www.gotnrnortheastohio.org](http://www.gotnrnortheastohio.org) or call 234-206-0786.

Su 11/12 8:00 A

 Mayfield High School

## WILDCAT TEEN HALLOWEEN MH/MV

For 6th - 8th Grade Mayfield Middle School Students. Admission includes games and food. Additional money needed for raffle. Look for flyers in your MMS Friday folder handouts. Cost: \$18 presale, \$20 at door

Th 10/19 6:00 P - 9:00 P

 Mayfield Middle School.



## WILDCAT SUPER BOWL TRIATHLON WSF



Anyone interested in taking part of the Wildcat triathlon, individually or with a team? Start your Super Bowl Sunday off with a wonderful, exhilarating race at Wildcat Sport & Fitness! Triathlon includes 3 phases.

\*Each individual that signs up will receive a T-shirt and snacks. Cost: \$30 for members of Wildcat Sport & Fitness \$40 for non-members of Wildcat Sport & Fitness, \$60 for team (2 or 3 on a team)

Sunday 2/4/18 10 A

Triathlon includes 3 phases.

10 minute swim in WSF pool

10 minute transition from pool to spinning bikes

20 minute bike ride on spinning bikes

5 minute transition from bikes to track or treadmills

15 minute run on track or treadmills

Top 2 participants in each category receive prizes

Top 3 overall male and female participants receive prizes

Top 3 teams receive prizes

Male/Female Age Group Categories:

13 - 19 20 - 39 40 - 59 60+



# YOUTH SPORTS

## SPORTS CORNER

Athletic Leagues listed here are community based organizations that serve the Mayfield City School District Residents. Please use the contact information below to receive additional information about the league or sport.

### Gilmour Youth Hockey League

Website: [www.gilmourarena.com/gilmouricearenahome.aspx](http://www.gilmourarena.com/gilmouricearenahome.aspx)  
 Contact: Mike Chiellino (440) 449-7493  
 Email: [chiellinom@gilmour.org](mailto:chiellinom@gilmour.org)

### Hurricanes Swim Team Highland Heights

Website: [www.hhhurricanes.org](http://www.hhhurricanes.org)  
 Contact: Tammy Coffey at [cyberkidz@sbcglobal.net](mailto:cyberkidz@sbcglobal.net)  
 Karrie Fairman at [karriekovar@hotmail.com](mailto:karriekovar@hotmail.com)

### Mayfield Soccer Club

Website: [www.mayfieldsoccer.com](http://www.mayfieldsoccer.com)  
 Contact: Bob Gephart at 216-904-0895  
 Email: [info@mayfieldsoccer.com](mailto:info@mayfieldsoccer.com)

### Mayfield Wrestling Club

Website: [www.mayfieldwrestling.org](http://www.mayfieldwrestling.org)  
 Contact: Frank Palmisano at 440-463-5649  
 Email: [mayfieldwrestling@gmail.com](mailto:mayfieldwrestling@gmail.com)

### Highland Heights Girls Softball

Website: [www.highlandhts.com](http://www.highlandhts.com)  
 Contact: Paul Kinczel 440-461-2440 ext. 235  
 Email: [pkinczel@yahoo.com](mailto:pkinczel@yahoo.com)

### Highland Heights Boys Baseball

Website: [www.highlandhts.com](http://www.highlandhts.com)  
 Contact: John Bondra  
 Email: [jbdoc2@aol.com](mailto:jbdoc2@aol.com)

### Mayfield Boys Baseball League

Website: [www.mayfieldbaseball.com](http://www.mayfieldbaseball.com)  
 Contact: Randy Stovsky 440-463-6811  
 Email: [randylstovsky@yahoo.com](mailto:randylstovsky@yahoo.com)

### Wildcat Youth Football Club

Website: [www.mayfieldwyfc.org](http://www.mayfieldwyfc.org)  
 Football Contact: Eddie Barch (440) 821-1591  
 Email: [eddie.barch@yahoo.com](mailto:eddie.barch@yahoo.com)

### Cheerleading Contact:

Contact: Meghan Clancy 216-970-7905  
 Email: [cheer@mayfieldwyfc.org](mailto:cheer@mayfieldwyfc.org)

### Great Lakes Sailfish Swimming

Website: [www.greatlakessailfish.com](http://www.greatlakessailfish.com)  
 Contact: Dawn Ferrante click on GLSS coaches  
 Email: go to Board of Directors list at bottom of page

## NEOEA BASKETBALL CLINIC

WSF

There will be a one-day basketball clinic held by Mayfield Varsity Coach Bob Pasci and his staff. The clinic will focus on basketball fundamentals and will help prepare players for the upcoming Mayfield Recreation, Mayfield Select Travel, and Middle School programs respectively. The clinic will be held on NEOEA Day, so students will not have school on this day. Students from grades 3 through 8 are encouraged to attend. Cost: \$25

F 10/13 8 A-11 A

## 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. 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. Cost is \$70. Call MH Rec at 442-2627 for more information.

Practices: Nov 4, 11, 18 (Group Practices)  
 Dec 2, 9, 16 (Team Practices)  
 All Practice 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 A-4:30 P starting 1/7



## MBA

## (MAYFIELD BASKETBALL ASSOCIATION)

MV

The MBA is entering the 19th season for Boys and Girls Rec Basketball. If interested in becoming a Volunteer Coach, contact Sean Supler at the number below!

Boys: 3rd-4th Grade, 5th-6th Grade and 7th-8th Grade

Girls: 4th-6th Grade

Registration Starts: 9/18

Cost: \$82

League Runs (Practices/Games): 12/1-3/10

For more information/registration flyer, contact Sean Supler at 440.461.5163



## PLAYERS BASKETBALL

MH/MV

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

Registration Begins December 1

Morning Sessions: 12:15 P - 1:00 P W 1/3 - 1/31  
 Evening Session: 6:15 P - 7:00 P W 1/3 - 1/31

## MAYFIELD VOLLEYBALL LEAGUE MV

For Girls 3rd-4th and 5th-6th Grade.

Varsity Coach Rosella Glodkowski and her staff to work on skill development, rules and team fundamentals. After 3 practice dates, finish with a tournament against surrounding communities. Practices will be held at Mayfield High School Main Gym, Tournament location is TBD. Deadline: 10/18

S 1:00-3:30 P 10/21-11/11 \$45 SD/\$50 NSD



## FALL LEAGUES-FLOOR HOCKEY WSF

League play begins Saturday, October 28.

3rd-5th grade: 12:00 P-4:00 P at Center School

6th-8th grade: 9:00 A-12:00 P at Mayfield Middle School

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

## WINTER LEAGUES-FLOOR HOCKEY WSF

Saturdays

1st-2nd grade: League play begins January 27, times 9:00 A-12 P, Center School

3rd-5th grade: League play begins January 27, times 12 P-4:00 P, Center School

8th-12th grade: League play begins January 13, 1 P-3:00 P, 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

## SPRING TRAINING MH

This program will work on developing the fundamentals of baseball & softball (throwing, fielding, hitting, and base running). For 5-6, 7-8, 9-10, 11-12 year olds. For more information on times and days call the Mayfield Heights Recreation Department at 440-442-2626 x267, in February.

T/TH 3/13 - 3/29 \$40



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 Patrick Schneider at 440-995-6842 or email at [Pschneider@mayfieldschools.org](mailto:Pschneider@mayfieldschools.org)

There will be exception dates due to school holidays and swim meets. For complete schedules or more information please call 440.995.6840

# Village of Gates Mills

## GATES MILLS LIBRARY 440.423.4808

### TUESDAY BOOK DISCUSSION

September 12 \*Last Days of Night\* by Graham Moore.  
October 10 \*Ordinary Goodness\* by Edward Viljoen.  
November 14 \*Red Notice\* by Bill Browder.  
December 12 \*The Heist\* by Janet Evanovich & Lee Goldberg  
January 9 \*1984\* by George Orwell

7:00-8:00 P

### WEDNESDAY BOOK DISCUSSION

September 13 \*Euphoria\* by Lily King.  
October 11 \*Lilac Girls\* by Martha Hall.  
November 8 \*Burial Rites\* by Lily King.

7:30-8:30 P

### ART RECEPTIONS: THURSDAYS

A free artist reception with light refreshments  
September 7: Phyllis Seltzer (painter & print maker)  
November 2: Eugenia Vainberg (Embroidery)

7:00-8:30 P

### FRIENDS BOOK SALE -- MEMBERSHIP PREVIEW

A special Gates Mills Friends member's preview sale for Sponsor and Life. If you are not a member you may join that night.

10/20 & 1/26 4:00-5:30 P

### FRIENDS BOOK SALE

Community hours will be: Saturdays, 9:30-5:00 P, Sundays 1:30 P-4:30 P, and Mondays (bag sale day) 9:30 A-6:30 P.

10/21-23 & 1/27-29

### STORYTIME

Family Storytime Wednesdays and Thursdays, 10:00-10:30 A. Rhymes, songs, fingerplays and stories for children not yet in Kindergarten. Registration is not necessary -- just come on in.

### ART-COLLAGE

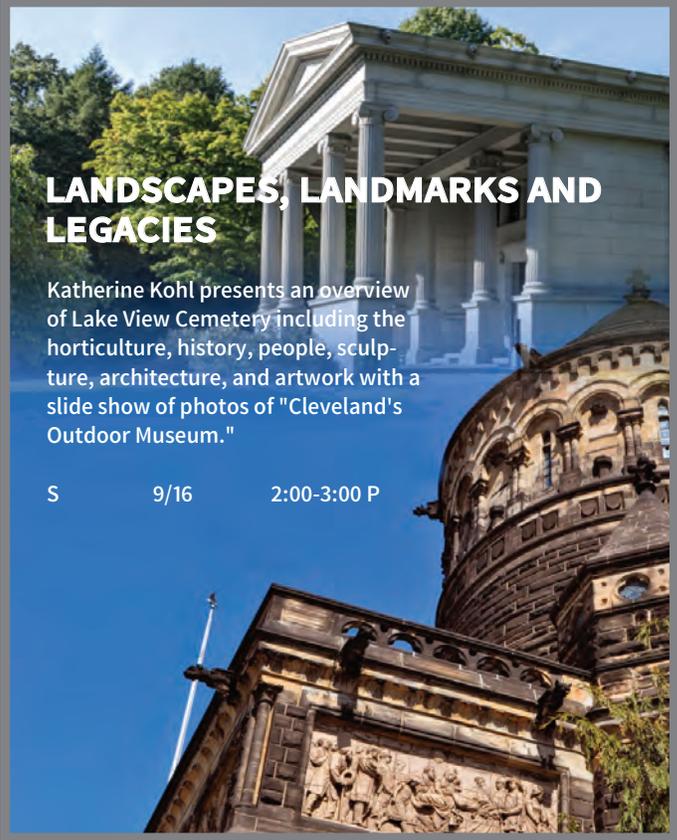
Art Play- Collage! Children in grades K-5 are welcomed to explore, discover and create amazing works of art just by putting things together in new ways. This program empowers children from 5 to 11 to express themselves and try out their own new ideas about the world around them. Registration requested. Free.

Tu 9/5 4:00- 5:00 P

### CLEVELAND ORCHESTRA RECORDED CONCERT PREVIEW

Cleveland Orchestra's Dr. Rose Breckinridge previews the opening concert of The Cleveland Orchestra's 2017 Fall Season: Janáček's opera, *The Cunning Little Vixen*, with Franz Welser-Möst conducting a cast of international singers.

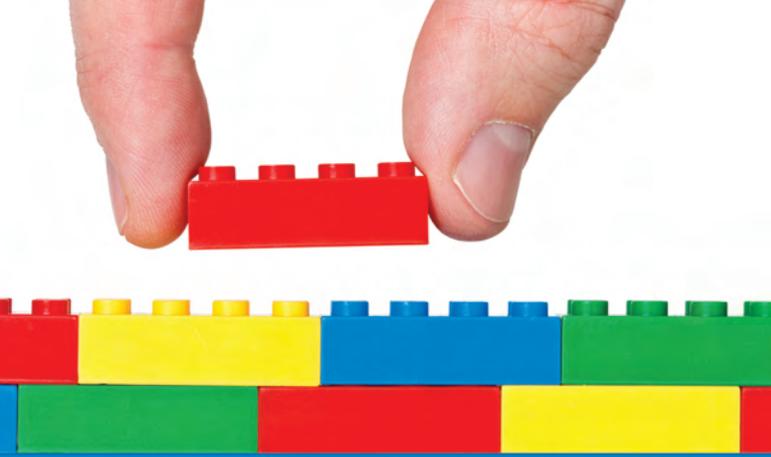
Tu 9/12 7:00- 8:00 P



### LANDSCAPES, LANDMARKS AND LEGACIES

Katherine Kohl presents an overview of Lake View Cemetery including the horticulture, history, people, sculpture, architecture, and artwork with a slide show of photos of "Cleveland's Outdoor Museum."

S 9/16 2:00-3:00 P



## STOP MOTION ANIMATION

Teens bring inanimate objects to life! Create your own stop motion animation video. We supply the iPads and the LEGO set, you bring your creative mind.

Th 9/21 7:00-8:00 P

## ROBOTIX CHALLENGE

Thursdays, September 28, October 19 & November 30  
Discover what you can do with the LEGO Mindstorms NXT robot! Offered monthly, this teen program gives you the opportunity to build upon what you have learned. Beginners welcomed.

6:00- 8:00 P



## JR. ENGINEERING

Children age 5 and up and their families are welcomed for an hour of building Legos. We supply the LEGO bricks, you supply the imagination. Families can build as a team if they want.

W 11/22 4:00-5:00 P

## MADAMA BUTTERFLY

The Cleveland Opera Theater discusses Giacomo Puccini's timeless operatic masterpiece, Madama Butterfly!

T 10/4 7:00 - 8:30 P

## ART SCULPTURE

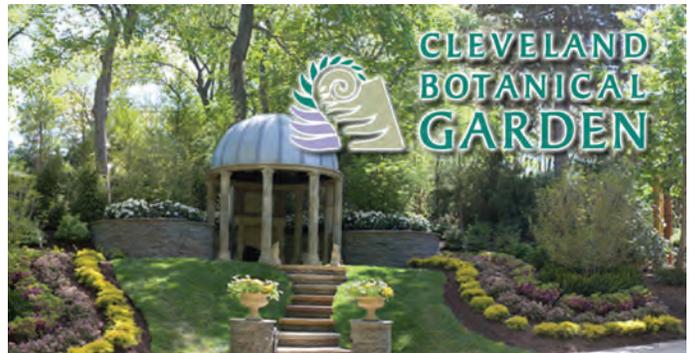
Children in grades K-5 are welcomed to discover Art- Creating in 3-D! Explore unexpected ways to make creative sculptures-the three-dimensional art form.

M 10/16 4:00-5:00 P

## STITCH & KNIT SIT-IN

Bring your current needlework project for some quality crafting time. Knitting, crochet, needlepoint, cross-stitch: all fiber arts are welcome. We'll share pattern ideas and techniques.

S 10/21 2:00-3:00 P



## HISTORY OF THE CLEVELAND BOTANICAL GARDEN

Go down memory lane with boathouses, books, and the famous White Elephant sale. Librarian Gary Esmonde will offer a slide show presentation of the Garden's long and exciting history beginning in 1916 up to present day merger with Holden Arboretum.

W 11/1 7:00-8:30 P

## INVESTIGATE IT: BRIDGES

Explore the science (and artistry) of bridges: how they are designed, built, and used.

Th 11/9 7:00-8:00 P

# City of Mayfield Heights

## SPECIAL EVENTS

### CHILDREN PARTIES



Children's parties are intended and geared for 3-9 yrs. Advance ticket purchase only. No tickets sold at door. Same price for child/adult. Tickets are available in the Recreation Department only. Times are TBA.

#### Halloween Bash

S 10/28 \$7, Tickets on sale on 9/27

#### Santa Breakfast

S 12/9 \$7, Tickets on sale on 11/1

 Ross DeJohn Community Center



A fun evening of intrigue as we discover the "Who-dunnit" of the night. Dinner is included and will be chicken cutlet, pasta, salad, dessert and beverages. Cash bar available. Registration deadline September 29. Cost: \$25

S 10/7 6:00 P

 Ross DeJohn Community Center



### WHO'S DOROTHY?

Join us as we find out who Dorothy Fuldheim: "The First, First Lady of Television" really was. Susan Cannavino will talk us through her long career and her closely guarded private life. Some of her interviews and memoirs will be reviewed. Min of 12. Cost: \$10

W 10/25 5:15 P

 Ross DeJohn Community Center

### 11<sup>TH</sup> ANNUAL CRAFT SHOW

With over 30 local vendors peddling their handcrafted items, the Mayfield Heights craft show will have something for everyone – and with all proceeds going to Parks and Recreation sponsored events. Concessions and Chinese raffle will be available. \$25/table; \$1 admission

Su 11/5 10:00 A

 Ross DeJohn Community Center



### HOLIDAY LIGHTING CEREMONY

Come light up City Hall, and have some family holiday fun. And don't miss a visit from Santa!

Su 11/26 6:00 P

 MH Fire Department Bays



## YOU CAN ALWAYS GO DOWNTOWN

See the house that the American League Champs call home. After the tour, the trip will go to the historic West Side Market. A stop for lunch will also be made. All participants will get lunch on their own. Max of 24. Cost: \$30

F 9/1 10:00 A

## NOCH EIN BIER, BITTE!

What is better than a tour of a local great brewery? A late lunch that will go splendidly with all those great beers. The tour of Great Lakes Brewery will start the day, while we finish off at the Hofbrahaus. All participants must be 21 years and older. All participants will get lunch on their own. Max of 24. Cost: 30

Th 10/19 10:00 A



## TIS THE SEASON

Tis the season, to start getting into the spirit. The trip will start and end with holiday movie magic (Christmas Story House & Castle Noel), with a stop at one of the best hot dog eateries around (Happy Dog). All participants will get lunch on their own. Max of 24. Cost: \$50

F 11/17 9:30 A



## TASTE OF ITALY DINNER

An all you can eat pasta dinner fund raiser for the City of Mayfield Heights Parks and Recreation. Magnificent dinner, open bar, dessert table and appetizers. Prizes will be raffled off. Adults 21 and older only. \$30

S 2/24 6:30 P

Ross DeJohn Community Center



Class begins with a social session to find out if the participants have any health injuries and/or their level of yoga skills. The class atmosphere allows participants to enjoy the health benefits of yoga while working-out in a fun, relaxing and friendly environment. Registration deadline is one week prior to session start date. Min 8 needed per session to run. Class time is one hour.

Fall 1	Th	9/7-11/9	5:45 P	\$60
Fall 2	Th	11/16-12/14	5:45 P	\$24
Winter 1	Th	1/4-3/8	5:45 P	\$60
Spring 1	Th	3/15-5/24	5:45 P	\$60

Ross DeJohn Community Center



# SENIOR ACTIVITIES

## ADULT AFTERNOON OUT

We offer a themed program mixing good times, good friends, good food and great entertainment. All lunches are 2 hours and will be held at the Ross DeJohn Community Center (unless otherwise noted). All lunches are \$10. To register, call the Parks and Recreation Department at 440.442.2627.

### Under the Tuscan Sun

Menu: Pasta with sun dried tomato cream sauce, salad, dessert and beverage. Entertainment: Steppin' Out

T 9/12 12:00 P

Sponsored by: **HIGHLAND POINTE**  
Health & Rehab Center



### Octoberfest

Menu: Chicken and dumplings, side, homemade bread, dessert and beverage. Entertainment: Eric Noltkamper

T 10/10 12:00 P

Sponsored by: **HIGHLAND POINTE**  
Health & Rehab Center



### Fall Fest

Menu: Turkey, sides, dessert and beverage. Entertainment: Goldenotes Band

T 11/14 12:00 P

Sponsored by: **HIGHLAND POINTE**  
Health & Rehab Center



### Winter Fest

Menu: Chicken Parm, 4 cheese stuffed shells, sides, dessert and beverage. Entertainment: TBA

T 12/12 12:00 P

Sponsored by: **Kindred**  
Assisted Living  
Fountains

### Pot of Gold

Menu: All the taste of Slyman's, fresh made in our Community Center kitchen!

Corned beef sandwich with swiss cheese, pickle, Irish potatoes, dessert and coffee. Entertainment TBA

T 3/13/18 12:00 P

Sponsored by: **Kindred**  
Transitional Care  
and Rehabilitation  
The Greens

## LUNCH BUNCH

Lunch Bunch is an opportunity to get together at a local restaurant for lunch once a month. Restaurants offer special discounts to the group. Must pre-register and must pay the restaurant directly. To register, call the Parks and Recreation Department at 440.442.2627.

### Harry Buffalo-Highland Heights

W 9/27 11:30 A

### Winking Lizard-Mayfield Heights

W 10/25 11:30 A



## SILVER SOCIAL DANCES

Put on your dancing shoes and join us as Mayfield Heights and the City of Beachwood finish the year with 4 more dances! Mayfield Heights contact 440.442.2627 with questions. Beachwood contact 216.292.1970 for directions and/or questions. \*\$10/person includes dinner; pre-registration required

Sponsored by: **HIGHLAND POINTE**  
Health & Rehab Center



S 9/16 6:30 P \$5 Ron Sluga

Ross DeJohn Community Ctr.

S 10/21 6:30 P Free Mike Wojtila

Beachwood Community Ctr.

S 11/18 6:30 P \$10\* Turnaround

Ross DeJohn Community Ctr.

S 12/16 6:30 P Free Mike Wojtila

Beachwood Community Ctr.



CIVIC CENTER  
ADMINISTRATION  
BUILDING DEPARTMENT  
FINANCE DEPARTMENT

# Mayfield Village

## SPECIAL EVENTS

### MAYFIELD TOWNSHIP HISTORICAL SOCIETY

**Ice Cream Social.** Tour the historical house with a \$3.00 donation. Enjoy ice cream sundaes and homemade cookies.

W 6:30-8:00 P 9/13 Bennett-Van Curen Historical House

Presenter Paul Landis, former secret service agent with President Kennedy. Bring a pie to share.

W 7:00 P 10/11 Community Room

The State of Antiques Today. Presenter Trish Campell. Gift card raffle night.

W 7:00 P 11/8 Community Room

Holiday Luncheon, Potluck and Social. Main course and beverages provided. Bring a side dish/dessert to share for 10-12 people.

W 11:30 A-2:00 P 12/13 Civic Center

### MAYFIELD WOMEN'S CLUB

**Madness in Bavaria.** Presenter Betty Zak

M 7:00 P 9/18

Welfare Activities

M 7:00 P 10/16

**History of the Soldiers and Sailors Monument** of downtown Cleveland. Presenter Jim Daley

M 7:00 P 11/20

Holiday Dinner for members only

M 7:00 P 12/18

Artist & Sculpture Fred Gearhart

M 7:00 P 1/15

**Re Sale Done Right.** Presenter Raandi Zeid (Owner of the Mentor)

M 7:00 P 2/19

Planning session for International Pot-Luck

M 7:00 P 3/19

International Potluck Supper

M 6:00 P 4/9 Civic Center

Housing project developed by Stephanie Buda

M 7:00 P 5/21

 Community Room unless otherwise noted

### 4th MAYFIELD ART SHOW

Sponsored by Mayfield Village, the Mayfield Branch of the Cuyahoga County Library and Friends of the Mayfield Branch Library. Pictures will be on display 10/15-10/22, Mayfield Branch Library, 500 S.O.M. Center Road during regular library hours. Free and open to the public. Entry forms will be available at the library and the city halls of Gates Mills, Highland Heights, Mayfield Heights, and Mayfield Village after 8/7. Or, call MV Senior Services for an application: 440-919-2332. Artists' entries accepted at Mayfield Branch Library: 10/13, 3-5 P. For more info: Art Director Kathy Maxwell: 440-381-5293.

### MAYFIELD VILLAGE GARDEN CLUB

**Through the Eyes of the Artist Monet.** Presenter Felicia Zarella Stedelman

W 7:00 P 9/27 Community Room

**Unexpected Music on the Lower Cuyahoga.**

Presenter Lisa Rainsong Ph.D.

W 7:00 P 10/25 Community Room

**Mixing It Up for the Holidays.** Presenter Susanne Valentine

W 7:00 P 11/15 Community Room

Holiday Luncheon for members only.

W 12:00 P 12/13 Stonewater Golf Club

**Very Veggie Soup.** Presenter Judi Strauss

W 1:00 P 1/24 Civic Center

**Selection and Care of Roses.** Presenter Calvin W. Schroeck Ph.D.

W 1:00 P 2/28 Civic Center

Scholarship Night

W 7:00 P 4/25 Community Room

## TRIPS WITH DISCOVERY TOURS

### SCALES OF JUSTICE-CLEVELAND

Lunch, Police Museum, Mounted Police Stables, Gray's Armory, Rotunda Cleveland City Hall, Federal Building, FBI agency.

F 7:30 A 9/29 \$75

### AUTUMN ADVENTURES

Monica Potter Home Décor Shop, lunch/tour Steele Mansion, West Orchards Farmers Market, Secor Nursery, Sabo's Woodside Nursery/Garden Center.

W 7:30 A 10/11 \$90

### A TOUCH OF OLD ENGLAND & GERMAN CHRISTMAS

Brunch and lunch, Trains Trees & Treasure-Story Book Museum, shopping at German Dutch store, Charles Birchford Homestead.

W 7:30 A 11/8 \$115

### OLGEBAY FESTIVAL OF LIGHTS-WHEELING, WV

Guided tour of lights, Winter Fantasy with laser show and model train exhibit, Colonel Olgebay's Mansion Museum, Glass Museum, dinner.

S 10:00 A 12/2 \$115

# HOLIDAY EVENTS

## KIDS HALLOWEEN PARTY

Children and grandchildren of Mayfield Village residents only are invited to join the Mayfield Village Recreation Board Members, family and friends at this fun event. Kids can wear costumes. Games and refreshments! **Pre-Reg only: 9/21-10/11** through Recreation Department.

S 1:30-3:00 P 10/21 \$4/child

 Civic Center

**Limited space available for most events**

## SANTA RIDE & PARTY

Santa and elves visit the residents of Mayfield Village starting at 10 AM December 9. Schedule available in Fall/Winter VOV and mayfieldvillage.com. Visit Santa at the party; Village residents/family only. **Pre-Reg only for party: 11/9-11/30.**

S 1:30-3:00 P 12/9 Free

 Civic Center



## FAMILY HOLIDAY MOVIE

Mayfield Village families only! Join other Village families in watching an entertaining holiday movie this year. Movie TBD. **Pre-Reg only: 11/9-11/30.**

F 6:00 P 12/8 Free

 Civic Center/Reserve Hall

# YOUTH PROGRAMS

## HALLOWEEN WINDOW PAINTING CONTEST

Open to 6th-8th graders attending MMS, St. Francis or St. Paschal. Participants turn in a drawing to their art teacher and the Recreation Department will pick ones that will paint on storefront windows. More information available in mid September. Windows will be painted just prior to Halloween. A limited number of windows will be available.

## WILDCAT YOUTH RUNNING CLUB

Track, Cross Country=running. Something everyone can excel at and can be done anywhere. Includes warm-up, group runs, stretching and cool down. Offered for 2nd-6th graders living in the Mayfield School District.

M/W 5:45-6:45 P 8/28-10/16 \$65

 Parkview Pavilion

**Mayfield Volleyball League See page 10 for details.**



## Tree Lighting

Come on out to the center of the Village and enjoy holiday songs sung by the Center School Choir. The trees near the gazebo will be lit for a fabulous display. The Activities Committee will serve donuts and hot cocoa (while supplies last).

Su 7:00 P 12/3 Free

 Gazebo/Community Room

## MENORAH LIGHTING

Join the Village as it lights the first Hanukkah candle. The group will gather near the Menorah at 7 p.m. snow or shine. Refreshments will be available in the Community Room after the lighting.

T 7:00-8:00 P 12/12 Free

 Gazebo/Community Room



## MAKING PIZZA AT PIZZA ROMA

Press the dough, add sauce and choose your favorite toppings before you put your own pizza in the oven! Decorate the box while it's baking and then enjoy your masterpiece at Pizza Roma or home.

S	1:00-1:45 P	11/11	3-4 yrs.	\$12
S	1:00-1:45 P	11/18	K-5th gr.	\$12
S	1:00-1:45 P	1/20	3-4 yrs.	\$12
S	1:00-1:45 P	1/27	K-5th gr.	\$12

## COMMUNITIES IN MOTION

**Move and Groove.** 1-3 yrs. 10:00-10:30 AM. Dancing/tumbling.  
**Bitty Ballet.** 2-3 yrs. 10:30-11:00 AM. Exposure to ballet with less structure.  
**Princess Ballet.** 3-5 yrs. 11:00-11:30 AM. Ballet terminology, positions and new routines learned each session.

\$5 off if registering siblings or multiple session at once.

M	9/11-10/2	Fall 1	\$39
M	10/16-11/6	Fall 2	\$39
M	11/27-12/18	Fall 3	\$39
M	1/8-2/5	Winter 1	\$39
	(except 1/15)		
M	2/12-3/12	Winter 2	\$39
	(except 2/19)		

 Civic Center

## WINTER YOUTH ADVENTURE CAMP 2018

Designed to provide various outdoor and indoor activities for the novice youth adventurer in grades 4th-7th. The Camp runs during the winter months and coordinates with Mayfield School District's calendar. The Camp offers many opportunities for the young camper to experience new and challenging activities. The campers enrolled in the Winter Adventure Camp are exposed to a variety of different activities that allow them learn new skills while being active. Limit 50. Cost: \$350

Su	6:00-10:00 P	1/14	Tobogganing or Fun 'n Stuff trip
M	9:00 A-6:00 P	1/15	Boston Mills Ski Lessons and Ski
Th	5:00-11:00 P	1/18	Boston Mills Tubing
F	8:00 A-8:00 P	1/19	Snow Trails Ski trip-Mansfield



## SPECIAL INTERESTS

### METAL JEWELRY MAKING

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 and work at your own pace. Supplies on your own range \$30-\$50. \$5 instructor fee payable on first day.

T	7:00-9:00 P	9/12-10/31	\$95
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 Civic Center

### SCRAPBOOKING CROP-A-THON

Bring your supplies and enjoy the weekend cropping with fellow scrapbooking enthusiasts. Stores on-site include Lily Pad Pages and Fun Stampers Journey. Lunch, dinner, beverages and snacks provided. **Registration begins August 16.**

S	9:00 A-Midnight	9/16	\$50 both days
Su	10:00 A-5:00 P	9/17	

 Community Room

### FLY FISHING

Learn how to fly fish on a 2 acre spring fed trout pond. Instruction is provided first and then the fishing begins. Participants can eat what they catch for lunch or enjoy other options at the Clubhouse. More fishing after lunch. All equipment provided. 10-17 year olds can attend with parent.

S	9:00 A-3:00 P	9/23	\$85
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 Deep Spring Trout Club

### COMEDY PROJECT ALLIANCE TRAINING CENTER IMPROV - LEVEL I FOUNDATION

We'll cover the building blocks of improvisational comedy through fun and challenging games and group exercises. Showcase for friends and family at the end of the class!

Pre-Requirements - (None) All are welcome.

Instructor: Don Mitri

For more information or to register call 440.461.5163

8 Weeks (Mondays) 7:00-9:00pm  
 10/2, 10/9, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20 \$120.00

 Location: Mayfield Village Civic Center

### MEN'S 18 & OVER ADULT BASKETBALL LEAGUE

Su	9:30/10:30 A	11/5 - 3/11	\$390 SD/\$410 NSD; plus officials' fees
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 Wildcat Sport & Fitness

### HEART SAVER CPR AND AED FOR ADULT, CHILD AND INFANT

Free for residents or a businesses within Mayfield Village. Class sizes are limited to 12 students per course. Classes will be held at the Mayfield Village Fire Station.

Wednesday, October 18th, 2017  
 Wednesday, January 17th, 2018.

## OHIO BOATING EDUCATION COURSE

If you were born on or after January 1, 1982 Ohio law requires that you complete an approved boating safety education course to operate any powered watercraft greater than 10 horsepower. This 8-hour class designed by ODNR Division of Watercraft covers the fundamentals of safe boating: state-required equipment, watercraft laws, navigation rules of the road, basic safety and risk management and aids to navigation. Cost: 18 and under free. 18 yrs.+ \$25

S	8:00 A-5:00 P	9/16	
S	8:00 A-5:00 P	10/14	



Civic Center

## HARTVILLE KITCHEN LUNCH & MARKET PLACE TOUR

Eat, shop and explore in the charming Village of Hartville. Explore the Hartville Kitchen, where we will have lunch (included), Hartville Market Place and Flea Market, Hartville Collectibles and Hartville Hardware. Transportation by Baron Bus.

Th	10:30 A-4:00 P	10/12	\$59
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Board bus-Pepper Pike Learning Ctr.



## MARVEL UNIVERSE LIVE! AGE OF HEROES

Entertainment for all ages! Be immersed in the Marvel Universe and witness it live! Prepare for an action-packed, legendary battle to defend the universe from evil. Spider-Man, the Avengers and the Guardians of the Galaxy join forces with Doctor Strange, master of the mystic arts, in a race against time to recover the Wand of Watoomb before it falls into Loki's hands. Registration Deadline: 9/29

S	11:00 A	10/14	\$28
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Quicken Loans Arena

## MOVIE NIGHTS

Open to anyone living in the Mayfield School District. Must pre-register. Limited seating. Movies TBD.

F	6:00 P	10/6-Family Movie	\$5/individual or \$10/family
S	2:00 P	10/28-Teen	\$5

Civic Center



## PAINTING WITH ARTFULLY MINE

No experience needed! Clear, step by step instruction allows you to put your own spin on a pre-selected design. Supplies are provided including an apron. Paint on your own 16 x 20 canvas with acrylic paints. Open to ALL abilities and all ages 5 years and older. Anyone ages 5 - 10 years must be accompanied by an adult.

S	1:00 P	9/30	\$28
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Civic Center

## WINE BOTTLE PAINTING

Create a gorgeous painted wine bottle, complete with festive lights! Use as a centerpiece for your next holiday gathering or make a gift for someone! All materials are included.

W	6:30-8:30 P	11/1	\$55
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Pepper Pike Learning Center

## HAND-PAINTED WINE GLASSES

It's the perfect compliment to the Painted Wine Bottle! Create two beautiful painted wine glasses. You will receive simple instructions to make your wine glasses which are dishwasher safe. All supplies are included.

W	6:30-8:30 P	11/15	\$45
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Pepper Pike Learning Center



## IKEA SHOPPING AND RIVERS CASINO

IKEA has everything from kitchen gadgets to complete kitchens, plus plants, holiday decorations, furniture and more. Rivers Casino has slots and gaming. Includes transportation, \$15 for slots/\$5 for food at the casino. Must be 21 years or older. Last day for refunds is October 11.

F 8:30 A-9:30 P 11/3 \$49

 Board bus-Pepper Pike Learning Ctr.

## PERFORMANCES AT PLAYHOUSE SQUARE

### WAITRESS

WAITRESS tells the story of Jenna - a waitress and expert pie maker, who dreams of a way out of her small town and loveless marriage. Deadline: 9/21/17

S 1:30 P 11/4/17 Tickets: \$20/\$35

### WICKED

WICKED, the Broadway sensation, looks at what happened in the Land of Oz...but from a different angle. Deadline: 9/27/17

S 1:30 P 11/11/17 Tickets: \$54/\$64/\$74

### STOMP

STOMP is explosive, inventive, provocative, witty, and utterly unique—an unforgettable experience for audiences of all ages. The international percussion sensation has garnered armfuls of awards and rave reviews and has appeared on numerous national television shows. See what all the noise is about! Deadline: 1/4/18

S 1:30 P 2/10/18 Tickets: \$15/\$20/\$31/\$39/\$52/\$60

### RENT

This Pulitzer Prize and Tony Award®-winning masterpiece returns to the stage in a vibrant 20th anniversary touring production. A re-imagining of Puccini's La Bohème, RENT follows an unforgettable year in the lives of seven artists struggling to follow their dreams without selling out. Deadline: 2/8/18

S 1:30 P 3/24/18 Tickets: \$20/\$35

### ALADDIN

The timeless story of ALADDIN, a thrilling new production filled with unforgettable beauty, magic, comedy and breathtaking spectacle. Deadline: 10/27/17

S 1:30 P 5/26/18 Tickets: \$45

## SENIOR PROGRAMS

### WATERCOLOR CLASSES

Tuesdays or Thursdays

Contact us for 2018 dates. Instructor: Florence Smith. Cost: Mayfield School District Residents: \$35 per 4/week series, Non-Mayfield School District Residents: \$40/per 4/week series + \$4 material fee paid to the instructor for each 4-week series. New students: contact us for the materials and paint list.

9 A-12P 9/5-26; 10/3-24; 10/31-11/21  
or 9/7-28; 10/5-26; 11/2-30 (No class 11/23)

 Community Room

### STUDENT WATERCOLOR EXHIBIT

See a special display of watercolor pictures by students in Flo Smith's Watercolor classes.

M-F 9:00 A-4:00 P 11/6-12/29

 Civic Center

### BEREAVEMENT SUPPORT GROUP

Denise of Crossroads Hospice helps persons work through the grief process connected with losses through death, job loss, divorce, moves, and other life-changing challenges. Register by 9/5. Contact us for 2018 dates.

M 10:00-11:00 A 9/11-10/30 Free

 Community Room

### LUNCH & MOVIE

Call for menus and movie titles.

W 12:30 P 9/27, 10/18, 11/15, 12/20 \$5/date

 Governor's Village

### LUNCH & LEARN PROGRAMS

Join us at the MV Civic Center at Noon for lunch and a special program. Deadline to register: one week prior to the program. Free.

W 12:00 P 10/4 Music and Fashion Through the Ages, sponsored by Kindred Living/The Fountains.

F 12:00 P 2/2 Meditation for Healthy Aging, sponsored by Kemper House.

W 12:00 P 3/7 Advance Care Planning, sponsored by My Choice. We will also play Bingo.

### NEW BROADWAY MOVEMENT CLASS

(A dance class) Share your abilities in favorite shows like "The King and I", "Phantom", "Annie", "Chicago", and "Carole King Beautiful." Improve your mobility, dexterity, cognition, concentration, sensory abilities, posture, and voice. Family and/or care partners attend for FREE. Deadline to register 9/28. Wear comfortable clothes and be ready to sing and dance.

Th 10:30-11:30 A 10/5-11/9 \$64

 Civic Center

## KNITTING & CROCHETING CLASS

Learn to knit or crochet, or let instructor Jan Perna assist you with your special project or help you hone your skills. Contact us for 2018 dates. Instructor: Jan Perna.

F 9:30-11:30 A 10/6-11/10 \$48/6-week session

 Community Room

## LUNCH N' MOVIE WITH COMMUNITY PARTNERSHIP ON AGING

Reservations REQUIRED by calling 216.650.4029 no later than the 3:00 PM on Wednesday prior to the lunch. Doors open at 11:30; lunch is served at 12:00 and movie starts at 1:00 p.m. Movies are held in the beautiful and comfortable auditorium. Movie-only reservations welcome.

W 12:00 P 10/11, 11/29 \$5/date/lunch

 Civic Center



## ONE-STROKE PAINTING CLASSES

**Fall Project** – Fall Harvest on a Clay Pot. \$30 plus a \$3.50 surface fee payable to instructor. At MV Community Room.

Instructor: Barbara Brastoff.

1:30-4:00 P 10/4 Deadline to Register: 9/27.

**Winter Project** – Penguins on Canvas. \$30 plus a \$3.00 surface fee payable to instructor. At MV Community Room.

1:30-4:00 P 11/8 Deadline to Register: 11/1.

## AARP DRIVER SAFETY CLASS

Learn “the rules of the road” and new laws in effect. \$15/AARP Members; \$20/All others. Deadline to Register: 10/20.

W 12:00-4:00 P 10/25

 Civic Center

## HOLIDAY PARTY FOR MAYFIELD VILLAGE RESIDENTS AGES 60+

Enjoy hors d'oeuvres, lunch, and entertainment while visiting with friends and neighbors. Doors open at 11:30 a.m. RSVP by 11/29.

F 12:00-3:00 P 12/8

 Community Room

## NEW COMING IN SPRING

Pickleball and Bocce for Seniors at the new Intergenerational Park. Call for information.

## COOKING & BAKING CLASSES

Instructor: Judi Strauss (as seen on New Day Cleveland.)

At MV Community Room. 2:00 – 4:00 P. Cost: \$17 plus a food fee of \$8-10 payable to instructor. Deadline to Register: The Monday prior to the class date. Contact us for course descriptions. 9/27: 5 or Fewer Ingredients; 10/18: Vegetarian Cooking; 10/25: Low fat Cooking; 11/1: Southern Comfort; 11/15: Low fat Desserts; 11/29: Cookies.

## TARA & BUHL MANSIONS/DAFFIN'S/KRAYNAK'S



Enjoy lunch and a tour of the mansion made famous by the movie “Gone With the Wind”, then tour the magnificent Buhl Mansion. Deadline to Register: 10/11

W 8:45 A-7:15 P 11/15/17 \$82

## CASTLE NOEL/MISS MOLLY'S TEA ROOM

High tea at Miss Molly's Tea Room and guided tour of Castle Noel which houses the world's largest privately owned collection of Hollywood Christmas movie props and costumes from your favorite movies. Deadline to Register: 11/ 8

W 10:30 A-5:00 P 12/13/17 \$69

## 2018 TRIPS

**Federal Reserve Bank/Guarino's Restaurant: (Cost: TBA)**  
Deadline to Register: 2/14/18.

Time TBA 3/21/18

**Miss Hickory's Tea Room. Tea sampler and dessert in an 1830's farmhouse. (Cost: TBA) Deadline to register: 3/14/18.**

10:15 A-1:45 P 4/18/18

**First Ladies Library--Historic Site/Saxton McKinley House Tour/Lunch at Canton Women's Club. (Cost: TBA)**  
Deadline to Register: 4/7/18.

8:45 A-3 P 5/16/18

Call **440.919.2332** for more information on Senior programs.

# ADAPTIVE RECREATION

Activities designed especially for individuals with physical, sensory or developmental disabilities although people of all abilities are welcome to attend. **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. Please note that Mayfield Village reserves the right to deny registrations after the deadline due to limited enrollment, planning, etc.

## INDOOR WATER EXERCISE

(10 yrs+) This is an opportunity to experience success, increase comfort level, exercise and have fun in an aquatic environment. Kate Sullivan will be teaching class again! \$20 per session.

TH 6:30-7:30 P 8/17/17-3/29/18, 3 week sessions

## FITNESS TO WELLNESS TO FUN

(13 years+) Fitness and Fun; that's what it's all about! Enjoy obstacle courses and movements to help with strength, agility and motor reaction and skill development. Exercises are broken up into small segments so you won't be bored! Sign up for Mon or Wed or both. \$49/session/day or \$88/both days/session.

M/W	6:30-7:30 P	8/28-10/11	Fall 1
M/W	6:30-7:30 P	10/16-11/22	Fall 2
M/W	6:30-7:30 P	11/27-1/17	Winter 1
		(some exceptions)	
M/W	6:30-7:30 P	1/22-2/28	Winter 2
M/W	6:30-7:30 P	3/5-4/11	Spring 1
M/W	6:30-7:30 P	4/16-5/23	Spring 2

 Health 360

## GAME NIGHTS

(All ages) There is something for everyone during Game Night. Basketball, coloring, board games, volleyball, dancing, food and friends! Feel free to bring your own basketball, game or activity. Pre-registration deadline is Wednesday before. \$5 pre-reg/date \$6 at door/per date

F 6:00-8:00 P 9/8, 10/6, 11/3, 12/1, 1/12, 2/9, 3/23

 Mayfield Middle School

## SOCCER STARS

(13 yrs+) This program is for beginners to further develop skills and enjoy learning about the game in a non-competitive environment. Each week coaches will work with participants on kicking, trapping, throw-ins specifically and then end the night with a short game among the players. Each participant will receive a shirt. Shin-guards are encouraged but not necessary. Wear comfortable clothing and tennis shoes; bring water. Min./Max. Participants: 6/14.

M 5:30-7:00 P 9/11-10/9 \$30

 Parkview Soccer Fields

**Tickets are available for performances at Playhouse Square (see page 20). Tickets will be available for a Cleveland Cavaliers game; please email [decht@mayfieldvillage.com](mailto:decht@mayfieldvillage.com) if interested in receiving more information.**

## WALKING CLUB

(18 yrs+) Walking is proven to be one of the best forms of exercise. As a safe and low impact activity, walking improves cardiovascular health, strengthens bones, and can even boost your mood.

M 6:00-7:00 P 9/11-10/9 Fall 1 \$10

 Euclid Creek Reservation

M 6:00-7:00 P 10/23-12/11 Fall 2 \$12

 Beachwood Mall

## YOGA REACH EMBRACE ABILITIES

(13 yrs+) This program serves individuals who love to empower their abilities. Embrace Abilities teaches an integrated system of adaptive poses, breath work, daily function skills, movement exercises, meditation practices, and facilitates ongoing discussions. Focus on what you can achieve and qualified instructors will help reinforce an optimistic approach! \$64/session \$5 off if registering for two sessions at once.

T 4:45-5:45 P 9/12-10/17 Fall 1

T 4:45-5:45 P 10/24-12/5 Fall 2

(except 11/7)

T 4:45-5:45 P 1/2-2/6 Winter 1

T 4:45-5:45 P 2/13-3/20 Winter 2

 Civic Center

## GOODTIME III

Enjoy the experience of a cruise on the Cuyahoga River and Lake Erie aboard Cleveland's largest sight-seeing vessel. Witness the fast changing panorama of Cleveland's skyline and the exciting Flats area as you listen to Larry Morrow point out the many sights and little known historical facts about our All-American city. Transportation on your own. Boarding begins at 11:30 p.m. Parking along Pier at 825 E. 9th Street or in surrounding lots, streets. Some may be pay. Food items can be purchased on board, no outside food allowed. Registration Deadline: September 9.

S 12:00-2:00 P 9/16 \$15

## PIZZA BOWLS

(13 yrs+) Come bowl with the group one Friday each month! The main lights are turned off, the disco and black lights turned on. There is always music being played and sometimes a DJ. A slice of pizza, dixie cup ice-cream and soda will served around 7:00 p.m. Shoes and ball included in cost. Registration Deadline: one week before the program; space is limited.

Saturdays dates, cost, time TBD

 Game of Wickliffe

## PAINTING WITH ARTFULLY MINE

(5 yrs+) No experience needed! Clear, step by step instruction allows you to put your own spin on a pre-selected fall design. Supplies are provided including an apron. Paint on your own 16 x 20 canvas with acrylic paints. Anyone ages 5 - 10 years must be accompanied by an adult. Registration Deadline: 9/20.

S 1:00 P 9/30 \$28

 Civic Center

## CLEVELAND MONSTERS FAMILY NIGHT OUT

(All ages) Fast-paced, action packed hockey! Enjoy Sully the mascot, Monster Hockey Girls, the Mullet Brothers, and fun entertainment and music between periods and time-outs. Tickets will be sent via Flashseats. Reg. Deadline: 9/29.

S 7:00 P 10/7 \$20/ticket

 Quicken Loans Arena

## INTRODUCTION TO COMPETITIVE SWIMMING

(10 years+ with companion) Participants need to be comfortable in water and have basic swim skills. Swim assessments will be held. Practice basic aquatics skills and work on gaining functional knowledge of the rules necessary to participate in aquatics competitions. Participants will be divided by ability and then age second. Realistic goals for each participant will be easily attainable while still assuring confidence and creating a fun safe atmosphere. This will culminate with an intramural competition.

S 1:00-2:30 P 10/14-12/9 \$30/SD \$40/Non SD (except 11/25)

 Wildcat Sport & Fitness

## FALL HIKE, FIRE BUILDING, & S'MORES WITH CLEVELAND METROPARKS OUTDOOR RECREATION

(13 years+ with caregiver) Enjoy the beauty of 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.

S 5:00-7:00 P 10/14 \$8

 North Chagrin Reservation

## BASKETBALL CLINICS

(10 yrs+) Join local college coaches and players as you work on the fundamentals of basketball while having fun in their gyms. Activities help build individual skill and also include fun drills incorporating team work. Pre-registration required. Registration Deadline: Wednesday before each clinic.

Su	1:00-2:00 P	10/15	John Carroll
Su	1:00-2:00 P	10/22	Notre Dame
Su	1:00-2:00 P	1/21	Notre Dame
Su	1:00-2:00 P	2/4	John Carroll

## MOVIE NIGHTS

All ages. Come watch a movie on a drop down projection screen. Enjoy snacks and beverages while you watch a movie. Pre-registration only. Registration Deadlines: Wednesday before each date as long as space available.

F 6:30 P dates tbd \$5 per date

 Mayfield Village Civic Center

## MARVEL UNIVERSE LIVE! AGE OF HEROES



See page 18

## LEAP'S ANNUAL HALLOWEEN PARTY & DANCE

(13 yrs+) Dress in your best Halloween costume and dance the night away. Awards will be given out for the weirdest, funniest, scariest, most creative, and best overall costumes. Cheeseburger/ham-burger, fries and beverage will be provided. These dances are always extremely popular so don't delay registering. Registration Deadline: Oct 12.

S 7:00-9:00 P 10/28 \$13

 Hilton Garden Inn Mayfield Village

## WOODWORKING: BUILD A BIRDHOUSE

(13 years+ with caregiver) A professional woodworker leads the class in building a home for the birds. \$25 material fee also needs to be made to instructor on day of class.

S 10:00 A-12:30 P 11/4 \$25

 Orange High School Woodshop

## MAKING PIZZA AT PIZZA ROMA

All ages. Grace VanNess will help you to press the dough, add the sauce and desired toppings, place it in the oven and...enjoy! You have your very own personally created pizza to enjoy in the store or take home.

S	1:00-1:45 P	11/4	\$12
S	1:00-1:45 P	2/17	\$12

## WOODWORKING: BUILD A UTENSIL BOX

(13 years+ with caregiver) Make a useful project to hold a variety of items. A professional woodworker leads class. \$25 material fee also needs to be made to instructor on day of class.

S 10:00 A-12:30 P 11/11 \$25

 Orange High School Woodshop

## LEAP'S ANNUAL HOLIDAY PARTY & DANCE

(13 yrs+) Celebrate the holiday season with us. Wear an ugly sweater if you have one; not required. There will be a friendly competition for the ugliest sweater. Dress code is casual. Lasagna, side salad, breadstick and beverage will be provided. These dances are always extremely popular so don't delay in registering. Registration Deadline: Nov.29

F 7:00-9:00 P 12/8 \$13

 Hilton Garden Inn Mayfield Village

# PROGRESSIVE FITNESS CENTER

For Mayfield Village Residents 16 years and Older. When renewing or purchasing a membership, it must be done in person at the Civic Center. A family member may 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 Exercise Specialists on hand to provide professional instruction and supervision.
- LifeFitness, Matrix, and Precor cardio equipment, Cybex Strength, and free weights.
- Group Fitness, functional training, and mind/body studios.
- Locker rooms, showers, and amenities.

## Group Fitness Classes

Our Group Fitness Program includes exercise classes for all fitness levels, led by certified Group Fitness Instructors. Classes that are included in membership include Yoga, Pilates, Boot Camp, Strength, ViPR, Zumba®, WERQ®, PiYo®, Spinning® Crunch-Free Core Conditioning, Fit Start, and more. Please contact the Fitness Team at [fitness@progressive.com](mailto:fitness@progressive.com) for class menu and schedule.

## Customized Exercise Plan

A Certified Exercise Specialist will design a Customized Exercise Plan for any member age 18 or older at no additional cost. The CEP includes a Fitness Assessment and Profile, a thirty-minute instructional session, and an optional follow-up appointment. Contact the Fitness Team at [fitness@progressive.com](mailto:fitness@progressive.com) to learn more about our Customized programs.

## Progressive Personal Training

Personal Training is available to Mayfield Village PFC members. Simply complete a Personal Training Questionnaire at the Fitness Center to get started. Payments are made at the Civic Center once your training appointment is scheduled.

Call 440.395.0103 for pricing.

Studio Training (Small Group Training): \$100. All sessions are 10 weeks in length and include a complimentary bonus class. Contact the Fitness Center at 440.395.0103, or [fitness@progressive.com](mailto:fitness@progressive.com)

## Becoming a Member

1. Purchase a 6 or 12 month membership at Mayfield Village Civic Center during regular 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

## Facility Hours

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

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.

## Summer College Student Membership

The Progressive Fitness Center will be offering 3 month Summer Student Memberships for Mayfield Village Residents. These memberships will be valid May 1 through September 30 and the cost is \$65 for 3 months. **College student only.**



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Mon./Tues./Thurs. 9:30 – 10:30 am

Mon./Tues./Wed. 6:45 – 7:45 pm

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