

# Mayfield Village

Parks and Recreation

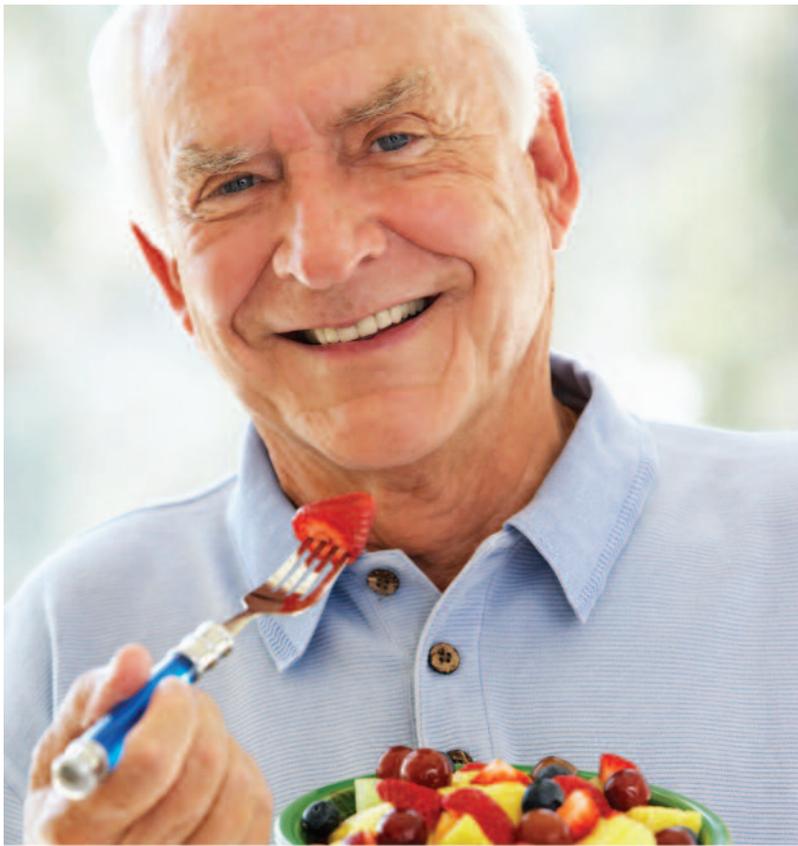
Winter

2012-13



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**Mayfield Village Parks and Recreation Department Mission Statement:**  
Mayfield Village Parks and Recreation Department's mission is to coordinate with members of the Mayfield Village Recreation Board, residents, volunteers, Mayfield City Schools, MARC and surrounding recreation departments to develop a wide variety of recreation activities and programs for citizens of Mayfield Village and the Mayfield City School District. Through these programs the department will promote a "sense of community", promote health and wellness, and provide a positive learning experience for all participants.



**Bruce G. Rinker, Mayor**  
**William Buckholtz, Council President**

**Mayfield Village Council:**  
**Joanne Cinco**                      **Thomas Marrie**  
**Nicholas Delguyd**              **Patsy Mills**  
**William Marquardt**              **Dr. Stephan Parker**

**William D. Thomas, Director Parks & Recreation**  
**Danielle Echt, Assistant Recreation Director**  
**Sean Supler, Youth/Adult Sports Coordinator**

**Recreation Board Members:**  
Pat Andrzejczyk, David Blood, Mike Colacarro, Paula Conte, Stivo DiFranco, Peggy Kerver, Troy Koch, Shelly Kovacevic, Tom Marrie, Mary Murphy, Dave Perout, Meg Stifler, Lori Sperling and Kate Sullivan.

## IMPORTANT REMINDERS

- **Mayfield Village Parks and Recreation Department is located at the Mayfield Village Civic Center. (6622 Wilson Mills Rd.)** Visit [mayfieldvillage.com](http://mayfieldvillage.com) for flyers and information about the recreation department.
- Registration for most programs begins once you receive your Winter Parks & Recreation Brochure.
- Pre-registration is required for most programs.
- Most registration can take place through the mail (even with credit card) or walk-in at Mayfield Village Civic Center.
- **Mayfield Village can accept registration over the phone with Visa/MasterCard and Discover during office hours (M-F, 8:30 a.m.-4:30 p.m.). Call 461-5163.**
- Mayfield Village Residents are strongly encouraged to sign up as early as possible for certain high demand programs such as the youth 3 to 5 year programs to avoid being closed out of the program.
- **Photographs:** Mayfield Village may take pictures of participants in our programs. We may use these photos in our brochure or for media publicity. By your registration, you grant us permission to use these photos for publicity purposes only.
- **Confirmation/Cancellation** - Mayfield Village does not mail confirmations for class/program enrollments. We will make every attempt to notify you in advance if a class is cancelled, changed or if your registration is received after a program is already full. If enrollment is insufficient for any particular class, the class will be cancelled and fees will be refunded in full. Mayfield Village reserves the right to cancel or combine programs, to change time, day, date or place of meeting and to make revisions to programs.
- **Cancellation/Withdrawal/Refunds** - Participants assume risk of all changes in personal health and affairs. A \$5.00 processing fee will be charged for all refunds involving the Mayfield Village Parks and Recreation Department. A pro-rated fee may also be charged if the program has already begun or if certain enrollment requirements are not met due to your cancellation. Charge refunds will be credited promptly. For check/cash refunds, please allow 3 weeks as they are issued through the Finance Department.
- **Late Registration** - In order to avoid cancelling programs, we need the cooperation of participants to sign up by deadlines. Mayfield Village will charge \$5 per person per program after the registration deadline. Please note that Mayfield Village reserves the right to deny registrations after the deadline due to limited enrollment, planning, etc.
- **Returned Checks for Insufficient Funds** - A \$25 cash fee will be charged for all checks returned for insufficient funds.
- **Liability** - Participants in our activities do so at their own risk, and agree to waive and release any and all claims of personal injury or property damage they may have arising from participation against Mayfield Village, its agents, instructors, or employees. Mayfield Village cannot be responsible for personal property.

**Mayfield Village Parks & Recreation Number:**

**(440) 461-5163**

**Weather Cancellation/Activities Number:**

**(440) 954-4114**

### REGISTRATION HOURS AT CIVIC CENTER

**For all programs except where noted:**  
Monday – Friday, 8:30 a.m. – 4:30 p.m.

**The Civic Center will be closed on:**

Thanksgiving: November 22 and 23

Holiday Break: December 24, 25 and January 1

# Special Events and Activities

## Mayfield Village Garden Club

The Mayfield Village Garden Club meets the fourth Wednesday of every month (unless otherwise noted) at 7:30 p.m. at the Mayfield Village Community Room. The winter meeting dates for the 2012-2013 season are listed below:

- November 28:** Holiday decorations for your home presented by Cathee Thomas from Sabo Nursery.
- December 12:** (no monthly meeting)  
Holiday Buffett at the Community Room
- January 23:** (at 1 p.m.) Tips for Designing your Yard presented by Marge Camareri, Master Gardener. This meeting will be at the Civic Center.
- February 27:** (at 1 p.m.) Milk Jug Painting presented by Lorinda Plank. This meeting will be at the Civic Center.
- March 27:** Hydrangeas presented by Master Gardener Jean Anadarka

Want to be a Garden Club member? Please contact Elaine Schramm at (440) 449-1474 to learn how. We hope to see you at future meetings!

## ‘TIS THE SEASON! SHOP ‘TIL YOU DROP AT THE MISTLETOE MARKET

The Mayfield Village Garden Club is sponsoring its Annual Craft Show, the **Mistletoe Market** on **Saturday, December 1 from 9:00 a.m. to 4:00 p.m. at the Mayfield Village Civic Center.** With this spacious venue, the festive shopping extravaganza is sure to be one of the highlights of your holiday shopping experience. The Civic Center will be abuzz with seasonal music, holiday treats, creative vendors and general merriment!

The craft show provides an opportunity to purchase gifts from a variety of exclusive artisans who make unique handmade items. The club will also sell holiday wreaths, arrangements and tasty baked goods. **One-stop shopping with gifts for the entire family!** Why shop anywhere else?

Proceeds from the Mistletoe Market benefit the Mayfield Village Horticultural Students’ Scholarship Program. Last year’s Market helped contribute to the 2011-2012 Scholarship program. Seven worthy students received scholarships to put toward their college education. Not only is this Mistletoe Market fun, it opens doors to higher education for deserving students in our community.

**We hope to see you there! Free cookies provided. Admission is \$2.00.**

If you have any questions regarding the Mayfield Village Mistletoe Market, please contact Patsy Mills at (440) 449-4922.

For more information about the Garden Club, check out our page at [www.mayfieldvillage.com](http://www.mayfieldvillage.com) and click on “Associations and Organizations.”

## Historical Society

**Tuesday, November 6:** Election Day. Voting at the Community Room. Holiday Raffle Tickets will be available. This year door prizes include Heinen’s Gift Certificate, and five local restaurants.

**Wednesday, November 14:** Meeting at the Community Room at 7:30 p.m. Linda Laronge will present “A visit with Eleanor Roosevelt”. It’s **‘pie night’**. **bring your favorite pie to share.** All are welcome. Holiday Raffle will be held.

**Wednesday, December 12:** Meeting at the Community Room at 6:30 p.m. **HOLIDAY POT LUCK BUFFETT.** The Historical Society Members should bring a main dish or 12 people. Mayfield Garden Club Members will provide the appetizers, dessert and beverages.

**No Meeting in January. Membership Month.**

**Wednesday, February 13:** Meeting at the Community Room at 7:30 p.m. Dr. Edward Pershey of the Western Reserve Historical Society will present ‘History of the Shaker Rapid’. Refreshments. Bring a Friend. Contact the Society at 440-461-0055 or [Mayfieldtownshiphistoricsociety@yahoo.com](mailto:Mayfieldtownshiphistoricsociety@yahoo.com)

## Annual Santa Ride & Party

- Date:** Saturday, December 1  
**Time:** 10:00 a.m. - 1:30 p.m. - Santa rides through the Village distributing popcorn balls. 1:30-3:00 p.m. - Party at Mayfield Village Community Room  
**Cost:** For Mayfield Village Residents - free of charge  
**Details:** At the party children will have pictures taken with Santa and gifts distributed by his elves. Refreshments will be available. Children can participate in making a winter craft.

## Annual Christmas Tree Lighting Ceremony

- Date:** Sunday, December 2  
**Time:** 7:00 p.m.  
**Location:** Mayfield Village Gazebo  
**Details:** Come celebrate the holiday season and listen to holiday music. Refreshments of coffee, hot chocolate and donuts will be available. Santa’s will make an appearance and of course, our tree lighting ceremony with Mayor Rinker.

## Menorah Lighting Ceremony

- When:** Sunday, December 9  
**Time:** 7:00 p.m. - 8:00 p.m.  
**Where:** Mayfield Village Gazebo  
**Details:** Please join us as we light the second Hanukkah candle. We will gather near the Menorah at 7:00 p.m., snow or shine! Refreshments will be at the Community Room after the Menorah Lighting.

## Introduction to Fly Fishing

**Who:** Children 10 years and older – adults  
**When:** Tuesday, November 27  
**Time:** 7:00 – 9:00 p.m.  
**Where:** Mayfield Village Civic Center  
**Cost:** \$17  
**Details:** Learn why fly fishing is one of the fastest growing outdoor sports in the world. Find out why young, old and mid-life folks get hooked for life by this exciting pursuit. We will cover equipment, where to fish, techniques, and the joys of making your own deceivers (flies) to catch simple fish. Come find out what you are missing. **Registration Deadline: Wednesday, November 21.**

## The Art of Deception A Family of Fly Tying Classes for Beginners

**LET'S GET STARTED: Nymphs, The Beginning:**  
**Who:** Children 10 years to adult, **under 18 must be accompanied by an adult**  
**When:** Tuesday, December 4, Thursday, December 6 and Tuesday, December 11  
**Time:** 6:30 – 9:30 p.m.  
**Where:** Mayfield Village Civic Center  
**Cost:** \$52 per participant (a \$10 material fee payable to George Vosmik at first class.) **Students will need to bring additional supplies. A list will be available upon registration.**  
**Details:** Learn to tie your own flies. Students will create over a dozen nymphs during the 3 classes. You will be able to catch fish on your own creations from these classes. Come tie and decide how you'll use the deceivers you produce. **Registration Deadline: Friday, November 30.**



## The Art of Deception The New Wet Flies—Building New Skills

**Who:** Children 10 years to adults, **under 18 years must be accompanied by an adult**  
**When:** Thursday, December 13, Tuesday, December 18, Thursday, December 20  
**Time:** 6:30 – 9:30 p.m.  
**Where:** Mayfield Village Civic Center  
**Cost:** \$52 (plus \$10 material fee payable to George Vosmik on the first day)  
**Details:** Learn to tie the “living, moving” New Wet Flies, including natural, flymphs and fuzzy nymphs, not the stiff, whirling classic wet flies. They catch all the picky trout, panfish and bass when the “Drys” are refused! Streamers are also created to imitate baitfish. **Registration Deadline: Tuesday, December 11.**

## Singing Angels

### “Helping Hands & Singing Hearts Concert”

**Date:** Saturday, December 15  
**Time:** 7:00 p.m.  
**Location:** Mayfield Village Civic Center - Reserve Hall  
**Cost:** Mayfield Village Residents: \$11 adult, \$9 child/senior, Non Mayfield Village Residents: \$12 adult, \$10 child/senior  
**Details:** Come hear the world renowned Singing Angels. Tickets are on sale beginning November 13 at the Mayfield Village Civic Center (during office hours) until December 14. Tickets can be purchased (if still available) on the night of the concert starting at 6:00 p.m. in the ticket office by Reserve Hall (cash and checks only). Doors open for the concert with first come first serve seating at 6:35 p.m. Please bring a canned food/non perishable food item for the annual food drive.

## American Red Cross Community Blood Drives

**Location:** Mayfield Village Community Room  
**Time:** 2:00 – 7:00 p.m.  
**Dates:** **Fridays, January 4, March 1, May 3**  
**Eligibility to be a Donor:** In general, you are eligible to be a donor if you:

- are at least 17
- weigh at least 110 lbs.
- are in good health (no flu symptoms)
- your last donation was more than 56 days ago
- are not taking antibiotic medication
- Have a photo ID or Red Cross card with you when you donate.

Please bring in the names of any medications that are currently being taken. Please bring I.D. with you as well. We can answer questions about your eligibility in advance of the drive by calling the American Red Cross at 1-800-GIVE-LIFE or 1-800-294-3347 #2 and ask for the “Donor Suitability” Department. You can also check out this info on our webpage. Plan on about an hour to go through the entire blood drive. You feel best if you eat and drink plenty of water before donating. Please bring ID to the blood drive.

## Mat Pilates

**Who:** 18 years and older  
**When:** Mondays, 7:00 – 7:50 p.m.  
**Session 1:** January 7 -February 25 (except January 21 and February 18)  
**Session 2:** March 4 -April 22 (except March 18 and April 15)  
**Cost:** \$60/session  
**Where:** Mayfield Village Community Room  
**Details:** Join instructor Daniela Sciannameo and build strength in your core muscles during this challenging class. Many exercises will focus on abs, back and hips. Health benefits include improved core stability, posture, balance, flexibility and prevention and treatment of back pain. Bring an exercise mat and light hand weights, 3 pound weights work best.

## Special Events and Activities (continued)

### Zumba

**Who:** 18 years and older  
**When:** Tuesdays and/or Thursdays, 6:30 – 7:30 p.m.  
**Session 1:** Tuesdays, January 8- February 5  
Thursdays, January 10 – February 7  
**Session 2:** Tuesdays, February 12 – March 12  
Thursdays, February 14 – March 14  
**Cost:** \$50 for Tuesday or Thursday or \$100 for both days (per session). Participants can also purchase a punch card for whichever days/session they register for, 5 times at \$50 or 10 for \$100.  
**Where:** Health 360 (700 Beta Dr.)  
**Details:** When participants see a Zumba class in action, they can't wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students. **Registration Deadlines: January 4 and February 8.**

### Scrapbooking Crop-a-thon

**Who:** 21 years and older  
**When:** Saturday, March 9 – Sunday, March 10  
**Time:** 9:00 a.m.- 1:00 a.m. – Saturday,  
10:00 a.m.- 5:00 p.m.–Sunday  
**Where:** Mayfield Village Community Room  
**Cost:** \$38.00 – includes lunch & dinner on Saturday, beverages and snacks  
**Details:** Pack your supplies and join your friends for hours of cropping. Cranberry Cat and Lily Pad Pages will be on site. Limited seating, so register early. **Registration begins February 12.**



## Adaptive Recreation

Through the efforts of Mayfield Communities and the Adaptive Recreation committee, the following opportunities for individuals with physical, sensory or developmental disabilities are being offered. The programs listed below are not only for persons with disabilities, they are for everyone. The success of these programs depends upon participants of all abilities. Teen and adult volunteers are encouraged to help out with the following programs. **For more information/flyers for adaptive recreation programs, please visit [mayfieldvillage.com](http://mayfieldvillage.com), [leapinfo.org](http://leapinfo.org), [solonrec.org](http://solonrec.org) and [orangerec.com](http://orangerec.com).**

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

**In order to avoid cancelling programs, we need the cooperation of participants to sign up by deadlines. 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.**

### Game Nights

**Who:** All ages  
**Where:** Mayfield High School  
**When:** Fridays, December 7, January 11, February 22, March 8, April 26, 6:00 - 8:00 p.m.  
**Time:** 6:00 - 8:00 p.m.  
**Cost:** \$8.00/participant per date pre-registered or \$9.00/participant per date at the door  
**Details:** Come hang out with friends and play a variety of board games, volleyball, basketball, ping pong, learn organized dances & enjoy pizza & pop. **Pre-Reg. Deadline: The Wednesday before each date.**

### Holiday Party, Gift Exchange

**Who:** 13 years and older  
**When:** Friday, December 14, 6:00 – 9:00 p.m.  
**Location:** Beachwood Community Center, (25325 Fairmount Blvd.)  
**Cost:** \$8.00 per person pay at door  
**Details:** Please bring a main course, appetizer or dessert. Please bring a gift that is worth \$5 for our gift exchange. This gift should be appropriate for a girl or boy. Please RSVP to Judi Greenspan at 216-932-1989 or email [jgreenspan@keenepromotions.com](mailto:jgreenspan@keenepromotions.com). **Sponsored by High Five Club, Think Computer Foundation & Beachwood Recreation Department.**

## Adaptive Recreation (continued)

### Fitness to Wellness to FUN!

**Who:** 13 years and older  
**When:** **Session 1:** Mondays and/or Wednesdays, January 7 – February 13  
**Session 2:** Mondays and/or Wednesdays, February 18 – March 20  
**Time:** 7:00 – 8:00 p.m.  
**Cost:** **Session 1:** \$48 either day or \$86.40 both days  
**Session 2:** \$40 either day or \$72 both days  
**Location:** Health 360 (700 Beta Dr., Mayfield Village)  
**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 (Monday or Wednesday from 7:00 – 8:00 p.m.).** If interested, see front desk at Health 360. **Reg. Deadlines: January 3, February 14.**

### Yoga Reach

**Who:** 13 year olds - adult  
**When:** **Session 1-**Tuesdays, January 8 – February 19  
**Session 2-**Tuesdays, February 26 – April 9  
**Time:** 4:50 – 5:50 p.m. 13 – 24 year olds  
6:00 – 7:00 p.m. 25 years and older  
**Cost:** \$64/per participant per session or \$5 off if registering for both sessions  
**Instructor:** Char Grossman, M.A. RYT-500, NCSP is a Registered Yoga Teacher, Therapeutic Yoga Specialist, and a Nationally Certified School Psychologist. Char instructs independently in hospitals and community centers that integrate holistic solutions for those with medical challenges and special needs.  
**Details:** YogaReach, a therapeutic, educational program provides an integrated system of yoga poses designed to promote the individual's unification of mind and body. This program benefits those with and without special needs. Students develop strength, flexibility, breath awareness, balance, stress management techniques, concentration skills, self-esteem and a healthy inner self. Wear comfortable clothes and bring a mat. **Reg. Deadline: January 4, February 22.**

### Ice Skating

**Who:** All Ages  
**When:** **Mondays, 5:00 – 5:30 p.m.**  
**Session 3:** January 7 – February 4 (no class Jan. 21)  
**Session 4:** February 11 – March 4 (no class Feb. 18)  
**Where:** Cleveland Heights Ice Rink (South Rink)  
**Cost:** \$5.00 walk-on fee per class (includes skate rental)  
**Details:** Ice professionals and volunteers assist all skaters, regardless of ability. **Participants must have an adult remain in the rink area to assist if needed.** Volunteers welcomed! For more information call (216)691-7434 and leave a message for Karin Faletic. **All registration for this program will go through Cleveland Heights.**



### Zumba Dance Class

**Who:** 13 years and older  
**When:** **Thursdays, Time TBD**  
**Session 1:** January 10 – February 14 (6 weeks)  
**Session 2:** February 21 – March 21 (5 weeks)  
**Cost:** Session 1- \$48, Session 2-\$40  
**Location:** Health 360 (700 Beta Dr., Mayfield Village)  
**Details:** Join a high energy, upbeat fitness and dance party. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students. **Registration Deadline: January 7, February 18.**

### Music, Drum and Movement

**Who:** 6 – 24 year olds  
**When:** **Thursdays, 6:00 – 6:45 p.m.**  
**Session 1:** January 10 - 31  
**Session 2:** February 7 - 28  
**Session 3:** March 7 - 28  
**Cost:** \$44 per session  
**Where:** Mayfield Village Civic Center  
**Details:** Have fun with music!! Learn to play percussion instruments with others while building your own confidence. Singing and drumming brings smiles to everyone. Experience the musical circus with Ray Brown every Thursday!  
**Registration Deadlines: January 7, February 4, March 4.**

### Indoor Water Exercise

**Who:** 10 years and older  
**When:** **Thursdays, 6:30 – 7:30 p.m.**  
**Session 1:** January 10- January 31  
**Session 2:** February 7- 28  
**Session 3:** March 7- 28  
**Cost:** \$20 per session  
**Where:** Mayfield High School Indoor Pool  
**Instructor:** Kate Sullivan  
**Details:** This is an opportunity for special needs participants to experience success, increase comfort level, exercise and have fun in an aquatic environment. **Reg. Deadline: January 3, January 31, February 28.**

# Adaptive Recreation (continued)

## Everybody Dance Now

**Who:** 8 – 22 year olds  
**When:** Fridays - **Session 1:** January 11 – 25  
**Session 2:** February 1 – 15  
**Session 3:** February 22 – March 8  
**Session 4:** March 15 – 29

**Time:** 5:00 – 6:00 p.m.

**Cost:** \$45/session or \$15/class

**Location:** First Unitarian Church of Cleveland  
(21600 Shaker Blvd. Shaker Heights)

**Instructor:** Tracy Pattison BS LMT CPI CYT (sub: Heather Koniz MFA)

**Details:** Tracy Pattison has worked with class founders and former Artistic Directors of [Cleveland Ballet] Dancing Wheels, Sabatino Verlezza and Barbara Allegra Verlezza since 1998, and continues the inclusive and programmatically accessible method of teaching dance which they developed for people of all abilities and levels. Since 1994, this particular approach has been used in movement classes and workshops for very diverse groups: ages (children through older adults), career focus (dance enthusiasts through professional dancers), 'sit-down' and 'stand-up' dancers (wheelchair users and non-wheelchair users) and those with varying sensory, physical, learning, and/or developmental disabilities. The class structure will include a circle warm up, simple patterns moving across the floor, improvisation, rehearsing a dance and a cool down. Tracy, as a Dance Professional, incorporates her keen eye as a Pilates Instructor and Massage Therapist to this method, facilitating safe, healthy, functional movement within the artistic framework. Students should wear comfortable clothing for a movement class. On the final class of the last session, parents will be invited to observe an "informal showing" of the students' accomplishments during the fall. **Registration Deadline: Jan. 9 & 30, Feb. 20 and March 13.**

## Learn to Snowshoe

**Who:** Families or Individuals with parent or caregiver

**When:** Saturday, January 12, and or Saturday, February 23  
from 1:00 – 3:00 p.m.

**Cost:** \$15 per participant (siblings must pay,  
parent/caregiver no charge per date)

**Locations:** Jan. 12 - Rivergrove Picnic Area –Buckeye room North  
Chagrin Reservation  
Feb. 23 – Look About Lodge, Solon. South Chagrin Reservation.

**Min/Max:** 10/20

**Details:** Learn how easy it is to snowshoe with the Institute of the Great Outdoors. We will spend time outside on a snowshoe course set up for the day, and then warm up with activities and hot chocolate indoors. No special boots are required for snowshoeing, but waterproof footwear is suggested. Dress in layers to keep warm outside. Directions will be provided once registered. **Registration Deadline: Jan. 4 and Feb. 15**



## Basketball Clinics

**Who:** 16 year olds and up

**When:** Sunday, January 13, 1:00 – 2:00 p.m. (Notre Dame)  
Sunday, February 3, 1:00 – 2:00 p.m. (John Carroll)  
Wednesday, March 20, 6:30 – 7:30 p.m. (Ursuline)

**Cost:** \$5.00 per date

**Details:** Join Varsity Basketball Coaches, Mike Moran (John Carroll), Kevin Bille (Notre Dame), Shannon Sword (Ursuline), and their 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. **Reg. Deadlines: January 9, 30 and March 13.**



## Night Out at the Movies

**Who:** 18 years and older

**When:** Friday, January 18 and March 1, 7:00-10:00 p.m.

**Location:** Beachwood Community Center (25325 Fairmount Blvd.)

**Cost:** \$5 each date, registration in advance required.

**Details:** Come watch movies on the big screen! Cost includes admission, popcorn and beverage. For more information contact Beachwood at 216-292-1970. Sponsored by LEAP and Beachwood Recreation.

## Pizza Bowl

**Who:** 13 years and older

**When:** Fridays, January 25, February 15, and March 15,  
7:00 – 9:00 p.m.

**Location:** Roseland Lanes (26383 Broadway Ave, Oakwood Village)

**Cost:** \$12.00 per bowler per date (includes shoes, bowling,  
cheese pizza, pop and Dixie cup ice cream)

**Registration Deadlines: January 18, February 8, March 8**

## Wii/Cornhole Night

**Who:** All ages

**When:** Friday, February 1, 6:00 – 8:00 p.m.

**Location:** Ross DeJohn Community Center (6306 Marsol  
Rd. Mayfield Heights)

**Cost:** \$7.00 per participant and \$5.00 per parent/caregiver  
if eating (**No registration at the door!**)

**Details:** Enjoy Wii, Cornhole and dinner with your friends.  
Dinner will be sub sandwiches, chips and pop. **Registration  
Deadline: Tuesday, January 29.**

## Super Bowl Party

**Who:** 13 years and older

**When:** Sunday, February 3, 5:30 – 9:30 p.m.

**Location:** Beachwood Community Center (25325 Fairmount Blvd.)

**Cost:** \$5.00 per participant (pay at the door)

**Details:** Come watch the game with family and friends. Pizza and  
pop will be available. Please bring an appetizer or dessert to share. No  
chips or dip please! You must RSVP by Thursday, January 24 to Judi  
Greenspan 216-932-1989 or [jgreenspan@keenepromotions.com](mailto:jgreenspan@keenepromotions.com).  
**Sponsored by Think Computer Foundation, the High Five Club &  
Beachwood Recreation.**

## Adaptive Recreation (continued)



### Valentine's Day Dance

**Who:** 18 years and older  
**When:** Saturday, date and time TBD  
**Cost:** \$5-Pre-registration only  
**Location:** TBD  
**Details:** Join us for a Valentine's Day themed dance. Celebrate the holiday with us! A DJ will be on hand with karaoke available. Beverages and hot foods will be served. For more information contact LEAP at 216-696-2716. Register directly with LEAP.

### Basic Self Defense and Awareness

**Who:** 13 years and older  
**When:** Tuesday, February 19, 6:30 p.m. - 8:00 p.m.  
**Where:** Mayfield Village Civic Center  
**Cost:** \$15.00  
**Details:** Students will learn proper stances, evasive movements and breaking out of grabs and holds. Learn to be aware of your surroundings and how to react to common street situations. The class will increase your sense of confidence, coordination and flexibility. Instructors: Dan Means and Lynn Forbes. **Reg. Deadline: Thursday, February 14.**

### Making Pizza in the Village at Pizza Roma



**Who:** 13 years and older  
**When:** Saturdays-  
March 2, 1:00 – 1:45 p.m. (13 – 24 year olds)  
2:00 – 2:45 p.m. (25 years and older)  
March 9, 1:00 – 1:45 p.m. (25 years and older)  
2:00 – 2:45 p.m. (13- 24 year olds)  
**Cost:** \$12 per date  
**Details:** Have you ever wondered how pizza is made by the professionals? Well here is your chance to learn. 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, participant can decorate their pizza box. Participants can dine in or take the masterpiece home to share. **Registration Deadline: February 27, March 6**

**NEW**

### Sister Act at Playhouse Square

**Who:** Families and Individuals with parent/caregiver  
**When:** Sunday, March 17, 11:30 a.m. – 4:30 p.m.  
(1:00 p.m. performance)  
**Cost:** \$30 for ticket and bus (**need minimum of 35 people for bus to go**) or \$12 ticket only  
**Details:** With the success of the Mama Mia trip this past summer, we now have 65 tickets to Sister Act. If taking the bus, meet at the Mayfield Village Civic Center at 11:30 a.m. for 11:50 a.m. departure. The bus will drop you off right at the front door! **Deadline to register: Monday, February 4.**

### Personalized – Adaptive Yoga Therapy

**Who:** This class invites any age individual with special needs, physical challenges such as, Movement Disorders, Parkinson's Disease, MS, Stroke, TBI recovery, Depression, and others who desire safe and effective daily functioning.  
**When:** A convenient time for you and the instructor, one hour.  
**Instructor:** Char Grossman, M.A., RYT-500, NCSP is a Registered Yoga Teacher, Therapeutic Yoga Specialist, and a Nationally Certified School Psychologist. For more information call 216-577-1507.

### Blue Ribbon Adapted Recreation Programming

The mission of the Solon Blue Ribbon Program is to provide high quality recreation and leisure activities for persons with disabilities, enabling each to enhance his or her personal potential by sharing in the emotional, social, and physical benefits fostered by such community based activities.

Blue Ribbon programs are open to non-Solon residents as well as residents. Current programming can be viewed at [www.solonrec.org](http://www.solonrec.org). Register at the Solon Community Center between 8 a.m. and 7 p.m. at 35000 Portz Parkway, Solon, OH 44139, or a mail in registration form can be found at the website: [www.solonrec.org](http://www.solonrec.org). Click the "Blue Ribbon Programming" tab and print the registration form. Please allow enough time prior to event for mail in registration. For more information or to volunteer, contact Linda Creviston at 440-337-1427 or [lcreviston@solonohio.org](mailto:lcreviston@solonohio.org).

# Excursions

## One Day Charter Bus Trips

- All times for trips will be confirmed with an itinerary one week before the trip. **All times listed are approximate.** If you do not receive the itinerary in the mail, contact Mayfield Village Parks and Recreation at 461-5163.
- All trips leave from the Mayfield Village Civic Center unless otherwise noted.
- In order to avoid cancelling programs, we need the cooperation of participants to sign up by deadlines. Mayfield Village will charge \$5 per person per program after the registration deadline. Please note that Mayfield Village reserves the right to deny registrations after the deadline due to limited enrollment, planning, etc.
- The registration deadline is one week prior to trip or until the bus is full unless otherwise noted.

### VICTORIAN CHRISTMAS (CAMBRIDGE, OH)

**When:** Tuesday, December 4, 7:30 a.m.- 9:30 p.m.  
**Cost:** \$110 per person includes Dicken's Festival, John Glenn Home, Coal Miner's Christmas Train Ride, Courthouse music and light show, lunch at the Colonel Taylor Inn.

**Details:** This December the central Ohio town of Cambridge will have a festive Victorian look, not only among its buildings, but also its people, many of whom dress and act like Charles Dickens' characters. The city celebrates all things Dickens, from carolers and well-dressed society types to street urchins, Bob Cratchit and Tiny Tim. Over 150 mannequins, life size Dickens' characters dot the downtown street. Their bodies were built by local amateur craftsmen, their faces painted by local artists.

### A RIVERSIDE CHRISTMAS – RIVERSIDE INN (CAMBRIDGE SPRINGS, PA)

**When:** Tuesday, December 11, 10:00 a.m. – 5:00 p.m.  
**Cost:** \$90 per person includes 12:00 p.m. performance and lunch

**Details:** This trip features an afternoon of excellent food and entertainment as you're invited to the perfect way to celebrate the season.... join us at the beautifully decorated Riverside Inn for a day of holiday warmth. "It's the magic of theater at its best, and for my money, there's nothing like it..."

### CHRISTMAS CONCERT AT SEVERANCE HALL (CLEVELAND)

**When:** Saturday, December 15, 1:15 p.m. – 7:45 p.m.  
**Cost:** \$129 per person includes 3:00 p.m. performance with main floor seating and dinner.

**Details:** Bring family and friends to Severance Hall to hear traditional Christmas favorites by the Cleveland Orchestra and Choruses. The evening culminates in a joyous celebration with a sing-along, accompanied by the Norton Memorial Organ. Dinner will be at Nido Italia in Little Italy.

## Rivers Casino Pittsburgh, PA

**Date:** Wednesday, February 13  
**Time:** 8:00 a.m. – 6:30 p.m. (approx.) (depart/return to the Mayfield Village Civic Center)

**Cost:** \$29 includes transportation and voucher (\$15 coin/\$5 food)

**Details:** Join us to escape your winter doldrums and have fun with Las Vegas style gambling. Must be 21 years and older to participate. Join your chaperone Janice as she entertains you with bingo on your short trip to Rivers Casino. **Registration Deadline: February 6.**

## 13th Annual Ski Trips for Families, Adults and Teens

### General Information:

- Trips are a cooperative effort by Mayfield Village Recreation Dept., and surrounding communities.
- Each participant is responsible for their own food costs.
- For more information or questions or to register with a specific department: Mayfield Village Rec., 461-5163.

### Transportation Details:

- Charter bus will leave Mayfield High School main parking lot (6116 Wilson Mills Road) directly behind the Mayfield Regional Library
- 6:30 a.m. and returns at 7:30 p.m. (approx.)
- To avoid lost or stolen items, participant should mark equipment
- Helmets are required for anyone using the Terrain Park
- Transportation costs included in prices.

### HOLIMONT SKI RESORT

**Monday, January 21, 2013 (Martin Luther King Day)** Before Jan. 7 After Jan. 7  
Just Lift Ticket ..... \$87 ..... \$93  
Lift Ticket & Ski or Snow Board Rental (adult) ..... \$115 ..... \$121  
Lift Ticket & Ski or Snow Board Rental (youth 12 & under) .. \$109 ..... \$115  
Non skier (transportation only)..... \$47 ..... \$47

### HOLIMONT SKI RESORT

**Monday, February 18, 2013 (President's Day)** Before Feb. 1 After Feb. 1  
Just Lift Ticket ..... \$87 ..... \$93  
Lift Ticket & Ski or Snow Board Rental (adult) ..... \$115 ..... \$121  
Lift Ticket & Ski or Snow Board Rental (youth 12 & under) .. \$109 ..... \$115  
Non skier (transportation only)..... \$47 ..... \$47

**\*Last Day for Refunds: January 7 and February 1.**

# Youth and Teen Sports & Activities

## Young Rembrandts Drawing Classes for K – 5th Graders

### CHRISTMAS DRAWING CAMP

**When:** December 26 – 28, 10:00 – 11:30 a.m.  
**Where:** Mayfield Village Civic Center  
**Cost:** \$48

This camp is all about Christmas! On Day 1, we will draw many drawings all related to Christmas including: an angel, a Santa, a shepherd, the Three Kings and more. Day 2 will involve cartooning a variety of Christmas themed characters and scenes. Then, on the final day, we will complete one large Nativity scene incorporating all the elements we have learned. Pencils, markers color pencils and Sharpies will be used. **Reg. Deadline: Dec. 21.**

### AFTER SCHOOL DRAWING/CARTOONING WORKSHOPS

#### LANDER STUDENTS

**Where:** Temple Israel Ner Tamid (next door to Lander Elementary)  
**When:** Tuesdays, January 22-March 5, 2:35 – 3:35 p.m.  
**Cost:** \$75

#### MILLRIDGE STUDENTS

**Where:** Temple Israel Ner Tamid (next door to Lander Elementary)  
**When:** Tuesdays, January 22- March 5, 4:00 – 5:00 p.m.  
**Cost:** 75

**Details for Lander and Millridge Students-African Safari Drawing:** Go on a Safari adventure with Young Rembrandts this session! We will explore the exciting land and many animals that inhabit Africa. We will draw a variety of animals in various scenes with different media. To keep things exciting, we will explore the African Safari through the fun technique of cartoon as well. We will even challenge our artistic talents by creating 2 large scenes – one in a graphic style filled with a variety of animals and another focusing on the twists and turns of a African snake completed with pastel chalks. Our exploration through Africa allows for a bounty of adventure and creativity. **Reg. Deadline: January 18.**

#### CENTER STUDENTS

**Where:** Mayfield Village Community Room (next door to Center School)  
**When:** Wednesdays, January 23-March 6, 2:35 – 3:35 p.m.  
**Details -Cartoon Drawing:** For all kids who need to stay engaged and laughing, our cartooning classes are surely the most fun you can have while learning! This entertaining program combines Young Rembrandts' innovative, hands-on teaching method with light-hearted subject matter that engages children, their sense of humor and their vivid imaginations. Maintaining a quick pace and drawings that tell a story also help kids to stay on-task, learn from their mistakes, find new solutions to a problem and communicate ideas and concepts through pictures - skills with lifetime benefits! **Reg. Deadline: January 19.**

## Mayfield Village Players (Basketball)

**Who:** 3 - 5 year olds  
**When:** Wednesdays, January 9 - February 6  
**Time:** 6:00 – 6:45 p.m.  
**Location:** Mayfield High School Field House  
**Cost:** \$40 if basketball and shirt needed (this is new shirt, not the one from previous year)  
\$30 if just shirt needed (has basketball from previous year)  
**Limit:** 30 participants  
**Details:** Join us for five sessions of basketball where 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 and closes once 30 participants sign up.**

## Youth Winter Dodgeball

**Who:** 4th -5th & 6th-8th Graders  
**When:** Sundays, January 13 – March 3 (EXCEPT February 3rd)  
**Time:** 4th-5th graders & 6th-8th graders – 5:30 – 6:30 p.m.  
**Location:** Mayfield High School Field House  
**Cost:** \$40/participant  
**Call Mayfield Heights Recreation for more information at 440-442-2626, ext 406**

## Horseback Riding

**Who:** 6 year olds - adults  
**When:** Wednesdays January 16 – March 6, 4:00-5:00 p.m.  
Thursdays, January 17 – March 7, 4:00 – 5:00 p.m.  
Saturdays, January 19 – March 9, 1:00 – 2:00 p.m.  
Sundays, January 20 – March 10, 12:00 – 1:00 p.m.  
**Location:** Maypine Equestrian Center  
**Cost:** \$265  
**Details:** Learn how to ride in Maypine Farm's beautiful indoor arena with their year round riding program. Learn basic riding skills and horsemanship. Riders must wear jeans or long pants (no capris) and boots or shoes with a small heel. No tennis shoes will be permitted for safety purposes. Riding helmets are required and will be provided by Maypine Farm. Long hair must be pulled back. Certified Instructors and well trained school horses will make this a fun and enjoyable experience for anyone. Parents, let your children experience the joy of horseback riding. Adults, fulfill a lifelong dream and get some great outdoor exercise. **Registration Deadline: January 9.**



## After School Bowling

**Who:** Mayfield Middle School 6th & 7th graders  
**When:** Thursdays, February 7 - March 7, 3:00 – 5:30 p.m.  
**Location:** Freeway Lanes of Wickliffe  
**Cost:** Includes bowling, shoes, pizza, pop and transportation  
**Details:** A Freeway Lanes bus will pick up participants and chaperone to and from Mayfield Middle School to Freeway Lanes of Wickliffe and back to school. Students meet immediately after school in cafeteria #2 at 3:00 p.m., then bowl for 1.5 hours at the bowling alley. **Parents must pick up by 5:30 p.m. at the middle school. Registration Deadline: Thursday, January 31.**

## Indoor Floor Hockey

**Who:** 1st – 2nd grade league, 3rd – 5th grade league, high school league  
**When:** League play begins Saturday, January 26  
**Time:** 1st – 2nd grader in morning, other leagues in afternoon  
**Cost:** \$74  
**Details:** Call the Mayfield Area Recreation Council at 461-7344 for more information.

## Making Pizza In the Village At Pizza Roma

**Who:** 3 year olds – 5th graders with parent  
**Dates/Time:** Saturdays, 1:00 – 1:45 p.m. or 2:00 – 2:45 p.m.  
January 26, 3 - 4 year olds,  
February 9, K – 2nd graders,  
February 16, 3rd – 4th graders,  
February 23, 5th graders

**Location:** Pizza Roma  
(785 SOM Center Road)

**Cost:** \$12  
**Min./Max.:** 8/12

**Details:** Have you ever wondered how pizza is made by the professionals? Well here is your chance to learn. 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, children can decorate their pizza box. Participants can dine in or take the masterpiece home to share with the family. **Brothers and sisters in different grades will be accommodated into the same day/timeslot for your convenience. Registration Deadline: The Wednesday before each date.**



## Programs with Party Couture

- Classes are with Instructor Whitney Neidus and staff of Party Couture
- Classes will be held at Party Couture, 805 Village Trails, Gates Mills unless otherwise noted
- Visit [www.partycouture.com](http://www.partycouture.com) for more information

### GINGERBREAD HOUSE MAKING WORKSHOPS

**Who:** 6 years and older  
**When:** Tuesday, December 4, 5:00 – 6:30 p.m. OR  
Wednesday, December 12, 5:00 – 6:30 p.m.  
(location for December 12 only: Mayfield Village Civic Center)

**Cost:** \$25 per date

**Details:** Nothing makes a more impressive centerpiece during the holidays than a homemade gingerbread house! Come learn the tricks of the trade on how to make the perfect gingerbread house. Party Couture provides everything including: a cardboard base for the house, a wide variety of candy, smocks and directions for making your own icing and preserving your masterpiece. You will be amazed at how easy it really is to make your one-of-a-kind gingerbread house! **Registration Deadline: the Friday before each class.**

### TIE DYE MANIA WORKSHOP!

**Who:** K – 5th graders  
**When:** Thursday, January 24 and/or Thursday, February 21  
**Time:** 5:00 – 6:00 p.m.  
**Cost:** \$25 per date

**Details:** Get your swirl on with one of the most popular and fun crafts around! Come ready to create your one-of-a-kind tie dye creation! Party Couture provides everything including white-shirts, all dyes, rubberbands, instructions for after care, smocks and gloves! Children will work with their peers while having a ball!! Dress for mess and get ready for some fun!! **Registration Deadline: January 22 & February 19.**



### YOUNG CHEF'S COOKING ADVENTURES CLASS- DATE NIGHT OUT FOR PARENTS!!

**Cooking Theme: "Winter Meals That Warm Us Up!"**

**Who:** K – 5th graders

**When:** Fridays, January 25 (Comfort Food Classics),  
February 15 (Pizza Party), March 1 (March Madness)

**Time:** 5:30-7:30 p.m.

**Cost:** \$25 per date

**Details:** Spend the evening making and then eating, some fantastic and fun recipes! Young chefs will have the opportunity to cook and have fun in the kitchen. They will be introduced to cooking vocabulary and techniques, tools and utensils, basics of etiquette, nutrition, safety, kitchen math and new foods! **Reg. Deadline: The Wednesday before each date.**

### VALENTINE'S DAY COOKIE DECORATING

**Who:** Open to All!

**When:** Thursday, February 14

**Time:** 6:00 – 7:30 p.m.

**Cost:** \$15

**Details:** Have a heart!! Enjoy decorating Valentine's Day cookies with a variety of sprinkles, frosting and different types of candy! This is a great class for any child who loves to be creative in the kitchen while satisfying their sweet tooth! **Reg. Deadline: Feb. 12.**

# Communities in Motion

There is a \$5.00 discount for siblings registering at same time and also a \$5.00 discount if a participant is signing up for multiple sessions at same time. The registration deadline is one week before the session begins. Signing up after the deadline will incur a \$5.00 late fee.



## MOVE AND GROOVE WITH ME

**Who:** 1 – 3 year olds with parent  
**Cost:** \$39.00 per session  
**When/Where:** Mondays, 10:00 - 10:30 a.m. at Mayfield Village Comm. Rm.  
Session 1: January 7 – February 11 (except Jan. 21)  
Session 2: February 25 – April 8 (except March 25 & April 1)  
Saturdays, 9:00 – 9:30 a.m. at Beachwood Community Center.  
Session 1: January 19 – February 16  
Session 2: March 2 – April 6 (except March 30)

**Details:** With a soundtrack of familiar and fun songs, your preschooler will delight in the repetition of dancing and tumbling each week. Activities promote the development of coordination, strength, flexibility, and spatial awareness. The instructor will work individually w/ each child (and accompanying adult) throughout the class.

## BITTY BALLET

**Who:** 2 – 3 year olds  
**Cost:** \$39.00 per session  
**When/Where:** Mondays, 10:30 - 11:00 a.m. at Mayfield Village Comm. Rm.  
Session 1: January 7 – February 11 (except Jan. 21)  
Session 2: February 25 – April 8 (except March 25 & April 1)

**Details:** This class is designed for the tiny ballerina and her parent or caregiver. The class is full of fun songs and will give your little princess exposure to ballet without the structure of Princess Ballet. Your ballerina can enjoy the class dressed in her favorite ballet outfit.

## LITTLE HIP HOP AND TUMBLE

**Who:** 3 – 5 year-olds  
**Cost:** \$49.00 per session  
**When/Where:** Mondays, 11:00 – 11:45 a.m. at Mayfield Village Comm. Rm.  
Session 1: January 7 – February 11 (except Jan. 21)  
Session 2: February 25 – April 8 (except March 25 & April 1)

**Details:** Children will perform hip hop moves to upbeat “kid friendly” music and enjoy games and activities while learning beginner through intermediate level tumbling skills. This class promotes the development of coordination, strength, flexibility, balance, and spatial awareness. Each session will end with a performance for family and friends.

## HIP HOP AND CHEER

**Who:** 5 – 9 year olds  
**Cost:** \$49.00 per session  
**When:** Wednesdays, 5:00 – 5:45 p.m. at Beachwood Comm. Ctr.  
Session 1: January 16 – February 13  
Session 2: February 27 – April 3 (except March 27)

**Details:** Come join in the fun as we do hip hop dance moves to upbeat kid friendly music as well as fun cheerleading cheers, chants, jumps and moves. Children will enjoy fun games and activities as well.

## PRINCESS BALLET

**Who:** 3 – 5 year olds  
**Cost:** \$39.00 per session  
**When:** Saturdays, 9:30 – 10:00 a.m. at Beachwood Comm. Ctr.  
Session 1: January 19 – February 16  
Session 2: March 2 – April 6 (except March 30)

**Details:** Your preschooler will dance to her favorite princess songs during this fun ballet movement class. The instructor will teach a new routine each session. Students will learn basic ballet terminology and positions as well as hopping, skipping, and galloping. These exercises assist in the development of coordination, flexibility, and balance. Students will hold a performance for family and friends at the end of each session. Your princess can wear any leotard and ballet slippers.

## JUST TUMBLE

**Who:** 5 – 9 year olds  
**Cost:** \$49.00 per session  
**When/Where:** Saturdays, 10:00 – 10:45 a.m. at Beachwood Comm. Rm.  
Session 1: January 19 – February 16  
Session 2: March 2 – April 6 (except March 30)

**Details:** This class will consist of conditioning skills as well as beginner through intermediate tumbling movements such as forward and backward rolls, handstands and cartwheels. This type of class is beneficial because the skills worked on assist the development of coordination, strength, flexibility, balance and spatial awareness. Students will learn a new tumbling routine choreographed to music each session and continue to work on progressing tumbling skills. Performance at the end of each session for family and friends. This class is co-ed.



# Mayfield High School Pool and Fieldhouse

The newly-renovated facility features an indoor pool, running and jogging track and three multi-purpose courts.



**Pool Offerings:** Lap and Public Swim, Youth Learn to Swim, Splish Splash (for 6 months to 5 year olds) and Aquacize.

## Pool Hours

*Daytime:* Mon, Tues, Thurs, Fri: 6:00–7:15 a.m. and 12:20–1:10 p.m.

Wed: 6:00–7:15 a.m. and 12:40–1:30 p.m.

*Evening:* Mon–Thurs: 7:00–9:00 p.m.

*Weekend:* Saturdays: 1:00–5:00 p.m.



## Gym and Track Hours

*Weekdays:* Mon–Thurs: 6:30 – 9:00 p.m.

*Weekend:* Saturdays: 1:00–5:00 p.m.

**Memberships:** School District residents may purchase a membership to participate in public swim time, gym use and/or the indoor track.

Memberships are good **for three month increments**. Note: The rates listed below are the same as last year, but are pro-rated for 3 months and **do not include the \$20 per month rates that were published in the Fall Mayfield Village and Mayfield Heights brochures**.

## Membership Fees (for 3 months):

Senior 65 years and older..... \$ 3.00

Individual 3–64 years..... \$ 8.00

Family..... \$26.25

Daily Pass (school district res. only).....\$ 5.00

**Please Note:** Children 12 years of age or younger will be permitted into the pool and Field House, only if they are accompanied by an adult (18+)



## Registration Information

Registration can be done in person at Mayfield Heights City Hall or Mayfield Village Civic Center, Monday–Friday, 8:30 a.m.–4:30 p.m. If you cannot make normal business hours to register for a membership, registration can be completed at the indoor pool Monday-Thursday, 7-9 p.m. or on Saturdays from 1-5 p.m.

School District residents must bring a photo ID and current utility bill with the name matching the photo id. The utility bill must show address. Birth certificates or report cards for all children must be shown when registering for Family membership only.

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

## Aquatic Classes

All programs will begin in January and will run for 8 weeks. Both Mayfield Heights and Mayfield Village Recreation Departments will have specific information on dates, times and cost on their web sites and flyers located at the offices and library. For more information contact Mayfield Village at 461-5163 or Mayfield Heights at 442.2626 x. 267.

The new progressive Learn to Swim Program offered at Mayfield High School pool has been created by combining the best components of the top three most recognized national swimming programs.

This program offers two directions of instruction after Swim School 4 which prepare the student for further learning in recreational swimming skills or preparation for swim team. **Goggles recommended for all classes except Waterbabies .**

LEVELS	REQUIREMENTS	DESCRIPTION
<b>Waterbabies 1</b>	Age: 6-18 months Min/Max: 3/8	Waterbabies 1 is an introductory class designed to provide a positive first experience in the water for children 6-18 months of age. One parent/adult per child in the water. Swim diaper and rubber pants required. <b>No pre-req or equipment required.</b>
<b>Waterbabies 2</b>	18 months - 3 years Min/Max: 3/8	Waterbabies 2 builds on the water adjustment and pre-immersion skills developed in Waterbabies 1 including: balance, kicking, paddling, crawling out and jumping in. Parents are taught to recognize signs of submersion readiness in their child and are instructed on how to reinforce this skill. Swim diaper and rubber pants required. One parent/adult per child in the water. <b>No pre-req or equipment required.</b>
<b>Preschool 1</b>	Age: 3 years Min/Max: 3/6	<b>Details for Preschool Levels:</b> Preschool Levels 1, 2, and 3 are designed to help children become water adjusted and develop basic swimming skills. Submersion, bobs, floating, kicking and correct body positioning as well as use of floatation equipment. Children who are advance for their age may skip a level with instructor approval.
<b>Preschool 2</b>	Age: 4 years, Preschool 1 or instructor approval, Min/Max: 3/6	
<b>Preschool 3</b>	Age: 5 years, Preschool 2 or instructor approval, Min/Max: 3/6	
<b>Swim School 1</b>	Age: 6 years or instructor approval, Preschool 3 or instructor approval Min/Max: 3/8	Swim School 1 builds on the basics of bobs, floating and equipment drills. Correct body positioning, breathing to the side and proper arm positioning are reinforced, forming the basis for Front Crawl, back stroke and intro to treading water.
<b>Swim School 2</b>	Age: 6 years or instructor approval, Preschool 3 or instructor approval Min/Max: 3/8	Refines skills presented in Swim School 1, Introduces elementary backstroke skills, extended treading water, survival skills and beginning diving.
<b>Swim School 3</b>	Age: 6 years or instructor approval, Preschool 3 or instructor approval Min/Max: 3/8	Perfection of the following strokes: front crawl, backstroke, elementary backstroke, an introduction to breaststroke, increased treading time with multiple kicks, diving refinement.
<b>Swim School 4</b>	Age: 6 years or instructor approval, Preschool 3 or instructor approval Min/Max: 3/8	In addition to front crawl, back crawl, and elementary backstroke, breaststroke is refined as well as increased treading (4 minutes multiple kicks) along with the standing dives.
<b>Swim School 5 (Recreational Track)</b>	Age: 6 years or instructor approval, Preschool 3 or instructor approval Min/Max: 3/8	Side stroke basics, advanced treading springboard diving intro and basic water safety.
<b>Swim School 6</b>	Age: 6 years or instructor approval, Preschool 3 or instructor approval Min/Max: 3/8	Review and perfection of all previous skills learned to date corrections as needed. Perfection of side stroke and spring board diving, and advanced water safety skills.
<b>Stroke School 1 (Competitive Track)</b>	Age: 6 years or instructor approval, Preschool 3 or instructor approval Min/Max: 3/8	Focuses on the first two competitive strokes, free style and backstroke elements as well as an intro to breaststroke, beginning starts and turns.
<b>Stroke School 2</b>	Age: 6 years or instructor approval, Preschool 3 or instructor approval Min/Max: 3/8	Focuses on the second two competitive strokes, breaststroke and butterfly, as well as advanced start and turn skills.

### Aquacize with Kathi Busher

Adults 18 years and older. Exercising in water is beneficial and easy for everyone to do! All exercises are done in the water to improve flexibility while conditioning and toning the entire body. You do not need to know how to swim.

**Dates:** To begin in January and will run 8 weeks per session

**Days:** Mondays, 12:15 – 1:10p.m. and/or Wednesday, 12:40 – 1:30 p.m.  
Tuesdays and/or Thursdays, 7:00 – 8:00 p.m.

**Cost:** To be determined

### Splish Splash

**Age:** 6 mos. – 5 year olds

**Time:** 6:15 – 7:00 p.m.

**Days:** Tuesdays and/or Thursdays

**Details:** This program is not designed to teach children to swim but to be comfortable in and around water so they will be ready to swim. Pool diapers and rubber pants required. Child must be accompanied by adult in water. Limited to 8 children/parents. Cost to be determined.

# Progressive Fitness Center

## *Progressive Fitness Center for Mayfield Village Residents 16 years and Older*

When purchasing a new membership, it must be done in person at the Civic Center. A photo ID AND utility bill or postmarked piece of mail with resident's name and address must be shown. All memberships are subject to the approval of Progressive.

When renewing a membership, it must be done in person at the Civic Center. A family member may now renew for another family member-the person purchasing the renewal must show a photo ID. All memberships are subject to the approval of Progressive.

## Progressive Fitness Center offers

- \* Certified Fitness Staff, to help you reach your fitness goals while instructing proper technique and safety.
- \* Comprehensive cardiovascular, Cybex strength training and free-weight equipment.
- \* Aerobic studios with all necessary equipment provided.
- \* Fully appointed locker rooms which include soaps, shampoos, hair dryers, lockers and saunas.

## Group Fitness Classes

The Progressive Fitness Center offers a comprehensive group fitness program designed to accommodate all fitness levels. The schedule includes a wide variety of classes offered early morning, lunch and evening. The schedule includes Low Impact Aerobics, Step Aerobics, SPINNING, Fitball, Pilates, Sculpting Classes, Flexibility Training, Boot Camp, Yoga and Zumba. Please call the Fitness Center for class descriptions.

## Fitness Program

- Fitness Assessment Test
- Fitness Profile
- Personalized Exercise Program
- Strength Workshop

Details of program offerings are located in the Fitness Center. All programs are included in your membership and are available by appointment.



## Becoming a Member

1. Purchase a 6 or 12 month membership at Mayfield Village Civic Center during 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	6:00 a.m. - 8:30 p.m.*
*Unstaffed from	8:00 p.m. - 8:30 p.m.
Friday	6:00 a.m. - 8:00 p.m.
Saturday	7:00 a.m. - 6:00 p.m.*
Sunday	7:00 a.m. - 4:00 p.m.*
*Unstaffed	

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

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

## College Break Membership

The Progressive Fitness Center offers 6 week college break memberships. The cost is \$30 for 6 weeks. **College Students Only.**

## Progressive Personal Training

The rates have decreased and the process has simplified! The fitness center no longer takes payment directly. Now you can purchase a package here at the Civic Center and bring your receipt with you to the fitness center. It's advised you complete a Personal Training brochure before purchasing any sessions as a new client to ensure there is trainer availability. The Personal Training brochures are located at the fitness center. Feel free to pick one up next time you're in to workout! The rates are as follows:

- 30 minute session-\$16
- 45 minute session-\$24
- 60 minute session-\$32

Call the fitness center for more information at 440-395-0103.

# Senior Programs

Coordinated by the Senior Services Department

SENIOR SERVICES DEPARTMENT 6621 Wilson Mills Road 44143  
PHONE: (440) 919-2332 FAX: (440) 919-0207

## Annual Holiday Party & Luncheon

**When:** Saturday, December 8  
**Time:** 1-4 p.m. (Doors open at 12:30)  
**Where:** Mayfield Village Community Room  
**Cost:** Free—but reservations are required by Thurs., Nov. 29  
**Details:** For Mayfield Village residents only who are 60 or more years of age. Hors d'oeuvres, lunch, entertainment, and door prizes. Call the Senior Services Dept. at (440) 919-2332 by November 29 with your name(s), address, and phone number.

## Trips

Contact Mayfield Village at 440-919-2332 to register for Christmas at the Reeves Home. Call the Community Partnership on Aging at 440-473-5138 to register for the Bahamas cruise.

### CHRISTMAS AT THE REEVES HOME

**When:** Wednesday, December 5  
**Time:** 10:30 a.m.-4:00 p.m.  
**Cost:** \$49  
**Details:** Join us for a trip to the J.E. Reeves Victorian Home and Carriage House Museum. During the holidays all 17 rooms of the Reeves home are tastefully decorated in the spirit of the season. Every year the decorations are different. The theme for Christmas 2012 is "Please Come Home for Christmas." We will have a complete family-style lunch at Dutch Valley Restaurant before our tour.

### CRUISE TO THE BAHAMAS

**What:** Bus to Cruise to the Bahamas on Royal Caribbean Cruise Lines.  
**When:** May 24-31, 2013 (8 days)  
**Cost:** Pricing based on double occupancy:  
Inside cabins - \$1,090 per person  
Outside cabins- \$1,185 per person  
Balcony cabins- \$1,750 per person  
**Details:** A Motor coach will whisk travelers from Lyndhurst to Baltimore where they will board the "Grandeur of the Seas". Ports of call will include Port Canaveral, Florida; Cococay, Bahamas; and Nassau, Bahamas. A valid U.S. Passport is required. A \$250 deposit (refundable until February 25, 2013) is required to reserve space. Travel insurance is suggested.

## Community Partnership on Aging

Mayfield Village is now a member of the Community Partnership on Aging. Community Partnership on Aging has a wide range of programs and services available to meet your needs. If you need information about or assistance with transportation, meals, affording your utilities, understanding Medicare, or filling your time, please contact our office at 216-291-3902 or take a look at our newsletter, which is available in the Senior Services office as well as other locations.

**PLEASE NOTE**  
**WEATHER CANCELLATION POLICY**  
All activities, classes, and programs scheduled by the Senior Services Department will be canceled in the event that Mayfield Schools are closed due to inclement weather.

## Lunch n' Movie

**When:** Wednesday, December 12:  
Movie: *Mirror, Mirror*.  
Lunch: Mushroom and Spinach Quiche with Tomato Soup.  
**Wednesday, January 16:**  
Movie: *Moonrise Kingdom*.  
Lunch: Individual chicken pot pies, fruit salad, dessert.  
**Wednesday, February 13:**  
Movie: *Win Win*.  
Lunch: Upscale mac-n-cheese, salad, dessert.  
**Wednesday, March 13:**  
Movie: *Carol Channing: Larger Than Life*.  
Lunch: Roasted chicken salad with pistachios and dried cherries in a pita, creamy tomato soup, dessert.  
**All movies are subject to change, based on availability.**  
**Time:** Lunch is served at 12:15 p.m., doors open at 11:45 a.m. Movie begins at 1:00 p.m.  
**Where:** Mayfield Village Civic Center (Civic Hall for Lunch and Reserve Hall for the movie.)  
**Cost:** \$5 per person payable at the door  
**Deadline to Register:** No later than the Wednesday prior to each luncheon date. Cancellations required no later than the Monday prior to each luncheon date. Call the Community Partnership on Aging at 216-650-4029 to make reservations.

## Foot Clinic

**When:** Fridays 12/14, 1/11/13, 2/15/13, and 3/15/13  
**Time:** 1:00-3:00 p.m.\*  
**Where:** M.V. Community Room  
**Cost:** \$20 (Medicare generally covers cost for diabetics)  
**Doctor:** Dr. Kelly R. Whaley, Diabetic and Geriatric Specialist practicing for 15 years in Northeast Ohio  
**Details:** \*Call 440-919-2332 to make an appointment for diabetic and routine foot care such as toenail cutting, treatment of corns and calluses, and removing ingrown toenails.

## Mat Pilates

**When:** Mondays  
**Session 1:** January 7-February 25  
(No classes January 21 and February 18)  
**Session 2:** March 4-April 22  
(No classes March 18 and April 15)  
See page 3.

## Watercolor Classes

Choose Tuesdays or Thursdays. Each series consists of four classes.

Jan. Tues. Series: January 8, 15, 22, and 29  
Jan. Thurs. Series: January 10, 17, 24, and 31  
Feb. Tues. Series: February 5, 12, 19, and 26  
Feb. Thurs. Series: Feb. 7, 14, 21, and 28  
March Tues. Series: March 5, 12, 19, and 26  
March Thurs. Series: March 7, 14, 21, and 28

**Time:** 9:00 a.m.-noon

**Where:** Mayfield Village Community Room

**Instructor:** Florence Smith, award-winning artist

**Cost:** Mayfield School District Residents,  
\$35 per 4/week series  
Non-Mayfield School District Residents, \$40  
per 4/week series  
\$3 material fee paid to instructor for each  
4-week series

**Materials list:** Available upon registration

**Details:** No drawing skills necessary! You may uncover a hidden talent as you learn a variety of tips and techniques from award-winning watercolor instructor Flo Smith. At the end of each 4-week series, you will have created three watercolor paintings suitable for framing! Class sizes are limited, so register early. Registration begins on Monday, December 17 for Mayfield School District Residents and for all others Tuesday, December 18.

## Ongoing Activities

### Every Monday:

**Games & Puzzles** in the Community Room, 1-4 p.m. Play games such as Mah Jong, Progressive Rummy, or Scrabble, etc. Light refreshments. No charge. No games 12/24.

### Every Tuesday & Thursday:

**Cards** in the Community Room, 1-4 p.m. Cost: 50¢. Games Played: Bridge, Pinochle, Hand and Foot. Light refreshments, occasional lunches. Doors open at 12:45 p.m. No cards: Tues., 11/6, Thurs., 11/22, Tues., 12/25 and Tues., 1/1/13.

### Every Wednesday:

The **ABC Village Quilters** meet every Wednesday from 10:30 a.m. to 1:00 p.m. at the Mayfield Village Community Room. Donations of cotton combination material are always welcome. Quilts are donated to various charitable organizations. Questions: Call MV Senior Services Department at 440.919.2332.

### 1st and 3rd Tuesday of each month at 1 p.m.:

A nurse from Providence Home Health Care will check **blood pressures and do glucose screening** on the 1st Tuesday. Members of the MV Fire Department will check blood pressures on the 3rd Tuesday. This is a free service.

## Tai Chi Fan Workout for Fitness and Balance for 50+

**When:** Wednesdays, New 6-week session begins January 2.  
**Time:** 1-2 p.m.  
**Instructor:** Arline Bognar, certified Qi Gong for Health Instructor  
**Cost:** \$30 for 6-week session or \$8 for occasional drop-in  
**Details:** Many health benefits including improving balance and lowering blood pressure.

## Classes in Cooperation with Communities in Motion

### FITNESS FOR YOU

**When:** Mondays, Wednesdays, and Fridays, 8:45-9:30 a.m.  
Session 1: January 7-February 15  
Session 2: February 25-April 5  
**Where:** Mayfield Village Community Room  
**Cost:** \$49 /3 times per week; 6-week session  
\$39 /2 times per week; 6-week session  
Drop-in: \$4 per class

**Details:** Relax your mind and body with this light aerobic workout including warm-up, aerobics, stretching, strengthening and cool down. Please bring 3-5 lb. weights, a resistance band, and water to class.

### GOOD TIME DANCIN'

**When:** Fridays, 10:00-11:30 a.m.  
Session 1: January 11-February 15  
Session 2: March 1-April 5  
**Where:** Mayfield Village Community Room  
**Cost:** \$30 (6-week session); Drop-in: \$5 per class  
**Details:** Dancing improves memory, and helps to keep you physically fit. Come learn current, oldies, and country dances such as Good Time, Canadian Stomp, Country Walkin', and much more.

## AARP Income Tax Assistance

**When:** Mondays: February 18, March 18, and April 8  
**Time:** 12:00, 1:00, 2:00, or 3:00 p.m.  
**Details:** Volunteers from AARP will prepare income tax documents for Mayfield Village seniors. Please contact Mayfield Village Senior Services at 440-919-2332 to schedule an appointment.

## Bereavement Support Group

**When:** A new Session will begin on March 25.  
**Where:** Mayfield Village Community Room  
**Details:** Kim Loss of Crossroads Hospice helps persons work through the grief connected with losses through death, job loss, divorce, moves, and other life-changing challenges.  
**Contact our office to learn more or to register.**

## TO REGISTER FOR ACTIVITIES AND PROGRAMS FOR SENIOR ADULTS OFFERED BY THE SENIOR SERVICES DEPARTMENT:

Phone: 440-919-2332. Call MV Senior Services Department with your registration and MasterCard, Visa or DiscoverCard payment. (Please be ready to give the course number and your credit card number.)

Fax: 440-919-0207. Fax your registration to us anytime.

In-Person: You may register in person from 8:30 a.m. until 4:30 p.m. Monday-Friday at the MV Senior Services Department, 6621 Wilson Mills Road.

Mail: Contact us for a registration form. Mail registration form with your check payable to Mayfield Village to MV Senior Services Department, 6622 Wilson Mills Road, Mayfield Village, Ohio, 44143.

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