

# Mayfield Village Parks and Recreation Department

## Adaptive Recreation Programs

Winter 2018-2019



Activities designed especially for individuals with physical, sensory or developmental disabilities. People of all abilities are welcome to attend. For more information/questions call 440.461.5163 or email [decht@mayfieldvillage.com](mailto:decht@mayfieldvillage.com).

**Participants who are not capable of participating independently must be accompanied by parent or caretaker. In order to avoid cancelling programs, we need the cooperation of participants to sign up by deadlines. Please note that Mayfield Village reserves the right to deny registrations after the deadline due to limited enrollment, planning, etc.**

### Basketball with LEAP

(18 yrs+) Join the staff of LEAP as they work on the fundamentals of basketball each week. This is a non-competitive program where everybody gets the chance to learn and build skill. **The registration deadline is one week before the session. Begins.** \$30 per session. If registering after session begins, \$5.00 late fee applies. Limited to 5 participants! Held at Wildcat Sport & Fitness.

T	6:30-8:00 P	1/8-2/5	Winter 1
T	6:30-8:00 P	2/19-3/26	Winter 2



### 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 or \$6.00 at door/date.

F	6:00-8:00 P	1/11, 2/22, 3/8	Mayfield Middle School (1123 SOM Center Rd, 44124)
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### Pizza Bowls

(13 yrs+) 2 hours of bowling, shoe rental, a slice of pizza, a small soda, and a cup of ice cream awaits you during Pizza Bowl. Bowlers will be 4-6 per lane. **Registration Deadline: 1/4, 2/27; space is limited.**

S	1:00-3:00 P	1/12, 3/9	\$16 per date	Game of Wickliffe
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### 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. **Registration Deadline: Wednesday before each clinic.** \$5/date

Su	1:00-2:00 P	1/20	Notre Dame College (Men's Team)
		2/10	Ursuline College (Women's Team)
		3/24	John Carroll University (Women's Team)

### Indoor Water Exercise

(10 years+) 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! Held at Wildcat Sport & Fitness. **\$20 per session.**

Th	6:30-7:30 P	1/24-2/7	Winter 4
Th	6:30-7:30 P	2/14-2/28	Winter 5
Th	6:30-7:30 P	3/7-3/21	Spring 1



**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 winter 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. **Reg. Deadline: 1/18.**

S Noon 1/26 \$35 Civic Center

**Fitness to Wellness to Fun at Health 360**

(13 years+) Fitness and Fun; that’s what it’s all about! Enjoy exercises 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.** If registering after a session begins, a \$5.00 late fee applies.

M/W 6:30-7:30 P 1/28-3/6 Winter 2  
M/W 6:30-7:30 P 3/11-4/17 Spring 1



**Karaoke & Dinner with Solon Blue Ribbon**

(13 yrs+) Come on out and sing a song or just enjoy the talents of other karaoke singers. A chicken parmesan, salad, rolls, and dessert dinner will be served at 6:00 p.m. **Registration Deadline: 1/25.**

F 6:00-9:00 P 2/1 \$13 Solon Community Center

**Boxing Buddies with Solon Blue Ribbon**

(15 yrs+) Have you ever wondered what it’s like to put on a pair of boxing gloves and learn boxing basics?! Now is your chance! Veteran Blue Ribbon coach and advocate Sandy Ellis will be bringing boxing to you! You will learn the basics of boxing and a little self defense, which will help you to find the true boxer in you! It is non-contact. You will never punch anyone and no one will ever punch you. You will learn how to throw a punch, a jab, a right hand, uppercuts and hooks using special coaching mitts as targets. Most of all, boxing will build your self-confidence and it is FUN!!! Boxing can be learned while sitting or standing. Anyone is welcome to register (friends, family, caregivers). **Space is limited! Registration Deadlines: 1/18.**



S 2:00-2:45 P 2/2-2/23 \$49 Solon Community Center

**Movie Night**

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 6:00 P 2/15 \$ 5 per date Mayfield Village Civic Center



**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. **Registration Deadline: 2/13. Limited Space!**

S 1:00-1:45 P 2/16 \$12

**YogaReach 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.** \$5.00 late fee if signing up after session begins.

T 4:45-5:45 P 2/19-3/26 Winter 2 Civic Center

# REGISTRATION INFORMATION

Payment Methods Accepted: Cash/check payable to Mayfield Village/MC/Visa/Discover

**Online:** [mayfieldvillage.com/recreation](http://mayfieldvillage.com/recreation)

**Mail/Walk In:** Mayfield Village Parks & Rec. Department, 6622 Wilson Mills Road, Mayfield Village, Ohio, 44143

**Fax:** 440.461.2231

**Over Phone:** 440.461.5163 with Mastercard/Visa/Discover

**Adaptive Recreation Registration Form Winter 2018-2019: Please print clearly.**

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

Home Phone \_\_\_\_\_ Alt # \_\_\_\_\_

Parent/Caregiver Name \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_  
(street) (city) (zip)

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

If yes, please explain: \_\_\_\_\_

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

<b>Example: Pizza Bowl-\$16</b>	<b><u>11/12</u></b>
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____

Total amount to charge to card:\$ \_\_\_\_\_

Credit Card Number \_\_\_\_\_ Exp. Date \_\_\_\_\_ Code \_\_\_\_\_

**(mastercard/visa/discover)**

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

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

\_\_\_\_\_  
Date