

JUMP INTO SPRING WITH SOAR!

Get Moving and join the fun today !

(April 15th – May 23rd)

Join us for the next session of SOAR! activities! In addition to the relaxing walking programs in the MetroParks and Brooklyn Memorial Park, meet us at the beautiful, Gemini Center in Fairview for our Saturday night volleyball class and, Monday night dancercize class. Or, join our ever popular aerobics class on Wednesdays at Big Creek Center.

There's something for everyone, so sign up today!

Saturdays

VOLLEYBALL (seated):

5:30 –7:00 PM

Where: Gemini Center, 21225 Lorain Road (At the beautiful Fairview Recreation Center!)**Description:** Join us for an evening of seated volleyball. We'll use a beach ball to test your VB skills. Ideal for wheelchairs and promises lots of fun & laughs!

Limited to 25 participants

Dates: April 20th, 27thMay 4th, 11th**Fee:** \$ 20.

Mondays

DANCERCIZE: 6:30 - 7:30 PM**Where:** Gemini Center, 21225 Lorain Road**Description:** 'Dance to that beat!' Join Dee Elliott & your SOAR! staff for a happening hour of moving & grooving. We'll work out to some 'golden oldies' and new tunes as well!

Limited to 30 participants

Dates: April 15th, 22nd, 29thMay 6th, 13th, 20th**Fee:** \$20.

Tuesdays

WALKING: 6:30 – 7:30 PM**Where:** Rocky River Reservation, Rockcliff Spring Parking lot. (1½ miles south of Detroit Road park entrance)**Description:** Time to rejoin the great outdoors and enjoy the crisp spring air! We'll walk on the paved path and enjoy the company of friends!

Limited to 30 participants

Dates: April 16th, 23rd, 30thMay 7th, 14th, 21st**Fee:** \$12

Wednesdays

AEROBICS: 6:30 – 7:30 PM**Where:** Big Creek Center, 6149 West 130th Street**Description:** 'Move & Groove' with Angie in this very popular SOAR! activity. Join us as we workout to some new tunes & some 'oldies but goodies'!

Limited to 40 participants

Dates: April 17th, May 1st, 8th15th, 22nd**Fee:** \$20.

Thursdays

WALKING: 6:30 – 7:30 PM**Where:** Brooklyn Memorial Park, 7727 Memphis Avenue**Description:** Stroll through the beautiful, paved, Memorial Park setting for a wonderful evening out! Perfect for walkers, wheelchairs and anyone that wants to join in.

Limited to 30 participants

Dates: April 18th, 25thMay 2nd, 9th, 16th, 23rd**Fee:** \$12.

(Fee includes: SOAR! souvenir & snacks at each activity)

Registration Deadline is Wednesday, April 3rd, so sign up today!!

FOR ADDITIONAL INFORMATION OR TO REGISTER FOR AN ACTIVITY CALL US AT (440) 327-6454
Mail completed registration form and fee to: SOAR!, 4937 Mills Industrial Parkway, North Ridgeville, Ohio -44039

