

# FANTASTIC FALL FUN WITH SOAR!

## Get Moving and join the fun today !

### (August 26<sup>th</sup> – September 30<sup>th</sup>)

Join us for the first session of SOAR! Fall activities. In addition to the popular outdoor walking programs, meet us at Memorial Field for baseball on Mondays and venture to the Big Creek Center for the ever-popular aerobics class on Wednesdays. Plus on Saturday evenings in we'll be playing Seated Volleyball at the Gemini Center in Fairview Park.

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

<u>Mondays</u>	<u>Tuesdays</u>	<u>Wednesdays</u>	<u>Thursdays</u>	<u>Saturdays</u>
<b>BASEBALL:</b> 6:30 –7:30PM <b>Where:</b> Rocky River Reservation (Memorial Field, just south of where we walk) <b>Description:</b> Join us for baseball with a 'soft' ball. Bring a glove, bat and your interest in a great time! A batting tee will be provided if needed.	<b>WALKING:</b> 6:30 – 7:30 PM <b>Where:</b> Rocky River Reservation (Rockcliff Spring parking lot) <b>Description:</b> Experience late summer and early fall with your walking friends at SOAR!. Take a leisurely stroll or 'step it out'....whichever you prefer!	<b>AEROBICS:</b> 6:30 – 7:30 PM <b>Where:</b> Big Creek Center (6149 West 130 <sup>th</sup> Street) <b>Description:</b> Join this popular activity with Angie. Listen to great tunes while we work on strength, endurance & flexibility. Always a great time....see you there!	<b>WALKING:</b> 6:30 – 7:30 PM <b>Where:</b> Brooklyn Memorial Park (7727 Memphis Blvd. – Meet at the picnic pavilion) <b>Description:</b> Stroll through the beautiful, paved, Memorial Park setting. Have a great time with your friends at SOAR!	<b>SEATED VOLLEYBALL:</b> 5:30 – 7:00 PM <b>Where:</b> Gemini Center, 21225 Lorain Road (Fairview Recreation Center...Gorgeous!) <b>Description:</b> 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 24 participants	Limited to 30 participants	Limited to 45 participants	Limited to 30 participants	Limited to 22 participants
<b>Dates:</b> August 26 <sup>th</sup> , September 9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup> & 30 <sup>th</sup>	<b>Dates:</b> August 27 <sup>th</sup> , September 3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup>	<b>Dates:</b> August 28 <sup>th</sup> , September 4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> & 25 <sup>th</sup>	<b>Dates:</b> August 29 <sup>th</sup> , September 5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> , 26 <sup>th</sup>	<b>Dates:</b> August 31 <sup>st</sup> , September 7 <sup>th</sup> , 14 <sup>th</sup> & 21 <sup>st</sup>
<b>Fee:</b> \$ 15.	<b>Fee:</b> \$12.	<b>Fee:</b> \$20	<b>Fee:</b> \$12.	<b>Fee:</b> \$20.

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



**Registration Deadline is Wednesday, August 21<sup>st</sup>, so sign up today!!!**  
**FOR ADDITIONAL INFORMATION OR TO REGISTER FOR AN ACTIVITY CALL US AT (440) 327-6454**  
 Mail completed form and registration fee to: SOAR!, 4937 Mills Industrial Parkway, North Ridgeville, Ohio - 44039

