



# FANTASTIC FALL FUN WITH SOAR!

## GET MOVING AND JOIN THE FUN TODAY!

### (AUGUST 17<sup>th</sup> – SEPTEMBER 24<sup>th</sup>)

Join us for the first session of SOAR! Fall activities! In addition to the popular outdoor walking programs, meet us at the Gemini Center for Dancercise on Mondays and venture to the Big Creek Center for the ever popular aerobics class on Wednesdays. Plus, on Saturday evenings, we'll be playing Seated Volleyball at the Gemini Center.....**There's something for everyone, so sign up TODAY!**

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	SATURDAYS
<b>DANCERCIZE:</b> 6:30 – 7:30PM <b>Where:</b> Gemini Center, 21225 Lorain Road (Just West of 210 <sup>th</sup> Street)	<b>WALKING:</b> 6:30-7:30 PM <b>Where:</b> Rocky River Reservation, Rockcliff Spring Parking lot. (1¼ miles south of Detroit Road park entrance)	<b>AEROBICS:</b> 6:30 – 7:30 PM <b>Where:</b> Big Creek Center (6149 West 130 <sup>th</sup> Street)	<b>WALKING:</b> 6:30 – 7:30 PM <b>Where:</b> Brooklyn Memorial Park (7727 Memphis Avenue)	<b>SEATED VOLLEYBALL:</b> 5:30 – 7:00 PM <b>Where:</b> Gemini Center, (21225 Lorain Road)
<b>Description:</b> Join Dee and your SOAR! staff for a fantastic hour of moving and grooving. We'll work out those aches and pains and a fun time will be had by all!	<b>Description:</b> Time to rejoin the great outdoors and enjoy the crisp Fall air! We'll walk on the paved path and enjoy the company of friends!	<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>Description:</b> Stroll through the beautiful, paved, Memorial Park setting for a wonderful evening out! Perfect for walkers, wheelchairs and anyone that wants to join in!	<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 35 participants	Limited to 30 participants	Limited to 45 participants	Limited to 30 participants	Limited to 26 participants
<b>Dates:</b> August 17 <sup>th</sup> , 24 <sup>th</sup> , 31 <sup>st</sup> September 14 <sup>th</sup> & 21 <sup>st</sup>	<b>Dates:</b> August 18 <sup>th</sup> , 25 <sup>th</sup> September 1 <sup>st</sup> , 8 <sup>th</sup> , 15 <sup>th</sup> & 22 <sup>nd</sup>	<b>Dates:</b> August 19 <sup>th</sup> , 26 <sup>th</sup> September 2 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup> & 23 <sup>rd</sup>	<b>Dates:</b> August 20 <sup>th</sup> , 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 22 <sup>nd</sup> , 29 <sup>th</sup> September 12 <sup>th</sup> & 19 <sup>th</sup>
<b>Fee:</b> \$20.	<b>Fee:</b> \$12.	<b>Fee:</b> \$20.	<b>Fee:</b> \$12.	<b>Fee:</b> \$20.

(Fee includes: snacks at each activity)



**Registration Deadline is Friday, August 7<sup>th</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

\*If not on file for the current year

