

Join us for these exciting Fall programs from SOAR!

(October 5th – November 12th)

Announcing the second Fall session of 2015! We'll start on Monday's with dancercize, then meet for walking/indoor games at the North Olmsted Rec. Center. Then, on Wednesdays, join us for aerobics at Big Creek Center then, end the week with indoor games @BCC!!!

Mondays

DANCERCIZE: 6:30-7:30 PM
Where: Gemini Center, 21225 Lorain Road (Birch or Maple Room)

Description: Join Dee Elliott & your SOAR! staff for an 'happening hour' of moving & grooving. We'll work out to an exciting selection of Tunes and a fun time is guaranteed for all!

Note: Limited to 30 participants

Dates: October 5th, 12th, 19th, 26th
 November 2nd & 9th

Fee: \$ 20.

Tuesdays - NEW FACILITY!!

WALKING/GAMES: 6:30 – 7:30PM
Where: North Olmsted Recreation Center, 26000 Lorain Road, North Olmsted

Description: Join us at the newly remodeled North Olmsted Rec. Center. We'll warm up with a walk, then enjoy wiffleball, kickball, dodgeball, seated volleyball & more...Fun, Fun, Fun!

Note: Limited to 30 participants

Dates: October 6th, 13th, 20th, 27th
 November 3rd & 10th

Fee: \$15.

Wednesdays

AEROBICS: 6:30 - 7:30 PM
Where: Big Creek Center, 6149 West 130th Street

Description: Join Angie as we burn some calories in this very popular activity. Get in shape for the holidays and that Thanksgiving turkey!

Note: Limited to 45 participants

Dates : October 7th, 14th, 21st, 28th
 November 4th & 11th

Fee: \$20.

Thursdays

WALKING: 6:30 – 7:30 PM
Where: Big Creek Center, 6149 West 130th Street

Description: Join your friends for a great session of indoor games. We'll play a variety of games and also do some walking in the gym. Promises to be a great time!

Note: Limited to 30 participants

Dates: October 8th, 15th, 22nd, 29th
 November 5th & 12th

Fee: \$15.

(Fee includes: SOAR! souvenir, plus a snack at each activity) – **Registration Deadline: Friday, September 25th**

TO RECEIVE A MASTER REGISTRATION FORM
 (if you have NOT participated in a SOAR! program this year)
 and to **SIGN UP FOR AN ACTIVITY**, CALL US AT: **440-327-6454**.

