



JOIN THE SOAR! TEAM TODAY..... AND CHASE THOSE WINTER BLUES AWAY! February 15th – March 24th

Join us for the second session of SOAR! activities of 2016; we'll start on Mondays with bowling, enjoy dancercize on Tuesdays with Dee, join Angie to aerobicize on Wednesdays and have fun with Indoor Games on Thursdays...**NEW LOCATION/NEW TIME!!!** Plus, we'll have four Saturday evenings of seated volleyball at the Gemini Center in Fairview Park. Sign up today as registration is limited!

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	SATURDAYS
BOWLING: 3:30 – 5:00PM Where: Freeway Lanes, 12859 Brookpark Road (Just east of West 130 th Street)	DANCERCIZE: 6:30-7:30 PM Where: Gemini Center, 21225 Lorain Road (Just West of 210 th Street)	AEROBICS: 6:30 – 7:30 PM Where: Big Creek Center (6149 West 130 th Street)	INDOOR GAMES: 6:00 – 7:00 PM Where: North Olmsted Recreation Center (26000 Lorain Road)	SEATED VOLLEYBALL: 5:30 – 7:00 PM Where: Gemini Center, 21225 Lorain Road
Description: Join us for some late afternoon bowling from 3:30 until 4:45 and then enjoy a snack. Always a fun day...hope you can 'spare the time'.☺	Description: Join Dee and your SOAR! staff for a fantastic hour of exercise. We'll work out to a great selection of tunes and have a wonderful time too!	Description: Join this popular activity with Angie. Listen to great tunes while we work on strength, endurance & flexibility. Always a great time... see you there!	Description: Join us for some walking AND indoor games on Thursday nights! We'll play baggo, wiffleball, kickball as well as some 'surprise' games. And, a NEW location too!!	Description: Join us our second session of seated volleyball at the Gemini Center! Always a great time as we bat the 46" beach ball around!!
Limited to 32 participants	Limited to 35 participants	Limited to 45 participants	Limited to 30 participants	Limited to 25 participants
Dates: Februray 15 th , 22 nd , 29 th March 7 th , 14 th & 21 st	Dates: February 16 th , 23 rd March 1 st , 8 th , 15 th & 22 nd	Dates: February 17 th , 24 th , March 2 nd , 9 th , 16 th & 23 rd	Dates: February 18 th , 25 th March 3 rd , 10 th , 17 th & 24 th	Dates: February 20 th , 27 th March 12 th & 19 th
Fee: \$25.	Fee: \$20.	Fee: \$20.	Fee: \$15.	Fee: \$20.

(Fee includes: SOAR! snacks at each activity)



Registration Deadline is Friday, February 5th, 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

