



FANTASTIC FALL FUN WITH SOAR!

GET MOVING AND JOIN THE FUN TODAY!

(AUGUST 15th – SEPTEMBER 22nd)

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 North Olmsted Recreation Center.....**There's something for everyone, so sign up TODAY!**

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	SATURDAYS
DANCERCIZE: 6:30 – 7:30PM Where: Gemini Center, 21225 Lorain Road (Just West of 210 th Street)	WALKING: 6:30-7:30 PM Where: Rocky River Reservation, Rockcliff Spring Parking lot. (1¼ miles south of Detroit Road park entrance)	AEROBICS: 6:30 – 7:30 PM Where: Big Creek Center (6149 West 130 th Street)	WALKING: 6:30 – 7:30 PM Where: Brooklyn Memorial Park (7727 Memphis Avenue)	SEATED VOLLEYBALL: 5:30 – 7:00 PM Where: North Olmsted Recreation Center, (26000 Lorain Road)
Description: 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!	Description: 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!	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: Stroll through the beautiful, paved, Memorial Park setting for a wonderful evening out! Perfect for walkers, wheelchairs and anyone that wants to join in!	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 45 participants Dates: August 15 th , 22 nd September 12 th & 19 th	Limited to 30 participants Dates: August 16 th , 23 rd , 30 th September 6 th , 13 th & 20 th	Limited to 45 participants Dates: August 17 th , 24 th , 31 st September 7 th , 14 th & 21 st	Limited to 30 participants Dates: August 18 th , 25 th September 1 st , 8 th , 15 th & 22 nd	Limited to 30 participants Dates: August 20 th , 27 th September 10 th & 17 th
Fee: \$15.	Fee: \$12.	Fee: \$20.	Fee: \$12.	Fee: \$20.

(Fee includes: snacks at each activity)



Registration Deadline is Friday, August 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

*If not on file for the current year

