



# 2017 SOAR! Programs (Jan. 4<sup>th</sup> – Feb. 9<sup>th</sup>)

## Kick off the new year with some great activities...

### SIGN UP TODAY!

Join us for the first session of SOAR! activities of 2017; 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! Plus, we'll have four Saturday evenings of the ever popular seated volleyball at the North Olmsted Recreation Center. Sign up today as registration is limited!

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	SATURDAYS
<b>BOWLING:</b> 3:30 – 5:00PM <b>Where:</b> Freeway Lanes, (12859 Brookpark Road) Just east of West 130 <sup>th</sup> Street)	<b>DANCERCIZE:</b> 6:30-7:30 PM <b>Where:</b> Gemini Center, (21225 Lorain Road) Just West of 210 <sup>th</sup> Street	<b>AEROBICS:</b> 6:30 – 7:30 PM <b>Where:</b> Big Creek Center (6149 West 130 <sup>th</sup> Street)	<b>WALK/ GAMES:</b> 6:30 – 7:30 PM <b>Where:</b> Big Creek Center (6149 West 130 <sup>th</sup> Street)	<b>SEATED VOLLEYBALL:</b> 5:30 – 7:00 PM <b>Where:</b> North Olmsted Rec. Center, (26000 Lorain Road)
<b>Description:</b> 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'.  Limited to 28 participants <b>Dates:</b> January 9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup> , 30 <sup>th</sup> February 6 <sup>th</sup>	<b>Description:</b> 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!  Limited to 35 participants <b>Dates:</b> January 10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup> , 31 <sup>st</sup> February 7 <sup>th</sup>	<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!  Limited to 45 participants <b>Dates:</b> Jan. 4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>th</sup> February 1 <sup>st</sup> & 8 <sup>th</sup>	<b>Description:</b> Join us for some walking AND indoor games on Thursday nights! We'll play baggo, wiffleball, kickball as well as some 'surprise' games. Always a lot of fun!  Limited to 30 participants <b>Dates:</b> Jan. 5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> , 26 <sup>th</sup> February 2 <sup>nd</sup> & 9 <sup>th</sup>	<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 26 participants <b>Dates:</b> January 7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> & 28 <sup>th</sup>
<b>Fee:</b> \$25.	<b>Fee:</b> \$20.	<b>Fee:</b> \$20.	<b>Fee:</b> \$15.	<b>Fee:</b> \$20.

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



**Registration Deadline is Friday, December 23<sup>rd</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

