



FANTASTIC FALL FUN WITH SOAR!

GET MOVING AND JOIN THE FUN TODAY!

(AUGUST 27th – October 4th)

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
DANCERCIZE: 6:30 – 7:30PM Where: Gemini Center, 21225 Lorain Road (Just West of 210 th Street) Description: Join the SOAR! team 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! Limited to 45 participants Dates: August 27 th , September 10 th , 17 th , 24 th October 1 st Fee: \$15.	WALKING: 6:30-7:30 PM Where: Rocky River Reservation, Rockcliff Spring Parking lot. (1¼ miles south of Detroit Road park entrance) 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! Limited to 30 participants Dates: August 28 th September 4 th , 11 th , 18 th , 25 th October 2 nd Fee: \$12.	AEROBICS: 6:30 – 7:30 PM Where: Big Creek Center (6149 West 130 th Street) 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! Limited to 45 participants Dates: August 29 th September 5 th , 12 th , 19 th , 26 th October 3 rd Fee: \$20.	WALKING: 6:30 – 7:30 PM Where: Brooklyn Memorial Park (7727 Memphis Avenue) 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! Limited to 30 participants Dates: August 30 th September 6 th , 13 th , 20 th , 27 th October 4 th Fee: \$12.	SEATED VOLLEYBALL: 5:30 – 7:00 PM Where: Gemini Center (21225 Lorain Road) 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 30 participants Dates: September 1 st , 8 th , 15 th , 22 nd Fee: \$20.

(Fee includes: snacks at each activity)

 **Registration Deadline is Friday, August 17th, so sign up today!!!**

FOR ADDITIONAL INFORMATION OR TO REGISTER FOR AN ACTIVITY CALL US AT: **(440) 327-6454**

Visit Us at: www.SOARprograms.org

Mail completed *form and registration fee to: SOAR!, 32730 Walker Road – Suite I-1, Avon Lake, Ohio - 44012

*If not on file for the current year

