

# Mayfield Village Parks and Recreation Department

## Adaptive Recreation Programs

Fall 2018-Winter 2019



Activities designed especially for individuals with physical, sensory or developmental disabilities. People of all abilities are welcome to attend. For more information/questions call 440.461.5163 or email [decht@mayfieldvillage.com](mailto:decht@mayfieldvillage.com).

**Participants who are not capable of participating independently must be accompanied by parent or caretaker. In order to avoid cancelling programs, we need the cooperation of participants to sign up by deadlines. Please note that Mayfield Village reserves the right to deny registrations after the deadline due to limited enrollment, planning, etc.**

### Fitness to Wellness to Fun at Health 360

(13 years+) Fitness and Fun; that's what it's all about! Enjoy exercises and movements to help with strength, agility and motor reaction and skill development. Exercises are broken up into small segments so you won't be bored! Sign up for Mon or Wed or both. **\$49/session/day or \$88/both days/session.** If registering after a session begins, a \$5.00 late fee applies.

M/W	6:30-7:30 P	8/27-10/10
M/W	6:30-7:30 P	10/15-11/28
M/W	6:30-7:30 P	12/3-1/23
M/W	6:30-7:30 P	1/28-3/6
M/W	6:30-7:30 P	3/11-4/17



Fall 1 (except 9/3)
Fall 2 (except week of 11/19)
Winter 1 (except weeks of 12/24 & 12/31)
Winter 2
Spring 1

### Painting with Artfully Mine

(5 yrs+) No experience needed! Clear, step by step instruction allows you to put your own spin on a pre-selected fall design. Supplies are provided including an apron. Paint on your own 16 x 20 canvas with acrylic paints. Anyone ages 5-10 years must be accompanied by an adult. **Reg. Deadline: 8/24 & 1/18.**

S	1:00 P	9/1	\$30	Civic Center
S	1:00 P	1/26	\$30	Civic Center



### Basketball with LEAP

(18 yrs+) Join the staff of LEAP as they work on the fundamentals of basketball each week. This is a non-competitive program where everybody gets the chance to learn and build skill. **The registration deadline is one week before the session. Begins.** \$30 per session. If registering after session begins, \$5.00 late fee applies. Limited to 5 participants! Held at Wildcat Sport & Fitness.

T	6:30-8:00 P	9/4-10/9	Fall 1
T	6:30-8:00 P	10/23-12/11	Fall 2
T	6:30-8:00 P	1/8-2/5	Winter 1
T	6:30-8:00 P	2/19-3/26	Winter 2



### Indoor Water Exercise

(10 years+) This is an opportunity to experience success, increase comfort level, exercise and have fun in an aquatic environment. Kate Sullivan will be teaching class again! Held at Wildcat Sport & Fitness. **\$20 per session.**

Th	6:30-7:30 P	9/6-9/20	Fall 1
Th	6:30-7:30 P	9/27-10/11	Fall 2
Th	6:30-7:30 P	10/18-11/1	Fall 3
Th	6:30-7:30 P	11/8-11/29 (except 11/22)	Winter 1
Th	6:30-7:30 P	12/6-12/20	Winter 2
Th	6:30-7:30 P	1/3-1/17	Winter 3
Th	6:30-7:30 P	1/24-2/7	Winter 4
Th	6:30-7:30 P	2/14-2/23	Winter 5
Th	6:30-7:30 P	3/7-3/21	Spring 1





### \*Pizza Bowls

(13 yrs+) 2 hours of bowling, shoe rental, a slice of pizza, a small soda, and a cup of ice cream awaits you during Pizza Bowl. Bowlers will be 4-6 per lane. **Registration Deadline: 8/28, 11/8; space is limited.**

S 1:00-3:00 P 9/8, 11/17, other dates TBD \$16 per date Game of Wickliffe

*\*If you would like to receive dates for Pizza Bowls please email [decht@mayfieldvillage.com](mailto:decht@mayfieldvillage.com). The information will be sent out once it is available.*

### Serendipity Dance with Solon Blue Ribbon

(5 yrs+) This dance class will include Hip-Hop, some Jazz and even a little line dancing. This class will allow participants to reach beyond what they think they can do. Come try it out!! All abilities are welcome! Space is limited. **Registration Deadlines: 8/31, 10/26.** Held at the Solon Community Center.

S	1:00-1:45 P	9/8-10/27 (except 9/29)	Session 1	\$78
S	1:00-1:45 P	11/3-12/22 (except 11/24)	Session 2	\$78

### Boxing Buddies with Solon Blue Ribbon

(15 yrs+) Have you ever wondered what it's like to put on a pair of boxing gloves and learn boxing basics?! Now is your chance! Veteran Blue Ribbon coach and advocate Sandy Ellis will be bringing boxing to you! You will learn the basics of boxing and a little self defense, which will help you to find the true boxer in you! It is non-contact. You will never punch anyone and no one will ever punch you. You will learn how to throw a punch, a jab, a right hand, uppercuts and hooks using special coaching mitts as targets. Most of all, boxing will build your self-confidence and it is FUN!!! Boxing can be learned while sitting or standing. Anyone is welcome to register (friends, family, caregivers). **Space is limited! Registration Deadlines: 8/24, 9/28, 11/2.** Held at the Solon Community Center.

S	2:00-2:45 P	9/8-9/29	Session 1	\$49
S	2:00-2:45 P	10/13-11/3	Session 2	\$49
S	2:00-2:45 P	11/17-12/8	Session 3	\$49



### Soccer Stars at Parkview Soccer Fields

(13 yrs+) Activities and skills are taught to cover the basics. It's non-competitive. Each participant will receive a shirt. Shinguards are encouraged but not necessary. Wear comfortable clothing & tennis shoes; bring water. Min./Max. Participants: 6/14. **Reg. Deadline 9/5.**

 M	5:30-6:15 P	9/10-10/8	\$30
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### Basketball-Solon Blue Ribbon

(12 yrs+) Learn the fundamentals of basketball and have fun! Empower Sports, under the skilled direction of Tom Heines and Demetria Stanfield, will be hosting this program. Participants will have the opportunity to improve basketball techniques and strategies through a series of drills and scrimmages. Every participant will have the chance to play in a game situation. **Registration Deadline: 8/24.**

M	6:00-7:15 P	9/10-10/22	\$36	Solon Community Center
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### Walking Club sponsored by LEAP

(18 yrs+) Walking is a great form of exercise as well as a low impact activity. Walking improves cardiovascular health, strengthens bones, and can even boost your mood. If registering after session begins, a \$5.00 late fee applies.

M	6:00-7:00 P	9/10-10/15	Fall 1	\$12	Euclid Creek Reservation
M	6:00-7:00 P	10/29-12/10	Fall 2	\$12	Beachwood Mall



### \*Game Nights

(All ages) There is something for everyone during Game Night. Basketball, coloring, board games, volleyball, dancing, food and friends! Feel free to bring your own basketball, game or activity. **Pre-registration deadline is Wednesday before.**

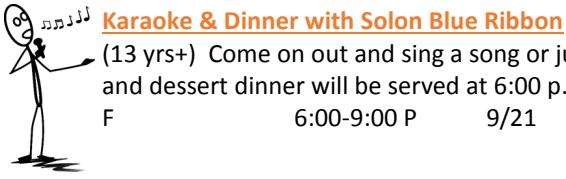
F	6:00-8:00 P	Dates TBD	\$5 pre-reg/date	Mayfield Middle School
			\$6 at door/per date	

*\*If you would like to receive dates for Game Nights, please email [decht@mayfieldvillage.com](mailto:decht@mayfieldvillage.com). The information will be sent out once it is available.*

### **YogaReach Embrace Abilities**

(13 yrs+) This program serves individuals who love to empower their abilities. *Embrace Abilities* teaches an integrated system of adaptive poses, breath work, daily function skills, movement exercises, meditation practices, and facilitates ongoing discussions. Focus on what you can achieve and qualified instructors will help reinforce an optimistic approach! **\$64/session \$5 off if registering for two sessions at once.** \$5.00 late fee if signing up after session begins.

T	4:45-5:45 P	9/11-10/16	Fall 1	Civic Center
T	4:45-5:45 P	10/23-12/11 (except 11/6 & 11/12)	Fall 2	Civic Center
T	4:45-5:45 P	1/8-2/12	Winter 1	Civic Center
T	4:45-5:45 P	2/19-3/26	Winter 2	Civic Center



### **Karaoke & Dinner with Solon Blue Ribbon**

(13 yrs+) Come on out and sing a song or just enjoy the talents of other karaoke singers. A chicken parmesan, salad, rolls, and dessert dinner will be served at 6:00 p.m. **Registration Deadline: 9/14.**

F	6:00-9:00 P	9/21	\$13	Solon Community Center
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### **Goodtime III**

Enjoy the experience of a cruise on the Cuyahoga River and Lake Erie aboard Cleveland's largest sight-seeing vessel. Witness the fast changing panorama of Cleveland's skyline and the exciting Flats area as you listen to Larry Morrow point out the many sights and little known historical facts about our All-American city. Transportation on your own. Boarding begins at 11:30 p.m. Parking along Pier at 825 E. 9<sup>th</sup> Street or in surrounding lots (some may be pay lots). Food items can be purchased on board. No outside food allowed. **Registration Deadline: 9/19.**

S	12:00-2:00 P	9/29	\$15	
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### **Fall Hike, Fire Building, & S'mores with Cleveland Metroparks Outdoor Recreation**

(13 years+ with caregiver) Enjoy the beauty of Fall with an easy hike along an accessible path before learning how to build a fire. Reward your fire building skills with the sweetness of chocolate, marshmallows, and graham crackers as you make the perfect s'more. **Registration Deadline: 9/20. Limited Space!**

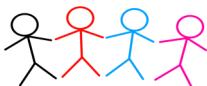
S	5:00-7:00 P	9/29	\$10	North Chagrin Reservation
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### **Introduction to Competitive Swimming**

(10 years+ with companion) Participants need to be comfortable in water and have basic swim skills. Swim assessments will be held. Practice basic aquatics skills and work on gaining functional knowledge of the rules necessary to participate in aquatic competitions. Participants will be divided by ability and then age second. Realistic goals for each participant will be easily attainable while still assuring confidence and creating a fun & safe atmosphere. **Reg. Deadline: 10/3.**

S	1:00 – 2:30 P	10/13-12/8 (except 11/24)	\$30/SD \$40/Non SD	Wildcat Sport & Fitness
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### **Dancing Sundays**

(All ages) Looking for a little fun and fitness for a little bit on Sundays? Join Kelleen Kinnaird and Tim Regan as they help lead the group. Follow along with them or just do your own thing; there is no right or wrong. Any way you move, it is a guaranteed good time with fun song selections. Sign up for a session or go the no commitment route with a drop in fee. \$5.00 late fee applies if signing up after the session begins.

S	2:30-3:15 P	10/21-12/16 Session 1	\$20/session, \$3/drop in	Civic Center
S	2:30-3:15 P	1/6-2/24 Session 2	\$20/session, \$3 drop in	Civic Center

### **\*Basketball Clinics**

(10 yrs+). Join local college coaches and players as you work on the fundamentals of basketball while having fun in their gyms. Activities help build individual skill and also include fun drills incorporating team work. **Registration Deadline: Wednesday before each clinic.**

Sun	1:00-2:00 P	Dates TBD	\$5/date	
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\*If you would like to receive dates for Basketball Clinics please email [decht@mayfieldvillage.com](mailto:decht@mayfieldvillage.com). The information will be sent out once it is available.



### LEAP's Halloween Party & Dance

(13 yrs+) Dress in your best Halloween costume and dance the night away. Awards will be given out for the weirdest, funniest, scariest, most creative, and best overall costumes. Dinner menu TBD. These dances are always extremely popular so don't delay registering. **Registration Deadline: 10/12.**

F	7:00-9:00 P	10/26	\$13	Hilton Garden Inn Mayfield Village
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### Making Pizza at Pizza Roma

All ages. Grace VanNess will help you to press the dough, add the sauce and desired toppings, place it in the oven and...enjoy! You have your very own personally created pizza to enjoy in the store or take home. **Registration Deadline: 10/31 & 2/13.**

#### **Limited Space!**

S	1:00-1:45 P	11/3	\$12
S	1:00-1:45 P	2/16	\$12



### Urban Line Dancing with Solon Blue Ribbon

(13 yrs+) There will be a performance followed by plenty of dance time for you with instruction in the latest dance moves. Line dancing will be to today's pop music! A full chicken parmesan and pasta dinner will be served.

**Reg. Deadline: 10/26.**

F	6:30-9:00 P	11/9	\$14	Solon Community Center
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### Make a Wind Catcher Mobile

(13 yrs+) Basic woodworking techniques will be taught. Participants will be using hand tools to sand, drill, and put together a mobile to hang in a room or to give as a gift. The mobile also acts as a wind catcher so it can even be hung outdoors. Students must be accompanied by a parent or caregiver. A \$15 instructor fee is payable on the first day of class. **Reg. Deadline: 11/2**

S	12:30-2:20 P	11/10	\$24	Orange High School Wood Shop
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### \*Movie Nights

All ages. Come watch a movie on a drop down projection screen. Enjoy snacks and beverages while you watch a movie. Pre-registration only. **Registration Deadlines:** Wednesday before each date as long as space available.

F	6:15 P	dates tbd	\$ 5 per date	Mayfield Village Civic Center
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*\*If you would like to receive dates for Movie Nights please email [decht@mayfieldvillage.com](mailto:decht@mayfieldvillage.com). The information will be sent out once it is available.*



### LEAP's Annual Holiday Party & Dance

(13 years+) Celebrate the holiday season with us. Wear an ugly sweater if you have one; not required. There will be a friendly competition for the ugliest sweater. Dress code is casual. Dinner menu TBD. These dances are extremely popular so don't delay in registering. **Registration Deadline: 11/29.**

F	7:00-9:00 P	12/14	\$13	Hilton Garden Inn Mayfield Village
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For more information email  
[decht@mayfieldvillage.com](mailto:decht@mayfieldvillage.com)  
or call 440.461.5163



[mayfieldvillage.parks.recreation](http://mayfieldvillage.parks.recreation)

[mayfieldvillage.com/recreation](http://mayfieldvillage.com/recreation)

## REGISTRATION INFORMATION

Payment Methods Accepted: Cash/check payable to Mayfield Village/MC/Visa/Discover

**Online:** [mayfieldvillage.com/recreation](http://mayfieldvillage.com/recreation)

**Mail/Walk In:** Mayfield Village Parks & Rec. Department, 6622 Wilson Mills Road, Mayfield Village, Ohio, 44143

**Fax:** 440.461.2231

**Over Phone:** 440.461.5163 with Mastercard/Visa/Discover

**Adaptive Recreation Registration Form Fall 2018/Winter 2019: Please print clearly.**

Participant's Name \_\_\_\_\_ D.O.B. \_\_\_\_\_ Gender: M F

Home Phone \_\_\_\_\_ Alt # \_\_\_\_\_

Parent/Caregiver Name \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_  
(street) \_\_\_\_\_ (city) \_\_\_\_\_ (zip) \_\_\_\_\_

Does participant require any special accommodations (ex: wheelchair, etc)? \_\_\_\_\_ No \_\_\_\_\_ Yes

If yes, please explain: \_\_\_\_\_

**Program(s) registering for: show dollar amount per program next to each program in first column and please specify in second column-session/time/date if there are multiple ones.**

**Example: Pizza Bowl-\$16**

**9/8**

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_  
5. \_\_\_\_\_

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Total amount to charge to card:\$ \_\_\_\_\_

Credit Card Number \_\_\_\_\_ Exp. Date \_\_\_\_\_ Code \_\_\_\_\_  
(mastercard/visa/discover)

I (parent/guardian/caregiver) hereby release and hold harmless the City of Mayfield Heights including but not limited to the Parks and Recreation Department, Mayfield City School District/Bd. Of Education, and Mayfield Village and all employees, agents, and representatives from any and all claims, cost, damages, and liabilities for any injuries sustained by myself (parent/guardian/caregiver) or my minor child's or adult's participation in any program offered by Mayfield Heights Recreation Department, Mayfield City School District/Bd. Of Education and Mayfield Village. I (parent/guardian/caregiver) understand that any fees charged for a program do not include accident, or personal property insurance. I further represent that I (parent/guardian/caregiver) and my child/adult are physically capable of participating in the program in which I (parent/guardian/caregiver) or my child /adult are enrolled, based upon consultation with my or my child's/adult's personal physician.

Signature of Participant if over 18 (or Parent or Guardian)

Date

