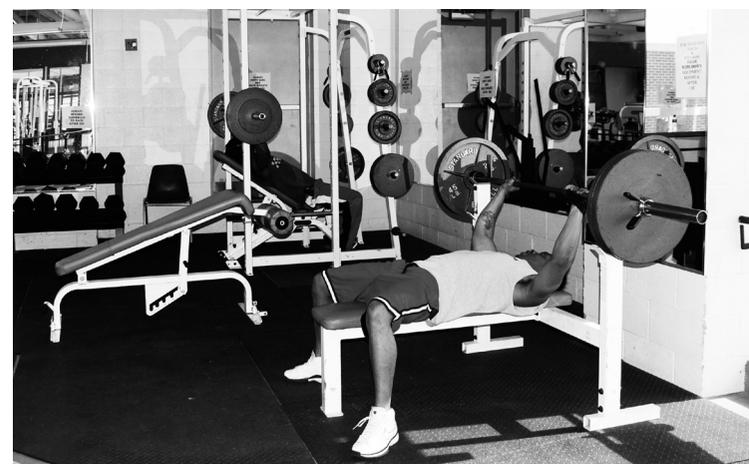
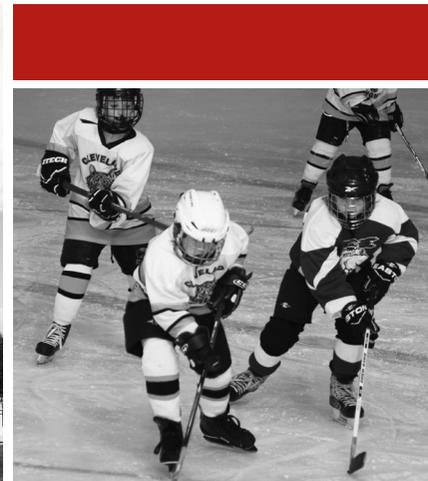


fall/winter 2014 parks & recreation



registration dates - register online

Indoor Swimming
Ice Hockey
Youth Fall Soccer/Flag Football
Resident Fall General Rec
Non-Resident General Rec
Youth Travel Basketball

Register Now
Register Now
Register Now
Mon, August 11
Mon, August 18
Tues, September 2



www.ClevelandHeights.com

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All Are Welcome:

** See categories below.*

Annual Field House Passes / 30 Day Passes / Daily Admission

Use of the Community Center Field House (Fitness Center, Track and Open Gym) is available to Cleveland Heights resident adults and to students (through high school) who live within the boundaries of the Cleveland Heights-University Heights School District. Cleveland Heights residents must purchase a recreation ID card, which costs \$5.00. Residents then have the following three options: **1.** with an ID card, pay \$6.00 per day to use the Field House (Fitness Center, Track and Open Gym), **2.** with an ID card, purchase a Field House pass (see below), good for one year unlimited usage of the Field House or **3.** with an ID card, purchase a 30-day unlimited Field House pass. Management reserves the right to confiscate membership card and revoke all privileges for misbehavior or misuse, including but not limited to, sharing membership cards (minimum 30-day suspension).

Annual Non-Resident Field House Passes / 30 Day Passes Available

Adult non-residents 18 and over who :

- 1) Live in University Heights or
- 2) Live within the boundaries of the CH-UH school district or
- 3) Have children in the Community Center Programs or
- 4) Are employed within the boundaries of Cleveland Heights, including their families (must bring recent pay stub).

Definitions:

- 1) Recreation ID card holder – Cleveland Heights residents only.
- 2) Family – Adult head of household and his/her spouse or partner and dependent children occupying household age 18 and under.
- 3) Youth/ Student K-age 11; 12-High School or equivalent.

Residents & Non-Residents*

Rates:

FIELD HOUSE ONLY PASS	Annual Pass	30 Day Pass
	Resident / Non-Resident	Resident / Non-Resident
Youth K through age 11	\$ 84.00 / \$126.00	\$ 10.00 / \$15.00**
Youth age 12 through HS or equiv.	\$110.00 / \$165.00	\$ 18.00 / \$27.00**
Young adult age 18-24	\$180.00 / \$248.00	\$ 27.00 / \$39.00
Adult age 25-59	\$220.00 / \$299.00	\$ 33.00 / \$45.00
Senior adult 60 and up	\$110.00 / \$165.00	\$ 17.00 / \$25.00
Family	\$345.00 / \$499.00	\$ 55.00 / \$79.00

Field House Guest Policy

Field House pass holders may bring a non-resident guest (maximum two) at a cost of \$8.00 per guest.

FITNESS CENTER/TRACK GUIDELINES

- You must be 16 years or older to use the Fitness Center and track.
- Youth 12-15 years of age may use the Fitness Center and track accompanied by a paying adult/guardian.
- Infants and toddlers are permitted in strollers or in infant front/backpack carriers on the inside lane of the track only.
- No infants, toddlers or youth under the age of 12 are permitted in the Fitness Center.

REGISTRATION DESK HOURS

Stop at the main Registration Desk to: purchase ID cards and annual passes, register for programs and activities, and pay any admission fees.

Desk Hours, August 1, 2014 - May 24, 2015

Monday-Friday 9:00 am-7:00 pm
 Saturday 9:00 am-4:00 pm
 Sunday 11:00 am-4:00 pm

GYM, TRACK AND FITNESS CENTER HOURS (possibly to be extended)

*Closed August 25-Sept 1, 2014 for maintenance.

August 1-September 21, 2014

Monday-Friday 6:00 am-8:00 pm*
 Saturday 7:00 am-5:00 pm
 Sunday 9:00 am-5:00 pm

September 22, 2014-May 24, 2015

Monday-Friday 6:00 am-9:00 pm
 Saturday 7:00 am-6:00 pm
 Sunday 9:00 am-6:00 pm

* Open until 9:00 pm on Monday & Tuesday

GYMS

Open gym times for youth and adults have been scheduled. Call 216-691-7373 for information. For sports leagues, exercise programs and other general recreation programs, check the specific activity sections of this brochure for program times and other information.

ice skating

Welcome and thank you for your interest in ice skating! The North Rink is open for year round skating activities and the South Rink will open in October. We offer many programs and lessons for all levels of skaters during the two rink season.

The 2014-2015 schedule includes Public and Adult skates, Learn-to-Skate lessons for ages three and up, speedskating, adult and youth hockey leagues, Heights High Tigers, Benedictine and Brush High Varsity hockey games, CWRU hockey games, Cleveland Junior Lumberjacks home games, several hockey tournaments, Tot and Learn to Play hockey for adults & children, rental opportunities, birthday party and group rate packages.

ice skating fees

Annual Skating Passes:

Valid one year from date of purchase	
Cleveland Heights Residents	Fees
I.D. Cards	\$5.00
Student Pass (K-age 11)	\$84.00
Student Pass	
(age 12 - High school/equiv.)	\$110.00
Young Adult (18-24)	\$132.00
Adult Pass	\$154.00
Senior Adults (60 and older)	\$66.00
Family Pass	\$275.00
Replacement Pass	\$6.00

Non Residents

Student Pass (K-age 11)	\$210.00
Student Pass	
(12-High school/equiv.)	\$225.00
Young Adult	\$250.00
Adult Pass	\$325.00
Senior Adults (60 and older)	\$150.00
Family Pass	\$625.00
Replacement Pass	\$6.00

Daily Skating Sessions

Preschoolers accompanied by an Adult (limit two children per adult) charged only for skate rental.

Students w/ID Card	\$2.00
Adults w/ID Card	\$3.00
Admission without ID Cards	\$5.00
Skate Rental	\$2.00

Miscellaneous Skating Fees

Skate Rental Book (10 rentals)	\$16.00
Guest Admission Books (10)	\$40.00
City Freestyle	\$9.00 (per hour)
Freestyle	
(7 one hour sessions) Card	\$63.00
Private Instruction varies by instructor; list of instructors available at rink desk.	

schedule of sessions

Please call the Ice Rink Desk at (216) 691-7434 and the City's new website for the most up-to-date public skate schedule. Due to rink special events and multiple schedule changes, it is difficult to publish one schedule in this brochure. Schedule changes will be posted at the rink and listed on monthly calendars well in advance in order to minimize inconveniences.

GROUP RENTALS

Rent the North Rink for your Cleveland Heights group outing! Groups must be sponsored by an adult resident who has a current Cleveland Heights Recreation ID card. December through February dates go quickly!

Day	Time	Rink	Cost	Group size
Sun	5-6:30 pm	North	\$275.00*	1 - 300

*does not include skate rental

Other times throughout the year are available for rental. Please contact Kelly Taylor, Ice Rink Manager, for days, dates, times, and cost: (216) 691-7395 or ktaylor@clvhts.com.

BIRTHDAY PARTIES

If your child is between the ages of 7 - 12 (parties are not recommended for children younger than seven), you may reserve a portion of the North Atrium for a small group (MAXIMUM 20 children and 40 people total) to enjoy refreshments, and skate on a public session. The cost is \$140.00, if reserved by a Cleveland Heights resident, and \$210.00 if reserved by a nonresident. The cost includes admission, skate rental, and atrium tables. Reservations must be made in advance.

(October - February only; other days & times available seasonally)

Day	Atrium Time	Skate Time
Friday	6:30 - 8:45 pm	7:00 - 8:30 pm
Saturday	2:30 - 4:45 pm	3:00 - 4:30 pm
Sunday	12:00 - 2:15 pm	12:30 - 2:00pm
Sunday	2:45 - 4:45 pm	3:00 - 4:30 pm

learn to skate

SESSION DATES AND FEES FOR GROUP LESSONS

Session 1

Saturday, October 4 - Sunday, November 2
4 or 5 weeks
Registration begins September 2

Session 2

Monday, November 3 - Sunday, December 14
5 weeks
No classes on November 11 AND the week of November 24
Registration begins October 27

LEARN TO SKATE FEES 2014 - 2015

Beginning in August, an annual fee of \$12.00 payable to US Figure Skating will additionally be charged to each lesson participant.

	5 weeks	6 weeks
Resident w/I.D. Card only	\$35.00*	\$42.00*
Non-Resident w/out Pass	\$50.00*	\$60.00*

*Price does NOT include skate rental. Skate rental is \$2.00; book of ten rental tickets for \$16.00 is available at the ice rink counter.

REGISTRATION PROCEDURES

There are two ways to register for group lessons:

1. Walk-in registration: Community Center Front Desk
2. Online registration @ www.clevelandheights.com. Residents will need a current Recreation I.D. card, their active.com login ID # (number) and PIN. Non-residents who are not registering for the first time, need their active.com login ID # (number) and PIN. Please call Community Center Main Desk (216-691-7373) or email chrec@clvhts.com for your active.com account information.

REGISTRATION REMINDERS

1. Your Cleveland Heights ID card must be current in order to receive reduced rates on lessons.
2. Classes canceled due to inclement weather cannot be rescheduled.
3. Classes with insufficient enrollment will be canceled or combined with other classes.
4. It is important to register early to prevent cancellations and to insure a proper instructor to student ratio.
5. Once the second class has been held, registration will no longer be accepted.
6. Although no make-up lessons are available for those who miss a lesson (please note: 100 - 400 skaters participate in each learn-to-skate session), ask for Judy Gruehl or your instructor to help find a make-up option.

Our LTS levels correspond to USFS Basic Skills Standards. We offer Snowplow Sam 1-3 for children aged 3-5, and Basic levels 1-8 for children six and up. If you have any questions or concerns about what level your child should sign up for, leave a message for Judy Gruehl at 216-691-7434.

Please call to request a schedule to be faxed or mailed to your home, check the City's website, or pick up a schedule at either the Community Center or Rink desk.

HOMESCHOOL SKATING LESSONS

We have two times available for the homeschool families. Each session includes 30 minutes of instruction and time for practice. The children are divided by ability on the first day of class and are tested at the end of each session.

Day Lesson Time

Tuesday 10:30 - 11:00 am

(The session is 10:00 - 11:15 am)

Session 1 begins Tuesday, October 7

Friday 10:30 - 11:00 am

(The session is 10:00 - 11:15 am)

Session 1 begins Friday, October 10

ADAPTIVE SKATING

Ice professionals and volunteers assist all skaters, regardless of ability. All age skaters are welcome; **participants must have an adult remain in the rink area to assist if needed.** For more information call (216) 691-7434 and leave a message for Karin Faletic. Volunteers welcomed!

Day Time

Mondays 5:00 - 5:30 pm

Scheduled to begin October 6

\$25.00 per session or \$5.00 walk-on fee per class (includes skate rental). Sessions run consistent with Learn-to-Skate sessions.

INTRODUCTION TO SPEEDSKATING

Even if you have only been to 'open public' skates, play hockey, or are a figure skater, you are invited to give speedskating a try! It is a sport for all ages (families are encouraged to skate together) and is great exercise. While some equipment is required (hard shell helmet -- like a bike helmet, long sleeves, gloves, knee pads, and shin-guards are required), many skaters have gotten their start using rental, hockey, or figure skates. Emphasis is placed on skating as FUN. The first available lesson is scheduled for October 16 (please call ahead to confirm start date). Coaches and instruction will be provided. Any type of skate can be worn, rental skates available for \$2.00.

Tentatively scheduled for Thursday evenings beginning October 16

Cost: \$66.00 for 6 weeks

Please contact Barb Rosenbaum (216-402-9392 or bk@therosenbaums.net) before attending first class.

CLEVELAND HEIGHTS SPEEDSKATING CLUB

Once you have attended one or two of the Introduction sessions, you will be ready to skate with the Cleveland Heights Speedskating Club. Our club is a member of the Ohio Speedskating Association. The Club is open to skaters of all ages and abilities (once they have been through several weeks of the Introduction course). Skaters are not required to compete, but membership in the Club

ice skating

ice skating

will allow skaters to be eligible to compete locally and in races sanctioned by US Speedskating. For more information, please leave a message for the Speedskating Club at (216) 691-7434 and a flyer will be sent to you. The program is year round; several payment options are offered. The club skates two or three times per week during the months of October - February.

PRIVATE LESSONS

In addition to group lessons, the professional skating staff is available for private instruction. A list of professionals is available at the Ice Rink counter. Please contact individual instructors directly. The cost of a 15 (fifteen) minute private lesson ranges from \$11.00 - \$17.00.

CITY FREESTYLE

Skaters of all levels who want to develop their skating skills may skate on City Freestyle sessions for \$10.00 (per hour). These sessions are for the more serious skater who is practicing skills such as jumps, spins, backwards skating, etc. Private lessons can be taught on these sessions. Skaters must check in at the Ice Rink counter and pay before skating on the session. A schedule of these sessions is available at the ice rink counter or online.

HEIGHTS HIGH SCHOOL VARSITY HOCKEY GAMES

Come support the Tigers! Admission fees support Heights High School Athletic Department. (See Hockey section or shutout.com for schedule of games).

CASE WESTERN RESERVE UNIVERSITY HOCKEY

Case plays in the D-III level of College Hockey Association (CHA). Come see the hockey club that was voted CWRU Sports Club of the Year for three years. Game schedule available on <https://sites.google.com/a/case.edu/icehockey/home>

SPECIAL EVENTS / HOLIDAY SCHEDULE

Cleveland Heights Community Center ice rinks are scheduled to host the following events this season: ***(Please understand special events alter the regular skating schedule and all schedules are subject to change.)***

Rink closed for holiday:

August 31 & September 1

Building closed for holidays: November 11 & 27

Group lesson skip week: November 24 - 30

Junior Jacks High School Hockey Tournament:

November 28 - 30

Look for schedule changes - all three days

Benedictine High School Hockey Tournament:

December 12 - 14

Look for schedule changes - all three days

Building closed for holiday: December 25

Heights High School Holiday Hockey Tournament:

December 27 - 29

Look for schedule changes - all three days

Building closed for holiday: January 1

Raymond A. Robinson Youth Hockey

Tournament:

January 15 - 18

All other sessions canceled - January 17 & 18

Building closed for holidays: January 19 & February 16





Pavilion Skating Club
of Cleveland Heights

PAVILION SKATING CLUB

The Pavilion Skating Club Mission: Pavilion Skating Club's Mission is to support the growth and development of ice skating in conjunction with the Basic Skills Program. The Club, together with the City, seeks to provide an excellent training facility that offers the professionals and programs necessary to support and promote the total development of quality skaters.

To this end, we have seen our club grow and become a wonderful place for skaters of all levels and ages to train competitively, enter the United States Figure Skating test structure, or skate for recreational reasons and just have fun.

The Pavilion Skating Club offers ice time 7 days per week. We offer Freestyle Ice, Dance Ice, and sometimes combined sessions of Freestyle and Dance, or moves and dance.

The PSC has a bulletin board on the North wall of the rink lobby. Please check for updates, upcoming competitions and other important information.

We do have a list of Professional Skaters that are available for private lessons. Please see the club board for the current list.

To learn more or ask questions about becoming a club member in our Jr. Club, Freestyle, or Dance disciplines, please call 216-691-7349. Please leave your name and number and someone will get back to you as soon as possible. The Club e-mail address is psccluboffice@gmail.com

ice skating

\$5.00 OFF



**Any Learn-to-Skate Class
OR 50% off 2nd LTS Class
(good for one skater, same session)**

Must be present at time of registration. Not valid with any other offers.
Expires November 10, 2014.

ice hockey

YOUTH HOCKEY

The City of Cleveland Heights will be offering the following hockey programs for the 2014-2015 season, Tot Hockey, Learn-to-Play Hockey and Travel Hockey (Cleveland Heights Youth Hockey Association). Registration priority for all youth hockey programs is given to Cleveland Heights residents (and to returning non-residents in the Cleveland Heights Hockey League).

TOT HOCKEY (ages 4-7 as of 12/31/14)

Tot Hockey is part of our Learn-to-Skate (LTS) Program and is offered to children 4-7 years old. In these classes, boys and girls learn and develop fundamental skating skills. Students will also get their first experience with a hockey stick. Sessions are offered on Saturdays. Required equipment: helmet, skates (hockey or figure) and a hockey stick with a straight blade (no curve). The arena will supply the hockey helmet and stick at no additional cost. Skates are available for rental. Helmets need to be returned to the skate rental counter at the end of each class. The hockey sticks are for the participants to keep.

Prerequisite: It is required that participants pass Snow Plow 2 prior to registering for Tot Hockey.

TOT HOCKEY SCHEDULE

Session Dates

Saturdays 10:30 am - 11:15 am

Session I: 10/4-11/1

(five weeks)

Session II: Starts 11/8

Fees

Cleveland Heights Residents: \$35.00 (five weeks)

Non Residents: \$50.00 (five weeks)

Skate Rental: \$2.00/pair each lesson or Skate

Rental Book (10 rentals) \$16.00

LEARN-TO-PLAY HOCKEY

Learn-to-Play Hockey is a fun introduction to the game of hockey for boys and girls ages 10 & under. Age levels are determined by each child's age as of 12/31/15. Learn-to-Play provides a child with the right foundation to learn the fundamental skating and hockey skills necessary in order to play on a travel team without creating a competitive environment. Most importantly - having fun learning to play hockey!

Players will be placed in one of three different levels based on their ability. Levels are as follows:

Tots: Beginners just learning to skate (see above). Should take Basic 1 and/or Snow Plow 2 before registering for Tot Hockey. Tot players are required to have a helmet and gloves.

Learn to Play: Players who are able to do most of the basic skating skills and limited puck skills and/

or players with intermediate skating and puck skills looking to advance to the travel program.

Equipment for Learn to Play players is available for rental (except skates) and can be purchased at the end of the year for an additional fee. Sticks will be provided for all players.

LEARN-TO-PLAY HOCKEY SCHEDULE

Days Times

Mondays 6:15-7:15 pm*

Saturdays 10:15-11:15 am*

*Anticipated schedule

SESSION I FEES:

(does not include annual skating pass)

Cleveland Heights Residents: \$100.00

24 sessions

Non Residents: \$140.00

Skate Rental: \$2.00/pair each lesson or Skate

Rental Book (10 rentals) \$16.00

SESSION DATES

Session I: 9/20-12/15

(skip date 11/29)

TRAVEL HOCKEY - CLEVELAND HEIGHTS YOUTH HOCKEY ASSOCIATION (ages 6-14)

www.heightshockey.com

Registration is limited by available ice time and team roster restrictions. Registration of new players will be initially limited to CH-UH school district residents, with Cleveland Heights residents receiving first priority. Players are placed in divisions determined by their age as of 12/31/15. Please note that new non-residents may be registered where needed to fill team rosters.

USA Hockey Season Age Classifications

(USA Hockey Playing Season: September 1, 2014 through August 31, 2015)

DOB	Category	Division
2000	14 Years	Bantam 14 & Under
2001	13 Years	Bantam 14 & Under
2002	12 Years	Pee Wee 12 & Under
2003	11 Years	Pee Wee 12 & Under
2004	10 Years	Squirt 10 & Under
2005	9 Years	Squirt 10 & Under
2006	8 Years	ADM 8 & Under
2007	7 Years	ADM 8 & Under

Registration Procedures

Priority will be given first to Cleveland Heights residents; then to returning multi-year Cleveland Heights Youth Hockey Association (C.H.Y.H.A.) participants; and then to residents of the Cleveland Heights-University Heights School District. Residents of other communities may register on a space available, first come-first served basis.

Cleveland Heights residents, returning non-resident C.H.Y.H.A. participants and Cleveland Heights-University Heights school district residents may register before Saturday, August 2. All others may register after Saturday, August 2.

Registration Requirements:

The following documents & forms need to be completed and provided when registering for the Cleveland Heights Youth Hockey Association:

- Current Recreation ID Card - Cleveland Heights Residents Only
- 2014-15 Hockey Registration Form
USA Hockey Online Registration Form (www.usahockeyregistration.com)
- USA Hockey Consent to Treat/Medical History Form
- USA Hockey Participant Code of Conduct Form
- Cleveland Suburban Hockey League Release Form (if coming over from another CSHL program)
- Copy of Birth Certificate (new players only)

	To the City	To the C.H.Y.H.A.
CH Residents	\$220.00	
(does not include ID and annual skating pass)		
Squirts -		\$255.00
Pee Wees -		\$270.00
Bantams -		\$285.00
Non-Residents -	\$400.00	
(does not include annual skating pass)		
Squirts -		\$255.00
Pee Wees -		\$270.00
Bantams -		\$285.00
Mite ADM		
CH resident	\$200.00	\$120.00
Non Resident	\$295.00	\$120.00

City fees include Developmental Hockey Camp registration for C.H.Y.H.A. players.

Cost does not include new white or black jerseys.

Payments can be made as follows: cash, check, money order or **(Master Card/Visa for payment of City fees only)**. Contact Chris Kendel at 216-691-7347 or at ckendel@clvhts.com for information.

ANNUAL RAYMOND A. ROBINSON MEMORIAL YOUTH HOCKEY TOURNAMENT

January 15-18, 2015

The Raymond A. Robinson Tournament celebrates thirty years of tournament excitement. Tournament highlights to include:

- Free admission to all games
- Exciting youth hockey action
- Quality concessions, souvenirs and raffles
- Games played on both Center Ice Rinks
- Support for our local businesses who advertise in our tournament program.

Call Christopher J. Kendel at 216-691-7347 for additional information or if interested in advertising in the tournament program.

HEIGHTS HIGH SCHOOL HOCKEY

www.shutout.com

Support our tradition-rich Heights High hockey team for the following home league games:

Saturday, December 20 vs Olmsted Falls -5:15pm
December 27, 28 & 29 - Heights Holiday Tournament

Friday, January 2 vs North Olmsted - 8:45pm

Friday, January 23 vs Orange - 8:45pm

Saturday, January 24 vs WRA - 5:15pm

Friday, February 6 vs CVCA - 8:45pm

Saturday, February 7 vs Benedictine - 5:15pm

ADULT HOCKEY

www.eteamz.com/chshl

The Cleveland Heights Senior Hockey League (CHSHL) will continue to offer both pick-up and league play for players of different skill levels:

The CHSHL will again offer two divisions of at least four teams in each division, an A Division and a B Division. The A Division is open to A and B players only. The B Division is open to B and C players only. Players can play in only one division. B players will be permitted to indicate a preference as to which Division they want to play, however, League Coordinators will make the final determination as to the Division of each player.

Fees:

Residents	\$145.00
Non-Residents	\$225.00

An additional fee of \$180.00 for league play is also be due to the Cleveland Heights Senior Hockey League. Returning players pay \$150.00. The league fee includes a team jersey and matching socks. Fees are payable in full prior to the beginning of play. The season lasts seven months beginning September, 2014 through early April, 2015. The regular season will consist of approximately 20-24 league games, plus end of the season playoffs.

ice hockey

ice hockey

WOMEN'S HOCKEY

Women's Hockey continues again this year. Prior hockey experience is not required; however, players must have basic skating skills. Hockey moms, college students and others are encouraged to take advantage of this opportunity. Interested players can contact the league by emailing chwomenshockey@gmail.com.

Games begin September 14 and are played on Wednesday and Sunday evenings.

Residents \$145

Others \$220

OPEN ADULT HOCKEY LUNCHEON SESSIONS

Tuesdays and Thursdays from 11:30 am - 1:00 pm on the North Rink. Sessions will begin on both days in September. Admission with annual skating pass or by paying general admission.

NEW AND OLD THIS YEAR

THE 50+ HOCKEY LEAGUE (CH50+L)

The CH 50+L is designed to allow senior male hockey players a chance to compete in a recreational setting. Emphasis will be on good clean hockey; anyone who persists in dangerous play or abuse of officials after one warning will be removed from the League with no refund of fees. The League will be open to male Novice and Intermediate Players who are at least 50 years of age by December 31, 2014. Advanced players will not be allowed to enter or continue in the League.

Plans are for 4 teams, with each team having a maximum of 15 skaters plus a goalie. Each team will play approximately 24 regular season games, one game per week, with all games on Friday evenings on both rinks (occasional variations may be necessary due to weather or rink conflicts). Game times are anticipated to range between 8:45 and 10:30 pm.

Registration will all be done through our website, www.CH50HL.com, beginning in the middle of August. The all-inclusive (ice time, referees, jersey and socks) registration fee will be \$375. Goalies in full pads are not charged any fee, unless they want a jersey (\$25).

Questions? Contact Bob Warshawsky war@ch50hl.com or 216-831-0733 x 175 or Phil Bordonaro phil@ch50hl.com or 440-439-3308.

indoor swimming

The City of Cleveland Heights, in conjunction with the Cleveland Heights-University Heights School District, is pleased to once again offer indoor swimming at Cleveland Heights High School. Register beginning Monday, August 1, 2014.

INDOOR POOL PASSES – CLEVELAND HEIGHTS RESIDENTS ONLY

Indoor Passes (Fall Session - 9/2/14 - 11/15/14)

Student (K-12) \$25.00

Preschoolers FREE

(accompanied by a parent or an adult ID card holder)

Adult (18-59) \$32.00

*Family \$70.00

Seniors (60 & older) \$25.00

**Family consists of adult head of household and his/her spouse or partner and dependent children occupying household, age 18 and under.*

FALL 2014 CLEVELAND HEIGHTS HIGH SCHOOL INDOOR POOL SCHEDULE

Tuesday, Sept 2 - Saturday, Nov 1

Monday-Friday

6:00-7:30 am - Adult Lap Swim

Monday & Wednesday

6:00-8:00 pm - Adult Lap Swim

8:00-8:45 pm - Water Aerobics

Tuesday & Thursday

6:00-8:30 pm - Adult Lap Swim

Friday

5:00-7:00 pm - Adult Lap Swim

7:00-8:30 pm - Family* Swim

Saturday

7:00-9:00 am - Adult Lap Swim

11:00-1:00 pm - Learn-to-Swim

1:00-3:00 pm - Family* Swim

Monday, Nov 3 - Saturday, Nov 15

Monday-Friday

6:00-7:30 am - Adult Lap Swim

12:00-3:00 pm - Family* Swim

POOL CLOSED 9/25

FALL LEARN-TO-SWIM

Our Fall Indoor Learn-to-Swim program consists of an eight-week session. Classes will meet Saturday mornings at Cleveland Heights High School. The pool staff reserves the right to test the swimming ability of any swimmer to ensure proper class placement. In addition, we reserve the

indoor swimming

right to limit class size or to combine classes when necessary. All classes and schedules are subject to change and/or cancellation.

The following classes are based on a logical, six-level progression that helps swimmers develop their water safety, survival and swimming skills. It is designed to give participants a positive learning experience. Pre-School & Level 1 and Level 5 & Level 6 will be combined classes.

Adults /Teens & 'Tweens - Class Size Limit: 6

Adult/Teens and 'Tweens is a class designed for all older swimmers who cannot yet swim one length of front crawl with rotary breathing and tread water for one minute. All abilities are welcome.

Day/Time	Session	Date
Sat. 12:15 - 1:00 pm	Fall	9/6-10/25

Cost: \$25.00

Parent & Child Aquatics - Class Size Limit: 6

Builds basic water safety skills for both parents and children, helping infants and young children ages 6 month to about 3 years become comfortable in the water. These basic skills include adjusting to the water environment, showing comfort while maintaining a front or back position in the water and demonstrating breath control. Adults will be in the water with the children.

Day	Time
Saturday	11:00-11:30 am 11:40 am - 12:10 pm 12:20 - 12:50 pm

Cost: \$17.00

Pre-School/Level 1 - Introduction to Water Skills - Class Size Limit: 6 (age 4 & older)

Helps participants feel comfortable in the water. Introductory swimming skills include blowing bubbles, bobbing, front and back glides and arm and leg movement on both front and back.

Day/Time	Session	Date
Sat. 11:00 - 11:30 am	Fall	9/6 - 10/25
Sat. 11:40 - 12:10 pm	Fall	" "
Sat. 12:20 - 12:50 pm	Fall	" "

Cost: \$17.00

Level 2 - Fundamental Aquatic Skills - Class Size Limit: 6

At this level students begin to float and swim independently on their front and back. They will learn to roll over, change direction while swimming and begin treading water. There is continued emphasis on water safety skills.

Day/Time	Session	Date
Sat. 11:00 - 11:30 am	Fall	9/6 - 10/25
Sat. 11:40 - 12:10 pm	Fall	" "
Sat. 12:20 - 12:50 pm	Fall	" "

Cost: \$17.00

Level 3 - Stroke Development - Class Size Limit: 6
Builds on the skills in Level 2 through additional guided practice in deeper waters. Swimmers will learn front crawl with rotary breathing and elementary backstroke. Dolphin kick, scissors kick and diving are introduced.

Day/Time	Session	Date
Sat. 11:00 - 11:30 am	Fall	9/6 - 10/25
Sat. 11:40 - 12:10 pm	Fall	" "
Sat. 12:20 - 12:50 pm	Fall	" "

Cost: \$17.00

Level 4 - Stroke Improvement - Class Size Limit: 6
Level 4 develops confidence in the skills previously learned. Swimmers will learn front and back crawl, elementary backstroke, sidestroke, breaststroke and butterfly. Diving, underwater swimming and treading water.

Day/Time	Session	Date
Sat. 11:00 - 11:30 am	Fall	9/6 - 10/25
Sat. 11:40 - 12:10 pm	Fall	" "
Sat. 12:20 - 12:50 pm	Fall	" "

Cost: \$17.00

Level Five - Stroke Refinement - Class Size Limit: 6
Provides further coordination of strokes learned in Level 4. Shallow angle dives and tuck and pike surface dives are taught. Front and back flip turns are taught and water safety skills for yourself and others.

Day/Time	Session	Date
Sat. 11:00 - 11:30 am	Fall	9/6 - 10/25
Sat. 11:40 - 12:10 pm	Fall	" "
Sat. 12:20 - 12:50 pm	Fall	" "

Cost: \$17.00

Level Six - Swimming and Skill Proficiency - Class Size Limit: 6

Level 6 is focused on preparing participants for lifetime fitness, safety, and more advanced courses. Stroke refinement and water safety continue. Swimmers will work on increasing endurance, culminating in a 500 yard swim.

Day/Time	Session	Date
Sat. 11:00 - 11:30 am	Fall	9/6 - 10/25
Sat. 11:40 - 12:10 pm	Fall	" "
Sat. 12:20 - 12:50 pm	Fall	" "

Cost: \$17.00

Water Aerobics (Instructor: Margaret Hall) Class Size Limit: 20

18 years & older.
A vigorous 45-minute workout to help you get in shape this fall. All exercises are done in the water and incorporate cardiovascular work and calisthenics.

Heights High Pool Day/Time	Session	Date
M/W 8:00 - 8:45 pm	Fall	9/8- 10/29
	Winter:	TBD

Cost: \$55.00

preschool

NOTE: ALL GENERAL RECREATION CLASSES ARE HELD IN THE COMMUNITY CENTER AND ALL DATES ARE SUBJECT TO CHANGE

Families with more than one person enrolled in the same general recreation class will be eligible for the family discount. The first person in the same class will pay full price and a \$10.00 discount for each additional family member in the same class. (Family definition - Adult head of household and his/her spouse or partner and dependent children occupying same household age 18 and under.)

PRESCHOOL OPEN GYM

Supervised by: Dee Marsky
Parents and little ones (ages 1-5): come to the Community Center for our open gym! Parents or guardians must stay with their child(ren). Please no food or drink in the gym, and during inclement weather children and parents need to change shoes. For Cleveland Heights and University Heights families.

Day: Tuesday & Friday Mornings
Start Date: Tuesday, October 14, 2014
Time: 10:00-11:00 am
Location: Gymnasium
Cost: \$ 5.00 for the family for one time
\$ 20.00 for a 6-class pass

EVENING PRESCHOOL DANCE

Instructed by: Beth Szpak
Ages 3-5. Children will explore the basics of movement and ballet and develop their creativity in this playful introduction to dance. We will use age-appropriate music, props, and activities to investigate the space and how we can dance through it. Class participants must be potty-trained. Children should wear comfortable clothing and non-slip footwear or bare feet. Leotards, tights and ballet shoes are welcome. No tutus or skirts please. OBSERVATION DAY for parents and friends is the last class of each session.

Day: Wednesday
Dates: **Fall 1 - Code 15424**
Sept 17 - Oct 22 (5 classes)
(no class 9/24)
Dates: **Fall 2 - Code 15425**
Nov 5-Dec 10
(no class 11/26) (5 classes)
Dates: **Winter - Code 15494**
Jan 7 - Feb 4 (5 weeks)
Time: 5:00-6:00 pm
Location: Aerobic Room
Cost: CH Resident with Recreation ID
or Field House Pass: \$32.00
Others: \$37.00

PRESCHOOL BALLET "LITTLE DANCERS" LEVEL 1

Instructed by: Pia Alesci
Children, ages 3-4 (**MUST BE 3 YEARS OLD TO JOIN THE CLASS**), will enjoy an introduction to the basics of ballet and coordination awareness, in a playful and imaginative atmosphere. Children should wear **plain leotards**, tights and ballet shoes. No skirts or tutus, please. Class participants must be potty-trained. Parent observation day is the last class of each session.

Day: Monday
Dates: **Fall 1 - Code 15420**
Sept 15 - Oct 20 (6 classes)
Dates: **Fall 2 - Code 15422**
Nov 3 - Dec 8 (6 classes)
Dates: **Winter - Code 15490**
Jan 12 - March 2
(no class 1/19 & 2/16) (6 classes)
Time: 1:15-2:00 pm
Location: Aerobic Room
6 week Cost: CH Resident with Recreation ID
or Field House Pass: \$38.00
Others: \$44.00

PRESCHOOL BALLET "LITTLE DANCERS" LEVEL 2

Instructed by: Pia Alesci
Ages 3-4 (**MUST BE 3 YEARS OLD TO JOIN THE CLASS**). Previous experience required. Basic skill will be developed with a focus on fine motor skills and alignment along with some "new basics." Class placement will be determined by the instructor during the first class. Parent observation will be held during the last class of the session. Children should wear ballet shoes, **plain leotards** and tights; no skirts or tutus, please. Girls' hair should be fastened back. Class participants must be potty-trained.

Day: Monday
Dates: **Fall 1 - Code 15421**
Sept 15 - Oct 20 (6 classes)
Dates: **Fall 2 - Code 15423**
Nov 3 - Dec 8 (6 classes)
Dates: **Winter - Code 15492**
Jan 12 - March 2
(no class 1/19 & 2/16) (6 classes)
Time: 12:15-1:00 pm
Location: Aerobic Room
6 week Cost: CH Resident with Recreation ID
or Field House Pass: \$38.00
Others: \$44.00

youth

NOTE: ALL CLASSES ARE HELD IN THE COMMUNITY CENTER AND ALL DATES ARE SUBJECT TO CHANGE

Families with more than one person enrolled in the same general recreation class will be eligible for the family discount. The first person in the same class will pay full price and a \$10.00 discount for each additional family member in the same class. (Family definition - Adult head of household and his/her spouse or partner and dependent children occupying same household age 18 and under.)

EVENING SCHOOL AGE BALLET & DANCE (AGES 6-8 YEARS)

Instructed by: Beth Szpak – Ages 6-8. This class will increase the young dancer's use of ballet movements and terminology in a creative and fun dance environment. We will use the ballet barre for focused exercises and explore the space with larger dance sequences. No tutus or skirts please.

Day: Wednesday
Dates: **Fall 1 - Code 15428**
Sept 17 - Oct 22 (5 classes)
(no class 9/24)
Dates: **Fall 2 - Code 15429**
Nov 5 - Dec 10
(no class 11/26) (5 classes)
Dates: **Winter - Code 15433**
Jan 7 - Feb 4 (5 weeks)
Time: 6:00-7:00 pm
Location: Aerobic Room
Cost: CH Resident with Recreation ID
or Field House Pass: \$32.00
Others: \$37.00

BALLET FOR KIDS (AGES 5-6 YEARS)

Instructed by: Pia Alesci
Class will introduce and develop basic ballet skills. Motor skills and body coordination-awareness are developed in a fun yet focused atmosphere. Children need to wear plain leotards, tights, and ballet shoes. **No skirts or tutus, please.**

Day: Wednesday
Dates: **Fall 1 - Code 15431**
Sept 17 - Oct 22 (5 classes)
(no class 9/24)
Dates: **Fall 2 - Code 15432**
Nov 5 - Dec 10 (5 classes)
(no class 11/26)
Dates: **Winter - Code 15436**
Jan 14 - Feb 11 (5 classes)
Winter 2 - Code 15437
Feb 25 - March 25 (5 classes)
Time: 4:00-5:00 pm
Location: Aerobic Room
Cost: CH Resident with Recreation ID
or Field House Pass: \$32.00
Others: \$37.00

YOUTH - BEGINNERS SELF- DEFENSE / KARATE

Instructed by: David Jones, 5th Degree Black Belt and Black Belt Instructors
Children ages 7-12 can develop self-confidence, self-discipline, physical fitness and self-defense techniques. The course will follow the original style of Tai Shin Doh. This course is for those with little or no previous experience and/or achieved a yellow belt; credit can be earned towards belt advancement.

Day: Saturday
Dates: **Fall - Code 15440**
Sept 20 - Dec 13 (10 classes)
(no class 10/4, 10/25 & 11/29)
Dates: **Winter - Code 15474**
Jan 10 - March 21 (10 classes)
(no class 1/17)
Time: 10:30 am-12:00 noon
Location: Room 7
Cost: CH Resident with Recreation ID
or Field House Pass: \$63.00
Others: \$73.00

YOUTH ADVANCED SELF-DEFENSE / KARATE

Instructed by: David Jones, 5th Degree Black Belt and the Black Belt Instructors
For children ages 7-12 who have achieved a orange belt or above. Same basic curriculum as the Beginners class.

Day: Saturday
Dates: **Fall - Code 15441**
Sept 20 - Dec 13 (10 classes)
(no class 10/4, 10/25 & 11/29)
Dates: **Winter - Code 15475**
Jan 10 - March 21
(10 classes) (no class 1/17)
Time: 12:00 - 1:30 pm
Location: Room 7
Cost: CH Resident with Recreation ID
or Field House Pass: \$63.00
Others: \$73.00

preschool / youth

**MORE CLASSES TO COME.
CHECK THE WEBSITE:
www.clevelandheights.com/recreation**

MINI KIDS KUK SOOL WON™ (WKSA)

The Traditional Korean Martial Arts & Self Defense System of Korea.

Geared for developmental ages 5 & 6 years.

David Pritts, school owner and 2nd Degree Candidate and the Black Belt Instructors

KSW is a family martial art and comprehensive self-defense system, with a strategically designed curriculum that is age specific. Through diligent and continued practice, a student will gain: positive self-esteem, self-confidence and increased self-discipline, concentration, and techniques for personal self-defense. KSW teaches: Proper meditation and Ki breathing; principles of safe falling; and acrobatics, self-defense techniques, basic kicking, blocking and punching. Wear loose clothing (no jeans). Students can work toward earning a belt and promotion after joining **The World Kuk Sool Association®**

Days: Tuesday & Thursday

Dates: **Fall 1 - Code 15439**

Sept 9 - Oct 21 (10 classes)
(no class 9/25, 10/9 & 10/14)

Dates: **Fall 2 - Code 15443**

Oct 28 - Dec 4
(10 classes)(no class 11/11 & 11/27)

Dates: **Winter 1 - Code 15473**

Dec 9 - Jan 22 (10 classes)
(no class 12/23, 12/25, 12/30 & 1/1)

Dates: **Winter 2 - Code 15477**

Feb 3 - March 5 (10 classes)

Time: 6:00-6:30 pm

Location: Tue: Room 7

Thurs: Senior Center

Cost: CH Resident with Recreation ID
or Field House Pass: \$32.00

Others \$37.00

KUK SOOL WON™ (WKSA) The Traditional Martial Arts & Self Defense System of Korea. Youth Class: Ages 7-13.

David Pritts school owner and 2nd Degree Candidate and the Black Belt Instructors

KSW is a family martial art and comprehensive self-defense system, with a strategically designed curriculum that is age specific. Through diligent and continued practice, a student will gain: positive self-esteem, self-confidence and increased self-discipline, concentration, and techniques for personal self-defense. KSW reduces stress and tension, increases flexibility and agility. KSW teaches: proper meditation and Ki breathing, principles of safe falling, throwing, and acrobatics, pressure points, combination joint locks and self defense techniques, basic kicking, blocking and punching. Wear loose clothing (no jeans). Students can work towards earning a belt and promotion after joining **The World Kuk Sool Association®**.

Days: Tuesday & Thursday

Dates: **Fall 1 - Code 15444**

Sept 9 - Oct 21 (10 classes)
(no class 9/25, 10/9 & 10/14)

Dates: **Fall 2 - Code 15445**

Oct 28 - Dec 4
(10 classes) (no class 11/11 & 11/27)

Dates: **Winter 1 - Code 15478**

Dec 9 - Jan 22 (10 classes)
(no class 12/23, 12/25, 12/30 & 1/1)

Dates: **Winter 2 - Code 15479**

Feb 3 - Mar 5 (10 classes)

Time: 6:30-7:30 pm

Location: Tue: Room 7

Thur: Senior Center

Cost: CH Resident with Recreation ID
or Field House Pass: \$58.00

Others: \$68.00

online registration
is available at:
www.clevelandheights.com
[click on Recreation](#)

You must have a current Cleveland Heights Recreation ID Card in order to receive your resident rate. You will also need to contact the front desk staff to get your Pin Number and initial Login ID. Please note that if a class has already filled you will not be able to register online.

youth sports

ELIGIBILITY – YOUTH SPORTS LEAGUES

Youth leagues are limited to students who reside in Cleveland Heights or within the boundaries of the Cleveland Heights-University Heights School District.

YOUTH BASKETBALL RECREATIONAL LEAGUE

Date: Saturdays, January 10 - March 7
(League Games)

Time: 9:45 am-5:00 pm

Location: Cleveland Heights Community Center
Weeknight evening practices will be provided at no additional cost for Grades 2-8 (Community Center & school gyms)

Weekly clinics and games will be provided for Grades K-1 (Thursday nights).

Cost:
Cleveland Heights Rec ID Card Holders \$39.00
All Others \$60.00

Leagues

Coed: Grades K-1, combined (Thursday evening)
Coed: Grades 2 & 3, combined
Boys: Grades 4 & 5, combined
Boys: Grades 6, 7 & 8, combined
Girls: Grades 4-6, combined

Teams will be selected and a league schedule will be played. Boys and girls will play together if registration does not warrant a separate girls' league.

Pre-Season Clinic / Registration

Mail-in/walk-in registration at the Community Center through Friday, November 28.

REGISTRATION DEADLINE: Saturday, December 6. A special registration day will be held at the Cleveland Heights Community Center on Saturday, December 6, 9:30 am - 4:30 pm. Volunteer coaches will participate. All registrants must attend. Call our Recreation Division at 216-691-7373 for information and registration packets.

Coed: K-1	9:30-10:15 am
Coed: Grades 2 & 3	10:30 am-11:45 pm
Girls: Grades 4-6	12:00-1:15 pm
Boys: Grades 4 & 5	1:30-3:00 pm
Boys: Grades 6, 7 & 8	3:15-4:30 pm

YOUTH BASKETBALL TRAVEL TEAMS

(Grades 4, 5 and 6 Boys / Grades 5 & 6 Girls)

Tryout Dates: Mon, October 13-Thurs, October 16

Time: 6:30-8:30 pm

Location: Community Center or Cleveland Heights/University Heights local school facilities

Cost:
Cleveland Heights Rec ID Card Holders \$75.00
Others eligible \$90.00

Additional uniform fee to be charged.

Registration Deadline: Monday October 13, 2014

Teams: Boys: Grade 4 U

Boys: Grade 5 U

Boys: Grade 6 U

Girls: Grade 6 U

All travel team players must register for the Winter Youth Basketball league before tryouts. Volunteer coaches and assistant coaches are needed - Call Mike Discenzo at 216-691-7383 or e-mail him at mdiscenzo@clvhts.com.

YOUTH SOCCER LEAGUE

Dates: Saturdays, September 6 - October 25
(skip 10/4)

Time: 11:30 am-4:00 pm

Location: **Denison Park** (artificial turf field)

Cost: Cleveland Heights Rec ID Card Holders: \$36.00
Others eligible: \$55.00.

Age

Levels: **Boys K & 1** combined
11:30 am-1:00 pm

Girls K & 1 combined
11:30 am-1:00 pm

Boys Grades 2 & 3 combined
1:00-2:30 pm

Girls Grades 2 & 3 combined
1:00-2:30 pm

Boys & Girls Grades 4,5,6 combined
2:30-4:00 pm

Registration

Registration is currently on-going - mail-in/walk-in at the Community Center.

A pre-season registration day will be held at the Cleveland Heights Community Center on Saturday, August 2.

Volunteer coaches and assistant coaches are needed - Contact Larry Shaw at 216-691-7260 or lshaw@clvhts.com.

PRE-SCHOOL SOCCER (Ages 3 & 4)

Contact Sean Sullivan at 216-849-4505 or

youth sports

www.heightsunitedsoccer.com.

INDOOR SOCCER - HEIGHTS UNITED

Oxford Elementary School

Nov 5 - Dec 17 and Jan 7 - Feb 11

Contact Sean Sullivan at 216-849-4505 or

www.heightsunitedsoccer.com.

YOUTH FLAG FOOTBALL LEAGUE

Dates: Saturdays, September 6 - October 25

Time: 9:00-10:30 am (no flag FB 10/4)

Location: **Denison Park** (artificial turf field)

Cost: Cleveland Heights Rec ID

Card Holders: \$36.00

Others eligible: \$55.00

Boys & Girls

Ages 5-6 combined

Boys & Girls

Ages 7-8 combined

Registration

Registration is currently on-going – mail-in/walk-in at the Community Center.

A pre-season registration day will be held at the Cleveland Heights Community Center on Saturday, August 2.

Volunteer coaches and assistant coaches are needed. Contact Larry Shaw at 216-691-7260 or lshaw@clvhts.com.

HEIGHTS YOUTH BASEBALL

Age levels (cutoff date TBD)

Recreational League:

Ages 4-9

Travel Teams will be provided for:

Ages 11-12, 13-14 and 15-16

Pre-season Registration: Begins January 12, on-line registration will be available at that time.

– Mail in/walk-in at the Community Center through January 31.

– In-person registration at the Community Center, Saturday, February 7, 9:00 am-1:00 pm; Sunday, February 8, 12:00 Noon-3:00 pm; Monday, February 9, 6:00 - 8:00 pm. **Late registration after February 9 will be on a space-available basis.**

Call 216-691-7373 for an information packet in January 2014.

Program Location/Games & Practices:

Cleveland Heights Parks and Recreation fields and School fields. Practices will be held in late April and May; both practices and games will be held in late May, June and July.

Volunteer coaches & assistant coaches needed - contact Mike Discenzo at 216-691-7383 or mdiscenzo@clvhts.com.

GIRLS SOFTBALL LEAGUE/FAST PITCH TEAMS

Age levels (cut off date TBD):

Ages 7-10 (slow pitch)

Ages 11-12 (fast pitch teams)

Ages 13 & 14 (fast pitch teams)

Ages 15 -18 (fast pitch team)

Note: Fast Pitch teams will play in East Side Leagues.

Pre-season Registration: Begins in mid-January

– Mail-in/walk in at the Community Center through January 31.

– In-person registration at the Community Center, Saturday, February 7, 9:00 am-1:00 pm, Sunday, February 8, 12:00 noon-3:00 pm, and Monday, February 9, 6:00-8:00 pm. **Late registration after February 9 will be on a space-available basis.**

Call 216-691-7373 for an information packet in January 2015.

Program Location / Games & Practices:

Cleveland Heights Parks and Recreation Fields and school fields.

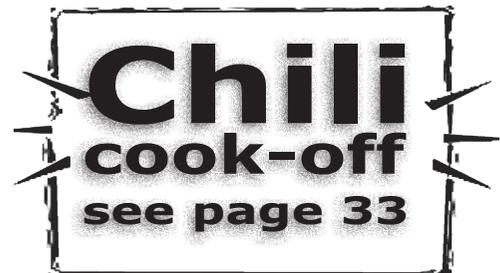
Practices will be held in late April and May; both practices and games will be held in late May, June and July.

Volunteer coaches & assistant coaches needed - contact Mike Discenzo at 216-691-7383 or mdiscenzo@clvhts.com.

CHALLENGER BASEBALL

For ages 5-22 who are physically/mentally challenged.

Volunteer coaches and buddies needed. Contact Mike Discenzo at 216-691-7383 or mdiscenzo@clvhts.com.



adult sports

adult softball men, women and coed/ umpire school

SUMMER SOFTBALL – 2015

Our traditional summer leagues will be offered in 2015. Coed League – Monday nights, beginning April 20 – maximum of 24 teams (four six-team divisions).

Men's League – Wednesday nights and Friday nights, beginning April 22 – maximum of 12 teams (two six-team divisions).

Fees:

One Night Leagues (Coed and Women)

Resident Teams (60% CH residents): \$400

Non-resident Teams: \$500

Two Night Leagues (Men)

Resident Teams (60% CH residents): \$650

Non-resident Teams: \$800

All teams pay at the field for umpire and scorer's fees. Interested teams or players should contact Mike Discenzo, at 216-691-7383 or mdiscenzo@clvhts.com.

UMPIRE SCHOOL

An Amateur Softball Association (A.S.A.) Umpire School will be offered on Thursday nights beginning in January. The school will primarily cover slow pitch, but elements of fast pitch will be included. Interested individuals should contact Brian Simmons, Umpire-in-Chief, at 216-375-6804.

2014-2015 WOMEN'S BASKETBALL LEAGUE

The Cleveland Heights Women's Basketball League will be offered beginning October 8, 2014. The league schedule will consist of fifteen games and will conclude with playoffs in February and March 2015. The league will consist of a maximum of eight teams - games played on Wednesday nights at the Cleveland Heights Community Center.

2014-2015 MEN'S BASKETBALL LEAGUE

The Cleveland Heights Men's Basketball League will be offered on Sunday nights beginning October 12, 2014. The League will consist of a maximum of eight (8) teams. The teams will play 14 games - playoffs will be in February and March 2015.

Fees - Men's and Women's Leagues:

Resident Teams - \$600.00*

(60% residents of Cleveland Heights)

Non-Resident Teams - \$700.00*

* Fees include all referee & scorer fees.

Registration Procedures/Coaches Meetings

1. Teams that were in last year's leagues and that are still in good standing will have first priority to enter the leagues until September 7.
2. Entries from new teams will be considered after September 8.
3. Pre-season organizational meetings will be held at the Cleveland Heights Community Center on Wednesday, September 10, 7:00 pm - Women; 7:30 pm - Men. Additional information and entry forms can be obtained by contacting Larry Shaw at the Recreation Department, 216-691-7260.

Please see Ice Skating section for Adult Lessons. Please see Ice Hockey section for Information on Adult Hockey.

adult sports

**MORE CLASSES TO COME.
CHECK THE WEBSITE:
www.clevelandheights.com/recreation**

NOTE: ALL GENERAL RECREATION CLASSES ARE HELD AT THE COMMUNITY CENTER AND ALL DATES ARE SUBJECT TO CHANGE

Families with more than one person enrolled in the same general recreation class will be eligible for the family discount. The first person in the same class will pay full price and a \$10.00 discount for each additional family member in the same class. (Family definition - Adult head of household and his/her spouse or partner and dependent children occupying same household age 18 and under.)

AMERICAN RED CROSS BLOOD DRIVES

The American Red Cross will hold blood drives at the Community Center. Please mark your calendars. **Give Blood - The Gift of Life.**

Time: 2:00 pm - 7:00 pm in the South Atrium
 Dates: Sept 8, Nov 3, Jan 5 and Mar 2

BARRE BODY TOTAL WORKOUT

Instructed by : Pia Alesci
 This total workout serves to strengthen, lengthen, and stretch the body from top to bottom, inside out. The end result is long and lean physique...without added bulk. Developed from a dance/Pilates background, the Barre Body Workout combines elements of dance with the principles of strength and safety in Pilates. **This is a bare foot workout.** No tennis shoes and comfortable workout clothes needed! Bring an exercise mat, towel and spill-proof water bottle.

Days: Wednesday
 Dates: **Fall 1 - Code 15346**
 Sept 10 - Oct 22 (6 classes)
 (no class 9/24)
 Dates: **Fall 2 - Code 15351**
 Nov 5 - Dec 17 (6 classes)
 (no class 11/26)
 Dates: **Winter 1 - Code 15403**
 Jan 7 - Feb 11 (6 classes)
 Time: 9:30 - 10:30 am
 Location: Aerobic Room
 Cost: CH Resident with Recreation ID or Field House Pass: \$38.00
 Others: \$44.00

HULA-HOOPING FUN & FIT

Instructed by: Gerri McCully
 For ages 16 and up! Hula-Hoop Fitness is a fun workout that is too fun to be exercise. It integrates dance and movement with weighted hula hoops that will tone the major muscle groups, burn calories and leave you feeling happy and energized. You will need a 1.5 lb hula hoop and a spill-proof water bottle. Please wear close fitting non-bulky workout clothes and gym shoes. (For a hula hoop fitting and purchase call Gerri McCully 216-214-6234 or gerrimc@hoopinghipsOhio.com.)

Days: Saturday
 Dates: **Fall 1 - Code 15336**

Dates: Sept 13 - Oct 25
 (no class 10/4) (6 classes)
Fall 2 - Code 15340
 Nov 8 - Dec 20 (no class 11/29)
 (6 classes)
 Dates: **Winter - Code 15393**
 Jan 10 - Feb 14 (6 classes)
 Time: 11:00 am - 12:00 pm
 Location: Aerobic Room
 Cost: CH Resident with Recreation ID or Field House Pass: \$32.00
 Others: \$38.00

NEW! HOOP HOP MOVES & ROUTINES IN THE HOOP

Instructed by: Gerri McCully
 You've learned the basic hoop moves in Beginner. Now ramp up you skills in this next level class of routines and line dancing - In the Hoop. Get your best workout ever! All you need is a 1.5 weighted hoop and your basic hooping skills for an hour of hooping to slim your core and have fun. Space is limited so sign up early!

Days: Monday
 Dates: **Fall 1 - Code 15337**
 Sept 15 - Oct 20 (6 classes)
 Dates: **Fall 2 - Code 15338**
 Nov 3 - Dec 8 (6 classes)
 Dates: **Winter - Code 15395**
 Jan 5 - Feb 23 (6 classes)
 (no class 1/19 & 2/16)
 Time: 6:00 - 7:00 pm
 Cost: CH Resident with Recreation ID or Field House Pass: \$32.00
 Others: \$38.00

NEW! MONDAY MORNING CYCLING

Instructed by: Michelle Sills
 Cycling is a great way to strengthen your lower body while increasing your cardio vascular endurance and burning calories. This class is perfect for all fitness levels from novice to the experienced cyclist. The class will include 45 minutes of cycling, which includes a warm up and cool down, followed by 15 minutes of abdominal work and stretching.

Be sure to bring your own water bottle and mat.

Day: Monday
 Dates: **Fall 1 - Code 15498**
 Sept 8 - Oct 13 (6 classes)
 Dates: **Fall 2 - Code 15499**
 Oct 27 - Dec 1
 Dates: **Winter - Code 15394**
 Dec 15 - Feb 9 (no class 12/22, 12/29 & 1/19) (6 weeks)
 Time: 9:30-10:30 am
 Location: Aerobic Rm.
 Cost: CH Resident with Recreation ID or Field House Pass: \$38.00 per session
 Other: \$44.00 per session

TAI CHI CHUAN (Yang Style)

Instructed by: Robert Rhym

Ages 18 and up. A good cardio warm-up will begin the class followed by learning a series of 18 movements. Participants will work on balance, strength and body awareness while learning the movements. No martial arts application is in the first set of 18 movements. Once participants have learned the movements, they will progress on to learning the 24 Yang Tai Chi. Participants should wear loose clothing and deck shoes/flat sole shoes (no tennis shoes). Bring a towel and spill-proof water bottle.

Days: Tuesdays & Thursdays

Dates: **Fall 1 - Code 15356**
Sept 9 - Oct 21 (12 classes)
(no class 9/25)

Dates: **Fall 2 - Code 15357**
Oct 28 - Dec 16
(no class 11/4, 11/11 & 11/27)
(12 classes)

Dates: **Winter - Code 15416**
Jan 6 - Feb 12 (12 classes)

Time: 6:30-8:00 pm

Location: Room 1A & 1B

Cost: CH Resident with Recreation ID
or Field House Pass: \$69.00
Others: \$81.00

One Day a Week Pricing

CH Resident with Recreation ID
or Field House Pass: \$35.00
Others: \$41.00

FOUNDATIONS OF BELLY DANCE

Instructed by: Cara Kless

Revitalize your fitness routine with something new! Join Cara Kless, a local belly dance performer, to learn basic and intermediate belly dance. Classes focus on technique, alignment, mastering basic movements and learning how to layer them into choreography. These classes are for the novice dancer as well as the dancers who have mastered basic belly dance movements and are looking to learn more challenging movements and combinations. Wear comfortable workout clothing, flexible soled shoes and a yoga mat for warm up.

Days: Fridays

Dates: **Fall 1 - Code 15331**
Sept 12 - Oct 24 (6 classes)
(no class 10/3)

Dates: **Fall 2 - Code 15332**
Nov 7 - Dec 19 (no class 11/28)
(6 classes)

Dates: **Winter - Code 15333**
Jan 9 - Feb 13 (6 classes)

Time: 7:35-8:35 p.m.

Location: Aerobic Room

Cost: CH Resident with Recreation ID
or Field House Pass: \$38.00
Others: \$44.00

SUNDAY YOGA

Instructed by: Jody Schrock

Classic Hatha Yoga integrating body, mind and breath in a gentle easy way. Strengthen and stretch all of your major muscle groups and release tension. Class will include: warm-ups, asanas, and breathing techniques in order to prepare for meditation. Wear comfortable clothing, bring a yoga mat and a small throw. Not recommended for pregnant or nursing women.

Days: Sunday

Dates: **Fall 1 - Code 15354**
Sept. 14 - Oct 19 (6 classes)

Dates: **Fall 2 - Code 15404**
Nov 2 - Dec 14 (6 classes)
(no class 11/30)

Dates: **Winter - Code 15405**
Jan 4 - Feb 22
(6 classes) (no class 1/18 & 2/15)

Time: 2:00-3:00 pm

Location: Aerobic Room

Cost: CH Resident with Recreation ID
or Field House Pass: \$38.00
Others: \$44.00

HATHA YOGA

Instructed by: Marcia Hudge

Join us for an hour and a half of relaxation, limbering, strengthening and stretching. Suitable for all levels, class will progress in complexity of postures over the six-week session. We will also concentrate on flowing movements with breath awareness. Please wear loose clothing and bring a yoga sticky mat, cushion and extra shirt or blanket for relaxation. Also, please let the instructor know if you have any specific injuries or have had yoga suggested to you by your doctor.

Days: Wednesday

Dates: **Fall 1 - Code 15347**
Oct 1 - Nov 5 (6 classes)

Dates: **Fall 2 - Code 15404**
Nov 19 - Jan 14 (5 classes)
(no class 11/26, 12/24, 12/31 & 1/7)

Dates: **Winter - Code 15405**
Jan 21 - Feb 25 (6 classes)

Time: 7:00-8:30 pm

Location: Room 1A & 1B

Cost: CH Resident with Recreation ID
or Field House Pass: \$44.00
Others: \$50.00
5 weeks (Fall 2) CH Resident
with Recreation ID or Field House
Pass: \$37.00 Others: \$42.00

adult / special interest

MAT PILATES

Instructed by: Hope Schultz

Pilates is an exercise program that is designed to balance both stretching and strengthening with the focus on strong core and proper alignment. This class can challenge the beginner up to the intermediate levels. Using selected methods of whole body conditioning, people are challenged to learn to listen to their bodies through concentration and control.

This exercise program is ideal for anyone, regardless of age or experience. Please wear comfortable clothing and bring a mat, towel and water.

Days: Tuesday and Thursday
 Dates: **Fall - Code 15342**
 Oct 7 - Nov 18 (12 classes)
 (no class 11/11)
 Dates: **Winter 1 - Code 15399**
 Dec 2 - Jan 22
 (no class 12/23, 12/25, 12/30 & 1/1)
 Dates: **Winter 2 - Code 15401**
 Feb 3 - March 12 (12 classes)
 Time: 6:30-7:30 pm
 Location: Aerobic Room
 Cost: CH Resident with Recreation ID
 or Field House Pass: \$63.00
 Others: \$75.00

ZUMBA

CHANGE IN DAYS & TIME

NEW INSTRUCTOR: David Alvarez-Carbonell

Dance yourself into shape with Latin moves to get you moving and burning calories. You will enjoy dancing and cardio fitness while grooving to Latin rhythms that keep your body moving. The Latin rhythms include Salsa, Meringue, Cumbia, and more. Join the party and experience Zumba like never before! Wear comfortable workout clothes that you can move in and bring a spill-proof water bottle.

Days: Tuesday and Thursday
 Dates: **Fall - Code 15339**
 Oct 7 - Nov 18
 (no class 11/11) (12 classes)
 Dates: **Winter 1 - Code 15396**
 Dec 2 - Jan 22
 (12 classes) (no class 12/23,
 12/25, 12/30 & 1/1)
 Dates: **Winter 2 - Code 15398**
 Feb 3 - March 12 (12 classes)
 Time: 5:00-6:00 pm
 Location: Aerobic Room
 Cost: CH Resident with Recreation ID
 or Field House Pass: \$63.00
 Others: \$75.00

KICK COMBO

Instructed by: Joan Greenwood

Participants will get instruction and practice in a kickboxing/martial arts fitness base program with emphasis on proper technique, safe kicks, punches, and combinations. Kickboxing movements will also be performed to improve aerobic endurance, flexibility, balance, muscle strength and tone. This class will also have a mix of yoga and pilates.

Please wear comfortable clothing and aerobic/tennis shoes. You will need to bring your own exercise mat and a spill-proof water bottle.

Days: Monday and Wednesday
 Dates: **Fall 1 - Code 15358**
 Oct 6 - Nov 19 (12 classes)
 (no classes 10/20 & 10/22)
 Dates: **Winter 1 - Code 15418**
 Dec 1 - Jan 26
 (12 classes) (no class 12/22,
 12/24, 12/29, 12/31 & 1/19)
 Dates: **Winter 2 - Code 15419**
 Feb 2 - March 16 (12 classes)
 (no class 2/16)
 Time: 6:00-7:00 am
 Location: Aerobic Room
 Cost: CH Resident with Recreation ID
 or Field House Pass: \$63.00
 Others: \$75.00

A.M. BODY TONING CLASS

This one-hour class is suitable for all levels (age and body condition). You will strengthen, tone and sculpt both your upper and lower body. The class will use various forms of equipment, such as dumbbells, dynabands or steps and will conclude with abdominal work, stretching and a cool-down. Join Lori Blum on Tuesdays and Michelle Sills on Thursdays. Bring your own exercise mat and a water bottle.

Days: Tuesday and Thursday
 Dates: **Fall 1 - Code 15335**
 Sept 9 - Oct 23 (12 classes)
 (no class 9/25 & 10/21)
 Dates: **Fall 2 - Code 15345**
 Nov 4 - Dec 18 (12 classes)
 (no class 11/11 & 11/27)
 Dates: **Winter - Code 15392**
 Jan 6 - Feb 12 (12 classes)
 Time: 9:30-10:30 am
 Location: Aerobic Room
 Cost: CH Resident with Recreation ID
 or Field House Pass: \$63.00
 Others: \$75.00

INDOOR CYCLING

Instructed by: Brady Howard

Class size is limited to 13 people; preregistration is mandatory. Participants need to bring their own yoga or exercise mat for the abdominal work at the end of each class. Wear comfortable clothing and stiff shoes (no cleats or bike shoes), and bring a spill-proof water bottle.

Days: Wednesdays

Dates: **Fall 1 - Code 15349**

Sept 10 - Oct 22 (6 classes)
(no class 9/24)

Dates: **Fall 2 - Code 15350**

Nov 5 - Dec 17 (6 classes)
(no class 11/26)

Dates: **Winter - Code 15408**

Jan 14 - Feb 18 (6 classes)

Time: 7:05-8:05 pm

Location: Aerobic Room

Cost: CH Resident with Recreation ID
or Field House Pass: \$38.00
Others: \$44.00

KUK SOOL WON™ (WKSA) The Traditional Martial Arts & Self Defense System of Korea. Adult & Adv. Youth Class for ages 14 to 75 years

David Pritts, School owner and 2nd Degree Black Belt Candidate and the Black Belt Instructors KSW is a family martial art and comprehensive self-defense system. Through diligent and continued practice, a student can gain: increased self-discipline and concentration; reduced stress and tension, increased flexibility, agility and self-protection. KSW teaches: Proper meditation and Ki breathing; principles of falling, throwing and acrobatics; pressure points, combination joint locks and self-defense techniques. Wear loose clothing (no jeans). Students can work toward earning a belt and promotion after joining **The World Kuk Sool Association®**

Days: Tuesday & Thursday

Dates: **Fall 1 - 15362**

Sept 9 - Oct 21 (10 classes)
(no class 9/25, 10/9 & 10/14)

Dates: **Fall 2 - Code 15363**

Oct 28 - Dec 4 (10 classes)
(no class 11/11 & 11/27)

Dates: **Winter 1 - Code 15378**

Dec 9 - Jan 22 (10 classes)
(no class 12/23, 12/25, 12/30 & 1/1)

Dates: **Winter 2 - Code 15379**

Feb 3 - March 5 (10 classes)

Time: 7:30-8:30 pm

Location: Tue: Room 7

Thur: Senior Activity Center

Cost: CH Resident with Recreation ID
or Field House Pass: \$58.00
Others: \$68.00

KARATE COED TAI SHIN DOH

Instructed by: David Jones, 5th Degree Black Belt, and the Black Belt Instructors

Ages 13 and up. The purpose of this class is to learn a martial art and how to apply it in real life situations. The traditional martial form that will be taught is Tai Shin Doh.

Day: Friday

Dates: **Fall - Code 15361**

Sept 19 - Dec 12 (10 classes)
(no class 10/3, 10/24 & 11/28)

Dates: **Winter - Code 15377**

Jan 9 - March 20

(10 classes) (no class 1/16)

Time: 7:00-8:30 pm

Location: Room 7

Cost: CH Resident with Recreation ID
or Field House Pass: \$63.00
Others: \$73.00

WOMEN'S SELF-DEFENSE AND EMPOWERMENT

Instructed by: David Jones, 5th Degree Black Belt, and the Black Belt Instructors

Women ages 13 and up: learn to protect yourself. This class offers the same curriculum as the Coed class with special self-defense techniques for women. You will learn to recognize danger, avoid attacks and apply defensive tactics. All classes count towards belt advancement. Wear sweat pants and t-shirt.

Day: Saturdays

Dates: **Fall - Code 15360**

Sept 20 - Dec 13 (10 classes)
(no class 10/4, 10/25 & 11/29)

Dates: **Winter - Code 15376**

Jan 10 - March 21

(10 classes) (no class 1/17)

Time: 9:00-10:30 am

Location: Room 7

Cost: CH Resident with Recreation ID
or Field House Pass: \$63.00
Others: \$73.00

JAZZERCISE – 2 Day Sale: Aug.18 or Sept. 8 - \$99 for the rest of the year!

Burn up to 600 calories in this 60-minute total body workout. Every class combines dance-based cardio with strength training and stretching to sculpt, tone & lengthen muscles for maximum fat burn.

Jazzercise is a fusion of dance, resistance training, Pilates, yoga & kickboxing. Change the shape of your body now. Attend as often as you like.

M, T, W, TH 6:30 pm Sat 8:45 am Sun 9:30am

Like us on Facebook@JazzerciseCleveland-HeightsSouthEuclid

Call May Beth 440-655-5394 or email:
marybethmccnn@gmail.com

adult / special interest

senior programs

The Cleveland Heights Office on Aging and Senior Activity Center are located in the Community Center on Monticello Boulevard at Mayfield Road. **Our hours are 8:30 am - 5:00 pm Monday through Friday.**

New to the Center? Join us for orientation and a tour of the center any Thursday morning at 10:30 am.

Participation is limited to Cleveland Heights residents age 60+. Senior Activity Center ID cards, which are free to residents, are required and can be obtained through the Parks and Recreation Division at the Community Center during normal business hours. Photo ID and proof of residency are required.

Rides to the Senior Activity Center are available for senior residents not eligible for RTA's ADA card for most weekday classes and programs. For information on any senior program or to schedule a van ride, call 216-691-7377.

The Office On Aging offers van rides to medical appointments, social services and more. Call the Office on Aging at 216-691-7377 for information.

exercise classes

ARTHRITIS EXERCISE

Gentle, joint-safe exercises, developed specifically for people with arthritis, help relieve stiffness and decrease arthritis pain. Low-impact class can be done seated or standing. 10-week session is taught by Rita Aber, P.T. certified Arthritis Foundation instructor

Day: Mondays
Date: September 22 – November 24
Time: 2:00-3:00 pm
Cost: \$30.00

BELLY DANCE

Try something new and have fun too! Instructor: Cara Kless

Day: Fridays
Date: September 12 – October 31
Time: 10:00-11:00 am
Cost: \$25.00

BODY MUSIC

Experience the joy of coming home to your body through movement based on the principles of Tai Chi and Modern Dance.

Led by Leslie Keller.

Day: Fridays
Dates: September 26 – November 14
Time: 11:15 am-12:15 pm
Cost: \$25.00

CORE FUSION

Gain mobility, strength and endurance in this exercise class. Build muscle strength and bone density using resistance bands and free weights. Instructor: Volunteer led

Day: Wednesdays
Dates: Ongoing
Time: 10:00-11:00 am
Cost: Free

ENGLISH COUNTRY DANCE

Join in to learn and enjoy traditional English Country Dancing. No partner necessary.

Instructor: Wesley Senseman
Day: Wednesdays
Time: 10:00-11:00 am
Date: Ongoing
Cost: Free

GENTLE YOGA

This exercise program, designed specifically for seniors, can improve flexibility, strengthen muscles, promote better circulation and change how you feel! Instructor: Dymrna Ferrante.

Session I

Day: Mondays, beginning September 8
Time: 11:00 am-12:00 pm
Cost: \$55 for 11-week session

Session II

Day: Wednesdays, beginning September 10
Time: 12:00-1:00 pm
Cost: \$55 for 11-week session

Both Sessions: \$100.00

INTERMEDIATE LINE DANCING

Instructor: Marcelo Atanasio
Day: (2nd and 4th) Wednesdays of the month
Date: Ongoing
Time: 3:15 pm
Cost: Free

LINE DANCING

An enjoyable recreational activity that promotes physical fitness through dance exercise. No partner required. Instructor: Gladys McGlothlin.

Contemporary Style
Day: Mondays
Time: 9:30-10:30 am
Date: September 8 – October 27
Cost: \$25.00

SENIOR STRENGTH TRAINING

Specifically designed for seniors, exercising with weights increases muscle mass and strength, while benefitting balance, bone density and overall wellness. Instructor: Judson's Outreach Staff.

Day: Tuesdays & Thursdays

Date: September 9 – November 6 (No class 9/25 and 11/4)

Time: 3:00-4:00 pm

Cost: \$40.00

SENIOROBICS

Low-impact aerobic exercise to music.

Instructor: Lori Blum

Day: Tuesdays

Date: September 9 – October 14

Time: 10:45-11:45 am

Cost: \$20.00

TAI CHI CHUAN

A series of exercises performed slowly to heighten individual awareness and meditation to promote good health. Practiced over a period of time, Tai Chi becomes an internally peaceful, yet powerful, way of experiencing life. Instructor: Jeannie Koran

Short Form - 24 Movements

Day: Thursdays

Date: October 2 - November 20

Time: 10:00-11:15 am

Cost: \$40.00

Wii BOWLING

Fun, non-competitive and healthy. Give Wii Bowling a try!

Day: 1st and 3rd Thursdays and
2nd and 4th Wednesdays of the month

Time: 1:00-3:00 pm

art classes

ARTS AND CRAFTS WEDNESDAYS

Experience the satisfaction of creating simple but elegant projects designed to be finished in one day. Instructors: Susan Roberts and Leonie Lee

Day: 2nd & 4th Wednesdays

Time: 1:00 - 3:00 pm

Cost: Free (nominal material fee may apply)

BASIC DRAWING

Instructor: Susan Morse

Day: Tuesdays

Date: September 30 – December 2
(No class 11/4 and 11/11)

Time: 11:00 am-1:00 pm

Cost: \$35.00

DRAWING AND PAINTING

Class focus is on building drawing skills and developing a personal style. Class includes drawing from still life, demonstrations and critique. Bring drawing materials and newsprint pad to first class. Instructor: Susan Morse.

Day: Tuesdays

Date: September 30 – December 2 (No class 11/4 and 11/11)

Time: 1:00-3:00 pm

Cost: \$35.00

OPEN ART

Bring materials and be a part of this creative group.

Day: Wednesdays

Time: 1:00-4:00 pm

PORTRAIT PAINTING

Learn to draw portraits in a brand new way.

Instructor: Alice Seiffulah

Day: Wednesdays

Date: October 1 – November 19

Time: 11:00 am-1:00 pm

Cost: \$35.00

WATERCOLOR PENCIL

Class focus is on drawing with this unique medium from nature and still life. Many techniques and types of pencils will be presented. Bring watercolor pad. Supplies discussed at first class. Instructor: Susan Morse

Day: Thursdays

Date: October 2 - November 20

Time: 1:00-3:00 pm

Cost: \$35.00

groups

AARP (American Association of Retired Persons, Cleveland Heights Chapter #5018)

Cleveland Heights residents 50+ are welcome to join. Refreshments and social hour follow the meeting. Call 216-691-7377 for information.

Day/Date: Last Thursday of the month.

Time: 1:00 pm

GENEALOGY GROUP

Meet with other Genealogy enthusiasts to learn, share information and have fun. Led by: Jean Hoffman

Day/Date: 2nd Wednesday

Time: 2:00-3:00 pm

senior programs

HUM & STRUM

Bring a guitar or ukulele and learn the fundamentals of playing music in a group.

Date: Ongoing
Day: Mondays
Time: 10:00 am
Cost: Free

PARKINSON'S SUPPORT GROUP

Led by: David Brandt
Group is for Parkinson's patients and their families to assist in coping with the disease and in sharing information and research findings. For information call 216-691-7377.

Day/Date: 1st Wednesday of the month
Time: 2:00 pm

PIANO LESSONS

Individual ½ hour lessons. Instructor: Joseph Bolek

Day: Thursdays
Fee: \$100 for 8 week sessions,
Call to arrange your lesson time

POETRY PLUS

Led by: Joy Collas
Let's read poetry together finding the joys and insights of the author's words.

Day: every other Monday
Time: 3:00-4:00 pm

MEET, GREET AND EAT

Share lunch with friends, old and new, at an area restaurant. Program meets every other month. Call 691-7377 for details and to register. Space is limited.

Day: Thursdays
Date: October 16 and December 18
Time: 11:30 am
Cost: Your own individual lunch

SNACK AND CHAT

Take time to talk with friends on a variety of topics in this discussion group led by our social worker, Linda Katz.

Day: 2nd Thursday of the month
Time: 11:00 am-12:00 noon

SPANISH

Cristina Sempe instructs this class for those with some Spanish language knowledge.

Day: Wednesdays

Spanish I

Date: September 3 – October 22
Time: 9:00-10:00 am
Cost: \$25.00

Spanish II

Date: September 3 – October 22
Time: 10:00-11:00 am
Cost: \$25.00

Spanish III

Date: September 3 – October 22
Time: 11:00 am-12:00 pm
Cost: \$25.00

STITCH TOGETHER

Needle workers of all interests meet together to work on individual projects.

Day/Date: Fridays
Time: 1:30 pm

drop-in programs

BID WHIST GROUP

Players meet every week to enjoy cards and good company.

Day/Date: Mondays
Time: 1:00 - 4:00 pm

BLOOD PRESSURE CHECKS

In cooperation with Protem Healthcare, Ahuja Hospital and Walgreen's Pharmacy

Day/Date: 1st Wednesday of the month
Time: 1:00-2:00 pm
Day/Date: 3rd Thursday of the month
Time: 2:00-3:00 pm
Day/Date: 4th Tuesday of the month
Time: 11:00 am to 12:00 pm

BRIDGE/PINOCHLE

Day/Date: Tuesdays and Fridays
Time: 12:45-3:45 pm

DOMINOES

Players meet to enjoy the game.

Day/Date: Tuesdays
Time: 2:00 pm

MAH JONG

Players meet for a game of Maj.

Day: Tuesdays
Time: 1:00 pm – 3:00 pm

MATINEE MOVIES

Each week enjoy a current release movie on a new projection system that is just like going to the movies. Call 216-691-7377 for the feature of the week.

Day/Date: Fridays
Time: 1:00 pm

NEWCOMERS ORIENTATION

New to the Center? Join us for orientation and a tour any Thursday morning.

Day/Date: Thursdays

Time: 10:30 am

SCRABBLE CLUB

Meet to play for competitive scrabble each week.

Bring a scrabble board if you have one.

Day/Date: Fridays

Time: 1:00-4:00 pm

WALKING CLUB

Join other active seniors for walking on the Fitness Center track.

Day/Date: Tuesdays, Wednesdays,
and Thursdays

Time: 1:00-2:00 pm

WALKING WARM-UP

Ms. Duck leads this warm-up class for all fitness levels.

Day: Wednesdays

Time: 12:15-12:45 pm

WORKOUT WITH MS. DUCK

Incorporates weights, bands and more.

Day: Thursdays

Time: 12:15-12:45 pm

computer classes

Computer classes are held in the Computer Center at the Senior Activity Center. Call 216-691-7377 for information regarding classes.

The Computer Center is open for practice whenever the Senior Center is open and computer classes are not in session. Practice time is available free of charge. Tutors are available to help during the following times:

Mondays	11:30 am-1:00 pm
Tuesdays	12:00 noon-1:00 pm
Wednesdays	11:00 am-12:00 noon
Thursdays	2:00 pm-3:00 pm
Fridays	1:00 pm-2:00 pm

**online registration
is available at:
www.clevelandheights.com
*click on Recreation***

You must have a current Cleveland Heights Recreation ID Card in order to receive your resident rate. You will also need to contact the front desk staff to get your Pin Number and initial Login ID. Please note that if a class has already filled you will not be able to register online.

REGISTRATION DESK HOURS AT THE COMMUNITY CENTER:

August 1 - May 24, 2015

Monday-Friday 9:00 am-7:00 pm (Closed Monday, September 1)

Saturday 9:00 am-4:00 pm

Sunday 11:00 am-4:00 pm

(Hours will possibly be extended)

(Closed: Labor Day, Monday, September 1; Veterans Day, Tuesday, November 11; *Thanksgiving, Thursday, November 27; Christmas, Thursday, December 25; New Year's, Thursday, January 1; Dr. Martin Luther King, Jr. Day, Monday, January 19; Presidents Day, Monday, February 16). * The front desk and Fitness Center will have reduced hours on Friday, November 28 and Wednesday, December 24.

For your convenience, there are four ways to register:

- 1. ONLINE** Registration available at www.clevelandheights.com, click on Recreation. You must have a current Cleveland Heights Recreation ID Card in order to receive your resident rate. You will also need to contact the front desk staff to get your Pin Number and initial Login ID. Note that if a class has already filled, you will not be able to register online.
 - 2. WALK-IN** Registration will be taken at the Community Center during the office hours listed above. Walk-in registration is an option for most programs with the exception of Jazzercise.
 - 3. PHONE-IN** Phone-in registration is only an option for some Senior Activity classes and general recreation classes (karate, creative movement, gymnastics, etc.) if the participant has a current Recreation ID card.
 - 4. MAIL-IN** Due to the digital ID card system now utilized by the Parks and Recreation Division, all registration must be handled in person until an individual obtains a new ID card. Once the new cards have been purchased, mail-in/phone-in/online registration can be utilized.
- PAYMENT** Options include cash, VISA, MasterCard, debit cards, money orders or personal checks. (Do not mail cash). Checks should be made payable to the City of Cleveland Heights and should include your phone number.
- ID CARDS** Cards are sold to Cleveland Heights residents only. ID cards are \$5 each and include a digital photo (similar to a driver's license). Each individual must be present to receive a card. Proof of residency must be shown at the time of purchase and can include one utility bill (or other piece of mail), in addition to a driver's license or photo ID.

BENEFITS OF A RECREATION ID CARD

- Use of the Community Center track, fitness center and basketball courts.*
- Free use of our lighted tennis courts, our outdoor basketball courts and our skate park.
- Use of 6 outdoor picnic shelters (permit needed at a fee of only \$25).
- Free use of the Cumberland wading pool and Cain Park Preschool Splash Pad.
- Reduced rates for all Community Center classes, workshops, programs and field trips.
- Reduced rates for public ice skating sessions and other skating programs.
- Reduced admission for swimming and aquatics programs.
- Reduced rates for tennis lessons and youth/adult sports programs.

**Note: Residents must first purchase an ID card in order to purchase a Community Center Field House Pass or to pay a daily Field House usage fee.*

RECREATION HOTLINES

(216) 691-7373	Community Center/Field House updates	(216) 691-7434	Ice Rink updates
(216) 691-7385	Forest Hill Park/sports updates	(216) 691-7390	Cumberland Pool updates
(216) 691-7383	Summer Fun Day Camp updates		

HOLIDAY SCHEDULE The Cleveland Heights Community Center and City Hall will be closed Labor Day, Monday, September 1; Veterans Day, Tuesday, November 11; * Thanksgiving, Thursday, November 27; Christmas, Thursday, December 25; New Year's, Thursday, January 1; Dr. Martin Luther King, Jr. Day, Monday, January 19; and Presidents Day, Monday, February 16. * The front desk and Fitness Center will have reduced hours on Friday, November 28 and Wednesday, December 24.

REFUND POLICY Because the decision to maintain classes is based on the enrollment at the first class, no refunds are granted after the first class. Participants assume the risk of changes in personal affairs or health. Special programs, such as child care and one-nighters, are exempt from this policy and are dealt with on a case-by-case basis. Those entitled to a refund will have a \$5.00 processing fee deducted. There is no refund for materials purchased.

CLASS INFORMATION Every effort will be made to make up classes. However, the Parks and Recreation Division reserves the right to terminate a class with fewer than the scheduled number of sessions. Programs are subject to change in location and/or personnel. Non-residents are welcome to register for most programs but must pay a non-resident fee.

The Parks and Recreation Division does not confirm class registration. We will make every attempt to notify you if a class is canceled or if your registration is received after a class is filled.

LATE FEE A \$2.00 per person late fee (per class) will be charged on all recreation classes after the first class date. Please understand that late registrations alter class sizes and change the scheduling of instructors. Classes will be canceled if there is insufficient registration, so please get your registration in early.

DAY TRIP REFUND POLICY Due to reservations of chartered buses for our Day Trips and the limited number of spaces on our trips, the following Refund Policy has been established: two weeks before departure, 25% of total trip fee will be held; one week prior to trip, 50% of total trip fee will be held.

INSUFFICIENT FUNDS CHECK POLICY No person shall issue a bad check to the City in payment of an obligation to the City which is returned by the payor's bank marked "insufficient funds," "payment stopped," "account closed" or in any way is not a good check. If a check is returned unpaid, your signature gives the City of Cleveland Heights permission to debit your checking account electronically for the original check amount plus a service fee of \$25. This does not preclude possible civil or criminal prosecution for deliberate acts of fraud. Payment by your check constitutes acceptance of these terms. Please make sure sufficient funds are available in your checking account to avoid any complications regarding this policy.

PHYSICALLY CHALLENGED The Cleveland Heights Parks and Recreation Division is sensitive to the needs of the physically challenged and encourages participation of all individuals. All of our facilities meet handicap-accessibility requirements.

NON-ENDORSEMENT POLICY Instructors hired by the Cleveland Heights Parks and Recreation Division are employed with specific talents in mind. However, the Division does not necessarily endorse the opinions or philosophy of the instructors who teach our classes or programs.

FITNESS CENTER/TRACK GUIDELINES You must be 16 years of age or older to use the Fitness Center and track. Youth 12-15 years of age may use Fitness Center and track accompanied by a paying adult/guardian. Infants and toddlers are permitted in strollers or in infant front/back pack carriers on the inside lane of the track only. No infants or toddlers are permitted in the Fitness Center.

COMMUNITY CENTER ROOM RENTALS The Community Center encourages you to hold your next business event/seminar, shower or anniversary party at the Center. Rooms are available only during normal business hours (see page 29 for details).

WEATHER CANCELLATION POLICY The Cleveland Heights Parks and Recreation Division's weather policy is as follows: when the Cleveland Heights/University Heights School System is closed, all child care programs and Senior Center activities will be canceled. All other activities will be handled on a case-by-case basis.

HOTLINE NUMBERS In case of severe weather conditions, call the Cleveland Heights Parks and Recreation Division's Hotlines for cancellation of programs. Community Center 216-691-7373, Ice Programs 216-691-7434, Sports Programs 216-691-7385, Summer Camp 216-691-7383, Cumberland Pool - 216-691-7390.

community room rentals

Are you planning a party or hosting a business event/seminar for an organization? If you answered yes, then the Cleveland Heights Community Center is just the place to service your needs. Our Community Center has several rooms to accommodate your event, including a large activity room with a warming kitchen. Tables and chairs are also available for your specific function. Please feel free to stop in and view our rooms. If you are interested in booking a room, please call the Community Center at 216-691-7373. Please note the room capacity and fee structure listed below. Let the Cleveland Heights Community Center make your event be one to remember!

COMMUNITY CENTER ROOMS	RESIDENT/CLEVE. HTS. NON-PROFIT	NON-RESIDENT NON-PROFIT
SMALL ACTIVITY ROOM Maximum Capacity - 25 (Please note: volunteer coaches who are hosting teams may have the room two times a year).	No Fee: Meetings Only (up to two times per year.) Scouts, street meetings, etc. \$25.00 per hour (parties where food is served, such as showers, graduations, anniversaries, etc.)	\$50.00 per hour
ACTIVITY ROOM 1A & 1B Maximum Capacity - 50	\$55.00 per hour (\$110.00 security deposit)	\$110.00 per hour (\$110.00 security deposit)
ACTIVITY ROOM 7 Maximum Capacity - 150 Kitchen availability	\$110.00 per hour (\$220.00 security deposit)	\$220.00 per hour (\$220.00 security deposit)
NORTH ATRIUM Maximum Capacity - 50	\$35.00 per hour	\$70.00 per hour
SOUTH ATRIUM Maximum Capacity - 50	\$35.00 per hour	\$70.00 per hour
SAC MULTI-PURPOSE ROOM Maximum Capacity - 200	\$150.00 per hour (\$300.00 Security Deposit)	\$300.00 per hour (\$300.00 Security Deposit)
ICE RINKS (North & South)	Range from \$150.00 to \$230.00 Rink rentals are booked separately through the Rink Manager. Call 216-691-7395.	Range from \$150.00 to \$230.00 Rink rentals are booked separately through the Rink Manager. Call 216-691-7395.
SUMMER FIELD HOUSE (South Rink)	Trade show: \$250.00 per hour or \$1,000.00 per day	Trade Show: \$250.00 per hour or \$1,000 per day

NOTE:

- Reservations with a deposit must be made 30 days prior to your event.
- The individual who signs the contract must be present during the entire event.
- Any resident signing on behalf of a non-resident agency will be charged the non-resident rate.
- Resident who signs must give the check in his or her name.
- Availability of rental space is subject to other events and programming being held in the facility and is subject to change or cancellation.
- The Community Center must be vacated by the close of regular business hours.
- Rooms cannot be rented for religious activities.
- Rooms can only be scheduled for a group one month at a time.
- No smoking or alcoholic beverages are permitted in the facility.
- Cancellations must be received 30 days prior to your event in order to receive a refund.
- No live animals are permitted in the facility.
- The Community Center is unable to accommodate rentals for teen parties.

picnic shelter & athletic field reservation

reservations

Cleveland Heights has six covered picnic shelters available for reservation by Cleveland Heights Recreation ID holders only. The Caledonia Park shelter is also available to East Cleveland residents with proper proof of residency. The shelters are located in the following parks:

- **Caledonia Park** – one single shelter
- **Cumberland Park** – one single shelter
- **Denison Park** – one single shelter
- **Forest Hill Park** – one single and one double shelter

All are available to Recreation ID card holders for a fee of only \$25 on a first-come, first-served basis. An application must be completed and a permit issued. Non-permit use is allowed but permit holders will have priority for shelter use. Permits are enforced by the Police Department. Applications for 2015 will be taken beginning January 2, 2015. A \$50 refundable security deposit is also required for picnic shelter reservations.

Please call the Recreation Division at 216-691-7373 to get a picnic shelter reservation packet with all pertinent information and forms. The Recreation Division handles reservations for shelters.

Recreation ID card holders can also reserve softball and other athletic fields for a maximum of three hours. Scheduled league and other Parks and Recreation Division activities limit availability of fields. Please call Mike Discenzo at 216-691-7383 to check on field availability.

SPECIAL THANKS

BASEBALL SPONSORS:

**Dick's Sporting Goods, Monty's Pythons (Ken Montlack), Dr. Dworkin, Orthodontist,
Nela Florist, Graffiti Caps**

O'Neil Kings (Susanna Niermann O'Neil), Betsy Warner State Farm Insurance

Quintana's Barber and Dream Spa, Severance Town Center,

Wilcox Wildcats (Mayor Dennis Wilcox), Stephens Stars (Councilwoman Cheryl Stephens)

Friends of Ed Kelley (Ed Kelley),

Boyd Bombers (Councilwoman Janine Boyd)

SOCCER SPONSORS:

Wilcox Wildcats (Mayor Dennis R. Wilcox), Dunbar Dynamos (Councilwoman Mary Dunbar)

A sponsorship donation of \$200 per recreational team or \$300 per travel or tournament team
keeps recreation programs affordable by helping to cover the costs of uniforms, caps,
equipment, officials' fees and trophies.

For more information or to become a team sponsor

call Jennifer Kuzma, 216-291-2854

or email jkuzma@clvhts.com

parks and facilities

1 CALEDONIA PARK

Ravine Road (near Noble)

- Playground
- Picnic Shelter
- Multi-purpose Field
- Ball Field

2 DENISON PARK

Bluestone and Quarry
(Monticello Blvd)

- Ball Field
- Multi-purpose Field
- Tennis Courts
- Basketball Courts
- Playground
- Picnic Shelter
- All-purpose Pathway
- Patio/Grass Recreation Area

3 CITY HALL

40 Severance Circle

5 COMMUNITY CENTER

Mayfield and Monticello

- Ice Rinks
- Track/Exercise
- Senior Center
- Summer Camps
- Field House
- General Recreation
- Meeting Rooms
- All-purpose Pathway
- Grass Recreation Area

4 FOREST HILL PARK

Lee and Monticello

- Softball & Baseball Fields
- Tennis Courts
- All-purpose Pathway
- Picnic Shelters
- Playground
- Multi-purpose Field
- Nature Trail

6 CUMBERLAND PARK

Cumberland and Mayfield

- Swimming Pool
- Wading Pool
- Basketball Courts
- Playground
- Grass Recreation Area
- All-purpose Pathway
- Veterans Memorial
- Historical Center
- * Picnic Shelter

7 CAIN PARK

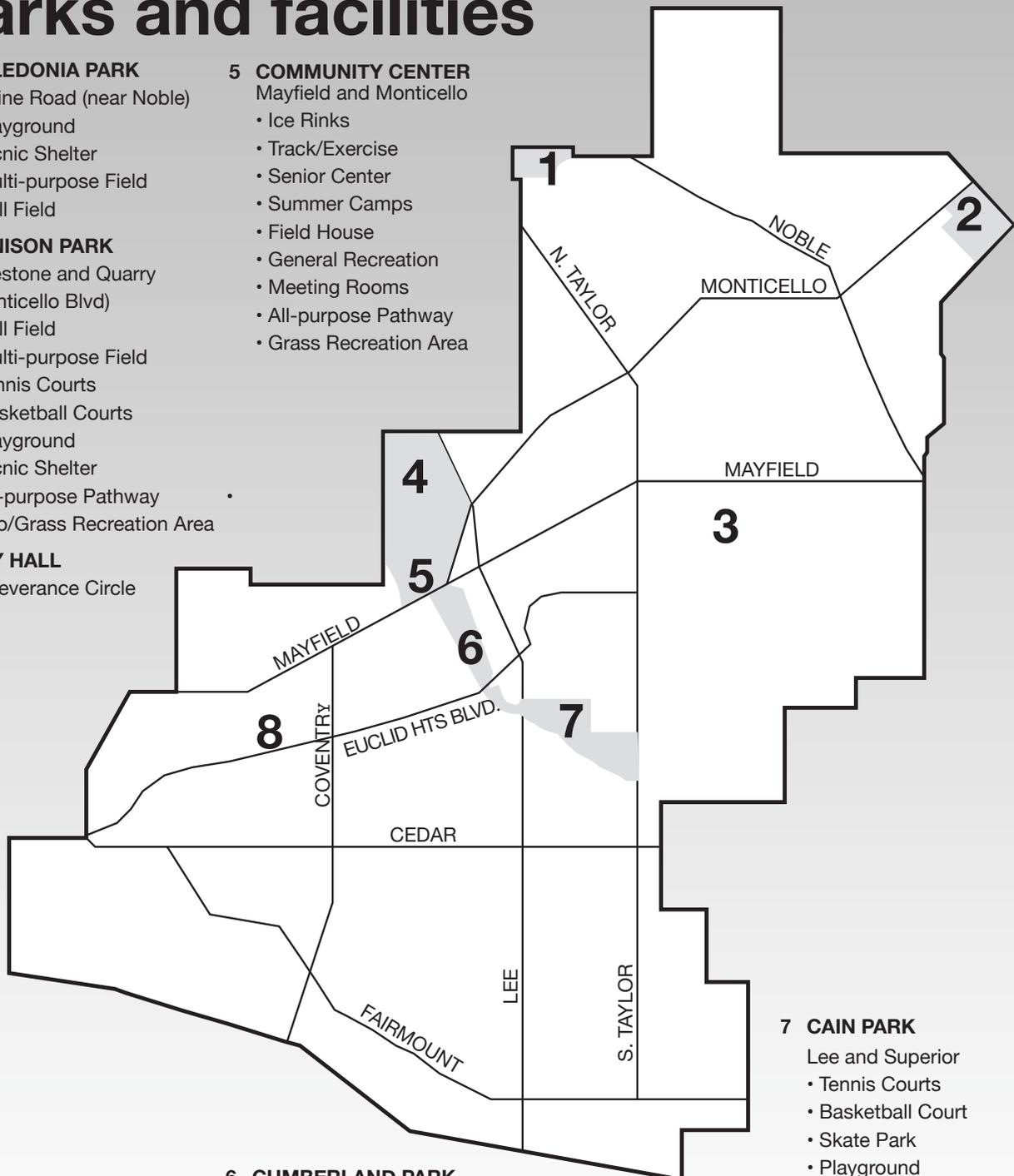
Lee and Superior

- Tennis Courts
- Basketball Court
- Skate Park
- Playground
- Performing Arts Center
- All-purpose Pathway
- Grass Recreation Area
- Sledding Hill
- Splash Pad

8 EUCLID HEIGHTS TOT LOT

Euclid Heights Blvd and Lancashire

- Tots Playground



Miles for Smiles



MONDAY, SEPTEMBER 1, 2014
Runner / Family Friendly Event

5K Run - 9:00 am
1M FunWalk - 9:05 am

**“Through the Historical and Diverse
Neighborhoods of Cleveland Heights”**

5K RUN awards for top 3 male / female finish times in specified groups.

All registrants qualify for prizes that include gifts & gift certificates by raffle at the post-race party.

Cool T-Shirt and Goody Bag for all Entrants • Post Race Party with Music, Prizes and Food

Race starts & finishes at NIGHTOWN, host of the post-race party

Ample public parking at city garage and street • Register at NIGHTOWN, 12383 Cedar Road

ENTRY /REGISTRATION Pre Race: \$16. Race Day: \$20. Run or Walk w/T-shirt

For information, call 216-291-2323

PROCEEDS BENEFIT OPERATION SMILE & THE CLEVELAND HEIGHTS YOUTH SCHOLARSHIP FUND



CLEVELAND HEIGHTS

Operation  Smile

Check us out at www.milesforsmiles5K.com



FREE*

2-Week Family or Individual Membership* Cleveland Heights Community Center

Present coupon at front desk

Expires Dec. 31, 2015



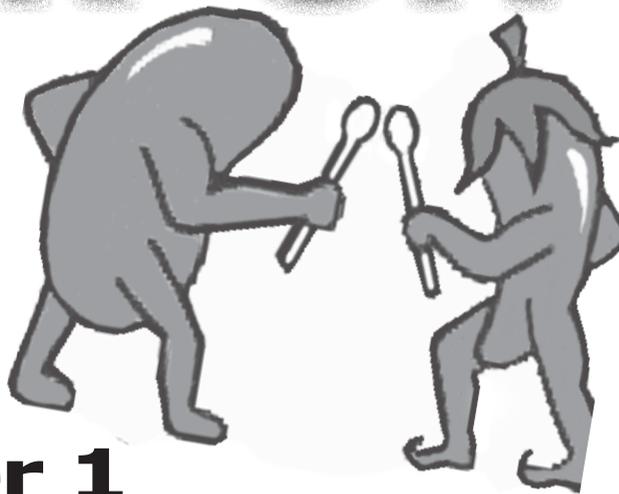
(Facsimiles or copies will not be accepted.)

***For new members.** Must be a Cleveland Heights resident or employed in Cleveland Heights (families included) or be a resident of University Heights.



**Heights Youth Recreation
Scholarship Fundraiser**

Chili cook-off



**6:00pm
Saturday
November 1**

**Cleveland Heights
Community Center**

Featuring Local Restaurants

Contact Mark Vassiloff at 216-691-7265 or
mvassiloff@clvhts.com for information/participation



Cleveland Heights

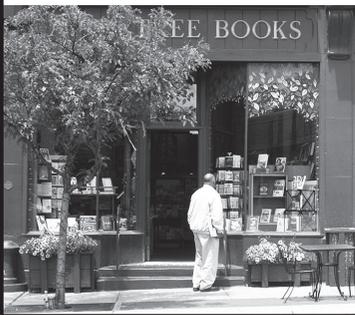


A great place
to shop and dine.



Not only is Cleveland Heights a great place to play a sport, ice skate, work out, swim, take a class and have fun, it is also a great place to shop and dine!

Visit one of our vibrant shopping districts where you'll find unique stores and dine at one of Cleveland Heights' many independent restaurants. Need suggestions? Download a Restaurant Guide at www.clevelandheights.com/restaurants.





2080 Lee Road, Cleveland Heights
(216) 371-2850
Monday-Friday 8am - 6pm
Saturday by Appointment

- Voted Best Auto Service
 2012 Best of the Heights Awards!

- Exhaust Repair and Custom Pipe Bending

- Locally Owned & Operated

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- Need something welded? Call us.



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More than a system of self-defense, a total discipline for physical, mental, and spiritual growth featuring:

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Awareness

Betsy O'Donnell
 4th Degree Black belt

For more information:
(216) 310-2147

Reward yourself for a great workout.

THE STONE OVEN
 BAKERY • CAFE

2267 Lee Rd Cleveland Heights 216-932-3003

Hello Cleveland Heights Residents!

Since 1975, Cleveland Tenants Organization has served Cuyahoga County by helping both landlords and tenants stay informed.

If you are a tenant or landlord needing assistance or if you would like more information on starting a tenant group in your building, contact us at

216-432-0617

or visit

www.clevelandtenants.org
for more information.

Call today!



Cleveland
Tenants Organization



Keep your car. Trade in your loan.

Betsy Warner, Agent
State Farm Agent
betsy@betsywarner.com
Cleveland Heights, OH 44118
Bus: 216-932-6900

**Refinancing with us could
save you hundreds.***

Before high car payments get you down, give us an opportunity to help bring them down – with great rates and no closing costs or hidden fees.

GET TO A BETTER STATE.®
CALL ME TODAY FOR
MORE INFORMATION.



*Hypothetical savings example over life of loan based on reduced interest rate.
Actual savings amount will vary depending on your individual circumstances.

1303063 10/13

State Farm Bank, F.S.B., Bloomington, IL

access

Cleveland Heights Initiative



The City of Cleveland Heights strives to give residents easier access to City Hall through:

- the City's website, www.clevelandheights.com
- the OpenGov.com financial transparency tool, www.clevelandheights.com/budget
- Police incident and accident reports now available online – www.clevelandheights.com/police
- a new mobile app, your "Connection to City Hall." Free and easy to use 24/7, the Access Cleveland Heights App allows you to submit and track service requests, such as potholes, tall grass, graffiti, etc. You'll be notified when it's completed. Download the Access Cleveland Heights App on your smart phone – get it on Google Play or at the App Store. No smartphone? Visit www.clevelandheights.com/service-request to report a problem or submit a service request.



Be sure to sign up for:

- City email messages – on www.clevelandheights.com, click on E-Notify/Sign Up to receive notices, announcements and news from the City.
- Ready Notify – a county-wide mass notification system that allows Cuyahoga County to send out emergency messages to those who have signed up. Visit www.clevelandheights.com and click on the Ready Notify graphic on the homepage.



Cleveland Heights
Parks and Recreation
40 Severance Circle
Cleveland Heights, Ohio 44118

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highlights

INDOOR SWIMMING
AT CLEVELAND HEIGHTS HIGH SCHOOL see page 10

MILES FOR SMILES 5K RUN & WALK
Monday, September 1 at Nighttown

MEN'S & WOMEN'S ADULT BASKETBALL LEAGUES
Begin Mid-October

YOUTH BASKETBALL TRAVEL TEAM TRYOUTS
October 13-16

CHILI COOK-OFF
Scholarship Fundraiser - Saturday, November 1

HEIGHTS HIGH ALUMNI HOCKEY GAMES
Friday, December 26

HEIGHTS HIGH SCHOOL HOCKEY TOURNAMENT
Saturday, Sunday, Monday, December 27-29

RAYMOND A. ROBINSON MEMORIAL
YOUTH HOCKEY TOURNAMENT
Thursday-Sunday, January 15-18

INTERESTED IN SPONSORING
A YOUTH SPORTS TEAM?
Call 1-216-291-2854 or email jkuzma@clvhts.com
for more information.

cleveland heights city council

Dennis R. Wilcox, Mayor
Cheryl L. Stephens, Vice Mayor
Janine R. Boyd
Jeff Coryell
Mary Dunbar
Jason S. Stein
Melissa Yasinow

Tanisha R. Briley
City Manager

recreation advisory board

Alissa Branford, Chairman
Susan Ford, Vice Chairman
Jordan Burress
Carl Campbell
Ted Esborn
Sean Sullivan
Pete Titas

staff

Parks and Recreation
is a Division of the Department
of Community Services.
Susanna Niermann O'Neil,
Director of Community Services
Larry Shaw,
Commissioner of Parks & Recreation
Mark Vasiloff,
Community Center Manager
Christopher Kendel, Assistant
Commissioner of Parks & Recreation
Kelly Taylor,
Ice Programs Supervisor
Dee Marsky,
General Recreation Supervisor
Mike Discenzo,
Sports Programs Supervisor
Sandy Mates,
Registration Desk Supervisor