

focus

CITY OF CLEVELAND HEIGHTS



Jay Callaway



Mark Munn

A PUBLICATION OF CITY NEWS
AND PARKS & RECREATION



spring/summer 2017

CONTENTS

CITY NEWS

City News	4
At Your Service	5
Safety Forces Night Out	6
Home Remodeling Fair	7
We Are Proud	8
Water Transition	10
The Early Years	11
Our Schools	12
At The Library	15
Home to the Arts	16
Around Town	18
Business	20
Historic Heights	22

CAIN PARK

2017 Season Preview	24
Friends of Cain Park	25

COMMUNITY CENTER

Registration Information	26
Passes / Rates	27
Fitness Center & Hours	27
Room Rentals	28
Shelter & Field Reservations	29
Parks & Facilities Map	29

AQUATICS/POOL

Cumberland Pool	30
Special Programs	32

PRESCHOOL PROGRAMS

Special Interest	33
Safety Town	33
Sports	34

YOUTH PROGRAMS

Special Interest	34
Summer Camps	35
Sports	36

ICE SKATING

Learn-to-Skate & Coupon	37
Fees & Special Events	38
Private Lessons	38
City Freestyle	38
Speedskating	38
Pavilion Skating Club	38

ICE HOCKEY

Spring Fees	39
Youth Hockey Camp	39
Learn-to-Play Hockey	39
Adult Hockey	39
Tot Hockey	39

ADULT PROGRAMS

Special Interest	40
Happy 5K Run & Walk	41
Health & Fitness	41
Sports	43

SENIOR CENTER

Art	44
Health & Fitness	44
Special Interest	45
Sports	47



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This is a year of anniversaries and celebration for our community!



- 2017 marks the 40th Anniversary of the nationally recognized Cain Park Arts Festival (July 7, 8 and 9). It all started with a few card tables on the grass outside the Alma Theater and has grown into a must-attend event for people from all over the region: 145 artists, both local and national, in a juried show, entertainment, food booths and more. Numerous times awarded in the top 50 of hundreds of festivals, it is a reflection of the love our community has for the arts and for our very own Cain Park.
- Cumberland Pool is 90 years old this summer. This Olympic-sized pool has hosted decades of swimming lessons, water shows and just plain enjoyment for generations of Cleveland Heights families. One of our Cleveland Heights landmarks, it has been preserved and restored thanks to the Issue 27 funds voted by our residents for recreation facility maintenance and improvements.
- There are also 40 trees planted on school grounds and throughout the City in honor of Arbor Day. For 40 years, these Arbor Day ceremonies have been an opportunity for school children and residents to be reminded of the importance of preserving our parks and the beauty of our forested community. Our City continues to be Tree City USA.
- The Softball Hall of Fame has also celebrated 40 years in honor of all the players, coaches and business sponsors, who have supported our exceptional recreation programs. Cleveland Heights comes alive throughout the summer on the City's ball diamonds for all ages to participate and enjoy.
- At the end of this year, we look forward to another anniversary as we pay off the bond issue that created the Community Center, renovated the School House, and restored and enhanced the Veteran's Memorial.
- And this fall, we celebrate the grand opening of our high school. Heights High is ready for the future and all the students who will be able to learn and thrive in a new state-of-the-art facility.

This year, we can celebrate the continuation of so many traditions that have made our community strong as we head into the future.

CITYNEWS

Building Department

Don't Forget Your Permit!

Spring is the time many people thank about home repair projects, including remodeling, new windows, siding, concrete, replacing roofs, etc. The Building Department would like to remind everyone to be sure their contractor is registered with the City of Cleveland Heights Building Department.

The contractor is responsible to obtain a permit for whatever work is being done. It is always a prudent idea to get three estimates, check with the Better Business Bureau and make sure the contractor has registered with the Cleveland Heights Building Department. Visit www.clevelandheights.com/building-permits for more information.

Community Shredding Days

Saturday, June 10 and
Sunday, September 10
9:00am-12:00pm
Cleveland Heights City Hall
Parking Lot
40 Severance Circle

Fire Hydrant Flushing

The Fire Department will be flushing fire hydrants throughout the community beginning Monday, April 3.

This activity, which is necessary to maintain our vital fire protection system, will last through April and into May. It will take place Mondays through Fridays throughout the day.

Signs will be posted on the hydrants in the areas that are being flushed. Residents in the posted areas are encouraged to check their water daily for rust before drinking or washing clothes. If rust does get into a wash load, rust remover will be available at Fire Station #1, 3445 Mayfield Road.

Don't risk throwing it all away! Bring your old financial statements, receipts, invoices or other personal, unwanted documents to be shredded on site. Limit of 10 boxes per person, please. Questions? Call Community Relations, 216-291-2323.



memorial day ceremony

Monday, May 29, 2017 – 10:30am

The Annual Cleveland Heights Memorial Day Ceremony will take place at the Veterans Memorial in Cumberland Park (on Mayfield Road, across from the Community Center). As always, veterans are our special guests and will be recognized. Veterans groups, street clubs, Boy Scouts, Girl Scouts, youth sports teams and other community organizations are encouraged to take part. Call 216-291-2323 for more information.



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Recycling

Yes! Cartons are recyclable!

The last drop of milk, juice or soup does not mark the end of a carton's useful life. Made mainly from high-quality paper, cartons are easily recyclable and in high demand by manufacturers of recycled products. Simply place empty cartons in the recycling along with plastic, metal and glass containers. After cartons are collected curbside, they are taken to be sorted and baled. The bales of recycled cartons are then shipped to paper mills, where cartons are mixed with water in a gigantic blender to extract all the paper fiber. These recycled carton paper fibers are a valuable resource for making products such as recycled paper products and even building materials. For more information on how cartons are recycled, visit www.cuyahogawd.org/en-US/community-recycling.aspx.

How can I recycle plastic bags?

Plastic bags can be recycled at many retail locations including Giant Eagle, Dave's Market, JC Penney, Kohl's, Lowe's Home Improvement, Sam's Club, Target and Walmart. A collection bin is usually located outside the entrance, in the store vestibule or near the customer service desk. All types of plastic bags and plastic film are accepted. You can also enter your zip code on the plastic film recycling website to find more recycling locations. Do not put plastic bags in curbside recycling.

Yard Waste Recycling

Yard waste will be collected weekly beginning April 3. Please take a few minutes to review the correct way to prepare your yard waste for collection. If it is not prepared correctly, it may be left on your lawn or a charge may be assessed for the collection.

Where can I take large amounts of yard waste, dirt or wood?

Local registered compost facilities that accept large amounts of yard waste include Boyas Excavating 216-524-3620, Kurtz Bros. 216-986-7000 and Tree Master Supply 216-241-6744.

What can I do with an old smoke detector?

Although it is legal to dispose of your ionization detector in the trash, you are encouraged to return the product to the manufacturer, who is mandated by the Nuclear Regulatory Law 10 CFR 32.27 to see that the radioactive waste is disposed at a nuclear waste disposal facility. When sending back a smoke detector, please do not take it apart. The entire smoke detector needs to be returned to the manufacturer or store by UPS ground mail (not airmail). The batteries should be removed and properly disposed of. No special shipping is needed for the smoke detector, just something to pad it in a box. If returning it to the manufacturer is not possible, it can be disposed of in the regular garbage.

Holiday Collection Schedule

The collection schedule for the holiday weeks is as follows. Please note that regardless of the conditions (bad weather, holidays, etc.), there is never a refuse collection on Sunday.

Sunday, April 16 is Easter. Refuse and recycling collection will be on the regular schedule the week before and the week after Easter.

Monday, May 29 is Memorial Day, Tuesday, July 4 is Independence Day, Monday, September 4 is Labor Day. City Hall is closed.

Refuse and recycling collection will be delayed by one day all week.

Tree Lawn Planting

Each spring and fall, the Forestry Division plants trees on tree lawns for property owners who request it. Those interested in this service can call the Service Department at 216-691-7300.

LOOSE LEAF COLLECTION

Loose leaf collection will run from April 3 through April 28

However, after April 29, the following methods of preparation **must** be followed to ensure collection:

 Leaves, weeds, grass and small twigs must be placed in a Kraft paper yard bag **weighing less than 40 pounds** each. Kraft bags will be collected on your regular refuse collection day beginning April 3.

 Branches and limbs should not exceed two inches in diameter, should be cut to three feet in length, bundled with string/twine and **weigh less than 40 pounds** per bundle.

 Small logs must be cut in lengths of no more than 18 inches and no more than six inches in diameter. Please stack logs in a pile for collection.

Please note that weight limits are established in the interest of employees' safety and are strictly enforced.

4th Annual Safety Forces Night Out

The Fourth Annual Safety Forces Night Out will take place on Tuesday, August 1 from 7:00 to 9:00pm. It is held in conjunction with the Police National Night Out, which is designed to strengthen relationships in neighborhoods and raise crime prevention awareness. Participants will be able to meet the police, get a close-up view of police vehicles and learn how to protect themselves and their property from crime. Children will learn about bike safety and maintenance; register their bikes; hear from Eddie Eagle about gun safety; and have their fingerprints taken. Information will also be available on protecting and securing homes and vehicles as well as protection from cyber crime.

The K-9 Unit will be in attendance: the dogs are trained to detect drugs, do building searches, and track for suspects or lost children and adults. There will also be demonstrations by the Police Swat Team and the Bomb Squad Robot.

Meet Your Police

Meet the Police is held every Thursday evening 6:00 to 8:00pm: the first Thursday of the month at the Police Academy (2595 Noble Road) and on subsequent Thursday on the lower level of City Hall (40 Severance Circle). This forum is designed to provide direct contact opportunities with a ranking member of the department. Residents may come with specific issues, neighborhood concerns or just to interact with an officer. Scout groups are also welcome to attend.

If You See Something, Say Something!

Chief of Police Annette Mecklenburg reminds residents to be alert for any unusual activities.

Call the police at 216-321-1234: they want to hear from you no matter how minor or insignificant you may think a situation is. Trust your gut instincts and report any suspicious activity. In case of an emergency, of course call 9-1-1. And please don't forget to remove valuables from your car and lock it before leaving it! Community Safety Tips are posted on the police website and are also available in the Community Relations office at City Hall.

For any questions or concerns, you can directly access Chief Mecklenburg at 216-291-4974 or chief@clvhts.com.

COVENTRY VILLAGE 2017 SUMMER SERIES

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2017 Home Remodeling Fair

Saturday, April 22, 9:30am-2:00pm

Late winter is a great time to start thinking about spring home improvement projects. It's time to plan to attend the 2017 "Home Remodeling Fair" presented by The Home Repair Resource Center (HRRRC).

This year's fair will be held on Saturday, April 22, from 9:30am to 2:00pm at the Cleveland Heights City Hall (40 Severance Circle). This informative free event will provide expert advice on a variety of home repair and remodeling tasks including "big ticket" projects in order to help homeowners make the best possible decisions. Residents from all communities are welcome.

The Fair will feature "Ask an Expert" advice tables, where homeowners can ask questions of professionals representing such areas as:

Plumbing
Electrical
Heating & cooling
Roof repair & replacement
Water Control – Storm Water, Sewage and Ground Water
Home Insulation
Carpentry
Window repair

Concrete & Asphalt replacement and repair
Masonry repairs
Interior & exterior painting
Hardwood floor repair, installation & refinishing
Landscaping
Millwork
Historic Preservation
and much more

In addition, representatives from local banks, community organizations, and the City of Cleveland Heights will be available to discuss how they can help homeowners complete renovation projects.

Fair attendees can also take advantage of workshops on the following topics:

10:00am-11:00am "Space – The Final Frontier"

Discuss unique and practical uses of existing storage space and how to maximize undiscovered space for practical and "point-of-use storage."

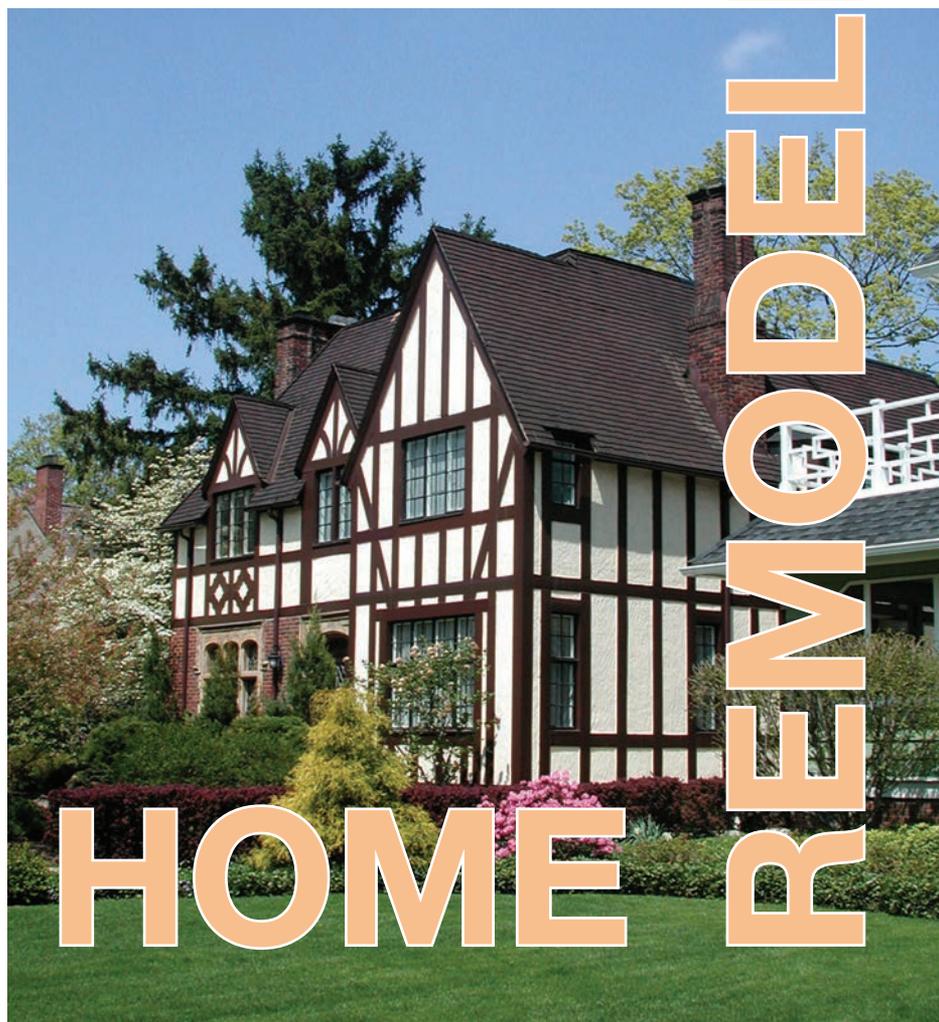
10:00am-11:00am "Working With Your City"

Discussion panel on how to use City resources to get a better repair or project completed. From permits to inspections to standards, see what the City can do to help make home improvement projects a success. Workshops will repeat at 12:00pm. Participants can enter to win valuable services and educational opportunities from HRRRC.

The Home Remodeling Fair is provided by Home Repair Resource Center, a Cleveland Heights nonprofit, in cooperation with the City of Cleveland Heights. For further information, call 216-381-6100.

2017 HOME

REMODELING FAIR



we are proud ...

Dr. Martin Luther King, Jr. Celebration

As part of the 19th Annual MLK Celebration, the City sponsored essay, poetry and poster contests for Cleveland Heights students. This year's topic was "If Dr. Martin Luther King, Jr. were still with us, what advice would he have for you and how would you follow it?" The entries were thoughtful, creative and impressive. Students read their essays and poems and proudly displayed and explained their posters during the celebration.

The Heights Barbershoppers, led by Director Jesse Lange, performed two selections. Subsequently, they went on to San Antonio where they earned an excellent rating and the prestigious presenter's award at the Barshop Harmony Society's International Youth Chorus Competition. Heights High music students have performed at every one of our Dr. King celebrations.

Congratulations to the 2017 contest winners, shown below, with Mayor Cheryl Stephens, and Council Members Melissa Yasinow and Mary Dumbar.

Congratulations to all the winners:

Elementary and Middle School Essays

William Winegarner (Roxboro Elementary, Grade 5), **Tyler Bain** (Roxboro Elementary, Grade 5), **Chyna Chambers** (Oxford Elementary, Grade 5), **Lu'Ella Mitchell** (Monticello Middle, Grade 6), **Jervon Cole** (Monticello Middle, Grade 6), **Maya Thornton** (Monticello Middle, Grade 7), **Aaron Winston** (Monticello Middle, Grade 8), and **Markeea Brown** (Monticello Middle, Grade 8).

High School Essays

Jay Callaway (Cleveland Heights High, Grade 12), **Isaiah Kempson** (Cleveland Heights High, Grade 12), **Sir Summers** (Cleveland Heights High, Grade 12), **Dalinna Ferretti-Becker** (Cleveland Heights High, Grade 12), and **Da'Jasha Barnwell** (Cleveland Heights High, Grade 12).

Poetry

Naveah Head (Oxford Elementary, Grade 5), **Qyra Basit** (Oxford Elementary, Grade 5), **Monté Farmer** (Oxford Elementary, Grade 5), **Nya Williams** (Monticello Middle, Grade 6), **Harrison Vandall** (Monticello Middle, Grade 6), **Leah Pollard** (Monticello Middle, Grade 6), **Tyler Crosby** (Monticello Middle, Grade 8), **Jackson Marshall** (Monticello Middle, Grade 8), **Grant Gober** (Monticello Middle, Grade 8), **Gerriah Shazor** (Monticello Middle, Grade 8), and **Mariya Davis** (Monticello Middle, Grade 8).

Posters

Leaira Bradford (Oxford Elementary, Grade 5), **Britni Thomas** (Oxford Elementary, Grade 5), **Gionni Mitchell** (Oxford Elementary, Grade 5), **Jamee Watkins** (Monticello Middle, Grade 6), **Taylor Blockson** (Monticello Middle, Grade 6), **Jaya Jordan** (Monticello Middle, Grade 8), and **Daquan Johnson** (Monticello Middle, Grade 6).

Winning posters were hung in the City Hall Atrium (upper level) through February.





Mayor Cheryl Stephens (right) congratulated team Cleveland for winning gold at the Cybathlon. (left to right) Ron Triolo, Paul Murasco, Kevin Foglyano, Lisa Lombardo and team "pilot" Mark Muhn (seated).

Congratulations to Team Cleveland and Mark Muhn, racing "pilot," who won the gold medal in cycling at the first ever Cybathlon, a Swiss-hosted Olympics for bionic athletes held last October in Zurich. Qualifying trials took place last summer at the Cleveland Heights Community Center to determine who would pilot the Northeast Ohio team of scientists, engineers and medical staff as they competed in what has been

called the first Cyborg Olympics. Team Cleveland is a collaborative effort of Case Western Reserve University, the Louis Stokes VA Medical Center, University Hospitals Cleveland Medical Center and Metrohealth Medical Center.

Californian Mark Muhn won the recumbent bicycling event where contestants with spinal-cord injuries pedaled for 750 meters around a circular

track. Cleveland's team was the only one that used electrodes surgically implanted in the leg muscles, a system originally designed to allow people with lower-limb paralysis to walk with the help of crutches.

Sixty-six teams from around the world converged in Switzerland where competitors with similar disabilities competed in Olympic-style races. But Cybathlon was more than a series of games determining who was the fastest. It was a super trade show for assistive technology where cutting-edge creations that helped people deal with disability were displayed and ideas exchanged.

Dr. Ron Triolo, executive director of the VA's Advanced Platform Technology Center and Team Cleveland leader, described the event as an "extremely powerful mechanism to spur innovation." Researchers use the experience of disabled competitors to explore the limitations of current technology and develop and benchmark novel assistive technologies that can be incorporated into the daily life of people with motor disabilities.

Ahoy, Matey!

We **ARRGH** going to save you lots of loot this summer!

Schedule Your Air Conditioning Tune-Up

Tune-up allows for 45 minutes of labor per system; parts and labor for repairs additional. Discount valid during normal workday hours only (M-F; 8-3:30). One discount per visit. Valid on standard A/C set-ups only; excludes attic systems. Expires 7/31/17

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Cleveland Heights Water Transition



Here are answers to Frequently Asked Questions (FAQ) for our residents as Cleveland Heights households and businesses become direct service customers of Cleveland Water.

When will I receive my last bill?

Your last bill from Cleveland Heights Water will cover water usage for the period of December 1, 2016 through approximately January 3, 2017 and was mailed to you around January 15.

Will I receive a refund for a deposit I paid some years ago?

If you paid a deposit, it will be applied to your final bill. If you have a credit after the deposit has been applied, you will receive a refund for the difference.

I owe a delinquent bill to Cleveland Heights. Will that amount go on my Cleveland bill?

No. Any delinquent amount must be paid to the City of Cleveland Heights. If your account is disconnected due to a delinquent bill, Cleveland Water will not restore service until Cleveland Heights has been paid in full.

If my service is currently disconnected due to non-payment, will my service be automatically turned on by Cleveland Water?

No. Upon the date of transition (January 3, 2017), all active Cleveland Heights accounts will be converted to Cleveland Water accounts. If you are currently disconnected for non-payment, you must pay your balance in full to Cleveland Heights before Cleveland Water will turn your service back on.

Will I be able to pay my Cleveland Water bill at Cleveland Heights City Hall?

No. You will not be able to pay your Cleveland Water bill at Cleveland Heights City Hall. Go to www.clevelandwater.com to find out convenient ways to pay your bill.

Will I be able to pay my Cleveland Water bill through the PSN online service?

No, you will not. Cleveland has an online service that allows for the payment of their bill.

What if I have AutoPay to pay my Cleveland Heights water bill?

You should contact your Financial Institution and change this service to Cleveland Water.

How will billing be different?

1. You will receive a monthly water bill from Cleveland Water and a monthly sewer bill from Northeast Ohio Regional Sewer District (NEORS).
2. You will also receive a quarterly bill from Cleveland Heights for landfill and local sewer charges. Only these quarterly charges to Cleveland Heights can still be paid at City Hall and online.

When will I receive my first bill from Cleveland Water?

You will receive your first water bill from Cleveland Water in February 2017.

How is my rate determined?

Your rate with Cleveland Water will be based on your distance from, and elevation above, Lake Erie. Most Cleveland Heights customers are located in the Second-high service area with a small number of customers in the First-high service area.

Is the transition charge a flat fee?

No. The transition charge is based on water usage and will terminate after the five-year transition period. The transition charge covers the cost of converting to Cleveland Water.

I am currently on the Homestead Program. Do I have to re-apply with Cleveland Water?

If you are currently on the Homestead Program with Cleveland Heights, you will automatically be enrolled with Cleveland Water for 2017.

I am an owner but I have the bill sent to my tenant each month. Will Cleveland Water mail the bill to my tenant?

At the time of conversion, all bills will be mailed to the homeowner. Cleveland Water does have a process to mail bills to tenants. Please go to www.clevelandwater.com to learn more.

I have a re-register meter. Will Cleveland Water continue to bill for this meter?

Cleveland Water is not able to bill re-register (sub) meters. You will only receive a bill for the main meter.

I am experiencing a hardship. Does Cleveland Water offer any discount plans?

Cleveland Water has a number of programs available that may help. Please go to www.clevelandwater.com to learn more or contact Customer Service at 216-664-3130.

Who do I contact if I have an emergency?

Cleveland Water has emergency teams on call 24 hours a day, 7 days a week, and can be reached at 216-664-3060.

Who should I call if a water main breaks?

Call the Emergency Dispatch Center at 216-664-3060 for broken water mains, missing manhole covers, poor water pressure, and other water-related emergencies.

I have questions about water quality. Who do I contact?

Visit Cleveland Water's website at www.clevelandwater.com to view the Water Quality Report or call the Water Quality Line at 216-664-2639.

Please note: This can also be found on the City's website, www.clevelandheights.com.

theearlyyears



Support Family Connections by attending DadsDay Run on June 18! Call 216-321-0079 for details.

www.familyconnections1.org
216-321-0079

Family Connections of Northeast Ohio Located in the former Coventry School Building, 2843 Washington Blvd. (www.familyconnections1.org, 216-321-0079) offers early literacy, parenting support and school-readiness programs for families with young children, ages 0-6, at various locations throughout the community. Programs are designed to offer parents a variety of opportunities to enhance their parenting experience, build confidence as parents, play with their children and provide resources to become the parents they strive to be. Although parenting can be difficult, it can also be fun! Play is the best way for kids to learn, grow, and develop all of the important early skills. Play is also a great way for parents to enjoy their kids!

Programs located in the former Coventry School Building at 2843 Washington Blvd:

- **Baby & Me:** Parents and caregivers of infants, 0-12 months, meets every Wednesday 9:30–11:30 am and get acquainted, share experiences and gain information and support from each other and a parent educator. Your first visit is free!
- **Family Playroom:** Parents and caregivers play and learn with their young children and share with each other in the family playrooms. Knowledgeable staff provides information and resources on parenting issues and child development.
- **Large Muscle Room:** A great space for developing coordination and confidence, as well as burning off energy. Families can play with their kids while they romp, roll, jump and slide. Taking turns, making new friends and trying new things are all part of learning through play.
- **Birthday Parties:** Call for details.

Family Literacy Playroom

Heights Main Library
2345 Lee Rd:

- Little Heights is a free early literacy program environmentally designed to support the development of school-readiness skills through interactive adult-child play.

The School-Readiness Program is offered in families' homes or other community locations. The following programs are in all seven CH-UH elementary schools:

- **Family Liaisons** are based in each elementary school in the district to connect with families, involve and engage parents in the school community, and support parents with information and resources to help promote their children's literacy development and school success.
- **Family Literacy Programs:** Various literacy events and programs are offered throughout the school year, in partnership with the CH-UH School District, PTA and other community partners.



our schools

Four Heights students named National Merit Scholars

Heights High seniors **Charles Adams, Dorothy Pharis, Cody Radivoyetich** and **William van den Bogert** were named National Merit Scholars. Adams, a merit scholar semifinalist, is among the less than 1 percent of all U.S. high school seniors who could advance to the finalist level and qualify for a National Merit scholarship. Pharis, Radivoyetich and van den Bogert were named commended scholars, placing them among the top five percent of all those tested.

Student leaders energized to create social change

Six student leaders in Heights High's Minority Student Achievement Network (MSAN) club attended the organization's national conference and came home energized with an action plan for creating social change. Conference attendees were **Jalen Chesney, Jaylin Coleman, Mikaiah Truitt, Josephine Johnson, Hasson Lewis Majied, and Tessa Green.**

One of the group's goals addresses the achievement gap between students of color and their white peers. Last year, MSAN students hosted "I am AP" during lunch periods, giving students interested in learning about AP classes the opportunity to speak with MSAN students already enrolled. That was followed with an AP Boot Camp that focused on academic preparation as well as organizational and study skills needed to succeed.

MSAN formed in 1999 with CH-UH and Shaker Heights as founding school district members. The organization comprises 26 school districts in suburban-urban communities that come together to understand and eliminate the opportunity and achievement gaps that persist in schools.

National Junior Honor Society Attends State Summit

National Junior Honor Society members from Roxboro and Monticello middle schools attended the NHS/NJHS State Summit on December 1 in Columbus. This event engaged students while using hands-on approaches in a think-tank format to identify and respond to challenges in their school and community.

The summit was held at The Ohio State University. Each student participated in a group that examined specific areas of change, including education, conservation and global citizenship. As a culmination, groups who earned the highest points during the workshops presented on stage to all the attendees and presenters at the summit. Students left the meeting with the challenge to return to their school and make a world of difference.

CH-UH Launches "Public" Marketing Campaign

The Cleveland Heights-University Heights City School District has launched a marketing campaign to promote the community's public school system. The campaign centers on a theme of "Public is for All."

The bulk of the campaign has been privately funded through the generosity of the Dietrich family, longtime supporters of the CH-UH school district. Other portions of the campaign have been furnished through independent grant funds.

The most noticeable element is a public art-inspired wind screen outside the construction site at Heights High. The black and gold screen wraps from Lee onto Cedar in front of the high school and features photos of current students, teachers and staff.

The district has been working alongside the Cleveland-area marketing firm, Little Jacket, to create the campaign.



National Junior Honor Society State Summit

Noble Staff, Community Empower Nepal Refugees

Nepali refugees now make up nearly 10% of the student population at Noble Elementary School, and their presence has changed the culture of the entire building. “We are multicultural in a way we never were before,” said Principal Rachael Coleman. “This has forced the kids to look at what it truly means to be different.”

The Peer to Peer, or P2P, mentoring program pairs Nepali students and native speakers in lesson and experiences both before and after school, four days each week. The group is made up of 33 English language learners and 14 native speakers who gather for 15 hours each week to practice reading, speaking and listening in English through real world interactions. The children play games, engage in theater productions and create art.

P2P students also go on field trips to fully understand the American experience – from bowling to visiting a zoo to riding a roller coaster. “We’re always looking for new community partnerships,” said Tiffany Rowan, the coordinator of P2P. “Anyone who has an experience they can offer to our children, from touring the back rooms of a grocery store to visiting a pet shop to apple picking. They’re all valuable learning experiences.” Rowan can be reached at t_rowan@chuh.org.



Noble Staff, Community Empower Nepal Refugees

CTE Gives Students Bump in Future Salary, Skills

In December, sophomores at Heights High School attended the annual Career & Technical Education Fair to explore the 14 CTE programs offered to juniors and seniors.

This spring, sophomores can select one of the CTE two-year programs during the school’s scheduling process. The CTE programs offer “college and career readiness,” but what does that look like?

It can mean that traditional college-bound students seek a CTE a program to earn a certification that will provide an above-minimum wage job in their area of interest while they attend college. The CTE program gives students the practical experience that many college-bound students lack.

Some CTE students enroll in the program because they do not want to attend a four-year college and have a passion for a particular field. Armed with certifications, they qualify for higher paying, higher skill jobs. Many of these students often pursue further certificates or training at a two-year college or industry sponsored program after leaving Heights High. Some also enroll in a four year college after earning additional certifications and working for a few years in their field.

“To be career ready in our ever-changing global economy requires knowledge of skills, adaptability and a commitment to lifelong learning,” said Brad Callender, Director of Career and Technical Education. “The CTE programs offer an excellent place for students to begin that process.”

Superintendent’s Cadre Working Toward Social Justice

A group of Heights High and John Carroll University students have teamed up to create positive change in the Heights community.

The 2016-2017 Superintendent’s Social Justice Cadre held their initial meeting on November 30 at the CH-UH Board of Education. Eight JCU students from the Arrupe Scholars Program and their director, Associate Professor Malia McAndrew, joined the 16 Heights High cadre members and Superintendent Dr. Talisa Dixon.

The Arrupe Scholars Program provides JCU students with the knowledge and skills necessary to become advocates for positive social change. The combined cadre was formed when Dr. McAndrew and Dr. Dixon met and began discussing ways to collaborate.

“The JCU students would work on a project with communities in the City of Cleveland, but we thought, why not do their projects within John Carroll’s community here with our students?” Dr. Dixon explained.

After introductions and a few get-to-know-you exercises, the cadre began discussing what would become their main issues of interest, including nondiscrimination, stereotype prevention, sexual assault prevention and educational equity. They also talked about what their “big project” would be for their March 18 Day of Service.

The group also brainstormed future projects, such as planning a community gathering, hosting an open house at the high school, and creating short films about the CH-UH community and schools.

(left-right) Dr. Talisa Dixon, Dave Tabor, Saroya Queen-Tabor and Krista Hawthorne.

Beaumont student joined ocean expedition

Beaumont School senior **Crista Kieley** was among 22 students and 17 educators from around the world selected by the Ocean Exploration Trust (OET) as an Honors Research Program student. One of the major goals of the Nautilus Exploration Program is to inspire the next generation of explorers in STEM (science, technology, engineering, and mathematics) fields. Crista joined the Corps of Exploration aboard Nautilus last August as they explored the California Margin, an area that remains largely unexplored and is crisscrossed by seismically active faults. Crista's dream job would combine fine arts and marine science.

Beaumont students win awards in regional competition

Beaumont School students won 23 awards in the 2017 Scholastic Art & Writing competition in Cuyahoga County, earning four Gold Key and five Silver Key awards as well as 14 Honorable Mention awards. Their works were on display at the Cleveland Institute of Art's Reinberger Gallery.

Gold Key winners are: **Alexandra Andrus, Natalie Noble, Mathilde Tomter** and **Kerrigan von Carlowitz**. Silver Key recipients are: **Christine Aumiller, Claire Carey, Stephanie Mackay, and Grace Martin**. Honorable Mention winners are: **Imani Badillo, Anna Cmolik, Nora Duncan, Maggie Hubman, Grace Martin, Raphaella Mascia, Elizabeth McDermott, Natalia Pozuelo, Rosie Sirk, and Kerrigan von Carlowitz**.

Beaumont student competes in state golf tournament

Beaumont senior **Erin Adams** represented Beaumont at the 9th Annual Girls Division II State Golf Tournament last October finishing eleventh out of 71. In addition to being an avid golfer and co-captain of Beaumont's golf team, Erin is involved in competitive Irish dance and is a member of the Beaumont track team, among other extracurricular activities.



Reaching Heights

Hello, goodbyes and thank yous dominated the presentations at the Reaching Heights Annual Meeting on Tuesday, January 10. Two board members finished their terms and five new board members were welcomed. The evening's theme of "Honoring A Caring Community" continued with the presentation of the Friend of Public Education award to two well-deserving community members who happen to be a married couple, **Dave Tabor** and **Saroya Queen-Tabor**. Next, **Bryan Barrett** owner of Bryan's Marathon received the Outstanding Community Partner award for employing Heights Students and supporting school activities. And finally, the Reaching Heights staff and board and the community thanked **Lisa Hunt**, Assistant Director of Reaching Heights, who resigned to accept a parent engagement position with the CH-UH School District.

Jen Vinson, Board Vice-President and **Dr. Talisa Dixon**, Superintendent of the CH-UH City School District presented the Friend of Public Education awards and highlighted the accomplishments of each member of this "power couple." Dave Tabor, a director in Gas Supply Operations at Dominion East Ohio,

served as a multi-year PTA President at Boulevard Elementary, a co-chair of two operating levy campaigns, and most recently as co-chair of the successful bond issue to fund Phase 1 of the CH-UH Schools Facility Plan to renovate the high school and middle schools. Dave commented that he was a public school student and is very pleased with the education his daughters are receiving in the Heights Schools. He emphasized that his daughters' education wasn't good because he and his wife are involved parents but because they have excellent teachers and opportunities in the Heights Schools.

Saroya Queen-Tabor was also honored as Friend of Public Education. Ms. Queen-Tabor, Manager of Electronic Assessments at the Cleveland Metropolitan School District, served as PTA President at Roxboro Middle School, Board President of Reaching Heights, and Chairperson of the CH-UH District Strategic Plan Committee. She attended parochial school in New York City, because "there wasn't a school district like Cleveland Heights-University Heights for my parents to send me to." She also praised the school district for its broad offerings and encouraged families and other community members to gain a better appreciation of our schools by visiting them and getting involved.

at the library

Krista Hawthorne, Executive Director of Reaching Heights, and Olivia Beck, Sales Representative for Beck Suppliers representing Marathon Petroleum Company, recognized Bryan Barrett as the 2016 Outstanding Community Partner. Bryan Barrett is a Cleveland Heights High School alumnus and the owner of Bryan's Marathon, a petroleum service station on Lee Road in Cleveland Heights. Olivia Beck said that "Bryan has a well-established customer base. That doesn't happen by itself. It comes from building trust in the community. It is a privilege for Beck Suppliers to have a customer who makes a difference in their community through the contribution of time, effort and support – from community fundraisers to mentoring and employing local teens." At the local Marathon Service Station for more than four decades, Bryan said he supports Heights students because he was one of them. "I was a teenager working here and now I own the business."

Congratulations to the award winners who represent so well the community support of public education in Cleveland Heights and University Heights.

Spring Programs at the Library

Here's a sampling of library programs taking place in the spring. For a full listing of programs, visit the library's website at www.heightslibrary.org or look for a copy of the library program guide, Check Us Out, in the mail.

For Kids

Green Eggs and Ham Opera
Friday, March 3, 7:00pm, Lee Road branch, 2345 Lee Road
Happy Birthday, Dr. Seuss! Celebrate his legacy through this interactive performance, which includes beautiful singing, zany acting, and crazy props. Soprano Lara Troyer and her friends perform the one-act opera *Green Eggs and Ham* by composer Robert Kapilow. Advance registration is requested.

Free Comic Book Day 2017

Saturday, May 6, 2:00pm, Lee Road branch, 2345 Lee Road
This year the 6th Annual Free Comic Book Day will be celebrated with a variety of games, activities, and crafts. Children who come in super hero gear, costume or t-shirt will be entered into a special raffle. And of course, be sure to get your FREE COMICS! For ages 3-12.

Green Thumb Gardening

Wednesday, May 3-31, 3:30pm, Noble Branch, 2800 Noble Road
A time to explore and get dirty in the Noble Community Garden where there will be planting, weeding, watering, picking, and having loads of family fun! In case of bad weather an indoor activity will be provided.

Summer Reading at Heights Libraries

The summer reading program helps kids and teens keep their reading skills sharp over the summer break while they have fun and win great prizes! For more information about summer reading and related programs, visit heightslibrary.org starting in May. Details will also be available in the summer issue of the Check Us Out program guide mailed to each home.

Heights Library Earns Top National Rating

For the eighth consecutive year, the Cleveland Heights-University Heights Public Library System has earned the highest possible ranking in Library Journal's annual Index of Public Library Service. Libraries are categorized by yearly expenditure and are rated on five criteria: circulation, visits, program attendance, public computer use, and eCirc (eMedia such as eBooks). Heights Libraries is one of four Cuyahoga County libraries to earn a five-star award in 2016. The others are Cleveland Public, Cuyahoga County and Lakewood libraries. To read the full report on America's star libraries for 2016, go to lj.libraryjournal.com.

1000 Books before Kindergarten

Every young child enjoys curling up with a favorite grown-up and a favorite book. Reading with your child gives them a lifelong love of books and builds the necessary early literacy skills every child needs to learn to read. The more children are read to, the larger their vocabulary becomes, and the more prepared they are for school.

Heights Libraries is committed to supporting every child in the community on their path towards reading. That's why they've joined the national 1000 Books before Kindergarten campaign. 1000 Books before Kindergarten promotes early literacy and reading to parents and caretakers of infants and very young children. The goal is to encourage parents to read one thousand books with their children before sending them to kindergarten. Reading together builds the necessary early literacy skills every child needs in order to learn to read.

For those who find the idea of 1,000 books daunting, library staff point out that participants do not have to read 1000 separate books; if a child loves *Green Eggs and Ham*, and wants to read it 100 times, each reading counts toward the total.

For every 100 books, children will receive a sticker to put on a big, colorful caterpillar mural. At 500, children receive a tote bag. And at 1,000, children receive a T-shirt they can wear proudly, stating "I've Read 1000 Books!"

The program is open to any child from birth to preschool. Parents and caregivers can sign up for the program at any Heights Libraries branch and get started right away tracking their progress on a log sheet or by using the 1,000 Books before Kindergarten app available through iTunes or Google Play. More information can be found at www.heightslibrary.org.

home to the arts

Apollo's Fire

216-320-0012 • www.apollosfire.org

Sacred Bach—A Spiritual Journey

Cantatas No. 36, 17 & 179,
Mass in G Major, BWV 236
conducted by Julian Wachner

Friday & Saturday March 24 & 25,
8:00pm, St. Paul's Episcopal Church,
2747 Fairmount Blvd.

Champagne Brunch & Panel Discussion:

"Exhilarating Challenges: Beethoven on Period Instruments," moderator Don Rosenberg with Jeannette Sorrell and Apollo's Fire principal players.

Sunday, April 30, 12:30pm, Nighttown Restaurant, 12387 Cedar Rd.

Choral Arts Cleveland

216-381-4608 • choralartscleveland.org

"Spring" and "Summer"
from Franz Joseph Haydn's
The Seasons

Sunday, May 7, 7:30 pm,
Disciples Christian Church,
3663 Mayfield Rd.

Dobama Theater

2340 Lee Rd. • 216-932-3396
www.dobama.org

THE FLICK

by Annie Baker, March 3-26, directed by Nathan Motta Regional Premiere

In a run-down movie theater in central Massachusetts, three underpaid employees mop the floors and attend to one of the last 35-millimeter film projectors in the state. Their tiny battles and not-so-tiny heartbreaks play out in the empty aisles, becoming more gripping than the movies on screen. Winner of 2014 Pulitzer Prize for Drama.

HAND TO GOD

by Robert Askins, April 21-May 21,
directed by Matthew Wright
Cleveland Premiere

The children of Cypress, Texas are taught to evade Satan's hand. But this becomes difficult for students at Christian Puppet Ministry when one young man's puppet takes on a devilish personality. Tyrone, a foul-mouthed sock puppet, is at the center of this play that was a Broadway hit and garnered five Tony nominations including Best Play.

The Playwrights' GYM

continues throughout the season. **The 39th Annual Marilyn Bianchi Kids' Playwriting Festival** takes place in June and the **Dobama Emerging Actors Program (DEAP)** will be in July. More information at www.dobama.org.

Ensemble Theatre

2843 Washington Blvd. • 216-321-2930
www.ensembletheatrecl.org

2017 COLOMBI NEW PLAYS FESTIVAL OCCUPATION DAD

by Tyler Whidden, March 17-April 2,
directed by Aaron D. Elersich

Jason has a job but he just works from home now. Lots of dads stay home with their babies. Except his kid won't walk. And his mother won't help. And his older brother's a jerk. And his sister's kids are already perfect and the playground moms are psychotic and everybody on Facebook hates him. Mainstage Theatre.

THE NORTH POOL

By Rajiv Joseph, April 28-May 21,
directed by Celeste Cosentino

In this riveting psychological thriller, inspired by Heights' High's North Pool, a high school vice principal and a Middle Eastern-born transfer student engage in a politically and emotionally charged game of cat and mouse with dangerous consequences. Mainstage Theatre.

Heights Arts

2175 Lee Rd. • 216-371-3457
www.heightsarts.org

IN THE GALLERY

Public Conscience through April 16
Twelve Northeast Ohio artists, whose works in illustration and graphics give voice to broad-ranging topics and social concerns, illuminate the gallery. Gallery talk March 30.

SPOTLIGHT: Kate Snow

March 17-April 22
Solo exhibition of interactive digital media and paintings by Heights artist-member Kate Snow explores and celebrates the physical community that makes up Cleveland Heights. Opening reception March 17, 6:00-9:00pm.

Emergent 2017

April 21-June 3
Heights Arts presents the second iteration of its well-received exhibition celebrating artists who have recently graduated from area colleges and universities. Opening reception April 21, 6:00-9:00pm. Gallery talk May 18.

Gallery Performance: Nicholas Diodore

Saturday, May 6 at 7:00pm
Esteemed Northeast Ohio cellist Nicholas Diodore performs classic and contemporary compositions in a free, community concert.

Gallery Performance: Classical Revolution

Cleveland Saturday, June 10 at 7:00pm
This loosely bound group of classically trained musicians loves sharing music in unusual and non-traditional formats. Hear some infectious classical tunes in a free, community concert.

AT DOBAMA THEATER

Haiku Death Match

Saturday, April 8 at 7:00pm
Now an annual event, the Haiku Death Match pits the region's best and bravest writers of the meditative, seventeen-syllable form against each other in a contest for the title of Death Match Master. It's poetry, theater, talent show, and a jousting match rolled into one evening. Ticket purchases benefit literary programming in the community.

CLOSE ENCOUNTERS CHAMBER CONCERTS

French Horns, Unconducted

Sunday, April 30, 3:00pm

The Cleveland Orchestra's Hans Clebsch, Alan DeMattia, Richard King, and Jesse McCormick offer original works and arrangements for four horns ranging from Baroque to contemporary. \$15-\$55. In a Cleveland Heights carriage house.

Vive La France

Sunday, May 21, 3:00pm

Isabel Trautwein (violin), Joanna Patterson (viola), Tanya Ell (cello), and Patti Wolf (piano) offer the Debussy Cello Sonata, Ysaÿe's Sonata for Violin Solo #2, and Fauré's Piano Quartet in C minor. \$15-\$55. In a private estate nestled in the Shaker Heights parklands.

Heights Chamber Orchestra

www.heightschamberorchestra.org

"All Beethoven Program"

Sunday, April 2, 3:30 pm • First Baptist Church, 3630 Fairmount Blvd.

Overture to Coriolan, Op. 62; Concerto for Violin, Cello and Piano, Op. 56; Symphony No. 8 in F Major, Op. 93. Domenico Boyagian, guest conductor

"A Concert for Mother's Day – Old World Charm"

Sunday, May 14, 3:30 pm • Bohemian National Hall, 4939 Broadway Avenue
Dvorak's Slavonic Dances Nos. 1 & 3
Op. 46, Smetana's The Moldau, Mozart's Symphony No. 38 "Prague." Katherine Kilburn, guest conductor

Lake Erie Ink

2843 Washington Boulevard
(former Coventry Elementary School)
www.lakeerieink.org 216-320-4757

5th Annual Kids Comic Con!

Saturday, March 4, 9:30am-3:00pm
Explore the art of comic book making. It's a full day of workshops featuring professional comic book writers and illustrators where youth of all ages can learn the ins and out of the comic book art form from the pros. \$10 at the door.

Creative Expression Summer Camps

with Lake Erie Ink starting
Monday, June 12

Lake Erie Ink summer camps provide a fun, active, stimulating environment where youth can explore their imaginations, develop their writing skills, and collaborate with peers. Summer camps explore diverse genres, including puppetry, playwriting, nonfiction, comics and graphic storytelling, zines, and more.

Hip Hop Narratives

Teen Summer Camp

Monday-Friday, July 10-21, 1:00-5:00pm
with Lake Erie Ink and Refresh Collective
Create beats, build rhymes, write lyrics, and record your original song on professional recording equipment with Lake Erie Ink and extra-special guest, the Refresh Collective. This camp is great for beginners and seasoned teen songwriters alike.

Evening Ink: Teen Writers' Workshop is a weekly writers' workshop for teens in grades 6-12. Become part of this community of teen writers and explore writing genres, respond to creative prompts, write collaborative pieces, and share with one another in a small group setting. Weekly on Wednesday nights.

Mamai Theatre Company

440-394-8353 • www.mamaitheatreco.org

Administrative offices

1605 Rydalmount Road, 44118

MAMAI MIA, A Mamai Benefit,

Saturday, April 8, 7:00pm

At Cibreo Italian Kitchen,

1438 Euclid Ave.

A cabaret evening with Cleveland's musical theatre divas to benefit Mamai Theatre Company.

LOVE, LOSS AND WHAT I WORE

By Nora Ephron and Delia Ephron based on the book by Ilene Beckerman,
June 8 & 9, 7:30pm

A play of monologues and ensemble pieces about women, clothes and memory.

A collaboration between Mamai Theatre Company, Playhouse Square, and Cleveland State University AHA Festival (Arts and Humanities Alive!)

THE TESTAMENT OF MARY

At The Helen Rosenfeld Lewis

Bialosky Lab Theatre

By Colm Toibin, with Anne McEvoy,

July 5-23, directed by Bernadette Clemens
Colm Toibin's retelling of the pivotal events in the life of Jesus Christ through the eyes of Mary, the survivor, challenges all to imagine the suffering, courage and strength of mothers on a colossal scale – up close and personal.

A DOLL'S HOUSE

At The Helen Rosenfeld Lewis

Bialosky Lab Theatre

By Henrik Ibsen, adapted by

Thornton Wilder, August 9-27,

directed by Christine McBurney

An absurdly satirical indictment of the excesses of both men and women, this 1802 comedy remained unproduced until 2003. Identities are mistaken, social pretensions are deliciously exposed, and the gender constructs of wifely and daughterly duties are boldly upended, bringing forth a new kind of heroine.

Western Reserve Chorale

216-791-0061 westernreservechorale.org

David Gilson, artistic director

Haydn's Mass in Time of War and

Dan Forrest's Requiem for the Living

Sunday, March 19, 3:30pm

Gesu Catholic Church, 2470 Miramar Blvd.

Isn't It Romantic Sunday, June 4, 4:00pm

Exploration of choral works with themes of love and romance by Brahms, Schubert, Whitacre, Garcia Lorca, and Waller.

Cedar Hill Baptist Church, 12601 Cedar Rd.

around town

Noble Community Celebration!

The neighborhoods along Noble Road will buzz with activity the weekend of May 19-21 when their third annual showcase demonstrates how wonderful this quadrant of the city is. Look for over 100 yard sales, school events, real estate sales, business district specials, food, library events, school- and church-sponsored activities. Participants will be able to visit the Police Academy, Denison and Caledonia parks, and community gardens. View photos from last year's event on www.NobleNeighbors.com where you can also find the 2017 interactive event map. Check them out on www.Facebook.com/NobleNeighborsClevelandHeights and on Twitter @NobleNeighbors. See you in the Noble Neighborhood!

16th Annual Cedar Fairmount Summer Festival

The Cedar Fairmount Special Improvement District will host their 16th Annual Summer Festival on Sunday, August 20 starting at 12:00 noon with sponsorship from Cuyahoga Arts & Culture and Cedar Fairmount businesses and neighbors.

Festival goers will have the opportunity to see the progress made on the district's Streetscape Improvement Plan and celebrate the "new look" of Cedar Fairmount. The festival committee is planning to create a 'new vibe' to this fun event, and will include the best from the past.

There will be local artists selling their work, local musicians performing, as well as clowns, princesses and super heroes. The festival will have something to offer for all age groups: the Euclid Beach Rocket Car, bounce houses, pet adoptions, children's games, local authors, historical lectures, representatives from non-profit Cleveland Heights organizations, and a wide variety of entertainment.

To participate in the festival, contact Cedar Fairmount at 216-791-3172 or cedarfairmount@aol.com. Look for more details on www.cedarfairmount.org.

The 2017 FutureHeights Community Builder Workshop Series

will take place on Sunday afternoons from 3 to 6 p.m.

Below are the dates and topics for each session:

- March 5: Process of Community Change
- March 19: Cultural and Political History of Cleveland Heights and its Future
- April 2: Leveraging Community Assets
- April 16: Planning for a Community Program or Project
- April 30: Effective Network-Building Practices

FutureHeights offers 2017 Neighborhood Leadership Workshops and Mini-Grants

FutureHeights, Cleveland Heights' nonprofit, community-building organization, is offering several tools to help Cleveland Heights residents leverage their neighborhoods' assets and enable creative projects to improve their quality of life through its Community

Capacity-Building Program.

FutureHeights offers a series of workshops for neighborhood leaders and neighborhood mini-grants to support neighborhood projects. The group also offers one-on-one mentoring for community leaders.

Since the program's launch in 2015, FutureHeights has awarded approximately \$10,000 in small grants to support 13 projects in Cleveland Heights. Residents can apply for up to \$1,000 for citizen-led neighborhood projects, events and activities. In addition, 25 residents— from several neighborhoods, including Noble, Forest Hill, Cain Park, Boulevard, Severance, Cedar Fairmount, Coventry and East Fairfax—have completed the workshop series, which takes place over several months each spring. The program takes an Assets Based Community Development approach, which means that it seeks to build upon a neighborhood's strengths.

All Cleveland Heights residents are encouraged to complete a two-page application to participate in the workshop series. The application, available at www.futureheights.org/programs/community-building-programs, was due on February 15. Late applications will be accepted if space permits.

Applications for neighborhood mini-grants will be considered in the spring and fall. This year's application deadlines are March 15 and Sept. 15. For more information and applications for both the workshop series and the neighborhood mini-grants, visit www.futureheights.org/programs/community-building-programs or contact Sruti Basu at 216-320-1423 or sbasu@futureheights.org.

40th Anniversary Heights Heritage Home & Garden Tour

Building off of last year's record turnout for the Tour and fabulous "All that Jazz" Preview Party, Heights Community Congress (HCC) will host its 40th anniversary tour of Cleveland Heights homes the weekend of September 23-24. More than 400 homes have been featured throughout HCC's history and the Tour committee has begun work to celebrate this year's Tour in style.

HCC is one of the oldest fair housing organizations in the region with a rich history connected to the story of Cleveland Heights and the nation as it struggled to forge a diverse society. The promotion of fair housing, community diversity and inclusion has been present for 42 years.

HCC continues to provide programs free of charge to the community on diversity and inclusion as well as conduct fair housing audits. Its annual home and garden tour is HCC's largest fundraiser while providing people across Northeast Ohio an opportunity to experience historic Cleveland Heights homes and beautiful gardens on a self-guided tour. Go to www.Heightcongress.org for more information on HCC programs, fair housing and opportunities to volunteer or become a friend of HCC.

Home Repair Resource Center

HRRC's mission is accomplished through a creative mix of self-help programs that include financial assistance, education and skills training to enable homeowners — particularly homeowners of low or moderate income — to accomplish repairs on a contracted or do-it-yourself basis. They are located at 2520 Noble Road (216-381-6100), two blocks north of Monticello.

HRRC's popular Tool Library program has returned to help residents improve their homes and the neighborhoods they inhabit. This is a great service to avoid the expense and hassle of purchasing a tool that may be costly or has one-time use. Tool Library membership is open to those 18 years of age and older and to those meeting at least one of the following criteria: student of HRRC's Home Repair classes (excluding free talks), student who completed HRRC's Home Buyer series, or a resident of Cleveland Heights or Shaker Heights. Those meeting the eligibility requirements need to purchase a yearly membership for \$25 and can then borrow the majority tools for free (seven items carry rental charges because of the cost on their necessary upkeep).

This spring, they are expanding their popular Women's Home How-To classes to include Exteriors and Landscaping. Current Classes for Women include Electricity Basics & Electrical Repairs, Plumbing & Plumbing Repairs, and Carpentry & Your Home's Interior. More details are available at www.hrrc-ch.org.



For more than 50 years, family owned, Action Pest Control has been providing pest control for Northeast Ohio homes. Our services include free estimates and free inspections (except termite for the resale of a home) • Safe for children and pets • Residential & Commercial • Honest & Reliable Technicians • The best customer service in the industry.

Web site - actionpestohio.com. See our reviews on Angie's list

Email - actionpestohio@yahoo.com. 216-321-0404

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business

A NEW LOOK

The “Gateway to the Heights” is undergoing a facelift this spring. The Cedar Fairmount Special Improvement District (SID) is a residential and commercial neighborhood at the top of Cedar Hill where eastbound Cedar Road forks into Cedar to the left and Fairmount to the right. A streetcar connection to Cleveland via Cedar Glen helped the district to grow rapidly in the 1920’s. Through the decades, building owners have strived to retain the Tudor-style architecture and historical vibe throughout the district.

Meetings have taken place since 2014 to create a Streetscape Improvement Plan for the district. The City of Cleveland Heights and the Cedar Fairmount SID received a grant for 1.5 million dollars from NOACA and City Architecture and Osborne Engineering were hired to develop a Streetscape Improvement plan.

The project, which begins this spring, will create new sidewalks and walkways in the district. Sidewalks will be bumped out where possible, new patios created, paver sidewalks, new trees, planters, benches, bicycle racks, and more will be part of the improvements. Cedar Road also will be redone during these improvements.

Entrances to businesses will be maintained during construction; the Heights Center Building will be open to customers using back entrances. Cedar Fairmount’s marketing committee will kick off the construction with a Hard Hat party in April followed by several summer events.

Check www.cedarfairmount.org for updates on the construction and details and dates for events.

2017 will be an exciting year! All are encouraged to visit Cedar Fairmount, the oldest business neighborhood in Cleveland Heights, and watch the progress of the district’s new look.

Expansions

Cedar Fairmount

Located near the intersection of Cedar and Fairmount is a restaurant and bar that felt the “pain” of popularity and has expanded! Congratulations to **The Fairmount** (2448 Fairmount Boulevard, 216-229-9463) on its growth to full capacity to accommodate 200. They moved into the space in the Heights Medical Building originally occupied by Luna Bakery & Café’s decorating operation, which expanded into a different space. The new space is next to The Fairmount’s original area and is primarily used for private parties, wine tastings, and other special events. Owner Jake Orosz is planning on additional enhancements within the next several years.

Bravo to independent bookstore **Appletree Books** (12419 Cedar Road, 216-791-2665) for nearly doubling in size. Established in 1975, Appletree Books offers an eclectic, well-curated selection of new book titles in many genres for children and adults. Appletree expanded into the space formerly occupied by Sandaez Tanning and, in addition to a larger area for children’s items, there is also a separate young-adult section and a section of lifestyle books for adults, including books about cooking, gardening fashion, style and crafts.

Taylor Fairmount

Another establishment doubling in size (no pun intended!) is **On The Rise Bakery** (3471 Fairmount Boulevard, 216-320-9923). When On The Rise opened in 2001 it was strictly a bakery until four years ago when sandwiches were added to the menu. Owners Adam and Jennifer Gidlow seized the opportunity to expand when their neighbor, Fairmount Letters, closed several years ago. They offer espresso drinks, more hot sandwiches and a greater variety of salads in addition to the artisan breads for which they are known. And they were recently named to The Weatherhead 100 Upstarts, which showcases the best examples of leadership, growth and success in Northeast Ohio.

Taylor

The Centers for Families and Children celebrated the expansion of its **McMillan Early Learning Center** (1941 South Taylor Road, 216-325-9678) with an open house last fall. It offers care for infants 6 weeks to 18 months in addition to toddler and preschool programs. McMillan is accredited by the National Association for the Education of Young Children. www.thecentersohio.org.

Openings

CEDAR FAIRMOUNT

Opening this spring! It’s been a long wait and a complete gut job of the space formerly occupied by The Mad Greek but **Barrio** is set to open their fourth location early this spring at 2466 Fairmount Boulevard. The restaurant known for its tacos, guacamole and margaritas will be open daily from 4:00pm to 2:00am Monday through Thursday, and 11:00 to 2:00am Friday through Sunday.

CEDAR LEE

The range of international restaurants in the Cedar Lee area has expanded once again with the addition of **Zoma Ethiopian Restaurant** at 2240 Lee Road. Ethiopian immigrants Zeleke Belete and his wife, Betty Kassa, believe there’s a high demand for this cuisine, which is renowned for its creative preparation of vegetables. Zoma offers a wide-range of vegetarian and meat dishes, and a traditional Ethiopian coffee ceremony.

The Sweet Fix Bakery (2307 Lee Road) has opened in the same location as The Fix and offers yummy treats, some of which are gluten-free! You can choose to have your baked goods delivered by using www.GrubHub.com. Details are at 216-371-9866.

Coming Soon! Brothers Josh and Jason Sweet are opening a new brewery and restaurant in the space once occupied by Lemon Grass Thai Cuisine. **Boss Dog Brewing** will offer a full menu of food items in the American gastropub style. Look for an opening this summer.

CEDAR TAYLOR

Cleveland Heights resident Arlyn Samuels offers an eclectic menu at her **R's Kitchen**, located at 13441 Cedar Road next door to M.T. Glass bar. Several homemade soups are available daily as well as chili and salads, a variety of sandwiches and burgers, and entrees. R's Kitchen (216-406-2715) is open Tuesdays through Saturdays from 3:00 to 11:00pm.

COVENTRY

Cleveland Heights residents Jay and Jade Novak have added a small, after-hours cocktail lounge specializing in whisky underneath their popular **Café Bon Appetit** at 2767 Euclid Heights Boulevard. More than 50 whiskeys ranging from Irish to American to Japanese and English brands are dramatically lit on shelves behind the repurposed wood bar. Other spirits and cocktails are also available as well as a menu of light fare similar to what their restaurant serves upstairs. Café Bon Appetit's (216-321-1930) whiskey bar is open evenings Tuesday through Saturday.

Artful is making affordable studio space for local artists a reality in 5300 sq. feet of space once occupied by Coventry School. They join Ensemble Theatre, Lake Erie Ink, preschool and elementary school Urban Oaks, and community organizations Reaching Heights and Future Heights at 2843 Washington Boulevard. Founder Shannon Morris, a lifelong artist and Cleveland Heights resident invites everyone to the Grand Opening of the Artful artist studios (second floor) on Saturday, March 11, 5:00-9:00pm. Light refreshments will be served and those interested are encouraged to join their Facebook page to learn of detail updates. www.artfulcleveland.org.

MAYFIELD LEE

Dee Coker and Al Stokes of **Cleveland Cuts** offer a selection of their handmade knives, cutting boards, rolling cars and tables at 2495 Lee Boulevard in the iconic Rockefeller Building. They also provide knife sharpening and etching for customers' existing knives. Cleveland Cuts sharpens knives only using a whetstone and never a grinder. The store is open Wednesday, Friday and Saturday from 10:00am to 3:00pm and by appointment.

NOBLE-MONTICELLO

Mike's Corner Deli is the new name of a longstanding dining establishment at 2548 Noble Road (corner of Noble and Roanoke roads). Shawnnell and Michael Thomas offer a new menu of overstuffed sandwiches (Noble Big Daddy and Noble Big Mama), wraps, paninis as well as a breakfast sandwich and popular deli standbys. Mike's Corner Deli (216-465-4852) is open Monday through Saturday, 9:00am to 7:00pm and offers carry-out and limited dine-service.

Just a few doors down and across Noble Road there is a comfortable sit-down restaurant featuring an attractive wooden bar under the new management of Reggie and Shawnee. **Taste and See** (2573 Noble Road) is open every day except Sunday from 12:00 noon to 8:00pm. Diners can choose from ribs, chicken, fish, pork chops and shrimp entrees plus sandwich options and salads.

Atma Center Celebrates 20th Year

Congratulations to the **Atma Center** and founder/director Beverly Singh for providing 20 years of bliss and healing at 2319 Lee Road (216-371-9760). They focus on accessible stretches, breathing techniques, meditation and on the therapeutic benefits of yoga. Group classes, private sessions and workshops consistently prove the studio's motto of providing "Yoga for EveryBody." The Atma Center also brings worldwide attention to Cleveland Heights as host to the Yoga Academy of North America (YANA), an international nonprofit that has welcomed trainees from 30 states and 20 countries, including India.



SPECIAL for NEW, LOCAL Students!

1 month of unlimited yoga AND Beginners' Workshop

ONLY \$59!



- **PRENATAL**
- **SPECIALTY CLASSES**
- **MEDITATION**
- **GENERAL CLASSES**
- **PRIVATE LESSONS**
- **... AND MORE!**



WE LOVE NEW STUDENTS!

Serving Cleveland Heights since 1997

Celebrating our 20th year!

**2319 Lee Road, Cleve Hts.
(near Dellwood and Lee)**

(216) 371-9760

historicheights

The Cleveland Heights Historical Society

is dedicated to discovering, preserving, and promoting the heritage of Cleveland Heights. The Society sponsors a Facebook page and membership information is on www.chhistory.org. The CHHS website includes stories connected with Cleveland Heights history, all the articles that have appeared in the Society's newsletter ("View from the Overlook"), large numbers of photos from Cleveland Heights' past, a blog, and information regarding the annual Heights Heritage Tour. The Society sponsors its own events and shares sponsorship with others, such as the Cleveland Heights Landmark Commission and the Cleveland Heights-University Heights Public Library. The Society also welcomes questions or comments by emailing heightshistory@gmail.com. Volunteers are also welcome from time to time to help with various projects.

National Preservation Month

May is National Preservation Month and Cleveland Heights has a number of events and walking tours planned. Presented by the Cleveland Heights Historical Society, the Cleveland Heights Landmark Commission and the Heights Library, these events showcase the rich history of our community and help us learn how to protect and preserve the architecture and homes that make Cleveland Heights special. Space is limited for the tours and advance registration is required.

Call 216-291-4878 after April 20.

Cleveland Heights

House History Workshop

Monday, May 1, 7:00pm

Heights Main Library, 2345 Lee Road

Speaker: Kara Hamley O'Donnell, City Planner, City of Cleveland Heights

Using local research tools as well as online sites, this workshop will teach participants how to research their home's history, including when it was built and by whom, its many owners and how to locate historic photos. Participants will also learn how to use *Plain Dealer* indexes to find out what may have happened at a property—anything from home sales to lost pets or even exciting society events. Those who pre-register and provide their home's address will be provided some basic advance information to start a search on their property; others can receive the information at a later date.

Pre-register after April 1 at 216-291-4878.



Privileged to help.

Betsy Warner, Agent
2491 Lee Blvd
Cleveland Heights, OH 44118
Bus: 216-932-6900
betsywarner.com

We're honored to serve this community for 25 years.

My staff and I look forward to many more with you. Thank you for your continued support and business.

Get to a better State®. Get State Farm.

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Tour of East Cleveland Cemetery

Guided Tour of East Cleveland Township Cemetery

Saturday, May 6, 10:00am

1621 East 118th Street, just north of Euclid Avenue

Meet in the Chapel, the restored Spanish-style building near the entrance

Speaker: Nancy L. West (Adams), Vice President & Secretary of East Cleveland Township Cemetery Foundation

East Cleveland Township Cemetery was founded in 1859 to serve the Township.

As part of that Township's breakup, the section where the cemetery is located was annexed to Cleveland in 1892.

The cemetery is closely connected with Cleveland Heights history as many of the earliest settlers in what is now Cleveland Heights are buried there.

The Foundation's mission is to provide education and patriotic events for the community pertaining to its historic heritage in an urban park setting. Parking is available at the cemetery's entrance.

Interior Painting in an Older Home

Monday, May 15, 7:00pm.

Heights Main Library, 2345 Lee Road

Speakers: Margaret Lann & Trudy

Andrzejewski, from Cleveland

Restoration Society

Have you ever imagined what the interior of your house looked like originally?

Maybe you would like to redecorate and be "sensitive" to your house's architectural style.

This program will explore various trends of historic painting and take a look at different types of paint & finishes.

Attendees will also learn proper technique for prepping surfaces, repairing plaster, stripping

woodwork and analyzing paint samples.

Cleveland Heights Rocks & Waters

2017: Compton Creek

Saturday, May 20, 10:00am-12:00 noon

approximately, RAIN OR SHINE

Meet at the north end of the Cleveland Heights Community Center parking lot,

1 Monticello Blvd

Limited availability. Reservations required. Call 216-291-4878 after April 20

Tour leaders: Roy Larick, Korbi Roberts

and Jim Miller

Join us for a walk of "Compton Creek," the Dugway tributary that flows through the Park Synagogue site and reappears in Forest Hill Park. Compton Creek begins at a pond on Crest Road. Lower down,

Park Synagogue straddles a sandstone waterfall. In Forest Hill Park, the stream tumbles over bluestone to join Dugway.

We will walk Compton's geology, history and ecology.

The Noble Neighborhood and Nearby, 1874-2017

Thursday, May 25, 7:00pm

Heights Main Library, 2345 Lee Road

Speaker: Marian Morton, Professor Emeritus of History,

John Carroll University

The history of the Noble neighborhood, and nearby, is familiar: from farms and quarries to suburban homes, distinctive shops, and distinguished public buildings. Yet its past and present are also unique, encompassing an unsuccessful effort to secede from Cleveland Heights in 1916; graceful murals by Works Progress Administration artists at Oxford School; an abandoned dump that became Denison Park and pool and then a soccer field; Protestant churches that reflect the neighborhood's racial and ethnic diversity; and architecture that ranges from simple nineteenth-century farm houses to architect-designed homes in the Inglewood Historic District.

Regency Developers

Family owned & operated for 30 years.

Kitchens, Additions and Bath Remodels

Norman & Lisa Muskal, Owners | Storefront in Cleveland Heights
Ruth Kronick, Project Co-ordinator | 2066 S. Taylor Rd. | **216.321.4444**

Angie's list BBB houzz 10,000 small businesses

CAINPARK

NEW! Cain Park welcomes a new concessionaire, **Tasteful Sensations**, who will be running the Cain Park Grill on the Terrace.

ticket office opens may 27 for residents only!

- 9:00am-5:00pm, **in person only at Cain Park Ticket Office**, (no phone or fax orders)
- Limited quantities and no guarantees that ticket requests will be filled from designated block of seats
- Bring photo ID and two proofs of current residency (e.g. mail, utility bill, current CH Recreation ID)
- Register with Cain Park staff on May 27 outside Main Ticket Office
- Credit card purchases require a photo ID that must match the name on the credit card.
- Name on credit card or check **MUST MATCH** the name of resident making purchase.
- After registering, get a number that represents your place in the ticket-buying queue

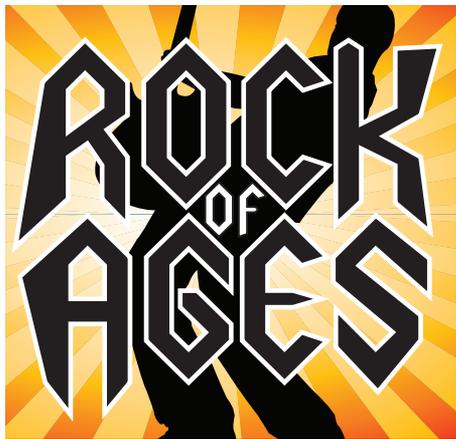
If you do not wish to take a number for the ticket-buying queue, you have the option of filling out a ticket order form with method of payment attached and current phone number where you can be reached, and then leaving it with a Cain Park staff member. Ticket forms will be processed at the end of the day in the order they were received.

Cain Park staff does not accept responsibility for ticket requests not able to be filled from the special block of seats due to high demand. Cain Park staff reserves the right to limit tickets per resident household for certain events.

The Cain Park Ticket Office will open to the general public one week later on June 3 (in person, by phone, mail or fax). The special block of resident seats will not be available on June 3.

WIN TICKETS TO EVERY EVANS EVENT

Imagine yourself at every Evans Amphitheater concert this summer in your own season seats! The Friends of Cain Park are raffling two tickets to all 2017 Evans Amphitheater events for only \$50. Raffle tickets go on sale March 1-May 12. The winner will be selected at the May 15 City Council meeting. Contact Jennifer Kuzma at 216-291-2854 or jkuzma@clvhts.com for details on how to purchase tickets.



REGIONAL PREMIERE OF "ROCK OF AGES" June 8-25

Directed by Joanna May Hunkins with musical direction by Jordan Cooper
This Tony-nominated Broadway musical that ran for 2,328 performances features a book by Chris D'Arenzo and the classic rock hits of bands including Bon Jovi, Styx, Journey, White Snake, Night Ranger, REO Speedwagon, Pat Benatar, Twisted Sister, and others. Set in LA's infamous Sunset Strip in 1987, ROCK OF AGES tells the story of Drew, a boy from South Detroit, and Sherrie, a small-town girl, both in LA to chase their dreams of making it big and falling in love.

Discounted opening weekend tickets (\$25 for Friday, June 9, Saturday, June 10 and Sunday, June 11) WILL BE SOLD ONLY to Cleveland Heights residents on May 27. When the Ticket Office opens to the general public on June 3, these tickets will be \$30 advance and \$32 day of show. Discounts are applied to full-price tickets only. Preview on June 8 is \$20; no additional discounts will be applied.

Below is a list of the 2017 Cain Park events that have been confirmed as of this publication date. Booking the season has only begun so please check for calendar updates on www.cainpark.com!

PAT METHENY QUARTET June 13

"RADIO HOUR" June 14

BLACK VIOLIN June 16

An Evening with DAVID SANBORN June 17

WORKMEN'S CIRCLE YIDDISH CONCERT June 25

CAIN PARK ARTS FESTIVAL 40th Anniversary July 7-9

GROUNDWORKS DANCETHEATER July 14-16

FREE CHAMBER MUSIC SERIES July 18, August 1, 15

THE MUSICAL THEATER PROJECT:

"For Good: The New Generation Of Musicals" July 20

FREE SUNDAYS IN THE PARK July 23, 30 August 6, 13, 20

INLET DANCE THEATRE July 26 (Kids Matinee) and July 27

STEPHEN STILLS / JUDY COLLINS July 28

APOLLO'S FIRE: Vivaldi's Four Seasons July 29

THE SINGING ANGELS July 30

THE MUSIC MAN IN CONCERT with Liza Grossman and the Contemporary Youth Orchestra August 5-6

AMERICAN ACOUSTIC: Featuring Chris Thile/Punch Brothers/I'm With Her August 9

THE MUSICAL THEATER PROJECT—Luck Be A Lady:

The Songs Of Frank Loesser August 10

ARTS PRIZE CELEBRATION August 12

MICHAEL W. SMITH August 13

THE DOO WOPS August 19

COMMUNITYCENTER

Important Phone Numbers

Cain Park: 216-371-3000 (April-August)
Community Center: 216-691-7373
Cumberland Pool: 216-691-7390
Ice Rinks: 216-691-7434
Office on Aging: 216-691-7377
Recreation Sports Hotline: 216-691-7385
Summer Camp by Jump Start Sports: 330-656-0090

Registration Information

All Dates Are Subject to Change
Registration is on a first-come, first-served basis. All fees are due at the time of registration. All Cleveland Heights residents must first purchase a \$5 Recreation ID card and provide proof of residency, such as a utility bill (or other piece of mail), in addition to a driver's license or photo ID in order to register. All classes have a minimum enrollment and will be cancelled if they have not met minimum enrollment before the first class. Participants will be notified by phone and/or email in the event of a class cancellation due to insufficient enrollment. 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 will be honored for each additional family member in the same class. A family is defined as adult head of household and his/her spouse or partner and dependent children occupying the same household, age 18 and under. Please note that sometimes excellent courses are canceled when too many people wait until the last minute to register. To avoid disappointment, try to register as soon as possible or at least one week before the course begins.

Registration Hours

M-F 9:00am-7:00pm
Sat. 9:00am-4:00pm
Sun. 11:00am-4:00pm

Closed: Sunday, April 16
Monday, May 29
Tuesday, July 4
Monday Sept. 4

Spring Program Registration begins March 6
Summer Program Registration begins May 1

Benefits of a Recreation ID Card

Use of the Community Center track, fitness center and basketball courts.*
Free use of the lighted tennis courts, outdoor basketball courts and skate park.
Use of six outdoor picnic shelters (permit required at a fee of only \$25).
Free use of the Cain Park Splash Pad and Cumberland Wading Pool.
Reduced rates for all Community Center programs.
Reduced rates for public ice skating sessions and other skating programs.
Reduced rates for daily swimming admission and aquatics programs.
Reduced rates for youth/adult sports programs.

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

For Your convenience, There are Four Ways to Register:

Online (24/7)

Registration available at www.clevelandheights.com, click the Recreation tab. 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 and initial Login ID. Note: if a class is already full, you will not be able to register online.

In Person

Register in person at the Community Center during the office hours listed to the left. In-person registration is an option for most programs with the exception of Jazzercise and Jump Start Sports.

Phone

Registration by phone is only an option for some senior programs and general recreation classes if the participant has a current Recreation ID Card.

Mail

Mail completed registration form(s) to City of Cleveland Heights Department of Parks and Recreation – 40 Severance Circle – Cleveland Heights, OH 44118 – Attn: Registration, with check made payable to **City of Cleveland Heights**.

Payment Options

Cash, VISA, MasterCard, debit cards, money orders or personal checks. (Do not mail cash). Checks should be made payable to **City of Cleveland Heights** and should include your phone number. **There is a returned check service fee of \$25.**

Refund Policy

Because the decisions to maintain classes are 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 are exempt from this policy and are dealt with on a case-by-case basis. Those entitled to a refund will have a \$5 processing fee deducted. There is no refund for materials purchased.

Disability Policy

The Cleveland Heights Department of Parks and Recreation is sensitive to the needs of the physically challenged and encourages participation of all individuals. All of our facilities meet ADA requirements.

Non Endorsement Policy

The City of Cleveland Heights does not necessarily endorse the opinions or philosophy of the instructors who teach its classes and programs.

Weather Cancellation Policy

When the Cleveland Heights-University Heights City Schools are closed, all Senior Center activities and activities held in school facilities will be cancelled. The Community Center will remain open and activities will be handled on a case-by-case basis.

Youth Recreation Fund

The Youth Recreation Fund provides financial assistance to those Cleveland Heights children who might otherwise be unable to participate in recreation programs and activities. The Youth Recreation Fund offers reduced rates for those residents who qualify. Applications are available at the Community Center.

Volunteer Opportunities

Volunteer coaches are needed and welcome for youth sports programs such as basketball, baseball, flag football, soccer, softball, T-ball, programs and special events. Please contact Mike Discenzo at mdiscenzo@clvhts.com to become a volunteer coach or contact Dee Marsky at dmarsky@clvhts.com for program and special event opportunities.

fitness center information

Annual Fitness Center Passes/30-Day Passes/Daily Admission

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

Resident Field House Pass Rates:

Category	30-Day Pass	Annual Pass
Youth (K-age 11)	\$10.00	\$84.00
Youth (age 12-HS or equiv)	\$18.00	\$110.00
Young Adult (19-24)	\$27.00	\$180.00
Adult (25-59)	\$33.00	\$220.00
Senior (60+)	\$17.00	\$115.00
Family	\$65.00	\$345.00

Annual Non-Resident Fitness Center Passes / 30 Day Passes Available

Adult non-residents age 18+ who:
 Live in University Heights, or
 Live within the boundaries of the Cleveland Heights-University Heights City School District, or
 Have children participating in Community Center programs, or
 Are employed within the boundaries of Cleveland Heights, including their families (must present recent pay stub).

Non-Resident Field House Pass Rates:

Category	30-Day Pass	Annual Pass
Youth (K-age 11)	\$15.00	\$126.00
Youth (age 12- HS or equiv)	\$27.00	\$165.00
Young Adult (19-24)	\$39.00	\$248.00
Adult (25-59)	\$45.00	\$299.00
Senior (60+)	\$25.00	\$173.00
Family	\$79.00	\$499.00

Fitness Center Guest Policy

Fitness center pass holders may bring a non-resident guest (maximum two) at a cost of \$8.00 per guest. Guest books of 3 for \$16.00 are available for purchase.

Fitness Center/Track Policy

You need to be age 16 or older to use the Fitness Center and Track. Youth ages 12-15 may use the 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. Infants and toddlers are not permitted in the Fitness Center.

Fitness Center Hours

Closed: Sunday, April 16
Monday May 29
Tuesday, July 4
Monday, Sept. 4
Closed August 28-Sept. 4 for annual maintenance.

Through-May 21

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

May 22-September 17

Monday-Friday: 6:00 am-8:00pm
*open until 9:00pm Mon & Tue
Saturday: 7:00am-5:00pm
Sunday: 9:00am-5:00pm

Open Gym Information

Open gym times for youth and adults have been scheduled. Please call 216-691-7373 for information. Cleveland Heights residents with a recreation ID card is \$6.00—12 and under is \$3.00 per visit.

Room Rentals

Are you planning a party or hosting a business event/seminar for an organization? If so, then the Community Center is just the place to service your needs. The Community Center has several rooms to accommodate your event no matter how big or small, including a large activity room with a warming kitchen. Tables and chairs are also available for your specific function. Please feel free to visit the Community Center and view our rooms. If interested in reserving a room please contact 216-691-7373 and let the Community Center make your event one to remember!

Small Activity Room

Maximum capacity: 25
Cost: \$25.00/hour CH RES or CH nonprofit*
\$50.00/hour NON RES or NON RES nonprofit
*(Note: No fee, meetings only up to two times per year.)

South Atrium

Maximum capacity: 50
Cost: \$35.00/hour CH RES or CH nonprofit
\$70.00/hour NON RES or NON RES nonprofit

Activity Room 1A & 1B

Maximum capacity: 50
Cost: \$55.00/hour CH RES or CH nonprofit
\$110.00/hour NON RES or NON RES nonprofit
Security Deposit: \$110.00

Activity Room 7 (Kitchen Availability)

Maximum capacity: 100
Cost: \$110.00/hour CH RES or CH nonprofit
\$220.00 hour NON RES or NON RES nonprofit
Security Deposit: \$220.00

Senior Activity Center Multi-Purpose Room

Maximum capacity: 150
Cost: \$150.00/hour CH RES or CH nonprofit
\$300.00/hour NON RES or NON RES nonprofit
Security Deposit: \$300.00

Summer Field House (South Rink)

Trade Show: \$250.00/hour or \$1,000.00/day

Guidelines:

- Room reservations with a deposit need to be made 30 days before your event.
- The individual who signs the contract needs to 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/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.
- Smoking or alcoholic beverages are not permitted in the facility.
- Cancellations must be received 30 days prior to your event in order to receive a refund.
- Live animals are not permitted in the facility.
- The Community Center is unable to accommodate rentals for any teen parties (ages 13-19).

Picnic Shelter Reservation

Cleveland Heights has six covered picnic shelters available for use by Cleveland Heights residents with a current Recreation ID Card only. The Caledonia Park picnic shelter is also available to East Cleveland residents with proper proof of residency. Picnic 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 holders of a current Recreation ID Card for a cost of only \$25.00 on a first-come, first-served basis. An application needs to be completed in order for a permit to be issued. Non-permit use is allowed, however, permit holders will have priority for picnic shelter use. Permits are enforced by the Cleveland Heights Police Department. Applications for 2017 were accepted beginning Tuesday, January 3.

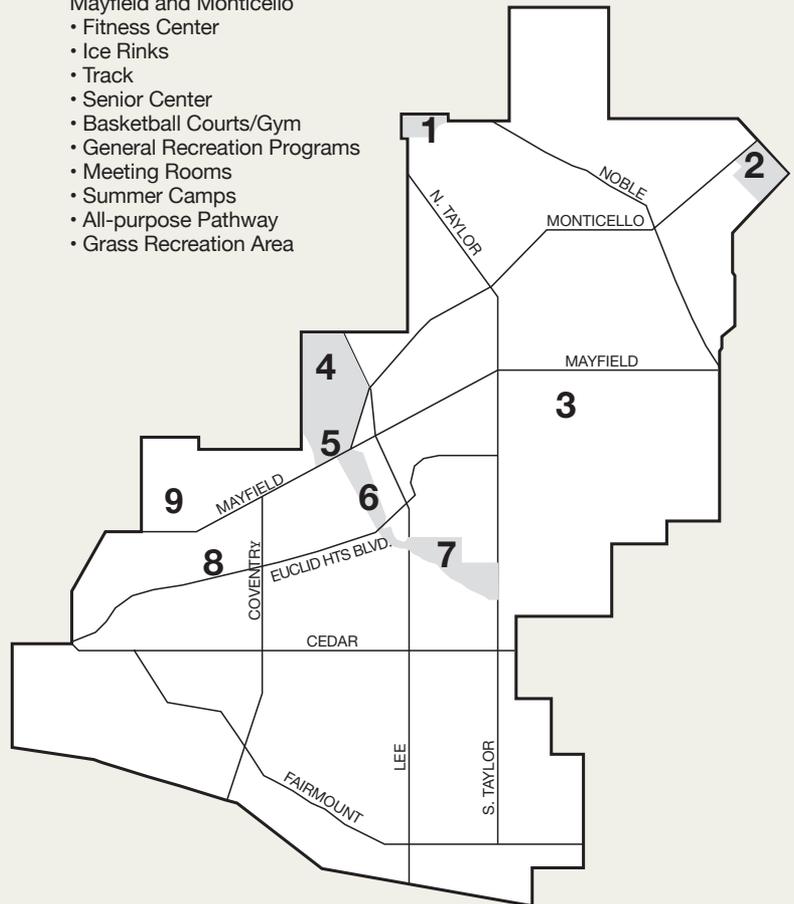
The Department of Parks and Recreation handles all reservations for picnic shelters. Please call the Community Center at 216-691-7373 to request a picnic shelter reservation packet which includes all pertinent information and forms.

Athletic Field Reservation

Recreation ID card holders can also reserve baseball/softball and other athletic fields for a fee. The Department of Parks and Recreation limits availability of its athletic fields. Please contact Mike Discenzo at 216-691-7383 to inquire about field availability.

parks & 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
- 4 FOREST HILL PARK**
Lee and Monticello
• Softball & Baseball Fields
• Tennis Courts
• All-purpose Pathway
• Picnic Shelters
• Playground
• Multi-purpose Field
• Nature Trail
- 5 COMMUNITY CENTER**
Mayfield and Monticello
• Fitness Center
• Ice Rinks
• Track
• Senior Center
• Basketball Courts/Gym
• General Recreation Programs
• Meeting Rooms
• Summer Camps
• All-purpose Pathway
• Grass Recreation Area
- 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
- 9 KENILWORTH PARK**
Edgehill and Kenilworth
• Playground



AQUATICS POOLS

cumberland pool

CELEBRATING 90 YEARS!

1740 Cumberland Road 44118
216-691-7390

2017 Regular Season Schedule*
Saturday, June 3 – Monday, Sept. 4

Monday-Friday

Early Bird Adult Lap Swim / 6:45-10:00am
Adult Lap Swim / 10:00am-8:00pm
Parent/Tot Swim / 9:00am-5:00pm
Open Swim / 1:00-5:00pm
Family Swim / 5:00-8:00pm
Wading Pool / 10:00am-8:00pm

Saturday

Adult Lap Swim / 9:00am-6:00pm
Open Swim / 11:00am-6:00pm
Wading Pool / Noon-6:00pm

Sunday

Adult Lap Swim / 11:00am-6:00pm
Open Swim / 1:00-6:00pm
Wading Pool / Noon-6:00pm

* Proper swimwear is required to swim at Cumberland Pool. Management reserves the right to make adjustments in daily operating hours, close due to cold or inclement weather or when the air temperature falls below 65° F. Cumberland Pool will go to a reduced schedule Monday, August 21-Friday, September 1.



Holiday Schedule

Date /Time: Tuesday, July 4 / 12-6:00pm
Saturday, Sept 2 /12-6:00pm
Sunday, Sept 3 / 12-6:00pm
Monday, Sept 4 / 12-6:00pm

Special Events

Family Fun Nights

Friday, June 23 & 30 / 5:00-8:00pm

Women Only Swim Night

Sunday, June 25 / 6:30-8:00pm

Family Fun Nights

Friday, July 7, 14 & 28 / 5:00-8:00pm

Women Only Swim Night

Sunday, July 16 / 6:30-8:00pm

Carnival Night

Friday, July 21 / 5:00-8:00pm

Water Show

Tuesday, Aug 1 / 8:30pm

Family Fun Nights

Friday, Aug 4, 11 & 18 / 5:00-8:00pm

Men Only Swim Night

Sunday, August 6 / 6:30-8:00pm

Women Only Swim Night

Sunday, August 20 / 6:30-8:00pm

General Admissions

A current Recreation ID Card is required for use of Cumberland Pool.

Daily Rates: Preschooler - FREE
w / Adult Recreation ID Card holder
Student (K-12) \$3.00
Adult (18-59) \$4.00
Senior (60+) \$3.00
Guest \$7.00 with Adult Recreation ID Card holder
Guest Book* \$25.00 (book of 5)

* Purchased by Adult ID Card holder

Season Passes

On sale beginning Monday, May 1.
A current Recreation ID Card is required to purchase resident season passes.

Purchased on/before June 2:

Family \$115.00 CH RES
\$172.00 NON RES
Adult (19-59) \$49.00 CH RES
\$75.00 NON RES
Senior (60+) \$39.00 CH RES
\$75.00 NON RES
Student (K-18) \$35.00 CH RES
\$52.00 NON RES

Purchased after June 2:

Family \$135.00 CH RES
\$172.00 NON RES
Adult (19-59) \$59.00 CH RES
\$75.00 NON RES
Senior (60+) \$49.00 CH RES
\$75.00 NON RES
Student (K-18) \$45.00 CH RES
\$52.00 NON RES

Pool Rentals

Cumberland Pool is available for rental on select Saturday & Sunday evenings throughout the summer. Groups that wish to rent the pool need to consist of no less than 60% CH residents and need to be sponsored by an adult with a current Recreation ID Card. Rental applications will be available at the Community Center beginning Thursday, June 1. Full payment is due with the completed application. Only ONE rental per group per season. Refunds will only be granted in the event of inclement weather.

Day: Saturday
Dates: June 24; July 8; Aug 5 & 19
Day: Sundays
Dates: June 11, 18; July 2, 9, 23 & 30; Aug 13 & 27; Sept 3
Time: 6:30-8:30pm
Location: Cumberland Pool
Cost: \$350.00
Group Size: 75+

American Red Cross Swimming Lessons

The Cumberland Pool learn-to-swim program is taught by Cumberland Pool American Red Cross certified lifeguards. The pool staff reserves the right to test the swimming ability of any swimmer to ensure proper skill placement and to limit class size or to combine classes when necessary. Participants must register at least one week before each session for all group lessons. No class July 4.

Adult Group Lessons

Ages 18+ with little or no swimming experience.

Instructor: Cumberland Pool Lifeguards

Day: Saturday

Dates: June 10-July 29

Time: Noon-1:00 pm

Location: Cumberland Pool

Cost: \$35.00

Class Size: 12

Registration begins 5/1

Parent/Child Group Lessons

Ages 6-36 months. Builds basic water safety skills for parents and helps children become more comfortable in the water.

Adults are in the water with their child.

Instructor: Cumberland Pool Lifeguards

Day, Date & Time: Monday,

June 5-July 24 | 5:15-5:45pm

Day, Date & Time: Wednesday,

June 7-July 26 | 5:15-5:45pm

Day, Date & Time: Saturday,

June 10-July 29 | 11:15-11:45am

Day, Date & Time: Saturday,

June 10-July 29 | Noon-12:30pm

Location: Cumberland Pool

Cost: \$20.00

Class Size: 10

Registration begins 5/1

Preschool, Youth, Teens & 'Tweens Group Lessons

Session 1: June 5-22

registration begins 5/1

Session 2: June 26-July 13

registration begins 6/19

Session 3: July 17-Aug 3

Registration begins 7/10

Evening Session: June 5-July 19

Registration begins 5/1

(No class July 4)

Preschool

Ages 3-5. Skills are age appropriate and emphasize water safety, survival and foundational swimming concepts.

Instructor: Cumberland Pool Lifeguards

Day & Time: M-TH | 10:00-10:30am

Day & Time: M-TH | 10:35-11:05am

Day & Time: M-TH | 11:10-11:40am

Day & Time: M-TH | 11:45-12:15pm

Day & Time: M-TH | 12:15-12:45pm

Location: Cumberland Pool

Cost: \$30.00

Class Size: 8

Level 1-Introduction to Water Skills

Ages 5+. Basic water skills including blowing bubbles, bobbing, front and back glides, and water safety skills are taught.

Instructor: Cumberland Pool Lifeguards

Day & Time: M-TH | 10:00-10:30 am

Day & Time: M-TH | 10:35-11:05 am

Day & Time: M-TH | 11:10-11:40 am

Day & Time: M-TH | 11:45-12:15 pm

Day & Time: M-TH | 12:15-12:45 pm

Day & Time: M/W | 5:15-5:45 pm

Day & Time: M/W | 5:50-6:30 pm

Location: Cumberland Pool

Cost: \$30.00

Class Size: 8

Level 2-Fundamental Water Skills

Ages 5+. Children learn to float and swim independently, to roll over, change direction while swimming and begin treading water with a continued emphasis on water safety.

Instructor: Cumberland Pool Lifeguards

Day & Time: M-TH | 10:00-10:30 am

Day & Time: M-TH | 10:35-11:05 am

Day & Time: M-TH | 11:10-11:40 am

Day & Time: M-TH | 11:45-12:15 pm

Day & Time: M-TH | 12:15-12:45 pm

Day & Time: M/W | 5:15-5:45 pm

Day & Time: M/W | 5:50-6:30 pm

Location: Cumberland Pool

Cost: \$30.00

Class Size: 8

Level 3-Stroke Development

Ages 5+. Children learn front crawl with rotary breathing and elementary backstroke, dolphin & scissors kick and diving with continued work on water safety.

Instructor: Cumberland Pool Lifeguards

Day & Time: M-TH | 10:00-10:30am

Day & Time: M-TH | 10:35-11:05am

Day & Time: M-TH | 11:10-11:40am

Day & Time: M-TH | 11:45-12:15pm

Day & Time: M-TH | 12:15-12:45pm

Day & Time: M/W | 5:15-5:45pm

Day & Time: M/W | 5:50-6:30pm

Location: Cumberland Pool

Cost: \$30.00

Class Size: 8

Level 4-Stroke Improvement

Ages 5+. Children learn front and back crawl, elementary backstroke, sidestroke, breaststroke and butterfly. Diving and underwater swimming are taught. Treading water and water-safety skills continue.

Instructor: Cumberland Pool Lifeguards

Day & Time: M-TH | 10:00-10:45 am

Day & Time: M-TH | 10:50-11:35 am

Day & Time: M/W | 6:30-7:15 pm

Location: Cumberland Pool

Cost: \$35.00

Class Size: 8

Level 5-Stroke Refinement

Ages 5+. Children learn shallow angle dives, tuck & pick surface dives and back flip turns are taught with an emphasis on water safety skills for the swimmer and others.

Instructor: Cumberland Pool Lifeguards

Day & Time: M-TH | 9:00-9:45 am

Day & Time: M/W | 6:30-7:15 pm

Location: Cumberland Pool

Cost: \$35.00

Class Size: 8

Level 6-Stroke Proficiency

Ages 5+. Work on stroke refinement to increase endurance, culminating in a 500-yard swim. Focus is on preparing swimmers for a life of fitness and safety.

Instructor: Cumberland Pool Lifeguards

Day & Time: M-TH | 9:00-9:45 am

Day & Time: M/W | 6:30-7:15 pm

Cost: \$35.00

Class Size: 8

Teens and 'Tweens

For older swimmers with little or no swimming experience. Class will be divided into groups of six to maximize learning.

Instructor: Cumberland Pool Lifeguards

Day & Time: M-TH | 12:15-1:00 pm

Location: Cumberland Pool

Cost: \$35.00

Class Size: 12

special programs

Water Aerobics

Ages 18+. A vigorous 40-minute workout done in the water incorporating cardio along with calisthenics. Participants need to be comfortable in the water.

Instructor: Margaret Hall
 Day: Tuesday & Thursday
 Date: June 13-Aug 17
 (No class 6/20, 6/22, 7/4, 7/6, 7/20 & 8/1)
 Time: 6:30-7:15pm
 Location: Cumberland Pool
 Cost: \$59.00

Deep Water Aerobics

Age 18+. For experienced swimmers. This program is challenging, intense—an alternative workout for lap swimmers. Participants need their own deep water belts.

Instructor: Joyce Braverman
 Day: Saturday
 Date: June 17-Aug 19
 Time: 12:15-1:15pm
 Location: Cumberland Pool
 Cost: \$39.00

Diving Team

Pre-requisite: must successfully pass the deep water test. No practice July 4.

Instructor: Cumberland Pool Lifeguards
 Day, Date

& Time: Advanced, M-F
 June 5-Aug 1
 10:00-10:45am

Day, Date
 & Time: Intermediate, M-F
 June 5-Aug 1
 11:00-11:45am

Day, Date
 & Time: Beginner, M-F
 June 5-Aug 1
 Noon-12:45pm

Location: Cumberland Pool
 Cost: \$49.00 CH RES

Synchronized Swim Team*

Pre-requisite: must successfully pass the deep water test. No practice July 4.

Instructor: Cumberland Pool Lifeguards

Date & Time: Advanced, M-F

June 5-Aug 1
 8:00-8:45am

Date & Time: Beginner, M-F

June 5-Aug 1
 9:00-9:45am

Location: Cumberland Pool

Cost: \$49.00 CH RES

* Three weeks into the season swimmers will be evaluated and split into three groups based on skill level in order to enhance learning. The advanced group will practice 8:00-8:30am, the intermediate group 8:45-9:15am and the beginner group 9:30-10:00am.

Summer Swim Team Heights Tiger Sharks*

Ages 5-16. Pre-requisite: must have completed level 4. No practice July 4.

Head Coach: Cumberland Pool Staff

Day, Date

& Time Group 1: M-F, June 5-July 28
 7:00-8:15am

Day, Date

& Time Group 2: M-F, June 5-July 28
 8:15-9:15am

Day, Date

& Time Group 3: M-F, June 5-July 28
 9:15-10:00am

Location: Cumberland Pool

Cost: \$55.00 CH RES /
 \$70.00 Others Eligible in
 CH-UH School District

* Groups based on age and/or swimming ability

Cain Park Splash Pad

Preschoolers and children under 48 inches in height are permitted when accompanied by a parent/guardian/adult (18 & older) with a Recreation ID Card. Adults need to present their Recreation ID Card to staff. Closed July 7-9.

Day, Date, Time: M-F, June 12-Aug 25
 10:00-Noon
 & 2:00-6:00pm

Day, Date, Time: Sat, June 10-Aug 26
 Noon-6:00pm

Day, Date, Time: Sun, June 11-Aug 27
 Noon-6:00pm

Location: Cain Park

Cost: FREE



PRESCHOOL PROGRAMS

special interest

NEW! Imagination Station

A movement potpourri! Children will enjoy costumes and props in a fun and loving environment. Listening and attention span skills along with a sense of spatial awareness will be developed through music, puppet shows, and large muscle activities. Not your typical gym class, this emphasizes imaginative play and movement. Adults do not stay with children during class.

Instructor: Helen Berman

Ages: 3-5

Day: Friday

Dates: March 24-April 21 (Spring)
(no class 3/31 & 4/14)

Time: 10:00-11:00am

Location: Activity Room

Cost: \$20.00 CH RES

\$23.00 NON RES

NEW! Creation Station

Splatter that paint and dabble in art supplies to create fascinating take-home projects. Explore unique paints, techniques and materials through crafts that change every week. Children are able to creatively express themselves while having fun in this preschool art class. Adults do not stay with children during class.

Instructor: Helen Berman

Ages: 3-5

Day: Friday

Dates: May 5-May 19 (Spring)

Time: 10:00-11:00am

Location: Activity Room

Cost: \$20.00 CH RES

\$23.00 NON RES

Spring Egg Hunt

For children ages 1-9 Saturday, April 8, at 10:00am (SHARP!) in the Forest Hill Park Meadow (near the playground). The event is FREE! Children should wear old clothes and boots and must bring their own bags or egg baskets. Registration deadline is April 7. Call 216-691-7373.

Please bring a nonperishable food item to be donated to the Heights Emergency Food Center. (Please note: if the weather is severe the day of the hunt, the program may be moved to the Forest Hill Tennis Courts or inside the Community Center. Call 216-691-7373 the day of the event for information).

Safety Town

Safety Town, traffic safety program is open to children who will be attending kindergarten in the fall and who live in Cleveland Heights or within the CH-UH School District boundaries. Sessions run Monday-Thursday, are limited to 20 children and are held at the Cleveland Heights Community Center at One Monticello Boulevard. **Mass registration will take place at Cleveland Heights City Hall, 40 Severance Circle (lower level) on Wednesday, May 24, 6:00-7:30pm. No early registration will be accepted. The cost is \$25.00. (Cash or check – sorry no credit cards).** Call 216-291-2323 for class information and dates.

Preschool open gym

Parent and little ones ages 1-5. Parents/guardians must stay with their children.

Day: Tuesday & Friday mornings

Ends: Friday, March 24

Time: 10:00-11:00am

Location: Gymnasium

Cost: \$5.00 per family each time or

\$20.00 for a 6-class pass

Evening Preschool Dance

Children will explore the basics of movement and ballet. Children must be potty-trained, wear comfortable clothes and non-skip footwear or bare feet. Observation day is the last class.

Instructor: Beth Szpak

Ages: 3-5

Day: Wednesday

Dates: April 12-May 10 (Spring)

Dates: May 24-June 28 (Summer)
(no class 6/21)

Time: 5:15-6:00pm

Location: Aerobic Room

Cost: \$32.00 CH RES

\$37.00 NON RES

Preschool Ballet Level 1

An introduction to the basics of ballet. Children should wear plain leotards, tights and ballet shoes. Observation day is the last class of the session.

Instructor: Pia Alesci

Ages: 3-4 (Must be 3 & potty-trained!)

Day: Monday

Dates: Mar 13-April 24 (Spring)
(no class 3/27)

Dates: May 8-June 19 (Summer)
(no class 5/29)

Time: 1:15-2:00pm

Location: Aerobic Room

Cost: \$38.00 CH RES

\$44.00 NON RES

Preschool Ballet Level 2

Skills developed with a focus on fine motor skills and alignment. Observation day is the last class of the session.

Instructor: Pia Alesci

Ages: 3-4 (Must be 3 & potty-trained!)

Day: Monday

Dates: Mar 13-April 24 (Spring)
(no class 3/27)

Dates: May 8-June 19 (Summer)
(no class 5/29)

Time: 12:45-1:00pm

Location: Aerobic Room

Cost: \$38.00 CH RES

\$44.00 NON RES

YOUTH

sports

Jump Start Sports T-Birds T-Ball

Players learn the basics then apply skills in fun, non-competitive games. Jump Start Sports Staff conducts the program.

Ages: 3-4, Boys and Girls
Day: Wednesday
Dates: June 7-July 12
Time: 5:30-6:30pm
Location: Denison Park Turf Field
Cost: \$65.00
Register: www.jumpstartsports.com

Tiger Cubs Soccer

Instructor: Sean Sullivan, 216-849-4505,
www.heightsunitedsoccer.com

Ages: 3-4
Day: Saturday
Dates: April 8-May 13
Time: 10:00am-11:00am
Location: Denison Park Turf Field
Cost: \$75.00

USTA Group Tennis Lessons

Ages: 4-6
Level: Beginner
Days: M/W 10:00-11:00am
or 11:00am-Noon
Dates: June 5-July 12
Days: T/TH 10:00-11:00am
or 11:00am-Noon
Dates: June 6-July 13
Location: Cain Park Tennis Courts
Cost: \$35.00 CH RES
\$50.00 NON RES

special interest

Spring Egg Hunt See page 33

Ballet for Kids

Back by Popular Demand!

Class will introduce and develop basic ballet skills. Motor skills and body coordination-awareness are developed in a fun and focused atmosphere. Children need to wear plain leotards, tights and leather ballet shoes.

Please, no skirts or tutus.

Instructor: Pia Alesci

Ages: 5-6
Days: Monday (5 classes per session)
Dates: March 13-April 24 (Spring)
(no class 3/27 & 4/10) (5 classes)
Dates: May 8-June 12 (Summer)
(no class 5/29) (5 classes)
Time: 5:15-6:15 pm
Location: Aerobic Room
Cost: \$32.00 CH RES
\$37.00 NON RES

School-Age Evening Dance

Develop coordination and confidence. Wear comfortable dance clothing and ballet shoes or bare feet. Observation day is the last class of session.

Instructor: Beth Szpak

Ages: 6-8
Day: Wednesday
Dates: April 12-May 10 (Spring)
Dates: May 24-June 28 (Summer)
(no class 6/21)
Time: 6:00-7:00pm
Location: Aerobic Room
Cost: \$32.00 CH RES
\$37.00 NON RES

Youth-Beginners Self-Defense/Tai Shin Doh

Children are taught control, discipline, awareness, and consideration in a martial arts environment.

Instructor: David Jones

5th Degree Black Belt
Ages: 6 & up
Day: Saturday
Dates: April 22-July 1 (Spring)
(no class 5/27)
Time: Noon-1:30pm
Location: Activity Rm 7
Cost: \$65.00 CH RES
\$75.00 NON RES

Youth-Advanced Self-Defense/Tai Shin Doh

For students who have achieved a green belt in Tai Shin Doh and above. Students will learn to master the art of Tai Shin Doh.

Instructor: David Jones

5th Degree Black Belt
Day: Saturday
Dates: April 22-July 1 (Spring)
(no class 5/27)
Time: 9:00-10:30am
Location: Activity Rm 7
Cost: \$65.00 CH RES
\$75.00 NON RES

Youth & Adult Tai Shin Doh Summer Workout

For adults already in our TSD program and the youth who have achieved a yellow belt or above. Continuation of the Tai Shin Doh curriculum will be taught.

Day: Friday
Date: July 7-July 28 (Summer)
Time: 7:00-8:30pm
Location: Activity Rm 7
Cost: \$44.00 CH RES
\$48.00 NON RES

PROGRAMS

Mini Kids Kuk Sool Won™

Class includes: Etiquette; Rolling & Acrobatics; Safety Falls; Meditation Practice; Hand/Foot Striking & Blocking; and Self-Defense Techniques.

Instructor: David Pritts

2nd Degree Black Belt

Ages: 5-6

Days: Tuesday and Thursday

Time: 6:00-6:30pm

Dates: March 21-May 2 (Spring)
(no class 3/28, 3/30 & 4/11)

Dates: May 9-June 15 (Summer I)
(no class 5/25 & 5/30)

Dates: June 27-Aug. 15 (Summer II)
(no class 6/29, 7/4, 7/6, 7/11 & 7/13)

Location: Tue Rm 7/Thu Senior Center

Cost: \$34.00 CH RES
\$39.00 NON RES

Youth Kuk Sool Won™

Class includes: Etiquette, Rolling & Acrobatics; Safety Falls; Meditation Practice; Hand/Foot Striking & Blocking; and Self-Defense Techniques.

Instructor: David Pritts

2nd Degree Black Belt

Ages: 7-13

Days: Tuesday and Thursday

Time: 6:30-7:30pm

Dates: March 21-May 2 (Spring)
(no class 3/28, 3/30 & 4/11)

Dates: May 9-June 15 (Summer I)
(no class 5/25 & 5/30)

Dates: June 27-Aug. 15 (Summer II)
(no class 6/29, 7/4, 7/6, 7/11 & 7/13)

Location: Tue Rm 7/Thu Senior Center

Cost: \$58.00 CH RES
\$68.00 NON RES

summer camps

Jump Start Sports Cleveland Heights Summer Fun Camp

The Cleveland Heights Summer Fun Camps provide children with fun and worthwhile activities for the whole summer while providing parents with flexible options that can accommodate any schedule! Campers can choose to participate in a daily theme sport, a weekly crafts project, swimming and many other camp games and activities.

Ages: Children entering grades K-6

Days: Monday-Friday

Time: 9:00am-3:00pm

Location: Community Center

For complete camp information and to register please go to www.jumpstartsports.com

Summer Theatre: Comedy Plays & Broadway Standards

Each student chooses his or her own direction: musical performance and/or straight theater. Discover the magic. Participate in scenes or monologues from great plays and/or sing and dance a solo, duet, or trio from the great musicals of Broadway. Our camp is unique in that everyone gets a leading role. Our philosophy is every child shines. Fully staffed by theater and educational theater professionals and set on the idyllic John Carroll University campus.

Instructor: Martin Friedman, PhD, Director

Ages: Grades 4-11

Days: Monday-Friday

Dates: June 12-30

Time: 9:00am-3:00pm

Location: John Carroll University, Kulas Auditorium

Cost: \$425.00

Summer Theatre: Dramatic Plays & Contemporary Broadway

Each student chooses his or her own direction: comical performance and/or straight theater. Discover the magic. Participate in scenes or monologues from great plays and/or sing and dance a solo, duet, or trio from the great musicals of Broadway. Our camp is unique in that everyone gets a leading role. Our philosophy is every child shines. Fully staffed by theater and educational theater professionals and set on the idyllic John Carroll University campus.

Instructor: Martin Friedman, PhD, Director

Ages: Grades 4-11

Days: Monday-Friday

Dates: July 10-28

Time: 9:00am-3:00pm

Location: John Carroll University, Kulas Auditorium

Cost: \$425.00

sports

Jump Start Sports Rookie League Baseball

Basic instruction of the sport. Kids begin playing T-Ball and are slowly introduced to Coach Pitch. Games are non-competitive. Jump Start Sports Staff conducts the program.

Ages: 5-6 Boys and Girls

Day: Wednesday

Dates: June 7-July 12

Time: 6:30-7:30pm

Location: Denison Park Turf Field

Cost: \$65.00

Registration: www.jumpstartsports.com

Jump Start Sports Major League Baseball

Basic instruction of the sport. Kids are introduced to Coach Pitch. Games are non-competitive. Jump Start Sports Staff conducts the program.

Ages: 7-8 (ages as of 04/30/2017)

Day: Monday

Dates: June 5-July 10

Time: 6:30-7:30pm

Location: Forest Hill Meadow

Cost: \$75.00

Registration: www.jumpstartsports.com

Heights Youth Baseball Recreation League

Practices will be held in early May.

Both practices and games are held in late May, June and July at Cleveland Heights Parks and Recreation Fields.

*8 year olds may try out for 9-10 division at player assessments

Ages: 9-10* Player Pitch (age levels as of 04/30/2017)

Cost: \$85.00 CH RES

\$115.00 NON RES

Local Recreation Travel Leagues

Ages: 11-12, 13-14 & 15-16

Player Pitch (age levels as of 04/30/2017)

Practices will be held in early May.

Both practices and games are held in late May, June and July at Cleveland Heights Parks and Recreation Fields. Games are also held in neighboring communities of South Euclid, Lyndhurst and Mayfield Heights.

Cost: \$85.00 CH RES /
\$115.00 NON RES

Player Assessments at Forest Hill Park or if bad weather, indoors at the Community Center.

Ages: 9-10* includes 8 year olds trying out for 9-10

Date: Saturday, April 22

Time: 10:00am-Noon

Ages: 11-12

Time: 12:15-2:00pm

Registration begins Monday, March 6 at The Cleveland Heights Community Center. Call 216-691-7373 for information and a registration packet. Registration deadline is Friday, April 21.

Heights Girls' Softball

Practices will be held in late April, May, June and July at Cleveland Heights Parks and Recreation Fields. Games are held in late May, June and July.

(age levels as of 08/01/17)

Coach Pitch

Ages: 7-8 teams will participate in South Euclid Pixie League

Cost: \$55.00 CH RES

\$80.00 NON RES

Fast Pitch

Ages: 9-10 fast pitch travel teams

Ages: 11-12 fast pitch travel teams

Ages: 13-14 fast pitch travel teams

Ages: 15-16 fast pitch travel teams

Cost: \$75.00 CH RES

\$85.00 NON RES

Scholarships are available for eligible Cleveland Heights residents.

Challenger Baseball

Ages: 5-22 for those physically/mentally challenged.

Cost: \$30.00

Call 216-691-7373 for information and a registration packet.

Spring Youth Soccer Academy

Day: Saturday

Dates: April 8-May 13

Time: Coed Grades K-1,
11:30am-1:00pm
Coed Grades 2-3
1:00-2:30pm
Coed Grades 4-6
1:00-2:30pm

Location: Denison Park Turf Field

Cost: \$40.00 CH RES

\$60.00 NON RES

Registration begins Monday, March 6 at The Cleveland Heights Community Center. Call 216-691-7373 for information and a registration packet. Registration deadline is Friday, April 7.

Heights United Soccer Academy

Independent, Full-Day Soccer Camp directed by Sean Sullivan, former Cleveland Heights High School soccer coach and skills instructor for the Cleveland Heights Parks and Recreation soccer programs.

Instructor: Sean Sullivan, 216-849-4505

Dates: TBA

Time: 9:00am-3:00pm

Location: TBA

Cost: www.heightsunitedsoccer.com

Summer Youth Basketball

Boys Program:

Basketball Camp

Grades: 3-12

Day: Monday-Friday

Dates: June 5-9, 2017

Time: 9:00am-4:00pm

Location: Cleveland Heights
Community Center

Cost: \$135.00 CH RES

\$165.00 NON RES

All participants in Basketball Camp receive Basketball League registration at no cost.

Basketball League

Grades: K-12

Day: Monday-Thursday

Dates: June 12-July 21

Time: TBA

Location: Cleveland Heights
Community Center

Cost: \$50.00 CH RES

\$70.00 NON RES

Girls Program:

Basketball Camp

Grades: K-8

Day: Monday-Friday

Dates: TBA

Time: 9:00am-Noon

Location: Cleveland Heights
High School Wiley Campus

Cost: TBD

Basketball League

Grades: K-8

Day: Monday-Thursday

Dates: TBA

Time: TBA

Location: Cleveland Heights
High School Wiley Campus

Cost: TBA

Teen Outdoor Basketball Program

Supervised Outdoor Basketball Courts at Denison Park, Cumberland Park and Cain Park.

Day: Monday-Friday

Dates: June 5-August 4

Time: 6:00-9:00pm

Location: Denison Park, Cumberland
Park and Cain Park

Cost: FREE

Independent Youth Sports Programs

Several independent youth sports programs use Cleveland Heights facilities. Such use does not constitute sponsorship or endorsement of such programs by the City of Cleveland Heights.

Eastside Kickers Premier Travel Soccer Club

Travel Soccer Program for ages 8-13 at Denison Park and school fields

Contact: eastsidekickers.org, Dan Culver
216-213-5988, culverd@ccf.org.

Heights United Soccer Academy

Summer Soccer Camp

Contact: Sean Sullivan 216-849-4505

www.heightsunitedsoccer.com.

Heights Tigers Tackle Football & Cheerleading

Ages: 5-11* (No weight limit) Football

Ages: 5-13 Cheerleading

Dates: Practices begin in June

Contact: Coach Mike Payne at
216-906-4168 or at
mcpayne74@gmail.com

*age of 08/01/2017

www.heightstigersyouthsports.org

Heights Tigers Youth Track & Field (AAU)

Ages: 4-14

Dates: Practices begin March 4

Cost: \$110 Competitive Level

(will run in meets)

\$65 Non-Competitive

(does not run in meets)

Contact: Alana Williams at 216-659-1224
or Derrick Fair at 216-773-6075

www.heightstigersyouthsports.org

USTA Group Tennis Lessons

Ages: 7-17

Level: Beginner

Days: M/W 10:00-11:00am or
11:00am-Noon

Dates: June 5-July 12

Days: T/TH 10:00-11:00am or
11:00am-Noon or Tuesday
6:00-7:30pm

Dates: June 6-July 13

Level: Intermediate

Days: M/W noon-1:00pm

Dates: June 5-July 12

Days: T/TH noon-1:00pm

Dates: June 6-July 13

Location: Cain Park Tennis Courts

Cost: \$45.00 CH RES

\$60.00 NON RES

Junior Competitive Skills Clinic

This program offers high level instruction and supervised match play in order to introduce and develop the skills you need to compete on your school's team or in tournaments.

Ages: 12-18, Middle School and
High School

Days: M/W/F or T/TH/F

Dates: June 5-July 14

Time: 1:00-3:00pm

Cost: \$80.00 CH RES

\$110.00 NON RES

Private Lessons

Call 216-691-7373 for assistance in contacting an instructor and setting up private lessons.

Youth Developmental Tennis Camp

Camp activities include drill stations, team play, tournament matches and individual evaluations. Camp T-shirt will be provided.

Ages: 9-18

Day: Monday-Friday

Dates: July 17-21

Time: 9:00am-4:00pm

Location: Cain Park Tennis Courts

Cost: \$150.00 CH RES

\$180.00 NON RES

(\$25.00 discount for

multiple children)



\$5.00 OFF

**Any Learn-to-Skate Class or
50% off 2nd LTS Class
Good for one skater**

Must be present
at time of registration.
Not valid with any other offers.
Expires 6/12/17

ICESKATING

Ice Rink Schedule

216-691-7434 www.clevelandheights.com

Ice Schedule

The Cleveland Heights Community Center is fortunate to have two ice rinks and, due to the amount of patrons that we accommodate during the months of March through August, a comprehensive rink schedule is not available at this time. Please contact 216-691-7434 or go to www.clevelandheights.com/ice-rink-hours for up-to-date Learn-to-Skate USA information, daily schedules and additional rink information.

Ice Rink Special Event List

March

March 4: Speedskating Meet

March 13: One-rink schedule begins

April & May

April 1: Ice Show practice begins

April 16: Community Center Closed

May 1-6: Ice Show week

May 6: Ice Show 2:00pm & 7:00pm

May 7-31: Rink maintenance, reduced schedule

June-August

June 12: Summer Learn-to-Skate begins

July 1-4: Rink closed

July 4: Community Center closed for Independence Day

August 14: CHYHA camp begins

Ice Skating Fees

Daily Skating Sessions

Preschoolers accompanied by an Adult (limit 2 children per adult) charged only for skate rental.

Youth (5-18) w/Recreation ID Card: \$2.00

Adult w/Recreation ID Card: \$3.00

Admission w/o Recreation ID Card: \$5.00

Skate Rental: \$2.00

Miscellaneous Skating Fees

Skate Rental Book (10 rentals): \$16.00

Guest Admission Books (10): \$45.00

Group and Hourly Rentals

If you have a rental request, please call Kelly Taylor at 216-691-7395 or email ktaylor@clvhts.com.

Spring Ice Show

Spring Ice Show "Summer Vacation" Saturday May 6 at 2:00pm & 7:00pm. Sponsored by the Pavilion Skating Club and the City of Cleveland Heights Learn-to-Skate Program. Show includes US Figure Skating sectional/regional competitors, local competitors and basic skills participants. If interested in participating, please contact Erin Schopf at learntoskate@clvhts.com or visit the Community Center Skating Desk for registration information by April 1.

Cool as Ice Summer Camp

Stay cool this summer by participating in our Learn-to-Skate camp. For beginner and experienced skaters. Camp will consist of on-ice lessons and off-ice activities. Before and after care available.

Days: Monday-Friday

Dates: June 5-9, August 14-18

Time: 9:00am-4:00pm

Cost: \$230 CH RES per week

\$300 NON RES per week

Before Care: \$10.00 per day (drop off at 8:00am)

After Care: \$15.00 per day (pick-up by 6:00pm)

Cleveland Heights Birthday Party Planning

Let us take the stress out of planning your child's next birthday party. We will provide decorations, pizza, drinks, birthday cake and a skating instructor to assist your group in learning basic skating concepts.

Cost: \$290.00 CH RES

\$360.00 NON RES

Birthday Parties

For ages 8-12, you may reserve the North Atrium for a small group (maximum: 20 children) to enjoy your provided refreshments and skate during a public session. Please call for available days and times. The cost is \$140.00 if reserved by a Cleveland Heights resident or \$210.00 if reserved by a non-resident; the cost includes admission and skate rental. Reservations must be made in advance.

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 or online. Please contact individual instructors directly. The cost of a 15-minute lesson ranges from \$10.00-\$17.00; additional ice fees apply.

Speedskating

If you are interested in learning how to speedskate, please contact Barb Rosenbaum: 216-401-9392 or bk@therosenbaums.net. Information about the Cleveland Heights Speedskating Club can be found at clevelandheightsspeedskating.org

City Freestyle

Skaters of all levels who want to develop their skating skills may skate during City Freestyle sessions for a \$10.00 walk-on fee (punch cards also available). These sessions are for the more serious skater who is practicing jumps, spins, backward skating, moves, etc. A seven (7) session card may be purchased for \$63.00. Private lessons can be taught during these sessions. Skaters must check in at the ice rink counter and pay before joining the session. A schedule of these sessions is available at the ice rink counter and online.

Pavilion Skating Club

The Pavilion Skating Club (PSC) is an organization developed to provide opportunities for skaters to continue building upon the skills learned in the City's "Learn-to-Skate USA" program. PSC is now able to offer year-round ice, as well as off-ice programming. The club caters to individuals who love skating and wish to continue building on their skill level as well as those who desire to achieve Olympic fame. If you have questions about figure skating or the Pavilion Skating Club, please email psccluboffice@gmail.com and your questions will be answered promptly or check out pavilionfsc.com.

ICEHOCKEY

Learn-to-Skate USA

Offering the best skating program in the US, our Learn-to-Skate USA program is geared for ages 3-Adult. Learn-to-Skate USA works in collaboration with US Figure Skating, USA Hockey and US Speedskating offering basic skating concepts as well as helping those skaters looking to progress to the sports of figure skating, ice hockey or speedskating. Please go to www.clevelandheights.com/learntoskate for program overview. Please contact Erin Schopf, Learn-to-Skate Coordinator at 216-691-7434 or learntoskate@clvhts.com with questions.

Learn-to-Skate

Our Learn-to-Skate levels correspond to USFS Basic Skills Standards. We offer Snowplow 1-4 ages 3-5, and Basic 1-Freeskate ages 6 and up. If you have questions or concerns regarding the level of class your child should sign up for, please contact Erin Schopf at learntoskate@clvhts.com.

Session Dates and Fees for Group Lessons

Session 5 (Summer) (6 weeks)
Wednesday, June 14-July 26
Registration begins April 11

Learn-to-Skate Fees**

6 weeks: CH RES w/Recreation ID Card
\$48.00 / NON RES \$60.00
7 weeks: CH RES w/Recreation ID Card
\$56.00 / NON RES \$70.00

**Price does not include skate rental. Each skate rental is \$2.00; a book of ten rental tickets for \$16.00 is available at the ice rink counter. Please understand that late registrations alter class sizes and change the scheduling of our Ice Professionals.

Registration Procedures

There are two ways to register for group lessons: in person (Please see the Parks and Recreation registration office hours on page 26) and online.

Registration Reminders

You need to present your Recreation ID card in order to receive reduced rates on lessons.

Classes canceled due to inclement weather cannot be rescheduled. Classes with insufficient enrollment may be canceled or combined with other classes.

It is important to register early to prevent cancellations and to insure proper instructor-to-student ratios. Registration will not be accepted after the second class.

Although no make-up lessons are available for those who miss a lesson, (between 100-200 skaters participate in each learn-to-skate session), ask for Erin Schopf or an instructor to help find a make-up option.

A complete schedule of Learn-to-Skate classes is available at the Community Center registration desk, ice rink counters, and online. Classes are once a week for 30 minutes. Each session has a different schedule but classes are available on both weekdays and weekends (except in summer).

Preschool Lessons (Tots)

Ages: 5 & Under
Classes offered: Snow Plow 1, 2, 3, 4

Note: Four or five lessons may not be enough class time for your skater to master the skills required to pass. It may take more than one session to pass all skills. We suggest bringing your skater to a public skate or two between lessons to practice or schedule a private lesson with an instructor to help your skater's chances of passing on the first try. Another option is to register your child for two classes per week, rather than just one, ensuring them more ice time and instruction.

Note: Tots must wear knitted hats and mittens or gloves to all classes. Warm clothing is advised (but bulky "leggings" are hard to move in). The professionals would appreciate parents not giving their skaters gum or candy while on the ice and suggest parents sit in the bleachers during lessons. Double runners are not allowed for lessons.

Youth Lessons

Ages: 6+
Classes offered: Basic 1-6,
Pre-Freeskate and Freeskate 1-6

Adult Lessons

Ages: 18+
Classes offered: Basic 1-6,
Pre-Freeskate and Freeskate 1-6

2017 Spring Hockey

Program will consist of weekly skills sessions, small area games and controlled scrimmages. Levels are based on USA Hockey age classifications for the 2017-18 season (player's age as of 12/31/2017).

Levels: ADM (8U), Squirt (10U)
Pee Wee (12U)
Bantam (14U)
Dates: March 6-April 30
Cost: \$50.00 CH RES
\$65.00 NON RES

Pre-Season Youth Hockey Camp

Instructor: Mike Bauman, CHYHA
Coaching Coordinator

Levels: Pee Wee and Bantam
Day: Mondays
Dates: Aug 14, 21 & 28
Levels: ADM and Squirt
Day: Tuesdays
Dates: Aug 15, 22 & 29
Location: North Rink
Cost: FREE for CHYHA Players /
\$20 All Others per session

Cleveland Heights Youth Hockey Association

The CHYHA is the parent organization that works with the City to encourage and teach as many children as possible to play and enjoy hockey. Please visit www.heightshockey.com for 2017-18 season information.

Adult Lunch Time Pick-Up Hockey

Ages: 18 and over
Days: Tuesday & Thursday
Dates: Through May 4
Times: 11:30am-1:00pm
Location: North Rink
Cost: \$5.00

Contact the rink desk at 216-691-7434 or visit www.clevelandheights.com for program updates, schedule updates and summer dates and times.

ADULT PROGRAMS

special interest

Forest Hill Park Nature Walk

Come and explore the park on a guided tour with a naturalist from North Chagrin Metro Park. Come dressed to hike with sturdy shoes or boots.

Dates: May 25 & August 24
Time: 7:00-8:30pm

9th Annual Earth Day Run

City of Cleveland Heights will sponsor a 5K (3.1 mile) Run/Walk on Wednesday, April 19, 7:00pm. Rain or Shine. The event is a fundraiser for the Youth Scholarship Fund. The route is on the Forest Hill Park pathway in Cleveland Heights and East Cleveland. Cost: \$18 Pre-Registration, \$21 Day of the Race (cash and checks only). Mail-in registration deadline: Monday, April 18. Checks made out to HMA Promotions. Mail to City of Cleveland Heights Earth Day Run, 40 Severance Circle, Cleveland Heights, OH 44118 or register online at www.hmapromotions.net.

Finish Line Club

Have you ever wanted to participate in a 5K and lacked the confidence or knowledge? This ten-week program helps new and current runners cross the finish line at the Cleveland Heights Happy 5K and earn the right to wear the official Finish Line Club shirt.

Cost: \$70.00
Register: www.westernreserveracing.com

WOW - Women Out Walking

WOW kicks off its second season at the Cleveland Heights Community Center on Sunday, April 23 at 2:00pm. More details to follow!

Argentine Tango

Class will teach the basics of the dance and culture. Wear comfortable clothes and leather-soled shoes or heavy socks that will slide. No Partner necessary.

Ages: 18 and up
Day: Wednesday
Time: 6:30-8:00pm
Location: Senior Center
Dates: Spring, April 26-June 14
Dates: Summer, June 28-August 23 (no class 7/5)
Cost: CH RES \$48.00
NON RES \$64.00

Dance Mixx/Interval/Fusion

Jazzercise offers 3 different formats each and every month! We keep your workout fresh and challenging.

Days: M/T/W/TH
Times: 6:30pm
Days: Sat 8:45pm, Sun 9:30am
Unlimited workouts starting at \$45.00 mo.
Girls 12-18 workout FREE in 2017 with a paid adult! Contact Mary Beth at 440-655-5394 or marybethmccnn@gmail.com

Tai Chi Chuan

(Yang Style) Participants will work on balance, strength and body awareness. Wear loose clothing and flat sole shoes.

Ages: 18 and up
Days: Tuesday and Thursday
Dates: Spring 1, April 4-May 16 (no class 4/11 & 4/13)
Dates: Spring 2, May 23-June 22
Time: 6:30-7:30pm
Location: Room 1A & 1B
Cost: CH RES \$58.00
NON RES \$68.00

Women's Self-Defense and Empowerment

Ladies learn the art of Tai Shin Doh, and focus on self-defense and situational awareness. Learn to protect yourself on the street.

Instructor: David Jones
5th Degree Black Belt
Ages: 13 and up
Day: Saturday
Dates: April 22-July 1 (no class 5/27)
Time: 10:30am-Noon
Location: Activity Rm 7
Cost: CH RES \$65.00
NON RES \$75.00

Karate Coed Tai Shin Doh

Class will focus on the use of Tai Shin Doh in real-life situations.

Instructor: David Jones
5th Degree Black Belt
Day: Friday
Dates: April 21-June 30 (no class 5/26)
Time: 7:00-8:30pm
Location: Activity Rm 7
Cost: CH RES \$65.00
Non RES \$75.00

Youth & Adult Tai Shin Doh Summer Workout

For adults already in our TSD program and youth with a yellow belt or above.

Day: Friday
Dates: July 7-July 28
Time: 7:00-8:30pm
Location: Activity Rm 7
Cost: CH RES \$44.00
Non RES \$48.00

Adults Kuk Sool Won™ (WKSA)

Class includes: Rolling & Acrobatics; Meditation; Hand/Foot Striking & Blocking; Forms Training; and Self Defense.

Instructor: David Pritts
2nd Degree Black Belt
Ages: 14-75
Days: Tuesday and Thursday
Time: 7:30-8:30pm
Dates: Spring, March 21-May 2 (no class 3/28, 3/30, 4/11)
Dates: Summer 1, May 9-June 15 (no class 5/25, 5/30)
Dates: Summer 2, June 27-August 15 (no class 6/29, 7/4, 7/6, 7/11 & 7/13)
Location: Tue Rm 7 / Thu Senior Center
Cost: CH RES \$58.00
NON RES \$68.00



AMERICAN RED CROSS BLOOD DRIVES

Dates: May 15, July 10 & Sept 11

Time: 2:00-7:00pm

Location: Community Center

Call 1-800-GIVELIFE to schedule an appointment. Walk-ins will be taken as schedule permits.



happy 5K run & walk sunday, october 8

Mark your calendar and get your teams ready.
3rd Year - Bigger & Better

Smart Cycling For Adults And Teens

Heights Bicycle Coalition and the City of Cleveland Heights encourage all adults and teens (14 or older) to come to this one morning class to review rules of the road, bicycle maintenance and riding safely and confidently. Bring a bicycle and helmet to class.

Date : Saturday May 20

Time : 9:00am-12:30pm

Location: City Hall

Cost : \$10 per individual or per family
(which includes 1 manual)

Registration required:

www.bikesintheheights.org or

Jennifer Kuzma: 216.291.2854



fitness classes!

Rapid Results and the Parks and Recreation Department are partnering to provide exciting new offerings this spring and summer. All classes will be held at the Community Center.

For a flat monthly fee of \$55 per resident or \$60 per non-resident, you get ongoing access to any or all of the Rapid Results classes listed below.

Wake Up Workout

Get your day started with some cardio! 55 minutes of boot camp style cardio and 5 minutes of stretch.

Instructor by: Tanya Richardson,

Rapid Results

Day: Mondays and Wednesdays

Starts: March 13 then ongoing

Time: 6am - 7pm

Location: Aerobic Room

Cardio Flex!

15 minutes of weight training. 40 minutes of cardio step. 5 minutes of core work. Contemporary Hip Hop and R&B music. Instructor by: Tanya Richardson, Rapid Results

Day: Mondays, Tuesdays & Thursdays

Starts: March 13 then ongoing

Time: 7:30pm - 8:30pm

Location: Aerobic Room

Urban Pilates

A modern take on a classic training method using balance, strength and flexibility to tone the body. Neo Soul music.

Instructor by: Tanya Richardson,

Rapid Results

Day: Wednesdays and Saturdays

Starts: March 15 then ongoing

Time: 7:05 - 8:05pm Wednesdays,

11:00am - 12:00pm Saturdays

Location: Aerobic Room

Zumba

Jannique has lost over 45 pounds and is ready to help you dance off some pounds in her creative and engaging Zumba class! Come give it a try. She brings the PARTY!

Instructor by: Jannique Thompson,

Rapid Results

Day: Saturdays

Starts: March 15 then ongoing

Time: 12:00 - 1:00 pm on Saturdays

Location: Aerobic Room

Cardio Hip Hop

This class is CRAZY, SEXY, FIT FUN. Easy choreography, sexy routines and line dancing all in a 90-minute club experience. Contemporary Hip Hop and R&B.

Instructor by: Tanya Richardson,

Rapid Results

Day: First Friday of the Month

Starts: April 7

Time: 7pm - 8:30pm

Location: Aerobic Room

Rapid Results Class Registration Options (\$55 resident/ \$60 non-resident per month):

1. Register in person at the start of any Rapid Results class
2. Register via email by sending an email entitled "registration" to RapidResultsWorks@gmail.com .
3. Monthly registration fee provides 30 days of access to any or all classes.

health & fitness

BOSU Crush

Cardio, strength and abdominals training for all fitness levels. Bring your own exercise mat.

Instructor: Pia Alesci

Days: Thursday

Dates: Spring, April 20-May 25

Dates: Summer 1, June 8-July 13

Dates: Summer 2, July 27-Sept. 7
(no class 8/31)

Time: 5:20-6:20pm

Location: Aerobic Room

Cost: CH RES \$38.00

NON RES \$44.00

NEW! Tuesday AM Boot Camp

Workouts are designed to improve your agility, cardio, endurance, flexibility and strength.

Days: Tuesday

Dates: Spring, March 14-May 2
(no class 3/28 & 4/11)

Dates: Summer 1, May 16-June 20

Dates: Summer 2, July 11-August 15

Time: 7:00-8:00am

Location: Aerobic Room

Cost: \$36.00 CH RES

\$41.00 NON RES

NEW! Thursday AM Boot Camp

Workouts are designed to improve your agility, cardio, endurance, flexibility and strength.

Days: Thursday

Dates: Spring, March 16-April 27 (no class 3/30)

Dates: Summer 1, May 18-June 22

Dates: Summer 2, July 13-Aug. 17

Time: 7:00-8:00am

Location: Aerobic Room

Cost: \$36.00 CH RES

\$41.00 NON RES

Saturday S.W.E.A.T. Session

Strength, resistance and high energy cardio interval circuit training combine to torch calories, build lean muscle and raise aerobic endurance.

Days: Saturday

Dates: Spring, March 11-April 8

Time: 8:15-9:15am

Location: Aerobic Room

Cost: CH RES \$32.00

NON RES \$45.00

Saturday Indoor Cycling

45 minutes of cycling, a warm-up, cool down and 15 minutes of abdominal work and stretching. Be sure to bring your own water bottle and exercise mat.

Instructor: Michelle Sills

Day: Saturday

Dates: Spring, April 22-June 3
(no class 5/27)

Dates: Summer 1, June 17-July 22

Time: 9:30-10:30am

Location: Aerobic Room

Cost: CH RES \$38.00

NON RES \$44.00

NEW! Power Sculpt Circuit

A total body workout that alternates muscular strength, endurance and cardio exercise sequences.

Day: Saturday

Dates: April 22-May 20

Time: 8:15-9:15am

Location: Aerobic Room

Cost: \$32.00 CH RES

\$37.00 NON RES

NEW! Saturday Boot Camp

Workouts are designed to improve your agility, cardio, endurance, flexibility and strength.

Days: Saturday

Dates: June 3-July 1

Time: 8:15-9:15am

Location: Aerobic Room

Cost: \$32.00 CH RES

\$37.00 NON RES

NEW! Saturday BOSU Crush

Cardio, strength and abdominals training for all fitness levels. Bring your own exercise mat.

Instructor: Pia Alesci

Day: Saturday

Dates: July 15-August 12

Time: 8:15-9:15am

Location: Aerobic Room

Cost: \$32.00 CH RES

\$37.00 NON RES

Barre Body Total Workout

Elements of dance with the principles of Pilates. This is a bare foot workout. Wear comfortable clothes and bring an exercise mat, towel and water bottle.

Instructor: Pia Alesci

Days: Wednesday

Dates: Spring, April 19-May 24

Dates: Summer 1, June 7-July 19
(no class 7/5)

Dates: Summer 2, Aug 2-Sept. 13
(no class 8/30)

Time: 9:30-10:30am

Location: Aerobic Room

Cost: CH RES \$38.00

NON RES \$44.00

Evening Barre Body Total Workout

Please see description above.

Instructor: Pia Alesci

Days: Monday

Dates: Spring, March 13-May 1
(no class 3/27 & 4/10)

Dates: Summer 1, May 15-June 26
(no class 5/29)

Dates: Summer 2, July 10-Aug. 14

Time: 6:30-7:30pm

Location: Aerobic Room

Cost: CH RES \$38.00

NON RES \$44.00

AM Body Toning

This total body workout uses equipment to strengthen and tone. Bring your own exercise mat. All levels welcome.

Instructors: Lori Blum and Michelle Sills

Day: Tuesday and Thursday

Dates: Spring, April 18-May 25

Dates: Summer 1, June 6-July 20
(no class 7/4 & 7/6)

Dates: Mini Summer 2, Aug. 1-Aug. 17

Time: 9:30-10:30am

Location: Aerobic Room

Cost: CH RES \$63.00

NON RES \$75.00

Mini Summer: CH RES

\$32.00 / NON RES: \$38.00

Monday Morning Cycling

45 minutes of cycling, a warm-up, cool down, abdominal work and stretching. Be sure to bring your own water bottle and mat.

Instructor: Michelle Sills

Day: Monday

Dates: Spring, March 13-April 24
(no class 3/27)

Dates: Spring 2, May 8-June 19
(no class 5/29)

Dates: Summer, July 10-Aug. 14
(no class 7/4)

Time: 9:30-10:30am

Location: Aerobic Room

Cost: CH RES \$38.00

NON RES \$44.00

Hatha Yoga Flow

Connect your body, mind & spirit in this yoga class. Open to all levels. It does get quite vigorous as the weeks go on.

Instructor: Marcia Hudgel

Day: Wednesday

Dates: Spring, April 5-May 17
(no class 4/26)

Dates: Summer 1, May 31-July 12
(no class 6/28)

Dates: Summer 2, July 26-Sept. 13
(no class 8/30, 9/6)

Time: 6:30-8:00pm

Location: Room 1A & 1B

Cost: CH RES \$44.00

NON RES \$50.00

Sunday Yoga

Classic Hatha Yoga. Includes warm-ups, asanas and breathing techniques. Bring a yoga mat and a small throw. Not recommended for pregnant/nursing women.

Instructor: Jody Schrock

Day: Sunday

Dates: Spring, March 12-April 30
(no class 3/26 & 4/16)

Dates: Summer, May 21-July 9
(no class 5/28 & 6/18)

Time: 2:00-3:00pm

Location: Aerobic Room

Cost: CH RES \$38.00

NON RES \$44.00

Mat Pilates

Balances both stretching and strengthening. Wear comfortable clothing and bring a mat, towel and water bottle.

Instructor: Hope Schultz

Day: Tuesday and Thursday

Dates: Spring, April 4-May 16
(no class 4/11)

Dates: Summer 1, May 23-June 29

Dates: Summer 2, July 11-Aug 17

Time: 6:30-7:30pm

Location: Aerobic Room

Cost: CH RES \$63.00

NON RES \$75.00

Personal Training Services

Individualized personal training programs adapted to fit your goals and needs. All of our trainers are certified experts who design your individual program to make your goals a reality. All ages and fitness levels.

Head Trainer: Timothy Cavender

Trainers: Mary Ann Dobbins & Lisa

Dunn

Time: Morning and evening sessions by appointment only.

Location: Activity Room 6

Cost: Trainers set their own rates within an affordable range.

Programs: One-on-one, Couples and Small Group training sessions are available. 50-minute and 30-minute sessions are available.

Contact: Timothy Cavender

216-246-3099

timchcc@hotmail.com

sports

Indoor Pickleball

Pickleball is a combination of tennis, badminton and table tennis and is designed to be played by all ages.

Ages: 50-75

Days: Tuesday & Thursday

Dates: October-April

Time: 9:00am-Noon

Location: Community Center Gym Court 2

Cost: \$3.00 CH RES per session /

\$25.00 CH RES 10 session pass

\$6.00 NON RES per session /

\$50.00 NON RES 10 session pass

Outdoor Pickleball

Ages: 50-75

Days: Tuesday & Thursday

Dates: May-September

Time: 9:00am-Noon

Location: Denison Park Tennis Courts (2 courts)

Cost: \$25.00 CH RES 10 session pass

\$50.00 NON RES 10 session pass

NEW! Pickleball Clinics

A series of four clinics will be held this spring for novice and intermediate players. The clinics will be facilitated by a certified physical education teacher and author of Pickleball CPR Drills – Coaching Pickleball Readiness.

Day: Thursday

Dates: April 6-27

Time: 10:00-11:00am Beginner

11:15am-12:15pm Advanced

Cost: \$15.00 per session / \$60.00 for all four sessions

Coed Softball

Ages: 18+

Days: Monday

Dates: Beginning April 24

Location: Larry Shaw Softball Complex Forest Hill Park

Cost: \$400.00 CH RES Team

\$475.00 NON RES Team

SENIOR CENTER

health & fitness

Men's Slow Pitch Softball League

Ages: 18+
Days: W/F
Dates: Beginning April 26
Location: Larry Shaw Softball Complex
Forest Hill Park
Cost: \$650.00 CH RES Team
\$800.00 NON RES Team
Contact Chris Kendel at ckendel@clvhts.com for more information.

USTA Group Tennis Lessons

Ages: 18-59
Instructor: Staff
Location: Cain Park Tennis Courts
Cost: \$60.00 CH RES
\$80.00 NON RES
Level: Advanced Beginner
Days: M/W
Dates: June 5-July 12
Time: 9:00-10:00am
Level: Advanced Beginner
Day: Wednesday
Dates: June 7-July 12
Time: 7:30-9:00pm
Level: Intermediate
Days: Tuesday
Dates: June 6-July 11 (no class 7/4)
Time: 7:30-9:00pm

Raquettes

Doubles action for experienced female players. Round robin tournaments and fun days are planned.
Days: T/TH
Dates: Beginning June 6
Time: 9:00am
Location: Cain Park Tennis Courts
Cost: \$45.00 CH RES / \$60.00 NON RES

Private Lessons

Call 216-691-7373 for information

Participation for CH residents age 60+. Senior Activity Center ID cards, cost \$5, can be purchased at the Community Center. Photo ID and proof of residency are required.

Senior Programs are offered through the CH Office on Aging. For medical van & SAC van rides or social services, call the Office on Aging at 216-691-7377. To register for classes call 216-691-7377.

art classes

Arts & Crafts Wednesdays

Creating simple, elegant projects.
Instructors: Susan Roberts & Leonie Lee
Day: 2nd & 4th Wednesdays
Dates: ongoing
Time: 1:00-3:00pm
Cost: Free, but nominal materials fee may apply.

Basic Drawing

Build drawing skills, design and composition with a variety of materials.
Instructor: Susan Morse
Day: Tuesdays
Dates: April 4-May 23
Time: 11:00am-1:00pm
Cost: \$35.00

Drawing & Painting

Explore techniques in a variety of media. Materials discussed at first class.
Instructor: Susan Morse
Day: Tuesdays
Dates: April 4-May 23
Time: 1:00-3:00pm
Cost: \$35.00

Mixed Media and Drawing

Explore different art media/techniques. Materials discussed at the first class.
Instructor: Susan Morse
Day: Thursdays
Date: April 6-May 25
Time: 1:00-3:00pm
Cost: \$35.00

Argentine Tango

Teaches the basics of the dance, its history. No partner necessary.
Instructor: Ann Dobyms
Day: Fridays
Date: March 31-May 26
(no class 4/21)
Time: 9:30-10:30am
Cost: \$25.00

Arthritis Exercise Program

Gentle, joint-safe exercises, developed specifically for people with arthritis. Class can be taken either standing or sitting.
Instructor: Rita Aber, P.T., Arthritis Foundation certified instructor
Day: Mondays
Dates: April 10-June 5
(no class 5/29)
Time: 2:00-3:00pm
Cost: \$25.00

NEW! Breathe Flow Yoga

This style of yoga links movement and breath, creating an opportunity to increase flexibility and balance.
Instructor: Deb Smith
Day: Fridays
Dates: April 7-May 26
Time: 2:00-3:00pm
Cost: \$25.00

Core Fusion

Strengthen core muscles using bands and weights, standing or sitting.
Instructor: Volunteer led
Day: Wednesday
Dates: Ongoing
Time: 10:00-11:00am
Cost: Free

Office on Aging
1 Monticello Boulevard 44118
8:30am-5:00pm Monday- Friday

NEW! Dance 101

So you think you can't dance? You can! Enjoy dance movement to improve strength, balance and flexibility. Wear comfortable clothing.

Instructor: Leslie Keller
Day: Fridays
Dates: March 31-May 19
Time: 11:15-12:15pm

Delay the Disease

Exercise for those living with Parkinson's.

Instructor: Amalie Foundation
Day: 2nd, 3rd & 4th Wednesdays
Time: 2:00-3:00pm
Cost: Free

English Country Dance

Traditional English Country Dancing. No partner necessary.

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

Gentle Yoga

Exercise program can improve flexibility, strengthen muscles and circulation.

Instructor: Dympna Ferrante
Day: Mondays
Dates: TBA
Time: 11:00am-Noon
Day: Wednesdays
Dates: TBA
Time: Noon-1:00pm
Cost: \$55.00 each or
\$100.00 for both

Line Dancing

Promotes physical fitness through dance exercise. No partner required.

Instructor: Gladys McGlothin
Day: Mondays
Dates: April 24-June 19
Time: 9:30-10:30am
Cost: \$25.00

Senior Strength Training

Exercising with weights increases muscle mass and strength.

Instructor: Timothy Cavender
Day: Tuesdays & Thursdays
Dates: March 21-May 11
Time: 3:00-4:00pm
Cost: \$40.00

Tai Chi Chuan

A series of slow-moving exercises awareness coupled with meditation.

Instructor: Jeannie Koran
Day: Thursdays
Dates: Session 1 March 16-May 4
Session 2 May 18-July 6
Time: 10:00-11:15am
Cost: \$40.00 per session

Tai Chi 2.0

Previous Tai Chi training recommended.

Instructor: Jeannie Koran
Day: Tuesdays
Dates: May 2-June 20
Time: 12:15-1:00pm
Cost: \$40.00

Walking Club

Join other active seniors for walking on the Field House track.

Day: Tuesdays, Wednesdays,
Thursdays
Time: 1:00-2:00pm
Cost: Free

Wii Bowling

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

Instructor: Group led
Day: 1st & 3rd Thursdays and
2nd & 4th Wednesdays
Date: Ongoing
Time: 1:00-3:00pm
Cost: Free

Workout with Ms. Duck

A gentle workout with weights, bands, balls and more.

Instructor: Ms. Duck
Day: Wednesdays & Thursdays
Time: 12:15-12:45pm
Cost: Free

language classes

Spanish 1

Instructor: Cristina Sempé
Day: Wednesdays
Dates: March 15-May 3
Time: 9:00-10:00am
Cost: \$25.00

Spanish 2

Instruction in conversational Spanish. Beginning Spanish a prerequisite.

Instructor: Cristina Sempé
Day: Wednesdays
Dates: March 15-May 3
Time: 10:00-11:00am
Cost: \$25.00

Spanish 3

Increase your skills in conversational Spanish. Basic Spanish or equivalent a prerequisite.

Instructor: Cristina Sempé
Day: Wednesdays
Dates: March 15-May 3
Time: 11:00am-Noon
Cost: \$25.00

music classes

New! Intro to Hum & Strum

A new group for those wanting to learn to play a folk instrument or those who have played before and want to regain skills. Even if you don't have an instrument please plan on attending, a variety of instruments will be available to try.

Instructor: Harry Spicknall
Day: Mondays
Dates: Ongoing
Time: 11:45am
Cost: Free

Hum & Strum

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

Instructor: Group led
Day: Mondays
Dates: Ongoing
Time: 10:00am
Cost: Free

Piano Lessons

Come learn to play the piano or increase your skills. Individual ½ hour lessons, by appointment. Call to arrange a lesson time.
 Instructor: Joseph Bolek
 Day: Thursdays
 Dates: Session 1 March 16-May 4
 Session 2 May 18-July 6
 Time: 8-week sessions of arranged lesson times
 Cost: \$100.00

special interest

AARP

(American Association of Retired Persons, Cleveland Heights Chapter 5018)
 Cleveland Heights residents age 50+ are welcome to join. Refreshments.
 Call 216-691-7377 for information.
 Day: Last Thursday of the month.
 Time: 1:00-3:00pm
 Cost: AARP Chapter Dues \$5 paid annually

Bid Whist

Players meet every week to enjoy cards and good company.
 Day: Mondays
 Time: 1:00-4:00pm
 Cost: Free

Blood Pressure Checks

In cooperation with Case Western Reserve University & Walgreens.
 Day: 2nd Tuesday of the month
 3rd Thursday of the month
 Time: 2:00-3:00pm 2:00-4:00pm
 Cost: Free

Book Discussion Group

Read preselected books (Heights Library) and discuss in a group setting.
 Instructor: CH-UH Library Staff
 Day: 1st Thursday of each month (unless otherwise noted)
 Time: 11:00-Noon
 Cost: Free

Computer Center & Tutors

Open for practice when the Center is open. Free. Tutors are available to help on the following days:
 Tuesdays: 1:00-2:00pm
 Wednesdays: 11:00am-Noon
 Thursdays: 2:00-3:00pm
 Fridays: Noon-1:00pm

Genealogy Group

Meet with other genealogy enthusiasts.
 Instructor: Jean Hoffman
 Day: 2nd Wednesday
 Time: 2:00-4:00pm
 Cost: Free

Mah Jong

Come play Mah Jong with this ongoing group.
 Day: Tuesdays
 Time: 1:00-3:00pm
 Cost: Free

Matinee Movie

Each week enjoy a current movie on our big screen. Call 216-691-7377 for the feature of the week.
 Day: Fridays
 Time: 1:00pm
 Cost: Free

Meet, Greet & Eat

Lunch with friends at an area restaurant every other month. Call 216-691-7377.
 Day: Thursdays
 Dates: April 13, June 15, August 10
 Time: 11:30am
 Cost: Your own individual lunch

Newcomers Orientation

Passes to the SAC are free and may be obtained with a photo ID and a piece of mail showing your address. For more information call 216-691-7377.
 Day: Thursdays
 Time: 10:30am
 Cost: Free

Open Art

Bring materials and be part of this creative group.
 Instructor: Group led
 Day: 2nd and 4th Mondays
 1st & 3rd Wednesdays
 Dates: Ongoing
 Time: 1:00-4:00pm
 Cost: Free

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Parkinson's Support Group

Group is for Parkinson's patients and their families. Call 216-691-7377.

Instructor: David Brandt

Day: 1st Wednesday of the month

Time: 2:00pm

Cost: Free

Party Bridge

Play bridge twice a week.

Day: Tuesdays & Fridays

Time: 12:45-3:45pm

Cost: Free

Pinochle

Meet for a game of Bridge or Pinochle each week. Open to all participants.

Day: Fridays

Time: 12:45-3:45pm

Cost: Free

Potluck

Please bring an entree, salad or dessert for 8 or more to share.

Day: 1st Thursday of each month

Time: Noon

Cost: Free if you bring a dish to share, \$5.00 if you don't

NEW! Relaxation & Meditation

Let go of stress and learn to relax by participating in this meditation group.

Instructor: Christine Valadon

Day: Fridays

Time: 10:00-11:00am

Cost: Free

Rummikub

Players meet to enjoy the game.

Day: Tuesdays

Time: 2:00-4:00pm

Cost: Free

Scrabble Club

Meet to play for competitive scrabble each week. Bring a scrabble board if you have one.

Day: Fridays

Time: 1:00-3:00pm

Cost: Free

Stitch Together

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

Day: Fridays

Time: 1:30-4:30pm

Cost: Free

Table Tennis

For recreation and fun. Open to all levels of play. Bring your own paddle and ball.

Day: Mondays Fridays

Time: Noon-2:00pm 10:00am-Noon

Cost: Free

USTA Group Tennis Lessons

Ages: 60+

Instructor: Staff

Level: Beginner

Days: Tuesdays & Thursdays

Dates: June 6-July 13

Time: 9:00-10:00am

Location: Cain Park Tennis Courts

Cost: \$35.00 CH RES /
\$45.00 NON RES

Racquettes

For experienced women players focusing on doubles action. Round robin planned.

Days: Tuesdays & Thursdays

Dates: Beginning June 6

Time: 9:00am

Location: Cain Park Tennis Courts

Cost: \$25.00 CH RES /
\$30.00 NON RES

Private Lessons

Call 216-691-7373 for information.

sports

Pickle Ball

A combination of tennis, badminton and table tennis for all ages.

Days: Tuesdays & Thursdays

Dates: October-April
(indoor at the Community Center)

May-September
(outdoor at Denison Park)

Time: 9:00am-Noon

Cost: \$3.00 drop-in fee or
\$25.00 for ten sessions



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Tanisha R. Briley, City Manager

COUNCIL MEETINGS

Cleveland Heights City Council usually meets on the first and third Mondays of each month in City Hall Council Chambers, 40 Severance Circle. For the latest information on Council and other City meetings, visit www.clevelandheights.com.

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Please direct correspondence about FOCUS to the Editor, FOCUS City Hall, 40 Severance Circle Cleveland Heights, Ohio 44118. Phone: 216-291-5792 E-mail: ksenia@clvhts.com

www.ClevelandHeights.com

City Hall: 216-291-4444
Public Works: 216-691-7300
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