

CITY OF CLEVELAND HEIGHTS focus

A PUBLICATION OF CITY NEWS AND PARKS & RECREATION



Spring &
Summer
2019

Neighborly Artistic Thriving
green progressive vital Home
Friendly HOME eclectic Cultural
Home historic Neighborly fun
friendly diverse Green HOME

Cleveland Heights Ohio

Eclectic Neighborly Friendly vital
thriving historic unique Cultural progressive
Home vital HOME thriving
green historic Neighborly fun
friendly diverse Green HOME
Artistic HOME historic Diverse
HOME Creative GREEN Unique
Vital eclectic progressive thriving
fun Eclectic Green Home

These words selected by Cleveland Heights residents to describe their city.

www.ClevelandHeights.com

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NEW! Online registration for Parks & Recreation classes is now available by going to www.chparks.com/register.

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CITYNEWS



Memorial Day Ceremony Monday, May 27 – 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.



6th Annual Safety Forces Night Out

The Sixth Annual Safety Forces Night Out with our Police & Fire departments will take place on Tuesday, August 6 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. Fire personnel will have fire trucks and ambulances on site. Children will learn about bike safety and maintenance; register their bikes; hear from Eddie Eagle about gun safety; and have their fingerprints taken. 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.

access
Cleveland Heights 

Your Connection to City Hall – the Cleveland Heights Mobile App!

- Free and easy to use 24/7!
- Submit and track service requests, such as potholes, tall grass, graffiti, etc.
- Include a photo of the issue if you wish!
- You'll be notified when it's completed.

Download the **access** Cleveland Heights App



We Are Your Home
City of Cleveland Heights 

Keep up to date on what is happening with the City's bi-weekly newsletter.

Visit www.clevelandheights.com/newsletter to sign up

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 Thursdays 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 www.clevelandheights.com/safetytips 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.



Away-From-Home Form

The Cleveland Heights Police Department can keep an eye out on your residence while you are away from home for a short period of time.

Just go to www.clevelandheights.com/away-from-home, fill out the form and submit it online. Or you can download the form and email it to ois@clvhts.com.

With the submission of this form, the Cleveland Heights Police Department will conduct periodic security checks for those residents who have no one staying or checking on their home. This form is solely for occupied homes that will be unoccupied for a short time due to vacation or work travel.

PASSPORT Parking App



**USE YOUR SMARTPHONE
TO PAY FOR PARKING**

Download the PassportParking app now !

Overnight Parking Request

Residents can request overnight parking online by going to www.frontlinepss.com/chpd. Permission to park on the street is only for the 3:00-6:00am restriction. This does not include permission to park in municipal lots, private property, prohibited zones, rush hour lanes, parking meters or for any other restriction by posted signs. Rush hour lanes are strictly enforced. No overnight parking permission is granted on Hampshire Road from Coventry Road west to Hampshire Lane. There is a maximum of nine requests per month, and a restriction of 36 requests per year. Any driveway repair longer than 3 days requires contacting the police department directly at 216-291-4619. Requests must be submitted before 3:00am to obtain permission.

Help With Home Repairs

Spring is just on the horizon and the City's Housing Preservation Office may have the program that you're looking for to help with those home improvements & repairs!

Get the Lead Out

The City of Cleveland Heights, in partnership with the Cuyahoga County Board of Health and the Department of Development, wants to help make homes lead safe. Many homes built before 1978 contain lead-based paint. Grants up to \$9500 are available to those meeting household income limits for items such as new windows, doors, painting, and other repairs. Minimum homeowner contribution is 10% of the project cost and to qualify, you must have children ages 5 years or younger in the home.

Deferred Loan/Emergency Loan/ Exterior Paint & Violation Repair Grants

Cleveland Heights homeowners age 62 and older or permanently disabled who are eligible for loans and grants that can really help keep their home looking and running well. These programs can provide improvements for items such as new roofs, windows (lead remediation), heating/cooling systems, plumbing, electrical, carpentry repairs, new kitchens, and baths. The maximum exterior paint grant is \$3500 to prepare/paint the house and garage; if paint costs exceed \$3500, the homeowner must pay the difference. The violation repair program provides assistance or correction of exterior violations; homeowners are eligible for a maximum benefit of \$1000 with a maximum lifetime benefit of \$3000.

The homeowner must be current on property taxes and have a total household income that does not exceed the 2018 federal income guidelines
1 person: \$39,600, 2 persons: \$45,250,
3 persons: \$50,900, 4 persons: \$56,550.

All of these programs are federally funded and have application income & home equity requirements. For more information call Lori Sanford of the Housing Preservation Office at 216-291-4869.

Identifying Cleveland Heights Unique Brand Continues

Last summer, the City began an effort to review, refine/define the Cleveland Heights brand. A well-branded City with its businesses and residents sharing a unified message can help position the City as a desirable place to live, visit and build a business – all of which can result in increased economic prosperity.

All of the research, speaking with residents, community leaders and business owners, as well as a community-wide survey, has led us to the next phase of the process – defining our unique qualities as determined from the discovery phase.

We have now developed our brand essence, our internal battle cry, our “brand truths.” Three truths rose to the top. These are unique dynamic themes that converge to form the brand essence of the City. Our brand truths are described as:

Proudly Diverse – We believe that the best of life is found in a rich tapestry of thought, education, beliefs, and heritage. This is the fabric of Cleveland Heights, a fabric we treasure.

Nurturing Creativity – Cleveland Heights is a place with broad-reaching support for an established arts community, where the sound of music drifts from local venues, where even a walking tour connects you with public displays of artists' visions. You'll find an environment that nurtures creative living. Unique shops reflect the personalities of their owners.

Enduringly Charming – Cleveland Heights has managed to hang on to its charm over the years, evolving into an eclectic, architecturally diverse community. There is nowhere else like it and that's one of the reasons why our residents love it. To travel our streets is a way to find refuge from the cookie-cutter sameness of neighboring communities. Walkable communities where neighbors and friends converge is cherished in our City.

Now that we have a brand narrative, the team has begun the work of creating a logo, defining a tagline, and establishing message points that we hope all residents and businesses will use to describe our City to visitors and potential residents and businesses. The Brand Steering Committee, made up of residents and business and community leaders, will help direct and determine logo design and what tagline will best reflect us. Once the committee has agreed upon two top designs, we will share this with our residents through social media and email to learn what our neighbors have to say, and use these opinions to help form a final decision.

For ongoing updates don't forget to visit clevelandheightsbrand.com.



There are places where neighbors barely know each other.

But sometimes you find an oasis. Where the people of a community are connected because of their diversity. Where different cultures, ideas, and architecture inspire us every day.

This is Cleveland Heights. And you're invited to join us.



www.clevelandheights.com

Top of the Hill Project Update

The Top of the Hill project, located atop Cedar Hill (intersection of Euclid Heights Blvd. & Cedar Road), continues to proceed through the project design and approval phase with construction now slated to begin sometime during the 4th Quarter of 2019.

The City's Architectural Board of Review (ABR) held its first meeting on the design on December 27 of last year, with the second meeting taking place on February 6. As a highly visible City-owned property at the gateway between the Heights and University Circle, developing this property in a transformative way that complements and enhances the surrounding Cedar-Fairmount District and neighborhood has been a long-time goal of the City and many of our residents and businesses.



Other City action taken in December included City Council's approval of the Planned Development Overlay (PDO) development standards for the project, which essentially establishes the project's zoning. Council also authorized an amendment of the Development Agreement with development partner F&C Development. In general, this amendment includes an opportunity to add additional property to the project site, addresses a gap in funding, adjusts certain target dates and deadlines, clarifies the terms and conditions related to parking available for permit holders in the future project parking garage, and addresses other terms and conditions in order to facilitate the project.

Indianapolis-based Flaherty & Collins Properties, who was selected as the development partner for this project in 2017 after an extensive RFQ/RFP process, has an extensive development track record, completing more than \$2 billion in development projects since their founding in 1993, including mixed-use projects similar in scope to what is being envisioned for the Top of the Hill. We continue to have confidence in their vision and experience.

Currently, this estimated \$84 million project is anticipated to consist of approximately 275 to 300 market-rate luxury apartments, up to 15,000 square feet of new first-floor commercial space, and a structured parking garage containing approximately 550 parking spaces, as well as additional surface parking throughout the development site. While being built, the project is expected to create over 90 permanent jobs and almost 600 construction jobs. New income tax revenues are projected at almost \$270,000 annually from the project, with an additional one-time influx of revenue from construction payroll of over \$685,000.

Presently, the school district receives a little over \$20,000 annually from property taxes assessed on the Top of the Hill site, which is currently used as a municipal surface parking lot. Once the project improvements are constructed, the increased value of the new buildings and improvements to the site are projected to result in compensation to the school district reaching almost \$400,000 annually for 30 years. Tax Increment Financing is necessary to finance the construction of the project improvements, and will provide strong and significant school compensation opportunities for the school district compared with the revenue currently generated by continuing to use the project site as an unimproved municipal surface parking lot.

As mentioned earlier, we hope to begin construction later this year with a projected completion time of 18 to 24 months.

Additional information, including the proposed design of the project, the TIF, and recent legislative action, can be found on the City's website at www.clevelandheights.com/toh.

OTHER DEVELOPMENTS

- Negotiations continue on the development of the Meadowbrook-Lee site. Creating a vibrant, pedestrian-friendly and unique mixed-use project is a key development goal for this important site. Updates will be provided at www.clevelandheights.com/mls.
- New tax abatement program approved. In 2018, Cleveland Heights was approved as a City-wide Community Reinvestment Area (CRA). This new tax incentive, if you meet eligibility requirements, can be used for renovations and additions for both commercial and residential structures. To learn more visit www.clevelandheights.com/taxabatement.

at your service



Holiday Collection Schedule

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

Easter Sunday

Sunday, April 21 is Easter. Refuse and recycling collection will be on the regular schedule the week before and the week after Easter.

Memorial Day & Labor Day

Monday, May 27 is Memorial Day &

Monday, September 2 is Labor Day:

Monday collection will be on Tuesday, Tuesday collection will be on Wednesday, Wednesday collection will be on Thursday, Thursday collection will be on Friday, and Friday collection will be on Saturday.

Independence Day

Thursday, July 4 is Independence Day:

Collections on Monday, July 1, Tuesday, July 2 and Wednesday, July 3 will take place as regularly scheduled. Thursday collection will be on Friday, Friday collection will be on Saturday.

YARD WASTE RECYCLING

Loose leaf collection will run from April 1 through April 26

However, after April 26, 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 2.
-  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.



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.



Fire Hydrant Flushing

The Fire Department will be flushing fire hydrants throughout the community beginning Monday, April 2.

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. Check your water daily for rust before drinking or washing clothes. Rust remover will be available at Fire Station #1, 3445 Mayfield Road.

Building Department

Don't Forget Your Permit!

Spring is the time many people think 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. Visit www.clevelandheights.com/building-permits for more information.



Rx Drug Drop-off Program

A prescription drug drop box is located in the entranceway to the Cleveland Heights Police Department (at back of City Hall). Only pills should be dropped into this box (needles and liquids cannot be accepted). Preferably, empty the pills into a ziplock bag before dropping it in the box and then recycle the pill bottle.



Recycling Reminder

Please remember to place cans, cartons, glass, paper, plastic bottles and jugs in a clear or blue bag and set it out a distance from your trash on your collection day. Cardboard boxes need to be flattened. But not everything can be recycled. Please place the following items in the trash: styrofoam and takeout containers; hoses and ropes; durable plastic; cups, lids and utensils; and broken ceramics.

Technotrash

Safely recycle items that may contain personal information: old CDs, DVDs, diskettes, audio and videotapes, cell phones, pagers, PDAs, digital cameras, and rechargeable batteries. Residents wishing to recycle their unwanted items may bring them to the top of the ramp at the Transfer Station; the driveway is on Mayfield Rd. next to MotorCars. You may drop off items Monday through Friday 7:00am to 3:30pm.

Shredded Paper Recycling

Shredded paper should not be placed in your curbside recycling because the shreds are too small to be sorted properly at the materials recovery facility that handles recyclables.

Instead, make sure it gets recycled by placing shredded paper in paper bags and dropping off at a mixed paper recycling bin such as the ones typically located in the parking lots of schools and places of worship. Look for the green and yellow public containers operated by Paper Retriever or River Valley Paper.

Or you can save your papers to be shredded and come to Community Shredding Days!

COMMUNITY SHREDDING DAYS
Saturday, June 22 and October 12
9:00am-12:00 noon
Cleveland Heights City Hall
Parking Lot
40 Severance Circle

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.

Proper Disposal of Yard Waste

Grass clippings. Leaves. Sticks. Wood chips. These and other yard waste may not sound like they would be harmful to creeks or the animals that live in them. Homeowners and landscapers may even think that dumping these natural, organic materials on streambanks helps to slow erosion. But in reality, they cause major problems, especially when they are dumped in smaller backyard streams and roadside ditches.

As these materials decompose, they consume oxygen, depleting the oxygen supply for fish, frogs and salamanders. Additionally, streams with low levels of oxygen often have a foul odor. Wood chips and pine needles can increase the acidity of the water. As these materials pile up on the streambank, they smother and kill vital streamside vegetation, making streambanks more susceptible to erosion.

While logs and branches in the stream can provide beneficial habitat and channel stability, smaller sticks, leaves and grass clippings often float downstream and clog culverts or bridges, leading to localized flooding or new erosion. For this same reason, yard waste should never be dumped or blown into a storm drain or roadside ditch.

Besides participating in the City's recycling program, you can reduce the amount of yard waste you generate. Consider using a mulching mower so that grass clippings are chopped up small, making bagging or otherwise disposing of them unnecessary. This has the added benefit of adding organic material back into your lawn soil. Leaves can often be mulched and incorporated into your lawn using this technique as well.

Grass clippings, weeds, leaves and many other yard and garden wastes can be composted right in your own backyard, along with plant-based kitchen scraps. Techniques range from a simple backyard compost pile to bins or even digesters that can also handle pet waste. Finished compost can then be used to add fertility to lawn, garden and landscaped areas. Visit cuyahogarecycles.org for more information about backyard composting.

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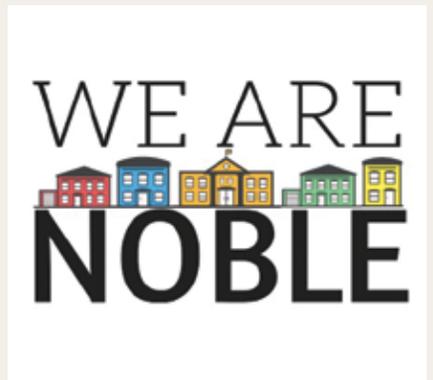
3109 Mayfield Road, Suite 203
Cleveland Heights, OH 44118
216-965-0646

Call Jared Lavender

www.KellerNational.com

“We Are Noble” 2019

The neighborhoods along Noble Road will buzz with activity May 17-19 when Noble Neighbors’ fifth annual showcase demonstrates how wonderful this quadrant of the city is. Look for 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. Also check them out on www.Facebook.com/NobleNeighborsClevelandHeights, on Twitter @NobleNeighbors and Instagram. See you in the Noble Neighborhood!



Plan a Block Party

Summer is a great time to plan a block party for your street! Having a block party, whether it is highly organized or very casual, is a wonderful way to meet new neighbors and renew old friendships. The City will provide street barricades and a volleyball and net for use at your block party. We’ll print your flyers and street newsletters free of charge. To reserve your barricades or get ideas for your block party or special street event, call **Community Relations at 216-291-2323**. Please note: streets are never blocked for single household, private parties. (i.e. birthdays, graduations, etc.)

BE COOL



Chris

Bill

Air Conditioning Tune-Up Special

\$89

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 7/31/19



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theearlyyears

FAMILY CONNECTIONS

Support Family Connections by attending **Dads Day Run on Father's Day, June 16.** A fun and healthy morning for the entire family! Call 216-321-0079 for more information.

Located in the former
Coventry School Building
2843 Washington Blvd.
www.familyconnections1.org
216-321-0079

Our programs are designed to offer parents a variety of opportunities to enhance their parenting experience, build their confidence as parents, play with their kids and provide resources for them to become the parents they strive to be. Play is the best way for kids to learn, grow and develop all of the important early skills.

- **Baby & Me:** Parents and caregivers of infants, 0-12 months, meets every Wednesday 9:30-11:30am.
- **Family Playroom:** Parents and caregivers play and learn with their young children and share with each other.
- **Large Muscle Room:** A great space for developing coordination and confidence, as well as burning off energy.
- **Parenting Classes:** An 8-week series of parent education sessions is offered twice a year.
- **Birthdays Parties:** Call for details.



Family Literacy Playroom

Heights Main Library
2345 Lee Rd:

■ Little Heights is a free, early literacy program 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.
- **ABC's of Kindergarten:** come play with your child and learn about grade level expectation. Call for dates and times.



weareproud...



weareproud...

Dr. Martin Luther King, Jr. Celebration

As part of the 21st Annual MLK Jr. Celebration, the City sponsored essay, poetry and poster contests for Cleveland Heights students. This year's topic was "How did Dr. Martin Luther King, Jr. influence the world?" The entries were thoughtful, creative and impressive. Students read their essays and poems and proudly displayed and explained their posters during the celebration. And the talented Heights Barbershoppers under the direction of Jesse Lange, entertained with a selection of inspiring songs.

Congratulations to all the winners: Essays – **Ra'mya Rawls** (Oxford Elementary, Grade 3), **Lina Szpak** (Canterbury Elementary, Grade 4), **Ella Bain** (Roxboro Elementary, Grade 5), **Ryniesha Drew-Kinsey** (Oxford Elementary, Grade 3), **Shannon Blankenship** (Beaumont School, Grade 10)

Poetry – **Noah Paik** (Fairfax Elementary, Grade 5), **Gabriel Martin Mallamad** (Fairfax Elementary, Grade 5), **Owen Hagesfeld** (Fairfax Elementary, Grade 5), **Dwayne Anderson** (Oxford Elementary, Grade 5), **Isabella Crayton** (Oxford Elementary, Grade 2), **A.J. Jackson** (Oxford Elementary, Grade 5), **Arlan-Rayn Jordan** (Oxford Elementary, Grade 3), **Lucia Fehn** (Roxboro Elementary, Grade 5).

Puppetry – **Elle Crowe** (Boulevard Elementary, Kindergarten).

Posters – **Addison Hart** (Fairfax Elementary, Grade 5), **Nora Lubbers** (Fairfax Elementary, Grade 5), **Avery Craft** (Fairfax Elementary, Grade 5), **Akyra Graves** (Oxford Elementary, Grade 5), **Prynness King** (Oxford Elementary, Grade 5), **Christina Blair** (Oxford Elementary, Grade 5), and **Amani Jackson** (Oxford Elementary, Grade 5). Winning posters were hung in the City Hall Atrium (upper level) through February.



our schools

Phantom Tollbooth on Stage at Heights High

Heights High invites all community members to see their production of *The Phantom Tollbooth*, April 11-13, 7:00pm in the Dina Rees Evans Performing Arts Center, the school's auditorium. Ticket price is by donation; suggested price is \$10, \$5 for students.

The cast of 20 students will perform the fantasy story about Milo, a bored little boy who is inspired by travels in the City of Words, the Forest of Sight, the Valley of Sound, and the City of Numbers. He fights his way past the demons in the Mountains of Ignorance and meets the princesses Rhyme and Reason.

2019 College Fair at Heights High

Heights High will host the 25th Annual Cleveland Northeast Suburban College Fair on Thursday, March 21, 7:00-8:30pm. The event is open to all northeast Ohio students and families. The event will include representatives from more than 100 colleges, universities and technical schools. Financial aid, career and admissions information will be available.

Before the event, the school will host a workshop, "The Top Five Myths about Historically Black College and Universities," 5:30-6:30pm. For more information, contact Michelle Phelps, 216-371-7149, CareerDev@chuh.org. The 2019 Cleveland Northeast Suburban College Fair is sponsored by The Heights Career Development Program.



Annual HSF Pancake Breakfast is April 7

The annual Heights Schools Foundation Community and Alumni Pancake Breakfast is Sunday, April 7 from 9:00am until 12:00 noon in the Heights High cafeteria. Enjoy a delicious all-you-can-eat pancake breakfast including gluten-free options and a fresh fruit toppings bar. We'll provide self-guided tour maps so you can look around the building at your own pace, along with a tiger gear pop-up shop to stock up on your favorite items. The Pancake Breakfast funds classroom grants for every school in the Cleveland Heights-University Heights City School District.

Tickets sold at the door are \$8 for standard admission, \$5 for seniors (65 and older) and kids ages 4-12. Children 3 and younger are free. To become a sponsor of the event, contact the Foundation at info@heightsschoolsfoundation.org.



Boulevard Elementary Celebrates STEM Designation

Boulevard Elementary celebrated their official designation as a STEM-focused school — with science! Students gathered in December for the banner reveal with special guest Meryl Johnson, Ohio State Board of Education member representing the Heights. Then, teachers helped students perform several science experiments in front of their classmates.

Boulevard joined the ranks of the Ohio STEM Learning Network, receiving word of the accomplishment in late April. Boulevard is one of just four elementary schools in Cuyahoga County and one of 21 elementaries in the state of Ohio with the official STEM (science, technology, engineering and math) designation.



Heights High Basketball Team Meets Holocaust Survivor

Heights High's new varsity basketball coach Michael Cruz partnered with Heights High "Lessons of the Holocaust" teacher Mark Sack for a team visit to the Maltz Museum of Jewish Heritage Stop the Hate exhibit, and a meeting with 92-year-old Holocaust survivor Stanley Bernath.

Bernath shared his story of survival during the Holocaust and offered advice to the students. He told the young men: "Believe in yourselves; never, ever give up, no matter how bad things look. Nobody is better than you and you are not better than anybody else—we are just different!" He also had a request for the athletes: "Please help erase hatred and help others, because a Holocaust is what can happen when no one helps victims." Sack stated "We were reminded that at any time in history, when good people do nothing, evil flourishes."

During the visit, Albert Ratner, a 1946 Heights High graduate, basketball player and local businessman and philanthropist, stopped in to say a few words about his experiences as a teenager during WWII. At the end of the visit, Sack reminded the team that, on any given day, any of them might be a victim, a perpetrator, a bystander or an "upstander."

"I hope that each of you will have the knowledge and the courage to be an upstander," continued Sack.

Summer Ruffing It!

Summer camps for ages 18 months - Grade 8

June 17- July 26, 2019

For more information or to register online please go to:
www.ruffingmontessori.net/camps

3380 FAIRMOUNT BOULEVARD, CLEVELAND HEIGHTS, OHIO





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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 your mailbox.*

Job Search Essentials

Heights Libraries offers free classes for those looking for a new job. All classes take place at the Lee Road branch, 2345 Lee Road.



Resume Workshop

Saturday, March 9, 11:00am and Thursday, May 9, 7:00pm
Transform your resume into a powerful tool that will get you interviews! This workshop will help you create or update a powerful and polished resume and cover letter using Microsoft Word. If you have an existing resume or cover letter please bring it to class. Registration began February 23 for the March workshop and will begin April 25 for the May workshop.

Searching for Jobs Online

Saturday, March 16, 11:00am and Thursday, May 16, 7:00pm
More and more companies require job applications to be submitted online. Learn the basics of finding and applying for jobs online. Registration began March 2 for the March workshop and will begin May 2 for the May workshop.

Interview Workshop

Saturday, March 23, 11:00am and Thursday, May 23, 7:00pm
This will include managing stress during the job-seeking process and helpful hints to have a good interview. Registration begins March 9 and May 9.

LinkedIn

Saturday, March 30, 11:00am and Thursday, May 30, 7:00pm
This class covers how to get established as a member, as well as hints and tips for using the site for career development. Must have an active email account to register on LinkedIn. Registration begins March 16 and May 16.

Resume Toolkit

Saturday, April 6, 2:00pm
Stop in to the Lee Road lobby to learn about the Resume Toolkit and other resources for job seekers. Held in the Lee Road Lobby. Drop-in Service: no registration required.

Summer Reading at Heights Libraries

Our 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 www.heightslibrary.org

Teen Music Maker Space

Ongoing, by appointment, at the Lee Road branch, 2345 Lee Road
Have you always wanted to make music but didn't know where to start? Come to the Teen Room or go to our website and fill out an application for one-on-one introductory lessons in music-making technology like the MPC and Garage Band. Start fulfilling your musical aspirations today!
For ages 13-18.





For Kids

Spring Fling Family Dance Party
Thursday, March 28, 6:00pm at the Noble Branch, 2800 Noble Road
Calling all party people! Movers, dancers, and shakers of all ages are invited to a rad night of dancing, stories, crafting, and more. Don your brightest, most extraordinary attire and come ready to celebrate spring at the library. Light refreshments will be provided. Registration begins March 14.

Family Game Days

Saturday, April 27 & May 18, 11:00am at the Noble Branch, 2800 Noble Road
Families are invited to test their skills and enjoy the spring weather with fun outdoor games at the library! Games may include Connect Four, Jenga, hopscotch and more. There will be an indoor activity provided in case of bad weather.

Peeps Display Contest

Monday, April 22, 1:00pm at the University Heights Branch, 13866 Cedar Road
Recreate a movie, book, or anything else you can imagine using the classic candy, Peeps! Deadline for submissions will be April 22 and winners will be announced one week later. Prizes will go to the top three creations. All dioramas will be displayed at UH library.
Categories: Grades K-5 and 6-12.

Free Comic Book Day

Saturday, May 4, 2:00pm at the Lee Road branch, 2345 Lee Road
Eight is pretty great, and this year we will celebrate our 8th Annual Free Comic Book Day by playing a variety of games, activities, and crafts. Come in super hero gear, costume, or t-shirt to show off your favorite heroes. And of course, be sure to get your FREE COMICS! For ages 3 to 12.

For Teens

Voices from the Heights II - Heights Community Congress
Wednesday, March 20, 7:00pm at the Lee Road branch, 2345 Lee Road
Many in our community have fought for social justice and embraced the gifts of diversity. Filming live in front of a studio audience, this video project, in partnership with Heights High, explores and documents these stories, re-energizing and refocusing the continued work of fairness for all.

Celebrate National Library Week

Monday-Friday, April 8-12, during open hours at the Coventry Village branch, 1925 Coventry Road
Stop by each weekday during National Library Week for a week of fun library activities. Earn a raffle ticket each day by participating and be entered into our raffle for an iPod Shuffle!



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APOLLO'S FIRE BAROQUE ORCHESTRA

216-320-0012 • www.apollosfire.org

Three Duels and a Funeral

Friday, March 8 and Saturday, March 9
St. Paul's Episcopal Church, 2747
Fairmount Blvd. The sequel to last
year's hit program, "Three Duels and a
Wedding," takes a darker turn. Sparks fly
as pairs of virtuoso soloists square off in
dueling quadruple concertos of Vivaldi,
as well as exhilarating *Brandenburg
Concerto no. 3*. And Telemann's zany
Funeral Cantata for a Dead Canary will be
delivered with tragic-comic aplomb by
singer-actor Jeffrey Strauss.

Bach B Minor Mass

Saturday, April 13, 8:00pm • First Baptist
Church, 3630 Fairmount Blvd.
Never before heard on period instruments
in Northeast Ohio, Bach's magnificent
work features a large and colorful
orchestra, including several unusual
instruments. Featuring singers Amanda
Powell, Amanda Crider, Jacob Perry,
Jesse Blumberg with Apollo's Singers.

BURNING RIVER BAROQUE

917-754-5549

www.burning-river-baroque.org/

The Other Side of the Story

March 20-23

History is biased toward those with the
privilege to preserve their stories. This
program highlights the underrepresented
and emphasizes issues raised by the
#MeToo movement.

Wednesday, March 20

Lab Studios by Glo, 2460 Lakeside Ave.

Gallery opens 6:30pm, music 7:30pm.

Thursday, March 21

St. Alban Episcopal Church,

2555 Euclid Heights Blvd.

Saturday, March 23

Lakewood Congregational Church,

1375 W. Clifton Blvd.

CHORAL ARTS CLEVELAND

216-381-4608 • choralartscleveland.org

Brian Bailey, music director

Sunday, May 5, 3:00pm • Maltz

Performing Arts Center, 1855 Ansel Rd.

Dona Nobis Pacem by Ralph Vaughan
Williams and complementary works.

DOBAMA THEATER

2340 Lee Rd. • 216-932-3396

www.dobama.org

The Nether

By Jennifer Haley, March 8-31

Directed by Shannon Sindelar

Cleveland Premiere

Both a serpentine crime drama and a
haunting sci-fi thriller, *The Nether* explores
the consequences of living out our private
dreams. Log in to a virtual wonderland,
choose an identity and indulge every desire.
Winner, Susan Smith Blackburn Prize

This

By Melissa James Gibson, April 26-May 26

directed by Nathan Motta

Regional Premiere

This bright, witty, un-romantic comedy
captures the uncertain steps of a circle of
friends backing their way into middle age.
Jane is a promising poet without a muse,
a single mother without lessons to pass
along, with a dating life in shambles.

ENSEMBLE THEATRE

2843 Washington Blvd. • 216-321-2930 •

www.ensembletheatre.org

A Moon for the Misbegotten

By Eugene O'Neill, March 8-31

directed by Ian Wolfgang Hinz

After many years, James "Jamie" Tyrone,
Jr. encounters Josie, the daughter of his
tenant farmer. During one moonlit night as
the lovestruck Josie seems to claim him
as her own, the truculent drunken Jamie
drowns in a wave of self-pity and remorse.
When dawn comes, the moon is gone and
so is the man, leaving Josie with a new
challenge to her dauntless spirit.

2019 COLOMBI NEW PLAYS FESTIVAL

The Way I Danced With You

By David Hansen, March 21-April 7

directed by Tyler Whidden

As high school lovers, Dani and Charles'
courtship dances around the truth.

As they move into adulthood, the
steps become ever more intricate and
emotionally dangerous. Over the span of
ten years, *The Way I Danced With You* by
Cleveland Heights resident David Hansen
traces the mysterious choreography of
romance and illusion.

Water by the Spoonful

By Quiara Alegria Hudes, April 26-May 19,
directed by Celeste Cosentino

Northeast Ohio Premiere

Elliot has returned from Iraq and is
struggling to find his place in the world.
Somewhere in a chat room, recovering
addicts keep each other alive. The
boundaries of family and community
are stretched across continents and
cyberspace as birth families splinter and
online families collide. 2012 Pulitzer Prize
for Drama Winner.

HEIGHTS ARTS

2175 Lee Rd. • www.heightsarts.org

216-371-3457

In the Gallery

SPOTLIGHT: Todd Hoak

Through March 17

Todd Hoak's drawing assemblages are
created from other drawings cut apart
and reorganized to create a "Frankenstein
Cubist" view.

Sideways Thinking

March 8-April 21

The artists in this exhibition — Leslye
Discont Arian, Catherine Butler, Julianne
Edberg, Laurie Garrett, Jenny Mendes, and
Melissa O'Grady — take us to alternate,
more fantastic worlds. Opening reception
on March 8. Ekphrastacy: Artist Talk +
Poets Respond, Thursday, April 4, 7:00pm.

CLOSE ENCOUNTERS

CHAMBER MUSIC

Johann Sebastian, Igor and One French Horn

Sunday, March 10, 3:00pm

Explore the history of 200 years of classical
music in one short afternoon at the Eaton
Mansion by Richard King (French horn),
Isabel Trautwein (violin), and Patti Wolf
(piano). Featuring Bach's *Sonata for
Violin and Keyboard*, Stravinsky's "*Suite
Italienne*" for *Violin and Piano*, and Brahms
Trio op. 40 in E-flat Major. Advance tickets
available at the gallery and online.

Double Feature: Concert and Home

Tour Sunday, May 19, 3:00pm concert
(1:30-2:30pm Chestnut Hills home tour—
additional ticket required, limited availability)
The concert in the Salon features Ravel's
effervescent *Sonata for Violin and Cello*
followed by local composer Chris Auerbach
Brown's *Constellation #1 "The Violin"* and
ending with Brahms' *Clarinet Quintet op.
115 in B-Minor*. Musicians featured are
Robert Woolfrey (clarinet), Isabel Trautwein
and Miho Hashizume (violin), Eric Wong
(viola), and Tanya Ell (cello).

HEIGHTS CHAMBER ORCHESTRA

216-751-7816

www.heightschamberorchestra.org
Sunday, March 31, 3:00pm • Maltz Performing Arts Center, 1855 Ansel Rd.
Mozart's *Idomeneo Overture K. 366*; Rossini/Chopin's *Variations on "Non piu mesta"*; Mendelssohn's *Overture in C Major Op. 24*; Popp's *La Chasse, Galop Brilliant Op. 250 No. 6*; Tchaikovsky's *Pique Dame Suite Op. 68*; and Mussorgsky's *Boris Godunov Suite No. 1*.
Yoon Jae Lee, guest conductor,
Linda Madsen, flute.

Sunday, May 12, 3:30pm • St. Paul's Episcopal Church, 2747 Fairmount Blvd.
Dvorak's *Cello Concerto* and Sibelius' *Symphony No. 1 in E Minor Op. 39*.
Junggho Kim, guest conductor,
Dane Johansen, cello.

HEIGHTS YOUTH THEATRE

216-923-1583 • Wiley Middle School
2181 Miramar Blvd.

www.heightsyouththeatre.com
"Tolerance, Transformation, and Acceptance" is the theme of the 2018-19 season, dealing with the ways characters and sometimes entire communities can lose their bearings as they pursue their ambitions.

Seussical March 15-24
Directed by Treva Offutt.
Music Directed by Stacy Bolton.

LAKE ERIE INK

2843 Washington Boulevard
(former Coventry Elementary School)
www.lakeerieink.org • 216-320-4757
7th Annual Kids Comic Con!

**Pocket Poetry Workshop,
A Celebration of National Poetry Month**
Saturday, April 27, 10:30am-12:30pm
Celebrate National Poetry month by exploring pocket poems to share at this weekend of poetry for youth of all ages.

Teen Writers' Symposium
Saturday, May 11, 12:30-3:30pm, at Loganberry Books
So...you want to be a writer? Explore the art of writing in diverse genres and be inspired by local authors during a panel discussion and breakout sessions with guest writers. \$10 at the door.

Creative Expression Summer Camps

Weekly camps, June 17-August 12
1:00-5:00pm, grades 2-12
Lake Erie Ink summer camps provide a fun, stimulating environment where youth explore their imaginations, develop writing skills, and collaborate with peers. Summer camps explore various literary genres, including creative nonfiction, bookmaking, comics and graphic storytelling, novel writing, comedy for the stage, puppetry, and more.

Summer Programs for Teens - Write, Read, Volunteer!

Drop-in weekly writing workshops, open mic nights, summer camps, and volunteer opportunities are available. Visit lakeerieink.org for details and to register.

Bring Lake Erie Ink to your school or organization for creative writing fun! Lake Erie Ink works with teachers and staff at schools and other youth-serving organizations on fun and motivating writing workshops that explore various genres, including poetry, puppetry, comics, fiction, nonfiction, writing across the curriculum, and more. For more information, contact Jill Levin at jlevin@lakeerieink.org or 216-320-4757.

WESTERN RESERVE CHORALE

216-791-0061
westernreservechorale.org
David Gilson, artistic director

The Esterhazy Legacy

Sunday, March 24, 3:00pm
Maltz Performing Arts Center
1855 Ansel Rd.
Missa Santi Nicholai by Joseph Hayden
and *Mass in C* by Ludwig van Beethoven

Sonic Sunrise — Music of the Spheres

Sunday, June 2, 3:30pm
Church of the Gesu, 2470 Miramar Blvd.
Sunrise Mass by Ola Gjeilo plus choral settings of the poems of e e cummings (to celebrate the 125th anniversary of his birth) by Whitacre, Dickau, Persichetti, Stroepe, and others.

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around town



FutureHeights offers Mini-Grants for Community Projects in 2019

FutureHeights, Cleveland Heights' Community Development Corporation, is offering mini-grants to help residents leverage their neighborhoods' assets and enable creative projects to improve their quality of life through its Community Capacity-Building Program.

Since the program's launch in 2015, FutureHeights has awarded over \$17,000 in small grants to support 26 projects in Cleveland Heights. Residents can apply for up to \$1,000 for citizen-led neighborhood projects, events and activities.

"Community organizing is a little like planting mystery seeds and waiting to see what emerges. With a little water, fertilizer and sunlight, strengths emerge that a community may not even know it has," said Tom Gibson of Oxford Community Garden. "The FutureHeights mini-grant to the Oxford Community Garden [OCG] in 2016 has not only enabled us to purchase perennial food forest plants—its ostensible purpose—but has brought in neighborhood volunteers not previously familiar with the garden and has connected the garden with the nearby Oxford Elementary School. Those connections, in turn, have brought in almost \$6,000 in additional funding and fresh initiatives for OCG gardeners to instruct Oxford Elementary School fourth graders in gardening basics."

"We have several principles that guide the program," said Mark Chupp, an assistant professor at Case Western Reserve University's Mandel School of Applied Social Sciences and former chair of the FutureHeights Civic Engagement Committee, which leads the sessions. "We believe that institutions lead best by stepping back and supporting residents and voluntary groups, and that everyday people have the power to do extraordinary things right where they live."

The FutureHeights Community Capacity-Building Program takes an Assets-Based Community Development approach, which means that it seeks to build upon a neighborhood's strengths. "For example," said Chupp, "the Cain Park neighborhood has this tremendous asset—Cain Park—that it can leverage and build upon. The Dog Project, in which residents came together to change a city law to enable dog walking in the park, is a good example of this. We also see residents of other neighborhoods, such as Noble, coming together to organize neighborhood cleanups and open houses. The small grants give us a means to better support neighbor-led activities like these."

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



Home Repair Resource Center

is closing in on half a century of providing services to residents of Cleveland Heights, and the list keeps growing. As always, they offer two to four home repair workshops every week, and 2018 saw the largest workshop attendance in the agency's history. Class topics run the gamut from concrete repair to landscape design to plaster and drywall repair, plumbing fixes, electrical repairs and upgrades, and much more. So, if residents want to learn how to make those pesky home repairs, or just want to brush up on their knowledge about tools and repairs, a visit to HRRC is in order.

One of the agency's most popular programs is the **Women's Home How-To Series**, a revolving six-week group of classes that continues to evolve. In April, their new Exteriors and Landscapes series will take place, blending hands-on practice inside and outside with instructional demonstrations from experts in the field. July brings the Electricity & Electrical Repairs series which helps take the fear out of doing electrical work for the women who enroll. HRRC also holds a monthly Homebuyer series that is a first-rate tool for those considering buying a home as they learn the ins & outs of homebuying including all the terminology, the different types of loans, financial assistance programs, post-purchasing responsibilities, and much more.

And the 19th annual Home Repair Resource Center Home Remodeling Fair will be taking place Saturday, April 27 at Cleveland Heights City Hall from 10:00am-2:00pm. Residents can get all home repair questions answered at this annual informative event. For more information please visit www.hrrc-ch.org or contact David Brock at 216-381-6100 ext. 16.

Heights Heritage Home and Garden Tour 2018 Highlights

The 41st Annual

Heights Heritage Home and Garden Tour was one for the record books.

Through the dedicated efforts of our volunteer planning committee the 2018 Heights Heritage Home and Garden Tour welcomed over 1200 residents and visitors to the many varieties of housing that makes The Heights so unique.

Our Featured Home, The Harcourt Manor, which was completed in 1915, has been beautifully restored. Visitors were treated to the amazing details each space offered – amazing wallpaper, unique antiques and light fixtures, a stunning color palette, and so much more. Some of the most notable architectural pieces in the home were salvaged from Terminal Tower. We look forward to the ways this home will continue to transform as the outdoor spaces take shape in 2019.

The other homes on Harcourt, East Overlook, Kingston, Cleveland Heights Boulevard, and Montevista highlighted the vast diversity of housing options available in Cleveland Heights based on size, amenities, and architectural styles. There was even a permaculture garden that demonstrated sustainable techniques that are a benefit to our environment. And the Apartments and Courtyard of The Alcazar were intriguing to guests who have long wondered what it would be like to live in this grand building.

Through a successful partnership with the Heights Bicycle Coalition, the Tour attracted a record number of bicyclists who came from all over NE Ohio to see what The Heights had to offer. Our continued partnerships with our local retailers contributed to the robust attendance of this year's tour. Many thanks to Apple Tree Books, Bremec, Dunn Hardware, Heinens on Green Rd, Stone Oven on Lee Rd., and Zagara's who all sold tour tickets.

HCC is also grateful to Dave's Supermarket on Cedar Rd., who provided over 1000 cookies at a deeply discounted price.

Upcoming HCC Programming

Wednesday, March 20

7:00pm-8:30pm

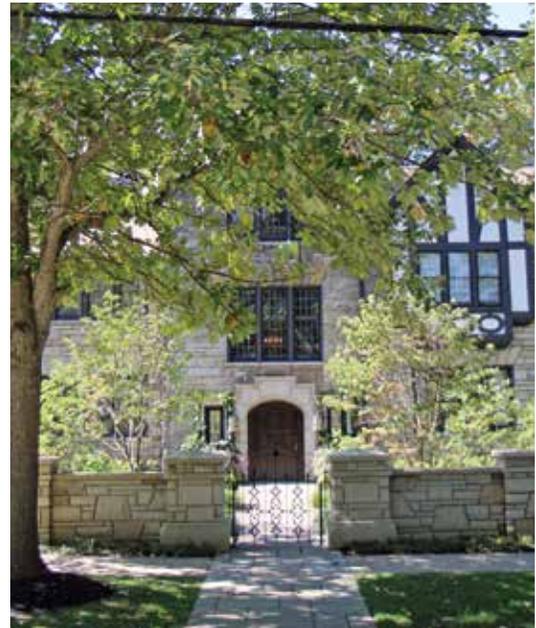
Heights Library – Lee Road Branch

Voices of the Heights: Live in Front of a Studio Audience – Part II
Heights Community Congress invites you to join for the second taping of our Voices of the Heights program series. "Voices of the Heights" is a video project spearheaded by Heights Community Congress to document the voices for social justice that have and continue to shape our community and to learn from the voices how we might continue to shape the world in which we live.

42nd Annual Heights Heritage Home and Garden Tour – Sunday, September 15, Preview Party on Saturday, September 14

Would you like to nominate a Heights home or garden space for consideration, or would you like to volunteer to serve on the planning committee? To learn more or make a nomination visit

<https://tinyurl.com/HCCtournomination>



Sara Kraber, owner of Wood Trader

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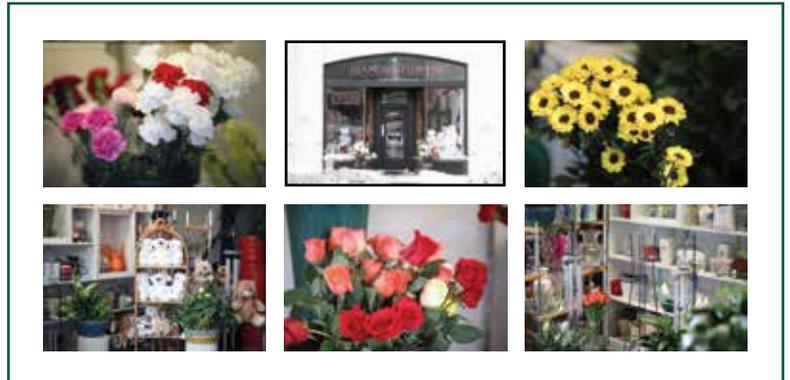
Blank Canvas CLE, 2174 Lee Rd. | **Cilantro Taqueria**, 2783 Euclid Heights Blvd. | **Jewellz Fine Dining**, 2204 Noble Rd.
Lee Road Dog Grooming, 2246 Lee Rd. | **Imaj Dance Center**, 1916 Lee Rd.

Francisco "Frankie Fingaz" Montes, proprietor of **Cleveland Barber Co** (2167 Lee Road) grew up in the lower west side of Cleveland. His dream was to own an establishment where both men and women could go for the best haircuts and styles. Most of all, providing a safe and welcoming place that feels like home while creating a cornerstone for the community. Frankie also creates pathways to success by providing young barbers a chance to learn and grow by becoming licensed professionals in a professional barber shop with his industry-leading team. **216-421-0560**.

For Scott Robertson, every flower he uses in his creations is a work of art reflecting his own personal spin on design. "I think what we do here is really floral art, because we don't just throw things in a vase," he says of his new **Stems Fleur** floral and gift boutique in Cleveland Heights at 2495 Lee Boulevard. "We mix traditional and really clean, modern looks, and people are starting to recognize our work." In the approximately 2,000-square-foot shop and studio set in a former knife-making shop in the Rockefeller Building, Stems Fleur sells ready-made arrangements, plants, and locally made gifts, while also creating custom arrangements and servicing smaller weddings. Robertson's local projects include Fashion Week Columbus, Columbus Museum of Art, and Eton Chagrin Boulevard. He has also designed Orchid Mania at the Cleveland Botanical Garden for the past two years, as well as their annual holiday Glow show. **www.stemsfleur.com**, 216-273-9595.

ANNIVERSARIES

Celebrating its 85th anniversary, **Diamond's Flowers** (1840 Coventry Road) is the second oldest business in Coventry Village, second only to Heights Hardware. Diamond's is also the oldest business to originate on the street. Although many years have passed since the store opened, customers who visit the floral boutique today would see little difference between then and now. Not only has the store not moved from its original location at 1840 Coventry, the way flowers are prepared and arranged has remained largely the same. Even the flower coolers are the same ones installed over 80 years ago.



Mr. and Mrs. Diamond opened their flower boutique in 1934. After 35 years they sold Diamond's Flowers to Max R. Ferris and his wife Thelma Woods, who sold it in 1985 to Roseana Bass. Because Diamond's Flowers was well known for its quality, Bass, like the Ferrises, learned the same methods of floral preparation that had been used at the small shop for more than 50 years. This old business stands as a reminder of the many boutique and mom-and-pop businesses that once adorned the street. **www.diamondsflowers.com**, 216-321-4420.

Specializing in dark chocolate covering homemade marshmallows, caramels, and truffles, **Mitchell's** is one of the last handmade chocolatiers in the area. Starting out on the corner of Euclid Heights Boulevard and Coventry as a neighborhood soda fountain and candy store in 1939, Mitchell's was founded by Greek immigrant Christ Mitchell who later married Penelope. Their son, William, took over the business in the late 1980s and later moved the manufacturing and retail showroom to 2285 Lee Road. Current owners Jason Hallaman and Emily Bean seek to preserve the long history of European chocolatiers in the region, and provide a touchstone of tradition for the residents of Cleveland Heights for 80 years. **www.mitchellschocolates.com**, 216-932-3200.

Reflections Interior Design was founded in 1980 by Reita Bayman as a full-service interior design firm with three designers working cooperatively from their 12423 Cedar Road location. Although based in Cleveland Heights, their commissions include all of the Greater Cleveland area. Their showroom contains hundreds of books and samples of carpet, wallpaper and paint unavailable for viewing anywhere else in Cleveland. The goal of the designers is to help each client achieve the peaceful environment they are seeking by using items already owned by the client plus thoughtful purchases of items to complete the desired look. **www.reflectionsinteriordesign.net**, 216-229-1000.

SIDs welcome new directors

Mallory Phillips has been selected as the new Executive Director of the Coventry Village Special Improvement District (SID) while **Myra Orenstein** takes over the reins of the Cedar Fairmount SID from Kaye Lowe who lead the organization for 18 years. SIDs are 501c-3 non-profit economic development organizations that exist to enrich the quality of life for residents and neighbors, celebrate the community, attract visitors, and create economic benefits for the merchants of that business district.

Mallory has spent the last decade building her experience in marketing, events, and brand development. After a serendipitous move to Cleveland in 2015, Mallory and her company, Dreamhouse Marketing, has made an impact with local businesses by developing community events. Mallory is also a fierce supporter of the arts and has played an active role in the local music, art, and literary scenes. "Coventry Village is a unique place full of wonderful and hard-working people," Mallory said. "I'm thrilled by the opportunity to work alongside them, tell their stories, promote their work, and help build a more connected and active community around this magical place. There is so much life to be lived here on Coventry!"

Myra Orenstein has served as Executive Director of Cleveland Independents for the past 12 years, growing the organization from 30 to 80+ members and making it the largest organization of locally owned, independent restaurants in the country. Myra is the president of CATV, Inc., a local marketing/advertising collaborative. In the past, she also served as Executive Director of the Coventry Village SID. "Becoming a part of the District's operations when the Top of the Hill Project is becoming a reality presents so many opportunities," Myra stated.

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Ruth Kronick, Project Co-ordinator | 2066 S. Taylor Rd. | **216.321.4444**

Angie's list
BBB
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historicheights



1924 City Hall Entrance Designated CLEVELAND HEIGHTS LANDMARK

The Landmark Commission designates the 1924 City Hall Entrance, located at 2953 Mayfield Road, as a Cleveland Heights Landmark because it has historic merit as the last remaining architectural remnant of the City's early Village and City Halls and marks the historic location of the seat of Cleveland Heights government.

Braving cold temperatures to celebrate the Landmark designation of the former City Hall entrance, now part of Motorcars Honda, are, from left to right: City Planner II Kara Hamley O'Donnell, Landmark Commission members Jim Edmonson and Ken Goldberg, former Mayor Ed Kelley, Councilwoman Mary Dunbar, Motorcars' Trevor Gile, Landmark Commission member Margaret Lann, and former mayor Alan J. Rapoport. At right, former mayor Ed Kelley looks on as Trevor Gile accepts the Landmark plaque.

In 1877, a wooden plank toll road opened with its west tollgate at Superior and Mayfield roads. This important crossroads figured into the site becoming the seat of Cleveland Heights politics. In 1901, the Hamlet of Cleveland Heights was formed, in 1903 it became a village and, in 1909, a village hall was constructed. As the community's population swelled, Cleveland Heights attained enough population to become a city in 1921 which was followed, in 1922, by a change to the City Manager form of government. In 1923, construction began on a new City Hall which was formally opened on September 8, 1924. It served as the center of Cleveland Heights government during the City's great period of growth in the 1920s through 1986, when City leaders built a new City Hall at Severance Town Center. The 1924 City Hall building was sold for development of an automobile dealership which included demolition of all but the primary City Hall entryway, which was controversial at the time.

The Georgian Revival City Hall was designed by William R. Powell using a style common for civic buildings of that time. The remaining sandstone entryway is characterized by its portico with paired entry doors with a pediment supported by ionic columns. The second story is dominated by a grand Palladian window with a large keystone flanked by medallions and is capped with a broken pediment which includes dentil molding and a festoon over a crest.

Wood Windows: Repair or Replace?

Thursday, April 25 at 7:00pm, Heights Library, Noble branch
"Buy 3 new windows get one free!" There are plenty of replacement window models, manufacturers, and deals on the market, but what is the truth about window replacement? If there was an ad about keeping original windows, it might read, "Keep all your windows for free and repair them for 50% less than replacement windows!" This lecture will review window efficiency, available window materials, appropriate architectural style and a cost analysis of repair vs. replacement with tips on how to tackle a window restoration or replacement in your older home. No registration required.

In My Day Wrap Party

Saturday, May 4 at 12:00 noon, Heights Library, Lee Road branch
Come celebrate the wrap of our In My Day Oral History project!
We are recording stories all day, and ice cream will be available 2:30-3:30pm.
No registration required.

Gatsby and the Van Sweringens with Christopher Whipple

Wednesday, May 22 at 7:00pm, Heights Library, Lee Road branch
Speaker Christopher Whipple, author of *Cleveland's Colorful Characters*, will present a lecture on how F. Scott Fitzgerald used the Cleveland Van Sweringen family and friends as the basis for his famous book *The Great Gatsby*. Sponsored by the Cleveland Heights Historical Society. No registration required.

Sacred Landmarks Lecture

Wednesday, May 29 at 7:00pm, Heights Library, Lee Road branch
Michael Fleenor, Director of Preservation Services at the Cleveland Restoration Society (CRS), will give an overview of Cleveland's most significant sacred landmarks —landmarks that represent our region's rich diversity of faith traditions and ethnicities. He will talk about issues with which these congregations have had to deal and how CRS has been able to help them. Finally, he will show the creativity shown locally in adapting empty sacred landmarks for new uses. No registration required.

Best of the Bricks Bike Tour

Saturday, June 1 at 10:00am begins Heights Library, Noble branch
Join us for an all-skills bike ride to learn about the history and architecture of some of our most noteworthy and impressive brick buildings.

datestoremember

| | |
|---------------------------|--|
| Monday, March 4 | Spring Indoor Swimming begins, Cleveland Heights High School |
| Saturday, April 13 | Spring Egg Hunt, 10:00am, Forest Hill Park Meadow |
| Wednesday, April 24 | 11th Annual Earth Day Run, 7:00pm, Forest Hill Park |
| Saturday, April 27 | Home Remodeling Fair, 10:00am-2:00pm, City Hall |
| Sunday, May 5 | WOW (Women Out Walking) Kickoff, 2:00pm, Community Center |
| Monday, May 6 | American Red Cross Blood Drive 2:00-7:00pm, Community Center South Atrium |
| Friday-Sunday, May 17-19 | “We Are Noble” 2019 Community Celebration |
| Wednesday, May 22 | Safety Town mass registration, 6:00-7:30pm, City Hall lower level |
| Monday, May 27 | Memorial Day, City Hall, Cain Park, and Community Center closed |
| Monday, May 27 | Memorial Day Ceremony, 10:30am, Cumberland Park |
| Saturday, June 1 | Cumberland Pool opens, closes 9/2 |
| Saturday, June 1 | Residents Day at the Cain Park Ticket Office, 9:00am-5:00pm |
| Saturday, June 10 | Cain Park Splash Pad opens, closes 8/25 |
| Saturday, June 22 | Community Shredding Day 9:00am-noon, Cleveland Heights City Hall Parking Lot |
| Monday, July 1 | American Red Cross Blood Drive 2:00-7:00pm, Community Center South Atrium |
| Thursday, July 4 | Independence Day, City Hall, Cain Park, and Community Center closed |
| Friday-Sunday, July 12-14 | Cain Park Arts Festival |
| Tuesday, July 30 | Water Show, 8:30pm, Cumberland Pool |
| Tuesday, August 6 | Safety Forces Night Out, 7:00-9:00pm, Community Center |
| Sunday, August 11 | 18th Annual Cedar Fairmount Summer Festival, noon-5:00pm |
| Monday, September 2 | Labor Day, City Hall and Community Center closed |
| Monday, September 9 | American Red Cross Blood Drive 2:00-7:00pm, Community Center South Atrium |
| Sunday, September 15 | Heights Heritage Home & Garden Tour, noon-6:00pm |

~ 2019 ~

ticket office opens june 1 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 June 1 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 the 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 on Tuesday, June 4 (in person, by phone, mail or fax). The special block of resident seats will not be available on June 4.



RAGTIME June 13-30

Directed by Joanna May Cullinan with musical direction by Jordan Cooper
This sweeping musical portrait of early-twentieth-century America tells the story of three families in the pursuit of the American Dream. Together, they confront history's timeless contradictions of wealth and poverty, freedom and prejudice, hope and despair...and what it means to live in America. The Tony-winning score is just as diverse as the melting pot of America itself, drawing upon many musical styles: from the ragtime rhythms of Harlem and Tin Pan Alley to the klezmer of the Lower East Side, from bold

brass band marches to delicate waltzes, from up-tempo banjo tunes to period parlor songs and expansive anthems. Written by the award-winning composer/lyricist team of Stephen Flaherty and Lynn Ahrens (*Once on This Island*, *Seussical* and *Lucky Stiff*), noted playwright Terrence McNally, and based on E.L. Doctorow's distinguished novel, *Ragtime* is the winner of the 1998 Tony Awards for Best Score, Book and Orchestrations, and both the Drama Desk and Outer Critics Circle Awards for Best Musical and Best Score. TIME Magazine called it "A triumph for the stage."

Below is a list of the 2019 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!

Robert Cray/Marc Cohn/Blind Boys of Alabama/Shemekia Copeland June 18

Free Chamber Music Series June 25, July 16, 30, August 13

Verb Ballets June 28

Workmen's Circle Yiddish Concert June 30

Cain Park Arts Festival July 12-14

"Just For Laughs" by The Musical Theater Project Date TBA

GroundWorks DanceTheater July 19-21

Inlet Dance Theatre July 25, 26

The Passion Project presents Nicole Sumlin and Douglas F. Bailey II in The Last Five Years July 25-28

13th Annual MultiMusic Fest: Johnathan Butler, Peter White, Euge Groove, Kirk Whalum, Sammy DeLeon Band July 27

Air Supply July 28

The Singing Angels August 4

"For Good—The New Generation of Musicals, Vol. 4" by The Musical Theater Project Date TBA

Judy Collins August 10

Wine Tastings (in partnership with The Wine Spot): June 14, 28, July 12, 28, August 10 plus one more date

COMMUNITYCENTER

Cleveland Heights Community Center, 1 Monticello Boulevard 44118
www.chparks.com Follow us on Facebook

Important Phone Numbers

Community Center: 216-691-7373
Office on Aging: 216-691-7377
Recreation Sports Hotline: 216-691-7385
Cain Park: 216-371-3000 (April-August)
Ice Rinks: 216-691-7434
Cumberland Pool: 216-691-7390
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 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 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 21
Monday, May 27
Thursday, July 4
Monday, Sept 2

Spring Program Registration begins March 4
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.chparks.com/register

In Person

Register in person at the Community Center during the office hours listed above. 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 Rec. 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.**



NEW! Online registration for Parks & Recreation classes is now available by going to www.chparks.com/register.

Payment Options

Included are 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

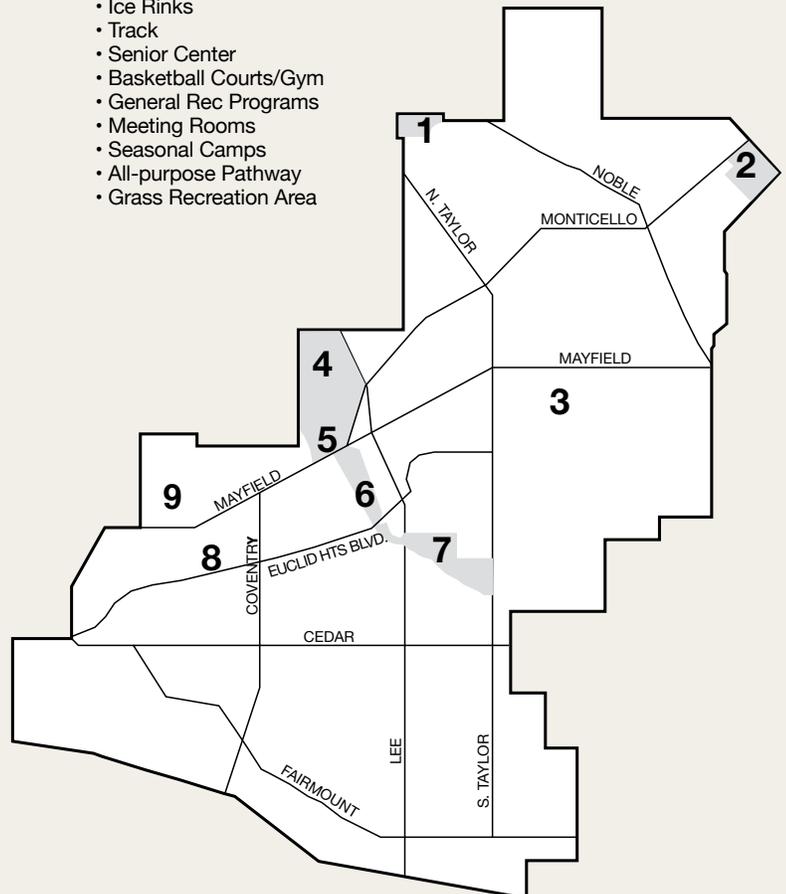
The Youth Recreation Fund provides financial assistance to those Cleveland Heights children who might otherwise be unable to participate in recreation programs and activities. The Youth Recreation Fund offers reduced rates for those residents who qualify. Applications are available at the Community Center.

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.

parks & facilities

- 1 BARBARA H. BOYD 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 Rec Programs
• Meeting Rooms
• Seasonal 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
• Summer Performing Arts Center
• All-purpose Pathway
• Grass Recreation Area
• Sledding Hill
• Splash Pad
- 8 EUCLID HEIGHTS TOT LOT**
Euclid Heights Blvd and Hampshire
• Turtle Park Playground
- 9 KENILWORTH PARK**
Kenilworth and Overlook
• Playground



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).

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.

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 Barbara H. Boyd Park picnic shelter is also available to East Cleveland residents with proper proof of residency. Picnic shelters are located in the following parks:

Barbara H. Boyd 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 2019 can be submitted beginning Wed, January 2, 2019.

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.



Cleveland Heights has six covered picnic shelters available for use by Cleveland Heights residents with a current Recreation ID Card only.



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).** See page 43 for classes offered for free with your fitness center membership.

Resident Field House/Fitness Center Pass Rates:

| Category | 30-Day Pass | Annual Pass |
|------------------------------|-------------|-------------|
| Youth (K-age 11) | \$10.00 | \$84.00 |
| Student (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 | \$55.00 | \$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/Fitness Center Pass Rates:

| Category | 30-Day Pass | Annual Pass |
|------------------------------|-------------|-------------|
| Youth (K-age 11) | \$15.00 | \$126.00 |
| Student (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 | \$165.00 |
| Family | \$79.00 | \$499.00 |



Fitness Center Guest Policy

Field House 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 | Through May 19, 2019

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

Fitness Center Hours | May 20-September 15, 2019

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

Fitness Center Hours

Closed: Sunday, April 21
 Monday, May 27
 Thursday, July 4
 Monday, Sept 2
 Closed: Monday, August 26-Monday, Sept 2
 For Annual Maintenance

Gym

Open gym times for youth and adults have been scheduled. Please call 216-691-7373 for information. For sports leagues, exercise programs and other general recreation programs, please refer to the specific activity sections of this magazine for program times and other information.

PERSONAL TRAINING

at the Fitness Center

"I have been working with Ty Richardson since having my baby only one year ago and in that time, I have lost 55 pounds and I have awesome muscle tone and flexibility. She makes every session different to prevent boredom and she gives me modifications to accommodate my bum knee which is weak from surgery. Ty makes weight training fun!" - Nichole



Personal Training Services

Individualized personal training programs adapted to fit your goals and needs by certified experts. All of our expert trainers design your individual program to make your goals a reality. All ages and fitness levels welcome. One-on-one, Couples and Small Group training sessions available. 60-minute and 30-minute sessions available.

Time: Available by appt.

Location: Activity Room 6

Cost: Trainers set their own rates within an affordable range

Contact: Ty Richardson at 216-694-8414 or at rapidresultsworks@gmail.com



About Our Trainers Specialties

Their specialty areas include dietary management, weight loss, fitness plans for individuals with physical and medical disabilities, athletic training, strength training, muscle toning, power lifting, senior strength training and mobility.

- All our personal trainers are college educated and certified fitness professionals with years of experience in the field.
- Free consultation to discuss your health and fitness goals and any injuries/limitations.
- Programs incorporate strength, cardiovascular, mobility and flexibility training plus injury prevention and wellness education.
- Morning, afternoon, evening, and weekend appointments.
- Large variety of training equipment including a private training room with specialized equipment.
- Affordable payment options to fit your budget and a results-oriented exercise plan regardless of your budget.
- Discounted rates for those who train as couples or in small groups.



THREE FREE CLASSES

with an active CH Fitness Center Membership



Choose and use as often as you like.

Go once or go often.

All you need is an active membership to the Cleveland Heights Fitness Center.

Pre-Registration is required for all classes

Space can be Limited



Barre Body Total Workout - Monday Evening

Elements of dance with the principles of strength and safety in Pilates. This is a bare foot workout. Wear comfortable workout cloths and bring an exercise mat, towel, and spill-proof water bottle.

Instructed by: Pia Alesci

Days: Monday

Dates: March 11 – April 22 (no class 3/25) Spring

Dates: May 6 – June 17 (no class 5/27) Summer 1

Dates: July 1 – August 5 Summer 2

Time: 6:30-7:30pm | Location: Aerobic Room | Cost: \$38 CH RES / \$44 NON RES

1



Interval Mix - Tuesday Mornings

This class will have four 15 minute segments working the whole body with cool down. A variety of equipment will be used to spice up the work out. Bring your own water bottle.

Instructed by: Lori Blum

Day: Tuesday

Dates: April 30 – June 11 (no class 5/28) Spring 1

Dates: June 25 – Aug 6 (no class 7/2) Summer

Time: 9:30-10:30am

Location: Aerobic Room

Cost: \$38 CH RES / \$44 NON RES

2



Indoor Cycling - Saturday Morning

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

Instructed by: Michelle Sills

Day: Saturday

Dates: March 9 – April 27 (no class 3/30 & 4/20) Spring

Dates: May 11 – June 22 (no class 5/25) Summer 1

Dates: July 6 – August 17 (no class 7/13) Summer 2

Time: 10:00 – 10:45 am | Location: Aerobic Room

Cost: \$38 CH RES / \$44 NON RES

3

AQUATICS POOLS

spring swimming Indoor pool

Cleveland Heights High School
13263 Cedar Road

2019 Spring Indoor Season Schedule
Monday, March 4 – Friday, May 24

Monday-Friday

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

Monday-Thursday

Adult Lap Swim | 5:30-8:00pm

Friday

Adult Lap Swim & Family Swim
5:00-8:00pm

Saturday

Adult Lap Swim | 8:00-10:00am
Adult Lap Swim & Family Swim
12:45-2:00pm

Sunday

Pool Closed

The pool will be closed Sat, March 23 through Saturday, March 30 + April 19-22. Proper swimwear is required to swim at Cleveland Heights High School. Schedule subject to change.

Spring Season Passes

Went on sale Monday, February 4. Available to those residing in the CHUH City School District.
Family: \$70.00
Adult (19-59) \$32.00
Senior (60+) \$25.00
Punch Card: \$20.00
(good for 10 general admissions)

American Red Cross Swimming Lessons

Swimming lessons are taught by 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.

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.
Day: Saturday
Dates: March 9-May 18
(no class 3/23, 3/30 & 4/20)
Time: 11:00-11:30am & 11:35-12:05pm
Location: Cleveland Heights High School
Cost: \$30.00
Class Size: 10

Preschool/Level 1

Introduction to Water Skills

Ages 3-5
Day & Time: Sat | 11:35-12:05pm
Day & Time: Sat | 12:10-12:40pm
Dates: March 9-May 18
(no class 3/23, 3/30 & 4/20)
Location: Cleveland Heights High School
Cost: \$30.00
Class Size: 6

Level 2-Fundamental Water Skills

Ages 5+
Day & Time: Sat | 11:35-12:05pm
Day & Time: Sat | 12:10-12:40pm
Dates: March 9-May 18
(no class 3/23, 3/30 & 4/20)
Location: Cleveland Heights High School
Cost: \$30.00
Class Size: 6

Level 3-Stroke Development

Ages 5+
Day & Time: Sat | 11:35-12:05pm
Day & Time: Sat | 12:10-12:40pm
Dates: March 9-May 18
(no class 3/23, 3/30 & 4/20)
Location: Cleveland Heights High School
Cost: \$30.00
Class Size: 6

Level 4-Stroke Improvement

Ages 5+
Day & Time: Sat | 12:10-12:40pm
Dates: March 9-May 18
(no class 3/23, 3/30 & 4/20)
Location: Cleveland Heights High School
Cost: \$30.00
Class Size: 6

Level 5/6

Stroke Refinement & Proficiency

Ages 5+
Day & Time: Sat | 11:00-11:30am
Dates: March 9-May 18
(no class 3/23, 3/30 & 4/20)
Location: Cleveland Heights High School
Cost: \$30.00
Class Size: 6

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: Tues & Thu
Date: March 5-May 2
(No class 3/26, 3/28)
Time: 7:00-7:45pm
Location: Cleveland Heights High School
Cost: \$59.00
Class Size: 20

Tigersharks Swim Team

Ages 6-18. Pre-requisite: must have completed level 4.
Head Coach: Dan Budin
Day/Time: Tue & Thu 4:00-5:30pm / Sat 10:00-11:30am
Dates: March 5-May 23
(no practice 3/23, 3/26, 3/28, 3/30 & 4/20)
Location: Cleveland Heights High School
Cost: \$35.00 (spring session only)
\$55.00* CH RES (spring & summer)
*Others Eligible in CHUH School District

Special note: Practice times are determined by skill level. Coaches reserve the right to place/remove swimmers based on skill or other factors. Please refer to the Tigersharks information packet for details. Additional team fees may be required.

cumberland pool

CELEBRATING 92 YEARS!

1740 Cumberland Road 44118

216-691-7390

2018 Regular Season Schedule*

Saturday, June 1 – Monday, Sept 2

Monday-Friday

Adult Lap Swim / 6:45am-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 / 11:00am-6:00pm

Sunday

Adult Lap Swim / 11:00am-6:00pm

Open Swim / 1:00-6:00pm

Wading Pool / 1:00-6:00pm

* 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 20-Friday, August 31.

Holiday Schedule

Date /Time:

Thursday, July 4 / 12-6:00pm

Saturday, Aug 31 / 12-6:00pm

Sunday, Sept 1 / 12-6:00pm

Monday, Sept 2 / 12-6:00pm

Special Events

Family Fun Nights

Friday, June 21 & 28 / 5:00-8:00pm

Women Only Swim Night

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

Family Fun Nights

Friday, July 5, 12 & 26 / 5:00-8:00pm

Carnival Night

Friday, July 19 / 5:00-8:00pm

Women Only Swim Night

Sunday, July 28 / 6:30-8:00pm

Water Show

Tuesday, July 30 / 8:30pm

Family Fun Nights

Friday, Aug 2, 9 & 16 / 5:00-8:00pm

Tigersharks Movie Night

Wednesday, August 14 / 8:30pm

Men Only Swim Night

Sunday, August 18 / 6:30-8:00pm

Women Only Swim Night

Sunday, August 25 / 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 w/ Adult

Recreation ID Card holder

Guest Book* \$25.00 (book of 5)

* Purchased by Adult ID Card holder

Season Passes

On sale beginning Wednesday, May 1.

A current Recreation ID Card is required to purchase resident season passes.

Purchased on/before May 31:

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 May 31:

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 Friday, 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 29; July 27; Aug 17 & 24

Day: Sundays

Dates: June 9, 16, 23; July 7, 14 & 21;

Aug 4 & 11; Sept 1

Time: 6:30-8:30pm

Location: Cumberland Pool

Cost: \$350.00

Group Size: 75+

swimming lessons

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 8-July 27

Time: 12:00 Noon-1:00pm

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 10-July 29 | 5:15-5:45pm

Day, Date & Time: Wednesday,

June 12-July 31 | 5:15-5:45pm

Day, Date & Time: Saturday,

June 8-July 27 | 11:15-11:45am

Day, Date & Time: Saturday,

June 8-July 27 | 12:00 Noon-12:30pm

Location: Cumberland Pool

Cost: \$30.00

Class Size: 10

Registration begins 5/1

Preschool, Youth, Teens & 'Tweens Group Lessons

Session 1: June 10-20 | registration begins 5/1

Session 2: June 24-July 5 | registration begins 6/20

Session 3: July 8-18 | registration begins 7/5

Session 4: July 22-Aug 1 | registration begins 7/18

Evening Session: June 10-July 17 |

Registration begins 5/1

(No class July 4)

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. **Free at Cain Park!**
Closed July 12-14.

Day, Date, Time: M-F, June 10-Aug 16 | 10:00am-12:00 Noon & 2:00-6:00pm

Day, Date, Time: Sat, June 8-Aug 24 | 12:00 Noon-6:00pm

Day, Date, Time: Sun, June 9-Aug 25 | 12:00 Noon-6:00pm

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 | 10:00-10:30am

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 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 | 10:00-10:30am

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 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.

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

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

Day & Time: M/W | 6:30-7:00pm

Location: Cumberland Pool

Cost: \$30.00

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.

Day & Time: M-TH | 9:00-9:30am

Day & Time: M/W | 6:30-7:00pm

Location: Cumberland Pool

Cost: \$30.00

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.

Day & Time: M-TH | 9:00-9:30am

Day & Time: M/W | 6:30-7:00pm

Cost: \$30.00

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 | 12:15-12:45pm

Location: Cumberland Pool

Cost: \$30.00

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

Days: Tuesday & Thursday

Date: June 11-Aug 8

(No class 7/4 & 7/30)

Time: 6:30-7:15pm

Location: Cumberland Pool

Cost: \$59.00

Class Size: 20

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 8-Aug 17

Time: 12:15-1:15pm

Location: Cumberland Pool

Cost: \$39.00

Diving Team*

Prerequisite: must successfully pass the deep water test. No practice July 4.

Instructor: Cumberland Pool Lifeguards

Day, Date & Time: Advanced,

M-F | June 3-July 30 | 10:00-10:45am

Day, Date & Time: Intermediate,

M-F | June 3-July 30 | 11:00-11:45am

Day, Date & Time: Beginner,

M-F | June 3-July 30 | 12:00 Noon-12:45pm

Location: Cumberland Pool

Cost: \$49.00 CH RES

*Coaches reserve the right to move or consolidate divers and groups.

Synchronized Swim Team*

Prerequisite: must successfully pass the deep water test. No practice July 4.

Instructor: Cumberland Pool Lifeguards

Date & Time: Advanced, M-F

June 3-July 30

8:00-8:45am

Date & Time: Beginner, M-F

June 3-July 30

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 Tigersharks*

Ages 6-16. Prerequisite: must have completed level 4. No practice July 4.

Head Coach: Cumberland Pool Staff

Day, Date & Time Group 1:

M-F, June 3-July 26 | 7:00-8:15am

Day, Date & Time Group 2:

M-F, June 3-July 26 | 8:15-9:15am

Day, Date & Time Group 3:

M-F, June 3-July 26 | 9:15-10:00am

Location: Cumberland Pool

Cost: \$55.00* CH RES

*Others Eligible in
CH-UH School District

*Groups based on age and/or swimming ability

Special note: Practice times are determined by skill level. Coaches reserve the right to place/remove swimmers based on skill or other factors. Please refer to the Tigersharks information packet for details. Additional team fees may be required.

ICERINKS

Ice Rink Schedule

216-691-7434 www.chparks.com

Learn-to-Skate Questions email: learntoskate@clvhts.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.chparks.com for up-to-date Learn-to-Skate USA information, daily schedules and additional rink information.

Ice Rink Special Event List

April & May

April 1: South Rink Closes

April 21: Community Center Closed

May 1-31: Rink maintenance,
reduced schedule

June-August

June 12: Summer Learn-to-Skate begins

July 4: Community Center closed for
Independence Day

July 4-7: Rink closed

August 12: Hockey 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.

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: August TBD

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.



\$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 06/11/19

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 Sklarek, 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 Sklarek at learntoskate@clvhts.com.

Session Dates and Fees for Group Lessons

Session 5 - Summer - 7 weeks
Wednesday, June 12-July 31 (skip 7/3)
Registration begins April 11

Learn-to-Skate Fees**

Cost: \$56.00 CH RES
\$70.00 NON RES

**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 Rec 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 Sklarek 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

Speedskating

If you are interested in learning how to speedskate, please contact Barb Rosenbaum: 216-401-9392 or bk@therosenbaums97@gmail.com 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 pscluboffice@gmail.com and your questions will be answered promptly or check out pavilionfsc.com.



Pre-Season Youth Hockey Camp

Instructor: Mike Bauman, EST
Coaching Coordinator

Levels: Pee Wee and Bantam

Day: Mondays

Dates: Aug 12, 19 & 26

Levels: ADM and Squirt

Day: Tuesdays

Dates: Aug 13, 20 & 27

Location: North Rink

Cost: FREE for CHYHA Players / \$20 All Others per session



Eastside Tigers

The EST 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 2019-20 season information.

Adult Lunch Time Pick-Up Hockey

Ages: 18 and over

Days: Tuesday & Thursday

Dates: Through April 25

Times: 11:30am-1:00pm

Location: North Rink

Cost: \$5.00

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



PRESCHOOL PROGRAMS

special interest

Safety Town

Safety Town, traffic safety program sponsored by the Cleveland Heights Parks and Recreation, and 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. Each session will run Monday – Thursday and is limited to 20 children on a first-come basis. The program will be held at the Cleveland Heights Community Center at One Monticello Boulevard. Registration will take place at the Cleveland Heights Community Center, 1 Monticello Blvd. (corner of Mayfield and Monticello Blvd.) in the South Atrium on Wednesday, May 22 from 6-7:30 pm. No early registration will be accepted. The cost is \$25.00 for the program (Please pay with cash or check – VISA or MasterCard available). Please contact Dee Marsky at 216-691-7372 for class information.

Session 1: June 10-13 (1-3pm)

Session 2: June 17-20 (10:00am-Noon)

Session 3: June 24-27 (1-3pm)

Session 4: July 8-11 (10:00am-Noon)

SAFETY TOWN VOLUNTEERS NEEDED!

The City of Cleveland Heights program is looking for responsible teens (grades 8-12) to assist with its annual Safety Town program. Participants will be entering Kindergarten in the fall. The program consists of four one-week sessions. Volunteers can choose to volunteer for one session or all four. Safety Town meets Monday-Thursday at 10:00 am-Noon or 1:00-3:00pm, depending on the session. This is a perfect opportunity to earn your community service hours. To volunteer please contact Dee Marsky at 216-691-7372 or dmarsky@clvhts.com

Spring Egg Hunt

The City of Cleveland Heights will hold the Annual Spring Egg Hunt for children ages 1-9 Saturday, April 13, at 10:00am (SHARP!) in the forest Hill Park Meadow (near the playground). The event is FREE! Children should wear old clothes and boots in case of inclement weather and must bring their own bags or egg baskets. Registration deadline is April 12, 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).**

Imagination Station

Ages 3-5. A movement potpourri! In a fun and loving environment, we will enjoy costumes and props. Listening and attention span skills and 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

Day: Friday

Dates: April 5-May 3 (No Class 4/19)

Time: 11:00-12:00 Noon

Location: Activity Room

Cost: \$26.00 CH RES
\$30.00 NON RES

Creation Station

Ages 3-5. 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

Day: Friday

Dates: May 17-May 31

Time: 11:00-12:00 Noon

Location: Activity Room

Cost: \$20.00 CH RES
\$23.00 NON RES

Evening Preschool Dance

Ages 3-5. Children will explore the basics of movement and ballet and develop their creativity in this playful introduction to dance. Children must be potty-trained, wear comfortable cloths and non-skip footwear or bare feet. Observation day is the last class of the session.

Instructor: Beth Szpak

Day: Wednesday

Dates: May 1-June 5

Time: 5:15-6:00pm

Location: Aerobic Room

Cost: \$38.00 CH RES
\$40.00 NON RES

Preschool Ballet Level 1

Ages 3-4 (Must be 3yrs old & potty-trained!) 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: April 1-May 6

Time: 1:15-2:00pm

Location: Aerobic Room

Cost: \$38.00 CH RES
\$44.00 NON RES

NEW!!! Zumbini

(A Co-op class with Shaker Heights Recreation at Thornton Park Community Room)

Ages 0-4 with a caregiver. Zumbini is an early childhood development program designed to stimulate learning, inspire dance and movement, and strengthen the bond between caregiver and child.

Included in the registration fee is a Zumbini bundle including 2 CDs, a book, and access to online resources to continue the learning at home, 1 per family.

Cleveland Heights residents can register for this program at the resident rate by calling the Shaker Heights Recreation Department, 216.491.1295 or in person at Thornton Park, 3301 Warrensville Center Rd. Shaker Heights. (Lots of Dates Available)

iLocation: Thornton Park Community Room Instructor: Gigi Rone

Date & Time: Tuesdays, April 2 – May 7 | 10:30 – 11:15 am | 10:30 – 11:15 am

Cost: \$125 SH RES / \$145 NRES

YOUTH PROGRAMS

sports

Preschool open gym

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

Days: Monday, Wednesday & Friday

Ends: Friday, March 22

Time: 10:00-12:00 Noon

Location: Gymnasium

Cost: \$5.00 per family each time or
\$20.00 for a 6-class pass

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 12-July 24 (no class 7/3)

Time: 5:30-6:30pm

Location: Denison Park Turf Field

Cost: \$80.00

Register: www.jumpstartsports.com

Tiger Cubs Soccer

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

Ages: 3-4

Day: Saturday

Dates: April 6-May 11

Time: 10:00-11:00am

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 3-July 10

Days: T/TH 10:00-11:00am

or 11:00am-12:00 Noon

Dates: June 4-July 11 (no class 7/4)

Location: Cain Park Tennis Courts

Cost: \$35.00 CH RES

\$50.00 NON RES

special interest

Spring Egg Hunt See page 40

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: March 9-June 1 (Spring)

(no class 3/30, 4/20 & 5/25)

Time: 10:30am-12:00 Noon

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: March 9-June 1 (Spring)

(no class 3/30, 4/20 & 5/25)

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: June 14-July 26 (no class 7/5)

Time: 7:00-8:30pm

Location: Activity Rm 7

Cost: \$55.00 CH RES

\$60.00 NON RES

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: April 23-June 18 (Spring)

(no class 5/7 & 5/23)

Dates: June 25-Sept 12 (Summer)

(no class 7/2, 7/4, 7/9, 7/11, 8/6, 8/27 & 8/29)

Location: Tue Rm 7/Thu Senior Center

Cost: \$51.00 CH RES

\$58.00 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: April 23-June 18 (Spring)

(no class 5/7 & 5/23)

Dates: June 25-Sept 12 (Summer)

(no class 7/2, 7/4, 7/9, 7/11, 8/6, 8/27 & 8/29)

Location: Tue Rm 7/Thu Senior Center

Cost: \$87.00 CH RES

\$102.00 NON RES

School-Age Evening Dance

Ages 6-8. This class will develop coordination and confidence while dancing in a creative and fun environment. Please wear comfortable dance clothing and ballet shoes or bare feet. Observation day for family and friends is the last class of each session.

Instructor: Beth Szpak

Day: Wednesday

Dates: May 1-June 5

Time: 6:00-7:00pm

Location: Aerobic Room

Cost: \$38.00 CH RES

\$44.00 NON RES

sports

NEW!! Family Hip Hop

Ages 6 and up with an Adult. An hour of FUN!! Bring the family; grandparents, siblings, aunts and uncles, anyone who wants to join in, learning "old skool," to the latest," hip hop moves, to the hottest tracks.

Instructed by: Sha'Ran

Day: Saturday

Time: 12:15 – 1:15 pm

Dates: March 16 – May 4 Spring 1
(no class 3/30 & 4/20)

Dates: May 18 – June 29 Spring 2
(no class 5/25)

Dates: July 13 – August 17 Summer

Location: Aerobic Room

Cost: (Per Person/ Per Session)
\$42 CH RES / \$54 NON RES

summer camps

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

Days: Monday-Friday

Dates: July 15-19

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)

NEW!!

Tai Shin Doh Summer Camp

Enjoy TSD in the summer. Learn new skills (techniques, sparring, Kata's) or improve your skills, and possibly take a belt test. All are welcome from beginners to accomplished belts.

For ages 6-14.

Instructed by: David Jones,
5th Degree Black Belt

Day: Thursday

Dates: June 13 – August 22 Summer
(no class 7/4)

Time: 7:00-8:30pm

Location: Summer Field House

Cost: \$70 CH RES & NON RES

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

Dates: June 3-Aug 16

Time: 9:00am-3:00pm

Location: Community Center

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

HYTeens Broadway at the Park Summer Camp

(A Partnership between Heights Youth Theatre and Cain Park)

In a year when Heights Youth Theatre returns to its space of 65 years, we are absolutely thrilled to make a summer return to the place of our origin, Cain Park!

In an exciting, new collaboration, HYT will partner with Cain Park to offer a summer camp for teens that are passionate about musical theater. From audition techniques, scene work, character development, choreography and music intensives to interaction with professional actors, directors, tech people and stage managers, we will build a musical review in this professional setting, and culminate with a performance on the Alma stage! If this all sounds like what you've been waiting for, then please join us for HYTeens Broadway at the Park!

No audition necessary!

Ages: Grades 6-12

Days: Monday – Friday

Dates: June 10-28

Time: 9:00am-3:00pm

Contact: Pam Fine: olyida78@gmail.com

Location: Cain Park, 14591 Superior Rd,
Cleveland Heights, OH 44118

Cost: \$550

Please note: camp will culminate with a community performance on June 28 in the Alma Theater

USTA Group Tennis Lessons

Ages: 7-17

Level: Beginner

Days: M/W 10:00-11:00am or
11:00am-12:00 Noon

Dates: June 3-July 10

Days: T/TH 10:00-11:00am or
11:00am-12:00 Noon or
Tuesday 6:00-7:30pm

Dates: June 4-July 11 (no class 7/4)

Level: Intermediate

Days: M/W 12:00 Noon-1:00pm

Dates: June 3-July 10

Days: T/TH 12:00 Noon-1:00pm

Dates: June 4-July 11 (no class 7/4)

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 3-July 12 (Skip 7/4)

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.

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 12-July 24 (no class 7/3)

Time: 6:30-7:30pm

Location: Denison Park Turf Field

Cost: \$80.00

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 04/30/2019)

Day: Monday

Dates: June 10-July 15

Time: 6:30-7:30pm

Location: Forest Hill Meadow

Cost: \$75.00

Registration: www.jumpstartsports.com

Heights Girls' Softball

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

(age levels as of 04/30/19)

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

Cost: \$75.00 CH RES
\$85.00 NON RES

Scholarships are available for eligible Cleveland Heights residents.

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 04/30/2019)

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

Local Recreation Travel Leagues

Ages: 11-12 & 13-14

Player Pitch (age levels as of 04/30/2019)

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 27

Time: 10:00am-12:00 Noon

Ages: 11-12

Time: 12:15-2:00pm

Registration begins Monday, March 4 at The Cleveland Heights Community Center.

Call 216-691-7373 for information and a registration packet. Registration deadline is Friday, April 26.

Challenger Baseball

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

Cost: \$30.00

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

Summer Youth Basketball

Boys Program:

Basketball Camp

Grades: 3-12

Days: Monday-Friday

Dates: June 3-7

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

Days: Monday-Thursday

Dates: June 10-July 19 (skip 7/4)

Time: TBA

Location: Cleveland Heights Community Center

Cost: \$50.00 CH RES
\$70.00 NON RES

Girls Program:

Basketball Camp

Grades: K-8

Days: Monday-Friday

Dates: TBA

Time: 9:00am-12:00 Noon

Location & Cost: TBA

Basketball League

Grades: K-8

Days: Monday-Thursday

Dates: TBA

Time: TBA

Location & Cost: TBA

Teen Outdoor Basketball Program

Supervised outdoor basketball courts at Denison Park, Cumberland Park and Cain Park.

Days: Monday-Friday

Dates: June 3-August 2

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.

Spring Youth Soccer Academy

Day: Saturday

Dates: April 6-May 11

Time: Coed Grades K-1

Coed Grades 2-3

Coed Grades 4-6

11:30am-1:00pm

Location: Denison Park Turf Field

Cost: \$40.00 CH RES
\$60.00 NON RES

Registration begins Monday, March 4 at The Cleveland Heights Community Center. Call 216-691-7373 for information and a registration packet. Registration deadline is Friday, April 5.

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

Eastside Kickers Premier Travel Soccer Club

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

Contact: eastsidekickers.org, Dan Powell
216-213-6752, dapowell78@gmail.com.

Heights United Soccer Academy

Summer Soccer Camp

Contact: Sean Sullivan 216-849-4505
www.heightsunitedsoccer.com.

Heights Tigers Tackle Football & Cheerleading

Ages: 6-11* (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 08/01/2019

www.heightstigersyouthsports.org

Heights Tigers Youth Track & Field (AAU)

Ages: 4-14

Dates: Practices begin March 4

Cost: TBA Competitive Level

(will run in meets)

TBA Non-Competitive Level

(does not run in meets)

Contact: Derrick Fair at 216-773-6075

www.heightstigersyouthsports.org

ADULT PROGRAMS

Registration: mail, in person at the Community Center, phone & online with MasterCard or Visa

Note: All Dates Are Subject to Change

Families with more than one person enrolled in the same general recreation class will be eligible for the family discount.

The first person in the same class will pay full price and a \$10.00 discount for each additional family member in the same class.

(Family definition – Adult head of household and his/her spouse or partner and dependent children occupying same household age 18 and under.)

Sometimes excellent courses are canceled when too many people wait until the last minute to register.

Please avoid disappointment and try to register as soon as possible or at least one week before the course begins.

Forest Hill Park Nature Walk

Forest Hill Park is a gem in our own back yard. Come and explore the park with a naturalist from North Chagrin Metro Park (Selby J. Majewski). Dress to hike with sturdy shoes or boots.

Dates/Times: Sun. June 9 | 9:30-11:30am
Thurs. Aug. 22 | 6:30-8:00pm

WOW - Women Out Walking

Do you like to walk? Last year we had over 150 walkers. This year the program will kick off on Sunday, May 5, 2019 with a program 2:00–4:00pm ending with a walk around Forest Hill Park. The twelve week program will finish on Sunday, July 21. The 12-week program is free and participants will get a t-shirt and other goodies.

**HAPPY 5K/10K RUN & WALK
SUNDAY, OCTOBER 6
MARK YOUR CALENDAR AND
GET YOUR TEAMS READY.
5TH YEAR - BIGGER & BETTER**

11th Annual Earth Day Run

City of Cleveland Heights will sponsor a 5K Run/Walk on Wednesday, April 24, 2019. The 5K run (3.1 mile) will start at 7:00pm (Rain or Shine – no Rain Date). The event is a fundraiser for the Youth Scholarship Fund. The route is completely on the Forest Hill Park pathway in Cleveland Heights and East Cleveland. Cost: \$18 Pre-Registration and \$22 Day of the Race (Cash and Checks Only). Mail-in registration is Monday, April 22. Pre-Registration: Checks are made out to HMA Promotions. Mail to City of Cleveland Heights Earth Day Run, 40 Severance Circle, Cleveland Heights, OH 44118 or register on-line at www.hmapromotions.net

special
interest

New!! Salacious Stilettos

An hour filled with “Women Empowerment!” Begin the class with a warm-up, followed by learning to walk across the floor to moves that build confidence, empower, and make you sweat, while wearing your favorite stilettos (heels)!

Instructed by: Sha’Ran

Day: Tuesday

Dates: March 12 – April 23 Spring
(no class 3/26)

Dates: May 7 – June 11 Summer 1

Dates: June 25 – August 6 Summer 2
(no class 7/2)

Time: 7:30 – 8:30pm

Location: Aerobic Room

Cost: \$38 CH RES
\$44 NON RES

NEW!! Cardio Dance

An hour of aerobic intervals, incorporating beginner to advanced dance moves, to wide genre of music.

Instructed by: Sha’Ran

Day: Thursday

Dates: March 14 – April 25 Spring
(no class 3/28)

Dates: May 9 – June 13 Summer 1

Dates: June 27 – August 8 Summer 2
(no class 7/4)

Time: 7:30 – 8:30pm

Location: Aerobic Room

Cost: \$38 CH RES
\$44 NON RES

NEW!! Judge Dawson “The Yogi Judge”

Judge Dawson teaches a yoga class that is designed for a person looking to improve or gain mobility and flexibility, the beginning Yogi and those who are advanced in their practice. With this Yoga Vinyasa practice, you will provide comfort to your body and mind as well as a challenge to keep you strong.

Instructed by: Judge Dawson

“The Yogi Judge”

Day: Saturday

Dates: March 16 – May 4 Spring 1
(no class 3/30 & 4/20)

Dates: May 18 – June 29 Spring 2
(no class 5/25)

Dates: July 13 – August 17 Summer
Time: 11:15am – 12:15pm

Location: Aerobic Room

Cost: \$38 CH RES / \$44 NON RES

NEW!! Family Hip Hop

Ages 6 and up with an Adult. An hour of FUN!! Bring the family; grandparents, siblings, aunts and uncles, anyone who wants to join in, learning “old skool,” to the latest,” hip hop moves, to the hottest tracks.

Instructed by: Sha’Ran

Day: Saturday

Dates: March 16 – May 4 Spring 1
(no class 3/30 & 4/20)

Dates: May 18 – June 29 Spring 2
(no class 5/25)

Dates: July 13 – August 17 Summer
Time: 12:15 – 1:15pm

Location: Aerobic Room

Cost: \$42 CH RES / \$54 NON RES
(Per Person/ Per Session)



AMERICAN RED CROSS BLOOD DRIVES

May 6, July 1 & Sept 9
Time: 2:00-7:00pm
At The Community Center

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

NEW!! Interval Mix

This class will have four 15-minute segments working the whole body with cool down. A variety of equipment will be used to spice up the work out.

Bring your own water bottle.

Instructed by: Lori Blum

Day: Tuesday

Dates: April 30 – June 11 Spring 1
 (no class 5/28)

Dates: June 25 – Aug 6 Summer
 (no class 7/2)

Time: 9:30-10:30am

Location: Aerobic Room

Cost: \$38 CH RES
 \$44 NON RES

New! Core Fusion

Core exercises using a variety of equipment and techniques including Pilates and Yoga to train the muscles in your pelvis, lower back, hips and abdomen to work in harmony.

This leads to better balance, stability and core strength. Six classes per session.

Instructor: Pia Alesci

Days: Monday

Dates: March 11 – April 22 Spring
 (no class 3/25)

Dates: May 6 – June 17 Summer 1
 (no class 5/27)

Dates: July 1 – August 5 Summer 2

Time: 7:05 – 8:05pm

Location: Aerobic Room

Cost: \$38 CH RES
 \$44 NON RES

Argentine Tango

Argentine tango is a social dance based upon the natural walk and is enjoyed and danced by adults of all fitness levels. This class will teach the basics of the dance and a little history and culture.

Wear comfortable clothes and bring either leather-soled shoes or heavy socks that will slide on the floor.

No partner is necessary.

Ages: 18 and up

Day: Wednesday

Time: 6:30-8:00pm

Location: Senior Center

Dates: April 24-June 12 Spring

Dates: June 26-August 14 Summer

Cost: \$48.00 CH RES
 \$64.00 NON RES

Zumba will return with a new instructor! Details coming soon!!!

Argentine Tango Lessons & Practica

This drop-in class will emphasize the fundamentals of the Tango, the dance of Buenos Aires, and will focus on quality of movement, elegance, musicality, and connection. *Lessons 1:00-2:30pm and Practica 2:30-4:30pm.* A dance session (practica) will follow the class.

No partner necessary.

Day: Sunday

Starts: Ongoing

Time: 1:00-4:30pm

Location: Aerobic Room

Cost: \$5.00 drop-in fee
(covers both sessions)

Dance Mixx Cardio & Strength

If machines or boot camps aren't your jam, maybe we are! New music, new moves every week, incorporating dance cardio, Pilates, yoga, kickboxing and strength training. Four different formats taught every month to keep it fun and mix it up.

Some classes give you cardio, some give you strength – we give you both.

All programs sound the same, so the only way to explain how we are different is to come in and see for yourself. Bring this as with you to try a class FREE!

Bring this course description with you to try this class for free.

Weekday mornings also available for a total of 9 weekly classes!

Call Mary Beth or email at 440-655-5394
 marybethmccnn@gmail.com

M/T/W/Th 6:30pm

Saturday 8:45am

Sunday 9:30am

Unlimited workouts starting at just \$45.00/month!

Men's and Women's Tai Shin Doh Karate

This Coed class will focus on the use of Tai Shin Doh and its real-life applications from the perspective of men and women.

Instructed by: David Jones,
5th Degree Black Belt

Day: Friday

Dates: March 8-May 31
 (no class 3/29, 4/19, 5/24)

Time: 7:00-8:30pm

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 youth with a yellow belt or above.

Day: Friday

Dates: June 14-July 26 (no class 7/5)

Time: 7:00-8:30pm

Location: Activity Rm 7

Cost: \$55.00 CH RES
 \$60.00 NON RES

Adults Kuk Sool Won™ (WKSA)

The Traditional Martial Art of Korea
 Class includes: Etiquette (Respectful Behavior); Rolling & Acrobatics; Safety Falls; Meditation Practice; Hand/Foot Striking & Blocking; Forms Training (Hyung); and Self Defense Techniques.

Instructed by: David Pritts,
3rd Degree Black Belt and School Owner

Ages: 14-75

Days: Tuesday and Thursday

Time: 7:30-8:30pm

Dates: April 23-June 18 Spring
 (no class 5/7 & 5/23)

Dates: June 25-Sept 12 Summer
 (no class 7/2, 7/4, 7/9, 7/11, 8/6, 8/27 & 8/29)

Location: Tue Rm 7 / Thu Senior Center

Cost: \$87.00 CH RES
 \$102.00 NON RES

Saturday Indoor Cycling

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

Instructor: Michelle Sills

Day: Saturday

Dates: March 9-April 27 Spring
(no class 3/30 & 4/20)

Dates: May 11-June 22 Summer
(no class 5/25)

Dates: July 6-Aug 17 Summer II
(no class 7/13)

Time: 10:00-10:45am

Location: Aerobic Room

Cost: \$38.00 CH RES
\$44.00 NON RES

Evening Barre Body Total Workout

Elements of dance with the principles of strength and safety in Pilates. This is a bare foot workout. Wear comfortable workout cloths and bring an exercise mat, towel, and spill-proof water bottle.

Instructor: Pia Aleosci

Day: Monday

Dates: March 11-April 22 Spring
(no class 3/25)

Dates: May 6-June 17 Summer I
(no class 5/27)

Dates: July 1-Aug 5 Summer II

Time: 6:30-7:30pm

Location: Aerobic Room

Cost: \$38.00 CH RES
\$44.00 NON RES

Tai Chi for Mind Body & Spirit

Adults join our Tai Chi class for all fitness levels, experience whole body awareness for a healthy daily lifestyle! Tai Chi offers slow moving exercises as the class incorporates gentle stretching, emphasis on balance, and Qi Gong breathing for relaxation. The forms can be practiced seated or standing.

Please bring a spill-proof water bottle; comfortable clothing and shoes advised, please no clogs, crocs or flip flops.

Instructor: Lucky Caswell-Harris, Relaxation Strategist, Certified Arthritis Foundation Land & Tai Chi Instructor, Reiki Master, Whoga® Immersion Instructor, Healing Touch®

Day: Monday

Dates: April 1-May 13 Spring
(no class 5/6)

Time: 5:00-6:00pm

Location: Room 1A & 1B

Cost: \$38.00 CH RES
\$44.00 NON RES

Thursday AM Body Toning

This total body workout uses various equipment to help you strengthen and tone and will conclude with abdominal work and stretching. Bring your own exercise mat. All levels welcome.

Instructor: Michelle Sills

Day: Thursday

Dates: April 25-May 30 Spring

Dates: June 13-July 25 Summer I
(no class 7/4)

Time: 9:30-10:30am

Location: Aerobic Room

Cost: \$38.00 CH RES
\$44.00 NON RES

Dates: Aug 8-Aug 22 Mini-Summer II

Cost Mini: \$30.00 CH RES
\$36.00 NON RES

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: March 11-April 22 Spring
(no class 3/25)

Dates: May 6-June 17 Summer I
(no class 5/27)

Dates: July 1-Aug 12 Summer II
(no class 7/15)

Time: 9:30-10:30am

Location: Aerobic Room

Cost: \$38.00 CH RES
\$44.00 NON RES

Mat Pilates

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

Instructor: Hope Schultz

Days: Tuesday and Thursday

Dates: April 2-May 9 Spring

Dates: May 21-June 27 Summer I

Dates: July 9-August 15 Summer II

Time: 6:30-7:30pm

Location: Aerobic Room

Cost: \$66.00 CH RES
\$78.00 NON RES

sports

Indoor Pickleball

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

Ages: 18+

Days: Tuesday & Thursday

Dates: October-April

Time: 9:00am-3:00pm

Location: Community Center
Gym Court 1

Cost: \$3.00 / \$25.00 CH RES
\$6.00 / \$50.00 NON RES
per session / 10 sessions

Outdoor Pickleball

Ages: 18+

Days: Tuesday & Thursday

Dates: May-September

Time: 9:00am-12:00 Noon

Location: Denison Park

Tennis Courts

Cost: \$25.00 CH RES 10 sessions
\$50.00 NON RES 10 sessions

Coed Softball

Ages: 18+

Day: Monday

Dates: Beginning April 29

Location: Larry Shaw Softball Complex
Forest Hill Park

Cost: \$400.00 CH RES Team
\$475.00 NON RES Team

Men's Slow Pitch Softball League

Ages: 18+

Days: W/F

Dates: Beginning May 1

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 info.

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 3-July 10

Time: 9:00-10:00am

Level: Advanced Beginner

Day: Wednesday

Dates: June 5-July 17

Time: 7:30-9:00pm

Level: Intermediate

Day: Tuesday

Dates: June 4-July 16

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 4 (no class 7/4)

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.

SENIOR CENTER

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

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.

To register for classes or for medical van & SAC van rides or social services, call the Office on Aging at 216-691-7377.

Artistic

Arts & Crafts Wednesdays

Experience the satisfaction of creating simple but elegant projects designed to be finished in one day.

Instructors: Susan Roberts & Leonie Lee
Day: 2nd & 4th Wednesdays
Dates: ongoing
Time: 1:00-3:00pm
Cost: Free, but nominal materials fee may apply - registration is required

Drawing & Watercolor

This class consists of instruction in drawing, design, and watercolor and will include some group assignments along with individual projects. Appropriate for all levels. Materials will be discussed at the first class.

Instructor: Susan Morse
Day: Tuesdays
Dates: April 2-May 21
Time: 11:00-2:00pm
Cost: \$50.00

Mixed Media and Drawing

Think you don't have artistic talent? Think again! This class will expand your artistic repertoire using a range of materials and techniques. It will include instruction in drawing, special projects, and watercolor. Appropriate for all levels. Materials discussed at the first class.

Instructor: Susan Morse
Day: Thursdays
Date: April 4-May 23
Time: 12:00-3:00pm
Cost: \$50.00

Quilting

Learn the basics of quilting. Materials are supplied by the instructor but bring fabric scissors and mechanical pencil if you have them.

Instructor: Martha Young
Day: 2nd, 3rd & 4th Thursdays
Time: 2:00pm
Cost: Free

Exercise

Argentine Tango

Social dance based upon the natural walk, danced by adults of all fitness levels. Teaches the basics of the dance, its history and the culture in which it developed. No partner necessary.

Instructor: Ann Dobyns
Day: Fridays
Date: March 15-May 10 (no 4/19)
Time: 9:30-11:00am
Cost: \$25.00

Arthritis Exercise Program

Gentle, joint-safe exercises, developed specifically for people with arthritis, help relieve stiffness and decrease arthritis pain. Low-impact class can be taken either standing or sitting.

Instructor: Rita Aber, P.T., Arthritis Foundation certified instructor
Day: Mondays
Dates: TBA
Time: 2:00-3:00pm
Cost: \$25.00

Breathe Flow Yoga

Modified for seniors, this style of yoga links movement and breath, creating an opportunity to increase flexibility & balance.

Instructor: Deb Smith
Day: Fridays
Dates: April 5-May 24
Time: 2:00-3:00pm
Cost: \$25.00

Dance 101

So you think you can't dance? You can! Enjoy dance movement to improve strength, balance and flexibility while exploring the art of improvisation. Wear comfortable clothing and expect to feel energized and to have a heightened awareness of your potential.

Instructor: Leslie Keller
Day: Fridays
Dates: Ongoing
Time: 11:15-12:30pm
Cost: Free

Delay the Disease

An exercise program for those living with Parkinson's.

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

English Country Dance

Come learn and enjoy 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, designed specifically for seniors, can improve flexibility, strengthen muscles, promote better circulation and change how you feel.

Instructor: Dympna Ferrante
Day: Mondays
Dates: TBA
Time: 11:00am-12:00 Noon
Day: Wednesdays
Dates: TBA
Time: 12:00am-1:00pm
Cost: \$50.00

Line Dancing

Promotes physical fitness through dance exercise. All levels welcome, no partner required. Contemporary style.

Instructor: Gladys McGlothlin
Day: Mondays
Dates: April 1-May 20
Time: 9:30-10:30am
Cost: \$25.00

Pickle Ball

For recreation and fun, pickleball is a combination of tennis, badminton and table tennis. Designed to be played by all ages.

Days: Tuesdays & Thursdays
Dates: October-April
(indoor at the Community Center)
May-September
(outdoor at Denison Park)
Time: 9:00am-12:00 Noon
Cost: \$3.00 drop-in fee or
\$25.00 for 10 sessions

Pilates Primer

Course introduces Pilates principles, basic Pilates mat repertoire, with necessary modifications for some medical issues. Exercises are practiced in seated, kneeling and standing positions to provide a well-rounded use of major muscle groups. Wear comfortable clothing and bring your mat to class.

Instructor: M. Valentin
Days: Wednesdays
Dates: TBA
Time: 10:00-11:30am
Cost: \$30.00

Senior Strength Training

Exercising with weights increases muscle mass and strength, while benefiting balance, bone density and overall wellness.

Instructor: Orlando Villella
Days: Tuesdays & Thursdays
Dates: March 5-April 25
Time: 1:30-2:30pm
Cost: \$40.00

Tai Chi Chuan

A series of slow-moving exercises performed slowly to heighten individual awareness coupled with meditation to promote good health. This gentle form of exercise can also improve balance and coordination.

Instructor: Jeannie Koran
Day: Thursdays
Dates: March 14-May 2 Session 1
May 16-July 11 Session 2
(no class 7/4)
Time: 10:00-11:15am
Cost: \$40.00 per session

Tai Chi 2.0

Take your practice to the next level. Some previous Tai Chi training recommended.

Instructor: Jeannie Koran
Day: Tuesdays
Dates: TBA
Time: 12:15-1:00pm
Cost: \$40.00

Table Tennis

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

Day: Mondays
Time: 12:15-2:15pm
Day: Fridays
Time: 10:00am-12:00 Noon
Cost: Free

Walking Club

With your Senior ID card you can walk on the Field House track for exercise.

Days: Monday-Friday
Time: 1:00-2:00pm
Cost: Free

Wii Bowling

Fun, non-competitive and healthy.

Give Wii Bowling a try!
Instructor: Group led
Days: 1st, 2nd & 3rd Wednesdays
Dates: Ongoing
Time: 1:00-3:00pm
Cost: Free

Workout with Ms. Duck

A gentle workout with weights, bands, balls and more. Participate at your own level standing or seated. After class, join the Walking Club on the recreation center track, to complete your workout.

Instructor: Ms. Duck
Days: Wednesdays
Time: 12:15-12:45pm
Cost: Free

Zumba Gold

Zumba is a fun Latin dance inspired workout. It incorporates moves and music from dances such as Cha-Cha, Salsa, Reggaeton, Rumba and more. Zumba Gold is a low impact version of Zumba meant to be gentle on aging joints, easy to learn and will have you burning calories without even realizing that you're working out!

Instructor: Anita Bartel
Days: Tuesdays
Dates: March 12-April 30
Time: 11:00am-12:00 Noon
Cost: \$25.00

language

Spanish II

Instruction in conversational Spanish. Increase your skills in conversational Spanish.

Instructor: M. Cristina Sempé
Day: Wednesdays
Dates: March 13-May 1
Time: 10:00-11:00am
Cost: \$25.00

Spanish III

Increase your skills in conversational Spanish. Spanish II or equivalent is a prerequisite.

Time: 11:00am-12:00 Noon

iHablemanos!

A Spanish conversation group meeting weekly to listen, speak and understand the language. All levels are welcome.

Facilitated by Joanne and Mike Bailis

Day: Thursdays
Dates: Ongoing
Time: 3:00pm
Cost: Free

music classes

Hum & Strum

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

Instructor: Harry Spicknall
Day: Mondays
Dates: Ongoing
Time: 10:00am
Cost: Free

Piano Lessons

Come learn to play the piano or increase your skills. Individual half-hour lessons by appointment. Call to arrange a lesson time.

Instructor: Joseph Bolek
Day: Thursdays
Dates: March 14-May 2 Session 1
May 16-July 11 Session 2
(no class 7/4)
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 and social hour follow the meeting. 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.

Day: 2nd Tuesday of the month
Time: 1:00-2:00pm
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: 11:00-12:00 Noon
Cost: Free

Chess with Leo

Come and learn the fundamentals of playing chess or just increase your skills while enjoying time with friends.

Facilitated by Leo Johnson
Day: Mondays
Time: 11:00am-1:00pm
Cost: Free

Computer Center & Tutors

The Computer Center is open for practice whenever the Senior Center is open and computer classes are not in session.

Practice time is free of charge. Just drop in! Tutors are available to help during the following times:
Wednesdays: 11:00am-12:00 Noon
Fridays: 12:00 Noon-1:00pm

Genealogy Group

Meet with other genealogy enthusiasts to learn, share information and have fun.

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

Share lunch with friends, old and new, at an area restaurant. Program meets every other month. Call 216-691-7377 for details and to register. Space is limited.

Day: Thursdays
Dates: April 11, June 13, August 15
Time: 11:30am
Cost: Your own individual lunch

Newcomers Orientation

Are you a new senior resident of Cleveland Heights or current resident who recently turned 60(+)? Come and learn about the activities and services that are offered! Visit and take a tour of the Cleveland Heights Senior Activity Center (SAC). Membership cards are \$5 annually and may be obtained with a picture ID. For more information call: 216-691-7377.

Day: Thursdays
Time: 10:30am
Cost: Free

Parkinson's Support Group

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

Instructor: David Brandt
Day: 1st Wednesday of the month
Time: 2:00pm
Cost: Free

Party Bridge/Pinochle

Participants meet weekly to play Bridge or Pinochle.

Days: Fridays
Time: 12:45-3:45pm
Cost: Free

Potluck

Enjoy food and fellowship at the monthly Potluck. It's a great way to create and renew friendships and have wonderful food to eat. Please bring an entree, salad or dessert to share to feed 8 or more.

Day: 1st Thursday of each month
Time: 12:00 Noon
Cost: Free if you bring a dish to share, \$5.00 if you don't

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

Scrabble Club

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

Day: Fridays
Time: 1:00-4:00pm
Cost: Free

Stitch Together

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

Day: Fridays
Time: 1:00-4:00pm
Cost: Free

sports

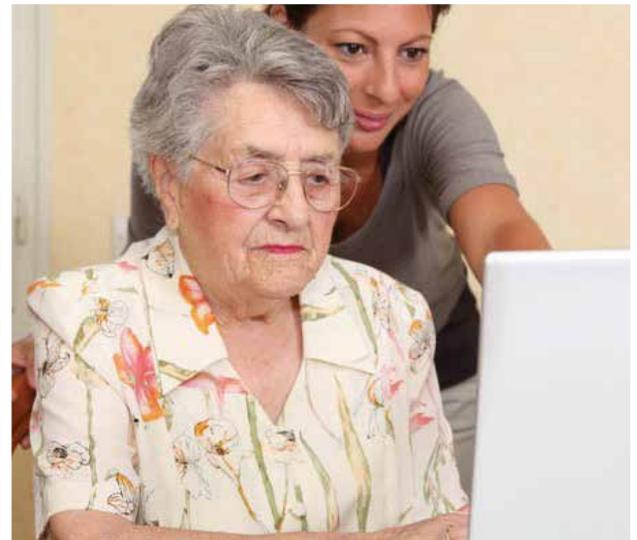
USTA Group Tennis Lessons

Ages: 60+
Instructor: Staff
Level: Beginner
Days: Tuesdays & Thursdays
Dates: June 4-July 11 (no class 7/4)
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 4 (no class 7/4)
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.

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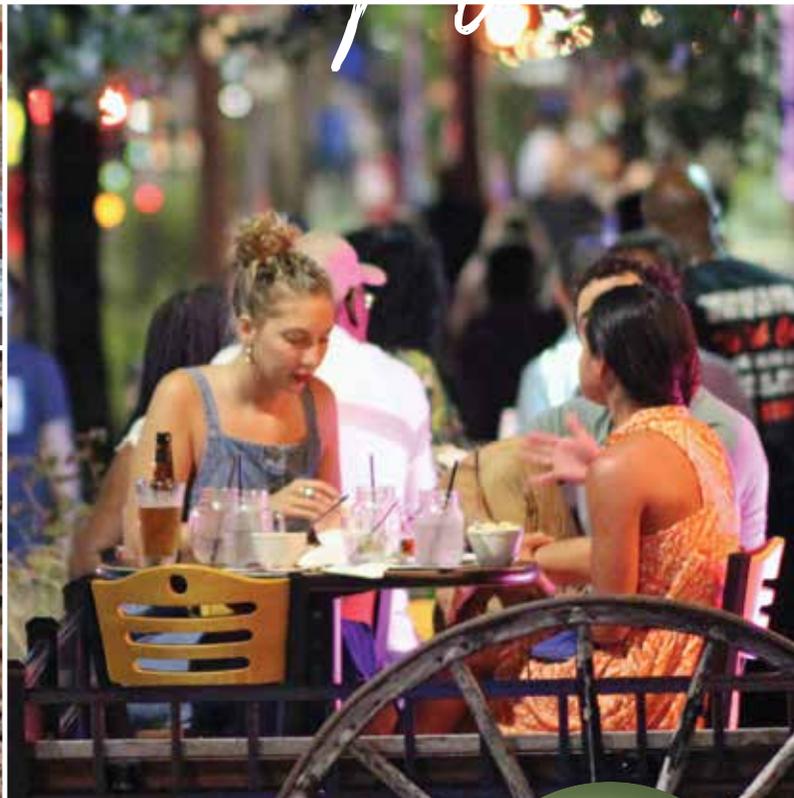
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Parnell's Pub/ Phoenix Coffee/ The Rib Cage Smokehouse/ Seafood Shake/ The Stone Oven Bakery-Café/
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Mary Dunbar
Kahlil Seren
Jason S. Stein
Michael Ungar
Tanisha R. Briley, City Manager

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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