

# Mayfield Village Parks and Recreation Department

## Adaptive Recreation Programs

SPRING/SUMMER 2019



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

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

### GAME NIGHTS

(All ages) Something for everyone: basketball, coloring, dancing, games, volleyball, ping-pong, food and friends. Pre-registration deadline is the Wednesday before each date. \$5/pre-reg, \$6/door.

F 6:00-8:00 P 3/8, 4/5, 5/10 Mayfield Middle School

### FITNESS TO WELLNESS TO FUN AT HEALTH 360

(13 yrs+) Fitness and Fun; that's what it's all about! Exercises and movements to help with strength, agility and motor reaction and skill development. Exercises are broken up into small segments so you won't be bored! Sign up for Mon or Wed or both. \$49/session/day or \$88/ both days/session.

M/W 6:30-7:30 P 3/11-4/17 Spring 1 Health 360

M/W 6:30-7:30 P 4/22-6/3 Spring 2 Health 360



### SPRING DANCE

(13 yrs+) Come celebrate the end of winter and the beginning of Spring! Everyone is encouraged to dress in Spring colors for this popular dance/social. Chicken fingers, steamed broccoli, mac'n cheese, a cookie for dessert and beverages will be provided. Sponsored by LEAP. **Registration**

**Deadline: March 13.**

F 7:00-9:00 P 3/22 \$15 Hilton Garden Inn



### BASKETBALL CLINIC

(10 yrs+) Join John Carroll coaches and players as you work on the fundamentals of basketball while having fun in their gym. Activities help build individual skill and also include fun drills incorporating team work. **Registration Deadline: March 18.**

Su 1:00-2:00 P 3/24 \$5 John Carroll University

### YOGAREACH EMBRACE ABILITIES

(13 yrs+) Embrace Abilities teaches an integrated system of adaptive poses, breath work, daily function skills, movement exercises, meditation practices, and facilitates ongoing conversations. Students focus on what they can achieve; an optimistic approach is reinforced. Meet new friends and have fun. Wear comfortable clothes. Bring a mat. \$64/session \$5 off if registering for two sessions at once. **Registration Deadline: Friday before each session begins.**

T 4:45-5:45 P 4/2-5/7 Spring 1 Civic Center

T 4:45-5:45 P 5/14-6/18 Spring 2 Civic Center

T 4:45-5:45 P 6/25-7/30 Summer Civic Center

### MAKE A HUMMINGBIRD FEEDER

(12 yrs+) Learn basic woodworking techniques using hand tools to glue, sand, drill, and put together a feeder for hummingbirds. A \$20 materials fee is payable to the instructor. Participants must be accompanied by a parent or caregiver. Instructor Kurt Klimko looks forward to working with the class on this project this Spring!

S 12:30-2:30 P 4/6 \$30 Orange High School Woodshop



### WALKING CLUB WITH LEAP

(18 yrs+) Come on out and get some exercise and enjoy the scenery. Held at Cleveland Metroparks Euclid Creek Reservation-Highland Shelter.

M	6:00-7:00 P	4/8-5/20	Session 1	\$12
T	6:00-7:00 P	6/4-7/9	Session 2	\$10
M	6:00-7:00 P	7/22-8/26	Session 3	\$12

### INDOOR BOCCE WITH LEAP

(18 yrs+) Bocce Ball has been around for ages. It's a great way to spend time in the company of others. Develop your strategy and test your skills in friendly competition. **Registration Deadline: April 3.**

T 6:00-7:30 P 4/9-5/21 \$35 Rollhouse of Wickliffe

### SPRING OUTSIDE FUN

(18 yrs+) Come get in shape for the spring playing different sports and fun games together. **Reg. Deadline: April 7.**

W 6:00-7:00 P 4/10-5/22 \$12 Mayfield Middle School Field



### MOVIE NIGHTS

(All ages) Come watch a movie on a drop down projection screen. Movie will start approximately at 6:15 p.m. Enjoy snacks and beverages while you watch a movie. **Registration Deadline: one week before as long as space available. No registration at the door.**

F 6:00 P 4/12, 6/14, 8/9 \$5 per date Mayfield Village Civic Center

### BOXING BUDDIES

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

**Registration Deadline: March 27.**

S 1:00-2:00 P 4/13-5/18 \$25 Solon Community Center

### SOCCER STARS

(13 yrs+) Beginners can develop skills and enjoy learning about the game in a non-competitive environment. Coaches will work on kicking, trapping, throw-ins and end each night with a short game with players. Everyone receives a shirt. Shinguards are encouraged but not necessary. Min/Max: 6/14. **Registration Deadline: April 29.**

M 5:30-7:00 P 5/6-6/3 \$30 Parkview Soccer Fields

### PIZZA BOWLS

(13 yrs+) 2 hours of bowling, shoe rental, a slice of pizza, small soda and a cup of ice cream. Bowlers will be 4-6 per lane. **Registration Deadlines: 5/2, 6/29, 9/6.**

S 1:00-3:00 P 5/11, 7/13, 9/14 \$16/date Rollhouse of Wickliffe

### KICKBALL LEAGUE

(13 yrs+) A fun game everyone can play! Anyone who needs one-on-one assistance/constant guidance is required to have a family member/caregiver play with them. **Registration Deadline: May 25.**

M 6:30-7:30 P 6/3-7/8 \$15 Parkview Softball Field

### INDOOR WATER EXERCISE

(10 yrs+) An opportunity to experience success, increase comfort level, exercise and have fun in an indoor pool. Instructor: Kate Sullivan. **Registration Deadline: The Monday before a session begins.**

Th 6:30-7:30 P 3/7-3/21 Spring 1 \$20 Wildcat Sport & Fitness

Th 6:30-7:30 P 3/28-4/11 Spring 2 \$20 Wildcat Sport & Fitness

Th 6:30-7:30 P 4/18-5/2 Spring 3 \$20 Wildcat Sport & Fitness

Th 6:30-7:30 P 5/9-5/23 Spring 4 \$20 Wildcat Sport & Fitness



### AQUACIZE

(10 yrs+) Experience success, increase comfort level, exercise & have fun in a pool. Reg. **Deadline: June 7.**

Th 6:15-7:00 P 6/13-7/18 (except 7/4) \$30 Parkview Pool



### OUTDOOR POOL PARTY

(All ages) Come enjoy a great time in the water at one of the area's most popular pool. The pool offers a 0-42" depth play area, slide and diving well. Our group will have the pavilion reserved right next to the pool and will begin serving food at Noon. Participants are asked to bring a side dish or dessert, no chips please. We will provide hot dogs, sides, chips, beverages and some dessert. Parent/caregiver must remain at the pool if participant needs one on one assistance. **Registration Deadline: June 28. No registration at the door.**

S 12:00-4:00 P 7/6 \$10 pre-reg only Parkview Pool

### LEARN HOW TO CANOE & KAYAK

(All ages) Wondering what it's like to get on the water in a canoe or kayak? Come learn and observe or if you want, take a turn in a canoe or kayak and practice some skills. We will be in the safety of shallow waters, there will be staff in the water, and all participating will wear a life vest. Helmets may be required. All equipment provided. **Registration Deadline: July 31.**

S 10:00-11:30 P 8/10 Free Parkview Pool

### SAND VOLLEYBALL

(13 yrs+) Dig your toes into the sand and get ready to help get the ball over the net. This is a fun activity with very little competition. Anyone who needs one-one assistance/ constant guidance is required to have a family member/caregiver play with them. **Registration Deadline: May 25.**

W 6:30-7:15 P 6/5-7/10 \$15 Wiley Park

### PICNIC & GAMES WITH SOLON BLUE RIBBON

(16 yrs+) It's a summertime picnic with fried chicken and all the trimmings. It's a great way to spend a summer evening with friends, food and fun! Volleyball and cornhole on-site too!

**Registration Deadline: May 31**

F 6:00-8:00 P 6/14 \$11 Solon Community Park Pavilion



### KARAOKE & DANCE WITH SOLON BLUE RIBBON

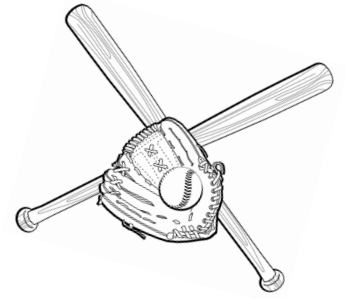
(All ages) Come sing, dance, and hang out. Our amazing DJ, Denise Formica, will be serving up the best jams in town, while we experience the awesome talents of our karaoke singers. A full dinner will be served. **Registration Deadline: July 5.**

F 6:00-9:00 P 7/19 \$13 Solon Community Center

### SOFTBALL LEAGUE WITH LEAP

(13 yrs+) Everyone will have a chance to hit the ball and play in the field. All players will receive a shirt and hat. Bring your own bat and glove if you have them. Equipment is provided with a limited supply of gloves. **Registration Deadline: July 19.**

Th 6:00-7:30 P 7/25-8/29 \$35 Parkview Softball Field



### CLEVELAND INDIANS GAME

(All ages) Come see the Indians take on the Los Angeles Angels. Seats are in the Family Deck or Upper Deck.

**Registration Deadline: June 28.**

S 7:10 P 8/3 \$24 or \$33 per ticket



### TALENT SHOWCASE

(All ages) Do you have a talent or special skill you would like to share? Come to Mayfield Village and showcase your abilities. Acts can include multiple people or an individual. Everyone is invited to sit in the audience and enjoy the show even if not performing. **Deadline to submit acts is July 31.** Bring a blanket or chair. Come early for Market Day (10:00 a.m.-3:00 p.m.) and browse local merchants selling a variety of items. Food trucks will be on site selling their popular menu items. Stick around after the Talent Show to enjoy an evening of entertainment complete with a magician, reptile show and bands.

S 2:00 P 8/24 Free The Grove

### LAKE COUNTY CAPTAINS GAME

(Open to all) Watch the Captains take on the Great Lakes Loons. Come early and enjoy a buffet before the game. Your ticket includes food/beverage and the game. After a great baseball game, stick around for a phenomenal fireworks show! **Registration Deadline: July 31.**

S 7:00 P 8/31 \$21/ticket

### OUTDOOR LIVING SKILLS CAMPOUT

(Families/Individuals 13 years & over with parent/caregiver). Cleveland Metroparks Outdoor Recreation is proud to offer this overnight campout, which is designed to teach you basic Outdoor Living Skills including Leave No Trace, setting up a campsite, building a fire, and more. Enjoy the simple life by camping under the stars and roasting marshmallows over a campfire. No special equipment is required, please bring your own camping equipment if you have it. Dress in layers and be prepared for the weather. Packing suggestions, as well as directions, will be supplied once it gets closer to this event. Min./Max.: 5/11. Participant and caregiver are free; siblings must pay. **Reg. Deadline: August 9.**

F-S 5:00 P-11:00 A 8/16-8/17 \$70 South Chagrin Reservation, Look About Lodge



# REGISTRATION INFORMATION

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

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

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

**Fax:** 440.461.2231

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

**Adaptive Recreation Registration Form SPRING/ SUMMER 2019: Please print clearly.**

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

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

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

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

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

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

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

**Example: Softball with LEAP-\$35**

**7/25-8/29**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

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

Credit Card Number \_\_\_\_\_ Exp. Date \_\_\_\_\_ Code \_\_\_\_\_

**(mastercard/visa/discover)**

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

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

\_\_\_\_\_  
Date