

# Mayfield Village Parks and Recreation Department

## Adapted Recreation Programs

Fall 2019-Winter 2020



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

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

### Fitness to Wellness to Fun at Health 360

(13 years+) Fitness and Fun; that's what it's all about! Enjoy exercises and movements to help with strength, agility and motor reaction and skill development. Exercises are broken up into small segments so you won't be bored! Sign up for Mon or Wed or both. **\$55/session/day or \$95/both days/session.** If registering after a session begins, a \$5.00 late fee applies.

M/W	6:30-7:30 P	8/26-10/16 (except 9/2, 9/4, 9/30, 10/9)	Fall 1
M/W	6:30-7:30 P	10/28-12/4	Fall 2
M/W	6:30-7:30 P	12/9-1/29 (except weeks of 12/23 & 12/30)	Winter
M/W	6:30-7:30 P	2/3-3/11	Winter



### Basketball with LEAP

(18 yrs+) Join the staff of LEAP as they work on the fundamentals of basketball each week. This is a non-competitive program where everybody gets the chance to learn and build skill. **The registration deadline is one week before the session. Begins.** \$31 per session. If registering after session begins, \$5.00 late fee applies. Limited to 5 participants! Held at Wildcat Sport & Fitness.

T	6:30-8:00 P	9/3-10/8	Fall 1
T	6:30-8:00 P	10/22-12/10	Fall 2
T	6:30-8:00 P	1/7-2/11	Winter 1
T	6:30-8:00 P	2/25-3/31	Winter 2



### Aerobics: Line Dancing

Exercise is an important part of a healthy lifestyle. Aerobic exercise strengthens your heart and lungs, improves circulation, lowers blood pressure, and increases the amount of energy you have throughout the day. It also promotes deeper sleep and boosts mood. Incorporate fitness components into a full body workout while learning new line dances. **Registration Deadline: 8/28.** Space is limited.

Th	6:00-6:45 P or 7:00-7:45 P	9/5-10/10	\$20	Civic Center
		(except 9/26)		

### Indoor Water Exercise

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

Th	6:30-7:30 P	9/5-9/19	Fall 1
Th	6:30-7:30 P	9/26-10/10	Fall 2
Th	6:30-7:30 P	10/17-10/31	Fall 3
Th	6:30-7:30 P	11/7-11/21	Winter 1
Th	6:30-7:30 P	12/5-12/19	Winter 2
Th	6:30-7:30 P	1/2-1/16	Winter 3
Th	6:30-7:30 P	1/23-2/6	Winter 4
Th	6:30-7:30 P	2/13-2/27	Winter 5
Th	6:30-7:30 P	3/5-3/19	Spring 1



(from September-March, some exception dates may apply: TBD)

### Painting with Artfully Mine

(5 yrs+) No experience needed! Clear, step by step instruction allows you to put your own spin on a pre-selected fall design. Supplies are provided including an apron. Paint on your own 16 x 20 canvas. Ages 5-10 years must be accompanied by an adult. **Reg.**

**Deadline: 8/28 & 1/2.**

S	Noon	9/7	\$35	Civic Center
S	Noon	1/11	\$35	Civic Center



### Walking Club with LEAP

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

M	6:00-7:00 P	9/9-10/7	Fall 1	\$12		Euclid Creek Reservation
M	6:00-7:00 P	10/21-12/9	Fall 2	\$12		Beachwood Mall

### YogaReach Embrace Abilities

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

T	4:45-5:45 P	9/10-10/22 (except 10/8)	Fall 1		Civic Center
T	4:45-5:45 P	10/29-12/10(except 11/5)	Fall 2		Civic Center
T	4:45-5:45 P	1/7-2/21	Winter 1		Civic Center
T	4:45-5:45 P	2/18-3/24	Winter 2		Civic Center

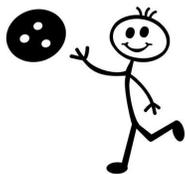
### Rhythm & Song with Ray Brown

(10 yrs+) An exciting music, movement, and rhythm class! Ray Brown will integrate and assimilate rhythm into participants lives as they learn rhythmical patterns, develop new skills with various instruments, explore movement and dance while singing songs and play games based upon music. Learn, create, discover and explore music, movement, rhythm and notes. Parents and caregivers will need to participate if one on one assistance is needed for participant. Maximum number of participants per session is 10. **Registration Deadline the Wednesday before.** Held at the Civic Center.

T	6:00-6:45 P	9/10-10/22 (except 10/8)	Fall 1	\$54
T	6:00-6:45 P	10/29-12/10 (except 11/5)	Fall 2	\$54
T	6:00-6:45 P	1/7-2/11	Winter 1	\$54
T	6:00-6:45 P	2/18-3/24	Winter 2	\$54



### \*Pizza Bowls



(13 yrs+) 2 hours of bowling, shoe rental, a slice of pizza, a small soda, and a cup of ice cream awaits you during Pizza Bowl. Bowlers will be 4-6 per lane. **Registration Deadline: 9/6, 11/8; space is limited.**

S	1:00-3:00 P	9/14, 11/16 (other dates TBD)	\$16 per date	Game of Wickliffe
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*\*If you would like to receive dates for Pizza Bowls please email [decht@mayfieldvillage.com](mailto:decht@mayfieldvillage.com). The information will be sent out once it is available.*

### Goodtime III

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

S	12:00-2:00 P	9/28	\$15
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### Make a Mobile

(8 yrs+) Learn basic woodworking techniques using hand tools to sand, drill, and put together a mobile to hang in your room or to give as a gift. Paint your mobile parts at home in your choice of colors to make it uniquely yours. A \$10 materials fee is payable to the instructor at class. Students must be accompanied by a parent or caregiver. Instructor: Kurt Klimko. **Reg Deadline: 9/20**

S	12:30-2:30 P	9/28	\$35	Orange High School Wood Shop
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**Fall Hike, Fire Building, & S'mores with Cleveland Metroparks Outdoor Recreation**

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

S 5:00-7:00 P 9/28 \$12 North Chagrin Reservation



**LEAP's Halloween Party & Dance**

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

F 7:00-9:00 P 10/18 \$15 Hilton Garden Inn-Mayfield Village

**Boxing Buddies with Solon Blue Ribbon**

(15 yrs+) 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. It's non-contact. 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: 10/1**



S 1:00-2:00P 10/26-11/30 \$24 Solon Community Center

**Aerobics: Dance Jam**

(18 yrs+) Exercise is an important part of a healthy lifestyle. Aerobic exercise strengthens your heart and lungs, improves circulation, lowers blood pressure, and increases the amount of energy you have throughout the day. It also promotes deeper sleep and boosts mood. Incorporate fitness components into a full body workout to the beat of your favorite music. **Registration Deadline: 10/23.** Space is limited.

Th 6:00-7:00 P 10/31-12/12 \$20 Civic Center  
(except 11/28)

**\*Game Nights**

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

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

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



**Making Pizza at Pizza Roma**

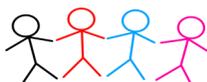
All ages. Grace VanNess will help you to press the dough, add the sauce and desired toppings, place it in the oven and...enjoy! You have your very own personally created pizza to enjoy in the store or take home. **Registration Deadlines: 10/29 & 2/11.**

S 1:00-1:45 P 11/2 and/or 2/15 \$12/date

**Karaoke & Dinner**

(16 yrs+) Come on out and sing a song or just enjoy the talents of other karaoke singers. Dinner will be served at 6:00 P. **Registration Deadline: 11/7.**

F 6:00-9:00 P 11/22 \$13 Solon Community Center



### \*Basketball Clinics

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

Su	12:00-1:00 P	10/20	John Carroll University (Men's Team)
	1:00-2:00 P	11/10	John Carroll University (Women's Team)
	1:00-2:00 P	1/19	Notre Dame College (Men's Team)
	1:00-2:00 P	2/23	Ursuline College (Women's Team)
	1:00-2:00 P	3/22	John Carroll University (Women's Team)



### \*Movie Nights

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

F 6:15 P dates tbd \$ 5 per date Mayfield Village Civic Center

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



### LEAP's Annual Holiday Party & Dance

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



F 7:00-9:00 P 12/13 \$15 Hilton Garden Inn-Mayfield Village

### Special Olympics Basketball Opportunity

Mayfield Village helps to coordinate a Special Olympics basketball team during the Fall/Winter. Participants must be at least 15 years old and they must be able to participate independently on the court. Rules for regular high school basketball will apply and all players must be capable of adhering to those rules and level of play. The season is generally November-February. Practices are approximately once a week for an hour at Gilmour Academy. Games will be played at Gilmour but participants will have to travel for some games; transportation on your own. If you are interested in receiving the information for registration (available in later August), please email [decht@mayfieldvillage.com](mailto:decht@mayfieldvillage.com).

For more information email  
[decht@mayfieldvillage.com](mailto:decht@mayfieldvillage.com)  
or call 440.461.5163



# REGISTRATION INFORMATION

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

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

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

**Fax:** 440.461.2231

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

**Adaptive Recreation Registration Form Fall 2019/Winter 2020: 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.**

<b>Example: Pizza Bowl-\$16</b>	<b>9/14</b>
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____

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

