

Mayfield Village Parks and Recreation Department

Adaptive Recreation Fall `17-Winter `18

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.

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.

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	8/17-8/31	Fall 1
Th	6:30-7:30 P	9/7-9/21	Fall 2
Th	6:30-7:30 P	10/5-10/19	Fall 3
Th	6:30-7:30 P	10/26-11/9	Fall 4
Th	6:30-7:30 P	11/16-12/7 (except 11/23)	Winter 1
Th	6:30-7:30 P	12/14-12/28	Winter 2
Th	6:30-7:30 P	1/4-1/18	Winter 3
Th	6:30-7:30 P	1/25-2/8	Winter 4
Th	6:30-7:30 P	2/15-3/1	Winter 5
Th	6:30-7:30 P	3/15-3/29	Spring 1



Fitness to Wellness to Fun at Health 360

(13 years+) Fitness and Fun; that's what it's all about! Enjoy obstacle courses 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	8/28-10/11	Fall 1 (except 9/4)
M/W	6:30-7:30 P	10/16-11/22	Fall 2
M/W	6:30-7:30 P	11/27-1/17	Winter 1 (except weeks of 12/25 & 1/1)
M/W	6:30-7:30 P	1/22-2/28	Winter 2
M/W	6:30-7:30 P	3/5-4/11	Spring 1
M/W	6:30-7:30 P	4/16-5/23	Spring 2



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	9/8, 10/6, 11/3, 12/1, 1/12, 2/9, 3/23	\$5 pre-reg/date \$6 at door/per date	Mayfield Middle School
---	-------------	--	--	------------------------



Soccer Stars

(13 yrs+) This program is for beginners to further develop skills and enjoy learning about the game in a non-competitive environment. Each week coaches will work with participants on kicking, trapping, throw-ins specifically and then end the night with a short game among the players. Each participant will receive a shirt. Shinguards are encouraged but not necessary. Wear comfortable clothing and tennis shoes; bring water. Min./Max. Participants: 6/14.

M	5:30-7:00 P	9/11-10/9	\$30	Parkview Soccer Fields
---	-------------	-----------	------	------------------------

Walking Club

(18 yrs+) Walking is proven to be one of the best forms of exercise. As a safe and low impact activity, walking improves cardiovascular health, strengthens bones, and can even boost your mood.

M	6:00-7:00 P	9/11-10/9	Fall 1	\$10	Euclid Creek Reservation
M	6:00-7:00 P	10/23-12/11	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.

T	4:45-5:45 P	9/12-10/17	Fall 1	Civic Center
T	4:45-5:45 P	10/24-12/5 (except 11/7)	Fall 2	Civic Center
T	4:45-5:45 P	1/2-2/6	Winter 1	Civic Center
T	4:45-5:45 P	2/13-3/20	Winter 2	Civic Center



*Pizza Bowls

(13 yrs+) Come bowl with the group one Friday each month! The main lights are turned off, the disco and black lights turned. There is always music being played and sometimes a DJ. A slice of pizza, dixie cup ice-cream and soda will served around 7:00 p.m. Shoes and ball included in cost. **Registration Deadline: one week before the program; space is limited.**

Saturdays	Dates tbd	Cost tbd	Game of Wickliffe
-----------	-----------	----------	-------------------

**If you would like to receive information on Pizza Bowls please email 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. 9th Street or in surrounding lots (some may be pay lots). Food items can be purchased on board. No outside food allowed. **Registration Deadline: 9/9.**

S	12:00-2:00 P	9/16	\$15
---	--------------	------	------

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 with acrylic paints. Anyone ages 5 - 10 years must be accompanied by an adult. **Reg. Deadline: 9/20.**

S	1:00 P	9/30	\$30	Civic Center
---	--------	------	------	--------------



Cleveland Monsters Family Night Out

(All ages) Fast-paced, action packed hockey! Enjoy Sully the mascot, Monster Hockey Girls, the Mullet Brothers, and fun entertainment and music between periods and time-outs. Tickets will be sent via Flashseats. **Reg. Deadline: 9/29.**

S	7:00 P	10/7	\$20/ticket	Quicken Loans Arena
---	--------	------	-------------	---------------------

Introduction to Competitive Swimming

(10 years+ with companion) Participants need to be comfortable in water and have basic swim skills. Swim assessments will be held. Practice basic aquatics skills and work on gaining functional knowledge of the rules necessary to participate in aquatics competitions. Participants will be divided by ability and then age second. Realistic goals for each participant will be easily attainable while still assuring confidence and creating a fun safe atmosphere. This will culminate with an intramural competition.

S 1:00 – 2:30 P 10/14-12/9 (except 11/25) \$30/SD \$40/Non SD Wildcat Sport & Fitness



Marvel Universe LIVE! Age of Heroes

Entertainment for all ages! Be immersed in the Marvel Universe and witness it live! Prepare for an action-packed, legendary battle to defend the universe from evil. Spider-Man, the Avengers and the Guardians of the Galaxy join forces with Doctor Strange, master of the mystic arts, in a race against time to recover the Wand of Watoomb before it falls into Loki's hands. **Registration Deadline: 9/29.**

S 11:00 A 10/14 \$28 Quicken Loans Arena

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.

S 5:00-7:00 P 10/14 \$8 North Chagrin Reservation

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.

Sun	1:00-2:00 P	10/15	\$5		John Carroll
Sun	1:00-2:00 P	10/22	\$5		Notre Dame
Sun	1:00-2:00 P	11/19	\$5		John Carroll
Sun	1:00-2:00 P	1/21	\$5		Notre Dame
Sun	1:00-2:00 P	2/4	\$5		John Carroll
Sun	1:00-2:00 P	4/8	\$5		John Carroll

LEAP's Annual 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.**

S 7:00-9:00 P 10/28 \$13 Hilton Garden Inn
Mayfield Village

Woodworking: Build a Birdhouse



(13 years+ with caregiver) A professional woodworker leads the class in building a home for the birds. \$25 material fee also needs to be made to instructor on day of class.

S 10:00 A-12:30 P 11/4 \$25 Orange High School Woodshop



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**

Deadline: 11/1 & 2/14.

S	1:00-1:45 P	11/4	\$12
S	1:00-1:45 P	2/17	\$12

Woodworking: Build a Utensil Box

(13 years+ with caregiver) Make a useful project to hold a variety of items. A professional woodworker leads class. \$25 material fee also needs to be made to instructor on day of class.

S	10:00 A-12:30 P	11/11	\$25	Orange High School Woodshop
---	-----------------	-------	------	-----------------------------

***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	6:30 P	dates tbd	\$ 5 per date	Mayfield Village Civic Center
---	--------	-----------	---------------	-------------------------------

**If you would like to receive information on Pizza Bowls please email 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 always extremely popular so don't delay in registering. **Registration Deadline: 11/29**

F	7:00-9:00 P	12/8	\$13	Hilton Garden Inn Mayfield Village
---	-------------	------	------	---------------------------------------

REGISTRATION INFORMATION

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

Online: mayfieldvillage.com/recreation

Mail/Walk In: Mayfield Village Parks and Recreation Department, 6622 Wilson Mills Road, Mayfield Village, Ohio, 44143

Fax: 440.461.2231

Over Phone: 440.461.5163 with Mastercard/Visa/Discover

mayfieldvillage.com/recreation



**Adaptive Recreation Registration Form Fall 2017/Winter 2018: Please print clearly.
(one form per participant)**

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: Game Night-\$10

9/8, 10/6

1. _____

2. _____

3. _____

4. _____

5. _____

Total amount due:\$ _____

Credit Card Number _____ Exp. Date _____ *Code _____

(mastercard/visa/discover)

(* last 3 digits by signature on back)

I (parent/guardian/caregiver) hereby release and hold harmless Mayfield Village including but not limited to the Parks and Recreation Department, Mayfield City School District/Bd. Of Education, 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 Village and Mayfield City School District/Bd. Of Education. 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