

Mayfield Village Parks and Recreation Department

Adapted Recreation Programs Spring/Summer 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.

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 yrs+) An opportunity to experience success, increase comfort level, exercise and have fun in an indoor pool. Instructor is Kate Sullivan. Registration Deadline: Monday before each session.

Th	6:30-7:30 P	3/5-3/19	Spring 1		\$20/session	Wildcat Sport & Fitness
Th	6:30-7:30 P	3/26-4/9	Spring 2			
Th	6:30-7:30 P	4/16-4/30	Spring 3			
Th	6:30-7:30 P	5/7-5/21	Spring 4			

GAME NIGHTS

(All ages) Something for everyone: basketball, coloring, dancing, games, volleyball, food and friends. Feel free to bring your own game to share. Pre-registration deadline is the Wednesday before each date.

F	6:00-8:00 P	3/13, 4/3, 5/15	\$5/pre-reg, \$6/door	Mayfield Middle School
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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 plus skill development. Exercises are broken up into small segments so you won't be bored! Sign up for Monday or Wednesday or both. \$55/session/day or \$95/ both days/session.

M/W	6:30-7:30 P	3/16-4/22	Spring 1
M/W	6:30-7:30 P	4/27-6/8 (except 5/25)	Spring 2



SPRING DANCE WITH LEAP

(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. Registration Deadline: March 5.

F	7:00-9:00 P	3/20		\$16	Hilton Garden Inn
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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	3/22	\$5	John Carroll University
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WALKING CLUB WITH LEAP

(18 yrs+) Come outside with LEAP and enjoy some gorgeous scenery while walking the path at the park. Meet at the Cleveland Metroparks Euclid Creek Reservation-Highland Shelter. Registration Deadline: Wednesday before each session.

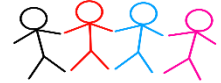


M	6:00-7:00 P	4/6-5/18	Session 1	\$12
T	6:00-7:00 P	6/2-7/7	Session 2	\$10
M	6:00-7:00 P	7/20-8/24	Session 3	\$12

SPRING OUTSIDE FUN

(18 yrs+) Join the group outside on the school's field. Plenty of equipment will be available for your use but feel free to bring your favorite outdoor item to play with or share. There will be some organized games but everyone is free to play on their own and at their own pace. Registration Deadline: April 1.

W 6:00-7:00 P 4/8-5/20 \$12 Mayfield Middle School Field



AEROBICS-LINE DANCE

(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 while learning new line dances. Limited availability in each time slot.

Th 6:00-6:45 P or 7:00-7:45 P 4/9-5/21 \$21 Mayfield Village Civic Center
(except 4/23 & 5/14)

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. Registration Deadline: Friday before each session begins. \$64/session \$5 off if registering for two sessions at once.

T 4:45-5:45 P 4/14-5/19 Spring 1 Mayfield Village Civic Center
T 4:45-5:45 P 5/26-6/30 Spring 2

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 still available. No registration at the door.

F 6:00 P 4/17, 6/19, 8/7 \$5 pre-reg only Mayfield Village Civic Center



PIZZA BOWLS

(13 yrs+) 2 hours of bowling, shoe rental, a slice of pizza, small soda and a cup of ice cream. Always a good time! Bowlers will be 4-6 per lane. Registration Deadlines: 5/1, 7/2, 9/4.

S 1:00-3:00 P  5/9, 7/11, 9/12 \$16/date Rollhouse of Wickliffe

East Side Challenger Baseball 2020: Everyone is a winner and a good time is guaranteed! Games are Sunday afternoons at 3:00 p.m. in Forest Hills Park, field #4 in Cleveland Heights. Spring Training starts in May and games run thru the end of July. For more information contact Kathy Manning at phunnygirls@gmail.com or Debbie Straniero at dstran118@gmail.com. The team will be dedicating their 22nd season to Diane Joelson.



OHIO NORTH TOPSOCCER

(14-18 yrs) TOPSoccer (The Outreach Program for Soccer) is an adaptive soccer program for athletes with special needs. TOPSoccer athletes spend time learning both soccer and socialization skills in a safe, accepting environment with the assistance of volunteer buddies and coaches. Each camp day emphasizes fun and every athlete is challenged to grow and learn with his/her abilities. This is a program through the Beachwood Recreation Department. Register directly with them at (216) 292-1970.

M-F 9:00 A-12:00 P 6/1-6/5 \$150 Fairmount Early Childhood Center, Soccer Fields

KICKBALL

(13 yrs+) A fun game for everyone! This kickball game is modified by speed of pitch for the “kicker” as needed, placement of players in the field, and everyone gets a chance to throw and catch the ball. Anyone who needs one-on-one assistance/constant guidance is required to have a family member/caregiver play with them. Registration Deadline: May 27.

M 6:30-7:30 P 6/1-7/6 \$15 Parkview Softball Green Field

SAND VOLLEYBALL



(13 yrs+) Dig your toes into the sand and get ready to help get the ball over the net. Players are divided each evening for a fun game 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 27.

W 6:30-7:15 P 6/3-7/8 \$15 Wiley Park

AQUACIZE

(10 yrs+) This class is all about movement in the water. Swimming skills are not required. All exercises are performed in an area in the pool where everyone can touch the bottom. It is a relaxed atmosphere, with low impact movements and everyone goes at their own pace. Registration Deadline: June 3.

Th 6:15-7:00 P 6/11-7/16 \$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. There is no refrigeration available; please provide your own ice packs or way to keep item cold if needed. Hot dogs, sides, chips, beverages and some dessert will be provided. Parent/caregiver must remain at the pool if participant needs one on one assistance. After 3:00 pm, the pavilion will be open to the public but participants are welcome to swim as long as a parent/caregiver are with them. Registration Deadline: 7/9. No registration at the door.

S 12:00-3:00 P 7/18 \$10 pre-reg only Parkview Pool

CANOE & KAYAK



(All ages) This program has been highly successful over the years! If you are curious about getting on the water in a canoe or kayak or have used one before, come join us! There will be basic instruction and plenty of time to practice in the pool. Participants will be in the safety of shallow waters, with staff in the water and lifeguards on duty. Participants must wear a life vest. Helmets may be required. Participation is not required; come and observe if you just want to learn more. All equipment provided. All participants will receive a general admission pool pass to use at Parkview Pool for the day (must be used on August 8-not valid any other day). Stick around for the day as the Talent Showcase starts at 2:00 p.m. with entertainment and food trucks on site at The Grove right next store until 7:30 p.m. All entertainment is free! Make a day out of coming to Mayfield Village and enjoy amazing facilities all within walking distance from each other. Registration Deadline: July 22.

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

TALENT SHOWCASE



(All ages) This is a great opportunity to share your skills and talent without any competition. The facility is beautiful, the crowd is gentle and sound will be provided. You just need to bring any props and your talent! Acts can include multiple people or an individual. Know somebody who will be performing? Or want to enjoy the day watching local talent? Bring a blanket or chair, beverages and snacks and enjoy the day in Mayfield Village. After the Talent Showcase, other free entertainment will begin at 4:00 p.m. and goes until 7:30 p.m. Food trucks will also be on site selling a variety of delicious items.

S 1:30-4:00 P 8/8 Free The Grove

KARAOKE & DANCE WITH SOLON BLUE RIBBON

(All ages) Come sing, dance, and hang out. Our amazing DJ's, George and Paula, 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. Reg. Deadline: June 24.

F 6:00-9:00 P 7/10 \$13 pre-reg only Solon Community Center



SOFTBALL WITH LEAP

(13 yrs+) Similar to baseball except the ball is bigger. Everyone gets 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 17. \$35. Held at Parkview Softball Green Field. The first two dates are on Fridays and then the program switches to Thursdays.

F 6:00-7:30 P 7/24 & 7/31
Th 6:00-7:30 P 8/6-8/27



CLEVELAND INDIANS GAME

(All ages) Your Indians will be taking on the Chicago White Sox. Seats are in the Family Deck or Upper Box. Limited ticket availability; first come first serve. Registration Deadline: June 26.

S 7:10 P 8/1 \$27-Family Deck (ADA Accessible Seats available)
\$28-Upper Box

LAKE COUNTY CAPTAINS GAME

(Open to all) Come on out for an exciting day at Classic Park. Arrive before the game and enjoy a picnic buffet (included with your game ticket) Next, the Captains will take on the Great Lakes Loons. End your evening by watching a spectacular fireworks show! Registration Deadline: July 15.

S 7:00 P 8/15 \$21/ticket

Programs in Cooperation with Solon Blue Ribbon Adapted Recreation

Solon Blue Ribbon offers a huge variety of programs for all ages. Mayfield Village can accept limited registration for the programs listed below. Check out <https://www.solonohio.org/793/Blue-Ribbon-Adapted-Recreation-Programmi> and <https://www.facebook.com/solonblueribbon/> for additional programs such as softball, hand cycling kickball, lacrosse, trips and more. Feel free to contact Jillian Babej at 440.337.1427 or jbabej@solonohio.org.



BAKING WITH KERI

(12 yrs+) Join Keri DiMichele as she teaches how to bake Semi-Homemade treats using mixes and ingredients readily available. Mayfield Village will only accept three registrations per session. 6:00-7:30 p.m. at Solon Community Center. \$25/three sessions or \$10/session.

Session 1: April 7. Easter Cut out sugar cookies with frosting. Measure, mix, roll, cut out, bake, frost and decorate sweet treats. Please bring a take home container. Registration Deadline: 3/26.

Session 2: May 5. Lemon Loaf Bread. Using a cake mix and additional fresh ingredients everyone will make a loaf of this wonderful tart and sweet bread. The recipe will be read together, and everyone will measure, mix and bake. Each participant will take home a loaf of bread to share. Registration Deadline: 4/15.

Session 3: June 9. Granola Bars and Peanut Butter Energy Bites. Take simple and good for you ingredients and make two different snacks. Some of the ingredients will be the same however the final result will give a crunchy bar and a soft granola bite. These will be terrific for hiking, biking and traveling during the summer. We will be using nuts and peanut butter in these recipes. Please bring a take home container. Registration Deadline: 5/20.

SOCCER

(3-8 yrs) Ohio North TOPSoccer brings an adaptive soccer program for young athletes to learn the game of soccer and socialization skills in a safe, inclusive environment. This adaptive program is geared towards fun, participation and player development. Limited space available. Register Online www.OhioNorthSoccer.org Under 'Programs: TOPSoccer. Held at Solon Soccer field between Diamond #1 and SOM Center Road.

Su 2:00-3:00 P 4/26-5/31 \$30



FUTURE STARS T-BALL

(4-11 yrs) Join our coaches for simple softball drills and games to learn the basics of the game and have some fun with friends! All players will get a team t-shirt and hat. Limited space available. Registration occurs only through EMPOWER SPORTS online at www.empowersports.com with a deadline of 6/26.

Su 12:00-12:45 P 7/12-8/9 \$30 Solon Community Park, Field 9

PAINT YOUR OWN BIRD FEEDER

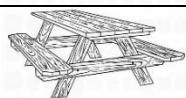
(3-10 yrs) A one of a kind bird feeder is supplied. Use colorful paints to decorate this natural wood. Your options are only limited by your imagination. Limited registration available. Deadline 5/27.

S 11:30 A-12:30 P 6/13 \$21 Solon Community Center Meeting Room

POT LUCK PICNIC

(4-10 yrs & their family). Bring your favorite dish for 10 people to share! Family members, friends, and caregivers are invited. Ice beverages, paper plates, napkins, and plastic utensils will be supplied. Dinner will be served at 5:00pm. Please state during registration how many people will be attending and a description of the dish that you will be providing. Registration Deadline: 8/5.

S 5:00-6:30 P 8/8 Free Solon Community Park Pavilion



PLEASE NOTE THAT THERE ARE SOME PROGRAMS THAT MAYFIELD VILLAGE CANNOT TAKE REGISTRATION FOR!

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

Over Phone: 440.461.5163 with Mastercard/Visa/Discover

mayfieldvillage.com/recreation



Mayfield.village.parks.recreation

Adaptive Recreation Registration Form SPRING/SUMMER 2020: Please print clearly.

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

Best 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-\$6

3/13

- | | |
|----------|-------|
| 1. _____ | _____ |
| 2. _____ | _____ |
| 3. _____ | _____ |
| 4. _____ | _____ |
| 5. _____ | _____ |

Total Due \$ _____

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