



# Mayfield Village Parks and Recreation Department



## Adapted Recreation Programs



Fall/Winter 2022-2023



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

**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.**

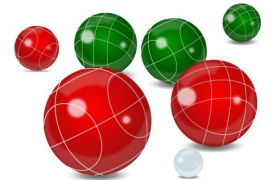
### YOGAREACH EMBRACE ABILITIES

(13 yrs+) Embrace Abilities teaches an integrated system of adaptive poses, breath work, daily function skills, movement exercises, meditation practices and facilitates conversations. Students focus on what they can achieve; an optimistic approach is reinforced. Wear comfortable clothes, bring a mat and water. Instructor: Heidi Wuescher. More sessions could be added, if interested contact [decht@mayfieldvillage.com](mailto:decht@mayfieldvillage.com) to be added to a mailing list. Must have 8 participants. **Registration Deadline: 9/1.**

T 4:45-5:45 P 9/6-10/11 \$64 Civic Center

### BOCCE BALL

(13 yrs+) Bocce ball has simple rules, making it a fun and easy game to learn and play. Bocce is the third most popular sport in the world! Try your luck at this low impact sport and enjoy playing against other people each week. **Registration Deadline: 9/2.**



T 6:00-7:00 P 9/6-10/11 \$20 Parkview Bocce Courts

### DANCE FITNESS FUN

(13 yrs+) This program is low impact and tons of fun. Participants will hear current songs and old favorites as well. Come get some exercise and boost your mood. Each week Miss Leah works with the group to practice choreographed moves. There is no wrong way to dance; participants are encouraged to express themselves with their own movements! **Registration Deadline: the Friday before each session.**

W 5:15-6:00 P 9/7-9/28 Fall 1 \$ 39/session Civic Center

10/12-11/2 Fall 2  
11/16-12/14 Fall 3 (except 11/23)

1/11-2/1 Winter 1

2/15-3/8 Winter 2

3/22-4/19 Spring 1 (except 3/29)



Register online at [mayfieldvillage.activityreg.com](http://mayfieldvillage.activityreg.com)

440.461.5163

## BASKETBALL

(15 yrs+) Learn the fundamentals of basketball and build skill each week in a non-competitive environment. Different drills and activities will be used to teach and improve upon the basics of the game. Mini games against each other at the end of each practice. Classes will be four week sessions; exception dates will apply.

**Registration Deadline: the Friday before each session.**

<b>W</b>	<b>6:15-7:15 P</b>	<b>9/7-9/28</b>	<b>Fall 1</b>	<b>\$25/session</b>	<b>Wildcat Sport &amp; Fitness</b>
		<b>10/12-11/2</b>	<b>Fall 2</b>		
		<b>11/16-12/14</b>	<b>Fall 3 (except 11/23)</b>		
		<b>1/11-2/1</b>	<b>Winter 1</b>		
		<b>2/15-3/8</b>	<b>Winter 2</b>		
		<b>3/22-4/19</b>	<b>Spring 1 (except 3/29)</b>		



## KICKBALL

(13 yrs+) Get ready to kick the ball and run the bases. It's just friendly competition. Everyone kicks and plays in the field! **Registration Deadline: 9/2.**

<b>Th</b>	<b>6:00-7:00 P</b>	<b>9/8-10/13</b>	<b>\$20</b>	<b>Parkview Green Softball Field</b>
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## SOCCER with Solon Blue Ribbon

(12 yrs +) Empower Sports takes to the field with participants for another energetic season of soccer skill-building, topped off with competitions and games. Location TBD. Registration online only at

<https://www.empowersports.org/programs>.

<b>M</b>	<b>6:00-7:15 P</b>	<b>9/12-10/10</b>	<b>\$30/session</b>
	<b>5:30-6:45 P</b>	<b>10/17-10/24</b>	



## INDOOR WATER EXERCISE

(10 years+) Movement in water is an excellent method to experience low impact exercise & great for cardiovascular health. Participants move at their own pace within their own comfort level. Kate Sullivan leads the class. **Registration Deadline: the Friday before each session.**

<b>T</b>	<b>6:30-7:30 P</b>	<b>9/13-10/4</b>	<b>Fall 1</b>	<b>\$20/session</b>	<b>Wildcat Sport &amp; Fitness</b>
		<b>11/8-12/6</b>	<b>Fall 2 (except 11/22)</b>		
		<b>12/13-1/24</b>	<b>Winter 1 (no classes 12/20-1/3)</b>		
		<b>1/31-2/21</b>	<b>Winter 2</b>		
		<b>2/28-3/21</b>	<b>Winter 3</b>		

Register online at [mayfieldvillage.activityreg.com](https://www.mayfieldvillage.activityreg.com)

440.461.5163

## KARAOKE with Solon Blue Ribbon

(16 yrs+) Your singing and dancing moves will be inspired by the talented DJ! Get ready for fun and fame as you sing to your favorite music jams. Pizza, chips and beverage will be served. **Registration Deadline: 9/22.**

F 6:00-8:00 P 10/7 \$13 Solon Community Center

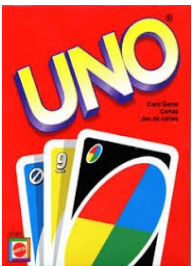
## CANVAS PAINTING



(5 yrs+) No experience needed! The So-So Artsy Staff will give step by step instruction so painting a canvas is something all abilities can do. All necessary supplies provided! Let your creativity flow and put your own spin on a pre-selected design. Each date will be a new picture! Create a beautiful work of art for home, office or as a gift for someone else. Anyone ages 5-13 years must be accompanied by an adult. For anyone who cannot participate independently, a parent or caregiver must be present and available to assist. **Registration Deadline: the Friday before each date.**

Th 6:00 P 11/10, 12/1, 1/26, 2/9, 3/9 \$20/date Civic Center

## FRIDAY NIGHT FUN!



(13 yrs+) A new version of Friday Game Nights! Want to play a board game or color with friends? Feel free to bring your own or use some of the provided ones. Maybe you just sit and talk with friends or meet new people; we have the space! We will have music to listen to or dance to. A light dinner of pizza, chips and beverage will be supplied. All of this before we head to the theater in the building to watch an entertaining movie. Popcorn and water provided. There will be no dinner available once the movie begins. **Must Register in advance. Registration Deadline: the Wednesday before each date.**

F 5:00-6:30 P activity/dinner 10/21, 11/18, 1/13, 2/24 \$5/date Civic Center  
6:45 P movie begins

## MAKING PIZZA AT PIZZA ROMA

(All ages) Staff 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 is limited. **Registration Deadline: 11/16, 2/15.**

S 1:00-1:45 P 11/19 \$13  
S 1:00-1:45 P 2/18 \$13



**REGISTRATION INFORMATION**

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

Online: [mayfieldvillage.activityreg.com](http://mayfieldvillage.activityreg.com)

Mail In: Mayfield Village Parks & Recreation Dept., 6622 Wilson Mills Road, Mayfield Village, Ohio, 44143

Over Phone: 440.461.5163 with Mastercard/Visa/Discover

(FORM IS ONLY NEEDED FOR MAIL IN REGISTRATION)

**Adapted Recreation Registration Form Fall/Winter 2022-2023: 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 accommodations (ex: wheelchair, etc)? \_\_\_ No \_\_\_ Yes

If yes, please describe: \_\_\_\_\_

**Program Registering For**

**Session/Fee**

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

**Total Due \$ \_\_\_\_\_**