

Mayfield Village Parks and Recreation Department



Adapted Recreation Programs

Fall/Winter 2023-2024



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 or call 440.461.5163.

Other resources for adapted recreation: Solon Blue Ribbon, Lake Metroparks, Bedford Parks & Recreation, Orange Recreation, LEAP, Down Syndrome Association of Northeast Ohio.

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.

DANCE FITNESS FUN

(13 yrs+) This is a low impact dance class where Miss Leah teaches choreographed moves. All moves can be modified and done with your own twist. Come get some exercise, boost your mood, express yourself and move with the music at your own pace. **Registration Deadline: the Friday before each session.**

W	5:15-6:00 P	8/16-9/6	Summer 3	\$45/session	Civic Center
		10/18-11/8	Fall 1		
		11/29-12/20	Fall 2		
		1/17-2/7	Winter 1		
		2/28-3/20	Winter 2		



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

T	4:45-5:45 P	9/5-10/3	Fall 1	\$55/session	Civic Center
		10/17-11/21	Fall 2 (except 10/21)		
		1/9-2/6	Winter 1		
		2/20-3/19	Winter 2		

BOCCE BALL

(13 yrs+) Bocce ball has simple rules, making it a fun and easy game for all ages 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. Bring your own water. **Registration Deadline: 9/1.**

T	6:00-7:00 P	9/5-10/3		\$20/session	Parkview Bocce Courts
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BASKETBALL

(13yrs+) 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.**

W	6:15-7:15 P	9/6-9/27 10/11-11/1 11/15-12/13 1/10-1/31 2/14-3/6 3/20-4/17	Fall 1 Fall 2 Fall 3 (except 11/22) Winter 1 Winter 2 Spring 1 (except 3/27)	\$20/session	Wildcat Sport & Fitness
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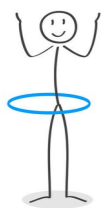
KICKBALL

(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: 9/6.**

M	5:45-6:45 P	9/11-10/9	\$20	Parkview Green Softball Field
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HULA HOOP FOR BEGINNERS



(13 yrs+) Yes, hula hooping! Come learn and practice the basic skills needed to get a hoop moving. Join Yildiz Koch as she welcomes all abilities with an introduction into the fun world of hula hooping. Movements will help strengthen your core and back and can also help improve hand-eye coordination. Everyone who participates must be able to follow simple instructions independently. Participants must wear tennis shoes and comfortable clothing that is not too loose. Hula hoops will be provided. Min/Max: 5/10 participants. **Registration Deadline: the Monday before each session.**

Th	5:00-5:45 P	9/14-10/5 10/12-11/2 11/9-12/7	Fall 1 Fall 2 Fall 3 (except 11/23)	\$45/session	The Grove-Session 1 Civic Center-Sessions 2 & 3
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FRIDAY MOVIE NIGHTS

(13 yrs+) A movie will be shown on a drop down screen with theater seating. Popcorn and water will be available. Movie title will not be available until the day of. **Registration Deadline: the Tuesday before each date (if minimum enrollment is met registration will stay open online until 5:00 pm each date).** No registration at the door.

F	5:45-7:17 P (ending time is approx.)	9/15, 1/19, 3/8	\$5/date	Civic Center
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INDOOR WATER EXERCISE

(10 yrs+) 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.**

T	6:30-7:30 P	9/19-10/10 10/17-11/14 11/28-12/19 1/9-1/30 2/6-3/27 3/5-4/2	Fall 1 Fall 2 (except 10/31) Fall 3 Winter 1 Winter 2 Spring 1 (except 3/26)	\$21/session	Wildcat Sport & Fitness
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CANVAS PAINTING



(5 yrs+) No experience needed! Melinda from So-So Artsy 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	9/28, 10/26, 11/16, 12/7, 1/25, 2/22, 3/21	\$20/date	Civic Center
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DANCE/PARTY

(13 yrs+) Music, food, coloring/games and friends.....join in on the fun! Participants love these events even if they aren't on the dance floor. It's nice to get out and just hang out with friends and meet new people. **Registration Deadline: 10/20, 2/2**

F	5:00-7:15 P	10/27 2/9	Halloween-wear a costume/show Halloween spirit if you'd like Valentine's-dress up/wear festive heart attire if you wish	\$5/date Civic Center
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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: 11/14, 2/13.**

S	1:00-1:45 P	11/18	\$13
S	1:00-1:45 P	2/17	\$13



REGISTRATION INFORMATION

Payment Methods Accepted: MC/Visa/Discover

Online: mayfieldvillage.activityreg.com

Over Phone: 440.461.5163 with Mastercard/Visa/Discover