

# Mayfield Village Parks and Recreation Department



## Adapted Recreation Programs

Spring/Summer 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.

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.**

### 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 6:00-7:15 P 3/9, 4/13, 5/11 \$20/date Civic Center



### INDOOR WATER EXERCISE

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

T 6:30-7:30 P 2/28-3/21 Winter 3 \$21/session Wildcat Sport & Fitness  
 4/4-4/25 Spring 1  
 5/2-5/23 Spring 2  
 5/30-6/20 Spring 3



### 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. Min/Max: 5/15. **Registration Deadline: the Monday before each session.**

W 5:15-6:00 P 3/22-4/19 (except 3/29) Spring 1 \$45/session Civic Center  
 5/3-5/24 Spring 2  
 6/7-6/28 Summer 1  
 7/12-8/2 Summer 2  
 8/16-9/6 Summer 3



## LETS COOK (a mobile cooking school)

- \*All programs are available for anyone 8 years and older
- \*Parent/caregiver must stay with a child under the age of 14 or anyone who needs one on one assistance
- \*All programs are held in the Community Room/Civic Center

### DEMOS

Are you looking to try a new food? Or maybe you're looking for some new recipes to make? We will be welcoming LaDonna of Let's Cook into our kitchen to share with us some easy, delicious healthy meals that can easily be made at home in no time. Note that recipes do use nut milks, if you have an allergy it is not recommended taking this class.

#### **Dairy Free Mac and Cheese**

Do you like mac and cheese? How about mac and cheese with a healthy twist! Join us for a demo in the kitchen as we learn how to turn potatoes and carrots into a delicious creamy cheese sauce that we will put over noodles to make mac and cheese. All attendees will receive a copy of the easy to follow recipe as well as a sample of the meal to try. Min/Max: 6/20. **Registration Deadline: 3/1.**



**W 6:00-7:30 P 3/8 \$5**

#### **Thai Pineapple Fried Rice**

What better way to brighten yourself up than with a super easy to make, healthy, yummy and colorful pineapple fried rice. Join us in the demo kitchen as we enjoy the tastes of Thailand mixing together traditional Thai spices with sweet and tangy pineapple to make a flavorful rice that can be enjoyed as a side or main. All attendees will receive a copy of the easy to follow recipe as well as a sample of the meal. Min/Max: 10/20. **Registration Deadline: 4/26.**

**W 6:00-7:30 P 5/3 \$5**

### HANDS ON COOKING CLASSES

Each attendee is supplied with a double induction burner, and a kit containing everything they will need to cook the meal we are making. Step-by-step instruction will be given. Be sure to bring a container to take any leftovers home.

#### **Pizza In The Pan**

Do you love pizza? Have you wanted to make pizza but don't really feel confident in your use of the oven? Well, this class is the class for you! Learn how to make a quick and easy pizza dough that gets cooked on the stove. Yep, a pizza made in the pan on the stove. In this class chefs will make a quick and easy pizza dough from scratch and a zesty pizza sauce to use as we make handmade pizzas. Chefs will be offered vegetables as well as dairy free or regular cheese to top their pizzas. Min/Max: 3/8. **Registration Deadline: 3/29.**

**W 6:00-8:00 P 4/5 \$25**



#### **Lentil Tacos**

Could you taco bout tacos all day? Then this taco class is where you should be. In this hands on class, each chef will learn to prepare their own lentil taco filling to be enjoyed on hard or soft shells at the end of class. Min/Max: 3/8. **Registration Deadline: 5/31.**

**W 6:00-8:00 P 6/7 \$25**

### BOCCE BALL

(10 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. Min/Max: 10/30. **Registration Deadline: 4/27, 6/2.**

T	6:00-7:00 P	5/2-5/23	Spring 1	\$16/session	Parkview Bocce Courts
W	6:00-7:00 P	6/7-6/28	Spring 2		



### KICKBALL

(10 yrs+) This game is fairly simple and tons of fun. Take turns fielding, kicking and running the bases. Each week participants will be split into teams and a friendly game will be played. Come dressed in comfortable clothes and close toed shoes. Bring your own water. Min/Max: 10/30. **Registration Deadline: 4/27, 6/2.**

Th	6:00-7:00 P	5/4-5/25	Spring 1	\$16/session	Parkview Green Softball Field
T	6:00-7:00 P	6/6-6/27	Spring 2		



### SPRING DANCE

(13 yrs+) Come celebrate Spring and welcome Summer with a friendly bunch of people! Besides listening and dancing to awesome music, there will be games and coloring available. This dance is a great way to have a little bit of fun and socialize at the same time. There will be pizza, chips, dessert and a beverage served at 6:00 p.m. **Limited to 50 participants. Must register in advance! Registration Deadline: 5/11.**

F	5:00-7:30 P	5/19		\$6	Civic Center
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### 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. This will be an outdoor program. Wear comfortable clothes and bring a mat. Instructor: Heidi Wuescher. **Registration Deadline: 4/28.**

T	4:45-5:45 P	3/7-4/18 5/2-6/6	Winter 2 Spring	\$65/session	Civic Center
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### 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. Caregiver must get in water if participant needs individual assistance. Min/Max: 5/20. **Registration Deadline: 6/5 and 6/29.**

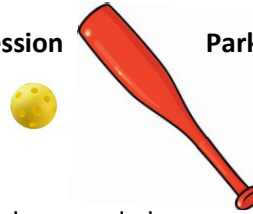
Th	6:00-6:45 A	6/8-6/29 7/6-7/27	Session 1 Session 2	\$30/session	Parkview Pool
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### WIFFLE BALL

(10 yrs.+) A fun variation of traditional baseball! This game is very user friendly! Everyone will use a soft ball and an oversized plastic/foam bat. No helmets needed; glove optional (bring your own if you want). Join the group each week in this non-competitive game and enjoy playing defense in the field, hitting and running the bases. Bring your own water. Min/Max: 10/30. **Registration Deadline: 7/28.**

W 6:00-7:00 P 7/6-7/27 Summer 1 \$26/session Parkview Softball Green Field  
Th 6:00-7:00 P 8/3-8/31 (except 8/10) Summer 2



### LEARN HOW TO KAYAK

(All ages) Wondering what it's like to get on the water in a kayak? Come learn and observe or if you want, take a turn in a canoe or kayak and practice some skills. We will be in the safety of shallow waters, there will be staff in the water, and all participating will wear a life vest. Helmets may be required. All equipment provided. **Registration Deadline: 8/4.**

Th 5:30-6:30 P 8/10 \$5 Parkview Pool

### 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. Use the form below.

Over Phone: 440.461.5163 with Mastercard/Visa/Discover

### Adapted Recreation Registration Form Spring/Summer 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

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_

### Session/Fee

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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