

Mayfield Village Parks and Recreation Department



Adapted Recreation Programs

Spring/Summer 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.

INDOOR WATER EXERCISE (revised dates)

(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.**

T 6:30-7:30 P 3/12-4/9 Spring 1 (except 3/26) \$21/session Wildcat Sport & Fitness



4/16-5/7
5/14-6/4

Spring 2
Spring 3



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. **Registration Deadline: the 3/15.**

W 6:15-7:15 P 3/20-4/17 Spring (except 3/27) \$20 Wildcat Sport & Fitness

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 & available to assist. **Registration Deadline: the Friday before each date.**

Th 6:00 P 3/21, 4/11, 5/2



\$20/date Civic Center

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 Friday before each session.**

W 5:15-6:00 P



4/3-4/24 Spring 1
5/8-5/29 Spring 2
6/12-7/3 Summer 1
8/7-8/28 Summer 2

\$45/session

Civic Center



SOCCER WITH EMPOWER SPORTS

Athletes of all ages and abilities are invited to participate! Learn the skills and drills of soccer and play controlled games. This program is designed to help all enjoy the game, work together as a team, learn and build skill and experience personal success. All of this within a fun learning environment led by Empower Sports. **Max: 30. Registration Deadline: 4/25.**

Th 6:00-7:15 P 5/2-6/6



\$30

Parkview Soccer Fields

KICKBALL

(10 yrs+) Get ready to kick the ball and run the bases. It's just friendly competition. Everyone kicks and plays in the field! Fairly simple yet tons of fun! Bring water. And wear closed toe shoes. **Min./Max. 10/30. Registration Deadline: 4/30, 8/6.**

M 5:45-6:45 P

5/6-5/20 Spring
8/12-8/26 Summer

\$12/Session

Parkview Green Softball Field

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 water and wear closed toe shoes. **Min./Max. 10/30. Registration Deadline: 5/3, 5/31.**

T 6:00-7:00 P 5/7-5/28 Spring

\$16/session

Parkview Bocce Courts

W 6:00-7:00 P 6/5-6/26 Summer



SPRING DANCE/PARTY

(13 yrs+) Music, food, coloring 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. **Must register in advance. Registration Deadline: 5/13.**

F 5:00-7:15 P

5/17

\$6



Civic Center

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: 5/30.



M 5:45-6:45 P 6/3-6/24 \$16 Parkview Softball Green Field

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: 6/3, 7/8.**

Th 6:00-6:45 P 6/6-6/27 Session 1 \$30/session Parkview Pool
7/11-8/1 Session 2



SUMMER DANCE/PARTY

(13 yrs+) Music, food, coloring 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. **Must register in advance. Registration Deadline: 7/22.**

F 5:00-7:15 P 7/26 \$6 Civic Center



COOKING CORNER

This cooking class involves hands-on learning about ingredients, food safety, and technique! Students will learn new recipes, be involved in making the dish and can try each creation! There will be common food allergens in each recipe such as dairy products, peanut butter and gluten. **Registration Deadline: 8/2.**

- Week 1: Peanut-butter Bars
- Week 2: Banana Cream Pie
- Week 3: Strawberry Cheesecake
- Week 4: Chicken Pot Pie



Th 5:30-6:30 P 8/15-9/5 \$10/class or \$35/all four classes Community Room

REGISTRATION INFORMATION

Payment Methods Accepted: MC/Visa/Discover

Online: mayfieldvillage.activityreg.com

Over Phone: 440.461.5163 with Mastercard/Visa/Discover