

**Mayfield Village Parks and Recreation Department  
Adapted Recreation Programs  
Fall/Winter 2021-2022**



Activities designed especially for individuals with physical, sensory or developmental disabilities. People of all abilities are welcome. 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. Please note that Mayfield Village reserves the right to deny registrations after the deadline due to limited enrollment, planning, etc.**

**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. Wear comfortable clothes, bring a mat and water. Instructor: Heidi Wuescher. Registration Deadline: 9/3, 10/22, 12/30, 2/18.

T	4:45-5:45 P	9/7-10/12	Fall 1	\$64/session	Civic Center
		10/26-11/30	Fall 2		
		1/4-2/8	Winter 1		
		2/22-3/29	Winter 2		

**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 together against other people each week. Registration Deadline: 9/3.

W	6:00-7:00 P	9/8-9/29		\$12	Parkview Bocce Courts
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**KICKBALL**

(13 yrs+) Who doesn't love a good game of kickball?! Get ready to kick the ball and take off down the bases. It is just a friendly competition! Everyone kicks and plays in the field. Due to limited staffing, players that need one on one assistance should have a caregiver helping. Bring your own water. Registration Deadline: 9/3.

Th	5:00-5:45 P	9/9-9/30		\$15	Parkview Green Softball Field
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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. Min./Max. 10/30. Registration online only at <https://www.empowersports.org/programs>.

M	5:30-7:00 P	9/13-10/25		\$30	Location TBD
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### **WALKING CLUB with LEAP**

(18 yrs+) Come out and walk with the group along the trail of a local park. Not only is walking a great physical exercise; it is a fun way to boost your mood and increased mental well-being including reducing stress. Registration Deadline: September 7.

M 6:00-7:00 P 9/13-10/4 \$12 Euclid Creek Reservation

### **LIVING MINDFULLY**

(15 yrs+) Meditation and mindfulness are tools that help build emotional resilience and self awareness. In this course we will practice together with some guided meditations, explore the difference between mindfulness and meditation and learn some basic techniques that are accessible to anybody. Practices can be explored seated or reclined. Chairs will be provided but participants are welcome to bring blankets or cushions. Bring a notebook and blanket or cushion (if you prefer to practice reclined). Instructor: Heidi Wuescher, Yoga and Meditation Teacher, E500 RYT. Registration Deadline: 9/15.

T 6:00-7:00 P 9/21-10/12 \$74 Civic Center

### **BASKETBALL**

(15 yrs+) Come learn the fundamentals of basketball each week. This is a non-competitive program where everybody gets the chance to learn and build skills. The registration deadline is one week before the session.

W	6:30-8:00 P	9/29-10/20	Fall 1	\$30/session	Wildcat Sport & Fitness
W	6:30-8:00 P	10/27-11/17	Fall 2		
W	6:30-8:00 P	1/5-1/26	Winter 1		
W	6:30-8:00 P	2/2-2/23	Winter 2		
W	6:30-8:00 P	3/2-3/23	Winter 3		

### **MOVIE NIGHTS**

(All ages) Come watch a movie on a drop down projection screen. Enjoy popcorn and water while you watch a movie. Pre-registration only. Registration Deadlines: Wednesday before each date.

F 6:15 P 10/8, 12/3, 1/14, 2/18 \$5 per date Civic Center

### **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: 11/3, 2/9.

S 1:00-1:45 P 11/6 and/or 2/12 \$13/date

## DANCE FITNESS FUN

(13 yrs+) Leah continues to work with participants and will lead this group in dances and movements that will get the heart rate up. But not to worry, this program is low impact and tons of fun! Come get some exercise, boost your mood, express yourself and learn new moves. There is no wrong way to dance! Bring your own water. Wear comfortable clothes and shoes. Registration Deadline: 11/5, 12/30, 2/4.

W	5:00-5:45 P	11/10-12/1 (except 11/24) 1/5-1/26 2/9-3/2	Fall Winter 1 Winter 2	\$39/session	The Civic Center
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## PROGRAMS INSTRUCTED BY THE LOVING HANDS GROUP

This group is a collaboration of professional artists and holistic health care practitioners who teach a unique selection of educational and life-enriching classes, activities and therapies. All supplies are included! The Registration deadline for each class is the week before class begins. The minimum/maximum number of participants per class is 15/25. Held at the Civic Center.

**Good Vibrations-The Science of Sound:** How is sound made? How does it travel through the air? What makes some sounds pleasant and other sounds unpleasant? This interactive class teaches the mechanics of sound vibrations through demonstrations of musical instruments, wind chimes, and our own voices. We will combine science with practical examples, and also have fun singing songs together with a guitar.

F	6:00-7:00 P	9/24	\$8
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**Drawstring Bags:** Hand sew a functional pouch with a drawstring closure that can be used to hold jewelry or other special items you cherish.

F	6:00-7:00 P	10/8	\$10
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**Greeting Cards:** Make your own unique greeting cards for the winter holidays or "just because". Use stamping, painting, stenciling and other decorative techniques to create one-of-a-kind designs.

F	6:00-7:00 P	11/12	\$11
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**Folk Art Snowman Project:** Paint and glue objects to create a wooden folk art snowman.

F	6:00-7:00 P	1/14	\$10.00
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**Valentine's Day Sing-Along:** An hour of well-known songs about love and devotion. Performed with a singer and guitar. Small percussion instruments are handed out so that everyone can participate.

F	6:00-7:00 P	2/11	\$8
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**Painted Rock Cactus Garden:** Oddly shaped rocks are painted to look like cacti, and glued to a bed of sand. This garden makes a nice decorative piece with no care required!

F	6:00-7:00 P	3/11	\$12.00
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**BROWNS TAILGATE PARTY with Solon Blue Ribbon**

(16 yrs. +) Come dressed in your favorite Browns' fan wear and cheer on the Browns with friends, as we watch the game on the big screen. Hotdogs, snacks and water bottles will be provided. Additional activities and contests may be planned. Join the group and root for your Cleveland Browns as they take on the Detroit Lions at 1:00 p.m. Registration is limited! Registration Deadline: 11/7

Su 12:45-4:00 P 11/21 \$12 Solon Community Center

**BOXING BUDDIES with Solon Blue Ribbon**

(15 yrs+) Veteran Blue Ribbon coach and advocate Sandy Ellis will teach the basics of boxing and a little self defense. It is non-contact. You will learn how to throw a punch, a jab, a right hand, uppercuts and hooks using special coaching mitts as targets. Most of all, boxing will build your self-confidence and it is FUN!!! Boxing can be learned while sitting or standing. Space is limited! Details are being finalized. If you would like to receive updates, email [decht@mayfieldvillage.com](mailto:decht@mayfieldvillage.com) to be added to a list.

**KARAOKE & DINNER with Solon Blue Ribbon**

(13 yrs+) Come on out and sing a song or just enjoy the talents of other karaoke singers. Space will be limited! Details are being finalized. If you would like to receive updates, email [decht@mayfieldvillage.com](mailto:decht@mayfieldvillage.com) to be added to a list.

**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

**Adapted Recreation Registration Form Fall/Winter 2021-2022: 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**

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| 1. _____ | _____ |
| 2. _____ | _____ |
| 3. _____ | _____ |
| 4. _____ | _____ |

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