

# Strongsville Recreation Department

*18100 Royalton Road, Strongsville, OH 44136*  
*(440) 580-3260*    [www.strongsville.org](http://www.strongsville.org)



## RECREATION CENTER HOURS

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Mondays-Fridays	6am-8pm
Saturdays	8am-4pm
Sundays	Closed

*Please note the Aquatic Center closes 30 minutes prior to the Center closing time.*

## SPECIAL HOURS & CLOSINGS

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Thursday, November 26	Thanksgiving	CLOSED
Thursday, December 24	Christmas Eve	6:00am-1:00pm
Friday, December 25	Christmas	CLOSED
Thursday, December 31	New Year's Eve	6:00am-5:00pm
Friday, January 1, 2021	New Year's Day	CLOSED

### Weather Closings and Class Cancellations

When applicable, please check the following locations for any closings or cancellations due to weather...

[www.strongsville.org/content/recreation.asp](http://www.strongsville.org/content/recreation.asp)

News Channel 3 ([www.wkyc.com](http://www.wkyc.com))

News Channel 5 ([www.newsnet5.com](http://www.newsnet5.com))

## REGISTRATION

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- Pre-registration is required for programs.
- Enrollment will be limited due to social distance requirements.
- NO REFUNDS/MAKE UPS FOR MISSED CLASSES.
- You may register in-person, by phone, or online unless otherwise indicated for specific programs.

## COVID-19 GUIDELINES

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- Patrons must pass through front desk temperature check point. Anyone with a temperature 100 or above will be denied access.
- Masks are required when not exercising unless otherwise indicated.
- Showers and drinking fountains are NOT available.
- Patrons are responsible for cleaning exercise equipment before and after use.
- All applicable guidelines issued by the State of Ohio indicated by the Responsible Restart Protocols and Requirements are in effect.

Ehrnfelt Recreation Center  
18100 Royalton Road, Strongsville  
440.580.3260 ~ [www.strongsville.org](http://www.strongsville.org)

Only  
\$1/day!\*

# 30-Day College Student Pass

Enjoy the recreation center  
while at home on break

*Choose your own start date anytime between  
November 20-December 31, 2020*

To receive this offer show us your valid college ID or next semester's  
college class schedule or tuition bill

**\*Resident : \$30  
Non-Resident: \$40**

Pass can be applied towards yearly membership fee before expiration. Pass does not  
make customer eligible for the benefits granted to full-year members.

Ehrnfelt Recreation Center ~ 18100 Royalton Road, Strongsville  
440.580.3260 ~ [www.strongsville.org](http://www.strongsville.org)

# AQUATICS

Aquatic Supervisor, Patti Welker

## AQUATIC CENTER SPECIAL HOURS

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October 12-November 2	CLOSED	Filter Replacement
Saturday, November 7	CLOSED	USA Swim Meet
Thursday, November 26	CLOSED	Thanksgiving
Wednesday, December 2	Close at 4pm	HS Swim Meet
Wednesday, December 9	Close at 4pm	HS Swim Meet
Wednesday, December 16	Close at 4pm	HS Swim Meet
Thursday, December 24	Close at 12:30pm	Christmas Eve
Friday, December 25	CLOSED	Christmas Day
Thursday, December 31	Close at 4:30pm	New Year's Eve
Friday, January 1, 2021	CLOSED	New Year's Day

*(The **WHOLE** aquatic center is closed during swim meets, including the hot tub.)*

## AQUATIC CENTER REGULATION/RULES

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### ALTERNATIVE SWIM WEAR

For the safety, health and welfare of all members and patrons, proper swim attire is required. Proper swim attire is required when using all of the pools, steam room, sauna and spa in the Aquatic Center, including participation in Learn-to-Swim classes. The following are prohibited:

1. Clothing that could contribute to entrapment and inhibit life saving measures: loose fitting clothing; heavy garments; cut-offs; and jean shorts.
2. Clothing worn for workout or other purposes prior to using the Aquatic Center.

Questions concerning proper swimwear should be addressed with the Aquatic Center personnel.

### REGISTRATION AND POLICIES

- Refunds/credits will not be granted without medical documentation. Changes in personal schedules will not constitute a refund/credit.
- **Registration for November Learn to Swim and Aquatic Programs starts 10/17/2020.**
- If the class is full, you may ask the front desk staff to add your name to the waiting list.
- If your child has any special needs, it would be helpful if you would inform the instructor/Aquatic Supervisors, before the first day of class, so they can better work with your child.

### AQUATIC WAIT LIST

The main purpose of the wait list book is to determine if there is a need to add additional classes. On occasion if there are openings in classes, or if we have the ability to add additional instructors, we will call those who have their name in the wait list book.

- Having a name on the wait list does not guarantee that you will receive a phone call or a spot in a class.
- It is your responsibility to call the front desk at the end of a session to see if any spots have opened up. Many times children are transferred to other classes or decide not to take a class which results in spots becoming available. The aquatic supervisors will not check the wait list book until a few days before the start of a new session with the intent of trying to fill spots that are still open.
- Please be aware that when phone calls are made to those on the wait list, registration is on a first come basis no matter what number you are on the wait list. This is only a courtesy call letting you know that at that

particular time, there are openings in the class if you still wish to sign up. It does not mean that a spot is being held for you and the spot(s) may be filled by the time you call back.

## **LEARN-TO-SWIM LESSONS**

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For more information on Learn to Swim, or if your child has any special needs, please contact Aquatic Supervisor, Patti Welker X 5269. **Registration for November Learn to Swim and Aquatic Programs starts 10/17/2020.**

### **Parent/Toddler: 15-36 mos. (parent in water)**

Adult will be guided by a deck instructor to teach basic swimming skills like breath control, floating, kicking, rolling over and safe water practices. The instructor will use games and equipment to enhance the child's learning. Adult and child are in the water. ONE ADULT PER CHILD.

<b>Ages: 15 - 36 months</b>	<b>Class Limit: 5 student/adult pairs</b>	
Tuesdays & Thursdays	11/3-11/19	11:00-11:30am
Saturdays	11/14-12/19	10:40-11:10am
Saturdays	11/14-12/19	11:20-11:50am

#### **Fees:**

Member	\$48
Non-Member/Resident	\$60
Non-Member/Non-Resident	\$72

### **Parent/Pre-school: 3-5 years (parent in water)**

Adult will be guided by a deck instructor to teach swimming skills like breath control, floating, kicking, rolling over and safe water practices. The instructor will use games and equipment to enhance the child's learning. Adult and child are in the water. ONE ADULT PER CHILD.

<b>Ages: 3-5 years</b>	<b>Class Limit: 5 student/adult pairs</b>	
Tuesdays & Thursdays	11/3-11/19	11:40am-12:20pm
Saturdays	11/14-12/19	9:00-9:40am
Saturdays	11/14-12/19	9:50-10:30am

#### **Fees:**

Member	\$48
Non-Member/Resident	\$60
Non-Member/Non-Resident	\$72

### **Parent/Primary: 5-8 years (No previous swimming experience is necessary)**

Adults will be guided by a deck instructor to teach their children bobs, floats, glides, rolling over, swimming on front/back, and safe water practices. Adult and child are in the water. ONE ADULT PER CHILD.

<b>Ages: 5-8 years</b>	<b>Class Limit: 5 student/adult pairs</b>	
Saturdays	11/14-12/19	9:00-9:40am
Saturdays	11/14-12/19	9:50-10:30am
Saturdays	11/14-12/19	10:40-11:20am

#### **Fees:**

Member	\$48
Non-Member/Resident	\$60
Non-Member/Non-Resident	\$72

## **SMALL GROUP INSTRUCTION – REFINED WATER SKILLS**

Must be previously enrolled in ERC level 3 or comfortable swimming unassisted front and back crawl 15 yards (length of activity pool). Instructor on deck and in the water. ONE ADULT PER CHILD.

**Ages: 5 & older**                      **Class Limit: 5 students**  
Saturdays                              11/14-12/19                      9:00-9:40am  
Saturdays                              11/14-12/19                      9:50-10:30am  
\*No Class 11/7 & 11/28

**Fees:**  
Member                                      \$48  
Non-Member/Resident                      \$60  
Non-Member/Non-Resident                      \$72

### **SMALL GROUP ADVANCED INSTRUCTION – STROKE DEVELOPMENT**

Must be previously enrolled in ERC level 4, pass current small group or have a knowledge of front crawl, back crawl, elementary backstroke, breaststroke and butterfly. Diving and personal water safety will be introduced into this class. Instructor on deck and in the water.

**Ages: 5 & older**                      **Class Limit: 5 students**  
Saturdays                              11/14-12/19                      10:40-11:20am  
Saturdays                              11/14-12/19                      11:30am-12:10pm

**Fees:**  
Member                                      \$48  
Non-Member/Resident                      \$60  
Non-Member/Non-Resident                      \$72

## **WATER EXERCISE CLASSES**

### **SWAP (SHALLOW WATER AEROBICS PROGRAM)**

SWAP out your traditional aerobics class for this total body water workout. A little bit of everything...you'll build your cardiovascular endurance, increase your muscular strength, and enhance flexibility. This 50 minute class is set to exhilarating music. Noodles and aqua barbells provided. *Classes will not be held on holidays or calamity (snow) days that the Strongsville Schools are not in session.*

**Ages: 15 & older**                      **Class Limit: 30**  
Mondays & Wednesdays                      11/2-11/30\*                      9:10-10:00am                      8 Classes  
Mondays & Wednesdays                      12/2-12/16                      9:10-10:00am                      5 Classes  
\*No Class 11/25

**Fees:**  
Member                                      **5 Classes**                      **8 Classes**  
Member                                      \$20                                      \$32  
Non-Member/Resident                      \$25                                      \$40  
Non-Member/Non-Resident                      \$30                                      \$48

### **TOTAL IMMERSION-DEEP WATER WORKOUT**

If you are looking for both a cardio and strengthening class that is totally non-impact, then this is the class for you! No swimming experience is required- a floatation belt will keep you vertical and buoyant. Class formats include Tabata, Bootcamp and general water exercise set to fun, motivating music. Aqua barbells, noodles, and floatation belts are all provided. Class is 50 minutes with a 5 minute stretch and cool down. Come join us in this fast paced, invigorating "wet fat-burning" lab! *Classes will not be held on holidays or calamity (snow) days that the Strongsville Schools are not in session.*

**Ages: 15 & older**                      **Class Limit: 15**  
Mondays & Wednesdays                      11/2-11/30\*                      10:15-11:05am                      8 Classes

Mondays & Wednesday	12/2-12/16	10:15-11:05am	5 Classes
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\*No Class 11/25

<b>Fees:</b>	<b>5 Classes</b>	<b>8 Classes</b>
Member	\$20	\$32
Non-Member/Resident	\$25	\$40
Non-Member/Non-Resident	\$30	\$48

### **ROM (RANGE OF MOTION) SHALLOW WATER EXERCISE**

Individuals will use gentle movements to help increase range of motion while decreasing stiffness and pain. A good class for individuals returning to exercise after injury, or with joint or muscle related illness. *Classes will not be held on holidays or calamity (snow) days that the Strongsville Schools are not in session.*

<b>Ages: 15 &amp; Older</b>	<b>Class Limit: 30</b>		
Tuesdays & Thursdays	11/3-11/24	9:45-10:35 am	7 Classes
Tuesdays & Thursdays	12/1-12/17	9:45-10:35 am	6 Classes

<b>Fees:</b>	<b>6 Classes</b>	<b>7 Classes</b>
Member	\$24	\$28
Non-Member/Resident	\$30	\$35
Non-Member/Non-Resident	\$36	\$42

## **LIFEGUARD CLASS**

### **RED CROSS LIFEGUARD TRAINING**

Candidates will learn the skills necessary to prevent and respond to aquatic emergencies.

First Aid, CPR/PR and AED included.

Prerequisites:

- Students must be 15 years old by the completion of the class.
- Must bring proof of age to first class (driver's license, birth certificate).
- Must be able to swim a 300 yard swim with 100 yards of front crawl, 100 yard. of breaststroke, and 100 yards of either front crawl or breaststroke.
- A timed 25 yard back and forth swim with surface dive to retrieve a 10 lb. brick from a depth of 7-10 feet.

**IMPORTANT:** Students will be tested on the first day of class in the 300 yard swim, treading water and diving for the brick. **NO REFUNDS WILL BE GIVEN TO STUDENTS WHO ARE UNABLE TO COMPLETE THE REQUIRED RED CROSS SKILLS BY THE END OF THE CLASS.** It is recommended that students practice these skills before the class begins.

**\*A 2017 edition of th Lifeguard Manual can be downloaded for free at <https://www.redcross.org/store> or purchased at the front desk for \$40 prior to the first class.**

**Students are expected to attend all classes.** If a class is missed it will be up to the individual to make up the material. This may include being charged an hourly rate if it is necessary to schedule an instructor to teach the material outside of the normal class time.

<b>Ages: 15 &amp; over</b>	<b>Class Limit: 9</b>	<b>6 Classes</b>
Mon/Tues/Wed	12/21-12/30	8:00am-5:00pm

<b>Fees:</b>	
Member	\$96
Non-Member/Resident	\$110
Non-Member/Non-Resident	\$120

# FITNESS PROGRAMS

Denise Lengal, Fitness Supervisor  
Bring your own mat & water

## GROUP EXERCISE

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### ZUMBA

Ditch the workout and join the party with this Latin-inspired dance fitness program that blends red-hot international music, created by Grammy Award winning producers, and contagious steps to form a “fitness-party” that is downright addictive!

<b>Ages: 15 &amp; Older</b>		<b>Class Limit: 10</b>	<b>4 Classes</b>
Wednesdays	10/7-10/28	5:30-6:20pm	
Wednesdays	11/4-11/25	5:30-6:20pm	
Wednesdays	12/2-12/23	5:30-6:20pm	
Saturdays	10/3-10/24	8:15-9:05am	
Saturdays	11/7-11/28	8:15-9:05am	
Saturdays	12/5-12/26	8:15-9:05am	

#### **Fees:**

Member	\$20
Non-Member/Resident	\$25
Non-Member/Non-Resident	\$30

### YOGA FLOW

Flowing Yoga class for strength, flexibility, & breathing techniques. YOU WILL SWEAT!

<b>Ages: 15 &amp; Older</b>		<b>Class Limit: 10</b>	
Thursdays	10/1-10/29	5:30-6:20pm	5 Classes
Thursdays	11/5-11/19	5:30-6:20pm	3 Classes
Thursdays	12/3-12/17	5:30-6:20pm	3 Classes
Fridays	10/2-10/30	9:30-10:20am	5 Classes
Fridays	11/6-11/20	9:30-10:20am	3 Classes
Fridays	12/4-12/18	9:30-10:20am	3 Classes
Saturdays	10/3-10/24	9:30-10:20am	4 Classes
Saturdays	11/7-11/28	9:30-10:20am	4 Classes
Saturdays	12/5-12/26	9:30-10:20am	4 Classes

<b>Fees:</b>	<b>3 Classes</b>	<b>4 Classes</b>	<b>5 Classes</b>
Member	\$15	\$20	\$25
Non-Member/Resident	\$20	\$25	\$30
Non-Member/Non-Resident	\$25	\$30	\$35

### PILATES

Traditional mat Pilates and functional training. A workout that will tone, define, and sculpt your entire body.



<b>Ages: 15 &amp; Older</b>		<b>Class Limit: 10</b>	
Mondays	10/5-10/26	5:30-6:20pm	4 classes
Mondays	11/2-11/30	5:30-6:20pm	5 classes
Mondays	12/7-12/28	5:30-6:20pm	4 classes

<b>Fees:</b>	<b>4 Classes</b>	<b>5 Classes</b>
Member	\$20	\$25
Non-Member/Resident	\$25	\$30
Non-Member/Non-Resident	\$30	\$35

### **POWER HOUR**

Get fit through fun, challenging, always changing cardio and strength techniques, utilizing a variety of formats... HIIT, Tabata, who knows what else??

<b>Ages: 15 &amp; Older</b>		<b>Class Limit: 20</b>	<b>4 Classes</b>
Wednesdays	10/7-10/28	8:30-9:20am	
Wednesdays	11/4-11/25	8:30-9:20am	
Wednesdays	12/2-12/23	8:30-9:20am	

<b>Fees:</b>	
Member	\$20
Non-Member/Resident	\$25
Non-Member/Non-Resident	\$30

## **KARATE**

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**Mask required during class for participants and spectators.**

### **KIDDIE KARATE I & II - Event Center**

**ONE ADULT PER STUDENT IS PERMITTED AND MUST BE PRESENT DURING CLASS**

Four week course in basic techniques.

**Kiddie I** includes a bully and stranger awareness program. Class is designed for all NEW students ages 5-9. All NEW students must start in Kiddie I unless they have studied Isshinryu before. If a student has studied Isshinryu, or would like more information about this program, please contact Sensei Joe Bove at 330-351-9848. **All evaluations will be made by the instructor only. NO EXCEPTIONS.**

**Kiddie II- PRE-REQUISITE is Kiddie Karate I.** This course includes more advanced moves and techniques. This class is for students advancing further from Kiddie Karate I. Kiddie II also includes bully and stranger awareness program.

**Instructor:** Joe Bove, 8<sup>th</sup> Degree Black Belt, Okinawan Isshinryu Karate

<b>Ages: 5 &amp; Older</b>		<b>Class Limit: 20</b>	<b>4 Classes</b>
Mondays	11/9-11/30	5:00-5:45pm	
Wednesdays	11/11-12/2	5:00-5:45pm	
Mondays	12/7-12/28	5:00-5:45pm	
Wednesdays	12/9-12/30	5:00-5:45pm	

**Fees: \$50**

### **KIDDIE KARATE III & IV (Orange & Green Belt) – Event Center**

**ONE ADULT PER STUDENT IS PERMITTED AND MUST BE PRESENT DURING CLASS**

A four week course for students, (not adults), who are advanced Orange, Ni-Obi Orange, First Level Green, and Green Belt. Please contact Sensei Joe Bove at 330-351-9848 if you have questions.

**Instructor:** Joe Bove, 8<sup>th</sup> Degree Black Belt, Okinawaan Isshinryu Karate

<b>Class Limit: 30</b>		<b>4 Classes</b>
Mondays	11/9-11/30	6:00-6:45pm
Wednesdays	11/11-12/2	6:00-6:45pm
Mondays	12/7-12/28	6:00-6:45pm
Wednesdays	12/9-12/30	6:00-6:45pm

**Fees: \$50**

**ADVANCED KARATE & ADULT BEGINNERS KARATE- Event Center**

**Advanced Karate** is a four week course including advanced techniques of Okinawan Isshinryu Karate for higher ranking belts. PRE-REQUISITE: ADULT BEGINNERS KARATE

**Adult Beginners Karate** will take place in a designated area at the same time as Advanced Karate. It will be taught by Sensei's assistant. You will learn the basic techniques of Isshinryu before joining the Advanced class.

Both classes will include warm-up, stretching and cardio. Wear comfortable clothing and tennis shoes. Uniforms (Gi) may be purchased through the instructor. Come release stress or form structure while having fun learning the art of Isshinryu Karate.

If you have any questions or concerns please contact Sensei Joe Bove (330)-351-9848.

**Instructor:** Joe Bove, 8<sup>th</sup> Degree Black Belt, Okinawaan Isshinryu Karate

<b>Class Limit: 30</b>		<b>4 Classes</b>
Mondays	11/9-11/30	7:00-7:45pm
Wednesdays	11/11-12/2	7:00-7:45pm
Mondays	12/7-12/28	7:00-7:45pm
Wednesdays	12/9-12/30	7:00-7:45pm

**Fees: \$50**

# ENRICHMENT PROGRAMS

## RED CROSS ON-LINE CLASSES

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### **RED CROSS BABYSITTER BASICS ONLINE**

Designed primarily for youth ages 11 and older, this online course will prepare students to be better babysitters. Topics include how to provide care for infants and children; how to stay safe; what to do in an emergency; how to choose age-appropriate activities; and how to recognize and handle a variety of behaviors. Students will also learn the basics of starting a babysitting business. The course consists of six interactive modules featuring video, activities, games and tools babysitters can use to build their knowledge and skills and manage their babysitting business. This course, which includes a final exam at the end, takes about 4 hours to complete. Students who successfully complete the course will receive a printable certificate. This course requires a PC or tablet with a high speed Internet connection. This course is not supported on smartphones. This course does not work with Internet Explorer. NO REFUNDS will be given. Course must be completed online by course end date. VALID PARTICIPANT E-MAIL NEEDED AT TIME OF REGISTRATION.

**Ages: 11 & Older**

#### **SESSION 1**

Registration Dates: October 17-October 29

Class Materials will be e-mailed 10/30

Course Completion: Must complete all on-line course material by course end date of 11/30/20

#### **SESSION 2**

Registration Dates: October 17-November 29

Class Materials will be e-mailed 11/30

Course Completion: Must complete all on-line course material by course end date of 12/30/20

#### **Fees:**

Member \$40

Non-Member/Resident \$45

Non-Member/Non-Resident \$50

### **RED CROSS FIRST-AID FOR OPIOID OVERDOSES ONLINE**

Do you know how to help someone you suspect has overdosed on opioids? This interactive 45-minute online course will provide you with the knowledge and confidence you need to respond to a known or suspected opioid overdose emergency.

In this course, you will learn:

- To recognize the signs and symptoms of an opioid overdose.
- The appropriate care to provide based on the person's breathing and level of responsiveness.
- How to give naloxone using several different products -- a nasal atomizer, Narcan ® Nasal Spray and EVZIO ® -- to reverse the effects of an opioid overdose.

This course requires a PC or tablet with a high speed Internet connection. This course is not supported on smartphones. This course does not work with Internet Explorer. NO REFUNDS will be given. Course must be completed online by course end date. VALID PARTICIPANT E-MAIL NEEDED AT TIME OF REGISTRATION.

**Ages: 11 & Older**

#### **SESSION 1**

Registration Dates: October 17-October 29

Class Materials will be e-mailed 10/30

Course Completion: Must complete all on-line course material by course end date of 11/30/20

## **SESSION 2**

Registration Dates: October 17-November 29

Class Materials will be e-mailed 11/30

Course Completion: Must complete all on-line course material by course end date of 12/30/20

### **Fees:**

Member \$25

Non-Member/Resident \$30

Non-Member/Non-Resident \$35

## **ADULT, CHILD AND BABY FIRST AID/CPR/AED ONLINE**

This course will prepare you to recognize and care for a variety of emergencies. If you're taking this course to meet OSHA requirements, please check with your workplace to determine if this online-only course is acceptable. The course features award-winning simulation learning an interactive experience where you will respond to real-world emergencies in a virtual setting to help prepare you to recognize and respond to first aid, breathing and cardiac emergencies involving adults, children and infants. This course requires a PC or tablet with a high speed Internet connection. This course is not supported on smartphones. This course does not work with Internet Explorer. Allow approximately 2 hours 45 minutes to complete the course. NO REFUNDS will be given. Course must be completed online by course end date. VALID PARTICIPANT E-MAIL NEEDED AT TIME OF REGISTRATION.

**Ages: 11 & Older**

### **SESSION 1**

Registration Dates: October 17-October 29

Class Materials will be e-mailed 10/30

Course Completion: Must complete all on-line course material by course end date of 11/30/20

### **SESSION 2**

Registration Dates: October 17-November 29

Class Materials will be e-mailed 11/30

Course Completion: Must complete all on-line course material by course end date of 12/30/20

### **Fees:**

Member \$30

Non-Member/Resident \$35

Non-Member/Non-Resident \$40

## **ADULT FIRST AID/CPR/AED ONLINE**

This course will prepare you to recognize and care for a variety of emergencies. If you're taking this course to meet OSHA requirements, please check with your workplace to determine if this online-only course is acceptable. The course features award-winning simulation learning an interactive experience where you will respond to real-world emergencies in a virtual setting to help prepare you to recognize and respond to first aid, breathing and cardiac emergencies involving adults. This course requires a PC or tablet with a high speed Internet connection. This course is not supported on smartphones. This course does not work with Internet Explorer. Allow approximately 2 hours 10 minutes to complete the course. NO REFUNDS will be given. Course must be completed online by course end date. VALID PARTICIPANT E-MAIL NEEDED AT TIME OF REGISTRATION.

**Ages: 11 & Older**

### **SESSION 1**

Registration Dates: October 17-October 29

Class Materials will be e-mailed 10/30

Course Completion: Must complete all on-line course material by course end date of 11/30/20

### **SESSION 2**

Registration Dates: October 17-November 29

Class Materials will be e-mailed 11/30

Course Completion: Must complete all on-line course material by course end date of 12/30/20

**Fees:**

Member	\$30
Non-Member/Resident	\$35
Non-Member/Non-Resident	\$40

**CAT AND DOG FIRST AID ONLINE**

You love your pets, and want to give them the best life possible; being equipped to deliver first aid and provide a healthy lifestyle for your pet is the best way to do that. In this course, you will learn the basics of providing first aid care for your cat or dog and will learn how to best give care for common emergency situations. This 35 minute online course covers understanding your pet's vital signs, breathing and cardiac emergencies, wounds and bleeding, seizures, and preventative care for cats and dogs. This course is desktop and tablet compatible. NO REFUNDS will be given. Course must be completed online by course end date. VALID PARTICIPANT E-MAIL NEEDED AT TIME OF REGISTRATION.

**Ages: 11 & Older**

**SESSION 1**

Registration Dates: October 17-October 29

Class Materials will be e-mailed 10/30

Course Completion: Must complete all on-line course material by course end date of 11/30/20

**SESSION 2**

Registration Dates: October 17-November 29

Class Materials will be e-mailed 11/30

Course Completion: Must complete all on-line course material by course end date of 12/30/20

**Fees:**

Member	\$20
Non-Member/Resident	\$25
Non-Member/Non-Resident	\$30

# SPORTS PROGRAMS

Jason Keppler, Sports Supervisor

## SPORTS

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### TABLE TENNIS OPEN PLAY (Event Center)

Come on out and play a competitive game of table tennis. If you are a beginner don't worry. David Pech, a USATT Certified Club Coach, will help you with instruction. Go to [www.strongtt.info](http://www.strongtt.info) for more information.

**Ages: All & Seniors**

Tuesdays & Thursdays      10/13-12/22\*      5:00-7:45 pm

\*No play 11/26, 12/3, 12/10

**Registration Fee:**

Adult      \$55

Senior/College      \$45

Youth      \$35

Youth with paying adult      \$25

There is no drop in fee for those that pay the registration fee.

**Drop-in Fees for those that do not pay the registration fee:**

Adults      \$6

Seniors/College      \$5

Youth      \$4

Youth with paying adults      \$3

## YOUTH SPORTS

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### STRONGVILLE WRESTLING CLUB (SHS Wrestling Room – 20025 Lunn Road)

Join the Strongsville Wrestling Club to learn the sport of wrestling, advance your wrestling skills, and develop the qualities of character and work ethic. Depending on the skill level of your athlete they will practice from 2-4 days a week (beginners will be offered 2 days and increase as skills increase). League matches are scheduled on Sunday's (mornings and afternoons). Advanced wrestlers will have opportunities to compete into late-February or March. Some optional matches and tournaments will be offered on Saturday's. There will also be some additional special event matches and trainings. We look forward to YOU joining. As the famous Olympic Gold Medalist, Cael Sanderson one said, "Wrestlers compete as individuals yet the sport builds comradery like no other!"

**Minimum Age: 5 years or the Grade K**

Dates: TBA

**Fees:**

Member      \$75

Non-Member      \$85

Non-Member/Non-Resident      \$100

## **HEAD START BASKETBALL CLINICS (Auxiliary Gym)**

The clinic is run by former Kent State basketball star Mike Klinzing. All of the FUN-damentals will be stressed with individual attention provided to each camper. Pick any three of the four clinics below.

**Grades: 1-8**

**Class Limit: 78**

Guard Clinic	Saturday	TBA	4:00 – 6:00 pm
Post Player Clinic	Saturday	TBA	4:00 – 6:00 pm
Shooting/Ball handling Clinic	Saturday	TBA	4:00 – 6:00 pm
Pre-season Tune-up Clinic	Saturday	TBA	4:00 – 6:00 pm

Fee: \$60

## **YOUTH BASKETBALL LEAGUES**

These leagues are offered for Strongsville boys and girls from Grades K through 12. The season will end with a tournament for grades 3 and above.

Registration in Person or On-line: August 25 through September 25 (a late fee will be assessed after Sept. 25)

**GRADES: K through 12 (this would be the grade they are in at the time of registration)**

Fees: Girls

Grades K-1 Co-Ed	\$51R/\$66NR
Grade 2 Co-Ed	\$60R/\$75NR
Grade 3 & 4	\$70R/\$85NR
Grade 5 & 6	\$70R/\$85NR
Grade 7 – 9*	\$75R/\$90NR
Grade 10-12*	\$75R/\$90NR

Fees: Boys

Grades K-1 Co-Ed	\$51R/\$66NR
Grade 2 Co-Ed	\$60R/\$75NR
Grade 3	\$70R/\$85NR
Grade 4	\$70R/\$85NR
Grade 5	\$70R/\$85NR
Grade 6	\$70R/\$85NR
Grade 7 – 8	\$75R/\$90NR
Grade 9-10	\$75R/\$90NR
Grade 11-12	\$75R/\$90NR

\*The Girls 7<sup>th</sup>-9<sup>th</sup> & 10<sup>th</sup>-12<sup>th</sup> grade leagues require travel to the surrounding communities.

Practices: Start late October. They meet once a week for an hour and can be as early as 5pm and as late as 9:00pm.

Games: One or two games on Saturdays only, beginning approximately mid-November. Game schedules will be available from the coach the Monday before the first game.

Coaches: Parents or adults interested are encouraged to fill out an application at the Ehrnfelt Recreation Center any time during the registration period. This will not guarantee you a spot to coach a team.

Sponsors: Are needed for each team and is only \$70 for a team. If you or your company would like to sponsor your child's team please inquire at the front desk.

***ATTENTION ALL POTENTIAL TRAVEL/SCHOOL TEAM PLAYERS- please register for the rec leagues as well. If you make the travel or school team and would like to withdraw let us know. You'll receive a 100% refund.***

## **ADULT SPORTS**

**NEO ATHLETICS COMPETITIVE WOMEN'S VOLLEYBALL LEAGUE** (Rec Center Auxiliary Gym)

Registration will be on a first pay first serve basis. REGISTER ONLINE at [www.neoathletics.info](http://www.neoathletics.info).

**Ages: 18 & Older**

Mondays	10/19-12/14	6:00–10:00pm
Wednesdays	10/21 – 12/16	6:00–10:00pm

**Fees:**

Per Team (Limit: 10 teams) Monday's- \$350\*  
Wednesday's- \$260\*  
CASH Forfeit Deposit \$40 (refundable at end of season)  
Official Fees \$10 per team/per match

**NEO ATHLETICS CO-ED VOLLEYBALL LEAGUE** (Auxiliary Gym)

Registration will be on a first pay first serve basis. REGISTER ONLINE at [www.neoathletics.info](http://www.neoathletics.info).

**Ages: 18 & Older**

Sundays 10/18 – 12/20 3:00–10:30pm

**Fees:**

Per Team \$260\*  
CASH Forfeit Deposit \$40 (refundable at end of season)  
Official Fees \$10 per team/per match

**MEN'S OPEN BASKETBALL LEAGUE** (Rec Center Main Gym)

Registration is online for all teams is 9/7 through 10/7 or until full. Registration will be on a first pay first serve basis.

**Ages: 18 & Older**

Sundays 10/11 – 3/2021\* 3:00–10:30pm

\*No games 11/29, 12/27, & 2/7

Upper, Middle, & Lower Divisions

**Fees:**

Per Team (Limit: 8 per division) \$250  
CASH Forfeit Deposit \$80 (refundable at end of season)  
Referee/Scorekeeper Fees \$34 per team/per game

**MEN'S 35 & OVER BASKETBALL LEAGUE** (Rec Center Main Gym)

Registration is online for all teams runs from 9/7 through 10/7 or until full. Registration will be on a first pay first serve basis.

**Ages: 35 & Older**

Thursdays 10/15 – 4/2021\* 6:00–10:00 pm

Ending date subject to change

\*No games 11/26, 12/24, 12/31, & 4/4

**Fees:**

Per Team (Limit: 12 teams) \$250  
CASH Forfeit Deposit \$80 (refundable at end of season)  
Referee/Scorekeeper Fees \$34 per team/per game

**MEN'S 18 & OVER 4-ON-4 BASKETBALL LEAGUE** (Rec Center Main Gym)

Registration is online for all teams is 8/3 through 10/7 or until full. Registration will be on a first pay first serve basis.

**Ages: 18 & Older**

Tuesdays 10/13 – 12/12 6:30–10:20pm

Ending date subject to change



**Fees:**

Per Team (Limit: 10 teams)

\$160 (9 games plus playoffs)

CASH Forfeit Deposit

\$80 (refundable at end of season)

Referee/Scorekeeper Fees

\$34 per team/per game