

Adaptive Recreation Fall 2016/Winter 2017

Through the efforts of Mayfield Communities and the Adaptive Recreation committee, the following opportunities for individuals with physical, sensory or developmental disabilities are being offered. The programs listed below are not only for persons with disabilities, they are for everyone. The success of these programs depends upon participants of all abilities. **For more information/flyers for adaptive recreation programs, please visit www.mayfieldvillage.com, www.leapinfo.org, www.solonrec.org and www.orangerec.com. Go to <http://www.cuyahogabdd.org/en-US/Social-Recreational-Activities.aspx> to access information on programs offered for those with developmental disabilities in the Cleveland area.**

Participants who are not capable of participating independently must be accompanied by parent or caregiver. In order to avoid cancelling programs, we need the cooperation of participants to sign up by deadlines. Mayfield Village will charge an additional \$5 per participant if signing up after the deadline. Please note that Mayfield Village reserves the right to deny registrations after the deadline due to limited enrollment, planning, etc.



Pizza Bowls

Who: 13 years and older

Where: Freeway Lanes of Solon (33185 Bainbridge Rd, Solon, 44139)

When/Cost: Fridays, 7:00 - 9:00 p.m.: August 19 (\$17), September 16 (\$17), October 7 (\$17), November 4 (\$21), January 20 (\$22), February 17 (\$22), March 10 (\$22) April 28 (\$16), May 12 (\$16)

Details: Cost includes shoes, bowling, cheese pizza, pop and Dixie cup ice cream. **Registration Deadline: one week before the program.**

Fitness to Wellness to Fun

Who: 13 years and older

Where: Health 360 (700 Beta Drive, #500, Mayfield Village, 44143)

Cost Per Session: \$49 for either day or \$88 for both days

When: Mondays and/or Wednesdays, 6:30 – 7:30 p.m.

Fall Session 1: August 29 – October 19 (except 9/5, 9/7, 10/3, 10/12)

Fall Session 2: October 24 – December 7 (except 10/31, 11/23)

Winter Session 1: December 12 – January 25 (except 12/26, 12/28)

Winter Session 2: January 30 – March 8

Spring Session 1: March 13 – April 19



Details: Join us for this energetic, fast paced stimulating hour designed to get you up and moving while having fun. The class will include a combination of obstacle courses, strength training, agility drills, endurance training, motor skill reaction drills, and developmental exercises. **NOTE:** Parent or caregiver can pay \$12 per month to use facility when class is held. If interested, see front desk at Health 360. **Reg. Deadlines: The Thursdays before each session**

Game Nights

Who: All ages **Where:** Mayfield Middle School (1123 SOM Center Rd., Mayfield Hts., 44124)

When: Fridays, 6:00 – 8:00 p.m.: Sept. 9, Oct. 21, Nov. 11, Dec. 16, January 13, Feb. 10, March 3, April 7, May 19

Cost: \$5.00/participant per date pre-registered or \$6.00/participant per date at the door

Details: Participants can play a variety of board games, volleyball, basketball, learn organized dances and enjoy pizza and pop. Participants can bring a game to share and bring their own basketball if they want. **Pre-Registration Deadline: The Wednesday before each date.**

Walking Club with LEAP

Who: 18 years and older **Cost:** \$10.00 per person per session

Fall Sess. 1: Mondays, Sept. 12 – Oct. 10, 6:00 – 7:00 p.m., Clev. Metroparks Euclid Creek Reservation-Highland Shelter

Fall Session 2: Mondays, October 24-December 12, 6:00 – 7:00 p.m., Beachwood Mall

Winter Session 1: Mondays, January 2 – February 6 (except January 16), Beachwood Mall

Winter Session 2: Mondays, February 20 – March 27, Beachwood Mall





Indoor Water Exercise

Who: 10 years and older

Cost: \$20 per session

Where: Wildcat Sport & Fitness Indoor Pool (6116 Wilson Mills Rd, Mayfield Village, 44143)

When: Thursdays, 6:30—7:30 p.m.

Fall Session 1: September 15 – 29

Fall Session 2: October 6 – 27 (except Oct. 13)

Fall Session 3: November 3 - 17

Winter Session 1: December 1 - 15

Winter Session 2: January 5 - 19

Winter Session 3: January 26 – Feb 9

Winter Session 4: February 16 – March 2

Spring Session 1: March 16 - 30

Details: Join instructor Kate Sullivan for an opportunity to experience success, increase comfort level, exercise and have fun in an aquatic environment. Registration Deadline: The Friday before each session.

Embrace Abilities – YogaReach

Who: Teens – Adults, everyone is invited

When: Tuesdays, 4:45 – 5:45 p.m.

Fall Session 1: Sept. 13 – Oct. 25 (except 10/11)

Fall Session 2: Nov. 1 – Dec. 13 (except 11/8)

Winter Session 1: Jan. 3– Feb. 14 (except Jan. 17)

Winter Session 2: Feb. 28 –April 4

Where: Mayfield Village Civic Center

Cost: \$64/participant per session or \$5 off if registering for two sessions at once. **Parents and siblings attend FREE!**

Details: YogaReach LLC is a therapeutic adaptive yoga program that provides group/individual yoga programs led by experienced and highly trained yoga instructors from a wide array of disciplines. Our programs serve individuals who love to promote ability development. YogaReach programs teach an integrated system of adaptive poses, breath work, daily function skills, movement exercises, meditation practices, and facilitate ongoing group/individual discussions. We empower our students to focus on what they can achieve and reinforce an optimistic approach. Our instruction encourages participants to strengthen skills, gain new abilities they may have thought impossible, meet new friends and have fun. Wear comfortable clothes. Mats provided. **Registration Deadline: Friday before each session begins.**



Goodtime III

Who: All ages

When: Saturday, September 17, Noon – 2:00 p.m.

Cost: \$15 for all ages



Details: Transportation on your own. Food items can be purchased on board, no outside food allowed. Boarding begins at 11:30 p.m. Parking along Pier at 825 E. 9th Street or in surrounding lots, streets. Some may be pay.

Registration Deadline: September 9.

Learn & Practice Living and Social Skills

Who: 13 years and older

When: Wednesdays, October 5, 19, 26, 6:30 – 7:30 p.m.

Day 1: Learn to manage our money and budget for a night out, including figuring the tip.

Day 2: Learn about manners & social skills when having dinner at a friend's/restaurant

Day 3: We will meet at a restaurant. We will order and pay for dinner.

Where: CEVEC House (6532 White Road, Mayfield Village)

Cost: \$30 plus participant/parent/caregiver will pay for own dinner Day 3

Min./Max. Participants: 4/6 **Instructor:** Jennifer Rose





Lake Erie Monsters Family Night Out

When: Saturday, October 15, 7:00 p.m. **Cost:** \$22 per ticket

Details: This is the Lake Erie Monsters' Home Opening Weekend at Quicken Loans Arena. Do not miss out on this fast-paced, action packed ice hockey game with your defending American Hockey League Calder Cup Champions! You also can enjoy Sully the mascot, Monster Hockey Girls, the Mullet Brothers, and fun entertainment and music between periods and time-outs. **Registration Deadline: September 28.**

Basketball Clinics

Who: 13 years and older **Cost:** \$5 per date

When: Sundays, 1:00 – 2:00 pm

October 16 & February 5- JCU Men's Basketball Team

October 23 & January 22- Notre Dame's Men Basketball Team

November 20 & April 9- JCU Women's Basketball Team

January 8 & February 19- Ursuline Women's Basketball Team

Details: Join Varsity Basketball Coaches Mike Moran, Tim Koenig, Shannon Sword, Kelly Morrone and the varsity players, and learn the fundamentals of basketball through exercises that are meant to be fun and skill building that include passing, shooting and dribbling. **Registration Deadline: The Thursday before each date.**



Fall Hike, Fire Building, & S'mores with Cleveland Metroparks Outdoor Recreation

Who: Families or Individuals 13 years and over with parent or caregiver

When: Saturday, October 22, 5:00 – 7:00 p.m.

Where: Nature Education Building, North Chagrin Reservation

Cost: \$8 per participant (siblings must pay, parent/caregiver no charge)

Min./Max.: 5/20

Details: Enjoy the beauty of a Northeast Ohio Fall with an easy hike along an accessible path before learning how to build a fire. Reward your fire building skills with the sweetness of chocolate, marshmallows, and graham crackers as you make the perfect s'more. Dress in layers and be prepared for the weather. **Registration Deadline: October 7.**



Halloween Party & Dance

Who: 18 years and older **When:** Friday, October 28, 7:00—9:00 p.m.

Where: Hilton Garden Inn (700 Beta Dr., Mayfield Village, 44143) **Cost:** \$10

Details: Join your friends and have a great time at this Halloween party/dance. Everyone is encouraged to wear a costume. The event includes dinner, dancing with music from a DJ and contest for best costume. **Sponsored and staffed by LEAP. Registration Deadline: October 14.**



Making Pizza at Pizza Roma

Who: All ages

When: Saturdays, November 5 and February 18: 1:00 – 1:45 p.m. or 2:00 – 2:45 p.m.

Cost: \$12 per date

Details: Grace Van Ness of Pizza Roma will help you press the dough, add the sauce and toppings, and then bake it in the oven. While the pie is baking, participants can decorate their pizza boxes. Enjoy your creation in the store or take it home. **Registration Deadline: The Wednesday before each date.**





Build a Hat & Scarf Rack

Who: 13 years and older

When: Saturday, November 12, 10:00 a.m. – 12:30 p.m.

Where: Orange High School Woodshop (located in the rear lower level)

Cost: \$24 (plus \$20 material fee paid at class to the instructor)

Details: Build your own hat & scarf rack, perfect for storing winter accessories. The instructor is professional woodworker, Kurt Klimko. **Registration Deadline: November 4.**

Holiday Party & Dance

Who: 18 years and older **When:** Friday, December 9, 7:00—9:00 p.m.

Where: Hilton Garden Inn (700 Beta Dr., Mayfield Village, 44143)

Cost: \$10

Details: Join your friends and have a great time at this holiday themed event. The event includes dinner and dancing with music from a DJ. **Sponsored and staffed by LEAP. Registration Deadline: November 28.**



Camp Cooking with Cleveland Metroparks Outdoor Recreation



Who: Families or Individuals 13 years and over with parent or caregiver

When: Saturday, January 21, 1:00 – 3:00 p.m.

Where: River Grove-chestnut Shelter, North Chagrin Reservation

Cost: \$10 per person

Details: Warm up this winter while learning to cook over an open fire with Cleveland Metroparks Outdoor Recreation. Learn fire building basics, fire safety, and cooking instruction using several different implements. Participants will have an opportunity to try the food prepared. **Registration Deadline: January 13.**

Movie Night

Who: Open to all

When: Fridays, January 27 and February 24, 7:00 – 9:30 p.m.

Where: Beachwood Community Center (25325 Fairmount Rd.)

Cost: \$5 per date (register in advance, no walk-ins)

Details: Come watch a movie on a drop down projection screen. Movie will start approximately at 7:15 p.m. Enjoy popcorn, pop, candy and water as well as the movie. **Registration Deadline: Jan 25 & Feb. 22 as long as space still available.**



Cavs Game

Don't miss a chance to watch your Eastern Conference & NBA CHAMPIONS play a game at Quicken Loans Arena. Date and ticket prices to be determined. Call (440) 461-5163 to be put on a mailing list to receive information when it is available.

Performances at Playhouse Square: Call 440-461-5163 for a detailed flyer. Prices & registration deadlines vary.

Finding Neverland: Saturday, November 5 or 12 (TBD), 2:00 p.m.

Dr. Seuss' How the Grinch Stole Christmas: The Musical: Saturday, December 10, 2:00 p.m.

The Curious Incident of the Dog in the Night-Time: Saturday, March 25 or April 1 (TBD), 2:00 p.m.

****REGISTRATION INFORMATION**** Register over the phone with Mayfield Village with Mastercard, Visa, or Discover by calling (440) 461-5163. OR Mail form to Mayfield Village Parks and Rec., 6622 Wilson Mills Rd., Mayfield Village, OH, 44143. Check payable to Mayfield Village or fill in credit card info.

Adaptive Recreation Registration Form Fall 2016/Winter 2017: Please print clearly.

Participant's Name _____ D.O.B. _____ Gender: M F

Home Phone _____ Alt # _____

Parent/Caregiver Name _____ Email _____

Address _____
(street) (city) (zip)

Does participant require any special accommodations (ex: wheelchair, etc)? No Yes

If yes, please explain: _____

Program(s) registering for: show dollar amount per program next to each program in first column and please specify in second column-session/time/date if there are multiple ones.

Example: Yoga Reach-\$64

Fall Session 1

- | | |
|----------|-------|
| 1. _____ | _____ |
| 2. _____ | _____ |
| 3. _____ | _____ |
| 4. _____ | _____ |
| 5. _____ | _____ |

Total amount to charge to card: \$ _____

Credit Card Number _____ Exp. Date _____ *Code _____
(mastercard/visa/discover) (* last 3 digits by signature on back)

I (parent/guardian/caregiver) hereby release and hold harmless the City of Mayfield Heights including but not limited to the Parks and Recreation Department, Mayfield City School District/Bd. Of Education, and Mayfield Village and all employees, agents, and representatives from any and all claims, cost, damages, and liabilities for any injuries sustained by myself (parent/guardian/caregiver) or my minor child's or adult's participation in any program offered by Mayfield Heights Recreation Department, Mayfield City School District/Bd. Of Education and Mayfield Village. I (parent/guardian/caregiver) understand that any fees charged for a program do not include accident, or personal property insurance. I further represent that I (parent/guardian/caregiver) and my child/adult are physically capable of participating in the program in which I (parent/guardian/caregiver) or my child /adult are enrolled, based upon consultation with my or my child's/adult's personal physician.

Signature of Participant if over 18 (or Parent or Guardian) _____

Date _____