



SPRING/SUMMER 2011 ADAPTIVE RECREATION OFFERINGS



Through the efforts of Mayfield Communities and Mayfield Schools, the Adaptive Recreation committee is offering opportunities for individuals with physical, sensory or developmental disabilities. For program cancellations due to weather, call the hotline at (440) 954-4114. 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. Teen and adult volunteers are encouraged to help out with the following programs. **For more information/flyers for adaptive recreation programs, please visit www.mayfieldvillage.com and www.leapinfo.org**



For all programs, an aid or assistant (which can be parent/caregiver) MUST BE PRESENT for one on one assistance for any participant who has difficulty following simple instruction, needs individual physical patterning or needs constant guidance.

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.

Game Nights at Mayfield Middle School

Who: Teens and up **When:** Fridays, March 11, April 15 **Time:** 6:00 – 8:00 p.m.

Where: Mayfield Middle School Cafeteria/Gym

Cost: \$8.00/participant per date pre registered or \$9.00/participant per date at the door
\$5.00 per parent/caregiver if eating with the participant, must register in advance

Details: Come join a fun night and hang out with friends. Participants can play a variety of board games, play volleyball, basketball, ping pong, learn organized dances and enjoy pizza and pop. **Pre-Registration Deadlines: The Wednesday before each event date.**

New: Home Cooking

Who: 15 years and older **Date/Time:** Wednesdays, April 13 & 20, 6:30 – 7:30 p.m. **Cost:** \$33.00

Where: CEVEC Community Living Home (6532 White Road, Mayfield Village) **Min/Max:** 4/6

Instructors: Jennifer Rose and Peggy Bonitati

Details: Learn how to plan, budget and prepare a delicious healthy meal in 2 fun filled evenings. Participants will be given a budget to plan a meal. They will then prepare and enjoy their feast in a home- like setting. Emphasis will be placed on learning to read a recipe and using grocery store flyers to shop within their budget while making healthy choices. We will learn about nutrition, kitchen safety, food preparation and storage, knife skills, measuring and table manners. **Registration Deadline: Fri., April 8**



Everybody Dance Now

Who: 13 year olds-Young Adults **Time:** 5:00 – 6:00 p.m. **Cost:** \$50 session or \$18/class

Dates: Session 1: Fridays, April 15 – May 6 (except April 22) Session 2: Fridays, May 13 - 27

Instructor: Sabatino Verlezza

Location: School of Verlezza Dance, First Unitarian Church of Cleveland (21600 Shaker Blvd. Shaker Heights, 44122)

Details: Since 1994, this dance approach has been used in movement classes and workshops for very diverse groups: ages (children through older adults), career focus (dance enthusiasts through professional dancers), 'sit-down' and 'stand-up' dancers (wheelchair users and non-wheelchair users) and those with varying sensory, physical, learning, and/or developmental disabilities. The class structure will include a 15 minute circle warm up, followed by simple patterns moving across the floor, improvisation, rehearsing a dance and a warm down. Students should wear appropriate comfortable clothing for a movement class. An informal showing of what students have done will be held on Friday, May 27. **Registration Deadline: Friday, April 8 and May 6.**



Fitness to Wellness to FUN!

Who: 13 years and up **Time:** 6:30 – 7:30 p.m. **Max.:** 10 participants per day/per session
When: **Session 1:** Mondays, April 11 – May 16 and/or Wednesdays, April 13 – May 18
Session 2: Mondays, May 23 – June 27 (except 5/30) and/or Wednesdays, May 25 – June 29
Cost: **Session 1:** \$48 for either day or \$86.40 for both days
Session 2: Monday only \$40 or Wednesday only \$48 or both days \$79.20
Location: Health 360 (700 Beta Dr., Mayfield Village)

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. **Reg. Deadlined: Thursdays, April 7 and May 19.**
NOTE: Parent or caregiver can pay \$12 per month to use facility when class is held (Monday or Wednesday from 6:30 – 7:30 p.m.). If interested, see front desk at Health 360.

Walking Club with LEAP

Who: Ages 18 and Up **Time:** 6:00 - 7:00 p.m.



Session 2: Mondays, April 25 - May 23 at Cleveland Metroparks-Euclid Creek Reservation - Highland Shelter

Session 3: Mondays, June 6 - July 11 at Cleveland Metroparks-Euclid Creek Reservation - Highland Shelter

Cost: Session 2: \$8.00, Session 3: \$10.00 (includes snacks & beverages)

Details: Come out and get some great exercise! Registration is limited and first come first serve! **Registration Deadline: Session 2 April 18, Session 3 May 31.**

Indoor Water Exercise

Who: Person ages 10 and up **Time:** 6:30 – 7:30 p.m. **Where:** Mayfield High School Indoor Pool

When: Session 1: Thursdays, April 21 – May 12

Session 2: Thursdays, May 19 – June 9

Cost: \$26/resident or \$30/non-resident per session **Instructor:** Kate Sullivan

Details: This is an opportunity for special needs person to experience success, increase comfort level, exercise and have fun in an aquatic environment. **Maximum:** 8 participants.

Yoga Reach

Who: Teens –Young Adults and Adults **When:** Tuesdays, April 26 – May 31 **Cost:** \$50/participant

Time: 5:00 – 6:00 p.m., Teens – Young Adults and 6:05 – 7:05 p.m.-Adults

Where: Mayfield Village Civic Center

Instructor: Char Grossman, M.A., NCSP, RYT- Therapeutic Yoga Specialist and School Psychologist

Details: This therapeutic, educational program provides an integrated system of yoga poses designed to promote the unification of mind and body. This program benefits those with and without special needs. It develops strength, flexibility, breath awareness, balance, stress management, concentration, self-esteem and a healthy inner self. Wear comfortable clothes and bring a mat. **Registration Deadline: April 19.**



Rhythmic Arts Project

Who: 6 year olds – young adults **Dates:** Thursdays, April 21 – May 12 **Times:** 6:15 – 7:00 p.m.

Where: Mayfield Village Civic Center **Cost:** \$42 **Instructor:** Chris Stolle

Details: Experience empowerment. Christopher Stolle will integrate drums and percussion instruments as creative learning tools to address life skills and enhance the mind, body, and spirit. **Registration Deadline: Thursday, April 14.**

Spring Outside Fun

Who: Teens to Adult **Dates:** Wednesdays, April 27 – June 1 **Time:** 6:00 - 7:00 p.m. **Cost:** \$10

Location: North Chagrin Metroparks-Forest Picnic Area **Instructor:** LEAP Staff and Volunteers

Details: Come get in shape for the Spring playing different sports and fun games together; exercising, walking, jogging and running. **Registration Deadline: Monday, April 11**

Cosmic Bowling

Who: Teens to Adult **Location:** Roseland Lanes, 26383 Broadway Ave in Oakwood off 271.

Date/Time: Fridays, April 29 and May 13, 7:00 – 9:00 p.m.

Sunday, May 1, 1:30 – 3:30 p.m.

Cost: \$11.00 per bowler (includes shoe rental, bowling, cheese pizza, 16 oz. pop and Dixie cup ice-cream)
\$5 per parent/caregiver if eating, must pay when registering participant

Details: Mayfield Village has reserved lanes for a fun night out of bowling to music and a light show. .
Maximum Participants is 80. **Registration Deadline: Friday, April 22 and May 6.**



Zumba Dance Introduction Classes

Who: 13 years and older **Location:** Health 360 (700 Beta Dr., Mayfield Village) **Min./Max.:** 6/15

Dates/Time: Wednesday, May 4, 5:45 – 6:30 p.m. **and/or** Saturday, May 7, 12:15 – 1:00 p.m.

Cost: \$15 per day or if signing up for both at once, \$27 (10% savings)

Details: Come join a high energy, upbeat fitness and dance party. Try an intro class or two for Zumba! If there is enough interest, additional classes will be scheduled in the fall. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students. **Registration Deadline: Wednesday, April 27.**

Beginner Golf



Who: Teens - Adults **Dates:** Thursdays, May 12 – June 2 **Time:** 6:00 p.m. – 7:00 p.m.

Location: Manakiki Golf Course **Cost:** \$40 **Min/Max:** 5/15

Details: Come join Notre Dame College Varsity Men's and Women's golf teams as they introduce you to the basics of golf. These one hour sessions will show you how to hold a golf club and set up to hit a golf ball so you can enjoy this challenging game. We will start simple with the smaller swing (chipping and putting) and work our way up to full shots. We will work on aiming as well as how to hit the ball far. Along with all of this knowledge we will mix in some fun golf facts and etiquette. We will have free rental clubs for everyone who signs up but feel free to bring your own if you have them! **Reg. Deadline: Thur., May 5.**

6th Annual Kickball League

Who: Teens through Adults **Dates/Time:** Tuesdays, June 7 - July 5, 6:30 – 7:30 p.m.

Where: North Chagrin Metroparks Forest Picnic Area **Cost:** \$15 **Coordinator:** The Regan Family

Details: Join the fun in our highly popular kickball league. We will divide into teams and play a game each week. Everyone can play. Those participants who need one-on-one assistance or constant guidance are required to have a family member or caregiver join them in play. **Registration Deadline: Tuesday, May 24.**

6th Annual Beach Volleyball

Who: Teens through Adult **Date/Time:** Wednesdays, June 8 – July 6, 6:30 – 7:15 p.m.

Where: Wiley Park **Cost:** \$15 **Coordinator:** The Regan Family

Details: Have fun and build skills by playing in this fun volleyball program. Participants play at Wiley Park's sand volleyball court. Those participants who need one-on-one assistance or constant guidance are required to have a family member or caregiver join them in play. **Registration Deadline: Wednesday, May 25.**



Outdoor Water Exercise

Who: 10 years and older **When:** Wednesdays, June 22 – July 27 **Time:** 6:00 – 6:45 p.m.

Where: Parkview Pool **Cost:** \$40 school district resident or \$50 non school district resident

Instructor: Parkview Pool Staff

Details: This is an opportunity for special needs participants to experience success, increase comfort level, exercise and have fun in an aquatic environment. Register for this course through Mayfield Village only.

Registration Deadline: Friday, June 10.

Outdoor Pool Party at Parkview

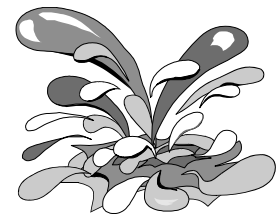
Who: Teen to Young Adult **Date:** Friday, July 15 **Time:** 7:30 -9:30 p.m.

Where: Parkview Pool, 425 North Commons Blvd.

Cost: \$10 includes admission to pool and dinner (no registration at the door)

\$5 per parent/caregiver if eating with the participant, must register in advance

Details: Come enjoy a great time swimming at Parkview Pool. The pool offers a zero to 42" depth play area and slide. We have reserved the picnic shelter right next to the pool and pizza will be served. Parents are asked to bring a side dish or dessert. **Registration Deadline: Friday, July 8.**



Captains Game

Who: Individuals/families with parent or caregiver **Date:** Friday, July 29

Time: 7:00 p.m. **Where:** Classic Park in Eastlake **Cost:** \$11 for a game ticket

Details: Come cheer on the Lake County Captains baseball team and enjoy a fun night followed by a Firework Extravaganza at the stadium. **Registration Deadline: Friday, July 15.**



Solon Blue Ribbon Programs

Solon Recreation Blue Ribbon adapted recreation program also has many spring and summer activities to be enjoyed. For more information/to register for the softball league or any of their programs, check out the web site at www.solonrec.org at the Blue Ribbon tab or call 440.248.5747

Softball League

Ages: Persons with disabilities ages 5 and up

Days: Sundays , June 5 - July 24

Time: 1:30 -3:00 p.m.

Location: Solon Community Park Fields near Parkside Elementary

Fee: \$35.00 includes team baseball cap, shirt and pizza party

Registration: Now through June 1

Details: Put me in coach! Join us for the adapted baseball program. There is a youth and adult league. Everyone participates, all abilities welcome, and play is adapted to individual needs. There will be a pizza party the last day of play. **Register directly through Solon, NOT Mayfield Village.**

Achievement Centers for Children offers....Adapted Football League

Who: Children & young adults 8 years and older with physical limitations and/or cognitive/developmental delays

When: May-August, Registration is open to the first 120 participants

Time: Games are Saturday mornings between 9 am-1 pm

Location: Strongsville and Westlake (with plans to expand to other areas)

Cost: \$60 registration fee (includes, game t-shirt, mouthpiece and awards)

Details: Please join us for the inaugural season of the Achievement Centers for Children Cleveland Browns Adapted Football League coming in May. Each player is required to attend a skill assessment prior to the start of the season. Teams will compete against players of similar skill levels. Contact Mike Urban, Manager of Sports Services for additional information at (440) 238-6200 ext. 245 or email mike.urban@achievementctrs.org.

Register directly with Achievement Centers for Children.

MAYFIELD VILLAGE REGISTRATION INFORMATION

1. Register over the phone with Mayfield Village with Mastercard, Visa, or Discover by calling (440) 461-5163.
2. Mail reg. form on next page/drop off 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.
3. Fax completed form with credit card information to (440) 461-2231.

Adaptive Recreation Registration Form, Spring/Summer 2011: Please print clearly

Participant's Name _____

D.O.B. _____ Home Phone _____ Alternante Phone _____

Address _____
(street) (city) (zip)

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

If yes, please explain: _____

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

Example: Cosmic Bowling--\$11 _____ April 29 _____

1. _____

2. _____

3. _____

4. _____

TOTAL DUE: _____

For Bowling, Game Nights & Outdoor Pool Party, if caregiver/adult is eating, it is \$5.00 per caregiver/adult:

Names (only if eating) _____

Credit Card Number _____ Exp. Date _____ *V-Code _____
(*v-code is last 3 digits by signature on back)

WAIVER MUST BE SIGNED IN ORDER TO PARTICIPATE

I (parent/guardian/caregiver) herby 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, Mayfield Community Education Department 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 Community Education Department 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 Parent or Guardian

Date