

Quantum LEAP Activities 2019

Fall Session: Tuesday, September 3rd – Friday, October 18th
Registration Deadline: Friday, August 23, 2019

The Quantum LEAP Recreation Program offers opportunities for socialization, recreation, and athletic activities to people with developmental disabilities. Participants must be at least 18 years of age, reside in Cuyahoga County, and be eligible to receive services from the Cuyahoga County Board of Developmental Disabilities.

Quantum LEAP offers year-round activities in the evenings and on weekends. These activities are specifically designed or adapted for persons with disabilities. Sessions are typically six weeks long and change throughout the year.

To register for these activities, please complete the September – October 2019 Session Registration and return to LEAP or register online at <http://www.leapinfo.org/events> A 2019 Annual Registration is also required to be on file with LEAP for participation.

Walking Club

Date: Mondays, September 9th – October 7th **Time:** 6:00pm – 7:00pm

Description: Walking is proven to be one of the best forms of exercise. As a safe and low impact activity, walking improves cardiovascular health, strengthens bones, and can even boost your mood. Fall Session of Walking Club meet at Highland Picnic Shelter at Euclid Creek Reservation. Come stretch your legs and get some exercise!

Limit: N/A

Number of Sessions: 5

Cost: \$10.00

Location: Highland Picnic Shelter – located off Euclid Creek Parkway, next to the basketball courts

Address: Euclid Creek Reservation, Euclid, OH 44123

Basketball Clinic

Date: Tuesdays, September 3rd – October 8th **Time:** 6:30pm – 8:00pm

Description: It's time to lace up those sneakers and grab the basketball. Let's get back onto the basketball court, learn the fundamentals, and have competitive fun.

Limit: 25 participants

Number of Sessions: 6

Cost: \$25.00

Location: Wildcat Sport & Fitness – Door #18 – Behind Mayfield High School

Address: 6116 Wilson Mills Rd, Mayfield, OH 44143

Bowling League

Date: Wednesdays, September 4th – October 9th **Time:** 6:00pm – 8:00pm

Description: With equal parts strategy and skill, bowling is a fun activity for everyone. Come see the highest score you can get! Six bowlers max per lane

Limit: 75 participants

Number of Sessions: 6

Cost: \$42.00

Location: RollHouse Wickliffe

Address: 28801 Euclid Ave, Wickliffe, OH 44092



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Aerobics – Line Dance

Date: Thursdays, September 5th – October 10th **No class September 26th**

Time: Two Classes – Time 1: 6:00pm – 6:45pm **OR Time 2:** 7:00pm – 7:45pm

Description: Exercise is an important part of a healthy lifestyle. Aerobic exercise strengthens your heart and lungs, improves circulation, lowers blood pressure, and increases the amount of energy you have throughout the day. It also promotes deeper sleep and boosts mood. Incorporate fitness components into a full body workout while learning new line dances.

Limit: 35 participants per class

Number of Sessions: 5

Cost: \$18.00

Location: Mayfield Village Civic Center

Address: 6622 Wilson Mills Rd, Mayfield Village, OH 44143

Painting with Artfully Mine

Date: Saturday, September 7th **Time:** 12:00pm

Description: It's time to paint! This one-time painting class offers step by step instruction, while allowing you to put your own spin on this awesome design. All supplies are provided, including an apron. The canvas is 16"x20" with acrylic paints. This class is open to everyone. The painting will be fall themed, similar to this one

Limit: 25 participants

Number of Sessions: 1

Cost: \$26.00

Location: Mayfield Village Civic Center

Address: 6622 Wilson Mills Rd, Mayfield Village, OH 44143



Pizza Bowl

Date: Saturday, September 14th **Time:** 1:00pm – 3:00pm

Description: What a fantastic way to spend a Saturday afternoon! Enjoy two hours of bowling with friends. The cost also covers one slice of cheese pizza, a small soft drink and a small cup of ice cream **for the participant.**

Limit: 90 participants – Six bowlers max per lane

Number of Sessions: 1

Cost: \$16.00

Location: RollHouse Wickliffe

Address: 28801 Euclid Ave, Wickliffe, OH 44092

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Let's Celebrate Fall Party

Date: Friday, September 20th **Time:** 6:30pm – 8:30pm

Description: Celebrate the beautiful fall season with your friends, old and new. We will have DJ Curt Riddle spinning the tunes. We will have pizza and salad for everyone.

Limit: 75 participants

Number of Sessions: 1

Cost: \$12.00

Location: Solon Community Center

Address: 35000 Portz Pkwy, Solon, OH 44139

Goodtime III Cruise

Date: Saturday, September 28th **Time:** 11:30pm – 2:00pm

Description: Enjoy the experience of a cruise on the Cuyahoga River and Lake Erie aboard the Goodtime III. The Goodtime III is Cleveland's largest sight-seeing vessel. Make sure to bring your camera for some spectacular scenes you'll want to capture!! Boarding starts at 11:30am. Goodtime III leaves promptly at **12:00pm**. Transportation is on your own. All persons attending, including parents/caregivers must purchase a ticket. Tickets will be distributed at the boat. There is parking on the E. 9th Street Pier as well as surrounding lots. Please make sure to bring money for parking, just in case.

Food items are available for purchase onboard the Goodtime III.

Limit: 75 participants

Number of Sessions: 1

Cost: \$15.00 – **All persons attending must purchase a ticket**

Location: East 9th Street Pier

Address: 825 E 9th St, Cleveland, OH 44114

Fall Hike, Fire Building & S'mores

Date: Saturday, September 28th **Time:** 5:00pm – 7:00pm

Description: 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.

Limit: 20 participants

Number of Sessions: 1

Cost: \$9.00

Location: Nature Education Building, North Chagrin Reservation

Address: North Chagrin Reservation – there is no address to the Nature Education Building, please call if you need directions



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Halloween Party & Dance

Date: Friday, October 18th **Time:** 7:00pm – 9:00pm

Description: Dress in your best Halloween costume and dance the night away. Awards will be given out for the weirdest, funniest, scariest, most creative, and best overall costumes. Cheeseburger/hamburger, fries and beverage will be provided.

Limit: 150

Number of Sessions: 1

Cost: \$14.00

Location: Hilton Garden Inn

Address: 700 Beta Dr, Mayfield, OH 44143

Game Night

Dates: TBD **Time:** 6:00pm – 8:00pm

Description: Come unwind and test your skills at a night of strategy, chance, and fun! Participants will participate in board games, bingo, volleyball, basketball, and more. Game Nights meet at **Mayfield Middle School**, and include pizza, chips and a beverage.

Limit: 90 participants per date

Number of Sessions: 1

Cost: \$6.00

Location: Mayfield Middle School

Address: 1123 SOM Center Rd, Mayfield Heights, OH 44124

To access forms and calendars, please visit:

<http://www.leapinfo.org/programsservices/recreation>

* We are now taking online registrations at: <http://www.leapinfo.org/events> *

Important Information

For updates on cancelations of Quantum LEAP events or activities due to weather, or any unforeseen circumstances, please call **216-456-0840**. This line will be updated for cancelations only, 2 hours prior to the start of an event or activity.

For all activities, an aid or assistant (which can be a parent, guardian or caregiver) **MUST BE PRESENT** for assistance. Please contact Jayme or Gary with any accommodation questions.

For questions or concerns, contact

Gary Edler at 216-696-2716 ext. 822

Jayme Jirousek at 216-696-2716 ext. 824

gedler@leapinfo.org or jjirousek@leapinfo.org

After hours: 216-287-9641



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