

BROADVIEW HEIGHTS PARKS & RECREATION DEPARTMENT

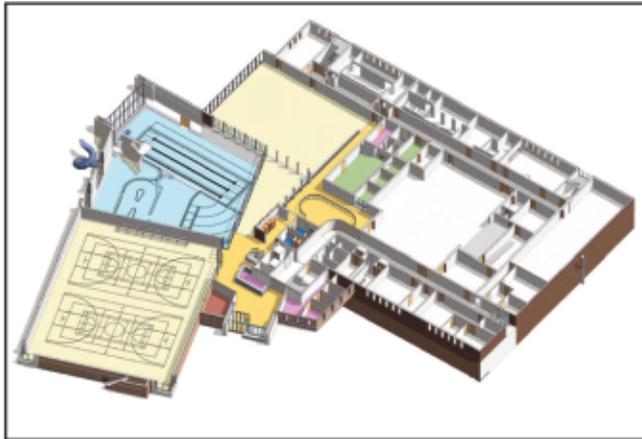
PROGRAM GUIDE FALL/WINTER 2016-2017

UPDATE ON THE EXPANSION OF THE BROADVIEW HEIGHTS COMMUNITY AND RECREATION CENTER

The City of Broadview Heights has hired Braun and Steidl Architects along with Barker Rinker Seacat Architecture as the design team for the expansion of the Broadview Heights Community and Recreation Center. The City has also hired Panzica Construction Company to serve as the Construction Manager at Risk on the project.

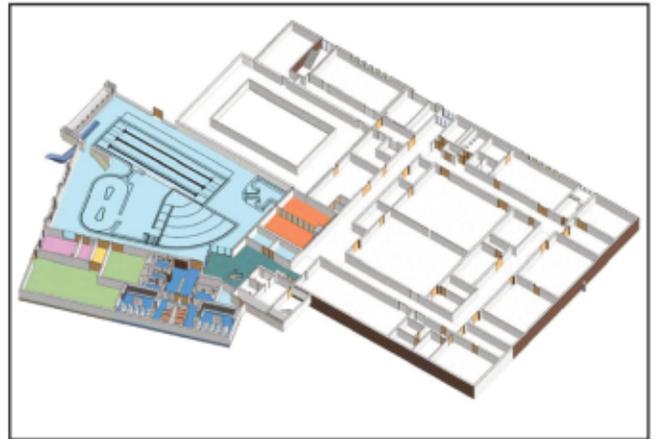
We have been very busy working together to explore various layouts and designs for the new facilities. Once the design phase is complete, construction documents and bidding will be completed. Construction is then expected to begin towards the middle of 2017 with an expected opening late in 2018.

There will be additional updates available on the website www.bhrec.org as soon as additional information is available to share.



Main Level
Fitness Center
Gymnasium

Upper Level Not Pictured
Walking Track

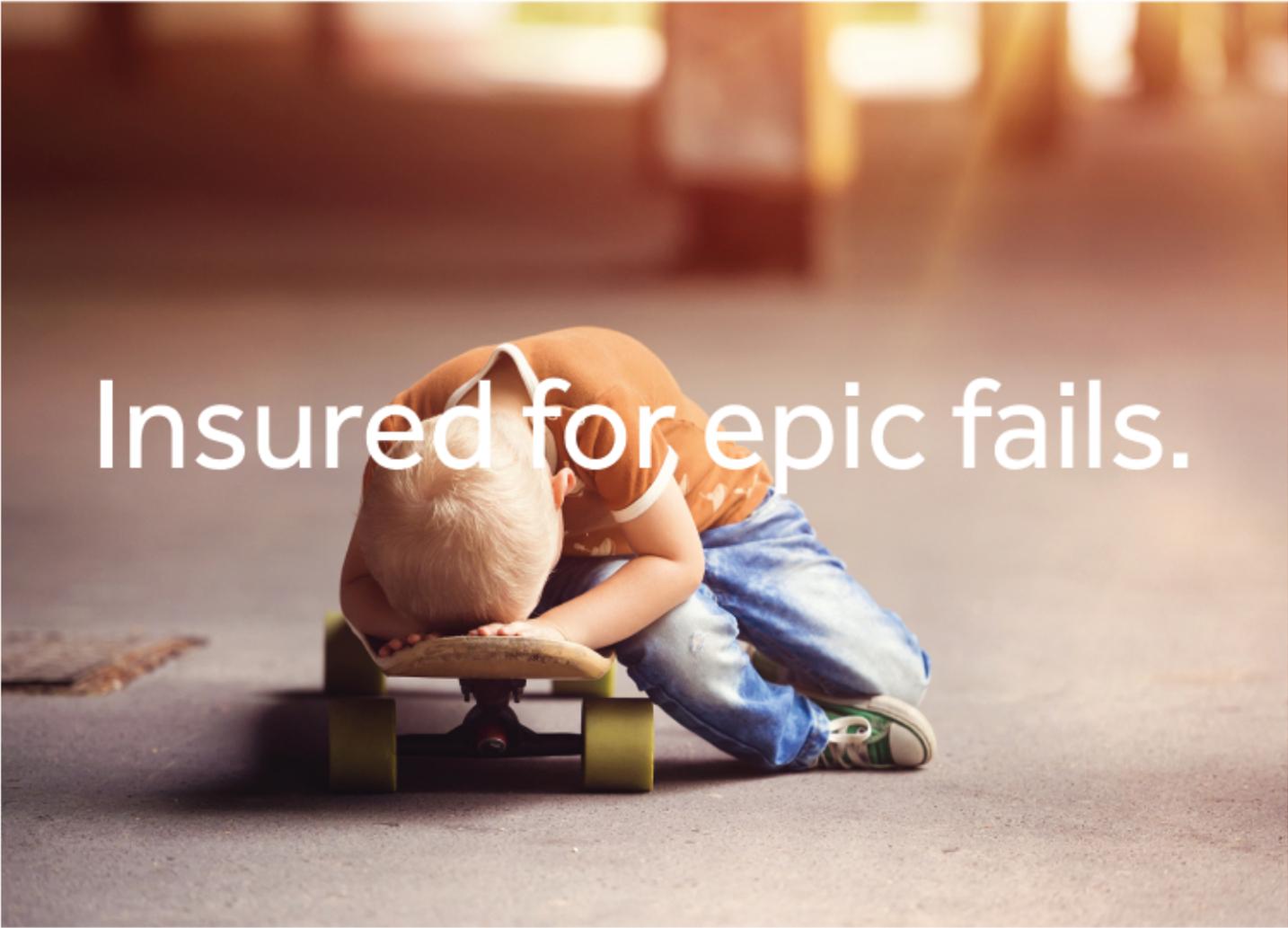


Lower Level
Pool
Party Rooms
Locker Rooms

Existing building pictured in white, new construction in color.

**9543 Broadview Road
440-838-4522
www.bhrec.org**

**Find us on Facebook under Broadview Heights Recreation
Keep until March 2017**



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CONTENTS

EVENTS P. 5-7	YOUTH PROGRAMS P. 8-15	ADULT PROGRAMS P. 16-21	AQUATIC PROGRAMS P. 22-25
Adaptive Sports	p. 5	Jazzercise	p. 21
Adult Softball	p. 19	Jump Start Sports	p. 11
Age Requirements	p. 4	Kalahari Getaway	p. 7
AOK! Fitness Classes	p. 21	Kids Garage Sale	p. 6
Aquacise Aerobics	p. 20	Lacrosse	p. 6
AquaFit	p. 20	Learn to Spin	p. 18
Aquatics	p. 22-25	Lifeguarding	p. 5, 25
Archery	p. 10	Membership Info	p. 4
Athletes Edge Youth Training	p. 9	Personal Training	p. 17
Babysitting	p. 25	Pickleball	p. 19
Barre-Pilates Core	p. 21	Pool/Pizza Parties	p. 5
Baseball	p. 13	Preschool Swim	p. 5
Basketball	p. 11, 14	Preschool Classes	p. 10
Basketball Camp	p. 14	Private Swimming Lessons	p. 23
Blood Drives	p. 5	Registration Info	p. 4
Body Sculpting	p. 21	Rental Information	p. 4
Camps, winter and spring break	p. 8	Rules & Policies	p. 26
Cheerleading	p. 10	Senior Exercise Classes	p. 20
Childcare Info	p. 4	SilverSneakers Splash	p. 20
Contact Information	p. Back Cover	Soccer, Camps and Leagues	p. 9, 11, 15
Etiquette Class	p. 9	Soccer Footskills Clinic	p. 9
Egg Hunt	p. 7	Softball	p. 13 Youth, p. 19 Adult
Events & Announcements	p. 5-7	Spring Break Camp	p. 8
Facility Rentals	p. 4	Spinning	p. 18
Farmer's Market	p. 5	Splash Park	p. 5
Father/Daughter Dance	p. 6	Swimming Lessons	p. 22-24
Free Training Assessment	p. 17, 27	Swim Team	p. 25
Fit After 50	p. 20	Tae Kwon Do	p. 9
Flex Pass for Fitness	p. 20	Tai Chi	p. 19
Golf Simulator	p. 16	Tennis	p. 10
Golf, Youth	p. 9	Teeball	p. 11, 13
Group Exercise Classes	p. 20-21	TRX	p. 16
Gymnastics	p. 10	Volleyball	p. 11
Halloween on the Heights	p. 6	Water Safety Instructor Course	p. 25
Halloween Pool Party	p. 6	Winter Break Camp	p. 8
Health Screening	p. 5	Yoga	p. 21 Adult, p. 20 Senior
HealthSource Chiropractic	p. 8	Youth Fitness Training	p. 5
Holiday Party and Tree Lighting	p. 7	Youth Sports	p. 10-15
Information	p. 4	Zumba	p. 21

CALENDAR

8/21-9/5	Pool Closed for Annual Maintenance	12/3	Community Holiday Party & Tree Lighting p. 7
8/22-8/26	Bball Court Closed for Painting	12/19	Winter Break Camp Begins p. 8
8/26	Fitness Center Closed for maintenance	12/24	Christmas Eve - Open 6AM-Noon
9/5	Labor Day - Rec Closed, Splash Park Open	12/25	Christmas Day - Closed
9/6	Bees Lacrosse Clinic Begins p. 6	12/31	New Year's Eve - Open 6AM-Noon
10/15	Halloween on the Heights p. 6	1/1	New Year's Day - Closed
10/22	Halloween Pool Party p. 6	1/27	Soccer Footskills Clinic Begins p. 9
10/31	Basketball Registration Ends p. 14	2/28	Spring Soccer Registration Deadline p. 15
11/5	Father/Daughter Dance p. 6	3/15	Baseball/Softball/Teeball Registration Deadline p. 13
11/12	Kids Garage Sale p. 6	3/18	Aquatic Egg Hunt p. 7
11/18	Kalahari Getaway Weekend p. 7	3/24	NR Spring Break Camp Begins p. 8
11/24	Thanksgiving Day - Closed	4/10	BBH Spring Break Camp Begins p. 8
11/25	Day After Thanksgiving - Open 6AM-Noon		

GENERAL INFORMATION

MEMBERSHIP INFORMATION

Membership Benefits:

Free use of fitness center & circuit room during open hours.
 Free use of pool and gymnasium during open swim/gym time.
 Discounts on programs and activities.
 Discounts on room rentals and birthday parties.
 Renew your annual membership prior to the expiration date and receive a 10% discount. Current annual members receive one month free for referring a NEW annual member.
 All members are entitled to a free health assessment from Prescription Fitness. Call for information at 440-552-6729

Fees:	Resident Annual/Monthly	Non-Resident Annual/Monthly
Youth (up to 18)	\$95/\$15	\$205/\$25
College Student (18-23)	\$95/\$15	\$205/\$25
Adult (19-59)	\$195/\$25	\$340/\$45
Senior (60 and over)	\$88/\$13	\$191/\$23
*Family	\$325/\$45	\$590/\$75
***Veteran	\$88/\$13	\$191/\$23
**Corporate	Inquire at Rec. Center for pricing	

*Family membership consists of 2 adults and their dependent children 18 and under living at same address
 **Corporate memberships available, must show proof of current employment within the City of Broadview Heights
 ***Must provide ID and copy of DD214

Required Documentation for Membership:

All memberships must show photo ID and proof of residency. Primary/Secondary adult must show picture ID for identification such as a driver's license or state ID and current proof of residency such as current utility bill. If primary adult's proof of residency has both primary and secondary adult names then no other documentation is required. Children under the age of 18 must provide report card with same address as primary adult, birth certificate with either primary or secondary adult name, or driver's license with same address as primary. Other forms of ID and residency accepted, please visit www.bhrec.org for full list of accepted forms.

Daily Drop-in Fees

	Resident	Non-Resident
Student (5-18)	\$6	\$7
Adult (19-59)	\$7	\$8
Senior (60 and over)	\$5	\$6

4 and under are free with a paid adult.
 Memberships are non transferable and non refundable.

AGE REQUIREMENTS

-Children under 13 must be accompanied by an adult when visiting the recreation center unless attending an organized program (i.e. swim lessons, camp, etc).
 -An adult must be in the water with children under 7.
 -No one under the age of 15 may enter the fitness center, with the exception of 13 and 14 year olds who have completed the Youth Fitness Training Course. See page 5 for course info.
 -Sauna restricted to adults 18 years of age and over.
 -Golf Simulator reservations can be made by adults 18 and over.
 Participants under 13 must be accompanied by an adult.

REGISTRATION INFORMATION

Walk-In Registration: Register during normal operating hours at the Recreation Center Front Desk located in Broadview Center. Visa/MasterCard/Discover, cash, checks, and money orders are accepted. All fees are due at the time of registration. Checks are payable to the **City of Broadview Heights**.

Register Online: Please visit our website at www.bhrec.org to sign for select programs up online! Contact us at 440-838-4522 for assistance.

Cancellation Policy: If a program does not have the required class minimum registered 72 hours prior to the start of the class, the session will be cancelled. Participants will be notified if a class is cancelled.

Refund Policy: If a participant wishes to cancel their enrollment in a program, the request must be made in writing 5 days prior to the start of the program. Participants will receive a full credit to their recreation account. Should a participant wish to receive reimbursement, a check or refund to credit card can be issued minus a fee of \$5 to cover administrative costs. Exceptions: There will be no refunds for athletic programs after the Registration Deadline. Memberships are non-refundable and non-transferable.

RENTAL INFORMATION

Rates listed are per hour. Minimum of 2 hours.

Room	Member	Non-Member/Non Profit	For Profit
Arts & Crafts	\$20	\$25	\$40
Birch Room	\$20	\$25	\$40
Game Room	\$20	\$25	\$40
Hickory Room	\$20	\$25	\$40
Willow Room	\$30	\$40	\$55
Oak Room	\$30	\$40	\$55
Gymnasium	\$30	\$40	\$55
Pavilion (Per Use)	\$50	\$50	\$75
Party Room	\$20	\$25	\$40
W/ Pool (2 Hours)	\$75*	\$90*	\$180*
Fields (Per Game)	\$50	\$50	\$75
Television/DVD	\$10	\$10	\$10

*POOL PARTY POLICY: Please note, the pool party with party room accommodates up to 30 swimmers. Rates increase for larger room and up to 60 swimmers. See page 5 for more information on pizza party packages or visit www.bhrec.org.

CHILDCARE/WORKOUT WATCH

Childcare is available for children ages 1 to 11 for use by members, facility users, and program participants. For more information call us at 440-838-4522.

Pre-paid hours	Member	Non-Member
10 hours	\$20	\$30
20 hours	\$40	\$60
Drop-in fee:	\$3.00 per hour	
Availability:		
Monday through Friday	9:00AM to 12:30PM	
Monday through Friday	4:00PM to 8:00PM	
Saturday	8:30AM to 12:30PM	

EVENTS & ANNOUNCEMENTS

ADAPTIVE SPORTS PROGRAMS

Currently seeking qualified director & instructors for adaptive sports programs. Call Rec Manager Ryan Meyer at 440-717-4019.

AMERICAN RED CROSS BLOOD DRIVES

Held at the Recreation Center. Help save a life.
When: Monday, 12/19/16 from 1pm-6pm, 4/17/17 from 2pm-6pm, 8/21/17 from 2pm-6pm and 12/18/17 from 1pm-7pm.
Details: www.redcross.org

LIFEGUARDS AND WATER SAFETY INSTRUCTORS NEEDED

We are hiring lifeguards and water safety instructors. If you are interested, please call Amanda Lemp at 440-717-4026.

FREE HEALTH SCREENINGS

Health Screenings sponsored by Cleveland Clinic Foundation. Presentation at 11:00 a.m. in the Willow Room. FREE Lunch following Presentation (must be present at presentation for lunch). Screenings 12:30-2:00 p.m. Must RSVP for screenings with Human Services Department. They can be reached at 440-526-4685. Screenings take place April 14th and July 13th. Blood pressure screenings sponsored by University Hospitals on the second and fourth Tuesday at 9:00 A.M in the Willow Room. BMI's will be conducted by University Hospitals 9am-10am on 2/28, 5/23, 8/22, and 11/14.

FARMERS MARKET

Broadview Heights Farmers Market held at the Southwest corner of Broadview and Route 82 on Saturdays from 9am to 1pm. Market runs from July through October and vendors will sell their fresh produce and other products. Potential vendors please contact Kristina Sorensen at ksorensen@broadview-heights.org. Sponsored by Luther Farms.

HOMESCHOOL SWIM

The Broadview Heights Parks & Recreation Department offers open swim time for home schoolers ages 5 and up during the day. This is a great way to get some exercise and meet new friends! Swim days take place Thursdays from October through May from 1PM to 2:45PM for ages 5-12. All non members must pay the \$3 drop in rate, including adults. Children under age 7 must be accompanied in the water by an adult. If you are interested in additional homeschool programs contact Recreation Manager, Ryan Meyer at Rmeyer@broadview-heights.org.

PIZZA PARTY PACKAGES!

Looking for a fun place to host your birthday party? Rent a room or host a pool party at the Broadview Heights Recreation Center. Pizza party packages are available to add to any rental! Pizza, pop, plates, napkins, cups and utensils included! Please call the Recreation Manager Ryan Meyer for information on availability and pricing at 440-717-4019.

Pizza Party Package - Two hours use of a party room for 32-45 guests. Three, 12 slice pizzas (one topping each). 32-45 cans of pop (Coke, Diet Coke, Fruit Punch, Lemonade).

Swim/Pizza Party Package - Two hours use of the Pool Party Room and Pool for up to 32 guests. Three, 12 slice pizzas, 32 cans of pop (Coke, Diet Coke, Fruit Punch, Lemonade). Pool Parties must take place during open swim hours.

CALLING ALL SCOUT GROUPS

Would you like to learn about water safety? Our certified aquatic staff will present a program on water safety that will also allow you to enjoy some open swim time. For information or to set up a date for your outing call Aquatics Manager, Amanda Lemp, at 440-717-4026

SCHOLARSHIPS

Scholarship program available: For Broadview Heights Residents up to 18 years of age, we offer a 50% discount on select recreation programs. Participant(s) must complete economic based scholarship application and provide required documentation. Please contact Parks and Recreation Director, Paula Horner, at Phorner@broadview-heights.org for more information.

YOUTH FITNESS TRAINING

If you are age 13 or 14 and would like to work out in our fitness center, you MUST sign up for this one-hour training session prior to using the facilities. Training sessions held 2nd and 4th Tuesday of each month and are Free to members, drop-in rates apply. Contact 440-717-4019 for more information.

PRESCHOOL SWIM TIME

Looking for a fun and exciting daytime activity for your preschoolers? Then drop in to our preschool swim time! We provide water toys, noodles and U.S. Coast Guard approved life jackets in the pool! Water wings are NOT permitted! Dates: Tuesdays, September through May. Not offered June through August. Time: 11:00AM-12:00PM. All non members must pay the \$3 drop in rate, including adults. Children under age 7 must be accompanied in the water by an adult.

SPLASH PARK

The Splash Park will be open through Labor Day 10AM to 8PM daily with the exception of some select dates. The Splash Park Rules and Regulations as well as closings are posted at the Splash Park and are also available online at: www.bhrec.org. Everyone utilizing the splash park must adhere to the posted rules and regulations or they will be asked to leave the premises. NO LARGE GROUPS OR PARTIES PERMITTED. Proper swim attire required.

GIFT CERTIFICATES

Give the gift of health this season! Gift certificates available at the Recreation Center for that special someone, grab one today!

FITNESS ORIENTATION

Member fitness orientation held every 2nd and 4th Tuesday at the Recreation Center 6PM. Learn to use the machines and equipment with a certified instructor. Call 440-552-6729 for information. No pre-registration required!

RECREATION CENTER CLOSINGS

We will be closing the following sections of the Recreation Center on the following dates for cleaning and maintenance. Thank you.

Pool - 8/21-9/5
Fitness Center - 8/26
Gymnasium - 8/22-8/26



SPECIAL EVENTS

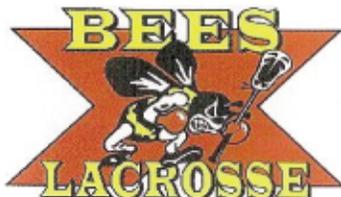
BOYS LACROSSE CLINIC #212307

The Brecksville Broadview Heights Youth Lacrosse Club coaching staff is holding an instructional skills clinic for boys entering grades 1-6. The clinic will cover lacrosse skills basics including passing, catching, ground balls and shooting, and is intended for boys interested in trying the sport and learning basic skills. This clinic is instructional only, we will not play any games. This is a non-contact clinic. A lacrosse stick and mouth guard are required, any additional lacrosse equipment is optional. The Clinic is put on by BBH Youth Lacrosse Club coaches Brian Kluth, Jon Philipp and Gary Vidovic with assistance from selected middle school and high school players.

Tuesdays
5:30PM-7:00PM

Section 01: 9/6-9/27
(10/4 will be used as a rain make-up date if necessary)
Min, 5 Max 40.

Fees:
Member \$40
Resident \$45
Non-Resident \$55



HALLOWEEN ON THE HEIGHTS

The City of Broadview Heights Parks and Recreation Department and The Broadview Heights Community Foundation will be hosting Halloween on the Heights Festivities on Saturday, October 15th from 1pm to 4pm.

Halloween on the Heights is a fun filled family event featuring indoor trick-or-treating, costume competitions, carnival games, inflatables, food for sale and more! We are seeking area business owners to sponsor tables at the event where they can hand out candy and promote their products/services. Information: Contact Recreation Manager, Ryan Meyer at Rmeyer@broadview-heights.org.



HALLOWEEN POOL PARTY #210116

Jump in the pool for a spooky good time! Families are welcome to come join us at the Broadview Heights Recreation Center for a Halloween Pool Party. We will provide enjoyable music and beverages. Everyone is encouraged to bring floats, balls, toys, and rafts. This is the only date we will allow flotation devices in the pool. FREE for members and residents, non-residents pay \$1 for child and \$2 for adult. Registration is limited to the first 50 people. Register by 10/21

Date: Saturday, October 22nd
Time: 2:00 PM to 4:00 PM

Contact Aquatics Manager, Amanda for details at Alemp@broadview-heights.org.

FATHER/DAUGHTER DANCE #211704

The third annual Broadview Heights Father/Daughter dance will take place on Saturday, November 5th from 5pm to 8pm at the Broadview Heights Recreation Center. Dinner of pasta, breadsticks, salad and drinks will be served! DJ Gary Perl will provide the entertainment and there will be games and raffle prizes too! Fathers/Grandfathers with daughters up to age 12 only. Please purchase tickets online at bhrec.org or at the front desk! For any questions please call Recreation Manager, Ryan Meyer, at 440-717-4019.

Registration Deadline 10/30.

Tickets are sold per person.

Section 01

Fees:
Member \$15
Resident \$17
Non-Resident: \$19

Min. 50, Max 100



KIDS GARAGE SALE #221701

Join us on Saturday, November 12th for our indoor Kids Garage Sale! The event will be held from 9AM to Noon. It will be held at the Broadview Heights Recreation Center at 9543 Broadview Road. Cash Only/All Sales Are Final. Infant/Children & Maternity Clothing, Baby Equipment & Accessories, and Toys. Tables are sold as 8 foot tables only.

Free Admission!!!

Vendor Tables
Section 01: \$25

Please register by 11/10.

Broadview Heights Recreation Center Members will receive a \$2 discount.

Reserve your spot now while space is still available!



SPECIAL EVENTS/ACTIVITIES

BROADVIEW HEIGHTS KALAHARI GETAWAY

NOVEMBER 2016

Friday, November 18th - \$139

Extend your stay by adding Saturday, November 19th - \$139
(Participants must stay Friday, November 18th to get the Saturday rate).

In 2016 Kalahari was named Parents Magazine's 10 Best Water Parks of 2016, top 25 Hotels for Families Travelers' Choice from Trip Advisor, and 2016 Family Vacation Critic Favorite Hotels. Kalahari Sandusky is the home of America's Largest Indoor Water park with 173,000 sq. ft. of wet & wild fun! Join us for another Broadview Heights Kalahari Getaway and receive the special rates listed above! Water park passes are included for the length of your stay. These rates are valid for up to 4 guests per room. Additional guests may be added for \$20 per person, per night. These rates are for a standard room. ADDITIONAL room types available, call for details. Rates good while rooms last, register today!

Please call 1-877-525-2427 or visit www.kalahariresort.com for more information or to reserve your spot today. Mention that you want to be a part of the Broadview Heights Kalahari



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7907 Broadview Road
Broadview Hts., Ohio 44147
440.526.6800 Fax: 440.526.1953

kredohard@sbcglobal.net

COMMUNITY HOLIDAY PARTY AND TREE LIGHTING

This year's annual holiday kick-off event will be held on Saturday, December 3rd. Many fun and exciting activities are planned! It will start at 6PM with some old fashioned Christmas caroling, led by the Broadview Heights Spotlights Costumed Carolers. Santa will arrive by fire truck, just in time to count down for the Tree Lighting Ceremony and fireworks. The event then moves indoors for free photos with Santa and wooden toys in Santa's Workshop. Refreshments, games, inflatables and other activities are available. All are welcome. Admission is free, but everyone is asked to bring non-perishable items for the Yuletide Hunger program.

Residents can enjoy the Pool and Fitness Center free of charge.

Fitness Center: 8am-5pm

Open Swim: 2pm-5pm

Check our website at www.bhrec.org for more detailed information closer to the event or become a fan on our Facebook page for automatic updates about all of our programs and events.



AQUATIC EASTER EGG HUNT

#110122

Join us for the seventh annual Aquatic Easter Egg Hunt! There will be floating eggs and sinking eggs for the hunters to find. One "magic" egg per age group will earn the hunter a special prize. All participants will receive a goodie bag. You must pre-register for this event by Wednesday, March 15th, 2017.

Date: Saturday, March 18th 2017

Section A*	Age 6mos-2	1:00-1:30PM
Section B*	Age 3-4	1:30-2:00PM
Section C*	Age 3-4	2:00-2:30PM
Section D	Age 5-6	2:30-3:00PM
Section E	Age 5-6	3:00-3:30PM
Section F	Age 7-8	3:30-4:00PM
Section G	Age 9-10	4:00-4:30PM

*Parents must be in the water and you must register in advance!

Fees: Member \$6, Resident \$8, Non-Resident \$10



YOUTH CAMPS/CLASSES

HOLIDAY BREAK YOUTH CAMPS

Looking for a great place for your kids to spend their Winter or Spring Break? Bring them to our Camp! This weekday camp runs 8:30am to 4:30pm during holiday breaks. Extended care is available, see rates below. Children ages 5 through 12 are eligible to participate. Daily activities will include: games, swimming, crafts, movies, relays, obstacle courses, sports activities, and much more! Children need to bring a lunch, towel, and bathing suit. They may also bring a snack or money for the vending and game machines.

Activity Number: 210401

Winter Break: December 19th through January 2nd

Activity Number: 110401

Spring Break:

March 24th through March 31st &

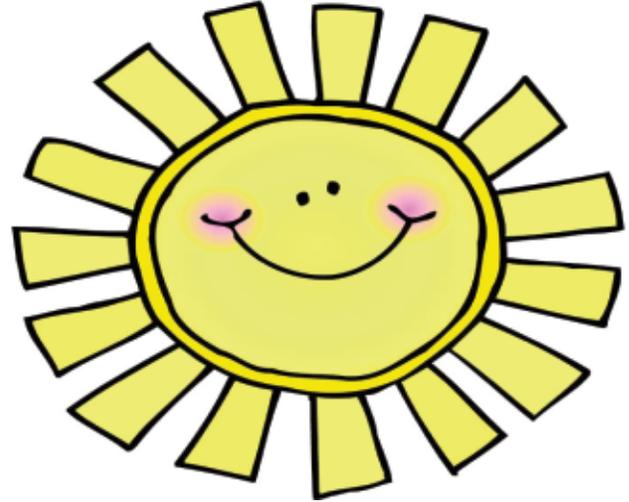
April 10th through April 17th

<u>Fees:</u>	<u>Daily</u>
Member	\$26
Resident	\$30
Non-Resident	\$36

Extended Care:

Pre-Care (#210402) 7:00AM-8:30AM \$5.00 per day

After-Care (#210403) 4:30PM-6:00PM \$5.00 per day



Pre/after-care users can pay the daily fees in advance. If paying at drop off or pick up, receipt must be presented to camp staff. There are NO REFUNDS on pre/after care fees.

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\$27 Exam and X-Rays (if necessary) for **\$27**
Donation to South Hills Lend A Hand

Some restrictions may apply to ACN & Federal Insur. Beneficiaries
1100 W. Royalton Rd. , Broadview Hts. (Broadview Crossings Plaza)

YOUTH ACTIVITIES

TAEKWONDO

For beginner or intermediate kids ages 8-14. New participants will be evaluated at the first class. Courtesy, discipline, respect, and self-confidence are introduced to improve character development. This program also begins working on resolving conflicts such as bullying and teen violence.

Mondays & Thursdays 6:15PM-7:00PM
 9/12-11/17
 11/21-2/6 (no class 11/24, 12/26, 12/29)
 2/9-4/17

Fees per session:

Member \$100, Resident \$105, Non-Resident \$110

Mail registration to: Hannah's Black Belt Academy, 8734 Olde Eight Northfield, Ohio 44067. You can also register in person at the first class. Please plan to arrive early if registering at the first class. For more information, please contact Bill Hannah at 216-496-3330.

CHILDRENS DINING ETIQUETTE CLASS #211702

Section 01

Instructor: Kim Franz

Certified Children's Etiquette & Manners Instructor.

For children age 8-15.

Saturday, October 8th, 2016

Max 25. Register by October 4th. Location: Burntwood Tavern - 8188 Brecksville Rd.

Time: 11:00-1:00 (12:30-1 brunch to practice what was learned)

Children will learn in a fun and interactive way: Setting a table from start to finish, Table Manners and Etiquette, American Style of Dining, Continental Style of Dining, Proper Introductions, Posture, The Napkin, Please and Thank You's, Dining Conversation, Proper way to utilize utensils, Passing the food and Complimenting the Chef. For questions contact Recreation Manager Ryan Meyer at rmeyer@broadview-heights.org. All students receive an Etiquette "Set Right" Placemat and Brunch. Fee: \$45 per student.

PRESCRIPTION FITNESS ATHLETES EDGE

Athletes Edge is designed to improve your speed, strength, performance and coordination. Through our unique program, our certified trainers incorporate cardiovascular exercise along with weight and agility training into this affordable workout that focuses on your performance on the basketball court, soccer field, baseball diamond, wrestling mat and more. Prescription Fitness' Athletes Edge is ideal for individuals and teams alike. Players will be taught proper lifting techniques, weight transfer, and proper running mechanics in all three phases (Acceleration, Maximum Velocity, and Agility).

Times:

Athletes Edge training sessions are held once or twice per week for six (6) weeks 7:15PM to 8:15PM Tuesdays and Thursdays.

Sessions:

Session 1: 9/20-10/27
 Session 2: 11/1-12/8 (no class on 11/24, session discounted)
 Session 3: 12/13-1/19
 Session 4: 1/24-3/2

Fees:

One time per week - \$79/session or \$15 drop-in, Two times per week - \$149/session or \$15 drop-in Please contact us at 440-552-6729 or visit www.prescription-fitness.com to enroll! Please note that membership with the City of Broadview Heights Parks & Recreation Department is not required to participate in the Athletes Edge program.

YOUTH GOLF LESSONS

#212308

Youth Golf Lessons for kids ages 7-16 will be held at the Broadview Heights Indoor Golf Simulator. No rainouts, great learning environment! Participants will receive instruction on the basics of the golf swing, and the rules and etiquette of the game. Children need to bring their own clubs and water bottle. Each participant will also receive a gift certificate for 4 free hours on the golf simulator included in the lesson price. Sessions run once per week for five weeks. Class minimum 6, maximum 8.

Mondays, 4:00PM-5:00PM

Section 1: 8/22-9/26 (no class 9/5)

Section 2: 10/10-11/7

Section 3: 11/21-12/19

Section 4: 1/9-2/6

Section 5: 2/20-3/20



Fees: Member \$80, Resident \$85, Non-Resident \$90



INDOOR SOCCER FOOTSKILLS

#212305

We will once again be offering indoor foot skills sessions conducted by coaches from Pennine Soccer Club at the Broadview Heights Recreation Center. There will be 6 sessions that will run Friday evenings from January 27th through March 10th (with no session on 2/17). Indoor Footskills sessions are open to all rec players as well as older/more advanced players. Recreational players/younger players will meet 6PM to 7PM and the more advanced/older players will be will meet 7PM to 8PM. Players should bring a ball and water bottle. Register at the Broadview Heights Recreation Center or online at www.bhrec.org.

Section 20: Ages 4-7

Section 21: Ages 8+

Fees:

Member	\$60
Resident	\$65
Non-Resident	\$70



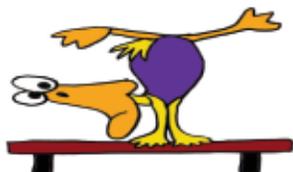
YOUTH ACTIVITIES

KINDERGYMNASTICS #212309

Children age 18 months-3.99 years participate in a developmental floor gymnastics program with the emphasis on gross motor development. Participants will learn basic motor skills, acrobatics, physical fitness, flexibility and coordination. These 30-minute classes meet once per week for five weeks. Class minimum 5, maximum 12.

Saturdays, 9:00AM - 9:30AM
 Section 02: 10/1-10/29
 Section 05: 11/12-12/10
 Section 08: 1/7-2/4
 Section 11: 2/18-3/18

Fees: Member \$40, Resident \$45, Non-Resident \$50



BEGINNING GYMNASTICS #212309

Children ages 4-7 will learn similar techniques as in KINDER GYM-NASTICS but will also learn more advanced skills in BEGINNING GYMNASTICS. These 45-minute classes meet once per week for five weeks. Class minimum 5, maximum 12.

Saturdays, 9:30AM-10:00AM
 Section 03: 10/1-10/29
 Section 06: 11/12-12/10
 Section 09: 1/7-2/4
 Section 12: 2/18-3/18

Fees: Member \$45, Resident \$50, Non-Resident \$55

YOUTH TENNIS #212312

Tennis program for kids ages 7 to 16. Lessons will take place Saturday mornings. All lessons will be held on the tennis courts at "The Fields" sports complex in Broadview Heights located at 8938 Broadview Road. Participation is open to students at all levels of experience. Any rain outs will be made up on October 12th only.

Fees per session:
 Member \$70, Resident \$75, Non-Resident \$85

Wednesdays
 9/7-10/5
 Section 01: Ages 7-11 4:00PM-5:00PM
 Section 02: Ages 12-16 5:00PM-6:00PM

Min 6, Max 8.



CHEERLEADING #212315

Recreational football/basketball cheerleading program held at the Broadview Center for ages 5-12. Each week, participants will practice on Thursday evenings from 5:30pm-6:30pm and then perform at one of our youth football/basketball games on Saturday mornings from 10:30am-11:30am. Please note, cheerleading may run late depending on the timing of games. All participants will cheer together on one squad. Uniforms must be sized on the day of registration. Uniforms include top, skirt, bow bloomers, socks and poms.

Uniform Ordering Information: Uniforms are ordered through Omnicheer. Any exchanges will take up to three weeks to process. Sample sizes will be available at the Recreation Center front desk, please make sure you are sized correctly. All participants must have uniform to cheer at games. Min 8, Max 20.

Football Cheer

Practices - 8/25-10/6. Games - 9/3-10/8.
 Section 01: w/Uniform - \$120
 Section 02: w/o Uniform - \$70 (returning cheerleaders)

Basketball Cheer

Practices - 1/19-3/2. Games - 1/28-3/4.
 Section 06: w/Uniform - \$120
 Section 07: w/o Uniform - \$70 (returning cheerleaders)



ARCHERY #212313

The goal of this introductory archery program for kids age 6-18 is to teach proper fundamental shooting form and to familiarize kids with the different styles of archery. Archery teaches patience, concentration and mind-body control. Studies have proven that the skills learned from archery can help kids in school. Class meets once a week for five weeks. All equipment will be provided. Minimum 4.

AGES 6-10

Wednesdays, 5:00PM-6:00PM
 Section 01: 9/14-10/12
 Section 02: 11/9-12/7
 Section 03: 1/11-2/8

AGES 11+

Wednesdays, 6:15PM-7:15PM
 Section 04: 9/14-10/12
 Section 05: 11/9-12/7
 Section 06: 1/11-2/8

Fees: Member \$55, Resident \$60, Non-Resident \$65



PRESCHOOL PREP WITH A PAL #211301

Not ready for preschool quite yet? Join our class! We will begin each class with some open gym time to get the wiggles out. Next, we stop for a quick drink and snack and socialization. We will learn colors, numbers, letters and shapes. At circle time we read a story, learn some sign language, and make a craft to round out our "pre preschool day", all with our Pal (parent, nanny, grandparent, etc.) by our side. Class involves fun and social time for both guardian and child. Come ready to have fun and make new friends! Min. 8, Max 20. Only child registration required, guardian attends free.

Age: Younger than first grade with caregiver.

When: Fridays, 9:30am-10:30am

Session 01: 9/30-10/28
 Session 02: 11/11-12/16 (no class 11/25)
 Session 03: 1/6-2/3
 Session 04: 2/17-3/17

Fees: Member \$55, Resident \$60, Non Resident \$65



Brought to you by Broadview Heights Parks & Recreation and Jump Start Sports.

Register online today at www.JumpStartSports.com.
For more information, contact Jump Start Sports via
e-mail at Info@JumpStartSports.com.

JUMPSTART TEEBALL

WHAT: Instructional Teeball for 3 - 5 year olds. Players learn the basics of catching, fielding, throwing, and hitting. They will apply what they've learned in fun, non-competitive games. Coaching will be led by staff instructors, but parents are encouraged to participate either as a head coach or assistant.

WHEN: Wednesdays, 9/7-10/5

TIME: 5:30PM-6:30PM

WHERE: The Fields Complex in Broadview Heights. Field #3

FEES: Resident \$75, Non-Resident \$80 - Includes a MLB hat, team shirt and participation medal.

VOLLEYBALL

What: An instructional program for girls and boys in grades 1-6. All fundamentals will be taught, including serves, sets, spikes, returns, positioning and team strategy. Whether your child is an experienced player or a complete novice, they will have a blast and learn a lot about the sport in this fun and innovative program! Maximum 24.

WHEN: Tuesdays, 9/20-10/25

TIME: Grades 1-3, 5:30PM-6:30PM/Grades 4-6, 6:30PM-7:30PM

WHERE: Broadview Heights Recreation Center

FEES: Resident \$70, Non-Resident \$75. Includes a t-shirt.

HUMMINGBIRDS SOCCER

WHAT: Children age 3 & 4 years old will learn the basics of soccer: dribbling, passing, trapping, shooting, and positioning. Each session consists of instruction in each aspect of the game and low-key, non-competitive games. All teams will receive a schedule consisting of both time periods.

WHEN: Saturdays, 9/10-10/22 (no class 10/15)

TIME: 1:00PM-2:00PM or 2:00PM-3:00PM.

WHERE: Broadview Heights Recreation Center

FEES: Resident \$70, Non-Resident \$75. Includes t-shirt & award.

HOOP STARS BASKETBALL

WHAT: A highly instructional, fun-oriented introductory basketball program for children in grades 1-2. Players are taught the basics of dribbling, passing, shooting, positioning, defense, and rebounding.

WHEN: Mondays, 9/19-10/24

TIME: 6:30PM-7:30PM

WHERE: Broadview Heights Recreation Center

FEES: Resident \$70, Non-Resident \$75

Register early – CLASS LIMITED TO 32 PLAYERS.

Includes t-shirt and award.

LITTLE HOOP STARS BASKETBALL

WHAT: A highly instructional, fun-oriented introductory basketball program for children in preschool (must be four years of age to participate) and Kindergarten. Players are taught the basics of dribbling, passing, shooting, positioning and defense.

WHEN: Mondays, 9/19-10/24

TIME: 5:30PM-6:30PM

WHERE: Broadview Heights Recreation Center

FEES: Resident \$70, Non-Resident \$75

Register early – CLASS LIMITED TO 32 PLAYERS. Includes t-shirt and award.

ROOKIE LEAGUE BASEBALL

WHAT: A fun introduction to coach pitch baseball for 5-7 year olds. Players will receive instruction in all basics of the sport, and will apply what they have learned in fun games. The games will be non-competitive and no score will be kept. Players who are not able to hit a pitched ball will be able to use a tee while learning. Each session includes instruction and game play. All coaching will be conducted by Jump Start Sports staff, but parents are encouraged to assist.

WHEN: Wednesdays, 9/7-10/5

TIME: 6:30PM-7:30PM

WHERE: The Fields Complex in Broadview Heights. Field #3

FEES: Resident \$70, Non-Resident \$75. Includes MLB hat, team shirt and participation medal.

YOUTH SPORTS

The City of Broadview Heights Parks and Recreation Department offers excellent youth sports programs for children in Broadview Heights and surrounding communities. Children ages 3 to 18 can participate in fun and well organized sports programs year round. For additional information about how you and your family can become involved in youth sports in Broadview Heights, contact the Parks and Athletics Manager at Gdiehl@broadview-heights.org.

REGISTRATION INFORMATION

Players registering for athletic programs during the published registration period are guaranteed placement on a team. Players attempting to register after the published registration period will be placed on a wait list and are not guaranteed placement on a team. Wait list players will only be assigned to teams if space is available after teams have been formed. It is important that players register prior to the registration deadline. See the registration dates below for program specific deadlines. A late registration fee will be applied to all late registrations that are accepted. The amount of the fee will be determined by the program and the age group.

League Change Requests

Players wishing to play in a league other than the one indicated by their age MUST submit a league change request form prior to the published registration deadline. League changes are NOT guaranteed and players registering in their age appropriate league will be given priority. The primary consideration involved in accepting or denying a league change request will be the skill level of the player. To play with friends/neighbors, to share rides or to play with siblings are NOT valid reasons for a league change approval. If the request is denied, a refund will be accepted providing the registration took place prior to the registration deadline. League change forms available online at www.bhrec.org.

Special Request and Team Placement

Players may request to play with up to two other players on the same team. If possible we will accommodate requests however they are NOT guaranteed. The primary consideration in the creation of teams is to create teams of relatively equal strength. Playing with friends is secondary. No refunds will be offered if your special request is not granted.

Requests to play with a specific coach will NOT be considered during the creation of teams.

Potential practice day conflicts MUST be listed on the registration form. Coaches choose practice days and times after teams are formed possibly requiring a move to a different team to avoid conflict.

Code of Conduct and Zero Tolerance Policies

The City of Broadview Heights Parks and Recreation Department manages one of the largest youth sports programs in the area with nearly 3000 participants each year in our baseball, softball, basketball and soccer programs. In addition, we count on hundreds of volunteer coaches to help us organize and run the programs for the enjoyment of the kids in our community. In order to maintain the quality and integrity of our programs, support our staff and volunteers and assure that all participants have an enjoyable and positive experience, we have adopted a code of conduct and zero tolerance policy that applies to all participants, parents and coaches involved in our programs. By participating in any of our programs, you are agreeing to abide by our code of conduct and are subject to the terms of our zero tolerance policy. Please familiarize yourself with these documents available on our website and at the recreation center front desk. Should you have any questions or concerns please contact the Parks and Recreation Department.

Refunds

No refunds will be given after the registration deadline with the following exceptions. Refunds for sports programs will be issued for a medical excuse (must be substantiated by a physicians note) or if league change request has been denied and player wishes to withdraw from the program.

REGISTRATION DATES AND DEADLINES

Indoor Soccer: August - **October 20** (ages 4-8)

Outdoor Soccer, Spring 2017: February 1 - **February 28** (ages 4-13)

This is for players who are not registered in fall and wish to play spring only.

Outdoor Soccer, Fall: May 1 - **July 31**. Ages 4-13. Participants who register for Fall Soccer do not need to register again for Spring Soccer 2017.

Basketball: August - **October 31** (Grades 1-10)

Baseball/Softball: August - **March 15** (Grades 1-12 at time of registration)

Tee Ball: August - **March 15** (Ages 5-6 as of 8/1/2017)

Early Start Tee Ball: August - **May 15** (Ages 3-4 as of 8/1/2017)

Travel Soccer: Tryouts held in May. Contact Gary Diehl for more information gdiehl@broadview-heights.org.

Vist our website for age cutoff information for all soccer leagues.

YOUTH SPORTS: BASEBALL, SOFTBALL, TEEBALL

Please review information and policies on page 12

Registration Deadline March 15th for all leagues except Early Start 3/4 year old teeball

Registration deadline is March 15th, 2017. There is a \$20 late fee for boys baseball and girls softball registrations after 3/15/2017. Player requests WILL NOT be honored after deadline. With over 1500 children participating each year, this activity is very popular and registration may be limited. Registrations taken after the deadline will be placed on a waiting list and placement on a team is not guaranteed. Age is as of August 1st, 2017. Any player wishing to play in a league other than the league designated by their age, **MUST** fill out a league change request prior to the registration deadline. League change is subject to approval by the Recreation Director. **COACHES NEEDED!** Please indicate on your child's registration form that you are willing to coach or contact the Athletic Manager GDiehl@broadview-heights.org.

GAMES AND PRACTICES

Practices begin early May. Practice days and times are determined by the coach once teams are formed. Typically, practices will take place on one weekday and one weekend time during the month of May. There are no practices once games begin in June.

Games begin first week of June and run through July. Most games are played on weekday evenings at either 6:00 PM or 7:20 PM. Make up games are typically played on the weekends. Early start 3/4 year old teeball games are played Saturday mornings.



EARLY START TEEBALL #112301

Section 01

Registration deadline for Early Start is May 15th.

This program is for boys & girls ages 3 and 4. Teams are made up of 8-10 Players. This is a fun, non-competitive game where parents are expected to participate with their child. For safety, foam bats and tee balls are used.

Early Start Teeball games begin mid June and will run for 6 weeks. Games are played Saturday mornings at either 9:00AM or 10:30AM. If needed, a Noon start time may be added. Each child receives a team t-shirt.

Fees: Member \$45 Resident \$50 Non-Resident \$55

GIRLS TEE BALL #112301

Section 04

Introductory teeball league for girls ages 5 and 6

Fees: Member \$60 Resident \$65 Non-Resident \$70

GIRLS SLOW PITCH SOFTBALL #112303

Age 7-8 (coach pitch)

Section 01

Fee: Member \$70 Resident \$75 Non-Resident \$80

Ages 9-10 (kid pitch)

Section 02

Fee: Member \$75 Resident \$80 Non-Resident \$85

Ages 11 to 13 (kid pitch)

Section 03

Fee: Member \$75 Resident \$80 Non-Resident \$85

Ages 14 to 18 (Community Slow Pitch League)

Participants grades 8 through 12 including 2017 graduates.

Section 04

Fee: Member \$80 Resident \$85 Non-Resident \$90

BOYS TEE BALL #112301

Section 02 -Introductory baseball league for boys age 5.

Section 03 -Introductory baseball league for boys age 6.

Fees: Member \$60 Resident \$65 Non-Resident \$70

BOYS BASEBALL #112302

Age 7 (coach pitch)

Section 01

Fees: Member \$70 Resident \$75 Non-Resident \$80

Age 8 (machine pitch)

Section 02

Fees: Member \$70 Resident \$75 Non-Resident \$80

Age 9 (machine pitch)

Section 03

Fees: Member \$80 Resident \$85 Non-Resident \$90

Age 10 (kid Pitch)

Section 04

Fees: Member \$85 Resident \$90 Non-Resident \$95

Ages 11 and 12

Section 05

Fees: Member \$85 Resident \$90 Non-Resident \$95

Ages 13 and 14

Section 06

Fees: Member \$85 Resident \$90 Non-Resident \$95

Ages 15 to 18 (Community High School League)

Participants grades 9 through 12 including 2017 graduates.

Section 07.

Fees: Member \$110 Resident \$115 Non-Resident \$120

Prescription Fitness Athletes Edge is designed to improve your speed, strength, performance and coordination. Our certified trainers incorporate cardiovascular exercise along with weight and agility training into this affordable workout that focuses on your performance on the baseball diamond. Athletes Edge training sessions are held once or twice a week for six (6) weeks from 7:15 p.m. to-8:15 p.m. Tuesdays and Thursdays. For more detailed information on the program see page 9.

YOUTH SPORTS: BASKETBALL

Please review information and policies on page 12

BASKETBALL LEAGUE

#212304

Registration Deadline is October 31st.

Registration:

Registration for the current basketball season begins in August and ends October 31st. There is a \$20 late fee for registrations taken after 10/31. Players failing to meet the registration deadline will be placed on a wait list and may be added to teams if space is available. Placement on a team from the wait list is not guaranteed.

Players trying out for a travel team or Middle School team must still register for the Broadview Heights Recreation league in order to be guaranteed placement on a team in the event they do not make the travel or school team. If a player does make a travel or school team, they will be refunded their registration fee. Players may NOT participate on both a school and a recreational team.

Games and Practices:

Practices will begin in November and will continue throughout the season taking place during the week at either the Broadview Heights Recreation Center or at local school gyms. Practice days and times will be chosen by the coach once teams are determined.

Games begin in January and take place on weekends (including some Fridays) and will run through March.

Registrations are accepted in the following sections:

Section 01: **Boys 1st Grade**
Section 02: **Boys 2nd Grade**
Section 03: **Boys 3rd Grade**
Section 04: **Boys 4th Grade**
Section 05: **Boys 5th/6th Grade**
Section 06: **Boys 7th/8th Grade**
Section 07: **Boys 9th/10th Grade**

Section 08: **Girls 1st/2nd Grade**
Section 09: **Girls 3rd/4th Grade**
Section 10: **Girls 5th/6th Grade**
Section 11: **Girls 7th/8th Grade**

Fee: Member \$90, Resident \$95, Non-Resident \$105

Any player wishing to play in a league other than the league designated by their age MUST fill out a league change request form prior to the registration deadline. League change is subject to approval by the Recreation Director.

Cleveland Jr. Cavaliers. The tradition continues...

Participants in the Broadview Heights youth basketball programs season will once again be members of the Jr. Cavaliers!

Many participants will have the opportunity to shoot and play on the hardwood at Quicken Loans Arena. In addition, each participant will receive two (2) complimentary Cavaliers tickets to a special Broadview Heights Community Night a upcoming season. Additional questions, please contact Scott MacDonald with the Cleveland Cavaliers at 216-420-2019

ATHLETES EDGE BASKETBALL

Prescription Fitness Athletes Edge is designed to improve your speed, strength, performance and coordination. Through our unique program, our certified trainers incorporate cardiovascular exercise along with weight and agility training into this affordable workout that focuses on your performance on the court. Prescription Fitness' Athletes Edge is ideal for individual athletes and teams alike in grade 5-12.

Athletes Edge training sessions are held once or twice a week for six (6) weeks from 7:15PM to 8:15PM. Tuesdays and Thursdays. For more detailed information on the program, see page 9.

NATIONAL BASKETBALL ACADEMY/CLEVELAND CAVALIERS FALL HOOP ZONE CLINIC

Broadview Heights Department of Parks and Recreation and the National Basketball Academy present the third annual Hoop Zone Basketball Clinic for boys and girls in grades 2-9.

The focus of this program is to teach young athletes the fundamentals of basketball. Through a specialized program players will learn shooting techniques, point moves, passing skills with both hands, defensive principals, motion cuts, ball screen series, jab series and more.

Students are taught in a 10:1 ratio by professional instructors from The National Basketball Academy. The Basketball Academy offers basketball skill training for individuals and teams through a variety of standard and custom training programs for professional, collegiate, high school and youth athletes. The clinic will be held in the Broadview Heights gym.

Dates: 9/15-10/20
Grades 2-5, 6:00-7:30PM
Grades 6-9, 7:30-9:00PM

Time: 6:30PM-8:30PM

Fees: Member \$70, Resident \$75, Non-Resident \$80

Register online at www.thebasketballacademy.com. 216-378-0932



YOUTH SPORTS: SOCCER

Please review information and policies on page 12

INDOOR SOCCER #212305

Registration Deadline is October 20th, 2016

Co-Rec Indoor Soccer for ages U6, U8, U10 and U12. In partnership with the Royalton Fieldhouse, the Broadview Heights Parks and Recreation Department will be offering co-rec youth indoor soccer beginning early November and ending middle December. There are no practices. Games will be held at Royalton Fieldhouse (www.royaltonfieldhouse.com) located at 10701 Royalton Rd. in North Royalton. Co-Rec teams will play in a 6v6 format and play four, 12 minute quarters. Volunteer coaches and managers needed. Co-Rec indoor soccer is a separate activity from outdoor soccer and requires separate registration.

Registrations are accepted in the following sections:

Section 29: Birth Year '12 - U5
Section 30: Birth Year '11 - U6
Section 31: Birth Year '10 - U7
Section 32: Birth Year '08-'09 - U9
Section 33: Birth Year '06-'07 - U11

Indoor Soccer Fees:

Birth Year '12 - U5: \$70
Birth Year '11 - U6: \$70
Birth Year '10 - U7: \$80
Birth Year '08-'09 - U9: \$90
Birth Year '06-'07 - U11: \$90

OUTDOOR SOCCER #212305

Registration deadline February 28th, 2017

Our outdoor soccer program is divided into two sessions, an 8 week fall session and a 6 week spring session. Players placed on a fall 2016 team will remain with that team through the following spring 2017 season and do not need to re-register. Players may register now for the spring and will be placed on existing fall teams **if there are spots available**. New Spring only teams may be formed if enough players register in any given league.

Games and Practices:

Practices take place during the week with games on Saturdays and occasionally on a weeknight. Younger teams generally play Saturday mornings and older teams play throughout the day.

U9 through U15 teams play in the Suburban Recreational Soccer League (SRSL) and play home games in Broadview Heights and away game in nearby communities such as Seven Hills, Parma and Middleburg Hts. Games are played throughout the day Saturdays with an occasional weekday game.

Co-Rec*

Section 00: Birth Year '12 - U5
Section 01: Birth Year '11 - U6
Fees: Member \$45, Resident \$50, Non Res \$60

Section 02: Birth Year '10 - U7
Fees: Member \$75, Resident \$80, Non Res \$90

Boys*

Section 04: Birth Year '08-'09 - U9
Section 06: Birth Year '06-'07 - U11
Section 08: Birth Year '04-'05 - U13
Section 10: Birth Year '02-'03 - U15

Girls*

Section 03: Birth Year '08-'09 - U9
Section 05: Birth Year '06-'07 - U11
Section 09: Birth Year '04-'05 - U13
Section 11: Birth Year '02-'03 - U15

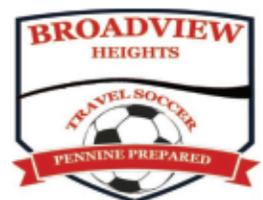
Fees: Member \$75, Resident \$80, Non Res \$90

Broadview Heights Travel Soccer

Through our partnership with the Pennine United Soccer Club Broadview Heights travel players will be exposed to a consistently higher level of training, certified professional coaching and a structured path to a successful youth soccer career. Teams will compete locally against other Northeast Ohio travel teams.

Our partnership with the Pennine United Soccer Club provides Broadview Heights travel players high level training and coaching by certified, professional coaches on the Pennine staff. The Pennine United Soccer Club is one of the most respected premier level soccer clubs in the area with currently over 20 boys and girls teams ranging from U8 to U18.

For additional information about the Pennine United Soccer Club, their staff and philosophy, you can visit their website at www.penninesoccerclub.com or contact the owner Wayne Jentas at: wjentas@penninesoccerclub.com.



***The US Soccer Federation and US Youth Soccer have mandated that all soccer organizations in the US convert their age sections into birth year sections rather than school year or other dates. In order to comply with this mandate while also ensuring our players can continue to play in the leagues they have been in the past, Broadview Heights Recreation and the Suburban Recreational Soccer League in which we play, have changed our age sections to more closely match our previous divisions.**

ADULT EXERCISE ACTIVITIES

PRESCRIPTION FITNESS TRX

TRX Adult Group Exercise Class!

Born in the Navy SEALs, suspension training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a performance training tool that leverages gravity and the user's body weight to complete 100's of exercises. Minimum 3, maximum 10.

Dates: 6 week course runs Mondays, Thursdays and Saturdays. Cost is \$79 once/week, \$149 2x's/week, or \$219 3x's/week
Drop in fee \$15

Sessions:

Mondays, 7:00PM-8:00PM

Session 1 - 9/19-10/24

Session 2 - 10/31-12/5

Session 3 - 12/12-1/16 (no class 12/19, fees adjusted)

Session 4 - 1/23-2/27

Session 5 - 3/6-4/3 (4 week session, no class 3/27, fees adjusted)

Wednesdays, 7:00PM-8:00PM

Session 1 - 9/21-10/26

Session 2 - 11/2-12/7

Session 3 - 12/14-1/18 (no class 12/21, fees adjusted)

Session 4 - 1/25-3/1

Session 5 - 3/8-4/5 (4 week session no class 3/29, fees adjusted)

Saturdays, 8:50AM-9:50AM

Session 1 - 9/24-10/29

Session 2 - 11/5-12/10

Session 3 - 12/17-1/21

Session 4 - 1/28-3/4

Session 5 - 3/11-4/15

TRX is taught by Prescription Fitness staff. To sign up for training, schedule a class or for more information please call 440-552-6729 or visit www.prescription-fitness.com



INDOOR GOLF SIMULATOR

The Broadview Heights Parks & Recreation Department offers an indoor golf facility complete with the top of the line Full Swing Golf Simulator. Now you can golf the world's most luxurious courses right at the Broadview Heights Recreation Center! Golf Broadview Heights also has a driving range & putting green.

RESERVATIONS: Reservation forms are available at the front desk at the Recreation Center. Reservations are subject to availability. Recreation Department activities have priority in scheduling over reservations. Person making the reservation must be age 18 or older and is liable for any and all damages. Any participants under the age of 14 must be supervised by a parent/guardian at all times. Reservations can also be made by calling the Recreation Center at 440-838-4522

FOOD & BEVERAGES: You are welcome to bring in food and non-alcoholic beverages.

HOURLY RATES: Rates listed are per hour regardless of number of players. Minimum 1-hour rental. It takes approximately 1 hour for 2 players to finish 9 holes and approximately 3 hours for 4 players to complete 18 holes. Please reserve enough time for your group to complete the course.

FEES PER HOUR:

9/1-5/31

Member \$15

Resident \$20

Non-Resident \$25

FEES PER HOUR:

6/1-8/31. Discounted Summer Rates!

Member \$8

Resident \$10

Non-Resident \$13

FULL SWING GOLF



Check out our Youth Golf lessons on page 9!



We specialize in the following:

- Adult Weight Loss Programs
- Speed and Strength Training for Youth Athletes in Grades 4-12
- Post Rehab Exercise Programs
- Sport Specific Training

We work hard, have fun, and get results. See you at the top!

Why Do We Stand Out From Other Trainers? Look no further than these two main differences.

***Our Staff** - We have dozens of trainers on staff with national certifications, degrees and outstanding athletic resumes. Most other trainers do not have this level of certification from their entire staff! We will have a trainer to fit your needs.

***Accountability** - We will call, text, or email through the week to keep you on track and on top of your goal!

Can I afford to hire "The Prescription Fitness Team" with a limited budget?

*** Yes!** We fit every budget! Through designing days to do on your own and mixing and matching our services we will meet your goals and pocketbook.

Check out www.prescription-fitness.com or
call 440-552-6729 for more details.

Work at YOUR Pace for YOUR needs at YOUR Budget!
Stop in and Meet Our Team Today!



Kerrie



Tom



Joe



Stephen



Beth



Jubilee



Nick



Mike



Keri

Please note: Anyone age 12 and under can only utilize the fitness center with a Prescription Fitness Trainer. 13 and 14 year olds must take the Youth Fitness Training class prior to using the fitness center independently. For information on the Youth Fitness Training class please contact Ryan at rmeyer@broadview-heights.org.

SPINNING



www.spinning.com

Why Spin? Maybe it's because you'll torch an average of 500 calories per 40-minute ride. Or maybe it's because regardless of your fitness level, you'll get a heart pounding yet low-impact workout while maintaining the ability to go at your own pace. Whatever the reason, millions worldwide have found a lot to love about the Spinning® program. The Spinning program is the original and most popular group cycling class. And it's not just because Spinning is an unmatched way to make your fitness goals a reality. With no complicated moves to learn, a motivating group environment, top-notch instructors and music that begs your legs to pedal, you'll find yourself having a blast while you ride your way to a leaner, stronger body. Most classes are 45 minutes. Rider must be at least 4'11" tall to ride. Class minimum 3, maximum 11. What to Bring: a water bottle, a towel for you, a towel to clean your bike, and a heart rate monitor (optional).

New Participants: Take a FREE Spinning class! Our Ticket to Ride program lets you try it free! Visit www.spinning.com, type in our zip code, click on the Ticket to Ride Symbol by our facility listing to generate and print your ticket. Offer good for new participants only, one per person.

Spinning® PASS

This pass is good for all Spinning® classes. Passes are good for 1 year from the date of purchase. Passes are non-transferable and non-refundable. At the time of the package purchase, you can reserve the dates & times of classes you wish to attend. You can also call in at any time after you have purchased a pass to reserve a spot in a class. Please reserve your space early to avoid having a class you want to attend be cancelled. You must check in and obtain a receipt at the front desk prior to each class. This receipt must be turned in to the instructor at the start of each class. In the event you are unable to attend a class that you have reserved a bike for, you must move your name to a new roster a minimum of 24 hours in advance. This can be done in person or by calling 440-838-4522. If your name is on the list 24 hours prior to the class, a visit will be deducted from your pass regardless of attendance. There are no exceptions to this rule, other than with a doctor note due to injury or illness.

FEES:

5 Class Pass	10 Class Pass	20 Class Pass
Fees: Member \$25, Non-Member \$27	Member \$47, Non-Member \$50	Member \$90, Non-Member \$95

*Fees current as of September 1st, 2016.
Drop in Fees: Member \$6, Non-Member \$7

You must register at the front desk where you will obtain a receipt. Each participant must turn their receipt in to the instructor at the start of the class. Drop-ins are permitted on a first come first serve basis. You cannot sign up for a specific class in advance when paying the drop-in rate. You can only drop-in on classes that have a space open starting 30 minutes prior to the class. You must pay at the time you reserve your space for the day.

SCHEDULE OF REGULAR CLASSES*:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
6:30PM	6:00PM 7:00PM	10:00AM 6:30PM	6:00PM	10:00AM	8:00AM* 9:00AM	9:00AM 10:00AM*

***Schedule and Instructor subject to change** Please visit www.bhrec.org for up to date information.

Please Note: Classes with less than 3 people registered in advance are subject to cancellation. We reserve the right to cancel any class up to 24 hours prior to the start of the class based on participation. You will receive a phone call if a class you have signed up for is cancelled. Please sign up as early as you can! If you have any questions, comments or concerns about this program, please contact Recreation Manger, Ryan Meyer at 440-717-4019.

*Additional times added in the fall, check www.bhrec.org for the most up to date schedule.

LEARN TO SPIN CLASS #222316

Interested in Spinning but afraid to take a class?

This class is for you! Learn the proper technique and form and get accustomed to the spinning bike with instructor Pam Benedict.

Mondays

10:00AM-10:30AM

Session 01: 9/12-10/3

Session 02: 10/17-11/7

Session 03: 11/28-12/19

Session 04: 1/9-1/30

Session 05: 2/13-3/6

Fees: \$15

ADULT SPORTS/CLASSES

SOFTBALL FOR ADULTS

Spring Softball for Adults

Thank you to all teams registered for fall softball as we are currently full and not accepting new teams at this time. Please see information below for spring softball and be sure to register early to secure your spot. Good luck to our fall players.

Men's and Co-Ed Adult Softball starting late April and running through mid-August. Doubleheaders once per week on Sundays. Men's games are played Sunday mornings and Co-Ed games are played Sunday afternoons. There is no residency rule. We will supply the balls. There are a limited number of spots available for teams. Registration is by team only. Entry fee: \$525 payable to City of Broadview Heights with \$100 of this fee due before the first league meeting to save your team a spot. This will be deducted from entry fee. Non-refundable. Balance will be due at the first meeting in March. Teams are also required to pay \$100 forfeit fee payable to cash and a \$30 sanction fee payable to ISA for insurance costs. Umpire fees are \$17.50 per team per game or \$35 for doubleheaders paid on the field. All fees must be paid by April 1st and there will be no refunds after this date. New teams must post a \$100 deposit which comes off the final fee of \$525. For additional information and to register your team, contact Glenn Cassaro at gccassaro@aol.com by April 1st. Three separate checks for all fees. Mail checks to Glenn Cassaro, 8685 Treetop Hill, Broadview Heights 44147. For questions email Glenn at gccassaro@aol.com.

TAI CHI

#222312

This Tai Chi program works each student through a series of slow moving meditative like movements designed to improve balance, flexibility and leg strength while promoting relaxation and energizing the body. This feel good exercise class is for all ages and body conditions. Each student will be instructed to perform the movements to the best of their current capability. Tai Chi is fun to do and creates great awareness of the mind/body connection. Classes are held once a week for 5 weeks.

Saturdays 10:00AM-11:00AM

Section 01: 9/10-10/8

Section 02: 10/22-11/19

Section 03: 1/7-2/4

Section 04: 2/18-3/18

Fees: Member \$35, Resident \$40, Non-Resident \$45



SMILE

The SMILE Program is a low-intensity exercise class designed specifically for physically inactive older adults who may be limited in their mobility, but the program is also beneficial for older people who are healthier and more active! Come join us from 10:00AM-10:45AM every Tuesday and Thursday at Broadview Center. This program is administered by the Human Service Department. For info, contact Amy at 440-526-4685.

PICKLEBALL

Pickleball is a sport that is able to cross many boundaries that most other sports cannot. A combination of traditional tennis played with a "wiffle" style ball and wooden paddle on a smaller court. The sport is aggressive but allows players the ability to take a less aggressive modification that can make the game more comfortable for the average player.

Indoor Open Pickleball is held Monday, Tuesday, Thursday and Friday afternoons from 11:30AM to 2:30PM October through April at the Broadview Heights Gymnasium. Indoor play will not take place when North Royalton or Brecksville Broadview Heights Schools are closed. Play is open and free to Recreation Center Members and \$3 per use for non-members.

Outdoor Open Pickleball is held Tuesday and Thursday mornings from 9am to noon and Wednesday evenings from 6PM to 8PM, May through September. Please visit our website at www.bhrec.org for the most up to date information. Open play is free and open to all on our outdoor court located at 8938 Broadview Road.

PICKLEBALL CLASSES

#222314

New to the game of Pickleball? Want to learn the ropes in a fun, easy-going environment? Take a class! Classes are taught by Rich Abston. Classes held indoors at the Broadview Heights Recreation Center Gymnasium. Classes meet once a week for 5 weeks.

Wednesdays 7:30PM-8:30PM

Session 01: 9/21-10/19

Fees: Member \$40, Resident \$45, Non-Resident \$50

PICKLEBALL LEAGUE

#222314

Interested in taking your pickleball game to the next level? Want to meet new friends and simply enjoy the game of pickleball more? Our fall/winter pickleball leagues are for you! We will offer a fall and winter season for advanced players. If we get enough interest we will expand the league. You will play 7 weeks of games with and against each person in the league. At the end of 7 weeks we will drop your lowest score and the tournament will be held during week 8 with seeding based on league scores. Scores will be updated online and emailed to members each week. There will be medals awarded to everyone after the tournament has concluded. For more information contact Recreation Manager Ryan Meyer at Rmeyer@broadview-heights.org.

Fall League -03

Sundays 8:30AM-11:30AM
9/18-11/6

Winter League -04

Sundays, 8:30AM-11:30AM
1/8-2/26

Fees: Member \$75, Resident \$85, Non-Resident \$95



BROADVIEW HEIGHTS FLEX PASS/SILVERSNEAKERS

In order to participate in the following classes, you can either pay a drop-in fee or purchase a FLEX PASS for multiple visits to any of these programs listed below! Many of these classes are offered at no charge to SilverSneakers members. See description below for SilverSneakers Classes. Classes included in FLEX PASS are listed below. Please check www.bhrec.org or visit the front desk for any updates, changes, cancellations, etc. Passes are NON-REFUNDABLE, NON-TRANSFERABLE, & CANNOT BE SHARED.

SilverSneakers/Silver & Fit members will need a Flex Pass for Aquacise Aerobics, AquaFit and Fit After 50. The following classes will be cancelled if the Brecksville Broadview Heights Schools are closed due to weather: Classic, Splash, Cardio, Balance and Yoga.

FLEX PASS FEES

PASS	5 classes	10 classes	20 classes
Members	\$30	\$50	\$80
Residents	\$35	\$60	\$100
Non-Residents	\$40	\$70	\$120
Seniors 60+	\$20	\$30	\$50

DROP IN FEES

Members	\$8
Residents	\$9
Non-Residents	\$10
Seniors 60+	\$6



The City of Broadview Heights is a participating member of both the Healthways SilverSneakers and Silver & Fit Health and Fitness programs. If eligible, either program will provide members with the benefits below. Please contact your insurance company for information on eligibility for these programs.

*A free fitness center membership at the Broadview Heights Recreation Center with access to conditioning classes, exercise equipment, pool, sauna and other amenities.

*Access to any participating location throughout the U.S. while traveling.

*Customized classes designed exclusively for older adults who want to improve their strength, flexibility, balance and endurance.

*Health education seminars and other events that promote the benefits of a healthy lifestyle.

*A specially trained Senior Advisor at our facility to introduce you to our programs!

BALANCE CLASS

Regain your sense of balance and help prevent balance related falls and injuries. A chair will be provided for added support. Class limit 15. Tuesday, 9:00AM-9:45AM. *This class is offered at no charge to SilverSneakers Members.*

SILVERSNEAKERS CLASSIC

Ongoing exercise program held every week in our Gym! Have fun and move to the music through a variety of exercises designed to improve muscular strength and range of motion. Light weights and chairs will be provided. M/W/F 10:00AM-11:00AM. *This class is offered at no charge to all.*

SENIOR SPLASH

Activate your urge for variety! Splash offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required and a special SilverSneakers kickboard is used to develop strength, balance and coordination. Class limit is 15. M/Th Noon-1:00PM. *This Class is offered at no charge to SilverSneakers Members.*

SENIOR CARDIO

Get up and GO with an exercise program that was designed for you-safe, heart healthy and perfect on the joints. The workout includes easy to follow low impact movement, upper body strength, lower body movement and stretching. Please bring your own mat or towel. Class limit is 20. T/Th 10:00AM-10:45AM & M/W/F from 9:00AM-9:45AM. *This Class is offered no charge to SilverSneakers Members.*

SENIOR YOGA

Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity. Tu/Th 11:00AM-11:45AM. *This class is offered at no charge to SilverSneakers Members.*

AQUACISE AEROBICS

This is a fun-filled cardiovascular workout along with muscle toning and strengthening. The class will also incorporate various water exercise equipment into each session. A certified instructor will teach this class. Class limit is 15. M/W/F 9:00AM-10:00AM. Time changes to 8:00AM-9:00AM starting June. *This is NOT a SilverSneakers Class.*

AQUAFIT

60 minute aquatic exercise program designed to improve endurance, heart health, strength and flexibility. Class incorporates various types of resistance and weight training equipment provided by the facility. The water alleviates impact thereby protecting joints while allowing for a full body workout. No swimming experience necessary. M/W 6:00PM-7:00PM. *This is NOT a SilverSneakers Class.*

FIT AFTER 50

Fit After 50 is a safe, easy and effective exercise class for individuals who have not exercised on a regular basis, or who are recuperating from a medical condition. Improving balance, enhance flexibility, regenerate muscle tone, improve bone density, reduce fall risk. Fit After 50 will keep you healthy and enjoying life. M/F 9:00AM-10:00AM. *This is NOT a SilverSneakers Class.*

ADULT FITNESS CLASSES

AOK! FITNESS CLASSES

FEES	5 classes	10 classes	3 Month unlimited
Members	\$35	\$60	\$120
Residents	\$40	\$70	\$130
Non-Residents	\$45	\$80	\$140
Seniors 60+	\$25	\$40	\$100

Purchasing your AOK! group fitness pass is easy with flexible package rates. Stop by the front desk prior to the scheduled class to get signed up or you can email us at Rmeyer@broadview-heights.org for answers to all your questions about our classes. All equipment will be provided.

Drop In Fees: Members \$10, Residents \$11, Non-Residents \$12, Seniors 60 and up \$8

ZUMBA

Tuesdays/Thursdays 7:00PM – 7:45PM &
Saturdays 10:30AM-11:15AM

If you're looking for a fun way to shed pounds and tone up, your ticket to a slimmer figure may start with a Z. Zumba feels more like a dance party than a workout. With easy to follow Latin Fusion steps its great cardio for all levels and no dance experienced required!

YOGA

Wednesdays 6:45PM – 7:30PM

We will practice yoga to discover the amazing ability of the body to move, balance, lift, and support. You will increase the ability of the mind for mid-week stress relief.

BARRE-PILATES CORE

Wednesdays 6:00PM – 6:45PM

This workout combines high energy, low impact & fat-burning exercises based on the elements of Pilates, Ballet & Resistance Training to increase joint flexibility and improve posture while creating a sleek form.

R.I.P.P.E.D.

The name explains everything you'll get from this 50 to 60 minute class! Resistance, Intervals, Power, Plyo and Endurance with MMA style! It's Cardio! Weights! Fun & Done! You'll love this one stop body shock! More information on dates and times for this class will be available online at www.bhrec.org.

POUND

Mondays 6:15PM – 7:00PM

a full body cardio jam session combining light resistance with constant simulated drumming. A full body calorie burn that will strengthen and sculpt. Ripsticks for drumming will be provided.

AOK! FITNESS PASS CLASS Usage and Package Policies:

All AOK! Pass Class purchases/drop-ins must be made prior to class start. Please present valid Pass or drop-in receipt to instructor for admittance. A valid Driver's License or State Issued picture ID must be presented along with Valid 3 Month Unlimited AOK! Fitness Class Pass. There are no refunds when a class is changed or cancelled. Passes are NON-REFUNDABLE, NON-TRANSFERABLE & CANNOT BE SHARED. NO EXCEPTIONS. 5-class pass valid 5 weeks, 10-class pass valid 10 weeks, 3-month unlimited pass valid 3 months from date of purchase.



BODY SCULPTING

Get fit with this one-hour cardiovascular strength-training class designed to make you lean and defined. Sculpt and tone muscles, strengthen your core by using just one set of 5 lb. dumbbells. Bring a set of 3-5 lb dumbbells, an exercise mat and stretch band to class. Eight, one-hour classes in each section. Weekday classes run 4 weeks (8 classes), weekend classes run 8 weeks (8 classes).

**Monday & Wednesday Mornings 9:30AM-10:30AM
or Monday & Wednesday Evenings 6:30PM-7:30PM**

9/21-10/24 (no class 10/3, 10/10)

10/26-11/21

11/28-1/4 (no class 11/23, 12/21, 12/26, 12/28, 1/2)

1/9-2/6 (no class 1/16)

2/13-3/13 (no class 2/20)

3/20-4/12

Saturdays 9:30AM - 10:30AM

9/24-11/12

12/3-2/4 (no class 11/26, 12/24, 12/31)

2/11-4/1

Fees: \$55 per 8 Class Term

Register online at
www.flexcity.com.



JAZZERCISE

Jazzercise is a pulse-pounding, beat pumping fitness program that gets you results...fast. It's a dance party with a hot playlist that will get you moving.

M/W	8:00AM
T/TH/F	9:15AM
M/W	4:30PM
T/TH	5:30PM
M/W	6:00PM
Sat.	9:00AM
Sun.	12:30PM (Jan. - March)

One class pass is \$15. Monthly passes available.

For more information contact Paula Hradisky
doujazz2@yahoo.com or 440-278-9206.

jazzercise®

AQUATICS

The pool will be closed August 21st - September 5th for annual cleaning and maintenance. We will re-open September 6th. Open Enrollment! Sign up anytime in person at the Recreation Center or online at www.bhrec.org. Contact Aquatics Manager, Amanda Lemp, at Alemp@broadview-heights.org with any questions.

INFANT/TODDLER & PRESCHOOL

Starfish, Seahorse, Redfish, Orangefish

Ages 6 Months to 4.99 Years

Fees:	6 Classes	7 Classes
Member	\$38	\$43
Resident	\$43	\$48
Non-Resident	\$53	\$58

STARFISH (infants) #210107

Ages 6 to 18 months. The Starfish class is for children who are and have no water experience. The goals of Starfish are to provide experiences and activities for parents and children to: Learn how to enter and exit the water in a safe manner, feel comfortable in the water, submerge, explore buoyancy in a front and back position, and change body position in the water. Parents must be in the water with the child.

SEAHORSES (toddlers) #210108

Ages 18 to 36 months. The Seahorse class builds upon the skills learned in Starfish. The goals of the class are to learn how to enter and exit the water in a safe manner, feel comfortable in the water, submerge in a rhythmic pattern, explore buoyancy in a front and back position, and perform combined stroke on front and back. Parents must be in the water with the child.

REDFISH (preschool) #210109

Ages 3-4.99 years old. This level promotes water safety and swimming readiness. Floating, blowing bubbles, acclimation to the water as well as socialization skills. They will be introduced to submerging their faces, retrieving objects, arm action for treading water and rolling over from front to back. Parents DO NOT enter the water.

ORANGEFISH (preschool) #210110

Ages 3-4.99 years old. Before entering this class, children must be able to float on their front and back for 5 seconds unassisted. This level will help the child be more comfortable in the water and gain independence with new water skills. They will learn bobbing, front and back glides, arm/leg action for treading water and combined arm and leg action on their front and back. Student must be comfortable in deep water as part of the class will be taught in the deep end.

INTERMEDIATE SWIMMING COURSES

Minnows, Otters, Sharks, Whales & Stroke

Refinement. Ages 5+

Fees:	6 classes	7 classes
Member	\$44	\$49
Resident	\$49	\$54
Non-Resident	\$59	\$64

MINNOWS #210101

The students learn to float on their front and back unassisted, retrieve objects, work on face submersion, and be introduced to proper arm/leg movement for treading water. Learn front and back crawl basics, kicking, and improve skills and coordination. Students must be comfortable in deep water to pass the class.

OTTERS #210102

Students will begin to build up endurance in their front and back crawl. To pass out of this course, they must be able to swim the width of the pool doing both front and back crawl with some ease along with rhythmic breathing. Child should be comfortable in the deep water. They will continue working on treading water, front and back crawl with endurance and combination skills.

SHARKS #210103

Students must be able to demonstrate the front and back crawl for at least 10 yards. They must also be able to tread water for 30 seconds and be comfortable in deep water since the class is taught in the 5 feet section. The objective of Sharks is to work on front crawl and back crawl. The elementary backstroke and elements of sidestroke will be introduced.

WHALES #210104

Students must be able to perform the front crawl with the rhythmic breathing. They must understand the concept of the back crawl, sidestroke, and elementary backstroke. They will need to be able to demonstrate these skills. They will be introduced the breaststroke and continue to work on the front and back crawl. Students will learn elements of the butterfly.

LEVEL 5 #210105

Students must be able to demonstrate the front crawl, back crawl, elementary backstroke, sidestroke and breaststroke. They will be learning butterfly. Students will be swimming longer distances and will learn the turns for competitive swimming. Student will be working on endurance and butterfly.

LEVEL 6 #210106

Students will continue to build on refining their skills. All strokes will be reviewed with increased on the breaststroke and butterfly. Students will be working on endurance, fitness swimming, turns, and safety skills.



AQUATICS: INFANT, TODDLER & PRESCHOOL

See descriptions on page 22 to determine correct class placement and fees

STARFISH #210107

Tuesdays/Thursdays (all 7 classes unless otherwise noted)		
A	9/6-9/27	4:20-4:50PM
B	10/4-10/25	4:20-4:50PM
C	11/1-11/22	4:20-4:50PM
D	11/29-12/20	4:20-4:50PM
E	1/3-1/24	4:20-4:50PM
F	1/31-2/21	4:20-4:50PM
G	2/28-3/21	4:20-4:50PM
Saturdays		
H	9/10-10/22	8:45-9:15AM
I	10/29-12/17 (no class 11/26)	8:45-9:15AM
J	1/7-2/18	8:45-9:15AM
K	2/25-4/1 (6 classes)	8:45-9:15AM

SEAHORSES #210108

Tuesdays and Thursdays (all 7 classes unless otherwise noted)		
A	9/6-9/27	4:20-4:50PM
B	10/4-10/25	4:20-4:50PM
C	11/1-11/22	4:20-4:50PM
D	11/29-12/20	4:20-4:50PM
E	1/3-1/24	4:20-4:50PM
F	1/31-2/21	4:20-4:50PM
G	2/28-3/21	4:20-4:50PM
Saturdays		
H	9/10-10/22	9:20-9:50AM
I	10/29-12/17 (no class 11/26)	9:20-9:50AM
J	1/7-2/18	9:20-9:50AM
K	2/25-4/1 (6 classes)	9:20-9:50AM

REDFISH #210109

Tuesdays/Thursdays (all 7 classes unless otherwise noted)		
A	9/6-9/27	4:20-4:50PM
B	9/6-9/27	5:25-5:55PM
C	10/4-10/25	4:20-4:50PM
D	10/4-10/25	5:25-5:55PM
E	11/1-11/22	4:20-4:50PM
F	11/1-11/22	5:25-5:55PM
G	11/29-12/20	4:20-4:50PM
H	11/29-12/20	5:25-5:55PM
I	1/3-1/24	4:20-4:50PM
J	1/3-1/24	5:25-5:55PM
K	1/31-2/21	4:20-4:50PM
L	1/31-2/21	5:25-5:55PM
M	2/28-3/21	4:20-4:50PM
N	2/28-3/21	5:25-5:55PM
Saturdays		
O	9/10-10/22	9:25-9:55AM
P	9/10-10/22	NOON-12:30PM
Q	10/29-12/17 (no class 11/26)	9:25-9:55AM
R	10/29-12/17 (no class 11/26)	NOON-12:30PM
S	1/7-2/18	9:25-9:55AM
T	1/7-2/18	NOON-12:30PM
U	2/25-4/1 (6 classes)	9:25-9:55AM
V	2/25-4/1 (6 classes)	NOON-12:30PM

ORANGEFISH #210110

Tuesdays/Thursdays (all 7 classes unless otherwise noted)		
A	9/6-9/27	4:55-5:25PM
B	10/4-10/25	4:55-5:25PM
C	11/1-11/22	4:55-5:25PM
D	11/29-12/20	4:55-5:25PM
E	1/3-1/24	4:55-5:25PM
F	1/31-2/21	4:55-5:25PM
G	2/28-3/21	4:55-5:25PM
Saturdays		
H	9/10-10/22	8:50-9:20AM
I	9/10-10/22	NOON-12:30PM
J	10/29-12/17 (no class 11/26)	8:50-9:20AM
K	10/29-12/17 (no class 11/26)	NOON-12:30PM
L	1/7-2/18	8:50-9:20AM
M	1/7-2/18	NOON-12:30PM
N	2/25-4/1 (6 classes)	8:50-9:20AM
O	2/25-4/1 (6 classes)	NOON-12:30PM

PRIVATE SWIM LESSONS

The Broadview Heights Recreation Center is offering private and semi-private lessons for all ages and abilities. These will be set-up with each individual instructor by the Aquatics Manager. Please contact Amanda Lemp at alemp@broadview-heights.org for more information. The fees are listed below and will be offered in pack-ages only.

Private, 5 lesson pack - ½ hour lesson

Fees: Member \$105, Resident \$110, Non-Resident \$115

Semi-Private (2 children from the same family in the water at the same time) - 5 lesson pack - ½ hour lesson

Fees: Member \$140, Resident \$150, Non-Resident \$160



AQUATICS: LEVEL 1-6

See descriptions on page 22 to determine correct class placement and fees

MINNOWS #210101

Tuesdays/Thursdays (all 7 classes unless otherwise noted)

A	9/6-9/27	5:00-5:50PM
B	10/4-10/25	5:00-5:50PM
C	11/1-11/22	5:00-5:50PM
D	11/29-12/20	5:00-5:50PM
E	1/3-1/24	5:00-5:50PM
F	1/31-2/21	5:00-5:50PM
G	2/28-3/21	5:00-5:50PM

Saturdays

H	9/10-10/22	10:00-10:50AM
I	9/10-10/22	11:00-11:50AM
J	10/29-12/17 (no class 11/26)	10:00-10:50AM
K	10/29-12/17 (no class 11/26)	11:00-11:50AM
L	1/7-2/18	10:00-10:50AM
M	1/7-2/18	11:00-11:50AM
N	2/25-4/1 (6 classes)	10:00-10:50AM
O	2/25-4/11 (6 classes)	11:00-11:50AM

OTTERS #210102

Tuesdays/Thursdays (all 7 classes unless otherwise noted)

A	9/6-9/27	6:00-6:50PM
B	10/4-10/25	6:00-6:50PM
C	11/1-11/22	6:00-6:50PM
D	11/29-12/20	6:00-6:50PM
E	1/3-1/24	6:00-6:50PM
F	1/31-2/21	6:00-6:50PM
G	2/28-3/21	6:00-6:50PM

Saturdays

H	9/10-10/22	11:00-11:50AM
I	10/29-12/17 (no class 11/26)	11:00-11:50AM
J	1/7-2/18	11:00-11:50AM
K	2/25-4/1 (6 classes)	11:00-11:50AM



SHARKS #210103

Tuesdays/Thursdays (all 7 classes unless otherwise noted)

A	9/6-9/27	7:00-7:50PM
B	10/4-10/25	7:00-7:50PM
C	11/1-11/22	7:00-7:50PM
D	11/29-12/20	7:00-7:50PM
E	1/3-1/24	7:00-7:50PM
F	1/31-2/21	7:00-7:50PM
G	2/28-3/21	7:00-7:50PM

Saturdays

H	9/10-10/22	9:00-9:50AM
I	10/29-12/17 (no class 11/26)	9:00-9:50AM
J	1/7-2/18	9:00-9:50AM
K	2/25-4/1 (6 classes)	9:00-9:50AM

WHALES #210104

Tuesdays/Thursdays (all 7 classes unless otherwise noted)

A	9/6-9/27	6:00-6:50PM
B	10/4-10/25	6:00-6:50PM
C	11/1-11/22	6:00-6:50PM
D	11/29-12/20	6:00-6:50PM
E	1/3-1/24	6:00-6:50PM
F	1/31-2/21	6:00-6:50PM
G	2/28-3/21	6:00-6:50PM

Saturdays

H	9/10-10/22	11:00-11:50AM
I	10/29-12/17 (no class 11/26)	11:00-11:50AM
J	1/7-2/18	11:00-11:50AM
K	2/25-4/1 (6 classes)	11:00-11:50AM

STROKE REFINEMENT #210105

Tuesdays/Thursdays (all 7 classes unless otherwise noted)

A	9/6-9/27	6:00-6:50PM
B	10/4-10/25	6:00-6:50PM
C	11/1-11/22	6:00-6:50PM
D	11/29-12/20	6:00-6:50PM
E	1/3-1/24	6:00-6:50PM
F	1/31-2/21	6:00-6:50PM
G	2/28-3/21	6:00-6:50PM

Saturdays

H	9/10-10/22	10:00-10:50AM
I	10/29-12/17 (no class 11/26)	10:00-10:50AM
J	1/7-2/18	10:00-10:50AM
K	2/25-4/1 (6 classes)	10:00-10:50AM

AQUATICS: CLASSES

LIFEGUARDING

#210112

This lifeguard course is instituted by the American Red Cross. Upon successful completion, you will receive the following certifications: Lifeguarding, First Aid, CPR for the Professional Rescuer, Automatic External Defibrillator, and Preventative Disease Transmission. The National American Red Cross states you must be 15 years old by the END of the class. You will come in prior to class for a water test. Anyone failing this water test will receive a refund. NO REFUNDS after the first day of class. All classes are mandatory - no exceptions. Cost covers your books and the American Red Cross fee. Please bring extra towels, a bathing suit, writing utensils, highlighter and paper to each class. If you have any questions please call the Aquatics Manager, Amanda Lemp, at 440-717-4026. Class Limit 8.

Fall

Saturdays

Time: 9:00AM-1:00PM

Section A - 9/17-10/15

Pre-Register by 9/13/16

Spring Break

Monday through Thursday

Time: 8:30AM-3:30PM

Section B - 4/10-4/13

Pre-Register by 4/3/17

Fee:

Member \$230

Resident \$235

Non Resident \$240

BLUE THUNDER SWIM TEAM

#210124

Fall/Winter/Spring Conditioning

This team will concentrate on fundamental principles of a swimming in a competitive nature and build on their stroke techniques and endurance. We want to instill values and team spirit as they progress through the season. We will be offering this to all children ages 5 and up. All Swimmers must be able to swim 1 length of the pool using the front crawl. Practices will be Tuesday and Thursday evenings from 7PM to 8PM.

Section 1 – 9/6-9/27

Section 2 – 10/4-10/25

Section 3 – 11/1-11/22

Section 4 – 11/29-12/20

Section 5 – 1/3-1/24

Section 6 – 1/31-2/21

Section 7 – 2/28 -3/21

Fees: Member \$70, Resident \$75, Non-Resident \$80

WATER SAFETY INSTRUCTOR

#210113

This course trains instructor candidates to teach all American Red Cross swimming & safety courses except Lifeguarding. Participants will be trained in a "hands on" structure of teaching. Prerequisites: You must be 16 years old by the END of the class. Lifeguarding is NOT a prerequisite. All classes are mandatory - no exceptions. Cost covers your books and the American Red Cross fee. Please bring extra towels, a bathing suit, writing utensils, highlighter and paper to each class. If you have any questions please call the Aquatics Manager, Amanda Lemp, at 440-717-4026. Class Limit 8. You must pre-register for this class.

Saturdays

Time: 9:00AM-1:00PM

Section A - 10/29-12/3 (no class 11/26)

Pre-register by 10/19/16

Fees:

Member \$205

Resident \$215

Non-Resident \$225



BABYSITTING

#210117

This course teaches potential babysitters good leadership qualities and important decision-making skills. Each student needs to bring a baby doll to class for diapering and bottle-feeding. Pencil and paper are required for class. Age requirements are 11-16 years old. If you have any questions about this class contact the Aquatics Manager Amanda Lemp at 440-717-4026. Class Limit 12 – You must pre-register for this class by 1/10/2017. Must attend both days to receive a certification.

Saturdays

Time: 9:30AM-NOON

Section A - 1/21 & 1/28

Fees: Member: \$55, Resident: \$60, Non-resident: \$70

AQUATIC EXERCISE CLASSES

Please see page 20 for more information on our aquatic exercise classes such as Aquafit, Aquacise Aerobics, and Senior Splash! Classes are offered as part of our flex pass program and are sold in packs of 5, 10 and 20.

RECREATION CENTER RULES AND POLICIES

1. No food or drink in gym.
2. Only scuff-resistant shoes are permitted in gym.
3. No alcoholic beverages, smoking or vaping is permitted inside the Recreation Center.
4. Males under the age of 6 may use the women's locker room with an adult. There are no females permitted in the men's locker room at any time - please use the family locker room.
5. No one under the age of 15 may enter the fitness center, with the exception of 13 and 14 year olds who have taken the Youth Fitness Training course or those participating in personal training with our trainers.
6. Children under 13 years of age must be accompanied by a parent or guardian in all areas of the facility unless they are enrolled in an organized program or activity.
7. All children under age 7 MUST be accompanied by an adult in the water, within arms reach, at all times.
8. Proper fitness attire and footwear must be worn in the fitness center - no sandals, cut-offs, sports bras or jeans permitted.
9. The Broadview Heights Recreation Department is not responsible for lost or stolen articles. It is strongly recommended that you do not bring any valuables into the center. There are lockers in the locker rooms for your use, however, items may not be locked overnight. Any locks remaining at the end of the night will be cut off.
10. Read the pool rules and follow them accordingly.
11. Memberships are non-refundable and non-transferable.
12. Members must punch in their membership code at the front desk when using the pool and/or gymnasium. Members must punch in their code in the fitness center when using the fitness center.
13. Game room equipment must be signed out from and returned to the front desk.
14. The following activities will not be tolerated and may be subject to suspension, expulsion, and/or criminal prosecution:
 - A. Fighting
 - B. Foul language
 - C. Loitering (inside or outside)
 - D. Defrauding membership
 - E. Disorderly conduct
 - F. Damaging equipment or property
 - G. Disregarding the staffs' enforcement of the rules
15. No skateboards, skates or hoverboards permitted inside the Recreation Center.
16. The Broadview Heights Recreation Center Staff reserves the right to add, change or delete rules, which in our judgment, will help maintain a safe environment for your use and pleasure.

POOL RULES

At any time, a lifeguard can request a swim test for any swim participant under 13 who wishes to swim in the middle or deep sections of the pool. This test will consist of swimming the front crawl with face in the water the width of the pool without stopping.

1. NO DIVING PERMITTED IN THE POOL!
2. Only special swim diapers are permitted in the pool.
3. Soap showers are required before using the pool.
4. Persons with communicable diseases or infectious conditions such as open sores or eye infections shall not be permitted to use the pool.
5. Proper bathing attire required (swim suits are the only acceptable attire).
6. Spitting or polluting the pool water or related facility is prohibited.
7. Glass containers are not permitted in the pool area.
8. No eating in the pool area.
9. US Coast Guard Approved Life Jackets are permitted. An adult must be within arms reach of anyone utilizing a lifejacket. No other flotation devices are permitted.
10. Sandals are permitted on the deck all year - no athletic shoes on deck.
11. No running.
12. Children under age 13 years must be accompanied by an adult or guardian in the pool area.
13. Children under age 7 MUST be accompanied by an adult in the water at all times.
14. Please wait for the lifeguard to signal before entering the water.
15. Sauna is for adults 18 and over. All posted sauna rules must be followed.
16. Lifeguards are responsible for enforcing rules that in their judgment will help maintain a safe environment.
17. Failure to adhere to these and any other rules and policies may result in suspension, expulsion, or criminal prosecution.

SPLASH PARK RULES & REGULATIONS AVAILABLE ONLINE AT WWW.BHREC.ORG

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City of Broadview Heights
Parks & Recreation Department
9543 Broadview Road
Broadview Heights, Ohio 44147
440-838-4522

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Fall/Winter Recreation Center Hours: (October 1st through May 31st)

Monday through Friday	6:00AM - 10:00PM
Saturday	8:00AM - 8:00PM
Sunday	8:00AM - 3:00PM
Sunday (Jan.-Mar.)	8:00AM - 6:00PM

Spring/Summer Recreation Center Hours: (June 1st through September 30th)

Monday through Friday	6:00AM - 9:00PM
Saturday	8:00AM - 7:00PM
Sunday	8:00AM - 3:00PM

Hours subject to change. Call for pool and gym schedules for specific hours of operation.

Holiday Hours:

Closed Labor Day	9/5
Closed Thanksgiving Day	11/24
Open Day After Thanksgiving	6AM-Noon
Open Christmas Eve	6AM-Noon
Closed Christmas Day	12/25
Open New Years Eve	6AM-Noon
Closed New Years Day	1/1

Mayor:

Samuel J. Alai
SAlai@Broadview-Heights.org

Parks & Recreation Staff:

Paula Horner, Parks & Recreation Director
PHorner@Broadview-Heights.org
Ryan Meyer, Recreation Manager
RMeyer@Broadview-Heights.org
Gary Diehl, Parks & Athletic Manager
GDiehl@Broadview-Heights.org
Amanda Lemp, Aquatics and Fitness Manager
ALemp@Broadview-Heights.org
Diane Noga, Administrative Manager
DNoga@Broadview-Heights.org
Catherine Skuza, Administrative Assistant and SilverSneakers Advisor
CSkuza@Broadview-Heights.org
Julie Worsdall, Head Life Guard
JWorsdall@Broadview-Heights.org

Recreation Board Members:

Don Barich
Dave Dillo
Suzanne Lambert
Lori Siwik
Jerry Widenhofer

Council:

Council President, Robert Boldt	440-838-8318
President Pro Tem, George Stelmaschuk	440-590-6525
At-Large, Joe Price	440-838-1106
At-Large, Jennifer Mahnic	216-408-4310
At-Large, Glenn Goodwin	440-582-4663
Ward 1, Thomas Pavlica	440-526-8607
Ward 2, Brian Wolf	440-376-8848

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