

# **Seven Hills Community**

## **Recreation Center**

**7777 Summitview Drive**

**Seven Hills, OH 44131**

**Phone: 216-524-6262 Fax: 216-525-6229**



### **Spring & Summer 2011**

#### **Land Session Dates:**

**Spring: April 17th - May 28th**

**(Registration for Spring Begins 4/3/11)**

**Summer 1: June 5th - July 16th**

**(Registration for Summer 1 Begins 5/22/11)**

**Summer 2: July 24th - September 3rd**

**(Registration for Summer 2 Begins 7/20/11)**



#### **Hours of Operation**

**Mondays - Fridays 5:30am - 9:00pm**

**Saturdays 8:00am - 8:00pm**

**Sundays 12:00pm - 6:00pm**

*The Entire Recreation Center will be CLOSED beginning  
September 9th and will re-open September 19th.*

*See the Front Desk for Program Relocation Information.*

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### City of Seven Hills Community Recreation Center

*The Honorable Mayor David Bentkowski*

#### **Recreation Department: 216-524-6262**

Recreation Director	Joseph Shumay	ext. 401
Assistant Director	Jen Burger	ext. 402
Building Manager	Mark Kelly	ext. 403
Aquatics Director	Abby Szeszak	ext. 404
Front Desk Manager/ Rentals	Donna Camarati	ext. 400
Youth Programs Coordinator	Jo Ann Rencz	ext. 408

#### **Seven Hills City Council**

Ward 1	Michael C. Barth
Ward 2	Joseph M. Tripi, Sr.
Ward 3	Aaron Lobas
Ward 4	Peter Draganic
Council President	Richard P. Dell'Aquila
Council-At-Large	Caryl Lecznar
Council-At-Large	Frank J. Petro
Finance Director	Joe Hotchkiss
Law Director	Richard Pignatiello



## Membership Information

**CASH RATE - Applies to upfront, one-time payment with Cash, Check or MasterCard / Visa:**

### Resident Cash Rates:

Youth*	\$100
Teen W/ Parent* (Ages 13 - 17)	\$150
Teen W/Out Parent	\$200
Adult	\$200
Married Couple	\$325
Family of 4	\$375
Each Additional Child	\$35
Senior (62 + )	\$50
Disabled**	\$50
Resident Fulltime College Student	\$100

*\*Both Memberships must be purchased along with an Adult Membership.*

*\*\*Classified as Disabled by the State of Ohio.*

**Resident Daily Pass: \$5    Non-Resident Daily Pass: \$8**

***Resident Memberships require 2 proofs of residency to register and one to renew.***

### Non-Resident Cash Rates:

Individual	\$375
Married Couple	\$575
Family of 4	\$650
Each Additional Child	\$100

### Parma City School Employees / Clergy /

### Seven Hills Corporate Cash Rates:

Adult	\$300
Married Couple	\$500
Family of 4	\$575
Each Additional Child	\$100

Now Accepting Monthly Payments for Annual Memberships!

### Resident Rate Monthly Charge:

Youth*	\$13.35
Teen W/ Parent* (Ages 13 - 17)	\$17.50
Teen W/Out Parent	\$21.70
Adult	\$21.70
Married Couple	\$32.10
Family of 4	\$36.25
Each Additional Child	\$2.95
Resident Fulltime College Student	\$13.35

*2 Credit Card Numbers Needed For Monthly Memberships*

### Non-Resident Rate Monthly Charge:

Individual	\$36.25
Married Couple	\$52.95
Family of 4	\$59.20
Each Additional Child	\$8.95

### Parma City School Employees / Clergy

### Seven Hills Corporate Monthly Charge:

Adult	\$30.00
Married Couple	\$46.75
Family of 4	\$52.95
Each Additional Child	\$8.95

All Memberships Are Purchased For One Full Calendar Year.

## Recreation Center Policies

- A valid Seven Hills Community Recreation Center ID is required to gain access to the Recreation Center in order to receive Member pricing. Replacement ID's are available for a fee of \$5.  
**Resident Memberships require 2 proofs of residency to register and one to renew.**
- All non-members must be Seven Hills Residents **with proof of residency** or be accompanied by a member or resident. Members are limited to 2 guests and must arrive AND remain with the guests while they are in the building. The member assumes responsibility for their guests and must accompany their guests at all times.
- Children 10 years of age and younger must be accompanied by an adult in all areas of the facility. In the pool, children 5 years and younger must be accompanied by an adult **IN THE WATER**. Children ages 13 and under need to have an adult in the building.
- Children who are not potty trained are required to wear a Swim Diaper in the pool. They are available for purchase at the Front Desk.
- No outside equipment is permitted in the facility (pool floats, weights, etc...). Basketballs WILL now be allowed.
- Shoes must be worn at all times in the Recreation Center, except in the Natatorium and locker rooms. Dark soled shoes or shoes that leave marks, turf shoes, spiked shoes or street shoes are not to be worn in the gym or aerobics room. Athletic shoes must be worn in the gym, aerobics room, fitness area and track.
- Muddy or dirty shoes are not permitted in the Center. Participants are asked to change into clean, activity appropriate shoes.
- The entire Seven Hills Recreation Center is a smoke free facility.
- No spitting, chewing tobacco or gum is allowed in the facility.
- Entry and Exit of the Center must always be made through the main entrance doorway. Anyone entering through other doors or caught allowing people in through other doors will be asked to leave immediately and membership will be revoked without refund.
- Children over 3 years of age may not use the locker room of the opposite sex. Please use the family changing rooms.
- Shirts must be worn at all times except in the pool.
- A current membership card or photo ID must be turned in to receive equipment. The equipment must be returned to receive the card back.
- The minimum age in the fitness area is 13. Members ages 13 through 15 years old may use the fitness area **only** after completing the teen fitness assessment course.
- Children under the age of 13 must be with a parent to use the walking track. Students will not be permitted to walk alone.
- For the safety of all patrons, no bags are permitted in the Fitness Area. Please use the Locker Rooms provided.
- The minimum age to use the hot tub and or sauna is 18.
- We are not liable / responsible for replacing any equipment, belongings, clothing, etc... that was damaged or stolen in the facility.
- Food and drinks must be kept at tables outside of vending area. Outside food and drink is not permitted, except for previously booked parties in the Gathering Rooms.
- Beginning September 1st, 2009, there will be a 10% fee for all credits, refunds and cancellations.
- All Memberships are Non-Refundable, Non-Transferrable.
- Recreation Center Management reserves the right to change policies or rules at any time.
- The Recreation Center Management reserves the right to revoke or suspend a membership at anytime for any reason.

We Proudly Accept the following:



Thanks to our Spring Sponsor:



## SilverSneakers Classes

**Muscular Strength and Range of Motion (Land Class)** - Have fun and move to music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance; and a chair is used for seated and/or standing support.

**Tuesdays, Wednesdays and Thursdays with Kammy Shuman - 9:15am - 10:00am in Gym 2**  
**Mondays and Fridays with Judy Vale- 9:15am - 10:00am in Gym 2**  
**Tuesdays and Thursdays with Judy Vale - 10:15am - 11:00am in Gym 2**

**SilverSplash (Water Class)** - Activate your aqua-exercise urge for variety! SilverSplash 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. **Instructor - Judy Vale**

**Tuesdays and Thursdays - 9am - 9:45am in the Pool!**

**YogaStretch (Land Class)** - YogaStretch 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.

**Mondays and Wednesdays - 10:15am - 11:00am - Gym 2 with Renee**  
**Tuesdays and Thursdays - 10:15am - 11:00am - Gym 1 with Kammy**

**Cardio-Circuit** - Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball are alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises. **Instructor - Renee Ciavarella**

**Mondays & Wednesdays - 11:15am -12:00noon - Gym 2**

**Classes are FREE to SilverSneakers Members. Come Early - First 30 Participants Only!**  
**Please Register!**

**Others may drop in: Members: \$3 Non-Members: \$5 per class.**

Visit [www.silversneakers.com](http://www.silversneakers.com) or stop in at the Recreation Center to see if your Health Care Plan is Eligible!

## Adult Programs

### ***SLIM SCULPT WITH TANYA***

A unique, head to toe, feel good workout combining cardio moves with resistance training and core work led by an AFAA certified instructor. Every muscle group will be targeted and toned, even some you didn't even know you have! Modifications are taught so every "body" can enjoy this fun and innovative class.

**Instructor:** Tanya Verderber  
**Days:** Tuesdays 9:15am - 10:15am  
**Fees:** Member Punch Card: \$25 (6 Classes) or \$5 Drop In  
Non-Member Punch Card: \$35 (6 Classes) or \$7 Drop In

### ***PILATES SCULPT WITH TANYA***

Standing and mat Pilates exercises using light hand weights to totally reshape your body from the inside out. All muscle groups will be lengthened and toned, improving core strength, back health and overall well being. Modifications are taught. Beginners and advanced

**Instructor:** Tanya Verderber  
**Days:** Wednesdays 9:30am - 10:30am  
**Fees:** Member Punch Card: \$25 (6 Classes) or \$5 Drop In  
Non-Member Punch Card: \$35 (6 Classes) or \$7 Drop In

## ALL OF THE ABOVE CLASSES ARE ELIGIBLE FOR TANYA'S PUNCH CARD

### ***MORNING PILATES***

A workout building strength, grace and balance - Pilates helps to create more toned and "longer" muscles. This class aims to tone, sculpt and change your body's overall physique.

**Instructor:** Christy Jacques  
**Days:** Tuesdays & Thursdays 10:30am - 11:30am  
**Fees:** Member Punch Card (12 classes): \$50 or \$5 Drop In  
Non-Member Punch Card (12 classes): \$70 or \$7 Drop In



### ***EVENING YOGA***

Challenge yourself to find inner-calmness through your own personal strength and flexibility. Yoga is a time-honored tradition of true personal development. Great for any level!

**Instructor:** Susan Laurenzi  
**Days:** Mondays 5:45pm - 6:45pm  
**Fees:** Members: \$45 Per Session  
Non-Members: \$50 Per Session  
Drop-In: \$10



### ***CARDIO-MIX WITH ABBY***

Enjoy a workout of great variety! Each class will offer a different type of cardio-kickboxing, hi-low step, sculpt, etc... Classes will also include strength techniques and abdominal work to cover every part of a great workout!

**Instructor:** Abby Szeszak  
**Days:** Monday & Wednesday Evenings 7:15 - 8:00pm (*Mondays only in Summer*)  
**Fees:** Member Punch Card: \$50 or \$5 Drop In  
Non-Member Punch Card: \$70 or \$7 Drop In  
• *Punch Cards good for 4 months or ANY 12 of Abby's Classes!*

### ***JAZZERCIZE***

The ORIGINAL Dance Exercise Phenomenon! Each 60-minute class offers a blend of exercise with the fun of dance set to your favorite music - Top 40, Jazz, Country, Funk & Classic! Easy to follow, fun choreography includes a gentle warm-up, a 30-minute aerobic workout, muscle toning and strength segment with weight-band stretching. Pilates, yoga and kickboxing movements are incorporated too. Sessions and Registrations are continuous!

Classes meet in Recreation Center Gathering Rooms!

**Instructor:** Lois Powers (loispowers@hotmail.com) or 330.468.6637  
**Days:** Mondays & Wednesdays 6:30pm - 7:30pm  
**Fees:** 1 Month: \$33 (EFT) 2 Months: \$80 (At the Door) Drop-In: \$10



## Adult Programs

### MOM & ME ALL AROUND FITNESS WITH KAMMY - NEW!

Enjoy a new fitness experience with your child! Classes can include Yoga, Cardio, Resistance and endurance training. Great for any level and so much fun! Get healthy and encourage your child as well!

Instructor:	Kammy Shuman	
Days:	Thursday Evenings	6:00pm - 6:45pm - In Gathering Rooms
Fees:	Members:	\$45 Per Session or \$5 Drop In
	Non-Members:	\$60 Per Session or \$7 Drop In



### YOGAFIT WITH KAMMY - NEW TIME!

Looking for a new workout? Try YogaFit! It's great for everyone because it integrates body and mind for total performance! YogaFit features both strength and conditioning components while using contemporary music to enhance the experience!

Instructor:	Kammy Shuman	
Days:	Tuesday Mornings:	8:00am - 9:00am - Aerobics Studio
	Thursday Evenings	7:00pm - 8:00pm - In Gathering Rooms
Fees:	Member Punch Card (12 Classes):	\$45 or \$5 Drop In
	Non-Member Punch Card (12 Classes):	\$60 or \$7 Drop In

### ZUMBA - NEW!

Try this super-popular new program! Instructor fuses Latin rhythms and easy-to-follow moves to help create a one-of-a-kind fitness program! Have a blast in this one hour of calorie-burning, body energizing, awe-inspiring movements meant to engage and captivate life!

Instructor:	Jamie Glass	
Days:	Wednesdays	7:35pm - 8:35pm in the Aerobics Room - SUMMER
	Thursdays	7:35pm - 8:35pm in the Aerobics Room
	Fridays	11:15am - 8:35pm in Gym 1 - beginning April 8th
Fees:	Member Punch Card:	\$26 or \$5 Drop In
	Non-Member Punch Card:	\$36 or \$7 Drop-In

• Punch Cards good for 2 months or ANY 6 of Jamie's Classes! •



### GOLF SWING CLASS

Finish off your season with some expert training! Learn and improve upon the fundamentals of your golf swing as you work closely with a certified swing coach! Hitting mats and indoor balls are provided, as the class is held in the Gym. Please bring a 7 or 8 Iron to class and wear tennis shoes. Offered SPRING ONLY! Register Early - Only 4 participants per class to promote more 1-on-1 instruction!

Instructor:	Phil Palmer	
Days:	Saturdays	8:30am - 9:30am
Fees:	Members:	\$55
	Non-Members:	\$65



### CHRISTY'S SHAPE AND TONE

This class is a low-impact toning session for seniors led by fitness-trained and certified Christy Jacques, focusing mainly on strength and balance. The exercises are simple, yet effective. YOU determine the pace of the class!

Instructor:	Christy Jacques	
Days:	Tuesdays & Thursdays	11:30 am - 12:15pm
Fees:	Members:	FREE!
	Non-Members:	\$5 Drop-In Per Class

## Adult Programs

### PERSONAL TRAINING SESSIONS:

Increase your strength, flexibility and cardiovascular health by utilizing one of our Personal Trainers! Get in shape and get a jumpstart on a healthier future!

**Sara Bedrossian**, B. Ed in Exercise Science with 15-years of training and experience is a certified Health & Fitness Instructor from the American College of Sports Medicine. Individual and Buddy Sessions are available! Contact the Recreation Center Front Desk for more info!

**Mark Ondich**, a Certified Fitness Trainer from the International Sports Sciences Association is a new addition to our Recreation Fitness Staff. Mark has experience in training and M.M.A. Register at the Recreation Center for one-on-one or buddy sessions with Mark!

	Member	Non-Member
Single Session	\$30	\$36
5-Sessions	\$130	\$160
10-Sessions	\$250	\$290

Sign Up at the Seven Hills Recreation Center Today!

216.524.6262



### Body Sculpting™

Get fit with this results-oriented Body Sculpting workout designed to build and sculpt muscles, strengthen your core, improve your strength and flexibility while burning fat and calories by using one set of 5 lb dumbbells. Prevent the development of osteoporosis while firing up your metabolism, helping you to lose weight and inches. Bring a set of 3-5 lb dumbbells, exercise mat and stretch band to class (available on website) Accommodates all fitness levels. Visit [www.flexcity.com](http://www.flexcity.com) for more information and a complete list of all class locations.

FEE: \$55 per 8-class term or \$130 for 3 terms (saves \$35)

#### LOCATIONS:

**Seven Hills:** Seven Hills Recreation Ctr., 7777 Summitview Dr.  
Tues & Thurs 6:30-7:30 PM or Saturdays 9:00-10:00 AM

**Broadview Hts:** Broadview Hts. Rec. Ctr., 9543 Broadview Rd.  
Mon & Wed 9:30-10:30 AM, Mon & Wed 6:30-7:30 PM  
Tues & Thurs 7:00-8:00 PM

**Valley View:** Valley View Rec. Ctr., 6828 Hathaway Rd.  
Tues & Thurs 6:30-7:30 PM or Saturdays 9:00-10:00 AM

### Phenomenal Abdominals® 30-minute ab workout!

Strengthen and firm your core, flatten your belly and define your midsection in this 30 minute class devoted to working on the upper, lower, and side abdominals. Can be taken alone or with another exercise class. Bring an exercise mat. No weights used. Also available on DVD.

FEE: \$30 per 8-class term or \$60 for 3 terms (saves \$30)

#### LOCATIONS:

**Seven Hills:** Seven Hills Recreation Ctr., 7777 Summitview Dr.  
Tues 7:30-8:00 PM

**Broadview Hts:** Broadview Hts. Rec. Ctr., 9543 Broadview Rd.  
Mon & Wed 10:30-11:00 AM or Tues & Thurs 8:00-8:30 PM

Classes start throughout the season and run continuously year round. Join anytime! We offer free Saturday makeups if you miss a class. Class size is limited and advance registration is required!

REGISTER ONLINE at [WWW.FLEXCITY.COM](http://WWW.FLEXCITY.COM) or CALL 440-729-3463. Visa and MasterCard accepted. If sending payment, please call first to reserve your place in class. Our instructors are not permitted to accept payments at class. Send payment to: Body Sculpting, Inc., P.O. Box 267, Chagrin Falls, Oh 44022.

# Seven Hills Recreation Center 2011 Summer Day Camp

Come fill your child's summer with fun and excitement at the 8th annual Seven Hills Summer Day Camp! The camp is designed for children in 1st grade through 5th grade and will run daily from 9:00am until 4:00pm. The camp goes for 10 weeks and begins June 13th, running through August 19th.

## Dates

Week 1: June 13-17  
 Week 2: June 20-24  
 Week 3: June 27-July 1  
 Week 4: July 5-8  
 Week 5: July 11-15  
 Week 6: July 18-22  
 Week 7: July 25-29  
 Week 8: August 1-5  
 Week 9: August 8-12  
 Week 10: August 15-19

## Field Trips

Camp Picnic / Nature Tracks  
 Fishing in Metro Parks\*  
 Hike in Garfield Metro Parks\*  
 Cleveland Metro Park Zoo\*  
 Bowling at Seven Hills Lanes\*  
 Lake Erie Nature & Science Center\*  
 Indians Game\*  
 Rock and Roll Hall of Fame\*  
 Great Lakes Science Center\*  
 Dairy Queen



Participants are asked to register for the entire week's activities by the previous Thursday so that we can properly staff safely for the greatest experience for your child.

Before and After Care must be paid the DAY OF. Late fees will apply!

\*Field trip payment is due 2 weeks prior to each field trip!\*

Full Time Pricing (4 or more days):

Member: \$100\*

Non-Member: \$130\*

Part Time Pricing (3 or less days):

Member: \$80\*

Non-Member: \$95\*

Daily Before and After Care: THIS PAYMENT MUST BE PAID "DAY OF"

Before Care (6:30am-8:55am): \$5 per day\*

After Care (4:05pm-6:00pm): \$5 per day\*

For more Information contact JoAnn Rencz

Phone: (216) 524-6262

Email: [jrencz@sevenhillsohio.org](mailto:jrencz@sevenhillsohio.org)





## More Camps



### ***Seven Hills Recreation Center 2011 PRESCHOOL Summer Camp***

Come fill your preschooler's summer with fun and learning at the 1st EVER Seven Hills PRESCHOOL Summer Camp! The camp is designed for children ages 3-5 years old (must be potty trained) and will run daily from 9:00am until 1:00pm.

The camp goes for 10 weeks and begins June 13th, running through August 19th.

We will provide a breakfast snack for those who attend before care.

#### Full Time Pricing

(4 or more days):

Member: \$65\*

Non-Member: \$85\*



#### Part Time Pricing

(3 or less days):

Member: \$45\*

Non-Member: 60\*

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### ***Seven Hills Recreation Center***

### ***2011 TEEN Summer Camp***

Come fill your teen's summer with fun and excitement at the 1st EVER

Seven Hills TEEN Summer Camp! The camp is designed for teens who have finished 6th grade and above and will run daily from 9:00am until 4:00pm. The camp goes for 10 weeks and begins June 13th, running through August 19th.

Full Time Pricing (4 or more days):

Member: \$100\*

Non-Member: \$130\*

Part Time Pricing (3 or less days):

Member: \$80\*

Non-Member: \$95\*



### ***SPRING BREAK CAMP***

Our Spring Break Camp offers your children the opportunity to get exercise and fresh air during their time off school with our experienced camp staff! Children will enjoy a week of games, activities, arts, crafts, a field trip & more! Please pack a swim suit, towel, lunch and afternoon snack EACH DAY!

April 25th - April 29th

Full Time Fee PER WEEK: (4 or More Days)

Members: \$100

Non-Members: \$130

Part Time Fee PER WEEK: (3 Days or less):

Members: \$80

Non-Members: \$95

Before Care: 6:30am- 8:55am

\$5/day

After Care:

4:05pm- 6:00pm

\$5/day

Field Trip TBA: \$12

*Please contact Jo Ann Rencz at 216-524-6262 for details!*

## Youth Programs

### *TAE KWON DO / BEGINNING TAE KWON DO*

All levels are welcome in this class as your child will learn the art of self-defense using the hands and feet. This youth class is a fun, yet challenging introduction or continuation of this popular martial art.



**Ages:** TKD: 8 & up Beginning TKD : Ages 5-7 years  
**Instructor:** Parma Family Martial Arts  
**Days:** Mondays & Wednesdays (Gym 1) TKD: 6:00 - 7:00pm Beginning TKD: 6:00 - 6:30  
**Fee:** TKD: Member: \$65 Non-Member: \$80 Beginning TKD Members: \$32 Non-Member: \$40

### *PRESCHOOL SPORTS*

For ages 3-6 years old! This class is a great way to experience the fundamentals of new sports while burning up some energy! Each week will feature a different sport such as baseball, basketball, soccer, hockey, etc... **Offered Spring Session Only!**

**Ages:** 3-6 Years  
**Instructor:** Rachel Sheha  
**Days:** Thursday Evenings: 5:30 - 6:15pm or Friday Mornings: 11:15 - 12noon  
**Fee:** Member: \$30 Non-Member: \$38

### *PRESCHOOL T-BALL*

This class will stress the fundamental skills and rules of baseball. Kids ages 3-6 years old of all experience levels are welcome to play! Players will be split into teams and practice for a portion of the season. Then, we will play an "organized t-ball game" later in the season on our fields behind City Hall! All players will receive a t-shirt. Participants are asked to bring a baseball glove and sneakers or plastic molded cleats. **NO SANDALS!** This 6 Week Program begins June 28th! Registration Opens April 15th! **SPACE IS LIMITED!**



**Ages:** 3-6 Years  
**Instructor:** Jen & The T-Ball Team  
**Days:** Thursday Evenings: 5:30 and 6:30pm for 45 Minutes. (Times will vary with the schedule)  
Friday Mornings: 9:00, 10:00 and 11:00 for 45 Minutes. (Times will vary with the schedule)  
**Fee:** Member: \$30 Non-Member: \$40

### *JUNIOR HIGH SOCIALS*

All of today's best music will be played by a DJ as one side of the gymnasium will be reserved for all those in attendance to dance the night away. Contests and games can be expected as well. Complimentary pizza and refreshments will also be provided. **All those in grades 6<sup>th</sup> through 8<sup>th</sup> - Normandy Cluster of the Parma City Schools - are welcome only, no exceptions! Anyone over the age of 15 is not permitted at the social.** **No Photo School ID - NO ENTRY - NO EXCEPTIONS!**

**Spring Social:** Saturday, April 30th  
**End of the Year Social:** Saturday, May 21st  
**Mid-Summer Social:** Saturday, July 16th  
**Beginning of School Social:** Saturday, September 24th

**Time:** 8:00 - 10:30 pm  
**Fee:** \$5 (collected the night of the social)





# Seven Hills Community Recreation

is proud to present **Skyhawks...**



City of Seven Hills, Ohio

## Summer Sports Camps!

Teaching life skills through sports since 1979



RESPONSIBILITY



RESPECT



LEADERSHIP



SPORTSMANSHIP



TEAMWORK

### Skyhawks Tennis with Quickstart

SSA32739	6/13 - 6/17	Days: M-F	1:00pm - 3:00pm	ages 4-8	\$70/\$75*
SSA32744	7/25 - 7/29	Days: M-F	5:00pm - 7:00pm	ages 4-8	\$70/\$75*

Seven Hills Recreation Center (7777 Summitview Drive)

Skyhawks Tennis with Quickstart uses specialized equipment, shorter court dimensions and modified scoring, all tailored to age and size. Participants will automatically become USTA Junior members. All coaches are professionally trained by USTA pros.

### Flag Football

SSA32740	6/20 - 6/24	Days: M-F	9:00am - 12:00pm	ages 6-12	\$99/\$104*
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Seven Hills Recreation Center (7777 Summitview Drive)

Campers learn skills on both sides of the football including the core components of passing, catching, and defense – all in a fun and positive environment. The week ends with the Skyhawks Sports Bowl!

### Cheerleading

SSA32741	6/20 - 6/24	Days: M-F	9:00am - 12:00pm	ages 5-10	\$99/\$104*
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Seven Hills Recreation Center (7777 Summitview Drive)

Skyhawks Cheerleading teaches the essential skills to lead crowds and support the home team! Each cheerleader learns proper hand & body movements and jumping techniques. The week concludes with a choreographed performance.

### Beginning Golf

SSA32742	6/27 - 7/1	Days: M-F	9:00am - 12:00pm	ages 5-9	\$99/\$104*
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Seven Hills Recreation Center (7777 Summitview Drive)

Campers will learn the fundamentals of swinging, putting, and body positioning. Using the SNAG (Starting New At Golf) system, we have simplified instruction so that young players can make an effective transition onto the golf course. All equipment provided.

### Pre-K Golf

SSA32743	6/27 - 7/1	Days: M-F	12:30pm - 1:30pm	ages 3-4	\$45/\$50*
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Seven Hills Recreation Center (7777 Summitview Drive)

Campers will learn the fundamentals of swinging, putting, and body positioning. Using the SNAG (Starting New At Golf) system, we have simplified instruction so that young players can make an effective transition onto the golf course. All equipment provided.

### Multi-Sport (Soccer, Baseball and Basketball)

SSA32745	7/18 - 7/22	Days: M-F	9:00am - 3:00pm	ages 6-12	\$120/\$125*
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Seven Hills Recreation Center (7777 Summitview Drive)

In this multi-sport camp we combine three sports into one fun-filled week. Athletes will learn the rules and essential skills of each sport along with vital life lessons such as respect and teamwork.

\* Program Price for Non-Residents

### 3 WAYS TO REGISTER



ONLINE

[www.skyhawks.com](http://www.skyhawks.com)



MAIL

Skyhawks  
6311 E. Mt. Spokane Park Dr., Suite B  
Mead, WA 99021

Make Checks Payable to:  
Skyhawks



FAX

(888) 466-2318

\$5 Service fee per child per program will be assessed for faxed registrations.

For more information please call Skyhawks at (866) 849-9936

## Youth Soccer

### SEVEN HILLS YOUTH SOCCER - IN-HOUSE PROGRAMS:

#### PEE-WEE SOCCER

A fun, interactive way to introduce the game of soccer to your toddler. Skill stations will be set up for your child to work through as a class facilitator will lead them through the basics of soccer. Classes will include contests and games that will round out this instructional class and lead up to scrimmages at the end of the session. Classes will meet on Soccer Field C, weather permitting. In the event of inclement weather, please gather in Gym 1 with tennis shoes. Cleats are recommended, but not mandatory.

- Instructor: Seven Hills Soccer Staff
- Ages: 3 & 4 yr. olds
- Day: Saturdays 10am-10:45am - 6 weeks (program begins September 24th )
- Fees: Resident: \$30 Non-Resident: \$40 (Fall Only)

#### INSTRUCTIONAL SOCCER

This program is designed to get your more experienced 4, 5, or 6 year old ready to play team soccer in the coming years. All players in this program should have had some previous exposure to soccer or have the ability to play and understand basic team soccer. Instructional soccer will be held outdoors (unless otherwise notified) so shin guards and cleats are recommended. Instructional drills will mix with group co-ed scrimmages and games to teach the fundamentals of team soccer. Class will take place on the soccer fields behind City Hall. Please NO inexperienced or young 4 year olds! In the event that instructional soccer is moved indoors due to inclement weather please have tennis shoes ready for your child to wear on the gym floor.

- Instructor: Seven Hills Soccer Staff
- Ages: 4, 5, & 6 yr. olds
- Day: Saturdays 11:00-12:00am - 6 weeks (program begins September 24th)
- Fees: Resident: \$30 Non-Resident: \$40 (Fall Only)

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**SEVEN HILLS SOCCER FEDERATION INFORMATION:**

Registration for the Fall 2011 - Spring 2012 Seven Hills Youth Soccer Program will be going on July 1st - August 10th, 2011 for ages 7 - 14. Registration Covers BOTH Fall 2011 and Spring 2012 Seasons! For additional league information, please visit the Suburban Recreational Soccer League's website at [www.srslonline.org](http://www.srslonline.org). **PARENTS ~ we are always looking for volunteers to help with coaching and other activities involving the soccer program.** Please designate your interest on your child's registration form!

Fees: RESIDENTS: \$55 NON-RESIDENTS: \$70

(This fee covers Fall 2011 and Spring 2012 Sessions for SRSL!)

\$10 Late Fee will apply for those that register after August 10th.

Fall Soccer begins September 10th, 2011.



.....  
**PARENT VOLUNTEER  
COACHES NEEDED!**

## Upcoming Events

***May is Senior Health and Fitness Month!***  
***EVERY Wednesday in May ~ Join us starting at 8:30am for***  
***Breakfast • Speaker • Activity • Entertainment - FREE!!***

### **May 4, 2011**

Ms. Claudia Ledenican, Activity Director **The Heights Care and Rehabilitation Center**

#### **Title: "Discuss the Origin of The Laughter Therapy"**

Explore the mental and physical benefits of laughter. Point out that topics of laughter are found all around us. Present a laughter Session and have FUN, FUN, FUN.

### **May 11, 2011**

Ms. Nancy Book, American Heart Association

#### **Title: "Healthy Heart"**

You can stop heart disease before it even starts. Review with the participant's simple steps to live better. Think lifestyle, not diet. The small choices you make each day can make a huge difference. What do you need to do to fight heart disease, which can affect both men and women?

### **May 18, 2011**

Elena A. Lidrbauch, Attorney **Hickman & Lowder Co. L.P.A.**

#### **Title: "Legalizing Your Wishes"**

Our discussion will address the following "how to" questions: Retain more control over future healthcare and financial decision making. Making wishes known about, future care, life-sustaining treatment. Reduce communication roadblocks between healthcare providers and family. Control who will receive your assets after death.

**May 25th: Seven Hills Health Fair** - Stop by and visit our vendors to gain valuable information about the various services available to Seniors in the Community! 9am - 1pm - FREE TO ALL

**Co- Sponsored By Mount Alverna Village & the City of Seven Hills!**

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### ***BLOOD PRESSURE SCREENINGS***

Free blood pressure screenings on the **last Friday of every month**. A nurse from Parma Community General Hospital will be present to screen and answer any related questions in the Recreation Center lobby from 8:00-10:00am.

## Recreation Center Gathering Room Rentals

*Gathering Rooms are available for Members & Non-Members*

All Rental Rates are Per Hour

Room / Rental	Member Rate	Non-Member Rate
<b>Gathering Rooms</b>		
1 Room	\$37.50	\$60
2 Room	\$67.50	\$97.50
3 Room	\$97.50	\$127.50
<b>Patio</b>	\$15 Flat Fee	\$35 Flat Fee
<b>Kitchen</b>	\$20 Flat Fee	\$35 Flat Fee
<b>Pool (After Hours)</b>		
Up To 50 People	\$200	\$270
51 - 75 People	\$230	\$305
76 - 100 People	\$260	\$345
101 - 125 People	\$290	\$395
126 - 150 People	\$320	\$410
151 - 175 People	\$350	\$445
176 - 200 People	\$380	\$480
<b>Pool Party</b> (Includes Rental of Pool & Room 1)	\$60	\$90
<b>Gymnasium</b>		
1 Court	\$55	\$75
2 Courts	\$97.50	\$120
<b>Aerobic Studio</b>	\$35	\$55



Reservations are not considered final or confirmed until full payment is received and all forms and contracts are completed in full. By signing the contract, the applicant acknowledges that the Renter is responsible for adhering to all rules and regulations.

Credit Card number is required for deposit.

Reservations are not accepted more than 180 days in advance of the event (excluding entire facility rentals) and no less than 14 days before the event, depending on availability. Credit card information serves as security deposit and is due on the date that the application is submitted. Payment is due 30 days prior to rental. Failure to receive payment 30 days prior to event may result in loss of room or charges applied to the credit card provided.

*Contact Donna Camarati at 216.524.6262 ext. 400 for all rentals!*

## Child Care

### Hours Of Operation:

<b>Monday - Thursday:</b>	9:00am - 1:00pm 5:00pm - 8:30pm
<b>Friday:</b>	9:00am - 1:00pm
<b>Saturday:</b>	9:00am - 1:00pm

- ◆ Ages 6 months and older please
- ◆ Staff will page parent if:
  - Child becomes ill
  - Child does not stop crying in a reasonable amount of time
  - Child needs a diaper change (parent must provide & dispose of)
- ◆ For the protection of others, we cannot allow sick children to remain in Child Care Room
- ◆ 2 Hour stay limit.

### New Pricing Effective April 18, 2010:

Payment Options:      \$2.50 per visit per child      Punch Card: \$25 - good for 12 visits!    **Great Deal!**



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## Recreation Center Open Houses!

**Free Admission!**

Thursday, April 14th, 2011

Sunday, July 10th, 2011

Come try out our  
State-of-the-Art Facility ~  
Including pool, gym, fitness center &  
indoor walking track!  
Our knowledgeable staff will be on hand  
for assistance.

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## Grandparent Cards

GREAT IDEA FOR SUMMER BREAK!

Available to Members and Residents - Get yours at the Front Desk Today!

**20 Visits for \$50**

Good for Children Ages 17 and Under. Grand Parents **MUST** sign in with the Grandchild and remain in the facility throughout the entire visit.

## Water Aerobics

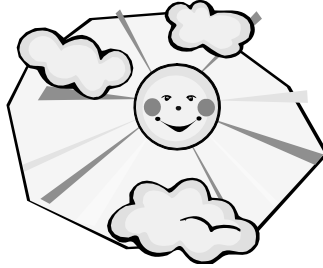
### Spring Session

March 21st - June 3rd

(No Class April 22nd, 25th, 27th & 29th  
Easter Break)

### Summer Session

June 13th - September 2nd



#### **CARDIO & TONING WITH LEIGH:**

Change-up your workouts at the Pool! This class is a combination of cardio intervals along with strengthening and toning moves. Great for beginners or those with experience ~ a fun time for everyone! Taught by certified instructors around the 4-foot depth.

**Tuesdays & Thursdays: 6:00pm - 6:45pm**

#### **LOW IMPACT WATER AEROBICS WITH RENEE:**

Get a great work-out without the pain! Water Aerobics offers great results while you enjoy the water.

Low-Impact, High Intensity! All classes taught by certified instructors - class meets around the 4-foot depth.

**Mondays, Wednesdays & Fridays: 9:15am - 10:00am Spring**

**Mondays, Wednesdays & Fridays: 8:15am-9:00am Summer**

#### **ARTHRITIS WATER AEROBICS:**

This program is specifically geared towards adults with Arthritis. Participants are provided with gentle aquatic activities with the guidance of a certified Arthritis Foundation Instructor. All exercises are low-impact and done around the 4-foot depth.

**Mondays, Wednesdays & Fridays: 10:00am - 10:45am Spring**

**Mondays, Wednesdays & Fridays: 9:00am- 9:45am Summer**



**All Water Aerobics Classes are offered through our Punch Card System**

**Punch Cards are good for any 12 water classes.**

**Members: \$37 Non-Members: \$49**

**Drop Ins: Members:\$5 Non-Member:\$7**





## SEVEN HILLS SEAHAWKS ~SUMMER SWIM TEAM~

Members: \$65 • Non-Members: \$80

Summer Session Runs June 13th - August 6th



Monday - Thursday Morning Practices will be held at the Normandy High School Pool.

Monday / Wednesday Night & Saturday Morning Practices will be held at the Seven Hills Recreation Center

**Ages 10 & Under Practice:** Mon.—Thurs. 10am - 11am, Mon. & Weds. Evenings: 6pm - 7pm Sat. 10am - 11am

**Ages 11 & Up Practice:** Mon.—Thurs. 9am - 10am, Mon. & Weds. Evenings: 7pm - 8pm Sat. 9am - 10am

Participants are asked to practice at least twice a week & must swim at a minimum of two meets.

Parents Meeting Will Be May 17th at 6pm - Swim Suit & T-Shirt Info will be provided.

### Private Swim Lessons

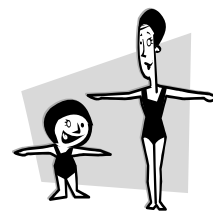
Children & adults can benefit from our private swim lessons. Taught by American Red Cross certified Water Safety Instructors, classes provide individualized attention to work on your choice of skills.

All Levels are welcome! You can purchase lessons individually or in packages of 5 or 10 lessons.

<i>Private Lessons</i>	<i>1 Lesson</i>	<i>5 Lessons</i>	<i>10 Lessons</i>
Members:	\$20	\$85	\$160
Non-Members:	\$25	\$110	\$210

<i>Semi-Private Lessons</i>	<i>1 Lesson</i>	<i>5 Lessons</i>	<i>10 Lessons</i>
Members:	\$28	\$125	\$240
Non-Members:	\$33	\$150	\$290



Contact Abby Szeszak at 216-524-6262 to set up instructor and time.



The **ONLY** flotation devices we allow are US Coast Guard Approved Life Jackets. There are no exceptions to this policy. Also, any child wearing an approved Life Jacket **MUST** be within arms' reach of an adult at **ALL** times. This is for the safety of the swimmer. Thank you!

# Learn-To-Swim Program

## DAYS:

### Summer Session 1:

Mon—Thurs  
 June 20th - June 30th  
 Registration Begins:  
 Members: May 26th  
 Non-Members: May 31st

### Summer Session 2:

Mon—Thurs  
 July 11th - July 21st  
 Registration Begins:  
 Members: July 1st  
 Non-Members: July 6th

### Summer Session 3:

Mon—Thurs  
 August 1st - August 11th  
 Registration Begins:  
 Members: July 22nd  
 Non-Members: July 26th

## NIGHTS:

### Summer Session 1:

Mon & Wed  
 June 13th - July 11th  
 (No Class July 4th)  
 Registration Begins:  
 Members: May 26th  
 Non-Members: May 31st

### Summer Session 2:

Mon & Wed  
 July 18th - August 10th  
 Registration Begins:  
 Members: July 12th  
 Non-Members: July 14th

## SATURDAYS:

June 11th - August 6th  
 (No class July 2nd)  
 Registration Begins:  
 Members: May 26th  
 Non-Members: May 31st

**All Sessions are 8 classes**

**Members: \$35      Non-Members: \$45**

### 30 Minute Classes:

<b>Water</b>	Mon. - Thurs. AM:	10:45
<b>Wigglers:</b>	Mon. & Wed. PM:	5:45
	Sat.:	10:45
<b>Preschool 1:</b>	Mon. - Thurs. AM:	10:00, 10:45, 11:30
	Mon. & Wed. PM:	5:45, 6:30
	Sat.:	10:00, 10:45, 11:30
<b>Preschool 2:</b>	Mon. - Thurs. AM:	10:00, 10:45, 11:30
	Mon. & Wed. PM:	5:00, 5:45, 6:30
	Sat.:	10:00, 10:45, 11:30
<b>Level 1:</b>	Mon. - Thurs. AM:	10:00, 11:30
	Mon. & Wed. PM:	5:00, 5:45, 6:30
	Sat.:	10:00, 11:30
<b>Adults:</b>	Sat.:	12:00

### 45 Minute Classes:

<b>Level 2:</b>	Mon. - Thurs. AM:	10:00, 11:15
	Mon. & Wed. PM :	5:00, 6:15
	Sat.:	10:00, 11:15
<b>Level 3:</b>	Mon. - Thurs. AM:	10:00, 10:45
	Mon. & Wed. PM :	5:00, 6:15
	Sat.:	10:00, 10:45
<b>Level 4:</b>	Mon. - Thurs. AM:	11:15
	Mon. & Wed. PM :	5:00
	Sat.:	11:15
<b>Level 5:</b>	Mon. - Thurs. AM:	10:45
	Mon. & Wed. PM:	5:45
	Sat.:	10:45

## Learn-To-Swim Program

### Rules for Registration & Classes:

- 1 - There will be **NO OPEN SWIM** during our Learn To Swim Classes. This is for the safety of our students and instructors.
- 2 - Please dress children in the Locker Rooms - not on the Pool Deck - and have them carry their towel to class (parents are asked to walk their child into the pool area). If you will be helping your children in the Locker Rooms after class, please meet them near the Locker Room doors.  

**To assist a child of the opposite gender age 3 or older, we ask that you use the  
Family Changing Rooms provided.**
- 3 - Parents must stay in the chairs around the perimeter of the Pool or behind the glass doors in the Gathering Room. In the event of an emergency, our lifeguards need quick access to the pool. If parents stand around the pool during class, they create an obstacle for our lifeguards. Also, some students may find it difficult to concentrate with Mom or Dad standing near the edge.
- 4 - Children will receive an evaluation on the last day of class. This evaluation will inform you of where your child should be placed for the upcoming session. At registration, please follow the suggested level on the previous report card to ensure proper placement.
- 5 - Due to the size of classes, we will only be offering make-up classes if the pool is closed due to weather or if it is the facility's fault that class is cancelled.
- 6 - **Registration for class closes 24-hours prior to the class start date. A \$10 late fee will be applied for those who do not abide.**

*It is our responsibility to provide a safe and positive learning experience for your child. We thank you for your cooperation in following these guidelines.*

### Skill Level Requirements:

**Water Wigglers: Ages 6 months to 3 years old:** Build readiness by emphasizing fun in the water. Parents & children will participate in several guided sessions that help children learn basic water skills and adjust to the water. Most importantly, it's fun for parents and kids!

**Preschool 1: Ages 3 -5 years:** Helps children adjust to the water at their own pace. Working on going under water, blowing bubbles, floating and kicking.

**Preschool 2: Ages 3 - 5 years old; should be able to go under water on their own:** Students will work on becoming more independent in the water. Includes floating on their own, swimming on their own and much more!

**Level 1: For ages 5+:** Students will work on becoming more comfortable in the water and learn to enjoy it safely while working on independent floating and kicking, underwater exploration, swimming pool safety and more!

**Level 2: Must pass Level 1 or be able to back float and front float on their own for 10 seconds and swim 20 feet on front, unsupported.** Students will work on front crawl, rhythmic breathing, back crawl, front glides, back glides and much more!

**Level 3: Must pass Level 2 or swim on front and back crawl 50-feet unassisted:** Students will work on front crawl with rhythmic breathing, back crawl, elementary backstroke and much more!

**Level 4: Must pass Level 3 or be able to swim front and back crawl 25-meters, know elementary backstroke and be able to tread water.** Students will work on refining their current strokes along with learning the breaststroke and sidestroke while building their endurance. New skills will include underwater swimming, open turns and survival techniques.

**Level 5: Must pass Level 4 or be able to swim 25-meters front and back crawl, 15-meters elementary backstroke and breaststroke.** Skills refined include front crawl, back crawl, elementary backstroke, breaststroke, side stroke, open turns, survival swimming and endurance. New skills include butterfly, surface diving, flip turns, alternate kicks and breathing.

The Seven Hills Community Recreation Department swim program is specifically designed to give students a positive learning experience. We teach aquatic and safety skills in a logical progression, with the objective being swimming pool safety in, on and around the water. These classes are the most comprehensive and effective classes of its kind available anywhere! Please be patient, as children progress each at their own level. If you have any questions or concerns, please speak with Abby Szeszak, Aquatics Director.

## **American Red Cross Lifeguard Challenge:**

This class is designed for people that are currently American Red Cross Certified in Lifeguarding / First Aid & CPR / AED for the Professional Rescuer.

Participants are expected to know the materials and will be tested on the manikin, all water skills and are required to pass written examinations. Please bring a copy of most recent certifications along with a pocket mask. There will be a brief review before testing.

<b><u>Lifeguard / First Aid</u></b> <b><u>CPR/AED</u></b> <b>Members: \$65</b> <b>Non-Members: \$80</b> <b>Sat. May 21st 1pm-5pm</b> <b>Or</b> <b>Thurs. June 26th 4pm - 8pm</b>	<b><u>CPR / AED Only</u></b> <b>Members: \$35</b> <b>Non-Members: \$50</b> <b>Sat. May 21st 1pm-3pm</b> <b>Or</b> <b>Thurs. June 26th 4pm - 6pm</b>	<b><u>Spring Class:</u></b> <b>May 3rd - May 26th</b> <b>Tuesdays &amp; Thursdays 6-9 pm</b> <b>Saturday CPR class</b> <b>May 14th 9am-5pm</b> <b><u>Participants must attend all classes</u></b> <b><u>Pre-Registration is Required!</u></b> <b>Members: \$175</b> <b>Non-Members: \$195</b>
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## **GuardStart**

Get a JUMP start into the lifeguarding class. GuardStart provides a foundation of lifeguarding and life skills. This class is an ideal transition between Learn to Swim and the Lifeguard Training Course. The class will cover strokes, endurance, water safety, lifeguarding skills, CPR training and first aid certification.

Teen Camp Participants can register for this class!!

Ages: 11-14  
Days: July 11th - July 22nd Monday / Wednesday / Friday 12:30 - 2:30pm  
Fee: Member: \$50 Non-Member: \$60 - Additional \$10 for CPR Certification



Please contact the Aquatics Director, Abby Szeszak with any questions 216-524-6262

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**The Sooner. The Safer.**

### **Infant Swimming Resource® Drowning Prevention Lessons**

Children ages 6 months to 6 years old

As featured on the Today Show and Good Morning America, give your child the **Competence, Confidence** and **Skills** of aquatic safety and survival from Infant Swimming Resource (ISR), the safest provider of Self-Rescue™ swimming lessons for children.



Lessons are:

- Customized and taught one-on-one by a certified ISR instructor
- Last for 10 minutes, Monday through Friday, for 4 to 6 weeks
- Emphasize health, ongoing program evaluations and parent education
- Provide your child with the competence and confidence to safely enjoy the water

**To learn more about the ISR program pick up a brochure at the front desk, go to the award winning website at [www.infantswim.com](http://www.infantswim.com) or contact Adam W. Hudak, *ISR Certified Instructor*, directly by calling 216/789-6500 or sending an email to [a.hudak@infantswim.com](mailto:a.hudak@infantswim.com).**

## Adult Leagues

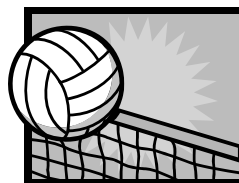
**MEN'S BASKETBALL** - Men's open leagues will play on Monday, Tuesday or Thursday evenings. Monday Evening will be Premier League Play (Highly Competitive), while Tuesdays and Thursdays are Recreational. Contact Ursula at [udrinko@sevenhillsohio.org](mailto:udrinko@sevenhillsohio.org) with questions.



Registration for both leagues begin May 17th. *Teams MUST Register by May 31st to avoid a \$30 late fee.* Leagues will begin the week of June 7th. Game fees are \$32 for Monday nights and \$30 for Tuesday / Thursday nights per team per game.

**Fees:**  
Monday League \$300  
Tuesday League \$300  
Thursday League \$300

**OUTDOOR CO-ED VOLLEYBALL** - League will play Wednesday evenings behind City Hall. Registration opens May 1st! Summer Season begins June 15th (registration deadline is June 5th). Game fees are \$10 per game for official. Contact Rob at [rmyers@sevenhillsohio.org](mailto:rmyers@sevenhillsohio.org) with questions.



**Registration Fees:** \$200

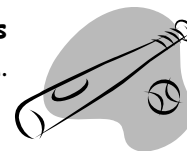
**MEN'S 6-ON-6 FLAG FOOTBALL - FALL!** League plays Saturday Mornings on the field adjacent to City Hall. Play will be "minimum contact". Registration opens July 15th - Games Begin Early September. Game fees are \$20 per game. Please contact Ursula Drinko at [udrinko@sevenhillsohio.org](mailto:udrinko@sevenhillsohio.org) for information.



**Registration Fees:** \$200

**Spring Flag Football Registration is Now Open (register now to avoid a late \$30 fee!) - Games Begin April 9th!**

**CO-ED SOFTBALL - SUMMER:** Sunday Mornings at Valleywood Park! Games begin June 12th - registration opens May 1st! Game fees are \$27 per game per team. Registration Fees: \$250



**FALL Registration Begins July 20th (League Begins Early September).**

**BOCCE LEAGUE - SUMMER:** Adult Co-Ed Recreational Bocce League played on Tuesday Nights. Sign Up your team of 4 and play for fun! All games monitored by Bocce Coordinator - Rules Provided! Games Begin June 8th. Registration Opens April 1st. Please register by June 1st.

Team of 4 plays for \$44.



~ Recreation Center Weekly Coffee Program ~

Your Donation of \$40 Provides Recreation Center Guests:

- Coffee, Cups, Spoons, Cream & Sugar for ONE WHOLE WEEK!

*For an extra \$25, you can receive your business information on our  
NEW Digital Screen for ONE WEEK!*

YOU Receive:

- Your / Business's name advertised on the "Coffee Table" for all guests to see
- A "Thank You" in our upcoming brochures
- Advertisement to over 6,000 households in our area!

*Contact Christy Veres at 216-524-6262 for details!*

**Thank You to our Coffee Sponsors  
(January 1st - May 1st) :**

**Member Participation:**

**Dr. Cora Go  
Parma PM Seniors  
Al Rega  
Dragi Bundzoski**

**AARP - 4229  
Michael G. Belz Foundation  
Ron & Irene Schimek  
Mon-A-Vie Independent Distributor**

**Support Those Who Support Us:**

**Heights Care & Rehabilitation**

**440.584.9433**

**Ron & Irene Schimek  
Mon-A-Vie Independent  
Distributor**

**440.845.0721**

**WellCare  
216.901.4100**

**International Referral Network**

**Meets Thursdays at  
City Hall**

**7am - 9am!**

**Shoot to Thrill Video  
Multimedia Services  
www.sttvideo.com**

**216.520.0159**



**BROADVIEW  
MULTI-CARE  
CENTER**

**216.749.4010**



**440.345.5522**

Seven Hills Community  
Recreation Center  
7777 Summitview Drive  
Seven Hills, Ohio 44131

ECRWSS

PRSR STD  
U.S. POSTAGE  
PAID  
CLEVELAND, OH

# TASTE of SEVEN HILLS



**Friday, May 6, 2011**



**6:00pm-9:00pm**

Seven Hills Community Recreation Center  
7777 Summitview Dr, Seven Hills

# Seven Hills Home Days



July 29-30-31

