

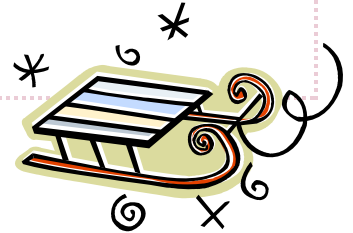
Seven Hills Community Recreation Center

7777 Summitview Drive

Seven Hills, OH 44131

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

www.sevenhillsohio.org



Winter 2012 Land Session Dates:

Winter 1: January 8th - February 18th

(Registration for Winter 1 Begins 12/11/11)

Winter 2: February 26th - April 7th

(Registration for Winter 2 Begins 2/5/12)

Hours of Operation

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

Saturdays 8:00am - 8:00pm

Sundays 12:00pm - 6:00pm



**Year-Round
Youth Sports Camps
Begin 2012**

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City of Seven Hills Community Recreation Center & City Officials (as of Dec. 10, 2011)

The Honorable Mayor Richard Dell 'Aquila

Recreation Department: 216-524-6262

Recreation Director	Joseph Shumay	ext. 401
Assistant Director	Jennifer 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	Caryl Lecznar
Ward 4	Peter Draganic
Council-At-Large	David Bentkowski
Council-At-Large	Thomas Snitzky
Council-At-Large	Matthew Trafis
Deputy Finance Director	Paul Ellis
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 +) or Fulltime Clergy	\$100
Disabled**	\$100
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

Non-Resident Cash Rates:

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

Parma City School Employees /

Seven Hills Corporate Cash Rates:

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

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

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.
- Please contact Management On Duty for any questions or concerns.



Classes are FREE to SilverSneakers Members. Come Early - First 30 Participants!

Non SilverSneakers Pricing:

Members: \$4 Drop In or \$40 Punch Card - OR Non-Members: \$6 Drop In or \$60 Punch Card

(10 Classes on Punch Cards Good for 4 Months)

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 and Thursdays with Kammy Shuman - 9:15am - 10:00am in Gym 2

Mondays, Wednesdays and Fridays with Judy Vale- 9:15am - 10:00am in Gym 2

CardioFit (NEW!) - Get Up & Go with an aerobics class for you – safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

Instructor - Tanya Verderber

Tuesdays - 11:15am -12:00noon - Aerobics Studio

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

Mondays and Fridays 10:45am - 11:30am in the Pool!

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 2 with Kammy

Cardio-Circuit (Land Class)- 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 - Aerobics Studio

Adult Programs

TARGET TONING 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: 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

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: Tuesdays 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

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! **Punch Cards are for 6-classes.**



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

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 BOTH WINTER SESSIONS! Register Early - Only 4 participants per class to promote more 1-on-1 instruction!

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



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 330.468.663
Days: Mondays & Wednesdays 6:30pm - 7:30pm
Fees: 1 Month: \$35 (EFT) 2 Months: \$80 (At the Door) Drop-In: \$10



Adult Programs

YOGAFIT WITH KAMMY

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 & Thursday Mornings: 8:00am - 9:00am - Aerobics Studio and
Thursday Evenings: 6pm in Room 2

Fees: Member Punch Card (12 Classes): \$45 or \$5 Drop In
Non-Member Punch Card (12 Classes): \$60 or \$7 Drop In

ZUMBA

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: Mondays & Thursdays 7:35pm - 8:35pm
Fee: 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! •*



BOOT CAMP - NEW!

Come challenge yourself as Certified Personal Trainer Lisa Gillombardo leads this intense new workout held in Gym 1. Great for any fitness level! Come to class ready to increase your endurance, improve your strength and most of all, challenge yourself to gain a better body.



Instructor: Lisa Gillombardo
Days: Monday Evenings 6:30 - 7:30pm
Fees: Member Punch Card: \$50 or \$5 Drop In Non-Member Punch Card: \$70 or \$7 Drop In

CARDIO-KICK with LISA - NEW!

Get your heart pumping with our awesome cardio workout in just 45 minutes of our NEW CardioKick Class!

Instructor: Lisa Gillombardo
Days: Wednesdays 6:15 - 7:00pm
Fees: Member Punch Card: \$50 or \$5 Drop In Non-Member Punch Card: \$70 or \$7 Drop In

EVENING PILATES & STRETCH - NEW!

Join us for 30 minutes of lengthening and strengthening during our Evening Pilates & Stretch Class. Pilates focuses on strength and balance while helping elongate the muscles.



Instructor: Lisa Gillombardo
Days: Wednesday Evenings 7:00 - 7:30pm
Fees: Member Punch Card: \$50 or \$5 Drop In Non-Member Punch Card: \$70 or \$7 Drop In

KETTLEBELL - SATURDAY MORNINGS - NEW!

Improve your power, strength, endurance and flexibility with a 45-minute KettleBell Workout! Efficient and effective workout that is above all else, FUN!

Instructor: Lisa Gillombardo
Days: Saturday Mornings 10:00 - 10:45am
Fees: Member Punch Card: \$50 or \$5 Drop In Non-Member Punch Card: \$70 or \$7 Drop In

- *Lisa's Punch Cards are good for 2 months or ANY 12 of Lisa's Classes! •*

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!

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 MMA. Register at the Recreation Center for one-on-one or buddy sessions with Mark!

Lisa Gillombardo is a Certified Personal Trainer and Group Exercise Instructor by AFAA, Aerobics and Fitness Association of America. She has been in the industry for 7 years and enjoys helping people of all fitness levels achieve their optimal healthy body and lifestyle. Training with Lisa can help give you the tools needed to transform your body and change your life. Register at the Recreation Center for one-on-one sessions with Lisa! Buddy sessions are also available!

	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 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 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.

Before & After Care and Camps

SEVEN HILLS BEFORE AND AFTER SCHOOL PROGRAM

Our energetic staff is geared up to provide your child with an active, fun and productive alternative to their before or after school hours. These activities will include the following: swimming, arts & crafts, board/card games, various sports and games in the gymnasium, snack time, dedicated time for homework and much more.

Open to students in grades K - 6th, so sign up early to avoid being shut out.

Parma Bussing provided for children attending John Glenn, Green Valley and St. Columbkille only!

Weekly Registration is ongoing so sign up now!

Program calendar follows the Parma City Schools schedule.

**PARTICIPANTS MUST REGISTER BY THURSDAY OF THE PREVIOUS WEEK TO AVOID LATE FEES!*

<u>Part-Time (up to 3 days per week):</u>	<u>Full Time (at least 4 days per week):</u>
Before School - Member: \$12 Non-Member: \$18	Before School - Member: \$20 Non-Member: \$30
After School - Member: \$21 Non-Member: \$27	After School - Member: \$35 Non-Member: \$45
(after school cost covers daily snack too!)	(after school cost covers daily snack too!)



KIDS DAYS OFF CAMPS

Need a safe, fun place to leave the kids on their random days off school? The Seven Hills Recreation Center Day Camp Staff now offers individual camp dates to help! Bring the kids as early as 6:30am and leave them until 6pm - no extra charges! The day is filled with activities, crafts, swimming and more fun! Please pack a brown bag lunch, a snack and your swim gear! Choose from the following dates: 1/16 • 1/20 • 2/20 • 3/23

Members: \$25 each day

Non-Members: \$30 each day



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 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



~ After-School-Arts Club ~



VISITING THE RENAISSANCE WORKSHOP

A fun, short study of Leonardo Da Vinci, one of the most wildly talented people that has ever lived! Let's bring his talents to life and have fun learning about him through various projects!

Ages: 8 Years and Up

Instructor: JoAnn Rencz

Days: Tuesday Evenings: 4:00pm - 5:15pm

Fee: Member: \$38 Non-Member: \$45 - *Offered Winter 1 Only!*

DRAWING & PAINTING WORKSHOP

Our After School Art Club provides an opportunity for kids to create, problem solve and think with creativity. These are skills that will make students successful in the classroom. First 3 weeks are devoted to developing drawing skills. Last 3 weeks we will paint! Come join us on our creative adventure!

"As a child, I drew like Raphael, but it has taken me a lifetime to draw like a child." - Pablo Picasso

Ages: 8 Years and Up

Instructor: JoAnn Rencz

Days: Tuesday Evenings: 4:00pm - 5:15pm

Fee: Member: \$38 Non-Member: \$45 - *Offered Winter 2 Only!*

TEEN DRAWING WORKSHOP

Learn new techniques and sharpen your skills through demonstration and hands on practice. We will use still-life set-ups and discuss composition, thus helping to create art at a different level.

Ages: 13 Years and Up

Instructor: JoAnn Rencz

Days: Tuesday Evenings: 5:30pm - 6:30pm

Fee: Member: \$38 Non-Member: \$45 - *Offered Both Winter 1 & Winter 2 Sessions!*

Youth Programs

FUN AND FIT (F²) with Nancy and Awilda

This interactive fitness program is geared towards students ages 9-14 years old. Designed to be an active and fun course that incorporates hip-hop, yoga, strength and stretching to music so that all are successful at achieving their own optimal level of fitness. This is an ongoing class that allows students to work on personal training and encourage lifetime fitness habits. **Minimum of 5 Students Please! Offered Winter 2 and Spring!**

Ages: 9-14 Years

Instructors: Nancy Fedak and Awilda Olah

Days: 2 Sessions! Choose **Thursdays: 4:15 - 5:00pm or 5:15 - 6:00pm**

Fee: Member Session: \$40 Non-Member Session: \$50 Drop-In \$8



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 Spring Break filled with games, activities, arts and crafts, a field trip and so much more! New pricing INCLUDES Before & After Care! Please pack a lunch, a snack and swim gear each day! Contact Jo Ann Rencz at 216.524.6262 for more info! **Camp Runs April 9th - April 13th, 2012. Get here as early 6:30am and stay until 6pm - with no extra fees!**

Full Time Fee (4 or More Days): Members: \$130 Non-Members: \$160

Part Time Fee (3 Days or less): Members: \$110 Non-Members: \$125

Single Day Drop In Fee (Max 1 Day): Members: \$30 Non-Members: \$37

Field Trip TBA: \$12

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 BOTH Winter Sessions!**

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

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 6th through 8th - 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! \$5 Collected at the Door.**

Winter Social: Saturday, January 21st 8:00pm - 10:30pm

Valentine's Social: Saturday, February 11th 8:00pm - 10:30pm

JUMP START SPORTS

Little Hoop Stars - Pre-School & Kindergarten

Players are taught the basics of dribbling, passing, shooting, positioning, defense, and rebounding, and then apply what they have learned in fun, non-competitive games. Parents are welcome to assist in the coaching, but classes will be run by Jump Start Sports instructors. Players will be assigned to teams and each session will include a game as well the instruction. Program is held one day per week with no additional days for practices.

When: Thursday Evenings, January 19th - February 23rd
5:15pm - 6:15pm

Where: Seven Hills Recreation Center - 7777 Summitview Dr.
Fee: \$70 (includes NBA replica tee shirt)

Register online at www.JumpStartSports.com and the fee is only \$60 and a nominal convenience fee.



Hoop Stars - First and Second Grade

Players are taught the basics of dribbling, passing, shooting, positioning, defense, and rebounding, and then apply what they have learned in fun, non-competitive games. Parents are welcome to assist in the coaching, but classes will be run by Jump Start Sports instructors. Players will be assigned to teams and each session will include a game as well the instruction. Program is held one day per week with no additional days for practices.

When: Thursday Evenings, January 19th - February 23rd
6:15pm - 7:15pm

Where: Seven Hills Recreation Center - 7777 Summitview Dr.
Fee: \$70 (includes NBA replica tee shirt)

Register online at www.JumpStartSports.com and the fee is only \$60 and a nominal convenience fee.

Cheerleading - Kindergarten—Third Grade

Children in grades K – 3 learn a variety of cheers, jumps, kicks and movements. We'll also play fun cheerleading games and make pom poms, decorate crazy uniforms to wear at an exhibition on the last day of class and children participate in a highly active, non-competitive environment that fosters fun and the development of friendships while learning cheerleading skills.



When: Wednesday evenings, 1/23/12 – 2/27/12, 6:00 – 7:00 p.m.

Where: Seven Hills Recreation Center, 7777 Summitview Dr

Fee: \$70 (includes Jump Start Sports t-shirt, and home-made pom poms).

Register online at www.JumpStartSports.com and the fee is only \$60 and a nominal convenience fee.

Upcoming Events

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.



American Red Cross Blood Drives ~ Give Blood - the Gift of Life!

Do your part and help the American Red Cross! Blood is in short supply in NE Ohio.

Saturday, December 31st 8:30am - 1:30pm and Friday, March 9th 1pm - 6pm
Recreation Center Gathering Rooms



May is Senior Health and Fitness Month!

EVERY Wednesday in May ~ Join us starting at 8am for

Breakfast • Speaker • Activity • Entertainment

May 30th: 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

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



diabetes partnership
OF CLEVELAND

SWIM FOR DIABETES

April 21st & 22nd

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
Gathering Rooms		
1 Room	\$37.50	\$60
2 Room	\$67.50	\$97.50
3 Room	\$97.50	\$127.50
Patio	\$15 Flat Fee	\$35 Flat Fee
Kitchen	\$20 Flat Fee	\$35 Flat Fee
Pool (After Hours)		
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
Pool Party	\$60	\$90
(Includes Rental of Pool & Room 1)		
Gymnasium		
1 Court	\$55	\$75
2 Courts	\$97.50	\$120
Aerobic Studio	\$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:

Mon./ Weds./ Fri:	9:00am - 1:00pm
Tues. / Thurs.:	8:00am - 1:00pm
Monday - Thursday:	5:00pm - 8:30pm
Friday:	9:00am - 1:00pm
Saturday:	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

Payment Options: \$2.50 per visit per child or Punch Card: \$25 - good for 10 visits!



Recreation Center Open Houses!

Thursday, January 26th, 2012 and

Sunday, March 18th, 2012

Free Admission!

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.

Grandparent Cards

GREAT GIFT IDEA!

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

20 Visits for \$60

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

Winter Session

January 9th - March 16th

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: 6:15pm - 7:15pm

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

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



All Water Aerobics Classes are offered through our Punch Card System

Punch Cards are good for any 12 water classes. (Cards Expire after 8 Months)

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

Drop In: Members: \$5 Non-Member: \$7



SEVEN HILLS SEAHAWKS WINTER CONDITIONING

Members: \$38 • Non-Members: \$50

Winter Session Runs

January 9th - March 7th

Registration Begins December 19th

Ages 10 & Under Practice Monday & Wednesday Evenings: 6:00pm - 7:00pm

Ages 11 & Up Practice Monday & Wednesday Evenings: 7:00pm - 8:00pm



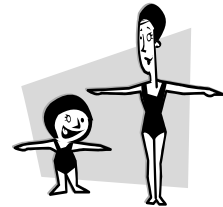
Private Swim Lessons

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



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 our swimmers. Thank You.



Learn-To-Swim Program



Winter Saturday Session:
January 14th - March 3rd
 Member Sign Up Begins: Dec. 19th
 Non-Member Sign Up Begins: Dec. 22nd

Winter Session 1:
Mon. & Wed. Nights
January 9th - February 1st
 Member Sign Up Begins: Dec. 19th
 Non-Member Sign Up Begins: Dec. 22nd

Tues. & Thurs Mornings
January 10th - February 2nd
 Member Sign Up Begins: Dec. 19th
 Non-Member Sign Up Begins: Dec. 22nd

Winter Session 2:
Mon. & Wed. Nights
February 13th - March 7th
 Member Sign Up Begins: Feb. 2nd
 Non-Member Sign Up Begins: Feb. 5th

Tues. & Thurs Mornings
February 14th - March 8th
 Member Sign Up Begins: Feb. 2nd
 Non-Member Sign Up Begins: Feb. 5th

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

30 Minute Classes:

Water	Mon. & Wed. PM:	5:45
Wigglers:	Sat.:	10:45
Preschool 1:	Tues. & Thurs. AM:	9:30
	Mon. & Wed. PM:	5:00, 5:45
	Sat.:	10:00, 10:45
Preschool 2:	Tues. & Thurs. AM:	10:00
	Mon. & Wed. PM:	5:45, 6:30
	Sat.:	10:00, 11:30
Level 1:	Tues. & Thurs. AM:	10:45
	Mon. & Wed. PM:	5:00, 6:30
	Sat.:	10:45, 11:30
Adults:	Sat.:	12:00

45 Minute Classes:

Level 2:	Tues. & Thurs. AM:	11:15
	Mon. & Wed. PM:	5:00, 6:15
	Sat.:	10:00, 11:15
Level 3:	Mon. & Wed. PM :	5:45, 6:15
	Sat.:	10:00, 10:45
Level 4:	Mon. & Wed. PM:	5:00
	Sat.:	11:15
Level 5:	Mon. & Wed. PM:	5:00
	Sat.:	11:15



Learn-To-Swim Program



Spring Saturday Session:
March 24th - May 19th
 Member Sign Up Begins: March 4th
 Non-Member Sign Up Begins: March 7th

Spring Session 1:
Mon. & Wed. Nights
March 19th - April 18th
 Member Sign Up Begins: March 8th
 Non-Member Sign Up Begins: March 11th
 (No Class April 9th & 11th)

Tues. & Thurs Mornings
March 20th - April 19th
 Member Sign Up Begins: March 8th
 Non-Member Sign Up Begins: March 11th
 (No Class April 10th & 12th)

Spring Session 2:
Mon. & Wed. Nights
April 30th - May 23rd
 Member Sign Up Begins: April 19th
 Non-Member Sign Up Begins: April 22nd

Tues. & Thurs Mornings
May 1st - May 24th
 Member Sign Up Begins: April 19th
 Non-Member Sign Up Begins: April 22nd

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

30 Minute Classes:

Water	Mon. & Wed. PM:	5:45
Wigglers:	Sat.:	10:45
Preschool 1:	Tues. & Thurs. AM:	9:30
	Mon. & Wed. PM:	5:00, 5:45, 6:30
	Sat.:	10:00, 10:45, 11:30
Preschool 2:	Tues. & Thurs. AM:	10:00
	Mon. & Wed. PM:	5:00, 5:45, 6:30
	Sat.:	10:00, 10:45, 11:30
Level 1:	Tues. & Thurs. AM:	10:45
	Mon. & Wed. PM:	5:00, 5:45, 6:30
	Sat.:	10:00, 10:45, 11:30
Adults:	Sat.:	12:00

45 Minute Classes:

Level 2:	Tues. & Thurs. AM:	11:15
	Mon. & Wed. PM:	5:00, 6:15
	Sat.:	10:00, 11:15
Level 3:	Mon. & Wed. PM :	5:45, 6:15
	Sat.:	10:00, 10:45
Level 4:	Mon. & Wed. PM:	5:00
	Sat.:	11:15
Level 5:	Mon. & Wed. PM:	5:00
	Sat.:	11:15

Winter 2012 Lifeguard Class

January 22nd - March 11th

Sundays ~ 1pm - 5pm



Certifications will include American Red Cross Lifeguarding, First Aid, CPR and AED for the Professional Rescuer. Books and Materials included!

For More Information Contact the Aquatics Director, Abby Szeszak 216-524-6262 Ext 404

Members: \$175 Non-Members: \$195

Pre-Registration is REQUIRED! Registration is Open 12/1 - 1/15

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.

Ages: 9-14

Date: January 28th - March 3rd - Saturdays 1:00- 3:30

Fee: Member: \$50 Non-Member: \$60 - Additional \$10 for CPR certification

For More Information Contact the Aquatics Director,

Abby Szeszak @ 216-524-6262 ext 404



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. **SPRING & SUMMER 2012 CLASSES ARE FILLIN G UP QUICKLY!** Pre-Enroll Today!

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 or contact Adam W. Hudak, *ISR Certified Instructor*, directly by calling 216/789-6500 or sending an email to a.hudak@infantswim.com.

Adult Leagues

Men's Basketball - Men's open leagues will play Monday, Tuesday, and Thursday nights and Sunday afternoons. Competition is as follows:

Monday, Premier/Platinum, is a highly competitive and fast paced league. Tuesday, Gold is competitive and a more fundamental level of play where defense and scoring are concerned. Thursday, Silver is a fun scoring league. Sunday is a recreational level league and is a great start for new teams not familiar with our leagues. Contact Ursula at udrinko@sevenhillsohio.org with questions. **Registration for new teams for all four leagues begins January 5th. Registration closes for Tuesday, Gold and Thursday, Silver on January 19th unless already full. Registration closes for Monday Premier/Platinum and Sunday Recreational on January 23rd unless already full.** Game fees are \$32 for Monday nights and \$30 for Tuesday/Thursday nights and Sunday afternoons per team per game.

Fees:	Monday Premier/ Platinum	\$300
	Tuesday Gold	\$300
	Thursday Silver	\$300
	Sunday Recreational	\$300



Men's 40 and Over Hoops-Our Men's 40 and Over Basketball League will play on Sunday afternoons starting at 1pm beginning on February 12th. **Registration opens December 27th! – Registration closes January 23rd if not already full.** Game fees are \$32 per team per game. Contact Ursula at udrinko@sevenhillsohio.org with questions.

Registration Fee: \$300

MEN'S 6-ON-6 FLAG FOOTBALL - SPRING! League plays Saturday Mornings on the field adjacent to City Hall. Play will be "minimum contact". **Registration opens Feb. 27th (registration deadline is March 19th)- Games Begin March 31st.** Game fees are \$20 per game. Please contact Ursula at udrinko@sevenhillsohio.org for information.



Registration Fees: \$200

SENIOR WII BOWLING LEAGUE: Mondays & Fridays 11am - 1pm! **Session Begins January 9th - Registration Opens December 17th!**

Registration Fees: Members - \$10 Non-Members: \$14 (7 week session).



- 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

(August 21st - December 31st):

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Heights Care & Rehabilitation

440.584.9433

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Kathy Hirko

216.378.9969

Shawn Kata

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440.268.8304



Ron Lehmann
419.503.3275



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Eli Djukic

216.447.8970



216.749.4010



Wound Healing Center

216.939.8866



216.447.1505 - Independence

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