A Message from Mayor Dell’Aquila:

Please accept a warm "Hello" to all our Seven Hills residents in our growing community of young people, families and retirees. Our city values our long-time residents and welcomes all our new residents too.

Whether I'm walking around town, out shopping and running errands, or meeting with you at city hall, I am constantly reminded that Seven Hills is truly a special place. This is primarily because our community is blessed with an involved population who enthusiastically help each other and work together to build and maintain our quality of life.

My administration and I have been committed to expanding on that progress and to serve everyone at the highest level we can with current staffing levels. First and foremost has been our focus on public safety, which is the most important responsibility of any municipality. As a result, our city has received regular annual Safe-City awards, recognizing Seven Hills as one of the safest cities of its size.

My goals have always been the same: to remain financially secure despite economic challenges, to seek job-creating investment, and to enhance, wherever possible, the lives of all who live and work here by promoting a strong balance of safe neighborhoods, parks and recreation, community facilities and services, and commercial development.

The city is moving forward with new development projects, including on Rockside Road. These are now at varying stages of progress and will require additional work by everyone, including our Building Department, to achieve a successful conclusion.

Seven Hills is now becoming a growing area for business investment and job creation. We offer a variety of great housing in an ideal location, recreation, and year round events and festivals. These have transformed Seven Hills into a wonderful place to consider home, or just to visit.

For example, as of this writing, the weekly Farmers’ Market at Broadview and Hillside is underway (each Thursday through September 27th) with over 400 patrons on the first day! We are putting the finishing touches on our annual Home Days event, (Two Nights of Fireworks!) and we will soon be planning for the 2018 Fall Fest at the Recreation Center. Seven Hills is truly a regional attraction with plenty to enjoy!

Continued on next page ….

--Mayor Richard Dell’Aquila

The ENTIRE Recreation Center will be closed beginning September 1st and will re-open September 9th.
Seven Hills is welcoming many new families and youngsters who deserve our attention. In the coming few weeks, the City Engineer will present a plan to City Council for improving our ball fields—the right way, with proper planning and drainage.

Notwithstanding all the prior challenges, our current progress is being accomplished in partnership with the new City Council, who you elected to office last November. Under the leadership of Council President Tony Biasiotta, our new Council representatives Stacey Kelly, Tom Snitzky, Pat Elliott, Randy Greenwald, Leslie Stager, and Bob Wrobel have hit the ground running since taking office and are putting our city back on the right path to grow and transform Seven Hills into a 21st century community we can all be proud to call home.

Due to term limits I won't be Mayor after December 10, 2019. So, it is gratifying to know that we now have such quality leadership working with a real sense of purpose and integrity, striving for progress and restoring community pride. We can all look to the future with a real anticipation for what is to come. We are again a city of imagination, a city of enthusiasm and a city of rising potential.

Seven Hills is the city where I grew up, raised my family and hope to retire. Serving as our Mayor is more than just a job to me. The members of my administration are here to serve you to the best of our abilities, and I take those responsibilities seriously. Thank you for the opportunity to continue serving as our Mayor.

--Mayor
Richard Dell’Aquila
Come to the 45th Annual

SEVEN HILLS HOME DAYS

Friday July 27 & Saturday July 28
6pm - 11 pm
12pm - 11 pm

On the Seven Hills City Grounds

Fireworks BOTH Nights!
Bingo
Senior Drawing
Kids Zone
Live Music

Carnival Rides
Community Recognition
Wing Eating Competition

Sponsored by Waste Management & Legacy Heath Services

2018
Seven Hills Historical Society

Our purpose is to preserve and promote the unique heritage of the City of Seven Hills. We hope to instill appreciation of past generations as well as provide enjoyment, education and inspiration for current and future generations. This will be accomplished through such activities as research, publications, acquisitions, and conservation of materials, advocacy of historic landmarks and educational opportunities.

HOME DAYS CELEBRATION

THE HISTORICAL SOCIETY WILL PARTICIPATE IN THE SEVEN HILLS HOME DAYS CELEBRATION. Join us for a good time, accompanied by a touch of history. Come and meet your neighbors. We are located opposite the Mayor’s Court in City Hall. We will raffle off a basket of goodies and have a 50/50 raffle. All proceeds fund the Historical Society.

"Home Days has been a decades old tradition in Seven Hills, highly anticipated by young and old alike." - Mayor Richard Dell’Aquila

HISTORICAL SOCIETY ROOM WILL BE OPEN FOR HOME DAYS:

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>FRIDAY</td>
<td>July 27</td>
<td>6pm to 8 pm</td>
</tr>
<tr>
<td>SATURDAY</td>
<td>July 28</td>
<td>12 noon to 8 pm</td>
</tr>
</tbody>
</table>

History of Home Days in America:

Old Home Week originated in the New England region of America, similar to a holiday or festival. In its beginning the 19th--20th century, it involved a community effort to invite former residents of a village or town or city, usually individuals who grew up in the community as children and moved elsewhere in adulthood to visit the “Old Home” the parental household and home town. In the late 20th and early 21st century, the practice spread to other parts of America and has become a broader celebration with an emphasis on local culture and history and including the gathering of residents old and new to the celebration with fun, food and rides.

NOTE NEW EVENT:

The Historical Society is sponsoring a fund raiser at the Seven Hills Farmers Market along with the Little Birdie Wine Nest.

Mark these dates on your calendar - each 4pm - 7pm
August 9, 2018
September 13, 2018

Music and Wine with your neighbors ~ what could be better!
A message from the City of Seven Hills Engineering Department:

The Hemlock Creek Watershed Utility Improvement Project is underway. Attention affected property owners / residents on Hillside Drive, Cherry Lane, Nemet Drive, Twilight Drive, Shady Lane, North Mary Lane, Mary Lane, South Mary Lane, Seven Hills Boulevard, and Oak Lane:

- Please drive carefully and slowly during construction activities that will be occurring on your street.
- Please be mindful of operating construction equipment and parked construction equipment.
- Please keep children, pets and yourselves away from construction equipment that will be parked overnight and over the weekends.
- Thank you for your patience and cooperation during the construction of this Project.

For ongoing and continual Project updates, feel free to visit the City’s website at: [http://www.sevenhillsohio.org/en-US/Engineering.aspx](http://www.sevenhillsohio.org/en-US/Engineering.aspx)
Underage Drinking Laws

What parents should know:
As a parent, you cannot give alcohol to your teen’s friends under the age of 21 under any circumstances, even in your own home, even with their parent’s permission.

You cannot knowingly allow a person under 21, other than your own child, to remain on your home or on your property while consuming or possessing alcohol.

If you break the law:
You can face a maximum sentence of six months in jail and/or a $1,000 fine.

Others can sue you if you give alcohol to anyone under 21, and they, in turn, hurt someone, hurt themselves or damage property.

Things you can do as a parent:
- Refuse to supply alcohol to children.
- Be at home when your teen has a party.
- Make sure that alcohol is not brought into your home or property by your teen’s friends.
- Talk to other parents about not providing alcohol at other events your child will be attending.

Create alcohol free opportunities and activities in your home so teens will feel welcome.

Please review Chapter 529 of the Seven Hills Codified Ordinances for applicable liquor control offenses.

Also, The Seven Hills Police Department would like to remind residents that if you are on the do not knock list and unwanted solicitors are still knocking on your door that you should notify the Police Department immediately.

The Seven Hills Police Department has partnered with the Cuyahoga County Sheriff’s Department in the prescription (Rx) drug drop off initiative.

The initiative supports our interest in removing unsafe, unused, or expired prescription drugs from resident homes in a safe manner. In addition to promoting the safe disposal of prescription drugs, Rx Drug Drop Boxes decrease the likelihood of intentional prescription drug abuse. Unused prescription drugs are typically the gateway to heroin abuse, as over 70% of Americans misusing painkillers obtain them from friends or relatives.

Proper disposal of expired prescriptions reduces the likelihood of abuse by family, friends, or visitors.

Further, disposal of prescription drugs in an RX Drop Box reduces the environmental impact on citizen drinking water and natural waterways, by providing citizens with an alternative to flushing drugs down the toilet.

The Rx Drug Drop box is located in the Seven Hills Police Department’s lobby.
The Summer months are now with us, and the members of the Seven Hills Fire Department would like our readers to be aware of what hot weather can do to your body, and how it may affect your health.

**Heat Illnesses Can be Fatal; Would You Know What to Do?**

Did you know your body is constantly in a struggle to disperse the heat it produces? Most of the time, you’re hardly aware of it — unless your body is exposed to more heat than it can handle.

In 2014, 244 people died in the U.S. from exposure to excessive heat, according to *Injury Facts 2017*, the annual statistical report on unintentional injuries produced by the National Safety Council. Heat-related illnesses can escalate rapidly, leading to delirium, organ damage and even death.

There are several heat-related illnesses, including heatstroke (the most severe), heat exhaustion and heat cramps. Those most at risk include:

- Infants and young children
- Elderly people
- Pets
- Individuals with heart or circulatory problems or other long-term illness
- People who work outdoors
- Athletes and people who like to exercise – especially beginners
- Individuals taking medications that alter sweat production
- Alcoholics and drug abusers

**Heatstroke** - Heatstroke can occur when the ability to sweat fails and body temperature rises quickly. The brain and vital organs are effectively "cooked" as body temperature rises to a dangerous level in a matter of minutes. Heatstroke is often fatal, and those who do survive may have permanent damage to their organs.

Someone experiencing heatstroke will have extremely hot skin, and an altered mental state, ranging from slight confusion to coma.

Seizures also can result. Ridding the body of excess heat is crucial for survival.

Move the person into a half-sitting position in the shade. Call for emergency medical help immediately. If humidity is below 75%, spray the victim with water and fan them vigorously; if humidity is above 75%, apply ice to neck, armpits or groin.

Do not give aspirin or acetaminophen

Do not give the victim anything to drink

**Heat Exhaustion** - When the body loses an excessive amount of salt and water, heat exhaustion can set in. People who work outdoors and athletes are particularly susceptible.

Symptoms are similar to those of the flu and can include severe thirst, fatigue, headache, nausea, vomiting and, sometimes, diarrhea. Other symptoms include profuse sweating, clammy or pale skin, dizziness, rapid pulse and normal or slightly elevated body temperature.

Uncontrolled heat exhaustion can evolve into heatstroke, so make sure to treat the victim quickly.

Move them to a shaded or air-conditioned area
Give them water or other cool, nonalcoholic beverages.
Apply wet towels or having them take a cool shower.

*Continued on next page...*
Heat cramps

Heat cramps are muscle spasms that usually affect the legs or abdominal muscles, often after physical activity. Excessive sweating reduces salt levels in the body, which can result in heat cramps.

Workers or athletes with pain or spasms in the abdomen, arms or legs should not return to work for a few hours. Instead:

- Sit or lie down in the shade.
- Drink cool water or a sports drink.
- Stretch affected muscles.
- Seek medical attention if you have heart problems or if the cramps don’t get better in an hour.

The best way to avoid a heat-related illness is to limit exposure outdoors during hot days. Air conditioning is the best way to cool off, according to the CDC. Also:

- Drink more liquid than you think you need and avoid alcohol.
- Wear loose, lightweight clothing and a hat.
- Replace salt lost from sweating by drinking fruit juice or sports drinks.
- Avoid spending time outdoors during the hottest part of the day, from 11 a.m. to 3 p.m.
- Wear sunscreen; sunburn affects the body’s ability to cool itself.
- Pace yourself when you run or otherwise exert your body.

One final note. If you are having recreational fires during the summer months, please remember to take extra caution with regards to dry yards. This increases the chance of a fire spreading very rapidly, and extreme caution should be exercised.

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**General Guidelines for Recreational Fires**

1) A Recreational Fire is a small (3’ X 3’) fire, using only Seasoned Dried Wood.

   - The Fire Code prohibits the burning of: Leaves, grass trees, debris, rubbish, flammable liquids, any material made of or coated with rubber, plastic or leather and all petroleum based materials. Any Smoke Causing Materials, ANY TIME!

   **FLAMMABLE LIQUIDS SHOULD NOT BE USED TO START RECREATIONAL FIRES**

   **Seasoned Dried Hardwoods are the preferred burning material**

2) Approved Container

   - The fire pit shall be made to contain the fire on all sides with a screen to cover the top.
   - A steel-one piece fire pit with a fitted screen on top is considered to be an approved Container. In addition, the fire pit placed on a slightly larger diameter of gravel will provide the maximum protection against the spread of fire.

3) Recreational fires shall not be conducted within 25 feet of any structure or combustible Material. This includes any condition which could cause a fire to spread within 25 feet of a structure. Such as Pine Trees, pine needles, trash or any other combustibles.

4) Recreational fires shall be constantly attended until the fire is extinguished.

5) Extinguishing equipment, such as dirt, sand, water barrel, and/or garden hose shall be

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The Seven Hills Fire Department hopes you and your family will have a safe and enjoyable time outdoors, Enjoy your Summer!
Flooding Emergency – on Weekends and after hours, please call Non-Emergency Dispatch at (216) 524-3911 and they will contact the Service Department to assist in any Flooding Emergency.

Rubbish Pickup - Rubbish should be placed on the tree lawn by 7:00AM on the scheduled day of collection and shall not be placed earlier then 4:00PM on the day prior to the scheduled date of collection. Collection is delayed one day the week of Labor Day.

Water Main Breaks - Should you notice bubbling or streaming water along the roadway or tree lawn, please call the Cleveland Water Department at 216-664-3060 to report the break.

Street Light Outages - To report a street light outage, broken fixture or light flickering please call The Illuminating Company at 1-888-544-4877 or the Service Department at 216-525-6225.

Document Shredding – The next scheduled date will be August 14th from 1PM-7PM behind City Hall. Documents will be shredded on site. This service is for Seven Hills residents only. No business’s. Residents of Seven Hills may bring their personal records, financial documents, letters, manila folders, ledgers, cancelled checks, old invoices and bills. Staples and paperclips do not need to be removed. No plastic, metal spirals, 3-ring binders, cardboard or magazines.

Household Hazardous Waste & Computer Roundup - The next roundup will be September 18th from 8AM to 6PM behind City Hall. For more information please check the Cuyahoga county solid waste district website: www.cuyahogarecycles.org/seven-hills

Household Material Accepted - Oil or solvent-based paint, sealers, primers, or coatings (aerosols or liquids) – varnishes, polyurethane, shellacs, paint thinner, mineral spirits, turpentine, pesticides, herbicides, fungicides, caustic household cleaners, automotive fluid, motor oil, car batteries, adhesives, driveway sealer, kerosene, gasoline, lighter fluid, mercury.

Materials Not Accepted - Latex paint, explosives, gun powder, ammunition, flares, medical waste, pharmaceuticals, sharps, radioactive waste, fluorescent bulbs.

Disposal of Latex Paint - The Cuyahoga County Solid Waste District does not accept latex paint at the HHW roundup. Latex paint is comprised mostly of water and is not a hazardous material. To dispose of latex paint, solidify with sawdust or cat litter and place in your curbside trash. Remove the lid so trash crews know that it is solidified. For more information visit www.cuyahogarecycles.org/seven-hills

Computer Materials Accepted - Computers, printers, cable boxes, calculators, toner, back up batteries, stereo systems, keyboards, mouse, cell phones, fax machines, power supplies, laptops, speakers, telephones network systems, circuit boards, modems, test equipment, cable, wire, hard drives, extension cords, copy machines VHS/DVD players, routers, switches, laptop batteries, LCD monitors, cameras, printer cartridges, typewriters, servers, CDROM/floppy drives, DVR recorder.

Simple Recycling - Place clothing, shoes and home goods into the orange bags provided by Simple Recycling. Place your bags at the curb on your regular collection day by 7:30am. Simple Recycling materials should be placed beside residents recycling container. DO NOT place Simple Recycling bags inside trash or recycling containers. Additional bags can be picked up at the Service Department in City Hall.
I hope you are all having a wonderful summer that is filled with lots of outdoor activities to get some fresh air and exercise! I know I am! I’m training for the Marine Corps Marathon that takes place at the end of October in Washington, DC. I’m looking forward to running around our nation’s capital and seeing all the monuments as well as appreciating all the men and women who have given their lives for our country and the abundance we have here at home. We are so blessed. There is a mile of the race where there are pictures of the Fallen Heroes so that we always keep in mind their sacrifice. I will also be remembering the many animals who have also given their lives in combat throughout our history. There is also a portion of the race that is called “the Gauntlet” – the race directors don’t explain this portion so it will be a surprise for us “first timers” as I go through it! I hope I make it! I can’t imagine what it will be! Wish me luck!

I want to again congratulate two couples: Walter and Beverly Konicki (married 65 years) and Barbara and Robert Celznick (married 55 years), who received Proclamations from Mayor Dell’Aquila and Commendations from Marlene Anielski, our Representative in the Ohio State House. There were lots of pictures, family members, and praise for our long-time residents of Seven Hills as well as the celebration of their durable and happy marriages. We had a marvelous and moving evening as they both received their recognition on the same night! It was a truly an awe-inspiring event to acknowledge these residents who are the backbone of our community. Once again, give three cheers for Walter and Beverly and Barbara and Robert! Hip hip hooray! Hip hip hooray! Hip hip HOORAAY!

If you know of a loving couple or person who is celebrating a milestone in their lives, please let me know. This could be a notable birth, anniversary, long-time residency, citizenship, or some other life affirming event that we can all celebrate together. I think acknowledging these people and events as a community unites us and makes us appreciate what it takes to have a life well lived.

That’s all from me right now. Just enjoy the summer as our days are hot and muggy but the flowers are in bloom and nature is thriving around us. We are so fortunate to have our quality of life and remember to help our citizens who are in need. Check on your neighbors to make sure they are ok – especially our elderly.

Happy summer folks! Enjoy!

Leslie Stager, PhD - Councilperson At-Large
Phone: 216-446-5097 / Email: leslie.stager@me.com
Hello Seven Hills Residents:

It is hard to believe that summer is upon us. I must say it could not come fast enough after the winter that didn’t want to end. There are a great many things to look forward to this summer in our fine city. Here are just a few reminders:

**The Farmers Market** which started for the season on Thursday, June 28th. The market is every Thursday from 4:00 pm to 7:00 pm at the corner of Hillside and Broadview Road. Come out to support your local farmers and vendors. It’s a great way to mingle with your fellow neighbors.

**The Seven Hills Home Days** will be celebrated the weekend of July 27th located behind City Hall. Fireworks are scheduled for both nights and be sure to check out the great entertainment. Elvis will be in the building!!

**The 2nd Annual Community Picnic** has been re-scheduled for Saturday, August 4th from Noon to 5:00 p.m.. This FREE event for all Seven Hills residents will be located at the pavilion behind City Hall. Resident, Jen Zeleznikar will oversee the “Say No To Drugs” chalk drawing contest with prizes for participants. Additionally, there will be a huge inflatable slide, 40’ inflatable obstacle course, train rides, free ice cream, cotton candy, pop corn, face painting, a DJ and much more. Along with our Seven Hills Fire Department, there will be a variety of race cars and two 3000 HP race cars on display for picture posing. Bring the kids for a great time and come meet your fellow neighbors!!

In Council news...recently, our Planning Commission and Council voted down the proposal by Drees Homes to build 57 homes in the North Park area. Many residents packed Council chambers and advocated against the project due to traffic concerns and how it would impact the area in which they live.

The findings of the Charter Review Committee were presented to Council. Some of the issues that will be brought before our residents on the November ballot are revising Council’s term limits, the removal of taxing retirement income; changing the operation of our City parks from the Service Department to the Seven Hills Parks and Recreation Department. As a Council, we are making steps in the right direction to help our City run more efficiently.

The Hemlock Creek Watershed Utility Project is progressing well and I’m sure we will be seeing orange barrels are some point. A true sign of summer in Ohio!

We are making progress on the 16 acre Glenn’s Landings property located on Rockside Road for their proposed $27 million dollar Omni Senior Campus. Over a 15 year time span, this development is projected to add 6.8 million dollars to the City’s budget through the property and payroll taxes.

As always, I strongly encourage all residents to attend our Caucus and Council meetings which are open to the public. We have a great many things to look forward to in the upcoming future....stay tuned!

As Chairperson of Community Services if you have any event ideas for our city or something you would like to participate in, please contact me at: slk7hills@gmail.com. Additionally, please reach out to me with any questions, concerns, comments or complaints. You will not be ignored as I respond to everyone. Thank you and God bless.

Stacey L. Kelly
Council President Pro Tem
216-642-3722
slk7hills@gmail.com
I can't believe it is Home Days time again. It was one of the ways that I marked the passage of summer when I was a kid, but they seem to be coming quicker and quicker now. Look for me to be selling 50/50 raffle tickets for the VFW. It is something I try to do every year. I so enjoy helping that organization.

Of course as always the big news in Ward 3 is Hemlock Creek. All of the trees have been removed from the easements and by the time this is published excavation should have begun. There have been some delays because of the exceptionally wet spring but now that the temperature is heating up, I imagine the bulldozers will too. Look for excavation equipment to be active 7:00 am until 6:00 pm Monday thru Saturday.

Let's talk about Laterals. Laterals are the sanitary sewer connections on private property going from the house to the main sewer line connection running down the street. You may notice a red stake in your yard. That is the contractors engineering estimate of where it is best on your property to set the tie in so that you will have the straightest and least expensive outflow going in a line from close to where your septic tank is to the street. These positions are not locked into stone. Not until the excavation is completed is the lateral set. I saw a number of lateral stakes that would adversely affect a tree or some other landscaping. Laterals can be moved. If you don’t like where your lateral is set contact Dan Collins in the Engineering Department. He can meet with you and advise if the lateral can be moved so as not to negatively impact landscaping.

There is now also information on the City of Seven Hills, Engineering Department, website regarding excavators currently approved to do the lateral hook ups; and information regarding loans and grants from Cuyahoga County for installing these lateral hook ups.

Please go to http://www.sevenhillsohio.org/en-US/Hemlock-Creek.aspx to receive more information and for regular updates on the Hemlock project.

As always have a great summer. Contact me if you have any other questions. Look forward to seeing you on Thursdays at the Farmer’s Market.

Tom Snitzky
Councilman City of Seven Hills
Ward 3
216-236-6322
snitzky7hills@ymail.com

City of Seven Hills
Residential Lock-Box Program
This is recommended for Senior Citizens & Disabled Residents.
This is a great resource for a resident who is living alone, with no one close by to help them in an emergency.
$35 each and installed by Seven Hills Fire Department.
Contact Tony Terry at 216-525-6230 for more info!

Sip To Support Uncorked!
WINE at the Market
August 9th
September 13th
4pm - 7pm
VII Hills Historical Society
Recreation Center Hours:
Sundays: 12pm - 6pm • Mondays- Fridays: 5:30am - 9pm • Saturdays: 8am - 8pm
*Pool Closes 15-minutes prior to rest of building.

THE MISSION OF THE
SEVEN HILLS COMMUNITY RECREATION CENTER

The City of Seven Hills Community Recreation Center is dedicated to creating a healthy, fun and educational environment where safety is paramount. Our year-round programming is offered to all ages and skill levels, helping to create exactly what each member or participant needs to achieve his or her personal goals.

We strive to enhance physical, emotional and social development of our Community while providing a safe and healthy atmosphere. - Jennifer Burger, Recreation Director

Totally Toned Personal Training
TTPT has several packages available to accommodate your specific needs, and rates start as low as $25 per session!
Visit us on the web at www.totallytonedpersonaltraining.com, find us on Facebook, or call 216-548-5383 today to schedule your free 30-minute consultation and workout!

Contact Trainer Mike at 216-548-5383 TODAY!

• Cardio - How to use your heart rate to achieve your desired result.

• Nutrition - Which foods will help or hinder your progress and long-term results.

• Weight Training - Gain lean muscle mass helping to burn more calories—even at rest.
**Seven Hills Resident Membership Info - Annual / Upfront Payment**

<table>
<thead>
<tr>
<th>Membership</th>
<th>Fee</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth</td>
<td>$105</td>
<td>A resident 12 years old or younger (must be purchased with Adult Membership).</td>
</tr>
<tr>
<td>Teen w Parent</td>
<td>$160</td>
<td>A resident between the age of 13 and 17 (must be purchased with an Adult).</td>
</tr>
<tr>
<td>Teen w/o Parent</td>
<td>$210</td>
<td>A resident between the ages of 13 and 17.</td>
</tr>
<tr>
<td>Adult</td>
<td>$210</td>
<td>A resident 18 to 61 years old.</td>
</tr>
<tr>
<td>Adult Couple</td>
<td>$345</td>
<td>2 Adults at the same address whose full time residence is in Seven Hills.</td>
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<tr>
<td>Family</td>
<td>$400</td>
<td>Immediate family household members, up to four people living in Seven Hills.</td>
</tr>
<tr>
<td>Adtl. Children</td>
<td>$40</td>
<td>Additional children may be added for $40 each per year.</td>
</tr>
<tr>
<td>Senior</td>
<td>$100</td>
<td>Resident 62 or over.</td>
</tr>
<tr>
<td>Disabled Resident</td>
<td>$100</td>
<td>Resident that is &quot;Totally Disabled&quot; determined case by case. Must provide State Disability Info.</td>
</tr>
<tr>
<td>Resident College</td>
<td>$100</td>
<td>Resident full time college student with permanent residence in Seven Hills.</td>
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**Parma Resident Membership Info - Annual / Upfront Payment for NEW Parma Members (No previous Membership)**

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<thead>
<tr>
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<tr>
<td>Youth</td>
<td>$150</td>
<td>A Parma resident 12 years old or younger (must be purchased with Adult Membership).</td>
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<tr>
<td>Teen w Parent</td>
<td>$200</td>
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<tr>
<td>Teen w/o Parent</td>
<td>$275</td>
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<tr>
<td>Adult</td>
<td>$275</td>
<td>A Parma resident 18 to 61 years old.</td>
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<tr>
<td>Parma Couple</td>
<td>$450</td>
<td>2 Adults at the same address whose full time residence is in Parma.</td>
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<td>Family</td>
<td>$525</td>
<td>Immediate family household members, up to four people living in Parma (max. 2 adults).</td>
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<tr>
<td>Adtl. Children</td>
<td>$50</td>
<td>Additional children may be added for $50 each per year.</td>
</tr>
<tr>
<td>Senior</td>
<td>$150</td>
<td>Parma Resident 62 or over.</td>
</tr>
<tr>
<td>Disabled Resident</td>
<td>$150</td>
<td>Parma Resident that is &quot;Totally Disabled&quot;. Must provide State Disability Info.</td>
</tr>
<tr>
<td>Resident College</td>
<td>$150</td>
<td>Resident full time college student with permanent residence in Parma.</td>
</tr>
</tbody>
</table>

**We are proud members of SilverSneakers - Silver&Fit and Optum Health!**

**Non-Resident Membership Info - Annual / Upfront Payment**

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<tr>
<th>Membership</th>
<th>Fee</th>
<th>Description</th>
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<tbody>
<tr>
<td>Individual</td>
<td>$400</td>
<td>One Person living outside of Seven Hills or Parma</td>
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<tr>
<td>Non Resident Couple</td>
<td>$605</td>
<td>2 Adults outside of Seven Hills or Parma living at the same address</td>
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<tr>
<td>Family</td>
<td>$675</td>
<td>Immediate family household members, up to four people living outside of Seven Hills or Parma (max. 2 adults).</td>
</tr>
<tr>
<td>Adtl. Children</td>
<td>$105</td>
<td>Additional Children may be added for $105 each per year.</td>
</tr>
</tbody>
</table>

**United States Military Veteran Membership:**

- **Resident**: $100
- **Non-Resident**: $150  
  (Proof of Honorary Discharge via DD-214 required)

The above listed memberships are purchased for one full year - one time upfront payment. All memberships are non-refundable and non-transferrable.
ZUMBA WITH CARMEN
Try this super-popular new program! Instructors fuse 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: Carmen Quintana
Days: Thursday Evenings: 7:35pm - 8:35pm with Carmen
Fees: Member Punch Card: $27 or $6 Drop In
     Non-Member Punch Card: $37 or $8 Drop-In

INSANITY WITH LYNN
INSANITY live classes will bring the workout we have all seen on DVD to a live group setting. Using max interval training with explosive cardio and plyometric drills combined with your own power and strength. No weights needed, your own body weight will tone and sculpt your body. All levels welcome!
Instructor: Lynn Johnson
Days: Monday Evenings 7:30pm - 8:00pm
Fees: Member Punch Card: $27 or $6 Drop In
     Non-Member Punch Card: $37 or $8 Drop-In

FIT HAPPENS WITH DEBBIE
Join us for a low impact, full body work out combining Pilates, Barre, and Yoga using your own body weight, exercise balls, and resistance bands. This work out targets all muscles groups to tone and strengthen your entire body, including your abdominals and mid-section. Modifications are taught to make this an effective class for beginners to advanced fitness levels. Enjoy an uplifting power hour! No one ever regrets working out!
Days: Tuesday Evenings: 6:30pm - 7:30pm with Debbie
Fees: 6-Class Punch Card: $42  12-Class Punch Card: $82 or Drop-In $10

JAZZERCISE
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 (does not follow Rec Dates)!

Classes meet in Rec. Center Gathering Rooms!
Instructor: Lois Powers (loispowers@hotmail.com) or 330.468.6637
Days: Mondays & Wednesdays 6:30pm - 7:30pm
Fees: 1 Month: $37 (EFT)  2 Months: $82 (At the Door) Drop-In $12
our SENIOR CENTER

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FIND AN ADVERTISER NEAR YOU
SEARCH SUPPORTERS OF OUR CENTER to find trusted services in our area!

PLUS Sign up to have our newsletter emailed to you!

ourseniorcenter.com
WE CAN HELP
- Mold
- Mildew
- Discoloration
- Flaking or Peeling

DO IT THE RIGHT WAY - FROM THE OUTSIDE
If your basement suffers from any of the following problems, we can help.

Kulick Dental
216-236-6300
(across the street from Giant Eagle)
7393 Broadview Road, Suite G
Seven Hills, OH 44131
staff@kulickdds.com
www.kulickdental.com

Kane Podiatry
7393 Broadview Rd., Ste. F, Seven Hills
(Across from the Get-Go Gas Station)
216.642.3668
Dr. Kevin M. Kane
& Dr. Elizabeth Baracz
No Facility Fees • Same Day Appointments Available
Open 6 Days a Week Including Evening & Saturdays

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kw GREATER CLEVELAND SOUTHWEST
KELLER WILLIAMS
Diane Weseloh
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diane@dianeweseloh.com
www.dianeweseloh.com
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HAELY
FAMILY CHIROPRACTIC
7500 Town Centre Drive, Suite 300, Broadview Heights
440-838-5755 Ryan M. Haely, D.C.
www.haelychiropractic.com

Dr. Haely can address back, neck and joint pain, pain in the knees, feet, hands and shoulders, sports injuries, torticollis, sciatica, growing pains, and sees patients from infancy to age 97. Chiropractic is effective, affordable and safe, and does not utilize drugs or surgery.

Dr. Haely has been a resident of Seven Hills for over 16 years.
Session Dates - Drop in to most programs at ANY TIME!
Summer 2: July 22nd - September 1st (Registration Begins 7/1/18)
Fall 1: September 10th - October 27th (Registration Begins 8/25/18)
Fall 2: November 5th - December 22nd (Registration Begins 10/15/18)

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.  Tuesdays 9:30am - 10:30am

TRIM & TONE 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.  Wednesdays & Fridays 9:30am - 10:30am

YOGA PILATES FUSION WITH TANYA
Increase your strength and flexibility with a combination of Yoga poses and Pilates exercises. Focusing on breath and movement, you will challenge your upper body, lower body and torso. All Levels Welcome!  Thursdays 9:30am - 10:30am

ALL OF THE ABOVE CLASSES ARE ELIGIBLE FOR TANYA’S PUNCH CARD:
Member Card: $26 (6 Classes) or $6 Drop In  Non-Member Card: $36 (6 Classes) or $8 Drop In
Tanya’s 12-Class Punch Card - Members: $50  Non-Members: $70

SENIOR-FIT (Tuesdays) and SENIOR YOGA (Thursdays) WITH TANYA
Join us for Senior Focused exercise class twice a week! Tuesdays focus on light weights to help build strength and bone density while Thursdays focus on Yoga, including flexibility, core strength and balance.
Days: Tuesdays & Thursdays - 11:00am - 11:30am in Gym 2.
Fees: Members: $2  Non-Members: $3 - Punch Cards Available!

ONE-ON-ONE WITH TANYA
Specializing in women’s health, Tanya will help guide you to a workout specific to your needs for one-on-one or small group setting. She is AFAA certified and holds many certifications in Strength Training, Pilates, Yoga, and Senior Fitness. A mother of three, Tanya could certainly help you bounce back after baby!
Rates: Member: one hour $35, 1/2 hour $20  Non-member: one hour $40, 1/2 hour $25
One-Hour Small Group Pricing is available as well!  Contact Tanya at tanya_verderber@yahoo.com for info!

BODY SCULPTING
A one-hour cardiovascular strength-training class designed to make you lean and defined providing a results-oriented whole body workout. Build and sculpt muscles, strengthen your core, improve your strength and flexibility while burning fat and calories by using just one set of 5 lb. dumbbells. You will gain strength, balance, flexibility and endurance while focusing on total body health.
Days: Thursdays 6:30PM - 7:30PM in the Aerobics Room - Register Today at www.flexcity.com
ADULT PROGRAMS

Session Dates - Drop in to most programs at ANY TIME!
Summer 2: July 22nd - September 1st (Registration Begins 7/1/18)
Fall 1: September 10th - October 27th (Registration Begins 8/25/18)
Fall 2: November 5th - December 22nd (Registration Begins 10/15/18)

MORNING YOGA WITH JOANN
Wake up easy and get moving in this All Levels flow class that will guarantee that you are ready to face the day with a smile. Breath and movement merge to stretch the body and awaken the mind in a perfect mix of light workout and deep stretch. A good morning begins a great day!
Days: Mondays 9:30am - 10:30am in the Aerobics Studio
Fees: Member Card: $26 (6 Classes) or $6 Drop In  Non-Member Card: $36 (6 Classes) or $8 Drop In

SENIOR YOGA WITH JOANN
For Seniors or those who like to keep it basic. Senior Yoga is designed for Seniors looking for a basic and well-rounded yoga program. Students are immersed in the fundamentals of Yoga. You will be instructed and supported in learning the process of proper alignment in the poses, breathing techniques, practice to build confidence in your yoga postures, as well as introductory meditation and relaxation techniques. NOW FREE to SilverSneakers, Optum and Silver&Fit!
Days: Mondays - 8am - 9am in the Aerobics Studio
Fees: Members: $2  Non-Members: $3  - Punch Cards Available!

EVENING YOGA WITH SUSAN
This Yoga class is meditation in motion. Through movement, breathing and relaxation, use the mind/body connection to boost your energy, strength, flexibility and ability to manage stress. Punch card is for 6 classes.
Instructor: Susan Laurenzi, CYT 500 - Certified Yoga Teacher - 500 Hours
Days: Mondays 6:00pm - 7:00pm
Fees: Members: $40 per Punch Card  Non-Members: $45 Per Punch Card  Drop In: $10

STRENGTHEN, LENGTHEN & TONE
Strengthen your core, Lengthen your limits and tone your body! This class will both challenge and change you. With combinations of Pilates, Yoga and Barre, you will work your muscles in ways you didn’t know possible - and love it!
Instructor: Victoria Smalc
Days: Wednesday Evenings - 7:30pm - 8:15pm AND Friday Mornings 5:30pm - 6:15pm in the Aerobics Studio
Fees: Member Punch Card: $27  Non-Member Punch Card: $36  - Drop In: $8

INTERVAL FITNESS TRAINING CLASS WITH TONY TOTH
New to working out? Intimidated by machines and weights and muscle-bound people? Don't know where to start? Then this is the class for you!! NASM Certified Trainer Tony Toth will guide you through your start as you "Create Ur Nu Life". Join this BEGINNER'S class that will work both cardio and muscle toning. Don't delay, space IS limited! In the Aerobics Studio.
Instructor: Tony Toth
Days: Thursdays 5:15pm-6:15pm & Saturdays 8:30am – 9:30am
Fees: Member Punch Card: $27 or Drop In: $6 (Cards are good for 8 classes)
Non-Member Punch Card: $32 or Drop In: $8
Still a few weeks left to fill your child’s summer with fun and adventure this year’s Seven Hills Summer Day Camp!

Preschool Camp (3 to 5 years) Day Camp (1st thru 5th Grades) Teen Camp (6th Grade & Up)
Camp will run daily from 6:30am - 6pm. Before and After Care now included! Our Camp is offered for 10 weeks, beginning June 4th and running through August 10th.

Check Out www.sevenhillsohio.org for detailed flyers or contact JoAnn Rencz at jrencz@sevenhillsohio.org

SEVEN HILLS BEFORE AND AFTER SCHOOL PROGRAM - 2018–2019

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 – 7th, so sign up early to avoid being shut out!

Parma Bussing provided for children attending Green Valley, Hillside and Normandy!

Weekly Registration begins August 5th! Program calendar follows the Parma City Schools schedule.

*PARTICIPANTS MUST REGISTER AND PAY BY THURSDAY OF THE PREVIOUS WEEK TO AVOID BEING CLOSED OUT! Rosters are sent on Friday Mornings for busing!

Contact Amanda Durma at 216.524.6262 ext. 408 -OR- ADurma@sevenhillsohio.org for more details!

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<thead>
<tr>
<th>Part-Time (up to 3 days per week):</th>
<th>Full Time (at least 4 days per week):</th>
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<tbody>
<tr>
<td>Before School – Member: $18  Non-Member: $23</td>
<td>Before School – Member: $27  Non-Member: $37</td>
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<tr>
<td>After School – Member: $26  Non-Member: $32</td>
<td>After School – Member: $40  Non-Member: $50</td>
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<td>(after school cost covers daily snack too!)</td>
<td>(after school cost covers daily snack too!)</td>
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</table>
Upcoming Youth Programs

**YOUTH BASKETBALL LEAGUE**
Through specialized skill drills and games, your young athlete will have a great time learning the fundamentals while becoming game ready. Week one will be a skill introduction and review followed by five weeks of games. Price: $75.00

- **Day and Time:** Saturday Mornings
- **Ages 5-6, Week 1:** 11am-12: Game schedules will be passed out. Weeks 2-6 will have game times between 10am-12pm
- **Ages 7-8, Week 1:** 12pm-1: Game schedules will be passed out. Weeks 2-6 will have game times between 12pm-2pm

Fall: September 15th - October 20th
Fall Registration opens August 6th

**BASKETBALL SKILLS CLASS**
Whether you are looking to learn the fundamentals or gain more experience and knowledge on the court, our skills class is for you! Through skill drills and games, see improvement in all areas of basketball. Price: $50.00

- **Day and Time:** Tuesday or Thursday Evenings
- **Ages 3-4:** Tuesdays 5:30 pm - 6:00 pm
- **Ages 5-8:** Tuesdays 6:15 pm - 7:00 pm
- **Ages 9-11:** Thursdays 6:15 pm - 7:00 pm

Fall Sessions:
- September 11th - October 16th (ages 3-5 and 5-8)
- September 13th - October 18th (ages 9-11)

Fall Registration opens August 6th

**YOUTH SOCCER SKILLS**
Soccer is vastly known as a great starter sport for children as young as three. Soccer introduces him/her to team play, along with building coordination and motor skills. Rookie Athletics will begin with teaching the basic skills such as ball control, defense, passing, and finishing through a series of fun skill drills and games that build towards game play! Price: $50.00

- **Day and Time:** Monday Evenings
- **Ages 3-4:** 5:30 pm - 6:00 pm
- **Ages 5-7:** 6:15 pm - 7:00 pm

Fall: September 10th - October 15th
Fall Registration opens August 6th
ALL NEW PROGRAMS!!

**Fall Youth/Adult Archery Workshops**
Wednesdays, August 15, 22, and 29!
Youth Workshops 5-6 PM  Member: $20 / Non-Member: $25/day
Adult workshops 6-7 PM. Member: $25 / Non-Member: $30/day
Both programs meet at City Hall Pavilion. Registration is now open!

**Grandparents’ Day Party**
Calling all grandparents and grandchildren! Join the Seven Hills Recreation Center on Sunday, September 9th at noon for Grandparents’ Day!
There will be an ice cream social with ice cream from Honey Hut! After the social, grandparents and their grandchildren will make a craft.
Fees are $10 per couple and $5 an additional child.
Registration ends Friday, August 31.

**Cookies & Canvas**
Do you like cookies? Do you like painting? Then this is definitely the class for you! Local Artist JoAnn Rencz will help you and your child each create an 8”x10” Fall Masterpiece! No experience is necessary. All painting supplies and snacks provided.
Tuesday, October 9 at 6:30 PM
Members: $25 per couple (adult + child)
Non-Members: $30 per couple (adult + child)
Registration ends Friday, September 28.

**Mother & Son Dance**
Calling all moms! Join the Seven Hills Rec Center for a night of spooky and ghostly fun, as we dance the night away, enjoy your favorite music, and munch on tasty treats with your special monster! Participants are encouraged to wear their costumes! Saturday, October 13 at 6:30 PM.
Cost is $30 per couple for members and $35 for non-members. $5 additional child.

Contact Matthew at mmccallum@sevenhillsohio.org for more details.
ADULT FLAG FOOTBALL
Looking to get back out on the gridiron with your friends this fall? Check out our 6v6 Adult Flag Football League! League starts Saturday, September 15th. Team fee is $215 per team. Registration ends Friday, August 31. Contact Matthew at mmccallum@sevenhillsohio.org for more details.

ADULT CO-ED SOFTBALL
Friday Night Co-Ed Fall-Ball League begins Friday, August 24th - Registration is now open! Team Fee is $275 + weekly ump fees (registration price includes jerseys and game balls). Contact Mike Rypiak for more details at damien9404@gmail.com. Mandatory Manager’s Meeting Thursday, August 16th 6pm - Rec Center.

SEVEN HILLS FALL SOCCER FEDERATION
Registration for the Fall 2018 / Spring 2019 Seven Hills Youth Soccer Program will be going on July 20th - August 12th, 2018 for ages 7 - 15. Registration Covers BOTH Fall 2018 and Spring 2019 Seasons. (So if you register in the Fall, your payment covers both Fall and Spring!) Contact Rachel at rsheha@sevenhillsohio.org with questions! Fall Soccer begins September 8th, 2018

For additional league information, please visit the Suburban Recreational Soccer League’s website at www.srslonline.org. NEW AGE GROUPS! PLEASE VISIT WEBSITE FOR INFO!

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: $60 NON-RESIDENTS: $70 $10 Late Fee will apply for those that register after August 12th.

Adult Men’s Hoops Fall 2018 Basketball Info
Contact Ursula Drinko at udrinko@sevenhillsohio.org for more information regarding our upcoming leagues!
2018 SUMMER/FALL AQUATICS PROGRAMS
Register and More Info at WWW.SEVENHILLSOHIO.ORG
Mike Gallagher (Aquatics Supervisor) | mgallagher@sevenhillsohio.org | 216-524-6262 ext. 404

Private / Adaptive Swimming Lessons
· $30 per half hour (Prices may vary per instructor)
· One-on-One or Semi-Private
· Learn-To-Swim or improving stroke technique
· Contact the Aquatics Supervisor to schedule lessons

Seahawks Swim Team
Registration Opens 9/1
· Requirements: Be able to swim one length free or back
· Monday / Wednesday Session Runs 9/17 - 11/7
· Members: $50 / Non-Members: $60
· Practice Times: 10 & Under 5-6pm / 11 & Up 6-7pm
· Saturday Only Session Runs 9/22 - 11/10
· Members: $45 / Non-Members: $55
· Practice Times: 10am - 11am

Seahawks Beginner Swim Team
Registration Opens 9/1
· Requirements: New Swimmers Only
· Saturday Only Session Runs 9/22 - 11/10
· Members: $45 / Non-Members: $55
· Practice Times: 10am - 11am

Adult/Masters Swim Group
· This group is for adults 18+ USMS masters swimmers who like to compete or swimmers who would like to swim a workout for social reasons / get fit.
· Practice Days / Times: M/W 7-8pm / Sat. 11am - 12pm

Adult Swim Group Fees

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<tr>
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<th>Drop In</th>
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<tbody>
<tr>
<td>Member</td>
<td>$6</td>
<td>$40</td>
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<tr>
<td>Non-Member</td>
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<td>$56</td>
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American Red Cross/American Heart Association
Lifeguarding, WSI, CPR, First Aid Courses. To register or for more information, go to www.fastlaneswimming.net or contact the Aquatics Supervisor.

Pool Party Rentals
· To reserve the pool or for more info, Contact Spencer at SAbbott@sevenhillsohio.org.

Group Learn-to-Swim Sessions
Members $40/Non-Members $50
Mondays and Wednesdays PM

<table>
<thead>
<tr>
<th>Session #</th>
<th>Dates</th>
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<tbody>
<tr>
<td>#2</td>
<td>7/9-8/1 (Registration Runs 6/27-7/6)</td>
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<tr>
<td>#3</td>
<td>8/6-8/29 (Registration Runs 8/1-8/4)</td>
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<tr>
<td>Fall #1</td>
<td>9/17-10/10 (Registration Runs 8/29-9/14)</td>
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<tr>
<td>Fall #2</td>
<td>10/22-11/14 (Registration Runs 10/10-10/19)</td>
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Saturdays Only AM

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<tr>
<th>Level</th>
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<td>11:30-12:00</td>
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<tr>
<td>Tadpole (Preschool 1)</td>
<td>5:00-5:30</td>
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<td>5:45-6:15</td>
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<td>6:30-7:00</td>
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<td>11:30-12:00</td>
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<tr>
<td>Stingray (Preschool 3)</td>
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<td>11-11:30</td>
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<tr>
<td>Turtle (Level 1)</td>
<td>5:00-5:30</td>
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<td>6:30-7:00</td>
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<tr>
<td>Dolphin (Levels 4-6)</td>
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Register and More Info at WWW.SEVENHILLSOHIO.ORG
Seven Hills Recreation Center Aquatic Program Descriptions

- **Private Swimming Lessons**: 3 years old and up. Private lessons can be in the form of one-on-one or semi-private lessons (two or three swimmers with the same ability levels). These lessons must be scheduled with the Aquatics Supervisor.

- **Starfish**: 6 months to 3 years old. The STARFISH level builds readiness by emphasizing fun in the water. Parents and children will participate in several guided sessions which help children adjust to the water and learn basic water skills. Most importantly, it’s fun for parents and kids!

- **Tadpole (Pre-School #1)**: 3 to 5 years old. Group TADPOLE is for children who are being introduced to the swimming pool for the first few times. The main focus of this level is to become comfortable in the swimming pool. In order for your swimmer to progress to the next level, these tasks must be completed: Independently enters and exits the water; Kicks feet at the wall; Blows bubbles; Holds breath when face is underwater; Submerges underwater with assistance; Swims away from wall with assistance; Demonstrates comfort in pool setting; Understands Pool Safety Rules.

- **Frog (Preschool #2)**: 3 to 5 years old. Group FROG is for the beginner swimmer who is familiar with the water. Swimmers will learn the fundamentals of swimming as well as pool safety. At the completion of level FROG, the swimmer will be able to complete the following: Front float with little or no assistance; Back float with little or no assistance; Paddles on front and back with assistance; Kicks on front and back with assistance; Holds breath underwater for 3 seconds; Submerges unassisted; 5 yards assisted streamline from wall on front and back; Log rolls assisted; Independent bobs.

- **Turtle (Level #1)**: 5 years old and up. Group TURTLE is for the swimmer who has completed group FROG or can float unassisted and swim rudimentary freestyle. At the completion of level TURTLE, your swimmer will be able to complete the following: Front and back float unassisted; Freestyle and backstroke 5 yards assisted; Streamline kick on front and back unassisted 5 yards; Log rolls unassisted; Assisted rotary breathing; Assisted side-kick; 10 Independent bobs.

- **Penguin (Level #2)**: 5 years old and up. Group PENGUIN is for the swimmer who has completed group TURTLE. In Group PENGUIN, swimmers will learn to swim freestyle with rotary breathing, backstroke, and will be introduced to dolphin and breaststroke kicks. In order to advance to the next level, the following must be completed: 10-15 yards Unassisted freestyle with rotary breathing; 10-15 yards Backstroke unassisted; 10-15 yards Streamline kick on front and back; Dolphin kicks assisted; Jumps in and swims to the wall unassisted; 15 Independent bobs.

- **Sea Otter (Level #3)**: 5 years old and up. Group SEA OTTER is for swimmers ready to advance their swimming skills. In Group SEA OTTER, swimmers will enhance freestyle and backstroke, and continue to learn butterfly and breaststroke. In order to advance to the Dolphins pre-team group, the following must be completed: 25 yards Freestyle and backstroke; 25 yards Streamline kick front and back; 10 yards Unassisted streamline butterfly kick; Butterfly arms; 5 yards Unassisted breaststroke kick; 5 yards Butterfly.

- **Dolphin (Level #4 - 6)**: 5 years old and up. The DOLPHIN group is a pre-team swim group consisting of swimmers who have completed Sea Otter swim lessons. This pre-team group is for swimmers looking to strengthen their swimming skills and learn the fundamentals of swim team. Swimmers entering the pre-team group must be able to complete the following: 25 yards Freestyle with rotary breathing; 25 yards Backstroke; 5 yards Butterfly; Breaststroke kick.

- **Seahawks Beginner Swim Team**: 10 years old and under. This program is designed for swimmers who are not ready for swim team yet, but may be interested in joining in the future. Swimmers entering this group must pass the Dolphin group (Level #4-6) or equivalent.

- **Seahawks Recreation Swim Team**: 5 years old and up. This program is designed for swimmers who are interested in competing at the Recreation League level. Swimmers entering this group must be able to complete the following: 25 yards Freestyle and backstroke non-stop.

- **Adult/Masters Swim Group**: 18 years and up. This Adult/USMS masters swim group is for adults who like to compete, swimmers looking for a good workout, triathletes, and those who enjoy the social side of swimming.

- **American Red Cross Lifeguard Training and Water Safety Instructor Courses**: Go to fastlaneswimming.net for more information and details.

**Dates and times for all activities are subject to change. Some activities may be combined due to low enrollment. In the event the pool has to close for any reason, a water safety discussion will be scheduled for that day as this subject is included in our aquatic program curriculum. No refunds will be given if you register for any activity and/or if your child does not participate or in the event of inclement weather.**
WATER AEROBICS

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 - 7:00pm Forever and Ever, Per Leigh

LOW IMPACT WATER AEROBICS:
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.
Fall Session: Mondays, Wednesdays & Fridays: 9:00am - 9:45am (Beginning September 10th)
Summer Session: Mondays, Wednesdays & Fridays: 8:00am - 8:45am (Begins 6/4/18)

ARTHITIS FOUNDATION AQUATIC PROGRAM:
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. NOW a SILVER & FIT PROGRAM - FREE to SILVER & FIT!
Fall Session: Mondays, Wednesdays & Fridays: 10am - 10:45am (Beginning September 10th)
Summer Session: Mondays, Wednesdays & Fridays: 9:00am - 9:45am (Begins 6/4/18)

AQUA BARRE
Aqua Barre is a fitness class that combines all the components of cardio, strength, and flexibility found in a ballet barre class with the benefits and fun of aquatic strength and conditioning. Ballet barre combines principles of Ballet, Yoga, and Pilates, and general calisthenics with a strong emphasis on posture, core strength, and proper technique. Instead of the classic barre and light dumbbells, gravity and buoyancy are both used to provide resistance and toning for the lower body, core, and upper body. No dance experience is necessary, and modifications can be provided to appeal to both beginners and experienced aquatic enthusiasts!
Mondays: 7:45pm - 8:45pm with Katie

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: $38  Non-Members: $50  Drop IN: $8

SELL YOUR UNWANTED GOLD, SILVER, PLATINUM & DIAMONDS!

Back by popular demand! Gold & Silver Events will be hosting an event at the Rec Center on Wednesday, August 22nd from 10 am-1 pm.

Bring your items to get a price on jewelry, diamonds or flatware that you no longer want...
Jewelry: earrings, chains, watches, rings, bracelets, necklaces, broken items
Gold: coins, nuggets, ingots, dental gold, jewelry
Sterling Silver: coffee and tea service, flatware, candlesticks, jewelry, silver coins 1964 and earlier. Diamonds: any size!
Gathering Rooms are available for Members & Non-Members

All Rental Rates are Per Hour

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<thead>
<tr>
<th>Room / Rental</th>
<th>Member Rate</th>
<th>Non-Member Rate</th>
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<td>Gathering Rooms</td>
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<td>1 Room</td>
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<td>2 Room</td>
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<td>Kitchen</td>
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<td>Pool (After Hours)</td>
<td>Call for Pricing!</td>
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<td>Pool Party</td>
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<td>Gymnasium</td>
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<td>Aerobic Studio</td>
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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 Spencer Abbott at 216.524.6262 ext. 400 for all rentals!

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 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:

10/12 • 10/19 • 11/6 • 1/21 • 2/18 • 3/15 • 5/7

Members: $35 each day    Non-Members: $40 each

Contact Amanda Durma at 216.524.6262 ext. 408 -OR- ADurma@sevenhillsohio.org for more details!
VFW Post 7609
Monthly Meeting
Every 3rd Monday
6:30 p.m.
Seven Hills City Hall
Support your Veterans!

FREE!
MOVIE IN THE PARK

COCO
Saturday, August 11th

City of Seven Hills, Ohio
Fields behind City Hall
7325 Summitview Dr., 44131
Movie starts at 9 PM
Bring a lawn chair or blanket
Contact Matthew at mmccallum@sevenhillsohio.org
for more information
This newsletter’s postage is sponsored by:

Broadview Multi-Care Center
Skilled Nursing and Rehabilitation

Five Star Overall Rating
Centers for Medicare and Medicaid Services

Perfect Health Survey
Ohio Department of Health Annual State Survey

Services Provided
- Short-term rehabilitation with private suites
- Skilled nursing care
- On-site cardiology and pulmonary medical care
- Physical, occupational and speech therapies up to 7 days a week
- 24/7 registered nurse (RN) staffing
- Long term care
- Respite care
- Hospice care
- Memory support

For more information or a tour, call 216-749-4010

Broadview Multi-Care Center
Part of the Legacy Health Services Family
5520 Broadview Road · Parma, OH 44134
216-749-4010 www.broadviewmulticare.com
The City of Seven Hills Farmers' Market 2018 Season opened on Thursday, June 28th, at 7221 Broadview Road in Seven Hills, with plenty of free parking and fabulous vendors! The Market continues each Thursday through September 27th with neighborhood farmers, producers, and artisans who grow and/or produce their own goods. Farmers markets are more than just an outlet for fresh produce … they preserve America’s rural livelihoods. Farmers markets provide one of the only low-barrier entry points for beginning food entrepreneurs allowing them to start small, test the market, and grow their businesses.

Say hello to our vendors as you shop – they love to share their knowledge! Backattack Snacks, Breads & Beyond, Cecilia’s Sweets, Cossel Farms, Dirty Fingernails Nursery, Livin’ Green Microgreens, Kernels by Chrissie, Morning Owl Coffee, Luther’s Farms, Marley Sophia Naturals, Oak Tree Hydroponic Farms, Papou’s Pastries, Pierogi Pantry, Purple Skies Farm, Ravine’s Edge Maple Farm, R. Foote Family Farm, Scentsational Soap, and The Honeyest One.

The Seven Hills Farmers’ Market is an open and flexible market, allowing vendors to participate for as many weeks as fits their schedule. Cash is the preferred method of payment. However, most vendors accept credit cards. To find out who will be at the Market each week, be sure to check out our posts on the City of Seven Hills Facebook page, https://www.facebook.com/cityofsevenhills. Also follow us on Instagram, https://www.instagram.com/sevenhillsfarmersmarket/ and Twitter https://twitter.com/SevenHillsCity.

The Market also features weekly entertainment including Music by Gwendolyn, The Bakers’ Basement and other special guests! Visit The Kona Ice Truck on July 26th and Swenson’s Food Truck will be at the Market on August 9th. Little Birdie Wine Nest will be providing wine for the “Uncorked!” wine events at the Market, August 9th, and September 13th. Purchase wine by the glass to enjoy during the Market or purchase a bottle to take home. A portion of the proceeds benefit the Seven Hills Historical Society.

Did you know that National Farmers Market Week is coming up August 7-13, 2016? Please stop by and celebrate the market that is conveniently located right in your City of Seven Hills!

Help us thank our sponsor by using the services they offer. Contact Taleris Credit Union for more information! https://www.taleriscu.org/
The ENTIRE Recreation Center will be closed beginning September 1st and will re-open September 9th.

Delayed Trash Pick Up Schedule:
- Sept. 3rd - Labor Day – Delayed 1 Day
- Nov. 22nd - Thanksgiving – Delayed 1 Day
- Dec. 25th - Christmas – Delayed 1 Day

City Hall Holiday Hours:
- Monday, September 3rd - CLOSED
- Monday, October 8th - CLOSED

Mayor’s Office Hours Monday 5:00-6:00 p.m. Contact Kathy to schedule an appointment with Mayor Dell’Aquila. 216-525-6227. k holland@sevenhillsohio.org