As of this writing, the 2017 Council races are nearing an end. Once they are over, Seven Hills must put aside the divisive politics of the past and begin healing for the good of the city.

The political rhetoric which has unfortunately become so prevalent here has the potential to deepen the already wide divisions among our residents at a time when serious issues are on the horizon. Regardless of our political differences, Seven Hills is, most importantly, our home.

Not the least of the looming problems is the possibility that Normandy High School and Hillside Middle School will be back “on the chopping block” again soon. Regardless whether you have children in the schools or not, the decision to be made by the new School Board on the fate of these facilities will impact your property values and quality of life.

Seven Hills is in a weak position when it comes to decision making on school closings. We comprise only a small percentage of the total population of the district, our population is generally older and our homes are typically higher value than the rest of the district.

This means that Seven Hills property taxes (roughly 65% of every regular tax dollar you pay) goes to subsidize the district. Although, as a city, we have little say over the decisions there, the continuing turmoil on the School Board can only hurt our chances of keeping these schools and preserving the quality of our community.

Some politicians promote divisiveness because it forces residents to take sides (with or without verifiable facts and sometimes contrary to their own self-interest) and thereby weakens their requirement for accountability. President Lincoln, famously paraphrased from the Bible, “A house divided cannot stand.” If Seven Hills is to truly “move forward” as some of our politicians promised, then we must all focus on the future together, rather than deepening the differences among our residents.

Over the years, for a variety of reasons, Seven Hills leadership has been fractured. In previous decades, there was a recognition of shared community spirit. When people disagreed, they also uniquely recognized that our togetherness made Seven Hills our home town community we were all proud of. When times got tough, we still all pulled together as a team.

In today’s politics, from the national level down, divisive rhetoric is ruining that feeling of togetherness as a community that allowed us to face outside challenges with a common purpose. The single question I was asked most often in this last election was something like, “What happened to civility, harmony, and open-mindedness in Seven Hills?”

There are factions here that are dividing our city. This is dangerous for Seven Hills and it ruins our reputation. We cannot afford to lose our most powerful assets, our community spirit and our reputation. Our leaders must stand for the truth, regardless who opposes them. Only in that way can we meet the challenges ahead with a unified approach.

Seven Hills has found a way to work together in the past, and we must do so again in the future if we are to heal. We always believed that our city was more than just streets and houses. It’s our home, where we choose to live, raise our families, and retire.

Those sentiments have been weakened in the past few years. The end of this election is an opportunity to join together again and reunite for the good of the entire city. As our Mayor, I know that we can come together to preserve our future and restore Seven Hills to the rightful place it deserves.

--Mayor Richard Dell’Aquila
Important Dates:

**Tuesday, November 7th**

**Vote Election Day**

**Friday, November 24th**

Recreation Center
Black Friday Membership Discount
Friday, November 24th

**12 Days of Fitness**

December 4th - December 15th

Super Sale on Recreation Programs!
City Directory

Police / Fire Emergency 911
Seven Hills City Hall 216-524-4421
Police NON-Emergency 216-524-3911
Fire NON-Emergency 216-524-3321
Mayor’s Office - Kathy Holland 216-525-6227
Recreation Center - Front Desk 216-524-6262
Senior & Community Services - Tony Terry 216-525-6230

Follow the City of Seven Hills on Facebook!

https://www.facebook.com/cityofsevenhills

PER CITY ORDINANCE

351.11 PARKING HOURS REGULATED.
(a) No person, operator or owner shall park or permit a vehicle to remain on the roadway portion of any street or highway in the City between the hours of 3:00 a.m. and 6:00 a.m., except emergency vehicles, vehicles being used by physicians on emergency calls, and vehicles being used in connection with street improvement or the stringing, laying, repair or maintenance of utility facilities in or above the street area, provided that permission for such parking shall have first been procured from the Chief of Police.
(b) No person, operator or owner shall park or permit a vehicle to remain on the roadway portion of any street or highway in the City or on the side of any street on which there is a fire hydrant located on any portion of any street.
Dear Friends and Neighbors,

The City of Seven Hills takes a special interest in people who find themselves in a situation that makes the holidays difficult to enjoy.

We are planning our thirty second annual “Adopt-A-Family” and “Yuletide Hunger” Programs along with the cities of Brecksville, Broadview Heights and Independence. This program has been very successful over the years thanks to the many supporters who are sympathetic to the plight of those less fortunate. The program provides assistance during the holidays and winter months by coordinating efforts to make sure children receive gifts for Christmas.

Unfortunately, there are more families that need adopted and there is a shortage of adopters. There may be up to 20 families that have signed up for this program who will not have a business or another family to adopt them. Please consider getting involved so that we don’t have to turn anyone away this year.

The deadline is quickly approaching and we will have to turn these families away if we cannot get more adopters. You can call me at Seven Hills City Hall to participate. You can choose a family that best suits your financial ability to contribute. Thank you in advance for your consideration in the “Adopt-A-Family” Program.

In addition, the food donations are considerably down this year and we could use whatever food you are willing to contribute. Canned goods, paper products, breakfast items and other non-perishables work best. Some residents are even going door to door to help collect items for Yuletide Hunger.

Thank you in advance for your consideration and Best wishes for a happy holiday season. May the New Year bring you peace and prosperity.

Sincerely,

Tony Terry
Director of Senior and Community Services, City of Seven Hills, Ohio
216-525-6230
terry@sevenhillsohio.org
When You Go Away

Make sure light bulbs will last while away. Change them if necessary.

Make arrangements to have your mail / newspapers collected.

Leave contact information with a neighbor.

Unplug all unnecessary appliances such as televisions, stereos, computers.

Mow your lawn just before leaving. Make arrangements to have it mowed during extended absence.

In the winter, make arrangements to have someone shovel sidewalks if it snows. At a minimum, have a neighbor walk from the street to your door several times. Maintain lived-in appearance

If you use an answering machine, turn off the ringer on the phone. If you don’t have an answering machine, unplug or turn off ringers on all phones. No RING, RING, RING

Leave a radio on within the residence

Steps to Prevention

Is your address clearly visible from the street during the day and night?

Necessary for proper response of police and fire personnel.

Remove hiding places:

Shrubs and/or bushes cut to the lower edge of windows
Trees cut 6 to 7 feet above ground

Is the property well maintained?

Appears that you care what happens here

Lighting; Interior and Exterior

Continuous -vs- motion sensor
Out of reach from the ground
Timers while away

Get rid of “Hidden” keys

Better left with a trusted neighbor
Sealed envelope

Secured openings (windows & doors)

Able to open only a specific amount
Equipped with quality locks
Doors locked while you are home

Alarms

Alarm signs clearly visible

Pets: BEWARE OF DOG

Even if you don’t have one

Corded phone

Cordless won’t work in a power outage

Vary daily routines

Know where family members are at all times.

Know your neighbors.

Develop a rapport with them and offer to keep an eye on each other’s property.
Retrieve each other’s mail
Allow them to use your driveway while you’re away

If you observe suspicious activity, report it immediately to your local police.

Detail as much information as possible. Be the best witness possible. Don’t take action on your own

Obstacles to Personal Safety

Attitude of Complacency

“It can’t happen to me.” • “Nothing like this happens in my neighborhood.” • “If it’s going to happen, it’s going to happen.”

A criminal attack against you or your family can take place anywhere, as can fire or other disaster.

YOU CAN influence what happens to you by assuming more responsibility for your own security.
Each year, the Seven Hills Fire Department responds to calls involving smoke detector and carbon monoxide activations. We hope you find this information informative.

Your smoke alarms and carbon monoxide detectors might not be working properly, even though you never let the batteries run out, or they are hardwired into yours home’s electrical system. Most often, sensors in the alarms fail over time.

Every 10 years, replace your smoke and carbon monoxide detectors. Be concerned with the manufactured date, which is on a label usually on the back side of the detectors. Some detectors may have been on the shelf for many months prior to your installation. You might have to remove your detectors from the walls or ceilings to check them properly.

More than 20% of residential fire deaths occur in homes where there were smoke alarms but those alarms were not working properly. This can be caused by expired batteries or nonfunctional alarms. Ideally, replace alarms before the 10 year mark if it continuously chirps, or displays a flashing red light or if the alarm does not sound when you press the test button, where battery replacement is not the issue. Most detectors now have 10 year batteries included within the packaging when the purchase is made.

Smoke alarms can have a price range from $20.00 through $80.00 a unit. The difference in the price range is attributed to type of detector that is desired, including combination units that also have Carbon Monoxide alarms. We suggest you purchase a dual mode unit at least, which incorporates Photo Electric and Ionization detection and warning. Make sure the new alarm has been approved by a recognized independent testing lab such as Underwriters Laboratories, (look for the UL logo on the packaging).

The members of the Seven Hills Fire Department are here to serve you the resident 24/7. Please remember to dial 911 for an emergency or 216-524-3911 for non-emergency contact to the dispatch center so your call can be given the highest priority. Please have a safe and enjoyable fall and Holiday Season.

---

**City of Seven Hills Residential Lock-Box Program**

This is recommended for Senior Citizens & Disabled Residents.

The resident may be unable to open the door for EMS/Fire in the event of an emergency. We adopted a program that other cities already use, the affordable **Roper Lock Box**. When you or the victim dial **911**, most times you or a victim can’t unlock the door or open it for EMS/Fire. Our only way of getting into the resident’s home is to break a window or the door causing hundreds of dollars in damage.

**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
- Keys not duplicated and will only be on securely locked fire vehicles
- Seven Hills Fire Dept will keep a database and the dispatch will know who has them and their location

Contact Tony Terry at 216-525-6230 for more info!
A Very Special THANK YOU to our VFW Post 7609 for stepping up to sponsor our Children’s Christmas Party year after year!
After serving our Country, they continue to serve in our Community. Thank you!

Permit Required to Hunt Deer

- Deer archery season is from September 30, 2017 to February 4, 2018.
- Applications can be picked up beginning in August from Seven Hills City Hall Monday through Friday, 8 AM to 4 PM.
- The completed application can be turned into the Seven Hills Police Department anytime.
- Permits will not be valid to hunt until September 30, 2017.
- Permit applications will not be accepted after January 4, 2018.
- Please call the Police Department at 216-524-4423 if you have any questions or concerns regarding deer hunting or the City Ordinance that regulates hunting.
- Archery deer hunting permits will again be issued by the Police Department subject to restrictions of City Ordinance 505.11 and in compliance with all Ohio Division of Wildlife regulations.
- Ohio regulations can be found at: http://wildlife.ohiodnr.gov/huntingandtrappingregulations
Leaf Pickup
Curbside leaf pickup will start in October and continue through December weather permitting. Ditch lined streets will be done first with Subdivisions to follow. Leaf pickup signs will be placed one week in advance. Leaves should be raked to the tree lawn. Do not mix yard waste with leaves, such as branches, weeds and grass clippings.

Snow Removal
One truck is assigned in every ward for snow removal. However, additional trucks may be used depending on snowfall. Main streets and hills are a priority followed by the side streets and subdivisions. The City typically plows and salts the Intersections, hills and curves to minimize the salt costs.

Mailboxes
The Service Department will make repairs to mailboxes that have been directly hit by the snowplows. Typically, damage is a result of the snow hitting the mailbox and not direct contact with the plow. Please check the condition of your mailbox in preparation for winter. Anything loose, broken or rotted needs to be replaced.

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.

Emergencies after hours
Contact Seven Hills Dispatch at 216-524-3911. Dispatch will contact the Service Department to handle City related issues such as snow removal, sewers backing up, flooding, downed trees and dead animals. For Medical Emergencies dial 911.

Water Main Breaks
Should you notice bubbling or streaming water along the roadway or curb area please call the Cleveland Water Department CWD at 216-664-3060 to report the break. If you experience brown water, Run your cold water in the lowest level of your home until it runs clear. Do not run your hot water until the water is clear. Please understand the City is not allowed to repair CWD lines.

Simple Recycling
Residents can recycle unwanted clothing, shoes and household items with free, curbside pickup on your regular recycling collection day. Use the specialized green Simple Recycling collection bags provided by calling 866-835-5068. You can also contact the Service Department at 216-525-6225 for additional bags and information regarding this program.

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.

Waste Management Trash / Recycle Delays:
- Thanksgiving Day - Thursday Delayed One Day
- Christmas Week: Delayed One Day
- New Years Week: Delayed One Day
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. - Jen 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 Type</th>
<th>Annual Payment</th>
<th>Details</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>
</tr>
<tr>
<td>Family</td>
<td>$400</td>
<td>Immediate family household members, up to four people living in Seven Hills (max. 2 adults).</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>
</tr>
</tbody>
</table>

### Parma Resident Membership Info - Annual / Upfront Payment for NEW Parma Members (No previous Membership)

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Annual Payment</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth</td>
<td>$150</td>
<td>A Parma resident 12 years old or younger (must be purchased with Adult Membership).</td>
</tr>
<tr>
<td>Teen w Parent</td>
<td>$200</td>
<td>A Parma resident between the age of 13 and 17 (must be purchased with an Adult).</td>
</tr>
<tr>
<td>Teen w/o Parent</td>
<td>$275</td>
<td>A Parma resident between the ages of 13 and 17.</td>
</tr>
<tr>
<td>Adult</td>
<td>$275</td>
<td>A Parma resident 18 to 61 years old.</td>
</tr>
<tr>
<td>Parma Couple</td>
<td>$450</td>
<td>2 Adults at the same address whose full time residence is in Parma.</td>
</tr>
<tr>
<td>Family</td>
<td>$525</td>
<td>Immediate family household members, up to four people living in Parma (max. 2 adults).</td>
</tr>
<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>

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

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Annual Payment</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual</td>
<td>$400</td>
<td>One Person living outside of Seven Hills or Parma</td>
</tr>
<tr>
<td>Non Resident Couple</td>
<td>$605</td>
<td>2 Adults outside of Seven Hills or Parma living at the same address</td>
</tr>
<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.
MILLIONS ALREADY KNOW ...

SilverSneakers is a free fitness program for seniors that’s helping millions of boomers and beyond defy the odds, shatter stereotypes and answer every challenge with, “I can do this!” SilverSneakers includes unlimited access to every participating gym and fitness center in the network. That’s a gym membership at more than 13,000 locations with unrestricted access to EVERY location. Weights, treadmills, pools and other amenities are included. We also offer fitness classes for all abilities led by our certified instructors at gyms and other locations. The gyms are yours. The amenities are yours. The classes are yours. Now go get ‘em!

Fitness is Timeless®

The Silver&Fit program is designed for older adults! By exercising regularly and meeting new people, you can be Silver, Fit, and Fabulous® too!

UnitedHealthcare®

Optum® Fitness Advantage from UnitedHealthcare is here! If you have a UnitedHealthcare® Medicare Advantage plan, check to see if you are eligible.* Visit fitnessadvantage.optum.com or call the Customer Service number on the back of your member ID card. Customer Service can answer questions about your plan and benefits. See the front desk for more details.
Session Dates:
Fall 2: November 6th - December 23rd (Registration Begins 10/20/17)
Winter 1: January 7th - February 11th (Registration Begins 12/18/17)
Winter 2: February 25th - April 7th (Registration Begins 2/15/18)

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

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

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
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 design a workout specific to your needs. 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!
Session Dates:
Fall 2: November 6th - December 23rd (Registration Begins 10/20/17)
Winter 1: January 7th - February 11th (Registration Begins 12/18/17)
Winter 2: February 25th - April 7th (Registration Begins 2/15/18)

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.
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

**Punch Cards good for ANY of Susan's Classes!

PiYo LIVE WITH MELISSA
Introducing PiYo Live! Define yourself and look long and lean with no weights and no jumps. Combines the muscle sculpting, core firming benefits of Pilates with the strength and flexibility of yoga. Crank up the music and the fun with this calorie burning workout. All levels welcome.
Days: Wednesday Evenings 7:30-8:30pm and NOW Saturday Mornings 11am - 12noon
Fees: Member Punch Card: $27 or $6 drop in  Non Member Punch Card: $37 or $8 drop in
SEVEN HILLS BEFORE AND AFTER SCHOOL PROGRAM

2017 - 2018

THIS PROGRAM PENDING PCSD APPROVAL

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!

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!

THIS PROGRAM PENDING PCSD APPROVAL

<table>
<thead>
<tr>
<th>Part-Time (up to 3 days per week):</th>
<th>Full Time (at least 4 days per week):</th>
</tr>
</thead>
<tbody>
<tr>
<td>Before School – Member: $15</td>
<td>Before School – Member: $24</td>
</tr>
<tr>
<td>After School – Member: $23</td>
<td>After School – Member: $37</td>
</tr>
<tr>
<td>Non-Member: $20</td>
<td>Non-Member: $34</td>
</tr>
<tr>
<td>(after school cost covers daily snack too)</td>
<td>(after school cost covers daily snack too)</td>
</tr>
</tbody>
</table>

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:

1/15 • 2/19 • 3/16 • 5/8

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

Contact Jamee Gerrick at 216.524.6262 ext. 408  -OR-  jgerrick@sevenhillsohio.org for more details!
Seven Hills Farmers’ Market Continues to Grow

The Seven Hills Farmers’ Market finished its third season with great crowds, great weather and a wine tasting in conjunction with The Little Birdie Wine Nest! The Market is not just about locally grown, farm-fresh produce, delicious baked goods, meat, snacks, local honey, health and wellness items, flowers and plants. It is also a gathering place with a vibrant crowd of locals, live entertainment, and monthly special events.

In May 2010, the Farmers Market Coalition Board of Directors approved a definition of “farmers market” in an effort to clarify what is an authentic farmers market. After much discussion, the FMC Board homed in on the following definition: **A farmers market operates multiple times per year and is organized for the purpose of facilitating personal connections that create mutual benefits for local farmers, shoppers and communities. To fulfill that objective, farmers markets define the term local, regularly communicate that definition to the public, and implement rules/guidelines of operation that ensure that the farmers market consists principally of farms selling directly to the public products that the farms have produced.**

The Seven Hills Farmers’ Market is a producers-only market; products sold at market must be grown, raised, or produced by the business selling the products. Prepared food vendors are encouraged to source as many ingredients locally as possible. The Seven Hills Farmers’ Market provides another outlet for economic opportunity to our local farmers and food producers, and provides a convenient alternative for our residents and neighbors who choose to access seasonal produce and locally prepared fresh foods.

Shopping at the Seven Hills Farmers’ Market is a great way to purchase foods and other items for yourself and your family. Freshly picked, in season produce is at its peak in flavor and nutrition, and is full of antioxidants and nutrients. Other benefits of shopping at the Market include supporting your local farmers and small businesses which strengthens our community. It’s a great way to get your kids involved in learning about food by purchasing something new to try. The Market is a place to catch up with friends and neighbors while stocking up on local goods. Preparing your purchases from the Market helps you to reconnect with the cycles of nature in our North East Ohio region. As you look forward to asparagus in spring, sweet corn and tomatoes in summer, and apples and squash in autumn, you reconnect with the earth and the changing of the seasons. Wouldn’t you like to take a few minutes to stroll amidst outdoor stalls of fresh produce on a beautiful day, sit and listen to music and enjoy a handful of kettle corn? Coming to the Market makes shopping a pleasure rather than a chore.

The Seven Hills Farmers’ Market is a community hub—a place to meet up with your friends, bring your children, and get a taste of small-town life in the middle of our wonderful City of Seven Hills.

In 2018 the Farmers’ Market will be open on Thursdays from June 28 – September 27, 2018 at the corner of Hillside Road and Broadview Road, 4:00-7:00 PM. The Market has a rest room and free parking in the adjacent Fire Station lot. Special events throughout the season will include musical entertainment, wine tasting, cooking demonstrations and food trucks. The Seven Hills Farmers’ Market is generously sponsored by Taleris Credit Union, Inc.
Youth Basketball League
Price: $75.00    Day and Time: Saturday Mornings
Ages 3-4 - 9-9:45am
Ages 5-6 - Week 1: 11am-12pm; Game schedules will be passed out.
    Weeks 2-6: will have game times between 10am-12pm
Ages 7-8 - Week 1: 12pm-1pm; Game schedules will be passed out.
    Weeks 2-6: will have game times between 12pm-2pm
Fall 2 Session: 11/11/17 - 12/16/17    Winter 1 Session: 1/13/18 - 2/17/18
Brief Description: 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.

Basketball Skills Program
Price: $50.00    Day and Time: Tuesday or Thursday Evenings
Ages 3-4 Tuesdays 5:30pm-6pm    Ages 5-8 Tuesdays 6:15pm-7pm
Ages 9-11 Thursdays 5:30pm-6:15pm    Ages 12-14 Thursdays 6:15pm-7pm
Fall II Session: Nov. 7th - Dec. 12th (ages 3-4 & 5-8)
    Nov. 9th - Dec. 21st (ages 9-11 & 12-14)
Winter I Session: Jan. 9th - Feb 13th (ages 3-5 & 5-8)
    Jan 11th - Feb 15th (ages 9-11 & 12-14)
Brief Description: 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.

Sports of All Sorts
Price: $50.00
Day and Time: Weds. Evenings
Ages 3-4, 5:30pm-6:00pm
Ages 5-8, 6:15pm-7pm
Fall II Session: Nov. 8th - Dec. 16th
Winter I Session: Jan. 10th - Feb. 14th
Sports of All Sorts introduces sports exercise and coordination to young athletes in an exciting environment while promoting social development in a class setting. With a new sport every class, each athlete will have the opportunity to experience what each of the major sports have to offer through fun skill drills and games.

Dodgeball
Price: $50.00
Day and Time: Sunday Mornings
Ages 6 - 9: 11:15am - 12pm
Ages 10- 14  12pm-12:45pm
Fall II Session: 11/12 - 12/17/17
Winter I Session: 1/14-2/18/18
After a brief rule review we dive directly into game play in a fast paced, ball-flying, dippin n' dodgin exciting time.

Kids Night Out!
Need an evening without the kids? Kids' Night Out gives parents the opportunity to take a well-deserved break. Go out for a night on the town feeling confident that your little ones are safe and having the time of their lives with their favorite Rookie Athletics Kids Night Out Program!

This incredible evening for your children is filled with a variety of fun games, swimming and activities, and they won’t want the night to end! And don’t worry about food – we’ll take care of that too!! 6pm - Drop Off   10pm Pick Up

October 28th - Special Halloween Night!
November 17th
December 15th
Price: $25 Per Student / $20 for each additional sibling

Questions about these programs and more?
Email Phil at RookieAthletics@gmail.com
Our Christmas 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 Christmas Break filled with games, activities, arts and crafts, a field trip and so much more! Please pack a lunch, a snack and swim gear each day!

Contact Jamee Gerrick at 216.524.6262 or jgerrick@sevenhillsohio.org for more info!

Get here as early 6:30am and stay until 6pm - with no extra fees!

**Part Time Weekly Fee (3 Days or Less):**
- Members: $120  Non-Members: $135
- (Program Offered 2 Part Time Weeks)

**Single Day Drop In Fee (Max 1 Day Per Week):**
- Members: $30 / Non-Members: $37

Field Trip 12/28/2017 - Seven Hills Bowling Lanes includes lunch and bowling)! $15

SEVEN HILLS SPRING SOCCER FEDERATION
Registration for the Spring 2018 Seven Hills Youth Soccer Program will be going on February 20th - March 10th, 2018 for ages 7 - 15. If you registered in the Fall, no need to re-register for Spring!! Contact Jamee Gerrick - jgerrick@sevenhillsohio.org for info!

For additional league information, please visit the Suburban Recreational Soccer League’s website at [www.srslonline.org](http://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:** $40  **NON-RESIDENTS:** $50 (This fee covers Spring 2018 Sessions for SRSL!)
$10 Late Fee will apply for those that register after March 10th. Spring Soccer begins May 7th, 2018.

**Adult Men’s Hoops 2018 Basketball Info**
Contact Ursula Drinko at udrinko@sevenhillsohio.org for more information regarding our upcoming leagues!

**Adult Volleyball Info**
Contact Jamee Gerrick at jgerrick@sevenhillsohio.org for more information regarding our NEW WEDNESDAY leagues!
2018 WINTER AQUATICS PROGRAMS**

Register & More Info at:

WWW.SEVENHILLSOHIO.ORG  Mike Gallagher (Aquatics Supervisor)
mgallagher@sevenhillsohio.org  | 216-524-6262 ext. 404

Private Lessons
$35 per half hour (Prices may vary per instructor)

One-on-One or Semi-Private Lessons offered. For more info or to schedule private lessons contact Mike (Aquatics Supervisor).

Seven Hills Seahawks Swim Team
Members $50 | Non-Members $60

- Mondays & Wednesdays
- Ages 10 & Under Practice (5 to 6 pm)
- Ages 11 & Up Practice (6 to 7 pm)
- Saturday Session Now Available! See Mike!
- Session Runs 1/8 - 2/28
- Registration Opens 12/17!
- Contact Mike Gallagher at mgallagher@sevenhillsohio.org w/ questions.

Seahawks Beginner Swim Team
Members $40 | Non-Members $50

- Saturdays from 10 to 11 am
- Ages 10 & Under/New Swimmers Only
- Session Runs 1/13 - 3/3
- Registration Runs 12/17 - 1/9

American Red Cross Courses

To register or for more information about Lifeguard Training or WSI courses, go to www.fastlaneswimming.net or contact the Aquatics Supervisor.

Scout Troop Merit Badge Testing

If you are interested is Scout Troop Merit Badge Testing, please contact the Aquatics Supervisor.

Pool Party Rentals

Contact Spencer Abbott at SAbbott@sevenhillsohio.org
more info.

Group Learn-to-Swim
Members $40 | Non-Members $50

- **MONDAYS & WEDNESDAY EVENINGS**
  - *Fall Session #3: 11/27—12/20*
    Registration Runs 11/15-11/24
  - *Winter Session #1: 1/8 - 1/31*
    Registration Runs 12/17 - 1/4
  - *Winter Session #2: 2/12 - 3/7*
    Registration Runs 1/31 - 1/8

- **SATURDAYS**
  - *Session 1/13 - 3/3*
    Registration Runs 12/17 - 1/9

<table>
<thead>
<tr>
<th>Level**</th>
<th>Mon &amp; Wed Evening**</th>
<th>Sat Mornings**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Starfish</td>
<td>XXXX</td>
<td>10:00-10:30</td>
</tr>
<tr>
<td>Tadpole (Preschool 1)</td>
<td>5:00-5:30</td>
<td>10:00-10:30</td>
</tr>
<tr>
<td>Frog (Preschool 2)</td>
<td>5:45-6:15</td>
<td>10:00-10:30</td>
</tr>
<tr>
<td>Turtle (Level 1)</td>
<td>5:00-5:30</td>
<td>10:00-10:30</td>
</tr>
<tr>
<td>Penguin (Level 2)</td>
<td>5:00-5:45</td>
<td>10:00-10:45</td>
</tr>
<tr>
<td>Sea Otter (Level 3)</td>
<td>5:00-5:45</td>
<td>10:00-10:45</td>
</tr>
<tr>
<td>Dolphin (Levels 4-6)</td>
<td>5:45-6:30</td>
<td>10:45-11:30</td>
</tr>
</tbody>
</table>
**Seven Hills Recreation Center Swim 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 to three swimmers with the same ability levels). The lessons must be scheduled with the aquatics supervisor.

**Starfish (Wigglers):** 6 months to 3 years old. Build readiness by emphasizing fun in the water. Parents & children will participate in several guided sessions that help children learn basic water skills & adjust to the water. Most importantly, it's fun for parents & kids! In order for your swimmer to progress to the next level, these tasks must be completed: mouse & butt-lookin' fun, room to roam, & puddle jumps.

**Tadpole (Pre-School #1):** 3-5 years old. The tadpole group lesson is for children that are being introduced to the swimming pool for the first few times. The main focus of this level is to find comfort 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 on 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.

**Turtle (Level #1):** 5 years old and up. Group TURTLE is for the swimmer that 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 float with very little or no assistance; Back float with very little or no assistance; Paddles on front & back with assistance; Kicks on front & back with assistance; Holds breath underwater for 3 seconds; Submerges unassisted; 5-yards assisted streamline from wall on front & back; Log rolls assisted; & 5 independent bobs.

**Penguin (Level #2):** 5 years old and up. Group PENGUIN is for the swimmer that 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 kick: 10-15-yards unassisted freestyle with rotary breathing; 10-15-yards backstroke unassisted; 10-15-yards streamline kick on front & back; Dolphin kicks assisted; Jumps in and swims to the wall unassisted; Introduction to breaststroke kick; & 15 independent bobs.

**Sea Otter (Level #3):** 5 years old and up. SEA OTTER is for the swimmer ready to advance their swimming skills. In the SEA OTTER group, your swimmer 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 & backstroke; 25-yards streamline kick front & back; 10 yards unassisted streamline butterfly kick; Butterfly arms; 5-yards unassisted breaststroke kick; 5-yards butterfly; & Introduction to breaststroke arms.

**Dolphin (Level #4-6):** 5 years old and up. The Dolphin is a pre-team swim group will consist of swimmers that have completed Sea Otter swim lessons and will meet for 45 minutes. The 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 that are not ready for swim team yet, but would like to be in the future. Swimmers entering this group must pass the dolphin group (Level #4-6) or equivalent.

**Seahawks Recreation Swim Team:** 5 years old & up. This program is designed for swimmers that are interested in competing at the competitive level. Swimmers entering the pre-team group must be able to complete the following: 25-yards freestyle & backstroke non-stop.

**Swim Team Stroke Clinics and Water Games:** 5 years old and up. This program is designed for current competitive swimmer. The swimmers will learn skills to improve their competitive stroke technique and play games such as water polo, sharks, and minnows, etc.

**American Red Cross Lifeguard Training Course:** Ages 15 years old and up. This course provides entry-level participants the knowledge and skills to prevent recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over. Course prerequisites: Swim 300-yards continuously, tread water for 2 minutes using only the legs; & complete a timed event within 1 minute, 40 seconds

**American Red Cross Water Safety Instructor Course:** Ages 16 years old and up. The Water Safety Instructor (WSI) course trains instructor candidates to teach all of the courses presented in the Swimming and Water Safety program to all age groups; all of the courses listed above, plus Learn-to-Swim Levels 4-6 and Adult Swim. This certification is the gold standard and provides the most comprehensive training for swim instructors.
Seven Hills Recreation Center is excited to be working with Playhouse Square to offer the following shows:

**Wicked**
- **Tickets:** $65
- **Date:** Friday, December 1st, 7:30PM
- **Duration:** 2 Hours 45 Minutes
- **Location:** KeyBank State Theatre

**Stomp**
- **Tickets:** $40 Balcony / $68 Orchestra
- **Date:** Friday, February 16th, 7:30PM
- **Duration:** 2 Hours 10 Minutes
- **Location:** KeyBank State Theatre

**Riverdance**
- **Tickets:** $20 Balcony / $50 Orchestra
- **Date:** Friday, February 9th, 7:30PM
- **Duration:** 1 Hour 40 Minutes
- **Location:** Connor Palace

**RENT**
- **Tickets:** $20 Balcony / $60 Orchestra
- **Date:** Friday, March 23rd, 7:30PM
- **Duration:** 2 Hours 20 Minutes
- **Location:** Connor Palace

All Tickets Available for purchase through the Seven Hills Recreation Center Front Desk.

Need a Sitter? Kids Night Out is also available in conjunction with these programs!
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

ARTHURITIS 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

AQUA BARRE - NEW!!
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

HAVE YOU DOWNLOADED THE CITY’S APP?
AVAILABLE FOR FREE: JUST SEARCH CITY OF SEVEN HILLS
Gathering Rooms are available for Members & Non-Members

All Rental Rates are Per Hour

<table>
<thead>
<tr>
<th>Room / Rental</th>
<th>Member Rate</th>
<th>Non-Member Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gathering Rooms</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 Room</td>
<td>$40</td>
<td>$65</td>
</tr>
<tr>
<td>2 Room</td>
<td>$70</td>
<td>$100</td>
</tr>
<tr>
<td>3 Room</td>
<td>$100</td>
<td>$130</td>
</tr>
<tr>
<td>Patio</td>
<td>$15 Flat Fee</td>
<td>$35 Flat Fee</td>
</tr>
<tr>
<td>Kitchen</td>
<td>$20 Flat Fee</td>
<td>$35 Flat Fee</td>
</tr>
</tbody>
</table>

Pool (After Hours) Call for Pricing!

Patio Party $65 $95
(Includes Rental of Pool & Room 1)

Gymnasium

1 Court $60 $80
2 Courts $105 $140

Aerobic Studio $40 $60

New Pricing In effect as of September 1, 2016

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!

Thank You to the Seven Hills Garden Club for “branching out” to help spruce up the Recreation Center with our fountain refurbishing project.

The members graciously donated their time, efforts and products to bring life to our old, outdated fountain area and also voluntarily planed a set of bushes out front with a goal for those bushes to grow and provide a natural snow fence on our walkway.

Thanks for making our center a better place!

SELL YOUR UNWANTED GOLD, SILVER, PLATINUM & DIAMONDS!

Back by popular demand! Gold & Silver Events will be hosting an event at the Rec Center on Wednesdays, December 6th and February 7th 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
Thank you for your interest in the **Seven Hills Hall of Fame**. All nominees, living or deceased must have resided in the City of Seven Hills for a minimum of five years. Applications will be accepted January 1, 2018 until May 1, 2018. Return Application To:

**City of Seven Hills Recreation Center**
7777 Summitview Drive  
Seven Hills, Ohio 44131  
c/o Jen Burger

I. Fill in the nominee’s complete name, address, and telephone number. It is imperative that the selection committee have all of this information.

Sport:

Nominee’s Name: ___________________________ Phone: ___________________________

Nominee’s Address: ___________________________

If Nominee is deceased, who is next of kin? ___________________________

Phone for next of kin: ___________________________ Email: ___________________________

Address for next of kin: ___________________________

Nominated By: ___________________________

Phone: ___________________________ Email: ___________________________

Address: ___________________________

II. List all sports in which your nominee was able to attain outstanding achievement. The Selection Committee would also be interested in knowing the other sports in which your nominee participated. List all sports your nominee played for during the course of their career and the years in which they played.

III. List in detail your nominee’s contribution to sports. This would include such examples as: team sponsor, league official, program founder, etc.

IV. List in detail Special Honors and Awards. Example: All-County, All-State, All-Conference, number of varsity letters, MVP, All-Pro, All-Star games, etc. List any of the following statistics pertaining to the nominee. The more detailed information contained here, the more effectively the Selection Committee will be able to consider your nominee.

V. In this section you may wish to make some general comments about your nominee; anything that would help the cause of your nominee. You may wish to include copies of newspaper clippings and copies of photos, or you can use additional sheets of paper for further information.
Mayor’s Office Hours Monday 5:00-6:00 p.m. Contact Kathy to schedule an appointment with Mayor Dell’Aquila. 216-525-6227. kholland@sevenhillsohio.org

City Hall Holiday Hours:

Thursday, November 23rd - CLOSED
Friday, November 24th - CLOSED
Monday, December 25th - CLOSED
Monday, January 1st - CLOSED

Recreation Center Holiday Hours:

Thursday, November 23rd - CLOSED
Sunday, December 24th - CLOSED
Monday, December 25th - CLOSED
Sunday, December 31st - CLOSED
Monday, January 1st - CLOSED