Important Information Regarding Your Trash and Recycle Pick Up:

Trash Collection:

For residents that do not want the old blue recycle bin, there are two options for disposal:
1. Leave blue can inside 96 gallon green can on your scheduled trash collection day
   -OR-
2. Leave blue can out on your scheduled trash collection day and label “Please Take”.

Place carts on level flat surface with the lids closed for collection. If the drive apron is reasonably level, that will work well also to minimize the chance of tipping.

Visit rorr.com For more info!
**Sewer Problem Can Be Quite Costly $$$$$**

**Free Service to our Residents** - Always call the Service Department, (216) 525-6224, when you have a sewer backing up through your drain or if water is not going down in your sink or toilet. With a call to the Service Department, we can come out and address any issues that you might have and point you in the right direction to resolve your problem. Please contact us first, (216) 525-6224, before you spend your money to have a contractor come out and tell you that the problem is on the city side.

When the Service Department comes out to your home on a call, they will snake from the cleanout in your yard to the road to make sure there are no obstructions. If Service determines that the problem is from the cleanout to the house however, then it will be the homeowner’s responsibility to hire a contractor to take care of the problem.

**Flooding Emergency** - Please call Non-Emergency Dispatch at (216) 524-3911 and they will contact the Service Department to assist in any Flooding Emergency.

**Mailbox Guidelines**

Mailboxes take a beating from the weather so we recommend an annual mailbox checkup to avoid damage to your mail or difficulty identifying your address. Springtime is a good time of the year to check the condition of your mailbox in your front yard. Make sure that your mailbox and pole are in good condition; anything loose or broken, should be replaced. If your mailbox is leaning over, it needs to be straightened.

Here are some Independence USPS guidelines for you to follow:

- Place the mailbox approximately 12” inches from the curb, on either side of the driveway.
- The mailbox should be between 46” to 56” High
- Your address should be on the outside as well as inside the box to prevent mis-deliveries
- Your mailbox needs to be secured to a 4”x 4” wooden support or a 2” diameter standard steel or aluminum pipe
- Bury your support post no more than 24” deep

**If your mailbox has been damaged by a snow plow:**

If your mailbox is damaged, report it to the Service Department (216) 525-6224 and we will temporarily repair your mailbox so you can receive your mail. More permanent fixes will be done later in the year. **Service Department phone number** (216) 525-6224 Email service@sevenhillsohio.org

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**PLEASE NOTE**

City Council and the Administration have decided to suspend the 2016 Home Days Event due to staffing and budgeting considerations.
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

Mayor’s Court 216-524-4421
Building Department 216-524-4427
Council Clerk - Carol Sekerak 216-525-6235
Finance Department 216-525-6249
Law Department 216-525-6237
Service Department 216-525-6225
Engineering Department 216-525-6226

Follow the City of Seven Hills on Facebook! https://www.facebook.com/cityofsevenhills

Seven Hills Food Pantry

Canned-food donations came from all across Seven Hills to stock the shelves of the City’s Food Pantry.

It’s all for residents who are in a time of need. One senior resident said “If it wasn’t here I’d have no idea where to go”. Seven Hills Food Pantry serves over 30 families through its location at City Hall. Director of Senior and Community Services Tony Terry has led this year’s food drive and says “It’s the giving spirit and sense of community that defines this city. Our residents and business partners have rallied around this and helped to get this project going”.

The Food Drive for 2016 has taken off to a great start with drop locations at City Hall and the Community Recreation Center. We are now in need of paper goods such as toilet paper, paper towels, personal hygiene products (tooth paste, toothbrushes, shampoo, etc...), condiments (ketchup, mayo & salad dressings). Remember - every little thing can help someone in need!

If you would like to contribute to the efforts please contact Tony Terry at 216-525-6230 or at tterry@sevenhillsohio.org
Seven Hills Veterans Memorial Park

Application for Sponsorship

Type of sponsorship: Veterans Memorial Wall: $200.00

Must have resided in Seven Hills or be an active member of VFW Post 7609

Please circle one: USARMY USN USMC USAF USCG USMM

First Name – PLEASE PRINT

Last Name – PLEASE PRINT

Years of Service
(Example 1962 – 66)

Veterans Memorial Park – Landscaped Area: $500.00 – (8 areas available)

1. Reserved for residents and business partners of Seven Hills.
2. One (1) specific landscaped area will be dedicated in memory or honor of a specific individual or group (ex. “Dedicated in Honor of All Iraq War Veterans” or ex. “In Memory of James A. Williams, USMC 1968-74”), or a family, individual or business may choose to sponsor with their name alone.
3. Plaque will be constructed and displayed in each area reflecting the sponsor or area.
4. Landscaped Areas sponsorships are good for life. Plaques will be presented to the sponsor at the end of their term.

Veterans Memorial Flagpoles: 3 @ $5,000.00 each

1. Reserved for residents and business partners of Seven Hills.
2. (1) Larger American Flag flagpole is available for sponsorship $10K and (2) slightly shorter POW/MIA and Seven Hills Flag flagpoles are available $5K ea.
3. One (1) specific flagpole will be dedicated in memory or honor of a specific individual or group (ex. “Dedicated in Honor of All Iraq War Veterans” or ex. “In Memory of James A. Williams, USMC 1968-74”)
4. Plaque will be constructed and displayed on flagpole reflecting the sponsor.
5. Flagpole sponsorships are good for life.

Contact Information:

Name: ____________________________ Phone: ____________________
E-mail: ___________________________

Please make checks payable to “City of Seven Hills” and return to Seven Hills Recreation Center
7777 Summitview Drive Seven Hills, Ohio 44131 ATTN: Jen Burger

Submit by May 10th for Memorial Day!

Seven Hills Veterans Memorial Wall

IF YOU ARE INTERESTED IN ADDING YOUR LOVED ONE TO THE WALL,
PLEASE PICK UP AN APPLICATION AT CITY HALL OR
AT WWW.SEVENHILLSOHIO.ORG UNDER "CITY FORMS" "SENIOR SERVICES"
The members of the Seven Hills Fire Department hope you are enjoying the warmer weather. One of the most common complaints the Fire Department responds to are open burning issues. Below are some general guidelines to assist you with your needs. Remember, most complaints are a result of neighbor disputes that have gone on for many years. Try to work your issues out with one another and keep the peace.

**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.

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

   Seasoned Dried Hardwoods are the preferred burning material this does not include Pine or items such as old wooden fences

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 available for immediate utilization at the recreational fire site.

We hope this will assist you with your questions. Remember to test your smoke and carbon monoxide detectors on a monthly basis.
All the surrounding communities have seen a recent increase in residential burglary incidents. Ruse burglaries do not involve forced entry and occur while the resident is home. The offender(s) use deception to gain the trust of the resident in an effort to distract or confuse the resident. During the distraction the resident will leave the home unlocked and unoccupied to attend to some reported problem. These burglars generally target elderly residents.

Many times the distraction involves tree trimming, water main breaks, or some other issue that requires “immediate” attention. During the distraction another member of the burglary team will sneak into the home and commit a burglary. The Seven Hills Police Department reminds all residents to report any suspicious behavior by calling 911. Often times burglary crews will drive around town looking for victims that leave doors open or unlocked.

If someone shows up at your home unannounced and reports an issue that requires your immediate attention elsewhere close and lock the door and contact 911 for a suspicious person report. Uniformed police officers will respond and verify the situation.

Please be aware that several residents in surrounding communities have received phone calls from unknown people requesting money for various fictitious reasons.

Typically the caller will request that the victim send money by electronic transfer, often times to a location outside of the United States. Some of the callers will claim the victim has won the lottery and request that a sum of money be sent via Western Union to release the winnings. Others state that there is a family member in need of money and again, request an electronic transfer.

All of these solicitations are fraudulent. The caller is attempting to obtain money and banking information from you. Some of these scams are also being sent through the U.S. Postal Service. If you receive one of these types of solicitation or feel you may already have been a victim please call The Seven Hills Police Department at (216) 524-4423.

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 Department will keep a database and the dispatch will know who has them and their location

Contact Tony at 216-525-6230 for more info!
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.

Totally Toned has several training 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!

- 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.

Contact Trainer Mike at 216-548-5383 TODAY!
ANNUAL MEMBERSHIP INFORMATION

Seven Hills Resident Membership Info - Annual / Upfront Payment

<table>
<thead>
<tr>
<th>Membership</th>
<th>Annual Payment</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>
</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 “Totally Disabled” 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</th>
<th>Annual Payment</th>
<th>Description</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 “Totally Disabled”. 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</th>
<th>Annual Payment</th>
<th>Description</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>

NEW! 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. Monthly payment options are available as well for the duration of one full year. All memberships are non-refundable and non transferrable.
Register Today @ RookieAthletics.org

Spring Session 2016
April 11th – May 22nd
Summer Session I
June 6th-July 24th
Summer Session II
July 25th - September 4th

Sports of all Sorts
Price: $45.00
Day and Time: Wednesday Evenings
Ages 3-4, 5:30pm-6:15pm
Ages 5-8, 6:15pm-7pm
Brief Description:
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.
6 week sessions:
Spring: April 13th – May 18th
Summer I June 6th-July 24th
Summer II July 25th- September 4th

SNAG Golf
Price: $70.00
Day and Time: Saturday Afternoons
Ages 6 and up, 3pm or 4pm start time
Brief Description:
SNAG Golf (Starting New At Golf) is the best first touch program to effectively teach the game of golf to people of all ages and ability levels. SNAG contains all the elements of golf but in a modified form, making it an easy and fun way to learn and play golf.
6 week sessions:
Spring: April 16th – May 21st
Summer I June 6th-July 24th
Summer II July 25th- September 4th

Basketball Skills
Price: $45.00
Day and Time: Tuesday or Thursday Evenings
Ages 3-4 Tuesdays 5:30pm-6:15pm
Ages 5-7 Tuesdays 6:15pm-7pm
Ages 8-11 Thursdays 5:30pm-6:15pm
Ages 12-14 Thursdays 6:15pm-7pm
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.
6 week sessions:
Spring: April 12th – May 19th
Summer I June 6th-July 24th
Summer II July 25th- September 4th

Questions about these programs and more? Email RookieAthletics@gmail.com
Youth Basketball League
Price: $70.00
Day and Time: Saturday Mornings
Ages 3-4, 9-9:45am
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
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.
6 week sessions:
April 16th – May 21st
Summer I June 6th-July 24th
Summer II July 25th- September 4th
Youth Soccer League
Price: $70.00
Day and Time: Monday Evenings
Ages 3-4, 5:15pm-6pm
Ages 5-7, 6pm-7pm
Brief Description:
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!
6 week sessions:
April 11th – May 16th /Summer I June 6th-July 24th/Summer II July 25th- Sept. 4th
T-Ball & Coach Pitch
Price: $70.00
Day and Time: Sunday Mornings
Ages 3-4(T-Ball),
Week 1: 10am-10:45; Game schedules will be passed out.
Weeks 2-6: will have game times beginning 9am or 10am
Ages 5-6(Coach Pitch),
Week 1: 11am-12pm; Game schedules will be passed out.
Weeks 2-6: will have game times beginning 11am or 12pm
Brief Description:
Week 1 will teach the basics of hitting, base running, fielding, and throwing. From there we will continually review the basics while playing a two to four inning game where everybody bats.
6 week sessions:
April 17th – May 22nd /Summer I June 6th-July 24th /Summer II July 25th- Sept 4th

Questions about these programs and more? Email RookieAthletics@gmail.com
SilverSneakers Fitness Program

The SilverSneakers® Fitness Program is an innovative health, exercise and wellness program helping older adults live healthy, active lifestyles. Get fit, have fun, make friends!

Individuals 65 & over who have Medicare coverage through their insurance company are eligible to take SilverSneakers’ fitness classes for FREE.

Non-SilverSneakers members who are members of the center pay $4 per class. Punch Cards are available as well to purchase in advance.

Classes are limited to 30 participants - Pick up a monthly schedule at the front desk today!

SilverSneakers® Classic
Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

SilverSneakers® Circuit
Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

SilverSneakers® CardioFit
SilverSneakers CardioFit is an advanced group exercise class designed for active adults who desire a safe and effective low-impact cardiovascular workout. Energizing and easy-to-follow movements promote heart-healthy, total-body conditioning to increase cardiovascular and muscular endurance. In addition, a variety of strength training options are offered to provide a well-rounded workout. Tanya’s Tuesday Classes include Zumba Gold and Tone!

SilverSneakers® Yoga
SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

SilverSneakers® Splash
Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required, and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.
Session Dates:
Spring: April 4th - May 28th - 8 WEEKS! (Registration Begins 3/21/16)
Summer 1: June 6th - July 16th (Registration Begins 5/20/16)
Summer 2: July 18th - August 26th (Registration Begins 7/1/16)

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: Tuesdays & Thursdays 5:15pm-6:15pm & Saturdays 8:30am - 9:30am
Fees:  Member Punch Card: $25 or Drop In: $5 (Cards are good for 8 classes)
      Non-Member Punch Card: $30 or Drop In: $6

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
Session Dates:
Spring: April 4th - May 28th - 8 WEEKS! (Registration Begins 3/21/16)
Summer 1: June 6th - July 16th (Registration Begins 5/20/16)
Summer 2: July 18th - August 26th (Registration Begins 7/1/16)

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

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!

EVENING YOGA
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 six classes.

Instructor: Susan Laurenzi, MA Ed
Days: Mondays 6:00pm - 7:00pm
Fees: Members: $40 Per Punch Card  Non-Members: $45 Per Punch Card  Drop-In: $10

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
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 13th and running through August 19th.

**Day Camp - 1st Grade thru 5th Grade** - Day camp is a great way to have fun this summer as the day is filled with activities such as swimming, gym time, outdoor play and more! Weekly field trips are planned (for additional charge). Clubs will be introduced to camp, science club, music club, and art club.

**Teen Camp - 6th Grade & Up** - Our Teen Camp is separate from the other camps, this camp gives teens the opportunity to develop leadership skills and work with service projects in our community. At the end of camp we will be happy to provide your camper with a letter attesting to their community service hours performed.

**Day & Teen Camp Pricing:**
- Full Time (4 days or more): Members: $140 non-member: $170
- Part Time (3 days or less): Member: $120 non-member: $135
- Single Day drop in fee (max 1 day/week) Member: $30 non-member: $37

Camps run daily from 6:30am-6:00pm before and After Care are included- No extra Fees!

**Preschool Camp - 3 to 5 Years** - Our summer camp will give your preschooler a chance to make new friends, play games, and take nature hikes. Preschool camp is designed for the young ones who are potty trained. We offer ½ days 9am to 1pm. Optional swimming daily, no off site field trips-all preschool events are held here on city property.

**Preschool Pricing:**
- Full Time ½ Days (4 or more days): member: $85 non-member:$105
- Part Time ½ Days (3 or less days): member: $65 non-member:$80

Full Day Preschool Camp is available at regular Day Camp pricing.

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

Camp Motto: Leadership • Teamwork • Creativity • Preparation • Effort

Come and Join in for SMOKE FUN!
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.

Spring Session: Mondays, Wednesdays & Fridays: 9:15am - 10am
Summer Session: Mondays / Wednesdays with Leigh & Fridays with Renee: 8:15am - 9am

ARTHITIS WATER AEROBICS:
This program is specifically geared towards adults with Arthritis. Participants are provided with gentle aquatic activities with the guidance of a certified Arthritis Foundation Instructor. All exercises are low-impact and done around the 4-foot depth. NOW a SILVER and FIT PROGRAM - FREE to SILVER and FIT!

Spring Session: Mondays, Wednesdays & Fridays: 10am - 10:45am
Summer Session: Mondays / Wednesdays with Leigh & Fridays with Renee: 9am - 9:45am

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  - Begins February 1st!

All Water Aerobics Classes are offered through our Punch Card System

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

Members: $37 (Drop In $5)  Non-Members: $49 (Drop In $7)

-------------------------------

Child Watch Room Available While You Work Out!

Now Located in hallway of Family Changing ~

Monday - Friday: 9:00am – 12:00pm
Saturdays: 8:30am - 12:30pm
Monday - Thursday: 5:30pm - 8:30pm

♦ Ages 6 months and older please  ♦ 2 Hour stay limit.

♦ For the protection of others, we cannot allow sick children to remain in Child Care Room!

Payment Options:  $3 per visit per child or Punch Card: $30 - good for 10 visits!
### Spring & Summer Pool Programs

**SUMMER EVENINGS**
- Monday & Wednesday
- 5:00pm - 7:00pm

- **Summer Session 1:** 6/13 - 6/29
  - Registration Runs 5/20 - 6/11
- **Summer Session 2:** 7/11 - 8/3
  - Registration Runs 6/23 - 7/9

**SPRING 2 EVENINGS:**
- Monday & Wednesday
- 5:00pm - 7:00pm

- Session Runs 4/25 - 5/18
  - Registration Runs 4/13 - 4/22

**SUMMER SATURDAYS:**
- 10am - 12noon

- Session Runs 6/18 - 8/13
  - Registration Runs 5/21 - 6/15
  - No Class July 2nd

---

**Members:** $40  
**Non-Members:** $50  
**8 Classes!**

*View the Class on Page 17 or online*

<table>
<thead>
<tr>
<th></th>
<th>Mon. &amp; Wed. Evening (All Sessions)</th>
<th>Mon. - Thurs. Morning (Summer)</th>
<th>Saturday (All Sessions)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water Wigglers</td>
<td>5:45-6:15</td>
<td>10:45-11:15</td>
<td>10:45-11:15</td>
</tr>
<tr>
<td>Preschool 1</td>
<td>5:00-5:30 5:45-6:15 6:30-7:00</td>
<td>10:00-10:30 11:30-12:00</td>
<td>10:00-10:30 11:30-12:00</td>
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<tr>
<td>Preschool 2</td>
<td>5:45-6:15 6:30-7:00</td>
<td>10:00-10:30 11:30-12:00</td>
<td>10:00-10:30 11:30-12:00</td>
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<tr>
<td>Level 1</td>
<td>5:00-5:30 5:45-6:15 6:30-7:00</td>
<td>10:00-10:30 11:30-12:00</td>
<td>10:00-10:30 11:30-12:00</td>
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<tr>
<td>Level 2</td>
<td>5:00-5:45 6:15-7:00</td>
<td>10:00-10:45 11:15-12:00</td>
<td>10:00-10:45 11:15-12:00</td>
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<tr>
<td>Level 3</td>
<td>5:00-5:45 6:15-7:00</td>
<td>10:00-10:45 10:45-11:30</td>
<td>10:00-10:45 10:45-11:30</td>
</tr>
<tr>
<td>Level 4</td>
<td>5:00-5:45</td>
<td>11:15-12:00</td>
<td>11:15-12:00</td>
</tr>
<tr>
<td>Level 5 &amp; 6</td>
<td>5:45-6:30</td>
<td>10:45-11:30</td>
<td>10:45-11:30</td>
</tr>
<tr>
<td>Adult</td>
<td></td>
<td></td>
<td>12:00-12:45</td>
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</tbody>
</table>
LEARN TO SWIM GUIDELINES

**Water Wigglers:** 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!

**Preschool 1:** Helps children adjust safely to the water at their own pace — Working on going under water, blowing bubbles, floating & kicking.

**Preschool 2:** Students will work on becoming more independent in the water — Floating on their own, swimming on their own & much more!

**Level 1:** Students will work on being more comfortable in the water & learn to enjoy it safely while working on independent floating & kicking, underwater exploration, swimming pool safety & more!

**Level 2:** Students will work on front glides, back glides, front crawl with breathing, back crawl & much more!

**Level 3:** Students will work on front crawl with rhythmic breathing, back crawl, elementary backstroke & much more!

**Level 4:** Students will work on refining their current strokes along with learning the breaststroke & sidestroke, while building their endurance. New skills will include butterfly, turns, survival swimming & much more!

**Level 5:** Skills refined include front crawl, back crawl, elementary backstroke, breaststroke, sidestroke, turns & endurance. New skills include surface dives, back skull, & much more!

**Level 6:** New skills include 500 meter continuous swim, understanding basic water rescue, personal rescues techniques, pool safety, personal fitness skills, etc….. Course choices include Fitness Swim and Personal Water Safety

INFANT SWIM RESOURCE

Keep your family safe - Give your child the competence, confidence and skills of Aquatic Safety with Infant Swimming Resource’s Self-Rescue Program. The safest provider of survival swimming lessons for children 6 Months - 6 Years of age.

Julia Buddie   Phone: 419-376-4636
Email: j.buddie@infantswim.com
Website: http://isrbuddie.com

Summer: July 11  (10am - 1pm)

SEVEN HILLS SEAHAWKS SUMMER SWIM TEAM

**Members:** $70  /  **Non-Members:** $85

**Session Runs June 6th - July 30th, 2016**
(Registration Opens May 1st)

**Ages 10 & Under Practice**  Tuesday / Thursday 10:30am - 11:30am or Monday / Wednesday 5:00pm - 6:00pm

**Ages 11 & Up Practice**  Tuesday / Thursday 9:00am - 10:30am or Monday / Wednesday 6:00pm - 7:00pm

Contact Rach at Seahawks7Hills@gmail.com with questions!

***Morning Practices are held at Normandy High School Pool! ***

Swim Meets are usually held on Tuesdays / Thursdays / Saturdays June - July Champs are July 30th!
### 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>$37.50</td>
<td>$60</td>
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<tr>
<td>2 Room</td>
<td>$67.50</td>
<td>$97.50</td>
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<tr>
<td>3 Room</td>
<td>$97.50</td>
<td>$127.50</td>
</tr>
<tr>
<td>Patio</td>
<td>$15 Flat Fee</td>
<td>$35 Flat Fee</td>
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<tr>
<td>Kitchen</td>
<td>$20 Flat Fee</td>
<td>$35 Flat Fee</td>
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<tr>
<td>Pool (After Hours)</td>
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<tr>
<td>Up To 50 People</td>
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<td>51 - 75 People</td>
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<tr>
<td>76 - 100 People</td>
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<td>$345</td>
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<td>101 - 125 People</td>
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<td>$395</td>
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<td>126 - 150 People</td>
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<td>$410</td>
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<tr>
<td>151 - 175 People</td>
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<td>$445</td>
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<tr>
<td>176 - 200 People</td>
<td>$380</td>
<td>$480</td>
</tr>
<tr>
<td>Pool Party</td>
<td>$60</td>
<td>$90</td>
</tr>
<tr>
<td>(Includes Rental of Pool &amp; Room 1)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gymnasium</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 Court</td>
<td>$55</td>
<td>$75</td>
</tr>
<tr>
<td>2 Courts</td>
<td>$97.50</td>
<td>$120</td>
</tr>
<tr>
<td>Aerobic Studio</td>
<td>$35</td>
<td>$55</td>
</tr>
</tbody>
</table>

NEW - Summer Clinics with Rookie Athletics!  Registration Opens May 1st!  $60 per child

- **Soccer**: June 13th-17th  12pm - 3pm  (Outside)
- **SNAG Golf**: June 27th- July 1st  12pm - 3pm  (Outside)
- **Dodgeball/Kickball**: July 11th- July 15th  12pm - 3pm  (Outside)
- **All Sports**: July 25th- July 29th  (Outside)
- **Basketball**: August 8th- August 12th  12pm - 3pm  (Inside)

Contact Coach Phil at RookieAthletics@Gmail.com
Do You Love Our Parks?

Volunteer At Our First Annual
SEVEN HILLS
COMMUNITY CLEAN-UP EVENT!

Please join us at 10am on Saturday, May 7th at either Calvin Park, North Park or Valleywood Park as we work together for a spring clean-up. All volunteers are welcome. Come and help "spruce up" the parks and ball fields. Bring a rake or a weed wacker or anything you think you can help with. You can come for 15-minutes, or spend hours there, it’s up to you. You can even come earlier, or later. We ask for your support in making our parks an amazing place for our residents and the youth of our community.

WHERE  Calvin, North Park, or Valleywood, it’s your choice.
WHEN  Saturday, May 7th [weather permitting]. Starts at 10am, but you can come early or later, based upon when you have time.
WHAT DO YOU NEED?  Equipment is not provided. Bring what you think you can use. A rake, trash bags, etc...

Call Tony Terry at 216-525-6230 with any questions. You can always just show up. And please spread the word.
Look for the 2016 Farmers’ Market Kick-Off Event on June 30, 2016 - Entertainment, Give Away’s & More!.

The City of Seven Hills Farmers’ Market will continue to provide a place for farmers, backyard gardeners and home food producers a place to connect with our wider community.

Please join us every Thursday, through October 4th, 4-7PM, at the corner of Hillside and Broadview Road, to support local farmers, entrepreneurs, and our environment, all while enjoying nutritious and flavorful fresh vegetables, fruits and herbs or mouth-watering home-baked goods as well as unique, locally handmade, items. We are continuously adding vendors so please, if you know of some good people we need to invite, call 216-524-4421 or contact:

Kathy kholland@sevenhillsohio.org
Jen jburger@sevenhillsohio.org or
JoAnn jrencz@sevenhillsohio.org

Happy, Healthy, Homegrown; the Seven Hills Farmers’ Market, growing community by inspiring healthy, sustainable, abundant living!
Seven Hills
VFW Post 7609

Seven Hills VFW Post 7609 would like to invite you to join them the 3rd Monday of each month at 6:30pm at Seven Hills City Hall located at 7325 Summitview Drive In Seven Hills. For more information, please call Nada Fleming, Vice Commander of the Post at 216-642-0234.

Mayor Richard Dell'Aquila
VFW Post 7609 &
Seven Hills City Council

HONOR OUR VETERANS

Join us May 30th at 10:30 AM for the MEMORIAL DAY PARADE from St. Columbkille to City Hall

Immediately following, VFW Post 7609 will perform the Memorial Day Ceremony featuring the Re-Dedication of the Veteran’s Memorial Wall.

PANCAKE BREAKFAST
INSIDE CITY HALL
8 AM—NOON

Thank you for your Service and Sacrifice

HOUSEHOLD HAZARDOUS WASTE & COMPUTER ROUND-UP DATES:
Tuesday, May 17th 8am - 5pm
Tuesday, Sept. 13th - 8am - 5pm
For More Information, please check the Cuyahoga County Solid Waste District’s website: www.cuyahogaswd.org

DOCUMENT SHRED DAYS:
Tuesday, April 12th - 1pm -7pm and
Tuesday, August 16th - 1pm - 7pm behind City Hall.
Infoshred.net will be handling the shred - check out their website for information: WWW.INFOSHRED.NET

WATER MAIN BREAKS
Contact 216-664-3060

STREET LIGHT OUTAGES:
Contact 888-544-4877
WWW.FIRSTENERGYCORP.COM

2016 Garage Sale Dates

April - 14-16
May - 19-21
June - 16-18 CityWide
July - 14-16
Aug - 18-20
Sept - 15-17
Oct - 20-22

Obtain your free permit from Seven Hills Building Department

WWW.CUYAHOGASWD.ORG
Senior Health & Fitness Day
Wednesday, May 25th
9am - 12pm

Sponsored By:
Mount Alverna Village, City of Seven Hills & Seven Hills Community Recreation Center

7777 Summitview Drive – Seven Hills, OH 216-524-6262

Over 100 Vendors with Wonderful Information!

Screenings include, but are not limited to:
Blood Sugar, Blood Pressure, Blood Cholesterol
Medication Review (bring your medication with you)
Bone Density, Vision & Hearing - No Fasting Required!

Refreshments • Raffles • Give Away’s

Senior Wednesdays In May
Breakfast, Speaker and Activity @ Rec!
8:30 AM – 9:00 AM Continental Breakfast & Entertainment
9:00 AM – 10:30/10:45 AM Presentation and Activity
(No Charge for attending these events)

Bus Trips Are Back!

Wednesday, May 4th to River’s Casino - Pittsburgh, PA
Members: $34 • Non-Members: $38
Casino Bonus: $20 Free Play!
Busing Provided By Great Day Tours!

See Gina @ the Rec or Register Today!
More Trips to Follow!!
John Glenn Park: A Diamond in the Rough

We need your help! After years of neglect, John Glenn Park is ready for a facelift. The Friends of John Glenn Park, a volunteer group of Seven Hills residents, is poised to help the City begin the transformation.

Over the next several years, volunteers will help create a space for people to enjoy outdoor activities in a natural setting. Plans include adding a paved multi-purpose trail, a pavilion, a wetlands garden, and a butterfly/pollinator garden. Volunteers will also restore the forest floor by planting ferns and other shade-loving plants among the trees.

The City will see to the completion of the John Glenn Park playground and elimination of encroachments into what is now private property. These encroachments impact the existing tennis courts and the baseball field. (The backstop and ballfield fencing are moving to North Park.)

These transformations will not happen overnight. Projects depend upon funding and volunteer participation. But with enough support, John Glenn Park will become a greater asset to the community and the City of Seven Hills. This diamond in the rough will be a real gem.

Be a Part of This Exciting Park Transformation

Join the Friends of John Glenn Park

Join other dedicated Seven Hills residents and help renovate John Glenn Park. Share your ideas, and use your skills to complete projects in the park. Meet your neighbors and work with some really great people.

To join, email your contact information to: FriendsofJohnGlennPark@gmail.com

Get Involved

Contribute your time, energy, resources and skills to the cause. Do you have any excess native, deer-resistant plants in your yard that could find a new home in the park? Could you spend some time planting, watering, or maintaining the park? Can you build benches? Spread mulch?

All efforts are welcome and appreciated.

Please Donate

Like many other municipalities, the City of Seven Hills is experiencing a budget crunch. The Friends of John Glenn Park must raise funds to finance all projects. Your monetary donation — large or small — will help purchase plants and landscape materials, and will fund construction projects and other needed purchases.

Please make checks payable to the City of Seven Hills, memo noting “John Glenn Park Fund”.

Submit to:
The City of Seven Hills
Finance Department
7325 Summitview Drive
Seven Hills, OH 44131

All donations earmarked for John Glenn Park will be used for John Glenn Park ONLY!

Join us on Facebook  https://www.facebook.com/johnglennpark/
Induction to the City of Seven Hills Hall of Fame occurs every two years and alternates between the following two areas based on year: Sports induction during the odd years and the area of Arts and Humanities during the even numbered years. Sports inductions were held in 2014 and the first inductions into the Hall of Fame area of Arts and Humanities will be in 2016.

Thank you for your interest in the City of Seven Hills Hall of Fame. All nominees, living or deceased must have resided in the City of Seven Hills for not less than five years. Applications for the area of Arts and Humanities will be accepted January 1, 2016 until May 1, 2016. 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.

Arts and Humanities Area: ____________________________________________________________________________________________

Nominee’s Name: ___________________________________________ Phone: __________________________

Nominee’s Address: _______________________________________________________________________________________________

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

Phone for next of kin: ___________________________________________________________________________________________

Address for next of kin: __________________________________________________________________________________________

Nominated By: ___________________________ Phone: __________________________

Address: _______________________________________________________________________________________________________

Using Additional Paper:

II. List in detail your nominee’s contribution to the area of Arts and Humanities. This would include such examples as: Architecture, Art, Community Involvement, Dance, Film, Media, Music, Philanthropy, Science, Theater, Writing etc.

III. List in detail Special Honors and Awards. The more detailed information contained here, the more effectively the Selection Committee will be able to consider your nominee.

IV. 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.
SEVEN HILLS NEWSLETTER DISTRIBUTION LOCATIONS

Giant Eagle at Midtown, Walgreens on Broadview and Rockside, Dairy Deli on Crossview, Mario’s Barber Shop, The Store on Broadview, Demetrio’s on Broadview, City Hall, Recreation Center, Giant Eagle on Broadview, Sears Hardware on Broadview, The Laundry Bin and Tony’s Family Restaurant on Pleasant Valley Road.

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

Reminder:
City Hall will be CLOSED on Monday May 30th in honor of Memorial Day.
The Community Recreation Center is open 5:30am - 12 noon.
The Memorial Day Parade kicks off at 10:30am from St. Columbkille.

Please remember to stand and remove your hats as the American Flag passes you by. This is also a good time to check any flags that are on your property. Please dispose of any American Flags that appear tattered or torn by bringing them to City Hall for proper disposal by the VFW.

HAVE YOU DOWNLOADED THE CITY’S APP?
AVAILABLE FOR FREE: JUST SEARCH CITY OF SEVEN HILLS

Android App On Google Play
Available On The App Store