My fifth year as Mayor was not easy. In this time, the city encountered several new issues and faced continuing turmoil at city hall. But there have also been rewarding moments that justify optimism for the future of Seven Hills.

HOME DAYS. We are very pleased to restore this great tradition for the city, after going without the celebration last year due to limited staffing. It has been a struggle this year to put it back together. But the residents deserve some fun, and so it is worth the extra work.

Planning is proceeding nicely with the help of Community Relations Director, Tony Terry, Recreation Director Jen Burger, and my Executive Assistant, Kathy Holland. The festivity this year will be on July 28 and 29, 2017. We thank all our great employees and the volunteers, donors, and vendors who came forward to help bring this great event back to Seven Hills.

RECREATION CENTER. The Recreation Center continues to be a challenge. It is our greatest amenity and one of our largest financial challenges. The history of construction and legal problems, as well as poor management decisions in prior administrations generated about a $20 million known expense for the city, as calculated by the Finance Department. There are also remaining infrastructure issues yet to be addressed and paid for.

The Recreation Center made a profit in 2015, but incurred a small loss again in 2016. This was despite our only full time employee there, Director Burger, actually increasing revenue by $43,000 over 2015. We are implementing several new programs and some other measures there in the hopes of generating additional revenue for 2017.

STAFFING. Seven Hills is seeking qualified candidates for the positions of Finance Director, Building Commissioner, and Building Inspector. We should also consider hiring a Human Resources Director and Economic Development Director. Please contact my office if you are interested in applying.

FINANCES. The debt restructuring recommended by outside professionals and other cost reduction programs designed to confront the financial issues of a few years ago were necessary temporary measures caused by a very large decline in overall revenue as our costs continued to climb. Although the city’s finances were never as bad as some have claimed, we avoided future problems by dramatically cutting our annual operating costs while preserving essential services for our residents.

The additional taxes arising from the passage of the fire levy last November will help with all this. However, the coming refuse levy renewal in November 2018 will be a defining point for city finances going forward.

ROCKSIDE ROAD. Development there is proceeding, but with some problems along the way. The city is attempting to work with all parties to preserve as much as possible of the original proposal made in April 2016 by the larger developer, while also recognizing the realities of evolving circumstances over the past year.

THE GEESE. You may have noticed the fenced off area and sign in front of city hall, shielding a nesting family of geese. These are migratory birds, protected by law. While the eggs are hatching, we have decided to block off pedestrian traffic around the nest.

CONCLUSION. We need to keep our collective “Eye on the Ball” in the coming years and avoid unnecessary distractions at city hall. This will allow us to concentrate on meeting the matters ahead and promoting a positive image of Seven Hills that will attract new investment and younger working families.

As always, I am honored by your trust in allowing me to serve as our mayor over these years and I thank you all for the opportunity to get to know and to work for the great residents of Seven Hills.

- Mayor Richard Dell’Aquila
## City Directory

### Police / Fire Emergency 911

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seven Hills City Hall</td>
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</tr>
<tr>
<td>Police NON-Emergency</td>
<td>216-524-3911</td>
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<tr>
<td>Fire NON-Emergency</td>
<td>216-524-3321</td>
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<tr>
<td>Mayor’s Office - Kathy Holland</td>
<td>216-524-6227</td>
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<tr>
<td>Recreation Center - Front Desk</td>
<td>216-524-6262</td>
</tr>
<tr>
<td>Senior &amp; Community Services -</td>
<td>216-524-6230</td>
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<tr>
<td>Tony Terry</td>
<td>216-525-6230</td>
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<td>Mayor’s Court</td>
<td>216-524-4421</td>
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<tr>
<td>Building Department</td>
<td>216-524-4427</td>
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<tr>
<td>Council Clerk - Carol Sekerak</td>
<td>216-525-6235</td>
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<td>Engineering Department</td>
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Follow the City of Seven Hills on Facebook!  [https://www.facebook.com/cityofsevenhills](https://www.facebook.com/cityofsevenhills)

## Seven Hills City Council

### Council-At-Large:

- **Edward S. Bicker**  
  440.561.7696 councilmanbicker@yahoo.com

- **Thomas A. Kraynak**  
  440.526.7338 tomkraynak@cox.net

- **Council President Matt Trafis**  
  216.410.4062 matt@trafis.com

### Ward Councilmen:

- **Ward 1 - Tony Biasiotta**  
  216.459.9312 TonyBfor1@gmail.com

- **Ward 2 / Council President Pro Tem**  
  **Timothy Fraundorf**  
  216.339.8845 tim_fraundorf@yahoo.com

- **Ward 3 - Jim Kukral**  
  216.272.4383 jim@votekukral.com

- **Ward 4 - Frank J. Petro**  
  440.343.0348 frankp1012@yahoo.com
Underage Drinking Laws

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

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

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

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

Officers can take any alcohol, money, or property used in committing the offense.

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

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

The Seven Hills Police Department would like to remind residents that if you are on the Do Not Knock List and unwanted solicitors are still knocking on your door that you should notify the Police Department immediately.

Recently, solicitors are approaching residents and asking them about their property line. The scam goes something like this: Hello Sir/Ma’am we have been contracted by your neighbor to put up a fence in the backyard or cut down some trees and we would like you to show us your property line. The very friendly nice guy asks you to go to the backyard and point out where your property line starts, so you do. He may ask you questions such as: is anybody home or even try to solicit some family information like the name of your wife or kids in attempt to keep you talking and further gain your trust.

The nice man that is talking to you in the backyard communicates with someone else using a cell phone or walkie-talkie. When you ask who it is, he tells you it is one of his workers. The conversation into the cell phone or walkie-talkie is constant throughout your conversation. While you are in the backyard, as second person enters your house and steals your valuables. The nice man tells you that he has to go and walks with you out of your backyard and he gets into his vehicle and leaves.

You go into your house and discover that someone went through your jewelry and valuables and you were robbed. This scam happens each and every year in every community and we need your help to catch these people.

Remember, you should never let anyone into your house or backyard that you do not know. If approached by someone asking you to go in your backyard or downstairs to turn the water on, tell them no and call the police. If possible get a license plate number and description of the person. The Seven Hills Police can be reached at 216-524-3911 or in emergencies dial 911.
Seven Hills Veterans Memorial Park
Application for Sponsorship

Type of sponsorship:  Veterans Memorial Wall:  $200.00

Must have resided in Seven Hills

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 15th for Memorial Day!
Reminder:

City Hall will be CLOSED on Monday May 29th 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.

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2017 Garage Sale Dates

May - 18-20
June - 15-17 CityWide
July - 13-15
Aug - 17-19
Sept - 14-16
Oct - 19-21

Obtain your free permit from Seven Hills Building Department

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

HONOR OUR VETERANS

Join us May 29, 2017 at 10:30 AM for the MEMORIAL DAY PARADE from St. Columbkille to Seven Hills 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

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Senior Lawn Cutting Program

CONTACT TONY TERRY FOR DETAILS:
216-525-6230
SPRING FIRE SAFETY TIPS

GENERAL

- When you do your spring cleaning, dispose of those old cans of paint and thinners and accumulated newspapers and magazines. Check local newspapers for times and locations to drop off household hazardous materials.
- When you clean windows check them for ease of opening as you may need them as a means of exit in case of fire.
- Change Your Clock - Change Your Battery. If you didn't already do this in March, take some time out of your busy day and do it now. Newer detectors may have a lithium battery which are generally good for 10 years. Change the battery in your smoke alarms and perform maintenance such as cleaning and dusting as per manufacturer’s instructions. Remember proper placement of smoke alarms, with at least one on every level. Review and practice your home escape plan. Inspect and clean dust from the covers of your carbon monoxide alarms too.
- Replace or clean your furnace filter. A dirty filter can lower the efficiency of the heating/cooling system, increase heating costs and cause fires.
- Clean the kitchen exhaust hood and air filter. Keeping this clean of cooking grease will help keep a stovetop fire from spreading.
- Always have a multi-purpose fire extinguisher accessible. Make sure it is Underwriters Laboratories (UL) listed or Factory Mutual (FM) approved. Check the gauges to make sure they are charged and ready to use.
- Check your water heater. If you have a gas-fired water heater, check to make sure it is venting properly. Light a match next to the vent and wave it out (don’t blow it out). See if the smoke is pulled up into the vent. If it isn’t, have a professional inspect and repair it. Otherwise, carbon monoxide and other combustibles can build up in the home.
- Clean the clothes dryer exhaust duct, damper and space under the dryer. Poor maintenance allows lint to build up in the exhaust duct and cause fire.

OUTDOOR SAFETY

- When using ladders, check for safe and proper placement. Be aware of any obstructions, overhead wires, electrical, cable, phone and tree branches.
- Check cords and outlets for fraying or exposed wiring on all electrically operated equipment.
- On gas operated equipment, check fuel lines and connectors for leaking fuel. Never use or store gasoline indoors.
- Fill lawn mowers, motorbikes, and power saws outside and only when the motor is cool. Store gasoline in a cool place away from the house in a detached garage or shed, and always in an approved safety can. Keep gasoline and all flammable liquids away from children !!!!

The Seven Hills Firefighters are once again looking forward to meeting our residents, and having a great time at the Firefighters Beer tent, Seven Hills Home Days this year. Hope to see you there.
Flooding Emergency – on Weekends and after hours, please call Non-Emergency Dispatch at (216) 524-3911 and they will contact the Service Department to assist in any Flooding Emergency.

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

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

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

Household Hazardous Waste & Computer Roundup - The next roundup will be May 16th from 8AM to 6PM behind City Hall. For more information please check the Cuyahoga county solid waste district website: www.cuyahogarecycles.org/seven-hills

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

MATERIALS NOT ACCEPTED: Latex paint, explosives, gun powder, ammunition, flares, medical waste, pharmaceuticals, sharps, radioactive waste.

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

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

Simple Recycling – Place clothing, shoes and home goods into the orange bags provided by Simple Recycling. Place your bags at the curb on your regular collection day by 7:30am. Simple Recycling materials should be placed beside residents recycling container. DO NOT place Simple Recycling bags inside trash or recycling containers. Additional bags can be picked up at the Service Department in City Hall.

The Northeast Ohio Public Energy Council is the largest governmental retail aggregator in the nation that works cooperatively to achieve lower energy costs for its customers. NOPEC has over 205 communities in 13 counties Northeast Ohio counties, including Seven Hills. A representative from NOPEC will be hosting an informational table on the services provided by NOPEC, energy saving tips. This is a great opportunity to learn how to reduce your utility expenses and ask questions regarding services provided by NOPEC. The informational table will be on Tuesday, June 7th from 11:00am to 2:30pm at Seven Hills Community Recreation Center.
The Adolescent Hero: A Study of J.D. Salinger's "unheroic" heroes
Thursdays - May 4, May 11 & May 18 – 7:00 PM
J.D. Salinger's The Catcher in the Rye is one of the most iconic depictions of adolescence in all of American literature. Often considered the first true picture of the adolescent experience in post-World War II America, Holden Caulfield's experience is both decidedly individual and remarkably universal. However classic Holden Caulfield's experience has become, his story is far from being Salinger's only portrait of the age. For this study we will look both at Catcher in the Rye and at another of Salinger's short works, Franny and Zooey. Both works capture a surprisingly complex picture of adolescents as they struggle with issues of identity in modern America. This program is part of CCPL's partnership with Siegal Lifelong Learning Program.

Teen Comic Book Day: Monster Drawing
Saturday, May 6 – 2:00 PM
Join us for a fun and creative monster drawing workshop!

Cleveland Indians and Baseball in the Great Depression
Wednesday, May 10 – 7:00 PM
Tribe fans will enjoy listening to local author Scott Longert, as he talks about his new book: No Money, No Beer, No Pennants. Mr. Longert will talk about the history of the Tribe through the turmoil of the Great Depression. A book sale and signing will follow.

Behavior-Based Interviewing
Monday, May 15 – 6:30 PM
Learn how to answer competency-based or behavior-based interview questions that are popular with hiring managers today.

Music Montage with violinist Mary Beth Ions
Tuesday, May 23 – 7:00 PM
Enjoy the music, stories and wit of local violinist Mary Beth Ions as she performs favorites from every musical genre, from popular music and show tunes to ethnic and classical numbers and even your requests!

Women and Children First: Stories of Titanic Survivors
Wednesday, May 24 – 7:00 PM
So you think you already know some of the most intriguing people who sailed on Titanic's doomed maiden voyage? Think again. "Molly" Brown was far from the most unsinkable person on board. Captain E.J. Smith went down with the ship, but who was the highest ranking officer to survive? Come hear about some of the most fascinating yet lesser known passengers and crew from the RMS Titanic. Robert Catalano will portray Second Officer C.H. Lightoller while sharing these stories with models, books, and memorabilia, including an item that was actually recovered from the debris left in Titanic's voyage to the bottom of the North Atlantic.

Summer Reading Game
Saturday, June 3 – Saturday, August 5
All ages welcome!
Looking for something fun and enriching to do this summer with the entire family? Register for the Cuyahoga County Public Library Summer Reading Game titled "Build a Better World!" This educational program for all ages is free, and early registration begins Monday, May 2. The Summer Reading Game is an easy and entertaining way for parents to keep their children engaged in the world of books throughout the summer slump months.

Everything I Need to Know I Learned in the Twilight Zone
Tuesday, June 6 – 7:00 PM
Largely Literary Theater Company will perform Everything I Need to Know I Learned in the Twilight Zone, a two-person show based on the book by Mark Dawidziak featuring 50 life lessons drawn from classic Twilight Zone episodes. Books will be available for purchase and signing following the program.

Scales and Tails Ohio
Thursday, June 8 – 7:00 PM
Snakes and lizards and frogs...oh, yes! This interactive show features a variety of reptiles and amphibians from around the world. Representatives from Scales and Tails Ohio will educate, entertain, and clarify some common misconceptions about these extraordinary animals. Families will have the opportunity to see and possibly touch some of these beautiful creatures. Families welcome!

Board Game Day at the Library!
Tuesday, June 13 – 2:30 PM
Have fun at the library during Summer Break! Choose from our collection of new and classic boardgames, Snacks provided. Bring your friends!

DIY No Sew T-Shirt Beach Bag
Tuesday, June 20 – 7:00 PM
Going to the beach this summer and want to take a unique beach bag with some great summer reads inside? Join us to make your own no-sew, upcycled t-shirt bag. The library will provide a very limited number of shirts, please bring your own from home, if possible. Staff will share some poolside page-turners you can dive into while you're away on a summer getaway that will fit nicely into your one of a kind beach bag.

Our Evolving Universe
Thursday, July 6 – 7:00 PM
From the seven newly identified exoplanets to the most recent photographs of Pluto's surface, Jay Reynolds, Research Astronomer at Cleveland State University and co-host of WKYC's "In the Sky" segment, shares the latest updates of our solar system and beyond.

Salary and Other Workplace Negotiations
Tuesday, July 11 – 6:30 PM
This workshop will teach the necessary steps of an effective salary negotiation and the various rounds of the "negotiating game" in the job search process, beginning before the first interview. Crucial conversations that involve asking for a raise or bonus, negotiating an alternative work schedule or a severance package will also be covered in this career workshop.
The City of Seven Hills Farmers’ Market Summer 2017!

Building on the great success of previous years, the third season of the City of Seven Hills Farmers’ Market will be opening on Thursday, June 29, 2017 at 4:00 PM. Located at the corner of Broadview Road and Hillside Road, look for the tents that will appear for a visual reminder that it is market day! We are grateful to our returning and new vendors as well as our residents and sponsor, Taleris Credit Union, Inc. for their support.

The Seven Hills Farmers’ Market began as a spot where local farmers could sell their own produce, local artisans could sell their specialty products, and people from Seven Hills would know that they could purchase quality produce and goods at affordable prices.

The Seven Hills Farmers’ Market mission is threefold:
- to foster a connection between local growers and artisans with our residents and consumers;
- to educate our residents and consumers about the benefits of preserving local agriculture;
- to serve our Seven Hills neighborhood by providing fresh, locally grown produce, and high quality artisanal products in an environment that fosters social gathering and interaction.

Remember, save the date, Thursday, June 29th (4:00 to 7:00 PM) for the opening of the City of Seven Hills Farmers’ Market, 2017! Our information table will continue to have recipe suggestions and healthy tips as well as our popular weekly FREE raffle! Sign up when you visit the market to win a market bag with items donated by our vendors. We are again planning musical entertainment as well as other activities.

What better way to spend a Thursday afternoon; close-to-home convenience for buying local produce and products! Please stop by the Seven Hills Farmers’ Market through September 28th. The Market is located at the corner of Broadview Road and Hillside Road adjacent to the Seven Hills Fire Station. Support local farmers, entrepreneurs and our environment. Visit with the Market vendors and your friends and neighbors, all while enjoying nutritious and flavorful fresh vegetables, fruits and herbs or mouth-watering home-baked goods and treats.

We are continuously adding vendors so please, if you know of some good people we need to invite, contact Jen jburger@sevenhillsohio.org or Kathy kholland@sevenhillsohio.org

Follow Us on Instagram! https://www.instagram.com/sevenhillsfarmersmarket/

The City of Seven Hills Farmers’ Market; growing community by inspiring healthy, sustainable, abundant living!
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!

• 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!
Seven Hills Resident Membership Info - Annual / Upfront Payment

<table>
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<tr>
<td>Resident College</td>
<td>$100</td>
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- Youth: A resident 12 years old or younger (must be purchased with Adult Membership).
- Teen w/ Parent: A resident between the age of 13 and 17 (must be purchased with an Adult).
- Teen w/o Parent: A resident between the ages of 13 and 17.
- Adult: A resident 18 to 61 years old.
- Adult Couple: 2 Adults at the same address whose full time residence is in Seven Hills.
- Family: Immediate family household members, up to four people living in Seven Hills (max. 2 adults).
- Adtl. Children: Additional children may be added for $40 each per year.
- Senior: Resident 62 or over.
- Disabled Resident: Resident that is "Totally Disabled" determined case by case. Must provide State Disability Info.
- Resident College: Resident full time college student with permanent residence in Seven Hills.

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

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<td>Resident College</td>
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- Youth: A Parma resident 12 years old or younger (must be purchased with Adult Membership).
- Teen w/ Parent: A Parma resident between the age of 13 and 17 (must be purchased with an Adult).
- Teen w/o Parent: A Parma resident between the ages of 13 and 17.
- Adult: A Parma resident 18 to 61 years old.
- Adult Couple: 2 Adults at the same address whose full time residence is in Parma.
- Family: Immediate family household members, up to four people living in Parma (max. 2 adults).
- Adtl. Children: Additional children may be added for $50 each per year.
- Senior: Parma Resident 62 or over.
- Disabled Resident: Parma Resident that is "Totally Disabled". Must provide State Disability Info.
- Resident College: Resident full time college student with permanent residence in Parma.

Non-Resident Membership Info - Annual / Upfront Payment

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- Individual: One Person living outside of Seven Hills or Parma
- Non Resident Couple: 2 Adults outside of Seven Hills or Parma living at the same address
- Family: Immediate family household members, up to four people living outside of Seven Hills or Parma (max. 2 adults).
- Adtl. Children: Additional Children may be added for $105 each per year.

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. All memberships are non-refundable and non-transferrable.
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
Spring Session: April 22nd - May 27th  Summer Session I: June 10th - July 15th
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
Spring Session: Apr 18th - May 23rd (ages 3-5 & 5-8)
     Apr 20th – May 25th (ages 9-11 & 12-14)
Summer I Session:  June 6th – July 11th (ages 3-5 & 5-8)
     June 8th - July 13th (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-6:15pm
Ages 5-8, 6:15pm-7pm
Spring Session:  Apr 19th – May 24th
Summer I Session:  June 7th - July 12th
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.

Youth Soccer Skills
Price: $50.00
Day and Time: Mon. Evenings
Ages 3-4, 5:30pm-6pm
Ages 5-7, 6:15pm-7pm
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 Athletes 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!

T-Ball
Price: $75.00    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
Spring Session: April 23rd–May 28th  Summer I Session: June 11th-July 16th
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 three inning game where everybody bats.

Questions about these programs and more?
Email RookieAthletics@gmail.com
Rookie Dodgeball
After a brief rule review we dive directly into game play in a fast paced, ball-flying, dippin n’ dodgin exciting time.

**Price:** $50.00

**Date and Time:** Sunday Mornings
Ages 6-9: 11:15 am - 12 pm
Ages 10-14: 12 pm - 12:45 pm

**Spring Session:** April 23rd - May 28th
**Summer I Session:** June 7th - July 12th

Register Today @ RookieAthletics.org

Kickball
Looking to play some Kickball? Come out and kick it with Rookie Athletics! Quick rule review, we pick teams, and we jump right into play. Keeping the game flowing and maximizing playing time!

**Price:** $50.00

**Date and Time:** Sunday Afternoons
Ages 6-9, 12:15pm-1pm
Ages 10-14, 1pm-1:45pm

**Spring Session:** April 23rd - May 28th
**Summer I Session:** June 7th - July 12th

Sign up for these back to back classes to fill out an action packed Sunday Afternoon!

Help Support Challenger Baseball!!

Northeast Ohio Challenger Baseball, the local chapter of the special-needs division of Little League, is hosting the 25th Anniversary Ohio State Tournament July 29th & 30th! From all across the state, over 600 families of children with special needs will come to town to enjoy a weekend of baseball, games, food, and fun! And for some, this will be the only vacation these families take. But, to make this happen, our local chapter must raise $50,000 to put on this spectacular event! So, the **Team Boyle Foundation**, which is committed to bringing awareness to, and raising money for, causes that directly impact the special needs community in a very unique way, will **RUN** to benefit NEO Challenger! Dan Boyle and daughter Courteney, residents of Seven Hills, frequently race through Northeast Ohio and beyond! This amazing duo gained amazing momentum and national attention in 2016 when Courteney became the first person in a racing wheelchair to be pushed in the Disney Princess Glass Slipper 19.3 mile Challenge. For safety reasons, Disney had a “no mobility aid” policy. But Dan couldn’t take “no” for answer! He persevered to make that “no” a “yes” for HIS princess! Now they are headed back to run at Disney in February with a huge goal in mind – to raise as much money as possible to help NEO Challenger host the Ohio State Tournament. Last year, **Team Boyle** conquered the 19.3 mile Challenge while thousands, who had heard about and watched their story, cheered them on! It made **Team Boyle** realize that this running mission – **Running with Purpose** – can be used for so much good!

**Two ways YOU can help!**

- Courteney and Dan are seeking sponsors (businesses and individuals) to enable her to run, to raise special needs awareness, and to give back to causes in the special needs community.

- If you would like to support Team Boyle in their quest to help fund the Challenger Baseball Ohio State Tournament visit us at: www.facebook.com/teamboylefoundation or visit our Fundraiser page at: www.crowdrise.com/teamboyle.

For more information contact Dan at (440) 623-1279
or at via email at dan@teamboyle.org

**Team Boyle Foundation is a non-profit 501 (c)(3) organization**
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.

Silver&Fit Fitness Program

Silver&Fit is designed specifically to help older adults achieve better health through regular exercise and health education. Silver&Fit provides eligible members with no-cost or low cost fitness memberships and older adult-oriented group exercise classes, through arrangements with certain health plans. Silver&Fit is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated.

If your health plan offers Silver&Fit and you would like more information about classes, please contact Seven Hills Community Recreation Center at 216-524-6262.

You may also visit www.silverandfit.com
Session Dates:
Spring: April 17th - May 27th (Registration Begins 4/1/17)
Summer 1: June 5th - July 15th (Registration Begins 5/15/17)
Summer 2: July 24th - September 2nd (Registration Begins 7/10/17)

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. Spring & Summer Session 1 Only! **No class 5/30, 6/8, 6/17, 7/1 & 7/4**
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)!
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 17th - May 27th  (Registration Begins 4/1/17)
Summer 1: June 5th - July 15th  (Registration Begins 5/15/17)
Summer 2: July 24th - September 2nd  (Registration Begins 7/10/17)

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!

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
Session Dates:
Spring: April 17th - May 27th (Registration Begins 4/1/17)
Summer 1: June 5th - July 15th (Registration Begins 5/15/17)
Summer 2: July 24th - September 2nd (Registration Begins 7/10/17)

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, MA Ed
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!

YOGA FOR A FLATTER BELLY WITH SUSAN
Firm your belly and reduce muffin top. This yoga class is specifically designed to firm and strengthen your mid section and arms. Modifications will be given for the beginner and experienced yoga student. Light weights will be used for some postures.
Instructor: Susan Laurenzi, MA Ed
Days: Wednesdays 6pm - 7pm in the Aerobics Studio
Fees: Members: $40 per Punch Card  Non-Members: $45 Per Punch Card  Drop In: $10
**Punch Cards good for ANY of Susan’s Classes!
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 Our Camp is offered for 10 weeks, beginning June 12th and running through August 18th.  

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 Jamee Gerrick at jgerrick@sevenhillsohio.org

Come and join in for SMOKE FUN!
Come and Join us at the BEST Rated Health Fair
Wednesday May 31st, 2017

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

HEALTH FAIR – SCREENING/TESTING – ACTIVITY DAY
7777 Summitview Drive – Seven Hills, OH
216-524-6262
9 a.m. – 12 noon

These days, most seniors know how important physical activity is in maintaining a healthy mind and body. Millions of American seniors exercise regularly, but many others are hesitant to make the first move on their own. As we gather together for the Senior Health & Fitness Day, we will help older adults “With Movement... There’s Improvement!” by offering screenings and general health information as well as inform them of the various services available in the community.

Screenings include, but are not limited to:
Blood Sugar, Blood Pressure, Blood Cholesterol
BMI, Grip Strength, Stroke Risk Assessments

*SCREENINGS DO NOT REQUIRE RESERVATIONS OR FASTING*

In 2016 we had Over 100 REGISTERED VENDORS:
Financial Planner, Costco Wholesale, Lawyers, Medical Supply Companies, Home Care Agencies, Hospice, Parma Family Chiropractic’s, Medicare Insurance, Cuyahoga County Board of Health, Lifeline Program, Wellness Consultants, Western Reserve Area Agency on Aging, Cuyahoga Community College, HUMANA, Cuyahoga County Public Library Dentist, Foot and Ankle professional and many more.

CHEF DEMO at 10:30 am in the Gathering Rooms
Refreshments, Raffle, Give Aways!

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)

“With Movement...There’s Improvement!”
LEARN TO SWIM AND
PRIVATE SWIM LESSONS

SUMMER EVENINGS
Monday & Wednesday
5:00pm - 7:00pm
Summer PM Session 1: 6/12 - 7/10
Registration Runs 5/20 - 6/10
Summer PM Session 2: 7/17 - 8/9
Registration Runs 7/10 - 7/15

SUMMER MORNINGS
Monday - Thursday
10:00am - 12:00 noon
Summer AM Session 1: 6/12 - 6/21
Registration Runs 5/20 - 6/10
Summer Session 2: 7/10 - 7/19
Registration Runs 6/21 - 7/8

SUMMER SATURDAYS
10am -12noon
Session Runs 6/17 - 8/12
Registration Runs 5/30 - 6/15

<table>
<thead>
<tr>
<th>Class</th>
<th>Mon. &amp; Wed. Evening</th>
<th>Mon. - Thurs. Mornings</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>Starfish (Water Wigglers)</td>
<td></td>
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<td>10:45-11:15</td>
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<tr>
<td>Tadpole (Preschool 1)</td>
<td>5:00-5:30 5:45-6:15</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>Frog (Preschool 2)</td>
<td>5:45-6:15 6:30-7:00</td>
<td>10:00-10:30 10:45-11:15 11:30-12:00</td>
<td>10:00-10:30 10:45-11:15 11:30-12:00</td>
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<tr>
<td>Turtle (Level 1)</td>
<td>5:00-5:30 5:45-6:15</td>
<td>10:00-10:30 10:45-11:15 11:30-12:00</td>
<td>10:00-10:30 10:45-11:15 11:30-12:00</td>
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<tr>
<td>Penguin (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>Sea Otter (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>
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<tr>
<td>Dolphin (Level 4, 5, &amp; 6)</td>
<td>5:00-5:45</td>
<td>11:15-12:00</td>
<td>11:15-12:00</td>
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<tr>
<td>Mer-people (Adult)</td>
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<td>12:00-12:30</td>
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Members: $40  Non-Members: $50

8 Classes!

View the NEW Class Descriptions on next page!
POOL PROGRAMS

NEW LEARN TO SWIM GUIDELINES

**Starfish** (Wigglers): Ages 6 months to 3 years old. Build readiness by emphasizing fun in the water. Parents & children will participate in several guided sessions that help children learn basic water skills & 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: the student must be comfortable in the water & back float with assistance.

**Tadpole** (Pre-School #1): Ages 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.

**Frog** (Preschool #2): 3-5 years old. Group FROG is for the beginner swimmer that is familiar with the water. The swimmer will learn the fundamentals of swimming as well as pool safety. At the completion of level one, the swimmer will be able to achieve 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.

**Turtle** (Level #1): 5 years 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 & back float unassisted; Freestyle & Backstroke 5-yards assisted; Streamline kick on front & back unassisted 5-yards; Log rolls unassisted; Assisted rotary breathing; Assisted side-kick; & 10 Independent bobs.

**Penguin** (Level #2): 5 years 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 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 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.
### Lifeguard / WSI / CPR / First Aid Classes
Certifications will include American Red Cross Lifeguard, First Aid, CPR and AED for the Professional Rescuer OR Water Safety Instructor.

All classes are MANDATORY to be certified! Register Today at www.fastlaneswimming.net

For any Aquatics needs, Certifications, or Classes, Contact Mike Gallagher, Aquatics Supervisor at 216.524.6262 ext.404 or 
mgallagher@sevenhillsohio.org for more info!

### Private Swim Instruction / Swim / Stroke Clinics
Register Today at www.fastlaneswimming.net

### Private Swim Lessons
Private Lessons for Children or Adults - One-on-one or Small Group Available. Improve Stroke Technique, Basics, Training, etc....

Visit www.fastlaneswimming.net to Register Now!

Contact Mike Gallagher, Aquatics Director at 216.524.6262 ext. 404 or 
mgallagher@sevenhillsohio.org

### SEVEN HILLS SEAHAWKS SUMMER SWIM TEAM
**Members: $70 / Non-Members: $85**
Session Runs June 12th - July 29th
(Registration Opens May 1st)

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

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

*Morning Practice Location TBD*

Contact Coach Tyler at Seahawkacoach7@gmail.com with questions!
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: 9:00am - 9:45am**
**Summer Session: Mondays / Wednesdays with Leigh & Fridays with Renee: 8:15am - 9am (Beginning 6/12)**

ARTHRITIS 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!**
**Spring Session: Mondays, Wednesdays & Fridays: 10am - 10:45am**
**Summer Session: Mondays / Wednesdays with Leigh & Fridays with Renee: 9am - 9:45am (Beginning 6/12)**

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

---------------------------------------------
Child Watch Room Available While You Work Out!

Now Located in hallway of Family Changing ~

Payment Options:  $3 per visit per child  
or Punch Card: $30 - good for 10 visits!

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!
Gathering Rooms are available for Members & Non-Members

All Rental Rates are Per Hour

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<tr>
<th>Room / Rental</th>
<th>Member Rate</th>
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<td>Gathering Rooms</td>
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<td>Kitchen</td>
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Pool (After Hours) Call for Pricing!

Pool 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!

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, May 24th and June 14 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

HAVE YOU DOWNLOADED THE CITY’S APP?
AVAILABLE FOR FREE: JUST SEARCH CITY OF SEVEN HILLS
Help solve crime in your neighborhood

Surveillance Camera Mapping Project

The Cuyahoga County Prosecutor’s Office’s Crime Strategies Unit is creating an inventory of surveillance cameras of homes and businesses throughout Cuyahoga County. The purpose is to create a comprehensive database that law enforcement can easily reference to find out where surveillance cameras are located in the event a crime was committed in the vicinity.

How to register your surveillance camera

Visit prosecutor.cuyahogacounty.us and click the Camera Registration Link at the top of the homepage. Your camera location and contact information will only be shared with law enforcement to view footage and request a copy if it will be helpful to their investigation.

SAVE THE DATE!
Seven Hills Home Days
Friday July 28th 6pm - 11pm
Saturday, July 29th Noon - 11pm
Fireworks Friday (Saturday Rain Date)
### Seven Hills City Info

#### May 2017

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**Note:** Trash Delayed 1 Day this Week Due to Holiday!
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<td>7pm - Caucus 7:30pm - Council (CH)</td>
<td>10am - Senior Advisory Mtg. (CH)</td>
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<td>4pm - 7pm Farmer’s Market Grand Opening! (Broadview / Hillside)</td>
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**Terrain Responses**

Days 1-3

- 7am - 6pm (Community Center)
- 6pm - 9pm (Broadway / Hillside)

Days 4-9

- 7am - 6pm (Community Center)
- 6pm - 9pm (Broadway / Hillside)
- 9pm - 7am (Community Center)

**Independence Day**

- 5pm - 7pm (Community Center)
- 7pm - 7am (Community Center)

**Trash Delayed 1 Day This Week Due to Holiday!**

- 4pm - 7pm (CH)
- 7pm - 7am (CH)
- 7am - 6pm (Community Center)
- 6pm - 9pm (Broadway / Hillside)
- 9pm - 7am (Community Center)

**Sunset**

- 7pm - 7am (Community Center)
- 7am - 6pm (Community Center)
- 6pm - 9pm (Broadway / Hillside)
- 9pm - 7am (Community Center)

**End of Day**

- 7am - 6pm (Community Center)
- 6pm - 9pm (Broadway / Hillside)
- 9pm - 7am (Community Center)
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