

City of Seven Hills Community Newsletter Fall 2019 - Winter 2020



A Message from Mayor Dell'Aquila -

About eight years ago, when you elected me to my first term as Mayor, Seven Hills was in need of some major changes. We were facing serious economic stresses, made worse by earlier administrations not sufficiently focused on prudent fiscal management, a Recreation Center facing millions in construction defects and losing hundreds of thousands of dollars each year, and a city hall in need of a new direction. We went to work just as soon as we began that first term, rolled up our sleeves and delivered the results we promised, leading by example, and not by self-promotion. That's what you elected me for and had every right to expect.

In that time, we cut hundreds of thousands of dollars in expenses, delivered several balanced budgets, increased our depleted general fund balance, brought in commercial investment, and positioned Seven Hills to afford necessary street, park, and other infrastructure improvements. We did all this while the interminable political feuding continued unabated all around us.

Although a lot of advances were made in those years, the mission is not yet complete. And due to term limits, its time for a new generation to step up and continue this important work.

My primary goal as Mayor has always been to restore a sense of normality to city hall, rebuild our reputation, and create partnerships with neighboring communities. This allowed us to attract and retain commercial investment and protect our quality of life and property values. I was also fortunate to meet and work with so many other devoted government officials, private individuals, and really some of the most terrific mayors of our neighboring communities. I will miss working with this wonderful group of dedicated public servants.

But it hasn't always been easy and there were bumps in the road. Everyone doesn't always agree with everything our leaders do, or even particularly like us personally--and that's O.K. but one thing is for sure: You didn't elect us to office to put personal self interest ahead of the best interests of the city or to push some private agenda.

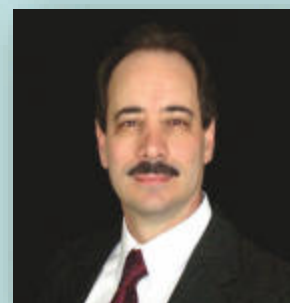
The positive results for Seven Hills over these years arose from a labor of love. My time in office allowed me to meet and work with so many great residents and to learn so much more about the city we care so much about. In the more than five decades I have lived here and raised my family here, and hope to retire here, I can say without hesitation that there is nowhere else I would chose to call "home," nor any better group of people I would chose as friends and neighbors.

Although we see some of the faces of our residents inevitably changing, seemingly faster in recent years, we also welcome our new residents and families who have chosen Seven Hills as the place where that want to build their lives. Their commitment and contribution to our community says so much about the future of Seven Hills.

It's also important to recognize all the truly exceptional employees and city officials who made all this possible. Seven Hills has some of the finest, most dedicated personnel working for our mutual benefit. I thank each of you for making me look good. None of what we accomplished together over these years would have been possible without you. Your efforts, care, and focus have not gone unnoticed.

It's been said that often when we think we're at the end of something, we're really at the beginning of something else. And that's the case for me. I'm running unopposed for the Ward 4 Council seat this year. In the coming term, I hope to help our new Administration finalize some of the several items we've been working on.

So once again, and as always, thank you everyone for allowing me one of the greatest honors of my life, the privilege of serving Seven Hills as our Mayor for these past two terms. I hope I made you proud of our extraordinary City of Seven Hills.



Important Dates & Events:

**ELECTION DAY -
TUESDAY, NOVEMBER 5TH**



**Recreation Center Black Friday
Membership Discount
Friday, November 29th**



Veteran's Day Lunch



November 20th, 11 AM - 1 PM
City Hall Community Rooms
\$10 per person - Veterans FREE!

Food & Entertainment will be
provided!

Contact Tony Terry at City Hall
for more information!

CITY OF SEVEN HILLS CHILDREN'S CHRISTMAS PARTY

DECEMBER 1ST, 2019
1 PM - 4 PM
SEVEN HILLS
RECREATION CENTER

Join us for the annual Children's
Christmas Party! Free admission to
all, including a free picture with
Santa Claus!



December 2nd -
December 13th

Super - Sale on

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 216-525-6227
Recreation Center 216-524-6262
Senior & Community Services 216-525-6230

Mayor's Court 216-524-4421
Building Department 216-524-4427
Council Clerk 216-525-6235
Finance Department 216-525-6249
Law Department 216-525-6237
Service Department 216-525-6225
Engineering Department 216-525-6277

Utilities Contact Information

Water Department: 216.664.3130
Emergency Only: 216.664.3060
Illuminating Company: 800.589.3101
Emergency Only: 888.544.4877
Dominion East Ohio Gas: 800.362.7557
Emergency Only: 877.542.2630

Cox Communications: 216.676.8100
Emergency Only: 216.535.3351
AT&T: 800.572.4545
Waste Management Refuse: 866.797.9018
Northeast Ohio Regional Sewer District:
216.881.8247



Experience the Danbury Difference

Let Danbury Be Your Solution!

Danbury is proud to offer quality assisted living and provide our residents help managing the challenges of aging. Danbury's services offer better health, more friends and socialization, delicious meals and a warm, safe home, all without the loneliness of living alone and the stress of home maintenance.

Call us to learn more about how Danbury Senior Living can help your family and bring joy back into your life.

**Please call Cheryl at 440-596-3047
to learn more and schedule a visit.**

Danbury
SENIOR LIVING
Broadview Heights

Independent Living • Assisted Living • Memory Care



Pet
Friendly

9500 Broadview Rd., Broadview Heights, OH 44147 • DanburySeniorLiving.com

ENGINEERING DEPARTMENT

"Regarding public improvement projects, the City of Seven Hills has had quite the construction season in 2019! The Maplevue Drive/East Hill Circle Water Main Replacements Project is completed with the 2019 Road Program well underway nearing completion. The Hemlock Creek Watershed Utility Improvement Project is finally coming to completion too. Although construction may have caused some temporary unwanted inconveniences for some, the City is striving and continuing to improve its infrastructure throughout the City. It is well respected that construction is not always desirable to some, but it is a necessity to human safety, health and welfare to properly maintain and upkeep aging infrastructure that may be taken for granted. On behalf of the City of Seven Hills, the Engineering Department appreciates all residents' concerns and patience during any public improvement project. We strive to address all reported construction concerns in a timely manner and we hope we are doing a good job for you!"

Daniel J. Collins, P.E. City Engineer

Project updates and information from the City of Seven Hills Engineering Department:

***** 2019 City of Seven Hills Road Program *****

The City of Seven Hills has performed pavement rehabilitation and resurfacing on eleven (11) streets this year along with five (5) additional street portions!

The following **asphalt streets** have been rehabilitated by paving contractor Chagrin Valley Paving, Inc. who was awarded the contract for the lowest and best bid:

- McCreary Road (from East Sprague Road to East Pleasant Valley Road)
- Evelyn Avenue (from Broadview Road to Elmhurst Drive)
- Maplevue Drive (from Broadview Road to Calvin Park Parking Lot)

The following **concrete streets** have been rehabilitated by paving contractor Specialized Construction, Inc. who was awarded the contract for the lowest and best bid:

- Plumwood Lane
- East Hill Circle
- West 9th Street
- East Hillsdale Avenue (from Northview Drive to East Dartmoor Avenue)
- Lombardo Center (Joint Repairs Only)
- Maple Hill Drive
- Parkview Drive
- Rollingview Drive

In addition, Mayor Dell'Aquila and City Council, per Ordinance No. 114-2019 approved on August 24th, have authorized additional pavement rehabilitation and on the following 5 streets resurfacing
(included as part of the 2019 City Road Program):

The remaining portions of Twilight Drive, Nemet Drive, Cherry Lane, South Mary Lane, and Oak Lane that are not part of the Hemlock Creek Watershed Utility Improvement Project.

Some additional information:

The date of completion for the 11 streets is October 10, 2019. The date of completion for the 5 additional street portions is October 21, 2019. After these dates, the Engineering Department will perform a site walk-thru on every street to review the performed work for final acceptance. The Contractors will return to address any punch list items that may arise from the site walk-thru.

If you have any questions and/or concerns about the Project, feel free to e-mail Daniel J. Collins, P.E., City Engineer at dcollins@rlba.com or by phone to (216) 525-6258.

***Thank you for your continued patience and cooperation during the rehabilitation and resurfacing operations of these streets.
Please stay safe.***

ENGINEERING DEPARTMENT

Continued from previous page...

***** Skyview Drive Storm Sewer Outfall Improvement *****

The Engineering Department is beginning its design of a deteriorated storm sewer outfall located East of the Skyview Drive cul-de-sac.

The final design is near completion and anticipated for mid-October, 2019 completion.

Construction is anticipated for Fall/Winter, 2019/2020, or weather contingent for Winter/Spring 2021.

***** Construction for the Hemlock Creek Watershed Utility Improvement Project is nearing completion! *****

Attention affected property owners / residents on Hillside Drive, Cherry Lane, Nemet Drive, Twilight Drive, Shady Lane, North Mary Lane, Mary Lane, South Mary Lane, Seven Hills Boulevard, and Oak Lane:

On August 29th, the Engineering Department approved the request by the Contractor for the date of completion extension.

Construction for the entire Project is scheduled for completion by Wednesday, October 10, 2019.

Just after the completion date, the Engineering Department will perform a site walk-thru on every street to re-view the performed work for final acceptance. The Contractors will return to address any punchlist items that may arise from the site walk-thru.

Please note as a reminder, final assessment costs will be determined after the entire construction is 100% completed and accepted by the City.

All affected residents will be notified in the near future as to when the new sanitary sewer can be connected to. It is anticipated that March, 2020 will be the approximate date when residents can begin connecting. Please be aware that this date is ONLY approximate at this time as there is a formal process involved regarding the assessment procedures that are governed by state law.

Friendly reminders:

For ongoing and continual Project updates, feel free to visit the City's website at: <http://www.sevenhillsohio.org/en-US/Engineering.aspx>

If you have any questions and/or concerns about the Project, feel free to e-mail Daniel J. Collins, P.E., City Engineer at dcollins@rlba.com or by phone to (216) 525-6258.

Thank you for your continued utmost patience, cooperation and understanding during the construction of this Project.
Please stay safe.

Community Services Upcoming Events

Bingo & Breakfast Dates

October 7th - Bingo - 10 AM
October 9th - Bingo & Breakfast - 8 AM
October 21st - Bingo - 10 AM
November 4th - Bingo - 10 AM
November 13th - Bingo & Breakfast - 8 AM
November 18th - Bingo - 10 AM
December 2nd - Bingo - 10 AM
December 11th - Breakfast & Bingo - 8 AM
December 16th - Bingo - 10 AM

Special Events

November 20th - Veteran's Day Luncheon

Senior Snowplow Program

We are now using Coyne Catering for Meals on Wheels and HOT MEALS can now be delivered!

Please contact Tony Terry at 216.525.6230 for more information on any of these programs!

POLICE ~ EMERGENCY 9-1-1 NON-EMERGENCY: 216.524.3911



When You Go Away

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

Make arrangements to have your mail / newspapers collected.

Leave contact information with a neighbor.

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

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

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

Maintain lived-in appearance

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

Leave a radio on within the residence

Steps to Prevention

Is your address clearly visible from the street during the day and night?
Necessary for proper response of police and fire personnel.

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

Is the property well maintained?
Appears that you care what happens here

Lighting; Interior and Exterior
Continuous -vs- motion sensor
Out of reach from the ground
Timers while away

Get rid of "Hidden" keys
Better left with a trusted neighbor
Sealed envelope

Secured openings (windows & doors)
Able to open only a specific amount
Equipped with quality locks
Doors locked while you are home



Alarms

Alarm signs clearly visible

Pets: BEWARE OF DOG
Even if you don't have one

Corded phone
Cordless won't work in a power outage

Vary daily routines

Know where family members are at all times.

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

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

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

Obstacles to Personal Safety

Attitude of Complacency:

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

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

YOU CAN influence what happens to you by assuming more responsibility for your own security.



FIRE DEPARTMENT

We hope you enjoyed the summer months safely.

In this issue, we are proud to bring our readers a story about one of our many residents we respond to on a daily basis. On May 20th of this year, the Fire Department responded to a North Crossview address. The call came in as an elderly male having chest pains. Once on scene, the squad crew found Frank sitting in a wheelchair in his garage and complaining of chest pain. This type of scenario is a common occurrence, and he was transferred into the ambulance. Initial vital signs were taken, an IV established, and a 12-lead was obtained. Medical control was contacted and advised of the patient status. While obtaining further information, Frank became unconscious with no pulse, and was hardly breathing. Paramedics relying on their massive amounts of training, commenced CPR and applied Electric Pads and he was shocked. University Hospital Parma Medical Center was advised that the squad was now transporting a full cardiac arrest patient with Advanced Cardiac Life Support. The patient was shocked a second time, while pulling into the receiving area at the hospital. Frank began to once again talk to the squad crew while unloading the patient from the squad. We are happy to say, Frank is walking around today with a great recovery. The squad crew of 3 followed protocols and their training paid off.



We share this story with our readers, because early intervention is key to any successful squad call. This starts with the patient, or family members knowing something is not right and calling 911. Frank served his country proudly during the Korean War and has been a resident of Seven Hills for many years. We thank him for giving us permission to share this story today, and we wish you many more years of health.

Finally, the region has been experiencing an increased amount of fires due to spontaneous combustion. The cause of the fires are a result of used rags from stain not being properly stored after use. We remind everyone, to dispose of the rags properly. Do not leave them in the center of a room, or on a wooden floor. Also, plastic trash cans are no place for stained rags, as heat starts to develop until a fire starts. Research shows that 30 years ago, you had about 17 minutes to escape a house fire. Today it's down to 3 or 4 minutes. The reason simply, the synthetic furniture and materials that are used in home construction today, actually burn hotter and faster than natural materials do. Please remember to have a working smoke detector in each room and floor of your home.



Wishing all a safe fall season!

351.11 PARKING HOURS REGULATED.



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

(b) No person, operator or owner shall park or permit a vehicle to remain on the roadway portion of any street or highway in the City or on the side of any street on which there is a fire hydrant located on any portion of any street.



SERVICE DEPARTMENT



Service Director

Jack Johnson

Office: 216-525-6225

E-Mail: jjohnson@sevenhillsohio.org

City Call List

Call the Service Department at 216-525-6225 if you would like to be added to the City information phone call list.

Emergencies After Hours:

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

Leaf Pickup

Curbside leaf pickup will start in November and Continue through December weather permitting. Ditch lined streets will be done first with subdivisions to follow. Leaf pickup signs will be placed one week in advance. **Leaves should be raked no more than 6' from the street or curb. Do not add yard waste such as branches, weeds and grass clippings to your leaves.** These items clog the vacuum tubes and cause unnecessary delays in the pickup process. Do not rake leaves into the street, by mail boxes, poles or fire hydrants.

LEAVES WILL NOT BE PICKED UP IF GRASS CLIPPINGS, STICKS, BRANCHES, ETC. ARE MIXED IN WITH THE LEAVES.

Snow Removal

Main streets and hills are a priority followed by the side streets and subdivisions. The City typically plows and salts the intersections, hills and curves to minimize the salt costs.

Mailboxes

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

Water Main Breaks

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

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

Simple Recycling

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

Holiday Light Collection

Burned out strings of lights, power strips and power cords will be collected December 1st - January 14th. Barrels for collection will be placed behind City Hall by the back entrance. Place items loose in the barrel. No plastic bags or boxes.



The Seven Hills Police Department has partnered with the Cuyahoga County Sheriff's Department in the prescription (Rx) drug drop off initiative. Proper disposal of expired prescriptions reduces the likelihood of abuse by family, friends, or visitors. Further, disposal of prescription drugs in an RX Drop Box reduces the environmental impact on citizen drinking water and natural waterways, by providing citizens with an alternative to flushing drugs down the toilet.

The Rx Drug Drop box is located in the Seven Hills Police Department's lobby.

SEVEN HILLS HISTORICAL SOCIETY

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

The Seven Hills Historical Society has much memorabilia of the city and citizens of Seven Hills and it would be worthwhile to stop in and see our displays. We are open the First Wednesday of the Month from 12 noon to 2pm and the Third Wednesday of the Month from 12 noon to 2pm.

We encourage you become a member and help the Society sustain and grow our continued pride of living in Seven Hills Ohio..

For information please contact Joyce Roth (216-440-0360), Kathy Patterson (216-548-9758), or send inquiry to Seven Hills City Hall, 7777 Summit Drive, Seven Hills OH 44131 - Attention: Seven Hills Historical Society

See us... at the Seven Hills Fall Fest - Sunday, October 6th - from 1 to 4pm.

**We will be participating in the "Chili Cook Off"stop and taste our chili...
& pick up application for membership.**

**Kids!! We will have a table of crafts "Wooden Ornaments to Color" for You...
& you can pick up an application there too!**

Council Quarterly Section

Seven Hills City Council Representatives

Ward 1 / Council President

Tony Biasiotta

216.459.9312

tonybfor1@gmail.com

Ward 3

Thomas J. Snitzky

216.236.6322

tsnitzky@sevenhillsohio.org

Ward 2

Norman Martin

216.317.4600

nmartin@sevenhillsohio.org

Ward 4

Randolph Greenwald

216.453.0861

rgreenwald@sevenhillsohio.org

Council-At-Large

Patrick Elliott

216.990.8725

pellriott@sevenhillsohio.org

Council-At-Large

President Pro Tem

Stacey L. Kelly

216.642.3722

skelly@sevenhillsohio.org

Council-At-Large

Leslie Stager, Ph.D.

216.446.5097

lstager@sevenhillsohio.org

Council Quarterly Section

Dear Residents of Seven Hills:

When I was first elected Ward 1 Councilman nearly 4 years ago, I noted the three biggest issues facing Seven Hills are our finances, infrastructure and economic development.

In terms of finance, we have carefully managed the budget, payed down debt, and significantly increased cashed reserves.

As Council President I made economic development a priority and have closed deals that represent over \$40 million in investment in our City. This includes Meijer that will replace the old K-Mart on Broadview Rd. Meijer will begin construction this spring and intends to open 12-14 months after that.

I anticipate the final terms for the 50-acre development on Rockside Rd. to be completed soon. This will represent another approximate \$150 million investment in our City. This project will utilize the live, work and dine concept. It is important to note that this project restarted from square one in the summer of 2018 when Fairmount Properties acquired the development rights for this parcel. The mixed use project that is currently on the table is an ambitious project that we all can be proud of. It will generate significant revenue as well as add public amenities to our City.

In order to prevent any news taxes, we must pay attention to both revenue and expenses (finances). Our economic development efforts (noted above) will go a long way on the revenue side. However, controlling expenses requires finding new ways to deliver services in a cost-effective manner. As Council President I aggressively pursued partnerships with other cities and agencies. In doing this we have shared the cost of major projects with other stakeholders and took advantage of economies of scale.

Having our finances in order has allowed us to make large investments in our streets and sewers over the last 4 years (\$4.7 million on road resurfacing and 61 new catch basins {sewers}).

Looking ahead, finances, infrastructure and economic development will remain a priority. However, based upon the progress made to date, we can now begin to invest in park improvements and other quality of life programs.

It has truly been an honor and a privilege to serve you over the last 4 years (The last 2 as your Council President). As always I appreciate any feedback you may have and can be reached at 216-459-9312 or email TonyBfor1@gmail.com.

Your Councilman,

Tony Biasiotta
Council President Seven Hills
216-459-9312
tonybfor1@gmail.com



Council Quarterly Section

Hello Seven Hills Residents:

It is hard to believe we have three months left in 2019. With that being said, the cold and snow will be upon us shortly. Here are some things to remember as the weather starts to change:

SENIOR SNOW PLOW PROGRAM: While this program is not affiliated with our City, we supply our residents a list of contractors at a reduced rate to plow your driveway and walkways (at an additional charge). The charge is \$14 per push and \$240 for the season, running from the first snowfall to April. Once you select a contractor, they will mail a contract to you. Since this is at a reduced rate, the snow plowing is typically done towards the end of the day when the contractors have fulfilled their other obligations. If you would like more information about this service, please contact our Director of Community Services, Tony Terry at: 216-525-6230.

SNOW FENCES: May be temporarily put in place between October 15th thru May 1st. (Ord. 75-2014)

SNOW REMOVAL: When snow blowing and/or plowing your driveway and walkways, please be sure **NOT** to disperse the snow onto the roadway. It creates a hazardous condition for our motorists and pedestrians.

DOGS/CATS: Leaving animals outside for long periods of time in extreme temperatures is cruel and inhumane. If you see any dogs/cats outside during extreme temperatures, **PLEASE** call the Independence Animal Control Officer at: 216-524-3940.

The City of Seven Hills has partnered with the City of Independence as a shared resource for their Animal Control Officer. You may also reach out to the following:

Seven Hills Dispatch Center at: 216-524-3911 or
Northeast Ohio SPCA: 216-351-7387

UPCOMING EVENTS: The Seven Hills Children's Christmas Party is scheduled for **SUNDAY, DECEMBER 1ST** from 1:00 – 4:00 pm at the Seven Hills Recreation Center. This is a great event that is held every year. Mr. & Mrs. Claus will be on hand for photos, snacks and refreshments will be provided, along with a long list of entertainment for the entire day. This is a very popular event and I strongly encourage all our residents to attend. There is something for everyone. Be sure to check out the City Website at: www.sevenhillsohio.org and on Facebook at: City of Seven Hills, OH for a complete list of details and events. We hope to see you there!

As always, please reach out to me with any questions, concerns, comments or complaints. You will not be ignored as I respond to everyone.

Thank you, God bless and enjoy the holiday season.

Stacey L. Kelly
Council President Pro Tem
216-642-3722
skelly@sevenhillsohio.org



**REINDEER
DASH**
**SEVEN HILLS
FUN RUN CIRCUIT**

December 1st, 2019
11 AM - 1 PM

Register at the Rec Center by November 28th!
Price of Admission is a Food Pantry Donation!
Contact Councilperson Leslie Stager for more
information! LStager@sevenhillsohio.org

Council Quarterly Section

September was Emergency Preparedness Month ~ Norm Martin, Ward 2

In the words of Tom Ridge, former (and first) Secretary of Homeland Security, "We cannot protect the homeland if we do not protect the hometown; we cannot protect the hometown until we protect the home".

Your City of Seven Hills provides excellent police, firefighter, paramedic and service department professionals to serve the day-to-day needs of our hometown. These professionals are highly trained and committed to responding to our community's needs in all types of weather conditions and other emergencies throughout the year.



Emergency preparedness is critical for our community's sustainability and resilience. Individual citizens also play a large role in this effort and should also be engaged in emergency preparedness efforts. Individuals taking personal responsibility for themselves and their families are the first step to ensuring community-wide preparedness. Depending on the size and scope of the disaster, it may take some time for the local, county, state, and federal government agencies to respond. If our citizens can handle basic response efforts, it may help to decrease the risk to life and property.

There are three basic things you and your family can do to prepare for an emergency:

1. Assemble an emergency supply kit:

Both the Federal Emergency Management Agency (FEMA) and Cuyahoga County have resources for items to include in your emergency supply kit. You don't have to assemble your kit all at once. Think about adding an item each time you go shopping (some examples include duct tape, medical supplies, water, battery powered radio, and a way to keep your cell phone charged). It is also prudent to have a kit in your home and another one in your vehicle.

2. Develop a family communication plan:

Your family may not be together when disaster strikes, so plan how you will contact one another. Think about how you will communicate in different situations, especially if you cell phone or cellular service is not available. Complete a hard copy contact card for each family member. Have family members keep these cards handy in a wallet, purse, backpack, etc., as well as on your cell phone. Select a friend or relative who lives out-of-state for household members to notify they are safe.

3. Learn about the types of emergencies you could face:

What type of emergencies are we preparing for? The typical hazards in our area include: power outages (both short- and long-term outages), flooding, winter weather, heat emergencies, high winds, and tornados . Please refer to the resources found in the links below for in depth information about the types of emergencies our community could face in the future.

In future articles I will share updates on efforts to connect our Seven Hills private sector, nonprofit organizations, government, and the citizens of our community to create an effective emergency management approach for the whole community. The City of Seven Hills council is reviewing its current level of preparedness and how it interacts with other agencies in the time of crisis. I encourage you and your family do the same. Our hometown protection is dependent upon how your family protects your home.

Resources:

www.ready.cuyahogacounty.us

www.ready.gov

"Are You Ready? An In-Depth Guide to Citizen Preparedness"

<https://www.fema.gov/media-library/assets/documents/7877>

Introducing Norm Martin:

Norm is a native to Northeast Ohio and has been actively involved for much of his adult life in civic and professional leadership positions in Columbus, Lake Township, and now Seven Hills, the city he is proud to call his home.

Norm's formal education includes a Bachelor of Science degree in Business Management from Arizona State University and a Master's Degree in Public Administration with a concentration in Municipal Management from Kent State University. More recent educational attainment includes completing post-graduate work in Economic Development Certificate at Penn State University, earning the designation of Certified Public Manager from the state of Ohio and he graduated from the Leadership Stark County Program.

Over the past few years, Norm has been a frequent contributor at city council and caucus meetings as a citizen of Ward 2. He has been particularly engaged in development and zoning issues. Norm's government expertise comes from more than 30 years of state and local government experience in both elected and appointed positions. Norm previously held an elected position as a township trustee in Lake Township, Ohio, as well as serving as chairman of the planning commission in the same township. He is also the former State of Ohio chief elevator inspector, who managed 55 inspectors and supervisors statewide. Prior to being appointed Chief, Norm worked as an elevator inspector and then supervisor in the Cleveland area.

Norm is currently employed locally in the private sector as a regulatory codes and standards officer for a major elevator manufacturer. He previously served as president of the National Association of Elevator Safety Authorities.



Nationally recognized
UH care – right in your
neighborhood.

University Hospitals Parma Medical Center has always provided high-quality, expert and personalized care to our community. We're proud to say it's also some of the highest quality care in the nation.

Excellence in Healthcare

2018 & 2019 Five-Star Quality Rated Hospital
2019 Granted Provisional Level III Adult Trauma Center Status
2019 Leapfrog Hospital Safety Grade 'A'
2019 American Heart Association / American Stroke Association
Stroke Gold Plus & Target: Stroke Elite Plus Award

Experience exceptional care yourself. To schedule an appointment, call **440-459-0200** or visit **UHhospitals.org/Parma**.



Permit Required to Hunt Deer



- Deer archery season is from September 28, 2019 to February 3, 2020.
 - Applications are available for pick up from Seven Hills City Hall Monday through Friday, 8 AM to 4 PM.
 - The completed application can be turned into the Seven Hills Police Department before 12/31/19.
 - Permits will not be valid to hunt until September 28, 2019.
 - Permit applications will not be accepted after December 31, 2019.
 - Please call the Police Department at 216-524-4423 if you have any questions or concerns regarding deer hunting or the City Ordinance that regulates hunting.
- Archery deer hunting permits will again be issued by the Police Department subject to restrictions of City Ordinance 505.11 and in compliance with all Ohio Division of Wildlife regulations.
- Ohio regulations can be found at: <http://wildlife.ohiodnr.gov/huntingandtrappingregulations>

Fall / Winter Reminders for Residents:



Autumn is here and the leaves are falling! Please do your part as a resident and care for your property.

A few tips:

- Rake Leaves and pile on tree lawn. Check city website for leaf pick up dates
- Sidewalks / Driveways should remain free and clear of grass clippings
- When it snows, please shovel a path. Students walking to and from school and residents out and about will thank you!



723.03 states that you properly store waste containers not visible from the street

Take pride in your property! More helpful ordinances can be found on www.sevenhillsohio.org

1143.04 EXTERIOR APPEARANCE OF RESIDENTIAL STRUCTURES

Landscaping. Premises shall be maintained. Lawns, hedges and bushes shall be kept from becoming overgrown and unsightly where exposed to public or private property and where the same constitute a blighting factor depreciating adjoining property and impairing the good residential character of the immediate neighborhood. Ordinance 707.11 has helpful info on trees and hedges!



The Seven Hills Farmers Market THANKS YOU for a wonderful and successful 2019 season!

To create and build a successful market takes a community, and everyone in that community is instrumental toward the market's success. From our backers whose generous sponsorships help us spread the word (thank you Taleris Credit Union, Inc. and Vince Hrobat Insurance Agency, Inc.), to our hard-working farmers and food entrepreneurs who provide us with the most amazing local fresh produce and just-made products; from the dedicated market managers and the support they receive from City Hall, to the musicians that entertain us and all that appreciate their music; from the food trucks that bring a variety of cuisines, to the Parma UH medical staff providing blood pressure checks; from the face-painter bringing delight, to the weekly free recipes and raffle; from the first-time shoppers who stopped by to check out the market, to the dedicated regulars who never miss a Thursday!

When all of these individual pieces combine, they create a healthy, viable farmers market, that supports our local economy, encourages friendships, promotes a joyful atmosphere, provides lively conversation, fosters camaraderie, showcases abundance, and is a source of pride for our residents and neighbors!

Completing its 5th season, the market continues to expand. However, the mission of the Seven Hills Farmers Market remains the same: To foster a connection between local growers and artisans, to educate consumers about the benefits of preserving local agriculture and purchasing fresh produce and locally-made products, and to serve our residents and our neighbors.

The Seven Hills Hall of Fame Committee has been busy this summer! We are accepting applications for Arts and Humanities nominations for our November, 2020 Induction Ceremony.

Download the application from our website at www.sevenhillshof.wixsite.com



VII HILLS HALL OF FAME

The Seven Hills Hall of Fame Resident of the Month has proven how talented our residents are! Although we are not politically affiliated with any party we do recognize our partnership with our elected officials and their part in recognizing our Resident of the Month with a Proclamation from our City that is presented at Council Meetings. The interviews can be viewed on Mondays at 8 pm on Cox Cable Channel 45. Inquires for Resident of the Month can be sent to alaina316@yahoo.com.

The George Chandick Scholarship recipient will be announced at our 2020 Induction Ceremony. Applications will be available in December and can be downloaded from our website. The recipient has to be a resident of Seven Hills and will receive a \$500.00 Scholarship. George Chandick was the founder of The Seven Hills Hall of Fame and was inducted as part of the inaugural class in 2014. His achievements and accomplishments are many. The winner of this Scholarship should exemplify the spirit of excellence. Future Hall of Famers will be recommended by coaches, employers, teachers etc., to assist with our Induction Ceremony. These youths are peer role models and we were honored to have assistance from our Future Hall of Famers at our 2018 Induction Ceremony. Thank you for supporting our organization by participating in our Fundraisers and if you would like to know more about the Seven Hills Hall of Fame, visit our website or email your questions. Make sure to stop by the Seven Hills Recreation Center where the Hall of Fame is housed and see the impressive names on the wall! It will assure you that ***we indeed have talented residents in Seven Hills!***

2020 Census Jobs Available!

- Excellent Pay
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1-855-JOB-2020

(1-855-562-2020)

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www.gsa.gov/fedrelay

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14-1296

Seven Hills Community Recreation Center

7777 Summitview Drive
Seven Hills, Ohio 44131
216-524-6262



Lunch and Learn: Join us for a light lunch along with an informative seminar with UH ~ **His and Hers Urologic Health and Aging Lunch and Learn Event**

An open conversation about the things we're often too embarrassed to talk about:

Female incontinence • Prostate health • Sexual health • And more!

Featuring University Hospitals Urology Specialists Aram Loeb, MD and Anna Myers, CNP
Great Q & A session to follow.

October 17th 11am - 1pm

Register at the Rec no later than 10/15!

Lunch Sponsored by Tony Biasiotta



Flu Shots 10/18 1:30 - 3:30 - Seven Hills Recreation Center

Please bring insurance cards* administered by **Walgreens, Seven Hills*



Upcoming Programs! - NEW! -

Contact Joe Bass at jbass@sevenhillsohio.org for more info:

Group & Corporate Team Building (year round offering)

Discover the power of teamwork and uncover your team's strengths, all through the magic of play. Join our experienced crew while we work together to unite your team leaders and teammates through a customized and unforgettable experience that is designed to foster teamwork, communication and trust amongst your staff and is certain to make a lasting impact.

Teambuilding program is designed for teams of 10-40 people.

Each program is customized to fit your team needs and lasts anywhere from 1-3 hours

Begins December 1st!

Open Pickleball - Begins December 1st!

Held in the gymnasium on Tuesdays & Thursdays from 9a-12p. Great for all ages and anyone can play!

Movie Night on the Hills - FREE MOVIE NIGHT!

Snacks available to purchase!

Join us for a night of fun and excitement with your family and friends as we watch a holiday classic - The Grinch Movie (2018) right here at the Seven Hills Recreation Center. Admission is free for everyone. Snacks and drinks will be sold before and during the movie.

Friday, December 13th @ 7pm



Recreation Center Hours:
Sundays: 12pm ~ 6pm • Mondays- Fridays: 5:30am ~ 9pm •
Saturdays: 8am ~ 8pm
Pool Closes 15-minutes prior to rest of building .

Seven Hills Resident Membership Info - Annual / Upfront Payment

Youth	\$105	A resident 12 years old or younger (must be purchased with Adult Membership).
Teen w Parent	\$160	A resident between the age of 13 and 17 (must be purchased with an Adult).
Teen w/o Parent	\$210	A resident between the ages of 13 and 17.
Adult	\$210	A resident 18 to 61 years old.
Adult Couple	\$345	2 Adults at the same address whose full time residence is in Seven Hills.
Family	\$400	Immediate family household members, up to four people living in Seven Hills (max. 2 adults).
Adtl. Children	\$40	Additional children may be added for \$40 each per year.
Senior	\$100	Resident 62 or over.
Disabled Resident	\$100	Resident that is "Totally Disabled" determined case by case. Must provide State Disability Info.
Resident College	\$100	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)

Youth	\$150	A Parma resident 12 years old or younger (must be purchased with Adult Membership).
Teen w Parent	\$200	A Parma resident between the age of 13 and 17 (must be purchased with an Adult).
Teen w/o Parent	\$275	A Parma resident between the ages of 13 and 17.
Adult	\$275	A Parma resident 18 to 61 years old.
Parma Couple	\$450	2 Adults at the same address whose full time residence is in Parma.
Family	\$525	Immediate family household members, up to four people living in Parma (max. 2 adults).
Adtl. Children	\$50	Additional children may be added for \$50 each per year.
Senior	\$150	Parma Resident 62 or over.
Disabled Resident	\$150	Parma Resident that is "Totally Disabled". Must provide State Disability Info.
Resident College	\$150	Resident full time college student with permanent residence in Parma.

Non-Resident Membership Info - Annual / Upfront Payment

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



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 up-front payment.
All memberships are non-refundable and non-transferrable.



MONTHLY SCHEDULES AVAILABLE ONLINE AND AT REC CENTER!

SENIOR CLASS DESCRIPTIONS:

CLASSIC Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels.

CIRCUIT The SilverSneakers Circuit workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for support. This class is suitable for nearly every fitness level and can be adapted depending on the skill of individual participants.

CARDIOFIT Try a safe and heart-healthy aerobics class to energize your active lifestyle using low-impact movements that focus specifically on building upper-body and core strength plus cardio endurance. This is a higher intensity class than Classic and Circuit.

YOGA Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can 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. This class is suitable for nearly every fitness level.

SPLASH A fun, shallow-water exercise class that uses a signature splash-board to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers. The pool provides many benefits when used for aerobic exercise and resistance training.

GOLD & SILVER EVENT

Sell your unwanted Gold, Silver, Platinum & Diamonds... and get paid the highest price!

WEDNESDAY OCT 23
9 am - 1 pm

SEVEN HILLS RECREATION CENTER
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216.524.6262

Sign up sheet at Front Desk * Walk-ins Welcome

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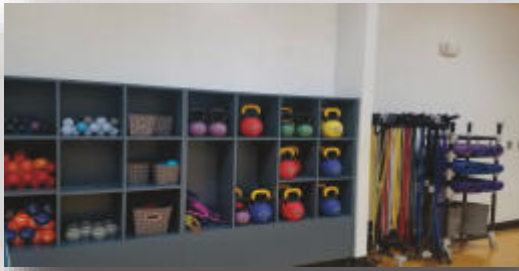
Call Sheila Wayne with any questions, 440.725.9100



Health Insurance Questions?

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Licensed Medicare Agent
1-216-687-7479

 **MEDICAL MUTUAL**



ADULT PROGRAMS

Session Dates - Drop in to most programs at ANY TIME!

**Fall 2: November 3rd - December 14th (Registration Begins October 20th)
Winter 1: January 6th - February 15th (Registration Begins December 13th)
Winter 2: February 24th - April 4th (Registration Begins February 10th)**

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**



ZUMBA -

Perfect For Everybody and every body! Each Zumba® class is designed to bring people together to sweat it on. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

Instructor: Nela Serrano

Days: Wednesday Evenings 7:00pm - 8:00pm

**Fees: Member Punch Card: \$27 or \$6 Drop In
Non-Member Punch Card: \$37 or \$8 Drop In**



FIT HAPPENS WITH DEBBIE

Join us for a low impact, full body work out combining Pilates, Barre, and Yoga using your own body weight, exercise balls, and resistance bands. This work out targets all muscles groups to tone and strengthen your entire body, including your abdominals and mid-section. Modifications are taught to make this an effective class for beginners to advanced fitness levels. Enjoy an uplifting power hour! No one ever regrets working out!

Days: Tuesday Evenings: 6:30pm - 7:30pm with Debbie

Fees: 6-Class Punch Card: \$42 12-Class Punch Card: \$82 or Drop-In \$10



JAZZERCISE

The ORIGINAL Dance Exercise Phenomenon! Each 60-minute class offers a blend of exercise with the fun of dance set to your favorite music - Top 40, Jazz, Country, Funk & Classic! Easy to follow, fun choreography includes a gentle warm-up, a 30-minute aerobic workout, muscle toning and strength segment with weight-band stretching. Pilates, yoga and kickboxing movements are incorporated too. Sessions and Registrations are continuous (does not follow Rec Dates)!

Classes meet in Rec. Center Gathering Rooms!

Instructor: Lois Powers (loispowers@hotmail.com) or 330.468.6637

Days: Mondays & Wednesdays 6:30pm - 7:30pm

Fees: 1 Month: \$37 (EFT) 2 Months: \$82 (At the Door) Drop-In \$12



ADULT PROGRAMS



Session Dates - Drop in to most programs at ANY TIME!

**Fall 2: November 3rd - December 14th (Registration Begins October 20th)
Winter 1: January 6th - February 15th (Registration Begins December 13th)
Winter 2: February 24th - April 4th (Registration Begins February 10th)**

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 and Saturdays Now thru March 16th (No 2/16) Noon - 1pm

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!



TANYA'S PRIVATE LESSONS

Specializing in women's health and senior fitness, Tanya will design a workout specific to your needs and will suggest lifestyle changes to accomplish overall well being. She is an AFAA certified 10+ year Fitness Professional and holds many teaching certifications in Strength Training, Pilates, Yoga, and Senior Fitness.

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 to set up an appointment or for more info!

BEGINNER LINE DANCING WITH JACKIE -

Bring a pair of dress shoes. Come to exercise your heart, lungs and muscles! Help your long and short term memory! Make new friends!

Fridays - 10am - 11am Fee: \$2 per class

October and November are Line Dancing (in Gym 2)!

December and January are Non-Traditional Tai Chi Steps (In Gathering Rooms)!





ADULT PROGRAMS

Session Dates - Drop in to most programs at ANY TIME!

Fall 2: November 3rd - December 14th (Registration Begins October 20th)
Winter 1: January 6th - February 15th (Registration Begins December 13th)
Winter 2: February 24th - April 4th (Registration Begins February 10th)

EVENING YOGA WITH SUSAN

This Yoga class is meditation in motion. Through movement, breathing and relaxation, use the mind/body connection to boost your energy, strength, flexibility and ability to manage stress. Punch card is for 6 classes.

Instructor: Susan Laurenzi, CYT 500 - Certified Yoga Teacher - 500 Hours

Days: Mondays 6:00pm - 7:00pm

Fees: Members: \$40 per Punch Card Non-Members: \$45 Per Punch Card Drop In: \$10



BODY SCULPTING

A one-hour cardiovascular strength-training class designed to make you lean and defined providing a results-oriented whole body workout. Build and sculpt muscles, strengthen your core, improve your strength and flexibility while burning fat and calories by using just one set of 5 lb. dumbbells. You will gain strength, balance, flexibility and endurance while focusing on total body health.

Days: Thursdays 6:30PM - 7:30PM in the Aerobics Room - Register Today at www.flexcity.com



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SEVEN HILLS BEFORE AND AFTER SCHOOL PROGRAM - 2019- 2020

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

Open to students in grades K - 7th, so sign up early to avoid being shut out!

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

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

***PARTICIPANTS MUST REGISTER AND PAY BY THURSDAY OF THE PREVIOUS WEEK TO AVOID BEING CLOSED OUT!**

Rosters are sent on Friday Mornings for busing!

Contact Jackie Corrigan at 216.524.6262 ext. 408 -OR-

Camps@sevenhillsohio.org for more details!



Part-Time (up to 3 days per week):

Before School – Member: \$18 Non-Member: \$23

After School – Member: \$26 Non-Member: \$32

(after school cost covers daily snack too!)

Full Time (at least 4 days per week):

Before School – Member: \$27 Non-Member: \$37

After School – Member: \$40 Non-Member: \$50

(after school cost covers daily snack too!)

Kids Day Off Program - \$40 per student

Bring the kids as early as 6:30am and leave them until 6pm - no extra charges! The day is filled with activities, crafts, swimming and more fun! Bring a lunch, a snack, and swim gear!

Program Offered 10/11 10/18 11/5 1/20 2/17 3/10



Welcome Christmas, bring your cheer!

Cheer to all who's far and near!

Whooooo's interested in Christmas Camp this year!?! Send your kids to who-bilate Dr. Seuss with us this season as we participate in Grinch-themed holiday who-bilation games, activities, crafts, and more!



Christmas Camp Runs:
December 20th, 23rd, 27th & 30th
January 2nd & 3rd

Get here as early as 6:30 AM and stay until 6 PM with no extra fees!

Field Trip: Friday December 27th
Bowling at Seven Hills Lanes - \$15

Christmas Camp Cost:

Part Time Fee (1-3 days):
Members: \$125
Non-Members: \$140

Full Time Fee (4 or more days):
Members: \$150
Non-Members: \$180

Single Day Drop In Fee (Max 1 Day per week):
Members: \$45 Non-Members: \$50





Adult Men's Hoops Winter 2020 Basketball

Contact Phil at rookieathletics@gmail.com

Winter League Registration Begins November 1st!

Sunday & Thursday Men's Leagues begin end of January 2020 - \$325



SEVEN HILLS SPRING SOCCER FEDERATION

Registration for the Spring 2019 Seven Hills Youth Soccer Program will be going on February 15th - March 15th (or until the team is full) for ages 7 - 15 years old.

Registration Covers Spring 2020. If you registered in Fall 2019, your payment covered both Fall and Spring! Contact Jen at jburger@sevenhillsohio.org with questions!

Spring Soccer begins April 4th, 2020



For additional league information, please visit the Suburban Recreational Soccer League's website at www.srslonline.org.

PARENTS - we are always looking for volunteers to help with coaching and other activities involving the soccer program. Please designate your interest on your child's registration form!

Fees: RESIDENTS: \$40 NON-RESIDENTS: \$50

\$10 Late Fee will apply for those that register after March 15th



Register Today!
JumpStartSports.com

Volleyball:

An instructional and recreational program for boys and girls in grades 1-6. Explore the fundamentals of volleyball through action-packed sessions designed to teach basic skills to beginner and intermediate players. Participants learn passing, setting, hitting, blocking and serving as well as basic offense, defense, positioning, and team strategy. Kneepads are recommended but not required. Whether your child is an experienced player or a complete novice, they will have a blast learning about the sport in this fun and innovative program!

1st - 3rd grade -5:30pm - 6:30pm. - Mondays

4th - 6th grade - 6:30pm - 7:30pm - Mondays

Fee: \$75 Fall: 11/4 - 12/9 Winter: 1/27 - 3/9

Junior All Stars:

The Junior All Stars Sports Program by Jump Start Sports provides 2.5 - 5 year olds with a positive, age-appropriate introduction to a variety of sports. Sports offered include Soccer, Football, Hockey, Track & Field, Basketball and more in a fun learning environment. We also play highly active running games that promote cardiovascular activity. The program helps children to enjoy exercise and to see which sports they enjoy the most. It also helps build confidence and social skills to help prepare pre-schoolers for participation in more formal sports programs.

2.5 - 3 years 10:00AM - 10:40AM- Tuesdays

4 - 5 years 10:45AM - 11:30AM - Tuesdays

Fee: \$75 Fall: 11/12 - 12/10 Winter: 2/18 - 3/17



UPCOMING YOUTH PROGRAMS

Youth Basketball League

Through specialized skill drills and games, your young athlete will have a great time learning the fundamentals while becoming game ready. Week 1 will be a skill introduction and review followed by 5 weeks of games.

Price: \$75

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

Saturday Sessions:

Fall II: Nov. 9th - Dec. 14th (No class 12/7)
Winter I: Jan. 18th - Feb 22nd
Winter II: Mar. 7th - Apr. 11th

Sports of All Sorts

Sports of all Sorts introduces sports exercise and coordination to young athletes in an exciting environment. While promoting social development in a class setting, each athlete will experience what sports have to offer through fun skill drills and games.

Price: \$50

Ages 3 - 4, 5:30pm - 6pm
Ages 5 - 6, 6:15pm - 7pm

Saturday Sessions:

Fall II: Nov. 6th - Dec. 11th
Winter I: Jan. 15th - Feb 19th
Winter II: Mar. 4th - Apr. 8th

All programs located at the
Seven Hills Community Recreation Center.
7777 Summitview Dr., Seven Hills, OH 44131
www.sevenhillsohio.org | 216.524.6262

Questions?

Contact Coach Phil at: 216.502.0805 or rookieathletics@gmail.com

Basketball Skills Class

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

Price: \$50

Ages 3-4: Tuesdays 5:30 pm - 6:00 pm
Ages 5-6: Tuesdays 6:15 pm - 7:00 pm
Ages 7-8: Thursdays 5:30 pm - 6:15pm
Ages 9-11: Thursdays 6:15 pm - 7:00 pm

Tuesday Session

Fall II: Nov. 5th - Dec. 10th
Winter I: Jan. 14th - Feb 18th
Winter II: Mar. 3rd - Apr. 7th

Thursday Session

Nov. 7th - Dec. 12th
Jan. 16th - Feb 20th
Mar. 5th - Apr. 9th

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

Ages 6-9, 5:30pm - 6:15pm
Ages 10-12, 6:15pm-7pm

NEW DAY & TIME:

Monday Evenings
Winter I: Jan. 13th - Feb 17th
Winter II: Mar. 2nd - Apr. 6th

Basketball Training

Train effectively & efficiently with the newest shooting machine in the world! Get over 100 shots up every ten minutes.

Price: \$25/session Ages 10 & UP!

For more details or to schedule a training session, contact Coach Phil



COMMUNITY RENTALS



Gathering Rooms are available for Members & Non-Members

All Rental Rates are Per Hour

Room / Rental	Member Rate	Non-Member Rate
Gathering Rooms		
1 Room	\$40	\$65
2 Room	\$70	\$100
3 Room	\$100	\$130
Patio	\$15 Flat Fee	\$35 Flat Fee
Kitchen	\$20 Flat Fee	\$35 Flat Fee
Pool Party	\$65	\$95
(Includes Rental of Pool & 1 Room)		

Gymnasium - Aerobics Studio
 - After Hours Parties -
 City Hall Community Rooms
 (Resident Only)

Call Spencer for Pricing!

City of Seven Hills Residential Lock-Box Program

This is recommended for Senior Citizens & Disabled Residents.

This is a great resource for a resident who is living alone, with no one close by to help them in an emergency.

\$35 each and installed by Seven Hills Fire Department.

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

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2019-2020 FALL/WINTER AQUATICS PROGRAMS*

Register and More Info at WWW.SEVENHILLSOHIO.ORG

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



Private/Adapted Swimming Lessons

- **\$30 per half hour (Prices may vary per instructor.)**
- One-on-One or Semi-Private.
- Learn-to-swim or Improve Stroke Technique.
- Contact the Aquatics Supervisor to schedule lessons.

Seahawks Swim Team

Winter Monday & Wednesday (Session runs 1/6-2/26)

- **Members \$50/Non-Members \$60**
- **Practice Times:** 10 & under 5-6 pm and 11 & over 6-7 pm

Winter Saturdays Only Session (Session Runs 1/11-2/29)

- **Members \$45/Non-Members \$55**
- **Practice Time:** 10-11 am

Beginner Seahawks Swim Team

Winter Saturdays Only Session (Session Runs 1/11-2/29)

- **Members \$45/Non-Members \$55**
- **Practice Time:** 10-11 am

Pool Party Rentals

- To reserve the pool or for more info, contact Spencer at SAbbott@sevenhillsohio.org.

Lifeguard, WSI, and CPR/First Aid Training

- For more information or to register for any of our upcoming course, go to fastlaneswimming.net.

Water Exercise Classes

- We offer low impact and arthritis classes which are conducted by Aquatic Exercise Association certified instructors. **Contact the Aquatics Supervisor for more information.**

Infant Swim Rescue

- Protect your children with the Self-Rescue training they need to survive in the water. **To learn more, go to ideike.infantswim.com/instructor/.**

Group Learn-to-Swim

Members \$45/Non-Members \$55
Mondays and Wednesdays PM

Monday and Wednesday PM

Fall 2 10/21-11/13 (Registration Runs 10/9-17)

Fall 3 11/25-12/18 (Registration Runs 11/13-21)

Winter 1 1/6-1/29 (Registration Runs 12/18-1/2)

Winter 2 2/10-3/4 (Registration Runs 1/29-2/6)

Saturdays Only AM

Winter 1/11-2/29 (Registration Runs 11/9-1/3)

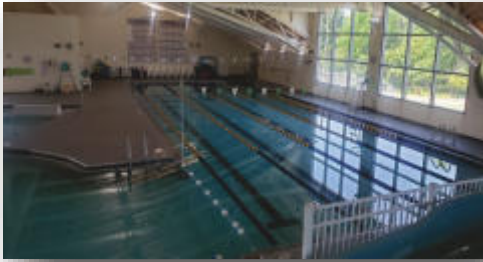
Level	Mon/Wed PM	Saturday AM
Starfish	XXXX	10:00-10:30 10:45-11:15
Tadpole (Pre 1)	5:00-5:30 6:30-7:00	10:00-10:30 11:30-12:00
Frog (Pre 2)	5:45-6:15 6:30-7:00	10:00-10:30 10:45-11:15
Stingray (Pre 3)	5:00-5:30 6:30-7:00	11:00-11:30 11:30-12:00
Turtle (L 1)	5:00-5:30 5:45-6:15 6:30-7:00	10:00-10:30 10:45-11:15 11:30-12:00
Penguin (L 2)	5:00-5:45 5:45-6:30	10:00-10:45 11:15-12:00
Sea Otter (L 3)	5:00-5:45 6:15-7:00	10:00-10:45 11:15-12:00
Dolphin (L 4-6)	5:45-6:30	10:45-11:30

*The aquatic programs times and/or dates are subject to change without notice.

Seven Hills Recreation Center Aquatic Program Descriptions**

- **Private Swimming Lessons:** 3 years old and up. Private lessons can be in the form of one-on-one or semi-private lessons (two or three swimmers with the same ability levels). These lessons must be scheduled with the Aquatics Supervisor.
- **Starfish:** 6 months to 3 years old. The STARFISH level builds readiness by emphasizing fun in the water. Parents and children will participate in several guided sessions which help children adjust to the water and learn basic water skills. Most importantly, it's fun for parents and kids!
- **Tadpole (Pre-School #1):** 3 to 5 years old. Group TADPOLE is for children who are being introduced to the swimming pool for the first few times. The main focus of this level is to become comfortable in the swimming pool. In order for your swimmer to progress to the next level, these tasks must be completed: Independently enters and exits the water; Kicks feet at the wall; Blows bubbles; Holds breath when face is underwater; Submerges underwater with assistance; Swims away from wall with assistance; Demonstrates comfort in pool setting; Understands Pool Safety Rules.
- **Frog (Preschool #2):** 3 to 5 years old. Group FROG is for the beginner swimmer who is familiar with the water. Swimmers will learn the fundamentals of swimming as well as pool safety. At the completion of level FROG, the swimmer will be able to complete the following: Front float with little or no assistance; Back float with little or no assistance; Paddles on front and back with assistance; Kicks on front and back with assistance; Holds breath underwater for 3 seconds; Submerges unassisted; 5 yards assisted streamline from wall on front and back; Log rolls assisted; Independent bobs.
- **Turtle (Level #1):** 5 years old and up. Group TURTLE is for the swimmer who has completed group FROG or can float unassisted and swim rudimentary freestyle. At the completion of level TURTLE, your swimmer will be able to complete the following: Front and back float unassisted; Freestyle and backstroke 5 yards assisted; Streamline kick on front and back unassisted 5 yards; Log rolls unassisted; Assisted rotary breathing; Assisted side-kick; 10 Independent bobs.
- **Penguin (Level #2):** 5 years old and up. Group PENGUIN is for the swimmer who has completed group TURTLE. In Group PENGUIN, swimmers will learn to swim freestyle with rotary breathing, backstroke, and will be introduced to dolphin and breaststroke kicks. In order to advance to the next level, the following must be completed: 10-15 yards Unassisted freestyle with rotary breathing; 10-15 yards Backstroke unassisted; 10-15 yards Streamline kick on front and back; Dolphin kicks assisted; Jumps in and swims to the wall unassisted; 15 Independent bobs.
- **Sea Otter (Level #3):** 5 years old and up. Group SEA OTTER is for swimmers ready to advance their swimming skills. In Group SEA OTTER, swimmers will enhance freestyle and backstroke, and continue to learn butterfly and breaststroke. In order to advance to the Dolphins pre-team group, the following must be completed: 25 yards Freestyle and backstroke; 25 yards Streamline kick front and back; 10 yards Unassisted streamline butterfly kick; Butterfly arms; 5 yards Unassisted breaststroke kick; 5 yards Butterfly.
- **Dolphin (Level #4 - 6):** 5 years old and up. The DOLPHIN group is a pre-team swim group consisting of swimmers who have completed Sea Otter swim lessons. This pre-team group is for swimmers looking to strengthen their swimming skills and learn the fundamentals of swim team. Swimmers entering the pre-team group must be able to complete the following: 25 yards Freestyle with rotary breathing; 25 yards Backstroke; 5 yards Butterfly; Breaststroke kick.
- **Seahawks Beginner Swim Team:** 10 years old and under. This program is designed for swimmers who are not ready for swim team yet, but may be interested in joining in the future. Swimmers entering this group must pass the Dolphin group (Level #4-6) or equivalent.
- **Seahawks Recreation Swim Team:** 5 years old and up. This program is designed for swimmers who are interested in competing at the Recreation League level. Swimmers entering this group must be able to complete the following: 25 yards Freestyle and backstroke non-stop.
- **Adult/Masters Swim Group:** 18 years and up. This Adult/USMS masters swim group is for adults who like to compete, swimmers looking for a good workout, triathletes, and those who enjoy the social side of swimming.
- **American Red Cross Lifeguard Training and Water Safety Instructor Courses:** Go to fastlaneswimming.net for more information and details.

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



WATER AEROBICS

CARDIO & TONING WITH LEIGH:

Change-up your workouts at the Pool! This class is a combination of cardio intervals along with strengthening and toning moves. Great for beginners or those with experience - a fun time for everyone! Taught by certified instructors around the 4-foot depth.

Tuesdays & Thursdays: 6:00pm - 7:00pm Forever and Ever, Per Leigh

LOW IMPACT WATER AEROBICS:

Get a great work-out without the pain! Water Aerobics offers great results while you enjoy the water. Low-Impact, High Intensity! All classes taught by certified instructors - class meets around the 4-foot depth.

Mondays, Wednesdays, & Fridays: 9:00am - 9:45am

ARTHRITIS FOUNDATION AQUATIC PROGRAM :

This program is specifically geared towards adults living with Arthritis. Participants are provided with gentle aquatic activities with the guidance of a certified Arthritis Foundation Instructor. All exercises are low-impact and done around the 4-foot depth.

Mondays, Wednesdays, & Fridays: 10:00am - 10:45am

AQUA BARRE

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

Mondays: 7:45pm - 8:45pm with Katie (This Punch Card Only Good for Katie's Class)

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

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 Wednesday - 10am-2pm
 Thursday - 2pm-6pm
 Friday - 2pm-6pm
 Saturday - 9am-12pm

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Also, visit our second location St. Columbkille Federal Credit Union / Assumption Branch, which is located at 9183 Broadview Road, on Thursdays from 4 to 6 p.m. and on Saturdays from 9 a.m. to 12 p.m.

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kholland@sevenhillsohio.org

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Delayed Trash Pick Up Schedule:

Thanksgiving – November 28th -
Thursday will be picked up on Friday

Christmas – December 25th -
Pick up delayed one day

New Years – January 1st -
Pick up delayed one day

Recreation Center Holiday Hours

Thursday, November 22nd - *Closed*

Tuesdays December 24th & 31st - *8am - 12:00pm*

Wednesdays December 25th & January 1st - *Closed*

City Hall “Closed” Holiday Hours:

Thursday, November 28th

Friday, November 29th

Wednesday, December 25th

Wednesday, January 1st

Monday, January 20th

Monday, February 17th