

# City of Seven Hills Community Newsletter

## *Home Days 2019*

A Message from Mayor Dell'Aquila -

Thanks to our elected officials, this has been an exciting year for Seven Hills, focused on professional management, a truly balanced budget, infrastructure repairs, and restoration of the city's reputation.

In the coming weeks you will see a number of streets being resurfaced, to include all the very worst condition streets as rated by the city engineer. The Hemlock Creek sanitary sewer project is expected to be completed by the fall. County Public Works will be helping with sewer maintenance and catch basin repairs. And take a look at the improvements to Calvin Park and some of the other city parks--There's more to come!

All of this, and more, stems from the cooperative work of your elected officials and city hall staff. The maxim to treat others in the same way you would expect to be treated applies to politics as well as our private lives. City officials may not always agree but we have been able to set aside those differences for the betterment of the community.

It goes without saying that our values are important. If we don't share the same values as those around us, the way we want to be treated may not be the way others want to be treated, or the way they will treat us. So it really all comes down to all of us sharing a good, positive, value system, including **honesty, respect for others, loyalty, responsibility for personal actions, and empathy.**

Unfortunately, a certain hardness of heart and attitude now permeates politics at every level in our nation and even for some here in Seven Hills. Despite that, we are grateful to see a new generation stepping up with fresh ideas and a willingness to put the city first.

Thank you to VFW Post 7609 for all the years of service to Seven Hills. The post recently decommissioned and made a generous monetary contribution to the city for maintenance of the Veterans' Memorial Wall.

The Memorial Day parade, VFW Christmas party, Memorial Wall, and so many other wonderful things in our

city would not exist without you. You will always hold a special place in the hearts of those who worked with you or were benefited by your efforts. God speed, members of VFW Post 7609.

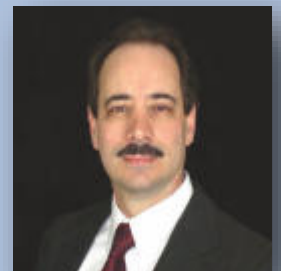
Thank you to Council, too, for finally enforcing your rules of decorum at your meetings. For too long, these business meetings have been allowed to devolve into unproductive debates with the audience. Take a look at some of the online meeting video. It is improper for audience members at Council meetings to demand that elected officials resign, or go home, or call them unpatriotic simply because they disagree with them. Imagine if all of our 11,800 residents behaved this way. How could anything get done?

With the benefit of experience, it's clear for all to see how the city arrived at this point. However, as new young families move here every month with fresh aspirations and ideas and they become invested in our city, its quality of life, amenities and traditions, the years ahead are filled with promise.

As my final mayoral term winds down, I'm proud to have been involved in so many improvements in Seven Hills, stabilizing Recreation Center finances, improving city infrastructure, obtaining millions in grant dollars, balancing the budget, attracting new investment, protecting the city's bond rating, upgrading city services, to name just a few. As I reported earlier in the year, the state of the city is strong and the spirit of our residents is positive. The future of Seven Hills is bright.

This will be my final Home Days as Mayor. I hope to have the opportunity to speak with as many of you as possible over that weekend. As before and as always, thank you for allowing me to serve as our Mayor for the past two terms.

—Mayor Richard Dell'Aquila



# City Directory

**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**

## **Police / Fire Emergency 911**

**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**

### **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

Seven Hills Hall of Fame is currently accepting nominations for 2020 Hall of Fame Inductees. The 2020 Induction into the Hall of Fame will be Arts and Humanities. Applications can be found on our website and the Seven Hills Recreation Center. The list continues to grow for recommendations for Seven Hills Hall of Fame Resident of the Month where a Resident is recognized for outstanding achievements in their field of endeavor.

The interviews can be viewed on Cox Cable Channel 45 on Monday's at 8:00 pm. If you have a Resident in mind please email [alaina316@yahoo.com](mailto:alaina316@yahoo.com). We have talented residents in Seven Hills!

Applications for The George Chandick Scholarship will be out in January and the recipient will be announced at our Induction Ceremony. Looking for Community Involvement? Join a Seven Hills organization!

*Together we make our Community Strong!*

### **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!**



# HOME DAYS 2019

Friday, July 26, 2019

6 - 6:30 PM Opening Ceremony with Mayor Dell'Aquila & Television Personality Alexa Lee, Master of Ceremony  
5 - 11 PM: Rides, Kids Zone  
5 - 11 PM: Beer Tent  
6:30 - 7:30 PM: Chicken Wing Eating Contest, sponsored by Seven Hills Tavern, Hosted by Chuck Galetti  
6 - 7 PM: Barlow Boys (Side Stage)  
6 - 8 PM: Seven Hills Historical Society Open House (City Hall)  
8 - 11 PM: Elvis One Night With You Tribute (Main Stage)  
8 - 11 PM: The Armstrong Bearcat Band (Side Stage)  
10 PM: Fireworks; Sponsored by Legacy Health Services



Saturday, July 27, 2019

Noon - 2 PM: Safety Fair, Police Vehicle, SWAT Vehicle, Rescue Vehicle, K9, Finger Printing  
Noon - 1:30 PM: The Brian Papesh Band (Main Stage)  
Noon - 11 PM: Rides, Kids Zone (Dunk Tank, Face Painting, etc.)  
Noon - 11 PM: Beer Tent  
Noon - 8 PM: Seven Hills Historical Society Open House (City Hall)  
1 PM: Corn Hole Tournament, ages 10 and over  
2 PM: Seniors of Seven Hills Drawing; Sponsored by Pleasant Lake Villa  
3 PM: Cuyahoga County Dog Shelter Dog Show; Sponsored by Greystone Veterinary Hospital  
3 - 4:30 PM: BINGO; Sponsored by Legacy Health Services  
4 - 5 PM: Magic Mike the Magician (Main Stage)  
5 - 7 PM: Bubble Show by Dr. U.R. Awesome (Main Field)  
5 - 7 PM: The AirChiefs (Side Stage)  
8 - 11 PM: Yacht Rock Cleveland (Side Stage)  
8 - 11 PM: The Jam Machine (Main Stage)



# ENGINEERING DEPARTMENT

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

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

The City of Seven Hills will be performing pavement rehabilitation and resurfacing on eleven (11) streets this year!

The following **asphalt streets** will be 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)
- Mapleview Drive (from Broadview Road to Calvin Park Parking Lot)

The following **concrete streets** will be 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

### Friendly reminders:

Pavement work is anticipated to begin in mid-to-late July (*not necessarily in the order shown above...*).

Both Contractors will be hand-delivering construction notices to front doors of all affected property owners at least one (1) week before pavement resurfacing operations begin.

The Contractors will not be blocking any driveways for long periods of time. You will have access to your driveway at all times.

Please drive extra careful and slowly during the construction activities occurring on your street.

Please be mindful of the operating construction equipment and the parked construction equipment.

Please keep children, pets and yourselves away from construction equipment that will be parked overnight and over the weekends.

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](mailto:dcollins@rlba.com) or by phone to (216) 525-6258.

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

### \*\* \* Construction for the Mapleview Drive & East Hill Circle Water Main Replacement Project is nearing completion! \* \*

Water mains on both Mapleview Drive and East Hills Circle have both been replaced.

Temporary water connections should now have been converted back to the permanent water lateral service connections to each of the homes.

Restoration work is continuing along both streets in preparation for the complete street resurfacing of Mapleview Drive and East Hill Circle in mid-to-late Summer 2019.



Continued from previous page...

**\*\*\* 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:

Pavement resurfacing of the streets has been postponed from the original anticipated May, 2019 date. Pavement resurfacing is now anticipated to commence in mid-to late July, 2019 with continued project restoration to occur soon after the paving is completed.

The entire Project is scheduled to be fully completed by the end of August, 2019.

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

Friendly reminders:

Please drive extra careful and slowly during the construction activities occurring on your street.


Please be mindful of the operating construction equipment and the parked construction equipment.

Please keep children, pets and yourselves away from construction equipment that will be parked overnight and over the weekends.

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](mailto: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.



**Seven Hills Farmers Market**  
**7221 Broadview Road**  
**Seven Hills, OH 44131**  
**THURSDAYS, 4pm - 7pm**  
**JULY — SEPTEMBER**

**Taleris**  
CREDIT UNION, INC.

**Vince Probat Insurance Agency, Inc.**  
Personalized attention for all your insurance needs.  
216.524.2307 • [www.vprobatinsurance.com](http://www.vprobatinsurance.com)

**Important Message from Seven Hills  
Service Department**

**Robo-Call Information Update Needed**

The City of Seven Hills is updating our Resident Robo-Call Service Notification System. If you would like to receive telephone calls from the City of Seven Hills regarding City News & Notifications (trash delays, leaf pickup, snow parking bans, etc...) we need your contact information updated.

**Please contact Sue at 216.525.6225  
[soyster@sevenhillsohio.org](mailto:soyster@sevenhillsohio.org) to have  
your info added to  
the list!**

Any and all information collected will be kept strictly confidential and will not be sold, rented, loaned, or otherwise disclosed.



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



## **Noise restrictions**

The Seven Hills Police Department would like to remind all residents that summer is here which means nice weather, yard work and more people out and about in the neighborhoods. You may not know that while working in the yard there are some City Ordinances that limit the hours you can complete certain yard work or play loud music or create similar types of noise. Here are the hours that allow you to use different types of tools or play radios and other similar devices. The entire ordinances can be viewed on the city's website.

### C.O 555.03(k) Domestic power tools and Equipment

Monday – Friday 8:00 AM – 9:30 PM  
Saturday – Sunday 10:00 AM – 8:00 PM.

### C.O 555.03(g) Construction Equipment, Drilling or Demolition

Monday – Friday 7:30 AM – 9:00 PM  
Saturday – Sunday 9:00 AM – 8:00 PM

### C.O. 555.003(i) Radios, Televisions Sets, Musical Instruments and Similar Devices

Monday – Friday 8:00 AM – 9:00 PM  
Saturday – Sunday 9:00 AM – 8:00 PM

## **Theft from vehicles**

Summer is always the time we experience thefts from cars that are left unlocked in driveways and streets. Please remember to remove all valuables from your vehicles each night and lock your car doors. As always, please call the Seven Hills Police Dispatch Center at 216-524-3911 to report any suspicious activity. For all emergencies dial 911.

## **Solicitors/Do Not Knock List**

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

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

## **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.





# FIRE DEPARTMENT

## Important information from YOUR Fire Department:

According to the National Fire Protection Association, there are an average of 385,500 residential fires every year. While taking out a Homeowners insurance policy with fire insurance coverage will help protect you from the costs incurred from a house fire, following these fire safety tips can help prevent a fire from starting in your home and the loss of many memories.

### Fire Safety Tip #1: Don't Smoke Indoors

Smoking indoors can cause more damage than you may realize. Over 18,000 fires are started by smoking materials annually, causing \$476 million of property damage. While it's best not to smoke indoors or on exterior balconies or porches, if you do, be sure to completely extinguish any cigarettes and never smoke when there's a chance you might fall asleep. If you smoke outside, make sure the smoking material is properly disposed. Fires in our city have been caused by careless placement into flower pots; potting soil is combustible.

### Fire Safety Tip #2: Keep Your Dryer Clean

It may surprise you but completing common household chores like cleaning the lint trap in your dryer can help prevent fires. In 2010-2018, U.S. fire departments responded to almost 18,000 home structure fires involving clothes dryers or washing machines each year. In addition to keeping your washer and dryer clean, it's best to only run them when you will be home to supervise, that way if a fire starts, you can take immediate action. Dryer lint is very combustible, make sure you clean the lint after every use.

### Fire Safety Tip #3: Practice Summer Grill Safety

Over 10,000 house fires a year are attributed to grills and fire pits. Whether it's because people use their grill too close to their home or they use the wrong fire starter to ignite the charcoal grill, proper summer grill safety can help prevent fires from starting. This includes everything from grill placement, making sure your grill is clean, safely disposing of charcoal briquettes, and never leaving your grill on while unattended.

### Fire Safety Tip #4: Don't Leave Candles Unattended

Candles can create a relaxing ambiance for your home, but unattended candles can be incredibly dangerous. In fact, from 2011-2018, over 9,600 fires a year were started by candles, with \$324 million in property damage. Never leave candles in a room unattended, especially if you have children or pets, and always make sure to clear the area around a candle of anything that could possibly ignite, including decorations, curtains, papers, etc.

### Fire Safety Tip # 5: Practice Firework Safety

Fireworks and sparklers account for roughly 15,000 fires per year, including house fires, vehicle fires, and outdoor fires. To avoid injury and potential fires, it's important to practice firework safety, including **only using legal fireworks**, having a designated area for setting off fireworks, only lighting off one firework at a time, only letting responsible adults use sparklers and fireworks, and properly disposing of firework remnants after they've been used. Those sparklers can cause massive burns and fires when exposed to the elements.

Lastly, residents can be proud the City added a second NEW Braun Super Chief rescue squad to our fleet. This represents a substantial investment of over \$500,000 to replace the old squads that were constantly in the shop with costly repairs. Just like your own vehicle, normal driving and wear and tear takes its toll over the years. We hope all of our residents continue to have a safe and enjoyable summer season. Hope to see everyone at the Seven Hills Home days event this year. Call us if you need us, but remember to dial 911 or 216-524-3911.



# SERVICE DEPARTMENT



## SERVICE DEPARTMENT

Jack Johnson – Service Director

PH: 216-525-6225 / jjohnson@sevenhillsohio.org

**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 than 4:00PM on the day prior to the scheduled date of collection. Collection is delayed one day the week of Labor Day.

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

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

**Document Shredding** – The next scheduled date will be **August 20th** from 1PM-7PM behind City Hall. Documents will be shredded on site. This service is for Seven Hills residents only. No business's. Residents of Seven Hills may bring their personal records, financial documents, letters, manila folders, ledgers, cancelled checks, old invoices and bills. Staples and paperclips do not need to be removed. No plastic, metal spirals, 3-ring binders, cardboard or magazines.

**Household Hazardous Waste & Computer Roundup** - The next roundup will be **September 17th** from 8AM to 6PM behind City Hall. For more information please check the Cuyahoga county solid waste district website: [www.cuyahogarecycles.org/seven-hills](http://www.cuyahogarecycles.org/seven-hills)

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

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

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



# SEVEN HILLS HISTORICAL SOCIETY

The Seven Hills Historical society participates in activities to document and commemorate the history of our City.

The Seven Hills Historical Society promotes PRIDE in the City by collecting and retelling stories of how Seven Hills serves its residents. The Seven Hills Historical Society is on a mission to ensure the history of the City is not lost.

Please come to a meeting and get to know us and learn of our dedication to preserving Seven Hills history.

We meet the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month from 12PM to 2PM.

## SEVEN HILLS HOME DAYS

Be sure to stop visit the Seven Hills Historical Society Room located in City Hall adjacent to the Mayor's Court. Room will be open

6PM to 8 PM on Friday, July 26 AND 12 Noon to 8 PM on Saturday, July 27

We look forward to seeing you!

If you have questions, or request an appointment, contact our President, Judy O'Donnell at 1-440-340-4435

## *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

snitzky7hills@ymail.com

Ward 2

Norman Martin

216.317.4600

NormMartin7Hills@gmail.com

Ward 4

Randolph Greenwald

216.453.0861

Council-At-Large

Patrick Elliott

216.990.8725

elliott47hillscouncil@yahoo.com

Council-At-Large

President Pro Tem

Stacey L. Kelly

216.642.3722

slk7hills@gmail.com

Council-At-Large

Leslie Stager, Ph.D.

216.446.5097

Leslie.stager@me.com

## *Council Quarterly Section*

### Council President Tony Biasiotta:

Summer is now in full swing. We should be due an extra beautiful summer after enduring a spring noted by record setting rainfall. I once again I look forward to writing this newsletter and providing you with updates on progress being made throughout the City.

**Progress.** Due in part to the wet spring, development on Vitalia Senior Residence at Seven Hills on Rockside Rd may continue into 2020. However, many of the largest buildings of this project are already up and can be easily viewed from the street. The City and Fairmount Properties continue to negotiate terms for the larger development. This phase largely consists of both parties signing a development agreement. This agreement would bind both parties and set forth specifics as to what will be built, when, and even how. As previously stated, being the last major parcel available for development in Seven Hills, we must ensure the project makes sense for both the City and the developer before signing such an agreement. In spite of the rumors, I'm pleased to report that there is no change to the status of Meijer replacing the old KMART. The only update is that KMART closed earlier than anticipated and continues to hold the lease. Meijer continues to work with the City in preparation for building on the site at the end of KMART's lease or termination of those rights (whichever happens first). Most recently, Meijer has agreed to pay the City up to \$200,000 to install a traffic light and update the traffic pattern to account for the new building. Also, Meijer requested and was granted two preliminary post office addresses to help facilitate progress (one for the main building and the other for convenient store / gas station).

**Partnership.** This past February, the City signed an agreement with the Cuyahoga County Public Works Division. This partnership will allow the City to take advantage of certain economies of scale that the County can offer. You can expect to see County sewer trucks and other service vehicles throughout the City over the next several months. First off, the County will be working on our catch basins (this work will be supplemental to the Seven Hills Sewer Department). This contract will enable the City to impact multiple streets at that same time.

**Pride.** City Council continues to recognize the many individuals that make Seven Hills a special place to live and work. Our efforts along with those of the Seven Hills Hall of Fame Committee's "Resident of the Month" program have combined to recognize over 14 individuals to date.

Respectfully submitted,

Tony Biasiotta  
Council President  
216-459-9312  
[TonyBfor1@gmail.com](mailto:TonyBfor1@gmail.com)



*P.S. Come up this year's Home Days and say hi. - July 26th 6pm - 11pm and July 27th Noon - 11pm*

## *Council Quarterly Section*

Hello Seven Hills Residents:

Summer is finally here and you know what that means.....many great Community Service events in our City. Here are just some of the highlights:

**The Farmers Market** which will start for the season on Thursday, July 11<sup>th</sup>. The market is every Thursday from 4:00 pm to 7:00 pm at the corner of Hillside and Broadview Road. Come out to support your local farmers and vendors. It's a great way to mingle with your fellow neighbors.

**The Seven Hills Home Days** will be celebrated the **weekend of July 26<sup>th</sup>** located behind City Hall. Fireworks are scheduled for both nights and be sure to check out the great entertainment. Elvis will be returning for an encore performance!!

**In Council news...**The Hemlock Creek Watershed Utility Project is moving along and nearing completion. With all the rain that has drenched our area, pavement re-surfacing has been delayed until mid-late July. The completion of the entire project is anticipated to be wrapped up in August 2019.

This Spring, Council voted and approved to have eleven (11) streets resurfaced and/or repaired. The streets scheduled are: Rollingview Drive, Parkview Drive, Maple Hills Drive, Lombardo Center (joint repairs only), East Hillsdale Avenue, West 9<sup>th</sup> Street, East Hill Circle and Plumwood Lane. We have also partnered with neighboring cities and the County to resurface the following streets at a fraction of the cost: McCreary Road, Evelyn Avenue and Mapleview Drive. I think we can all agree construction is not fun to drive in, but it is a necessity. Please be sure to exercise patience and safety while travelling thru all construction zones.

**In Committee News...**Recently, I was appointed as Chairperson of the Rules, Ethics and Ordinances Committee while in turn Council-at-Large, Leslie Stager will now be the Chairperson of Community Services.

As this Committee is new to me a Special Committee Meeting was held on Thursday, June 27, 2019 for organizational purposes. During that meeting, the pending legislation within that committee was divided between my Committee members, Randy Greenwald (Councilman Ward 4) and Norm Martin (Councilman Ward 2). In the upcoming newsletters I will provide legislation that was discussed and/or passed within our Committee so stay tuned.

As the Chairperson of Rules, Ethics & Ordinances is there any type of legislation that you would like to see addressed? If so, please reach out to me with any ideas or concerns you may have. I strongly encourage all residents to attend our Caucus and Council meetings which are open to the public. It's a great way to stay informed in your City government.

Please feel free to reach out to me at any time with any questions, concerns or complaints at: [slk7hills@gmail.com](mailto:slk7hills@gmail.com) or at: 216-642-3722. You will not be ignored as I respond to everyone. Have a safe and enjoyable Summer! Thank you and God bless.

Stacey L. Kelly  
Council President Pro Tem





# Council Quarterly Section

Water' Water Everywhere

Friends and Neighbors,

My stomach is just now starting to settle down from all of the stories of sewage flooding basements in the ward. I am so sorry that you had to endure this. You should know that I am continuing to advocate for the Ward, especially in the Hemlock project, to determine a cause of these issues. However whether it is basement flooding, surface pooling, or creek erosion the one huge mitigating reason for all of these issues is the inordinately wet spring; and in the final analysis that could end up being the main reason for all this. It is awfully hard to effectively engineer your way out of mother natures way. The administration is closely mapping these water related issues to try to determine causes and a plan of action if it is within the city's authority and ability to influence.

In the Hemlock district the best way to solve many of these problems is to complete the project. After running into gas line issues on Hillside early on, the contractor has started to complete that section. Some of this delay was at my urging as I thought it was best to delay until school was out. I was also assured by the Engineer Dan Collins just days ago that paving would be completed in the project by the end of the construction season. The larger gas line that is required to power the lift station on Mary Lane will be bored through the ground and according to him will not require a delay in paving.

Also this years city road program should commence in the next few weeks. In the Ward Parkview Dr. and Mapleview are scheduled to be completed. The Mapleview water line is mostly completed and paving should commence on schedule. To the residents on Karen. You need to know that I *strongly advocated* for your street to be included in this years road program. Believe it or not all the other streets in the program were judge by an independent engineering firm to be worse than Karen! I advocated that was because of the paving prep repairs that where done when Donna Rae was paved. I was unsuccessful. Know that Karen is still very high on my radar for the next road program.

Lastly, this is an election year. Look closely for candidates that have promoted progress in a collegial and professional manner. Personal sniping and lack of decorum have no business in the public service arena

Have a great summer. Hope it is warm and sunny

Tom Snitzky  
Councilman City of Seven Hills  
Ward 3

## Stay Up to Date!



City of Seven Hills



@SevenHillsCity



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# Broadview Multi-Care Center

Skilled Nursing and Rehabilitation



## Five Star Overall Rating

Centers for Medicare and  
Medicaid Services



## Perfect Health Survey

Ohio Department of Health  
Annual State Survey

### Services Provided

- Short-term rehabilitation with private suites
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- On-site cardiology and pulmonary medical care
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- Respite care
- Hospice care
- Memory support

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



## Broadview Multi-Care Center

Part of the Legacy Health Services Family

5520 Broadview Road · Parma, OH 44134

216-749-4010 [www.broadviewmulticare.com](http://www.broadviewmulticare.com)



# COMMUNITY RENTALS



*Gathering Rooms are available for Members & Non-Members*

**All Rental Rates are Per Hour**

Room / Rental	Member Rate	Non-Member Rate
<b>Gathering Rooms</b>		
1 Room	\$40	\$65
2 Room	\$70	\$100
3 Room	\$100	\$130
<b>Patio</b>	\$15 Flat Fee	\$35 Flat Fee
<b>Kitchen</b>	\$20 Flat Fee	\$35 Flat Fee
<b>Pool (After Hours)</b>	<b>Call for Pricing!</b>	
<b>Pool Party</b>	\$65	\$95
(Includes Rental of Pool & 1 Room)		
<b>Gymnasium</b>		
1 Court	\$60	\$80
2 Courts	\$105	\$140
<b>Aerobic Studio</b>	\$40	\$60

**City Hall Community Rooms Resident Only - Call for Pricing!**

Reserve your baseball fields, soccer fields, picnic pavilions and more!

Be sure to plan ahead - our reservations typically fill up 3-6 months in advance!

Contact Spencer Abbott at 216.524.6262 ext. 400 for all rentals!



# Fall Fest

Sunday, Oct. 6th

Face painting!

1 - 4 PM at the Seven Hills Recreation Center

Pumpkin Painting!

Chili Cook Off!



**FREE ADMITTANCE**  
ALL AGES WELCOME!



Hayrides!



# FARMERS MARKET FOOD TRUCKS!



July 11/Barrio Tacos

July 18/Smash Time

July 25/River Dog

August 1/Cheezylicious

August 8/Barrio Tacos

August 15/Hatfield's Goode Grub

August 22/The Little Piggy

August 29/Jackpot Chicken

September 5/ Cedar Grill

September 12/Barrio Tacos

September 19/Hatfield's Good Grub

September 26/Slyman's Tavern

**Thursdays 4:00 -7:00 PM. 7221 Broadview Road**



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14-1296

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staff@kulickdds.com  
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www.dianeweseloh.com



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14-1296



# Seven Hills Community Recreation Center

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



## Recreation Center Hours:

Sundays: 12pm - 6pm • Mondays- Fridays: 5:30am - 9pm • Saturdays: 8am - 8pm

*\*Pool Closes 15-minutes prior to rest of building .*

**THE RECREATION CENTER WILL BE CLOSED FOR  
MAINTENANCE AND IMPROVEMENTS BEGINNING  
SUNDAY, SEPTEMBER 1ST AND WILL RE-OPEN  
ON THURSDAY SEPTEMBER 12TH**

---

June 9th, 1960, Bob Feller threw out the ceremonial first pitch before a game at Calvin Park. Over the years, the Opening Day Celebrations came and went, and for a few years, even disappeared.

June 8th, 2019 - Super Joe Charboneau welcomes back the Opening Day Celebration along with upgraded fields, an updated Parks and Rec Dept., and a packed house, as over 500 participants attended the family event hosted by Seven Hills Recreation Department.

Charboneau welcomed participants and their families with a personal message after Seven Hills' own Georgia Kostyack sang a beautiful rendition of the National Anthem.

7 games were hosted on 3 fields at Calvin Park. This event was made possible by donations of hot dogs, buns and chips from Sharon LaBuda of Howard Hanna, waters from Council Person Tony Biasiotta, as well as kids drinks and condiments courtesy of Council Representative Stacey Kelly. The Baker's Union Local 19 was an event sponsor that helped to provide face painting for kids and a bounce house obstacle course. Since it finally stopped raining and the weather was perfect - Kona Ice was available near Calvin Field #1. Rookie Athletics owner Phil Tomberlain hosted a Pitch-Hit-Run contest and Sir CC of the Cleveland Cavs also stopped by.





# ANNUAL MEMBERSHIP INFORMATION

## Seven Hills Resident Membership Info - Annual / Upfront Payment

Youth	\$105	A resident 12 years old or younger ( <b>must</b> 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 ( <b>must</b> 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 upfront 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.

***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 in Gym 2 - 10am - 11am August and September are Non-Traditional Tai Chi Steps. October and November are Line Dancing!

**Fee: \$2 per class**

**Fore more info, Call Jackie at 440-546-7531**



Thanks to Rec Center Romina ~  
Weekly Coffee Sponsor!

**Health  
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Questions?**

Call Romina Alesci  
1-216-687-7479







## ADULT PROGRAMS

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

**Summer 2: July 21st - August 31st (Registration Begins July 7th)**

**Fall 1: September 15th - October 26th (Registration Begins August 25th)**

**Fall 2: November 3rd - December 14th (Registration Begins October 20th)**

### **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 - IS BACK!!**

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. **10/17 and 10/24- Try us for FREE!!**

**Instructor: Nela Serrano**

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

**NEW!! Saturdays 11am - 12Noon**

**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!**

**Summer 2: July 21st - August 31st (Registration Begins July 7th)**

**Fall 1: September 15th - October 26th (Registration Begins August 25th)**

**Fall 2: November 3rd - December 14th (Registration Begins October 20th)**

## **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](mailto:tanya_verderber@yahoo.com) to set up an appointment or for more info!**



## ADULT PROGRAMS

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

**Summer 2: July 21st - August 31st (Registration Begins July 7th)**

**Fall 1: September 15th - October 26th (Registration Begins August 25th)**

**Fall 2: November 3rd - December 14th (Registration Begins October 20th)**

### **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](http://www.flexcity.com)**



## **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](http://www.totallytonedpersonaltraining.com), find us on Facebook, or call 216-548-5383 today to schedule your free 30-minute consultation and workout!

**CLEVELAND  
HOTLIST**

**Contact Trainer Mike at 216-548-5383  
TODAY!**

- Cardio - How to use your heart rate to achieve your desired result.
- Nutrition - Which foods will help or hinder your progress and long-term results.
- Weight Training - Gain lean muscle mass helping to burn more calories-even at rest.





# SEVEN HILLS 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 - 7<sup>th</sup>, 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!)

## **Etiquette Class: Instructor: Kim Franz**

Certified Children's Etiquette & Manners Instructor ~ For children age 6-15

Children will learn the following: Setting a table from start to finish, table manners and etiquette, American style of dining, continental style of dining, proper introductions, posture, the napkin, please and thank you's, dining conversation, proper way to utilize utensils, passing the food, and complimenting the chef.

All students receive an Etiquette "Set Right" Placemat and Brunch.  
Minimum 10 participants / Max 25. Must Register by 9/15/19\*\*



**Date: Saturday, September 21st - 11am - 12:30pm Location: Seven Hills Recreation Center Fees: \$35 per student.**

## **The Money Game: Instructor: Kim Franz**

In this class, students age 10 and up will work for a paycheck, pay their expenses, learn how to save, and learn how to acquire passive income with purchased assets. What sets this class apart is the ability to teach students how to invest and become financially sound!



Max Class Size -15. Must Register by 9/15/19\*\*

**Date: Saturday, September 21st - 1pm - 3pm Location: Seven Hills Recreation Center Fees: \$40 per student**

## **Kids Day Off Program - Fridays: October 11th and 18th - \$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!

**Coming Soon...Parent's Night Out is back!**  
Contact Joe at [jbass@sevenhillsohio.org](mailto:jbass@sevenhillsohio.org) for details

## **SEVEN HILLS FALL SOCCER FEDERATION**

Registration for the Fall 2019 / Spring 2020 Seven Hills Youth Soccer Program will be going on July 21st - August 15th, 2019 for ages 7 - 15.

Registration Covers BOTH Fall 2019 and Spring 2020 Seasons. (So if you register in the Fall, your payment covers both Fall and Spring!) **Contact Jen at [jburger@sevenhillsohio.org](mailto:jburger@sevenhillsohio.org) with questions!**  
**Fall Soccer begins September 7th, 2019**

For additional league information, please visit the Suburban Recreational Soccer League's website at [www.srslonline.org](http://www.srslonline.org). **NEW AGE GROUPS! PLEASE VISIT WEBSITE FOR INFO!**

**PARENTS - we are always looking for volunteers to help with coaching and other activities involving the soccer program.** Please designate your interest on your child's registration form! **Fees: RESIDENTS: \$60 NON-RESIDENTS: \$70 \$10 Late Fee will apply for those that register after August 15th.**



---

Adult Men's Hoops Fall 2019 Basketball Contact Jen at [jburger@sevenhillsohio.org](mailto:jburger@sevenhillsohio.org)

**Fall League Registration Begins August 25th**  
Sunday Men's League - Begins mid-September - \$325  
Thursday Men's League - Begins Mid-September - \$325



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## **ADULT CO-ED SOFTBALL**

Friday Night Co-Ed Fall-Ball League begins Friday, August 23rd!  
Registration opens July 15th! Team Fee is \$275 + weekly ump fees (registration price includes jerseys and game balls).

Contact Joe Bass for more details at [jbass@sevenhillsohio.org](mailto:jbass@sevenhillsohio.org)



---

## **Seven Hills Youth Rec Basketball Program**

Boys leagues 3rd/4th grades, 5th/6th grades, and 7th/8th grades  
Girls leagues 3rd/4th grades and 5th/6th grades

Proud Participants of the Junior Cavs Program!

Registration begins September 1st

[www.sevenhillsbasketball.com](http://www.sevenhillsbasketball.com) or contact [7hillshoops@gmail.com](mailto:7hillshoops@gmail.com)  
with questions!





ROOKIEATHLETICS.ORG  
CALL 216-524-6262

Register for Summer Session &  
Basketball Camp Today!

Registration for Fall opens August  
12th.

## Basketball Camp

First hour is skills&drills developing  
basketball timing, balance, and  
fundamentals. Second hour is individual  
and team competition games.  
Last hour is gameplay. 1v1-5v5  
Space is limited sign up today!

Each camp is Mon-Fri 12pm-3pm  
Price: \$100

August 5th - 9th (5-8 yr old)  
August 12th - 16th (9-11 yr old)

### QUESTIONS?

CONTACT COACH PHIL AT:  
216-502-0805  
ROOKIEATHLETICS@GMAIL

## Upcoming Youth Programs

### YOUTH BASKETBALL LEAGUE

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

Day and Time: Saturday Mornings

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

Price: \$75.00

Fall Session: September 14th - October 19th

### 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.

Day and Time: Tuesday or Thursday Evenings

- 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(New Day & Time)
- Ages 9-11: Thursdays 6:15 pm - 7:00 pm

Price: \$50.00

Fall:

September 10th - October 15th (ages 3-4 & 5-6)  
September 12th - October 17th(ages 7-8 & 9-11)



## DODGEBALL

After a brief rule review we dive directly into game play in a fast paced, ball-flying, dippin n' dodgin exciting time.

Sunday at Noon

- Ages 6-11, 12pm-1pm

Price: \$30.00

Summer: July 28th - Sep 1st

Fall: Sep. 15th - Oct. 20th

## 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: \$50.00

Summer:

July 25th - Aug 29th

Thursday Evenings

Ages 3-4, 5:30 pm - 6:00 pm

Fall: New date & Time

Wednesday Evenings

Sep 11th - Oct 16th

- Ages 3-4, 5:30pm - 6:00pm
- Ages 5-6, 6:15pm-7pm

## Upcoming Youth Programs

### YOUTH SOCCER SKILLS

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

Day and Time: Monday Evenings

- Ages 3-4, 5:30 pm - 6:00 pm
- Ages 5-7, 6:15 pm - 7:00 pm

Price: \$50.00

Summer: July 22nd - August 26th

Fall: September 9th - October 14th

### T - BALL

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. Price: \$75

Day and Time: Sunday Mornings

Ages: 3-4

10am- 12pm (You will be Contacted via Email for exact times before week 1)

Summer: July 28th - Sep 1st

Fall: (New date & Time) Sep 14th - Oct 12th

Saturday Evenings

5pm - 7pm (You will be Contacted via Email for exact times before week 1)

All Programs located at the Seven Hills Community Recreation Center  
7777 Summit View Dr., Seven Hills, Ohio 44131

Website: [www.sevenhillsohio.org](http://www.sevenhillsohio.org) | Phone: 216-524-6262

QUESTIONS?

CONTACT COACH PHIL AT: 216-502-0805 OR [ROOKIEATHLETICS@GMAIL.COM](mailto:ROOKIEATHLETICS@GMAIL.COM)

# 2019 FALL AQUATICS PROGRAMS\*

Register and More Info at [WWW.SEVENHILLSOHIO.ORG](http://WWW.SEVENHILLSOHIO.ORG)

Mike Gallagher (Aquatics Supervisor) | [mgallagher@sevenhillsohio.org](mailto: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

**Fall Monday & Wednesday** (Session runs 9/16-11/6)

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

**Fall Saturdays Only Session** (Session Runs 9/21-11/9)

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

## Beginner Seahawks Swim Team

**Fall Saturdays Only Session** (Session Runs 9/21-11/9)

- **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](mailto: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](http://fastlaneswimming.net).

## Adult Masters Swim Group

- 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.

**Contact the Aquatics Supervisor for more information.**

## 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.**

## Group Learn-to-Swim

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

### Monday and Wednesday PM

<b>Summer 2</b>	7/8-7/31 (Registration Runs 6/26-7/4)
<b>Summer 3</b>	8/5-8/28 (Registration Runs 7/31-8/3)
<b>Fall 1</b>	9/16-10/9 (Registration Runs 8/28-9/11)
<b>Fall 2</b>	10/21-11/13 (Registration Runs 10/9-17)

### Saturdays Only AM

<b>Fall</b>	9/21-11/9 (Registration Runs 8/28-9/17)
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Level	Mon/Wed PM	Saturday AM
<b>Starfish</b>	XXXX	10:00-10:30 10:45-11:15
<b>Tadpole (Pre 1)</b>	5:00-5:30 6:30-7:00	10:00-10:30 11:30-12:00
<b>Frog (Pre 2)</b>	5:45-6:15 6:30-7:00	10:00-10:30 10:45-11:15
<b>Stingray (Pre 3)</b>	5:00-5:30 6:30-7:00	11:00-11:30 11:30-12:00
<b>Turtle (L 1)</b>	5:00-5:30 5:45-6:15 6:30-7:00	10:00-10:30 10:45-11:15 11:30-12:00
<b>Penguin (L 2)</b>	5:00-5:45 5:45-6:30	10:00-10:45 11:15-12:00
<b>Sea Otter (L 3)</b>	5:00-5:45 6:15-7:00	10:00-10:45 11:15-12:00
<b>Dolphin (L 4-6)</b>	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](http://fastlaneswimming.net) for more information and details.

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





## WATER AEROBICS

### CARDIO & TONING WITH LEIGH:

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

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

### LOW IMPACT WATER AEROBICS:

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

**Fall ~ Mondays, Wednesdays, & Fridays: 9:00am - 9:45am (Beginning September)**

**Summer ~ Mondays, Wednesdays, & Fridays: 8:00am - 8:45am (Until August 30th)**

### 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.

**Fall ~ Mondays, Wednesdays, & Fridays: 9:00am - 9:45am (Beginning September)**

**Summer ~ Mondays, Wednesdays, & Fridays: 8:00am - 8:45am (Until August 30th)**

### 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**

### SWIMSATIONS: PEDIATRIC AQUATIC THERAPY GROUP

SwimSations is a new and unique play-based aquatic therapy program for children with sensory processing challenges. It will provide each child the opportunity to explore new sensory experiences, while teaching water safety skills, social skills, self-regulation skills, and having fun! **Ages 4-8: Tuesdays 5:30 – 6:15 PM**

**For pricing, questions, and to register please call Kristen Pataki at 440.567.3648  
or email at [kristen.pataki@gmail.com](mailto:kristen.pataki@gmail.com)**

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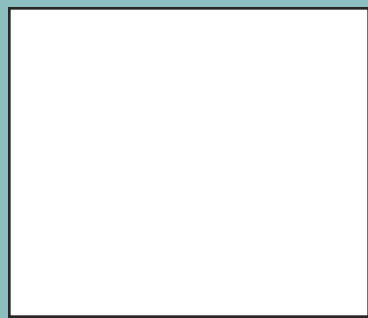
**OUR HOURS**  
Monday - Closed  
Tuesday - 10am-4pm  
Wednesday - 10am-2pm  
Thursday - 2pm-6pm  
Friday - 2pm-6pm  
Saturday - 9am-12pm

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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](mailto:kholland@sevenhillsohio.org)

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**Delayed Trash Pick Up Schedule:**

**September 4th & 5th - (Labor Day Week)**  
Pick up delayed one day

**November 28th - (Thanksgiving)**  
Thursday will be picked up on Friday

**City Hall Holiday Hours:**

Monday, September 2nd - CLOSED  
Labor Day

Monday, October 14th - CLOSED  
Columbus Day

**Recreation Center Holiday Hours:**

Labor Day  
Monday, September 2nd - 5:30am-12:00pm

**THE RECREATION CENTER WILL BE CLOSED FOR MAINTENANCE AND IMPROVEMENTS BEGINNING SUNDAY, SEPTEMBER 1ST AND WILL RE-OPEN ON THURSDAY SEPTEMBER 12TH**