

City of Seven Hills Community Newsletter

Home Days 2020 Edition



A Message from Mayor Tony Biasiotta –



Happy Summer! I hope that as we usher in the summer season, we will be able to take a break from the challenges 2020 has presented us and focus on all of the wonderful things that come with the season. This isn't exactly what any of us had in mind when the calendar flipped to

2020. I took the oath of office about seven months ago. On one hand, the time has passed in a blink of eye, yet at times, it seems it was an eternity ago. I am sure my experience this year is not unique.

Many have reached out stating how terrible it must be that in very my first few months of becoming Mayor of Seven Hills, we have had to deal with a global pandemic, the resulting economic disruption, and two incredibly rare weather events. While I'm deeply saddened that so many are suffering and it is stressful dealing with budget tightening, I tell them fret not. Adversity does not build character, it reveals it. This has been a trial by fire than no one could have predicted and I feel as if I was put into this role for a reason.

As we continue into the summer months, some of the emergency measures that were instituted back in March have been slowly lifting. Our Recreation Staff has done a tremendous job working diligently to ensure the safety of their members and staff. We have also welcomed back our summer campers. Beginning July 2nd, we are welcoming back our Annual Farmers' Market. It will be nice to visit the market along with trying the different food trucks that are lined up again once this year.

This spring, with a heavy heart, we announced the passing of two long time City officials, former Mayor Richard Ganim, 93, and former Councilman Robert J. Leech, 74, known as "Councilman Bob". "Councilman Bob" passed from COVID-19 and his family has asked me to remind everyone to continue to take precautions that will help prevent the spread of this terrible virus.

Further, our long-standing Home Days tradition was cancelled for this summer. This was a difficult decision. However, under the current guidelines and increasing vendor cancellations it was becoming evident that we could not present a quality event, but there was yet a more critical factor; our volunteers. The heart of our Home Days has always been our volunteers. This group is predominately made up of individuals in the high-risk category. We simply could not overlook that risk! The administration quickly went to work on a creative alternative with our Seven Hills "Stay-At-Home" Days. This event will be held on Saturday July 25th with the hope of bringing a piece of our traditional Home Days to our residents.

Seven Hills, like all cities, has been impacted financially by the economic disruption brought on by COVID-19. The city is currently forecasting \$1.2 million less income tax than budgeted. However, we acted very quickly and froze most spending in March. As of our May YTD financials our general fund expenses are \$880,000 LESS than last year. In addition, we have identified approximately \$300,000.00 in un-budgeted revenue. Most importantly, we as a city were able to significantly increase cash reserves over the last couple of years. Utilizing a portion of these reserves will help us weather the storm without any service disruption to residents and allow important infrastructure projects to move forward. Moreover, our Safety Forces have remained and WILL remain at FULL operational strength.

Vitalia Active Adult Community at Rockside has projected an open date of late August and represents a nearly 29-million dollar investment in Seven Hills.

Recently, Fairmont Properties (Rockside Road project) announced the hiring of the architectural firm HKS Inc. to create final developmental plans. In addition, CBRE was retained to take the lead on retail leasing and CRESCO was brought in to handle the office space leasing.

Continued on page 2...

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
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

Continued From Front Cover...

Meijer remains on schedule. If you have driven by lately, you will notice that the walls to the store have gone vertical!



Council is currently reviewing two potential ballot issues. First, is a parks and recreation levy. At the end of this year the current bond issue that is at 1.65 mills will expire. The proposed initiative is 1.4 mills. I recommended this approach to Council for the following reasons: 1. It will slightly lower taxes 2. It will provide for the on-going legacy costs of the Recreation Center 3. It diversifies the dedicated use of the funds to include our parks (the parks provide recreation to all residents, not just members, and this is extremely important to me). The measure was unanimously passed by the finance committee, and if passed by Council as a whole, it will be on the November ballot.

Second, is a proposal from Dairy Queen to move into the Ruby Tuesday building. Dairy Queen is proposing a Grill-n-Chill concept (new version of the old Brazier brand). If approved by Council and the Planning Commission, the required zoning will be on the November ballot.

Our Fire Department is currently performing city-wide hydrant maintenance. When they are in your neighborhood make sure you run the cold water until clear. In addition, we started an Adopt-A-Hydrant Program. Details on this program can be found on Page 4 of this newsletter.

Our Service Department took possession of brand new 10-ton truck. This truck arrived just in time to help with the clean-up of debris left behind from the microburst. This truck's primary purpose will be snow removal. However, it came with a second equipment package that included a chipper.



Lastly, as we continue to enjoy our summer activities and venture outside with businesses and other venues opening, please remember to do your part by practicing the CDC recommended safety measures whenever possible. Stay Strong Seven Hills!

Sincerely,

Mayor Tony Biasiotta

Seven Hills



JULY 25

10 AM- Home Days Parade

Parade kicks off at McCreary & Pleasant Valley, heading South. For the complete parade route, please check out our Facebook page!

2 PM - Wing Eating Contest

Head on over to our Facebook page to watch the Wing Eating Contest held at the Seven Hills Tavern!

4 PM - Community Drawing

This years Community Drawing will be held on Facebook Live!

7 PM - Ace Molar Concert - LIVE!

Ace Molar will be holding a concert on Facebook Live starting at 7 PM!

**Stay At Home Days is brought to you
by Waste Management!**

FIRE DEPARTMENT



ADOPT - A - HYDRANT

As our crews arrive on scene to a fire, we need to immediately locate and gain access to the nearest fire hydrant. Crucial time is lost if we first need to clear away snow, weeds, or trash to obtain our water supply to help us put out a fire. This is where you can play an important role in our response.

The Seven Hills Fire Department is looking for help from our community. Our Adopt - A - Hydrant program is designed to help us maintain the 900 + fire hydrants located throughout the City of Seven Hills. If you choose to adopt a hydrant or two, we are asking that you keep them clear of trash and weeds during the summer months, clear them of snow in the winter months, and report any damage or leaking to the fire department.

We will also be teaming up with Sherwin Williams for this program. If you are willing to adopt 3 hydrants in your neighborhood, you can stop by the Fire Department and we will supply you, free of charge, the paint and brushes to freshen up the hydrants if they need painting.

If you would be willing to adopt one or more fire hydrants in your neighborhood please reach out to us at adoptahydrant@sevenhillsfire.org

If you have any questions you can also call
Firefighters Brian Dougan, Tom Kekelis, or Dave Kren at 216-524-3321



THE CITY OF SEVEN HILLS FIRE DEPARTMENT



This Certificate is Presented to

Sparky the Fire Dog

for your assistance to the Seven Hills Fire Department by
adopting a fire hydrant in your neighborhood.

Thank You!

Jamie Mcklenburg
Jamie Mcklenburg, Fire Chief





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.

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.

ENGINEERING DEPARTMENT



***** Hemlock Creek Watershed Utility Improvement Project – The new sanitary sewer main is available for connecting to! * * ***

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:**

As previously mentioned in the Spring / Summer 2020 City Newsletter, thank you to all residents and/or property owners who attended the Hemlock Creek Project meeting held on Saturday, February 29th at City Hall. The City Council and the City Administration both hope that this meeting was informative and productive in moving forward on the sanitary sewer lateral connection process.

As a reminder, the information packet (“SANITARY SEWER - SERVICE LINE INSTALLATION INFORMATION”) provided at the February 29th meeting is available online at <http://www.sevenhillsohio.org/en-US/Hemlock-Creek.aspx>. Since this packet provides permit requirements and details, you are encouraged to let your Contractor know that the information packets are available online.

All property owners / residents should have received by U.S. Mail a City of Seven Hills “Public Sanitary Sewer Availability” letter dated April 10, 2020.

At this time, your City-registered Contractor can apply for the required City Building Permit.

All property owners will be notified via U.S. Mail by the Cuyahoga County Board of Health, if not already, with the official connection notice. This letter is considered your official order from the Board to connect to the sanitary sewer and properly abandon your septic tank as per Ohio Administrative Code Section 3701-29-06 (I) under the authority vested in Ohio Revised Code Sections 3709.21 and 3718.10.

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:

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

Please be mindful of neighboring properties who may be having construction work performed for connecting to the new sanitary sewer.

Various construction equipment may be operating in the nearby vicinity.

Use common sense to ensure that children (and adults) keep away from all construction equipment whether it is operating or not.

As always, thank you for your continued utmost patience, cooperation and understanding. We are here to help if you have any questions.

*** * * East Sprague Road Resurfacing Project (County ID No. 1241) * * ***

The East Sprague Road Resurfacing Project is in collaboration and partnerships with the Cuyahoga County Department of Public Works, through its County Road Operations Resurfacing Program, the City of Broadview Heights and the City of Seven Hills. Cuyahoga County is providing 80% of project cost, while the Cities of Seven Hills and Broadview Heights are each contributing 10% of the project cost. Additional information is as follows:

- The City of Seven Hills Mayor’s office and Engineering Department have been working closely with the City of Broadview Heights on moving this Project forward into this year’s construction season.
- The estimated \$1,298,000.00 East Sprague Road Resurfacing Project, being performed by Specialized Construction, Inc., is nearing completion with final asphalt surface course installation occurring during the week of July 6th, weather permitting.

Project updates will be made available on the City’s website at: <http://www.sevenhillsohio.org/en-US/Engineering.aspx>.



ENGINEERING DEPARTMENT

***** Broadview Road Traffic Signal (for new Meijer Project, former K-Mart site) *****

The City of Seven Hills through the Engineering Department, will be publicly advertising bids for the proposed traffic signal warranted from the new Meijer retail project currently under construction.

- Advertisement for public bidding is being published on July 2nd and July 9th with the bid opening being held on July 20th. *Please note that at the time of this writing, the bid opening has not yet occurred, hence the awarded Contractor is not yet known at the time of this writing.*

Construction is anticipated to commence in mid-to-late Summer 2020.

***** 2020 Pavement Markings Program *****

The Engineering Department will be preparing specifications and bid packets for seeking public bids for the 2020 Pavement Markings. The following streets are anticipated for new pavement markings: Broadview Road, Chestnut Road, Civic Drive, Crossview Road, East Pleasant Valley Road, East Ridgewood Drive, Hillside Road, McCreary Road, and Rockside Road.

- Advertisement for public bidding occurred on June 11th and June 18th with the bid opening held on June 29th. *Please note that at the time of this writing, the bid opening has not yet occurred, hence the awarded Contractor is not yet known at the time of this writing.*

- Pavement markings installation is anticipated to commence in early-to-mid Summer 2020.

Nightly work is anticipated to occur on this Project in order to help minimize traffic disturbance during installation and drying periods.

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

The Engineering Department has investigated the deteriorated/failed storm sewer outfall located East of the Skyview Drive cul-de-sac.

A redesign of the storm sewer outfall is necessary to prevent further deterioration of the storm sewer and to prevent further erosion of the outfall channel.

- Advertisement for public bidding is being published on July 16th and July 23rd with the bid opening being held on August 3rd. *Please note that at the time of this writing, the bid opening has not yet occurred, hence the awarded Contractor is not yet known at the time of this writing.*

- Construction is anticipated to commence in late-Summer 2020.

Construction is anticipated to last up to 60 days.

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

Have a safe and wonderful Summer and as always, be well and stay well City of Seven Hills!

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!**

SERVICE DEPARTMENT



SERVICE DEPARTMENT - Jack Johnson – Service Director

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

Emergencies After Hours - Contact Seven Hills Dispatch at 216-524-3911. Dispatch will contact the appropriate department to handle the City related issues such as sewers backing up, flooding, downed trees, and dead animals. ***For Medical Emergencies, Dial 9 -1-1.***

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 18th** 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 15th** from 8AM to 6PM behind City Hall. For more information please check the Cuyahoga county solid waste district website:

www.cuyahogarecycles.org/seven-hills

Tire Roundup – You may drop off your car or light truck tires (20" or less) behind City Hall on September 15th from 8AM to 6PM. Scrap tires must be off the rim.

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.

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 Annual Fall Fest

Tentatively Scheduled for October 4th

COMMUNITY SERVICES

**MEALS ON WHEELS IS
LOOKING FOR VOLUNTEER
DRIVERS! PLEASE CONTACT
TONY TERRY - 216.525.6230**

**THE FOOD PANTRY IS
ACCEPTING DONATIONS!
DUE TO COVID-19 THE
PANTRY IS BARE AND
EVERYTHING IS NEEDED!**

**THE CITY WIDE GARAGE SALE
HAS BEEN MOVED TO DRAW
IN LARGER CROWDS!**

**NEW DATES:
AUGUST 19TH
AUGUST 20TH
AUGUST 21ST
AUGUST 22ND**

**APPLICATIONS WILL BE
ACCEPTED THROUGH
AUGUST 5TH!**

2020 Seven Hills City Council Representatives

Ward 1

Phillip Kiriazis
440.547.6832

pkiriazis@sevenhillsohio.org

Ward 3

Thomas J. Snitzky
216.236.6322

tsnitzky@sevenhillsohio.org

Council-At-Large:

Patrick Elliott President Pro Tem
216.990.8725
Pelliott@sevenhillsohio.org

Ward 2

Norman Martin
216.317.4600

nmartin@sevenhillsohio.org

Ward 4

Richard Dell'Aquila
216.375.4002

rdellaquila@sevenhillsohio.org

Council President
Stacey L. Kelly

216.642.3722

Skelly@sevenhillsohio.org

John Kulju

440.879.6323

jkulju@sevenhillsohio.org

Hello Seven Hills Residents:

Happy Summer! I hope this finds everyone healthy and safe considering all the craziness going on around us.

This November, our residents will see ballot issues that I would like to briefly discuss. The first was introduced by Mayor Biasiotta during a meeting on June 9, 2020 for a proposed tax levy that will benefit both the Parks and Recreation Center. Our current bond levy is expiring this year for the Recreation Center and a new initiative will be placed on the upcoming ballot for your consideration. The expiring levy is 1.65 mills which generates a revenue of roughly \$548K per year. The annual cost to the owner of a home valued at \$100K is \$50.53. The proposed initiative is 1.4 mills and will generate revenue of roughly \$490K per year. This is at a reduced rate to the owner of a home valued at \$100K with an annual cost of \$49.00. The funds generated from this initiative will help with on-going repairs at our Recreation Center to ensure we have a state-of-the-art facility while addressing and upgrading the needs of our parks.

The second is a ballot initiative related to the former Ruby Tuesday property. Council was approached by the current owner of Dairy Queen, David Neuzil, who expressed interest in relocating his business, currently on Broadview Road, to the former Ruby Tuesday property. The project will entail new construction that will require a zoning change to accommodate a drive-thru facility. At the proposed new location, this will be featured as a Dairy Queen Grill-n-Chill that will offer not only a larger facility but more menu items to choose from.

Every year I receive requests from residents asking for Holiday lights in our City. Back in 2018, I collected donations from several residents to purchase lighting that was placed on the Fire Department. In 2019, we added City Hall to the list. For 2020, I have good news. Our Service Director, Jack Johnson brought to Council's attention that we have an unused grant from NOPEC in the amount of \$9,100.00. We are in a situation that if it is not used, we lose it. So, this year the 2018 grant will go towards the purchase of holiday lighting within our City. We're making small steps, but if we build on what we have each year, it will be great.

It is my hope that by Fall we will be able to hold our semi-annual Ward Meetings. We missed our Spring Meetings due to COVID, but I am trying to remain positive with the hope of squeezing it in. It is a great way for our Community to come together and discuss important issues and projects going on in our City.

As always, if you have any questions, concerns or complaints, please contact me at: 216-642-3722 or e-mail at: slk7hills@gmail.com. If I miss your call, I WILL return it. Be sure to leave your name and phone number. Thank you again and God bless.

Stacey L. Kelly
President of Council
City of Seven Hills, Ohio



Council Quarterly Section

Hello Ward 3ers

Hope everybody is staying safe and using their PPE. As someone with some minor health issues, I am appalled when I go to the grocery and do not see folks wearing masks. Really? I have been involved in public service one way or another for years. This is not a Rights issue. It is a Responsibility issue. Be Responsible to the health and safety of your fellow citizens. Compared to crises that our nation has gone through in the past, this is minor on the history scale. Distance, Wash your hands, Wear a mask.

I also have to thank the Fire, Police, Service, and Building departments for their efforts during this pandemic. They are doing excellent, unsung, work. I have had the privilege to work with 3 competent mayors. Anthony Bi-asiotta is one of the most hardworking individuals I have ever met. He works the mayor's position with full time vigor. Even during the pandemic, which he has handled very effectively, he has continued to move city projects and economic development forward. Stay tuned, there are some interesting developments on the horizon that will effect ward 3.

Hemlock is finishing up. Folks are installing their laterals. Work with your neighbors to get the best pricing from the contractors. Don't be surprised if it takes an inordinately long time for the contractors to get back to you. They are swamped with work this time of year. I seriously doubt that the Board of Health will hassle any resident that is diligently working on connecting. Mapleview seems to be holding up well after some initial snafu's. And I have a tentative (pre-pandemic economic crisis) understanding that Karen will likely at last be paved in 2021.

Have a great summer

Tom Snitzky
Councilman Ward 3
City of Seven Hills, Ohio



I WANT YOU...

To follow the Federal and State of Ohio health orders and guidelines related to doing your part in fighting the Covid-19 virus.

I want you to support our local business and employees during these difficult time.

I also want you to be kind to your neighbors. Look out for each other. Have faith in yourself and others and stay safe and secure.

Regards,

Norman Martin
Ward 2 Council Person





SEVEN HILLS FARMERS' MARKET

We appreciate our vendors that are even now planning for the market and the special items they will be creating for us to enjoy. We love all the time and energy our weekly food trucks put into their specialty menus. We are indebted to our customers that support the market through their purchases. And we acknowledge the foresight of our sponsors who believed in our mission and have provided the funds for advertising and upgrades and continue to do so for 2020! Thank you Taleris Credit Union, Inc. and Vince Hrobat Insurance Company, Inc.!

The market will look and feel a lot different than in previous years. We have modified our operations significantly to adapt to CDC guidelines. Our top priority simply must be the health and safety of our customers and staff. This means continuing to follow the orders and guidance coming from Governor DeWine, the Ohio Department of Health and local public health officials to keep the Market open and safe for all. We appreciate your understanding and adherence to our new requirements.



July 2nd - Barrio
July 9th - Cedar Grill
July 16th - Southern Thangs
July 23rd - The Little Piggy
July 30th - Cheezylicious
August 6th - The Little Piggy
August 13th - Swenson's
August 20th - Barrio
August 27th - Jackpot Chicken
September 3rd - Gyro George
September 10th - Slyman's
September 17th - Smashtime
September 24th - Cheezylicious
October 1st - Barrio

FOOD TRUCK SCHEDULE

For more information and to see all guidelines, please visit our website or Facebook page! We look forward to seeing you, from a distance, at the Market!

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 Historical Society sends our best wishes for continued good health during the Corona Virus Pandemic of 2020. Again...Social Distancing, Wash Your Hands and Wear Masks.

HISTORICAL FACTS OF SEVEN HILLS OHIO

The following information reflects life in this area in the early 1900's, prior to becoming incorporated as the Village of Seven Hills.

1870	Tile factory on the hill on Pleasant Valley Rd. John Perram, father of George Perram, one of Seven Hills' original councilmen, owned the factory. This factory had a large stock of chimneys, a huge circular kiln, and large storage sheds. People purchased earthen ware pipe and tiles used to drain water from the land. The George Perram home still stands today on Hillside Road.	1910	First telephones in the area
		1921	First electricity to the area
		1926	First refrigerators in the area
		1927	First small auto body shop on Broadview formerly Kmart parking lot
		1932	First water line in the area
		1946	First gas line in the area
		1958	First traffic light at Broadview and Pleasant Valley Roads

If you have any questions, or request an appointment, contact our President, Kathy Patterson at 216-548-9758 or email: kip@toykar.net.

The Seven Hills Hall of Fame had a busy year! We are a non-profit organization and rely on donations and fund-raising so thank you for your support when purchasing football squares and NCAA Basketball Tournament teams. With these funds we are able to support our community through sponsorships and recognition for outstanding achievements in their field of endeavors which can be viewed on Mondays at 8:00 pm on Cox Channel 45. Suggestions are welcomed and encouraged. Send nominations to alaina316@yahoo.com for the Seven Hills Hall of Fame Resident of the Month.

We are proud to announce our Seven Hills Hall of Fame Arts and Humanitarian inductees for 2020. Please visit our website to find out more about our Inductees at <https://sevenhillshof.wixsite.com/sevenhills>. Thank you to those who nominated these inspiring individuals!

Alexander Pogrebinsky - Arts
George Sipl- Music/Music Production
Barbara Stanczak- Sculptor
Stephen Baum- Designer



VII HILLS HALL OF FAME

We will be having our Induction Ceremony in November to add these talented individuals to the Seven Hills Hall of Fame. Congratulations!

Our George Chandick Scholarship award winner will be announced at our Induction Ceremony in November. Thank you for your continued support, we have talented residents in Seven Hills!

Seven Hills Food Truck Drive-In

AUGUST 29TH, 2020

MORE INFORMATION TO COME! FOLLOW US ON
FACEBOOK - CITY OF SEVEN HILLS
TWITTER - @SEVENHILLSCITY
INSTAGRAM - @CITYOFSEVENHILLS
AND GET THE INFORMATION FIRST!



When it comes to your to-do list, put your future first.

To find out how to get your financial goals on track, contact your Edward Jones financial advisor today.



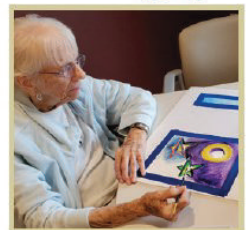
Nicky Sulandari
Financial Advisor

7305 Broadview Rd Suite E
Seven Hills, OH 44131-4442
216-447-8970

edwardjones.com
Member SIPC

Edward Jones
MAKING SENSE OF INVESTING

A Catholic organization serving Northeast Ohio seniors since 1942



The world is different right now. In these unprecedented times you can trust Jennings to continue excellent services with our Catholic values. We know that we belong to each other, as community and as family. We may not be able to do large great things right now, but we can – and will – do small things with great love.

Our community welcomes new residents.

Learn more about our innovation, technology and safety practices.

Call Margery to schedule a virtual tour today!



Jennings at Brecksville

8736 Brecksville Road | Brecksville, Ohio 44141
(216) 581-2900 | jenningsohio.org

Sharon LaBuda

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sharonlabuda@howardhanna.com

216.906.9047



Real Estate Mortgage Title Insurance

Proud Sponsor of Seven Hills Baseball Fields!

*Market data per BrokerMetrix 1/1/19-12/31/19 per Individual Agents



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Way in the
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As one of the nation's leading senior care providers, our mission is to provide compassionate care that enables clients to live healthier, happier and more rewarding lives in the comfort of their own homes.

- Care from a few hours a week to 24/7 care
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- Always, Free consultation with a registered nurse

Licensed... Bonded ... Insured

Stay Connected!

Sign up for E-Mail updates & news at our website!
www.sevenhillsohio.org

Register for ReadyNotify at
<https://ready.cuyahogacounty.us>

Contact Sue Oyster at 216.525.6258 to be
put on the robo call list!

Download our app!
Seven Hills Recreation Center



Follow us on social media!



City of Seven Hills



@SevenHillsCity



@CityofSevenHills

216-310-9815

patriotpestCLE@gmail.com



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Summit counties

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OFF

Recreation Center Hours:

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



United States Military Veteran Membership: Resident: \$100 Non-Resident: \$150
(Proof of Honorary Discharge via DD-214 required)

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.

**The above listed memberships are purchased for one full year - one time upfront payment.
All memberships are non-refundable and non-transferrable.**



LEAGUE PLAY

Contact Joe at jbass@sevenhillsohio.org with questions on any of programs below!

Co-Ed Softball: Fall Season

Dust off those bats and get ready for some fall softball! 18+ to play. Registration begins July 15th / \$325/team + weekly umpire fees. Games begin in September.



Flag Football: Fall Season

Join us for a high-quality flag football experience—competitive or recreational! Grab some friends and put together a team. Registration begins July 15th. \$325/team + weekly ref fees. Games begin in September! 7 v 7 league



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



Adult Men's Hoops

2020 Basketball - Contact Phil at rookieathletics@gmail.com - For Upcoming League registration information!



Seven Hills Youth Soccer Federation

Registration for the Fall 2020 / Spring 2021 Seven Hills Youth Soccer Program will be July 20th - August 20th, for ages 7 - 15.

Registration covers BOTH Fall 2020 and Spring 2021 (so if you register in the fall, your payment covers fall and spring!). Contact Jen Burger at jburger@sevenhillsohio.org with questions. Fall Soccer is set to begin September 12th, pending COVID-19 Regulations.

For additional League information, please visit the Suburban Recreational Soccer League's website at srslonline.org - Age guidelines are posted here as well.

Residents: \$65 Non-Residents: \$75
\$10 late fee will apply to those that register after August 20th.



Totally Toned Personal Training

Let TTPT show you how to recover from a stressful lockdown and prepare for a healthy summer! We offer a variety of packages to fit every budget and a knowledgeable staff to assist every fitness level.

Call today to schedule your FREE Consultation. Visit us on the web at totallytonedpersonaltraining.com

Contact Mike at 216-548-5383 TODAY!

- Motivation
- Education
- Accountability

[Gift Certificate Packages Available!](#)



COVID-19: PHYSICAL DISTANCING IN PUBLIC PARKS AND TRAILS

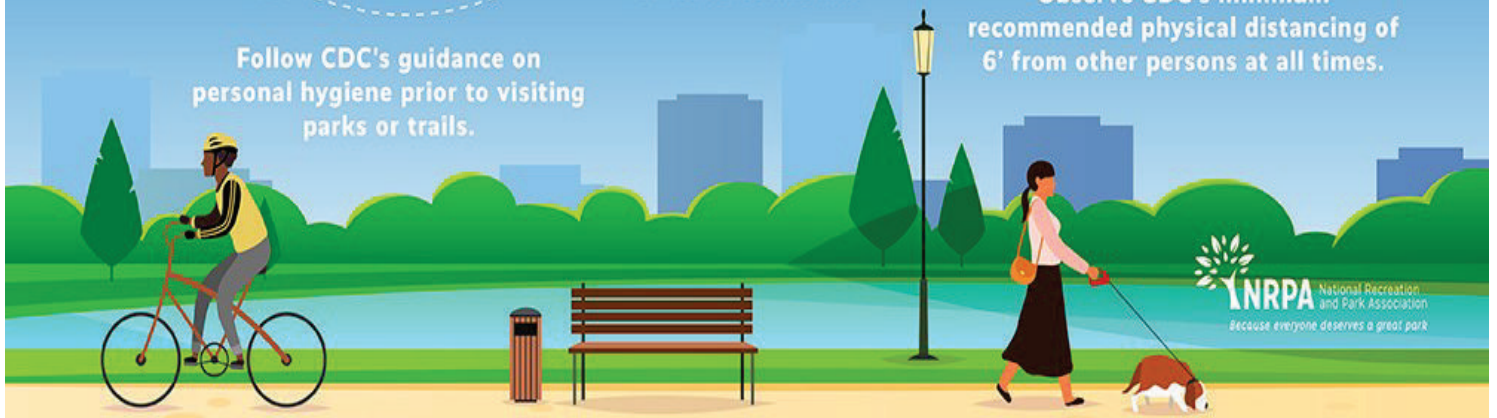
Do not use parks or trails if you are exhibiting symptoms.

Share the trail and warn other trail users of your presence and as you pass.

Be prepared for limited access to public restrooms or water fountains.

Follow CDC's guidance on personal hygiene prior to visiting parks or trails.

Observe CDC's minimum recommended physical distancing of 6' from other persons at all times.





Monthly Senior Class Schedules are available at the Front Desk and online at www.sevenhillsohio.org



SilverSneakers® Classic: Seated and standing exercises to increase muscular strength, range of motion and activities for daily living.



SilverSneakers® Circuit: Standing upper-body strength work alternated with low-impact cardio using a chair for standing support.



SilverSneakers® Yoga: Seated and standing yoga poses to increase flexibility, balance and range of motion.



SilverSneakers Stability®: Standing class designed to decrease the risk of falls with focus on improving balance and lower body strength.



SilverSneakers EnerChi™: Seated or standing tai chi movements in flowing sequence to progress strength, balance and focus.



SilverSneakers® Splash: Shallow-water exercise for all skill levels to increase strength and cardiovascular endurance.



SilverSneakers BOOM™ MIND: The best of yoga and Pilates combined in an intermediate to advanced mind-body mat workout.



SilverSneakers BOOM™ MOVE: Dance-inspired workout to challenge cardio fitness with easy-to-follow movement patterns.



SilverSneakers BOOM™ MUSCLE: Muscle-conditioning blocks and activity-specific intervals to improve cardiovascular health and functional skill.

SENIOR PROGRAMS



BOOM (Tuesdays - BOOM Muscle / Thursdays - BOOM Mind) 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 - 11:45am in Gym 2.

Fees: Members: \$2 Non-Members: \$3

FREE to SilverSneakers, Silver & Fit, and Renew Active



SENIOR CHAIR YOGA WITH JOANN

For Seniors or those who like to keep it basic. Senior Yoga is designed for Seniors looking for a basic and well-rounded yoga program. Students are immersed in the fundamentals of Yoga. You will be instructed and supported in learning the process of proper alignment in the poses, breathing techniques, practice to build confidence in your yoga postures, as well as introductory meditation and relaxation techniques.

Days: Mondays - 11:15am - 12:00pm, Wednesdays & Fridays 9am - 9:45am in Gym 2

Fees: Members: \$2 Non-Members: \$3

FREE to SilverSneakers, Renew Active, and Silver&Fit



TAI CHI STEPS WITH JACKIE

Tai chi is an ancient Chinese movement practice that offers a number of health benefits. For seniors in particular, it can have significant benefits. That's because it focuses on muscle control, stability, balance, and flexibility. The movements are also very gentle.

August / September - Tai Chi Steps in Gym 2 or Gathering Rooms -Fridays 10am - 11am

Fee: \$2 per class

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



LINE DANCE WITH JACKIE

Bring a pair of dress shoes. Come to exercise your heart, lungs, and muscles! Great for improving your memory and making new friends!

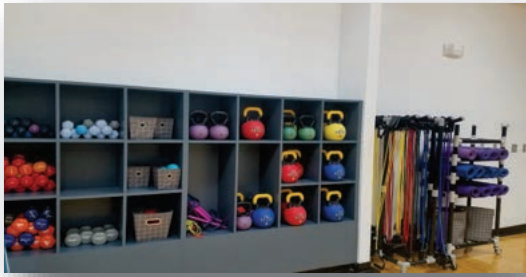
July - Line Dancing in Gym 2 - Fridays 10am - 11am

Fee: \$2 per class

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



Monthly Senior Class Schedules are available at the Front Desk and online at www.sevenhillsohio.org



ADULT PROGRAMS

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

Summer 1: June 1st - July 25th - 8 Weeks! (Registration Begins May 15th)

Summer 2: July 27th - September 19th - 8 Weeks! (Registration Begins July 10th)

Fall 1: September 21st - October 31th (Registration Begins September 10th)

ZUMBA WITH NELA

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



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



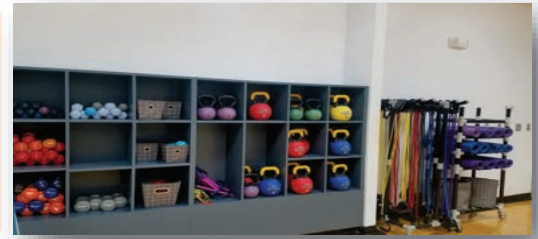
BODY SCULPTING

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



ADULT PROGRAMS



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

Summer 1: June 1st - July 25th - 8 Weeks! (Registration Begins May 15th)
Summer 2: July 27th - September 19th - 8 Weeks! (Registration Begins July 10th)
Fall 1: September 21st - October 31st (Registration Begins September 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

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**

STRESS RELIEF YOGA

This class begins with a gentle yoga flow to warm the body including some light core work to strengthen the abdominals and back. It continues with deep stretching and restorative yoga poses on the floor, concluding with a final relaxation. The focus is on breath and mindfulness to strengthen our bodies while improving flexibility and balance. You will leave feeling refreshed and rejuvenated. All levels and ages will benefit from this restorative class. **Thursdays 9:30am - 10:30am**

ALL OF THE ABOVE CLASSES ARE ELIGIBLE FOR TANYA'S PUNCH CARD:

Member Card: \$50 (10 Classes) or \$7 Drop In Non-Member Card: \$70 (10 Classes) or \$9 Drop In

MORNING YOGA WITH JOANN

Wake up easy and get moving in this All Levels flow class that will guarantee that you are ready to face the day with a smile. Breath and movement merge to stretch the body and awaken the mind in a perfect mix of light workout and deep stretch. A good morning begins a great day!

Days: Mondays 9:30am - 10:30am in the Aerobics Studio

Fees: Member Card: \$28 (6 Classes) or \$6 Drop In Non-Member Card: \$36 (6 Classes) or \$8 Drop In

JAZZERCISE

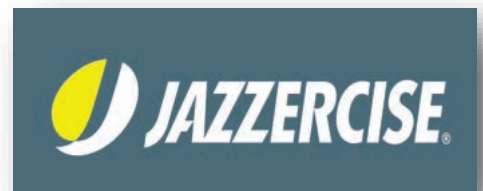
The ORIGINAL Dance Exercise Phenomenon! Each 60-minute class offers a blend of exercise with the fun of dance set to your favorite music - Top 40, Jazz, Country, Funk & Classic! Easy to follow, fun choreography includes a gentle warm-up, a 30-minute aerobic workout, muscle toning and strength segment 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 Gym 1

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

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

Fees: 1 Month: \$45 (EFT) 2 Months: \$90 (At the Door) Drop-In \$15





Space is limited!

Register for the summer session today:

RookieAthletics.org

Fall Session begins
September 7th



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 have the opportunity to experience what each of the major sports have to offer through fun skill drills and games. 6 week program.

Outdoor & Indoor Program

Ages 3-4 Price: \$50
First class 7/25

Saturday Afternoons
12pm-12:30 or 12:45pm-1:15

Basketball Training

Ages: 9&up

Mon-Fri times are available contact for more info

Coach Phil:
216-502-0805

RookieAthletics@gmail.com



Youth Programs

With



Soccer Skills Class



Soccer is vastly known as a great starter sport for children as young as three. Soccer introduces beginners to team play, along with building coordination and motor skills. Rookie Athletics will begin with teaching the basic skills such as ball control, defense, passing, and finishing through a series of fun skill drills and games that build towards game play! 6 week program.

Price:\$50

Outdoor Program

Monday Evening Session
First class 7/20

Saturday Morning Session
First class 7/25

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

Ages 3&4: 10am-10:30am
Ages 5&6: 10:45am-11:30am



Basketball Skills Class



Whether you are looking for your child to learn the fundamentals or gain more experience and knowledge on the court, our skills class is for you! Through skill drills and games, see improvement in all areas of basketball. 6 week program.

Price: \$50

Indoor Program

Tues & Thur Evening Sessions
First class 7/21 & 7/23

Saturday Afternoon Session
First class 7/25

Ages 3-4: Tues 5:30pm - 6
Ages 5-6: Tues 6:15pm - 7
Ages 7-8: Thurs 5:30pm - 6:15
Ages 9-11: Thurs 6:30pm - 7:15

Ages 3-4: Sat 1:30pm-2pm
Ages 5-6: Sat 2:15pm-3pm
Ages 7-8: Sat 3:15pm-4pm
Ages 9-11: Sat 4:15pm-5pm

Summer Day Camp Weekly Registration is Open!

Preschool - Day - Teen Camps Available
Weekly Part Time and Full Time Options!

Covid-19 Procedures in effect - space is limited!

Camp Runs Weekly through August 14th!

Contact Camp Staff with questions at camps@sevenhillsohio.org



SEVEN HILLS BEFORE AND AFTER SCHOOL PROGRAM 2020-2021

PENDING COVID-19 PROCEDURES

Please check the website for info and updates!



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, Dentzler, Hillside

and Normandy!

Program calendar follows the Parma City Schools schedule.

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

~ Dates and Pricing TBD ~

Kids Day Off Program - \$40 per student

Pending 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!

Contact Camp Staff with questions - camps@sevenhillsohio.org





COMMUNITY RENTALS

Please Respect Current Covid-19 Guidelines when renting City property.

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 (After Hours)	Call for Pricing!	
Pool Party	\$65	\$95
(Includes Rental of Pool & 1 Room)		
Gymnasium		
1 Court	\$60	\$80
2 Courts	\$105	\$140
Aerobic Studio	\$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!



Get exclusive pricing on Dairy Queen cakes and cupcakes when you rent at Seven Hills Rec Center!

Seven Hills Dairy Queen -
7475 Broadview Road

#SevenHillsDQ

- We Love Our Parks -
Please remember -
Field Use is by Permit Only!

Contact Spencer Abbott to
utilize any
City of Seven Hills Field
(including Baseball Diamonds, Soccer
Fields, Pavilions, etc...)
216.525.6227
sabbott@sevenhillsohio.org

2020 FALL AQUATICS PROGRAMS

Register and More Info at WWW.SEVENHILLSOHIO.ORG

Contact Mike for more Info at aquatics@sevenhillsohio.org | 216.524.6262 ext. 404



Private/Adapted Swimming Lessons \$30 per half hour

One-on-One or Semi-Private.
Learn-to-swim or Improve Stroke Technique.

Contact the Aquatics Supervisor to schedule lessons.

Seahawks Swim Team
Members \$50/Non-Members \$60
8-Sessions from 6:15 to 7:15 pm

Mondays Only from Sep. 14th through Oct. 26th
Wednesdays Only from Sep. 16th through Oct. 28th

Lifeguarding and WSI 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 Info.

SwimSations

SwimSations is a new and unique play-based aquatic therapy program for children with sensory processing challenges.

For more info, contact Kristen Pataki at 440.567.3648/kristen.pataki@gmail.com.

Boy/Girl Scout Merit Badge Water Safety

Contact the aquatics supervisor for more info.

Group Learn-to-Swim

Monday or Wednesday Only
Members \$50/Non-Members \$60
8-Classes

Mondays Only from Sep. 14th through Oct. 26th
Wednesdays Only from Sep. 16th through Oct. 28th

Saturday Only
Members \$50/Non-Members \$60
8-Classes

From Sep. 12th through Oct. 31st

Times

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

For the health and safety of our employees and families, please follow the guidelines below:

- Stay safe - Stay healthy - Stay 6-feet apart and 6-feet away from staff members too!
- Wear a face mask while on the pool deck/patio.
- Groups of different households must maintain social distancing.
- Please keep the pool deck/narrow passages clear.
- Street shoes are not permitted on deck.
- Family seating is available on the green pool deck benches and the patio picnic tables.
- Indoor/outdoor chairs and tables must NOT be moved.

Seven Hills Recreation Center Aquatic Program Descriptions**

- **Adapted Swimming Lessons:** Adaptive swim lessons use Applied Behavior Analytic strategies to teach children who have special needs. Contact the aquatics supervisor more information.
- **Private Swimming Lessons:** 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):** 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):** 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.
- **Stingray (Preschool #3):** Group STINGRAY is for swimmers who have either completed Preschool 2, have recommendation from teacher to move into Preschool 3, or have intermediate skills. Children have already mastered kicking and pulling independently, floating unassisted, kicking on kickboard with little to no assistance, and jumping in and swimming back to the wall 5 feet. Children will work on backstroke, swimming 5 to 10 yards independently with rudimentary breathing, intro to dolphin kick, and streamline kicking 5 yards front and back.
- **Turtle (Level #1):** 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):** 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):** 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):** 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:** 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.
- **Lifeguard, Water Safety Instructor, and CPR/First Aid Training:** We conduct courses through the American Red Cross and American Heart Association. For more information contact the Aquatics Supervisor.

****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 EXERCISE / SWIMSATIONS



CARDIO & TONING WITH KAREN:

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

LOW IMPACT WATER EXERCISE WITH RENEE:

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 WITH LEIGH:

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: 10am - 10:45am

AQUA BARRE WITH KATIE:

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 (This Punch Card Only Good for Katie's Class)

All Water Exercise Classes are offered through our Punch Card System

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

Members: \$38 Non-Members: \$50 Drop IN: \$8

SwimSations is a new and unique play-based aquatic therapy program for children with sensory processing challenges. For questions contact Kristen Pataki at [440.567.3648/kristen.pataki@gmail.com](mailto:kristen.pataki@gmail.com).

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To schedule an appointment with Mayor Biasiotta, contact Kathy
at 216-525-6227 / kholland@sevenhillsohio.org



2020 Delayed Trash Pick Up Schedule:

Labor Day – September 7th
Pick up delayed one day

Thanksgiving – November 26th
Thursday will be picked up on Friday

Christmas – December 25th
No Delay

City Hall Holiday Hours:

Monday, September 7th - Closed

Monday, October 12th - Closed

Recreation Center Holiday Hours:

Monday, September 7th - 5:30am - 12 Noon

Seven Hills City Hall ● 7325 Summitview Drive ● Seven Hills, OH 44131
Phone: 216-524-4421 ● Website: www.sevenhillsohio.org