



CITY OF SEVEN HILLS COMMUNITY NEWSLETTER SPRING / SUMMER 2021

A Message from Mayor Tony Biasiotta -

Dear Residents,

Welcome to the Spring edition of our quarterly newsletter. To get things started, I will paraphrase a popular George Orwell quote **“The point is that the pleasures of spring are available to everybody, and cost nothing...”**

After a full year of COVID changes and cancellations, we are getting back into the full swing of things (pun intended). The Seven Hills Baseball Federation is moving forward with the 2021 season. The City will be hosting Opening Day ceremonies at Calvin Park on Saturday June 5th, festivities will kick off at noon.

Our traditional Memorial Day Parade is scheduled for Monday May 31st at 10:30 a.m. Please join us along the parade route from St. Columbkille Church to Seven Hills City Hall, followed by our Memorial Day Ceremony.

Set aside the following dates: Friday August 27th – Sunday August 29th for the 2021 Home Days. We will have a special newsletter detailing all the entertainment and events that we have lined up.

I want you to know that we finished the year with over **\$1.4 million** in surplus general fund revenue! (Expense cuts plus federal and state COVID aid more than completely offset COVID impacts like increased cleaning expenses, the state mandated closure of the recreation center and the cancellation of other fee generating programs).

The 2020 surplus continues a 3-year trend of building our cash reserves and carefully setting aside funds for our upcoming infrastructure projects. For example, we closed 2020 by increasing our Capital Fund from a zero balance to \$902,000.

Our City finances have dramatically improved over the last 3 years. Our General Fund Unexpended (Cash) Balance (see the chart below).

| Jan. 31, 2021 | Dec. 31, 2017 | Inc. / (Dec.) | % Change |
|---------------|---------------|---------------|----------|
| \$7,181,040 | \$3,152,199 | \$4,028,841 | 127.8% |

We have also started 2021 trending in the right direction. Revenue is slightly up while General Fund expenses remain flat.

| | Jan. 2021 | Jan. 2020 | Inc. / (Dec.) | % Change |
|---------------------------|-----------|-----------|---------------|----------|
| General Fund Revenue | \$854,168 | \$816,048 | \$38,121 | 4.7% |
| General Fund Expenditures | \$772,643 | \$772,585 | \$57 | 0.0% |

What does this all mean? Your City leaders have continued to carefully manage your tax dollars over the last few years. We are well-positioned to safely take on necessary large street and sewer projects.



MAYOR'S MESSAGE

Continued from Front Cover ...

However, we are not resting on our accomplishments. We are pressing ever harder on our Partnerships and Progress goals to ensure we bring the best value to our residents.

In fact, the uncertain economic environment has made the **partnerships** even more important. Below are just a few updates to the long list we shared in our winter newsletter:

Resurfacing of Chestnut Road is partly due to our being approved for funds through the County 50/50 program. The City will get the maximum \$250,000 allowed under the program towards this project.

We will be receiving \$75,000 from the State Capital Budget towards new ADA compliant restrooms and a concession stand for Calvin Park. We are not stopping with this great news. We have applied through the county block grant program for an additional \$150,000 towards Calvin Park improvements.

In addition, we have received a \$15,000 grant from Cuyahoga County Department of Disabilities for specialized programming, as well as building updates at our Recreation Center.

Lastly, we utilized approximately \$92,000 of a NOPEC energy grant towards replacing the old ballfield lights at Valleywood Park. The new LED lighting will create a safer playing field with significant maintenance and energy savings going forward. The City's contribution was approximately \$38,000, clearly showing how partnerships can bring great value to the table. The new lighting is expected to be ready for the 2021 baseball season.

Economic development: This spring we will witness two major milestones. First, the groundbreaking of the new regional headquarters of Erie Bank on April 7th at 11:30am. Second, the much-anticipated grand opening Meijer! The first Meijer in all of Cuyahoga County.

This May 4, 2021 is our Primary Election. The City of Seven Hills has one issue on ballot, **Issue 6**. Issue 6 is a renewal (**No Increase in Tax**) of our Fire Levy. The City will be sending out a flyer with specific information related to the levy and our Fire Department in general.

Also, on the ballot is Issue 10, the proposed bond issue and tax levy proposed by the Parma City School district.



Looking ahead to Spring/Summer 2021, you will see robust infrastructure activity, economic development and not only the return, but also the addition of, new community events (as soon as it safe to do so).

Please stay in touch. Much exciting news is on the horizon!

Tony Biasiotta,
Seven Hills Mayor



CITY DIRECTORY

Police / Fire Emergency 911

| | |
|-----------------------------|--------------|
| Seven Hills City Hall | 216-524-4421 |
| Police NON-Emergency | 216-524-3911 |
| Fire NON-Emergency | 216-524-3321 |
| Mayor's Office | 216-525-6227 |
| Recreation Center | 216-524-6262 |
| Senior & Community Services | 216-525-6230 |

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

Utilities Contact Information

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

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

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!

Groups / Participants Wanted!
Any Civic or Organized Group interested in participating in the Seven Hills Memorial Day Parade, please contact Tony Terry at 216.525.6230

FIRE DEPARTMENT



IMPORTANT INFORMATION FROM FIRE CHIEF MEKLEMBURG:

Issue 6 – Five-year Fire Levy RENEWAL

In May the residents of Seven Hills will be asked to vote on a 5-year renewal for our Fire Tax Levy. This renewal will cost a \$100,000 homeowner \$176.40 per year in property tax. This is a renewal levy, which means there will be **no increase** in what is currently being paid for fire and EMS services in the City of Seven Hills.

The money produced from this levy helps pay for the salaries of five part-time firefighters 24 hours a day, 7 days a week. It also helps maintain and upgrade equipment that we use to help serve the residents of Seven Hills. Some different services that we provide, such as, child car seat installation, our residential knock-box program, fire prevention, our Adopt A Hydrant program and other public education initiatives would not be possible without this Levy.

With the continuing development of the City of Seven Hills we hope to continue providing the level of fire and EMS protection that our residents and business partners have grown to expect.



Congratulations Lieutenant Watson!

On February 23rd, after months of testing and assessments, a small ceremony was held at city hall where Mayor Biasiotta swore-in Ryan Watson as the newest Lieutenant of the Seven Hills Fire Department. Ryan is a full-time firefighter/paramedic for the City of Lakewood and has worked part-time for Seven Hills for six years. We look forward to Ryan's help in leading our department into the future. Congratulations Lieutenant!"





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

HOW TO AVOID TELEPHONE SCAMS

Your personal information is important! Guard your social security number, your bank account and credit card number, and your driver's license or state identification number. Some criminals trick you on telephone calls to get your personal information. The criminals can then take your information and use your credit cards and bank accounts or open new ones. A real bank or credit card company will never call you and ask for your social security or bank account numbers.

HOW TO AVOID TELEPHONE FRAUD

1. Donate only to recognized charities. Ask the caller to send more information.
2. Reject high pressure sales methods. Ask the caller to send more information.
3. Do not do business with anyone who offers to send a delivery service to collect your donation or payment for something you have not yet ordered or received.
4. Be careful making a donation or buying a service in exchange for the promise of a guaranteed sweepstakes winning.



Be careful of phone calls or emails saying that a friend or relative is in a faraway place and needs money to help him. This is a scam. Check with the friend or relative first before sending money.



HOW TO AVOID PRIZE AND SWEEPSTAKES FRAUD

1. If something sound too good to be true, it probably is!
2. Do not pay to collect sweepstakes winnings.
3. Phone numbers can be changed on caller ID so that con artists can trick you about who or where they are.

**Ignore all phone solicitations to play a foreign lottery.
Such sales and purchases are against the law.**

SOLICITORS

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.

Although many solicitors register with the City, there are several that do not. We want to hear from our residents when anyone approaches their homes without a solicitor's permit.

ALWAYS, ask to see a solicitor's permit or proper identification. If they refuse or do not show you adequate identification, contact the Seven Hills Police Department at 216-524-3911 with a description and an officer will respond.



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.

Mailboxes

The Service Department will make repairs to mailboxes that have been damaged by snowplows. Typically, damage is a result of the snow hitting the mailbox and not direct contact with the plow. Please check the condition of your mailbox in preparation for snowfall. Call the Service Department to report an issue at 216-525-6225.

Brush and Branch Collection

Place branches on the tree lawn for the City to chip. No need to bundle or tie. Call the Service Department to schedule at 216-525-6225.

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 City will have three Document shred dates this year. April 20th, June 15th and August 17th 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 - Two roundup dates this year are May 18th and September 14th from 8AM to 6PM behind City Hall. For more information please check the Cuyahoga county solid waste district website: www.cuyahogarecycles.org/seven-hills

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

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

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 – Orange bag curb side collection of clothing and home goods. All Simple Recycling collection operations are temporarily suspended. This will remain in effect until further notice. Check the City web-site for updates or call the Service Department at 216-525-6225. This is for orange bag curb side collection of clothing and home goods.



ENGINEERING DEPARTMENT

Here is a listing of some long-standing public improvement projects, upcoming projects, and some important information:

Hemlock Creek Watershed Utility Improvement Project For property owners who have **not** yet connected their homes to the new sanitary sewer, the Cuyahoga County Board of Health will be mailing you a second notice letter containing specific information and requirements sometime in the near future. As a reminder, the information packet (“SANITARY SEWER - SERVICE LINE INSTALLATION INFORMATION”) provided at the February 29, 2020 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. At this time, your City-registered Contractor can apply for the required City Building Permit. Please note, final assessment costs are currently being calculated and finalized. Final assessment costs will be available in the near future.

Broadview Road Traffic Signal (for new Meijer Project) This project is nearing completion and the new traffic signal will be installed in the next few weeks. For a 3-week period **before** the traffic light is fully functioning and is operational, the travelling public will be made aware via required road signage, along Broadview Road both Northbound and Southbound, that a new traffic signal will soon be in operation. Final Completion for construction is anticipated in March 2021.

2020/2021 Sewer Rehabilitation – Bayberry Area The Engineering Department has solicited for public bids for this Project. The Engineer’s Estimated Cost for Construction for the Project is \$348,249.00, and the lowest & best bid was awarded to ***Insight Pipe Contracting, LLC*** in the amount of **\$290,802.55**. There will be no major construction being performed that would affect vehicular traffic and/or general disturbances for the residents along the 8 streets (Waxberry Drive, Driftwood Drive, Bittersweet Drive, Panorama Drive, Firethorn Drive, Primrose Drive, Bayberry Drive, and Tanglewood Drive). Work is anticipated to last up to 180 days. Further information & notification will be provided to residents on the 8 streets by the Contractor performing the work. The City is utilizing Community Cost Share funds (available from the Northeast Ohio Regional Sewer District) in the amount of \$115,000 to help offset the cost of the project. Work will commence within the next 60 days.

2021 City Road Program The following 12 streets will be part of the 2021 City Road Program: Elmhurst Drive (East Pleasant Valley to Evelyn), Summitview Drive, East Clearview Avenue, East Decker Drive (Northview to East Dartmoor), East Hillsdale Avenue (West 9th to Northview), Glenella Drive, Jasmine Drive (H.N. 2938 to western terminus), Karen Drive, South Main Hill Drive, Tanglewood Lane, Chestnut Road and Seven Hills Boulevard. Also included in the 2021 Road Program is the City-owned parking lot located at the Northeast corner of the Broadview Road / Hillside Road intersection where a new gazebo will be built this year. The Engineering Department is currently preparing the design and bid specifications for the 2021 City Road Program with anticipation of publicly bidding the Project in early March 2021. Construction is planned to commence in May/June 2021.

Cheryl Ann Drive Culvert Improvements The Cheryl Ann Drive Culvert plans and specifications are complete, and the project is out for public bid to rehabilitate the existing 108-inch storm sewer culvert pipe that crosses under Cheryl Ann Drive. The estimated cost of construction is \$351,270. The City plans to utilize Community Cost Share funds from the Northeast Ohio Regional Sewer District of approximately \$175,000 to help offset the cost of the project. Construction is scheduled to commence in mid-to-late Spring 2021.

2021 City Crack-seal & Street Striping Programs The Engineering Department is preparing the bid documents for the annual street crack-seal program and the annual street striping program. It is anticipated to be publicly bid in March 2021, with construction to commence in Spring/Summer 2021.

ENGINEERING DEPARTMENT



Engineering Update Page 2...

Here are some interesting upcoming events from Cuyahoga Soil & Water Conservation District that may be of interest as we come out of winter and head into spring:

Curbing the Consequences – How Trees are Taking Root for Stormwater and Climate Change

When: March 25 from 6:30pm - 8:00pm

Join us for a free virtual discussion on the vital role trees play in curbing the negative consequences of a changing climate. Many areas of the US are experiencing an increase in the frequency of intense storms, heavy precipitation events, and associated flooding. Dan Herms, Vice President of Research & Development from Davey Tree Expert Company, will discuss the vital role trees can play in curbing the negative consequences of a changing climate. While all trees "feel the heat," some are experiencing increased stress and mortality in certain areas, yet increased growth in others. Join us for this informative online presentation to learn more about the challenges facing our future forests and some simple strategies you can use to take root for stormwater!

Register at the following link (<https://www.eventbrite.com/e/curbing-the-consequences-how-trees-are-taking-root-for-stormwater-tickets-133860214505>) by March 24th

An email with registration link and info will be sent the day prior to the presentation. If you have any questions about registering, please contact Melissa at Erie Conservation District at 419-239-2652, or email mfeliciano@eriecounty.oh.gov. Door prizes will be given away to a few lucky attendees!

Workshop sponsored by:

Northeast Ohio Public Involvement Public Education workgroup

Western Reserve Land Conservancy

Davey Tree Expert Company

Master Rain Gardener Class Spring 2021

When: April 26 through June 04 from 10:00am - 2:00pm

Learn to design, dig and plant your own rain garden!! Share your knowledge and become your community's expert on rain gardens. At the end of this 5-session course, you will become a Master Rain Gardener! Rain gardens capture and soak in rainwater that runs off hard surfaces like roofs and driveways while filtering pollutants that would otherwise flow to our storm drains and into our creeks and streams. You must attend all 5 classes, and build a rain garden to earn the Master Rain Gardener certification.

Cost: \$50 Online

Class will be hosted online. A few optional in person field trips to the Watershed Stewardship Center in Parma will be included. Weekly class content will be provided to watch at your own pace. Live Class Feedback sessions will be available on Fridays 12PM-2PM. There is a one week break after the 4th week to allow for rain garden design.

- o April 30
- o May 7
- o May 14
- o May 21
- o June 4

Requirements

Participants must attend all five classes, and then either plant a new rain garden, rehab a rain garden, or adopt a public rain garden to receive their Master RAIN Gardener certificate. All graduates receive a Master Rain Gardener t-shirt!

Register at the following link: <https://cuyahogawcd.org/events/2021/04/26/master-rain-gardener-class-spring-2021>

If you have any questions and/or concerns about any of the above-mentioned projects, feel free to e-mail Mark Schmitzer, P.E., City Engineer at mschmitzer@rlba.com, David Bradt, P.E., Assistant City Engineer at dbradt@rlba.com or, call (216) 525-6258.



2021

HOME DAYS

AUGUST 27TH - 29TH

INTERESTED IN VOLUNTEERING?

Contact Tony Terry for information on
joining the Home Days Committee!

TTerry@sevenhillsohio.org

216-525-6230

2021 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

216.990.8725

Pelliott@sevenhillsohio.org

Ward 2

Norman Martin

216.317.4600

nmartin@sevenhillsohio.org

Ward 4

President Pro-Tem

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 Ward 3 Families:

This is the time of the year that takes me back to my childhood hearing one of my father's favorite saying, "I can hear the crocuses churning underground just pushing to break through the frozen surface." My hope is the crocuses are blooming and the daffodils are just starting to come up around your neighborhood.

As the weather breaks, it is such a nice feeling to get out and about catching up with our neighbors. The hope for 2021 is to once again be able to visit with each other at our summer civic events. The city is tentatively planning for the Memorial Day activities, followed by our long-standing Home Days tradition happening later this summer.

I am pleased to see progress with the Water Management Task Force Capital Improvements. These are required improvements due to decades of wear and tear. The City had made improvements to the system in 2020 with much more to come over the next year or so. However, I'm pleased that Ward 3 is receiving much attention in the first round of upgrades, such as the 4 additional basins added to Donna Rae last year.

Ward 3's Cheryl Ann Culvert, which is seriously deteriorating, will be replaced later this spring. The Cresthill Drive area will be investigated further, using a flow monitoring system, which will provide data on how to improve drainage issues for the Hemlock Creek Basin, that includes the streets of Hickory and Cricket.

On the fringe of the Ward, the Calvin Park retention basin will be dredged. Additionally, in partnership with the Sewer District, work continues to restore the floodplain of Hemlock Creek.

There are more capital improvement and economic development projects occurring in the City now than at any other time in my years of public service. Exciting times.

Have a great Spring. Stay healthy and take care of each other.

Tom Snitzky

Ward 3 Councilman



WARD 4 UPDATE

Councilman Richard Dell'Aquila

This has been a momentous time in the history of Seven Hills. While we have all struggled with the effects and consequences of COVID-19, Seven Hills residents have nonetheless again demonstrated our resilience and ability to overcome adversity. Not only have you surmounted these challenges, but we have excelled in advancing the interests of our city.

Our General Fund balance is increasing again. New investments and projects are here or on the horizon, and the welfare of our residents has been improved as a result. A new road program is under consideration as well, with more to come on these and other developments in the weeks and months ahead.

The new Meijer center will be open soon, Erie Bank is moving its regional headquarters here, and new upgrades to our parks, playgrounds, and athletic fields are coming, together with new amenities such as the gazebo at Hillside and Broadview Roads—all thanks to your support, the contributions of Meijer and other Seven Hills businesses, as well as the proactive efforts of the Biasiotta Administration. After years of coping with the well-publicized controversies of the past, your city hall is now progressing smartly as we approach the first quarter mark of the 21st century. Once the COVID virus has been defeated, Seven Hills is positioned to flourish as never before.

When we are gone, we leave nothing behind but what we have done for our neighbors and the love of our families. I am grateful to have been a small part of all this, and for the trust you have placed in me as your council representative. Working for my home town has been one of the proudest facets of my life.

Ward 4 is experiencing some other developments and issues which have lead to a number of resident questions. I am looking into these matters with the Administration and hope to report back once more information becomes available.

The first matter is whether the city should pursue street lighting for its major roads, including those in Ward 4. The Administration has contacted First Energy for information on this. Most of those major roads are either state highways or county roads, so there are some overlapping jurisdictional considerations.

Council Quarterly Section

Secondly, Ward 4 residents likely received a letter from the county recently, regarding a change in our polling location. This correlates with a proposed expansion of the church near Evelyn and Elmhurst. I and Council President Kelly opposed a variance for this expansion, and several residents have raised questions as to whether the neighborhood can sustain the increased traffic load. In the coming months, I will ask that the City Planning Commission pay particular attention to these concerns to help protect the residential character of this neighborhood.

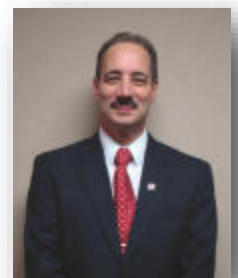
The third matter is the county's proposed bike-hike trail on land along the high tension lines paralleling Magnolia, to be built under the direction of the West Creek Conservancy. This long-standing project is moving forward after the final parcels of land were acquired by the Conservancy to connect this path through Independence to the National Park canal path. Residents are rightly concerned with the possibility of reduced privacy and security in their back yards. The Administration has raised these questions with the West Creek Conservancy and county.

Fourth, is the-city-wide question whether raising chickens should be permitted in the city and under what conditions. A proposed ordinance has been moved out of committee and to the full council for consideration. Those who have an opinion either way on the subject should contact their representatives as the issue is debated.

I have discontinued using my old Cell phone number, since it was little used. My office number is 216-447-8500. My cell phone number is 216-548-2890. And the most efficient way to reach me is by email at rdellaquila@sevenhillsohio.org.

Thank you again Ward 4!

Councilman Richard Dell'Aquila



Farmers Market

The Seven Hills Farmers Market will be celebrating the start of its seventh year on Thursday, July 1, 2021! The Market has been running July through September each year since 2015 and strives to provide an opportunity for local customers to connect with local businesses, while enhancing the quality of life in our neighborhoods. Working with passionate people is hands-down one of the things we love most about our market. Continued partnerships with our local community has helped to build our market and are an active part of our success. Thank you to all of our customers, our vendors, and our sponsors; shout out to Taleris Credit Union, Inc., Vince Hrobat Insurance Agency, Inc., and United Healthcare!

If you want to spend your Thursday summer afternoons joining a group of like-minded people committed to local agricultural products while connecting to great customers who appreciate your efforts, we are now accepting applications for Seven Hills Farmers Market vendors. The application can be found here: <http://www.sevenhillsohio.org/en-US/farmers-market.aspx>

We are also looking for musical talent for the market. For more information, contact Kathy, 216-525-6227, kholland@sevenhillsohio.org or Jen, 216-524-6262, jburger@sevenhillsohio.org

*Happy, Healthy, Homegrown;
The Seven Hills Farmers Market, growing
community by inspiring healthy, sustainable,
abundant living.*



2021 FARMERS' MARKET FOOD TRUCK SCHEDULE

July 1st - Barrio Tacos
July 8th - Slyman's Tavern
July 15th - Cedar Grill
July 22nd - Flamingo Jack's
July 29th - The Starry Fry
August 5th - Cheezylicious
August 12th - Hatfields Goode Grub
August 19th - Barrio Tacos
August 26th - The Starry Fry
September 2nd - Cheezylicious
September 9th - Slyman's Tavern
September 23rd - Flamingo Jack's
September 30th - Barrio Tacos

THURSDAYS 4PM - 7PM

7221 BROADVIEW ROAD



City of Seven Hills Pavilion Pricing

Seven Hills Residents: \$25/Day
Non-Residents: \$50/Day

| | |
|---|---|
| <p>Pavilions Available to Rent:</p> <ul style="list-style-type: none"> • Summitview Park • Calvin Park • North Park • Valleywood Park | <p>Seven Hills parks and pavilions are open from sunrise to sunset. Rental of pavilions does NOT include rental or use of any ballfields.</p> |
|---|---|

GATHERING ROOM AND COMMUNITY ROOM RENTALS

At this time we are not taking reservations for our indoor rental facilities at the Recreation Center or City Hall. Please keep checking our website and social media pages.

As soon as we are able to begin offering indoor rentals, we will update our pages!

We look forward to being able to host your events once again!

The Seven Hills Hall of Fame was honored to present the first George Chandick Scholarship to John Niezgoda, a student at Padua High School, and a Resident of Seven Hills! Congratulations John, we are all so proud of you and your accomplishments and look forward to hearing of your future achievements!

The Seven Hills Hall of Fame is accepting applications in the area of Athletics for induction in 2022. The applications can be downloaded from our website at <https://sevenhillshof.wixsite.com/sevenhillsand> submitted through email to alaina316@yahoo.com.

The Seven Hills Resident of the Month nominations can also be sent to alaina316@yahoo.com. We have talented residents in Seven Hills!

Our fundraising will begin again in the Spring after our hiatus. During this difficult time, we have encouraged all to support our local Seven Hills businesses.

Although we are not politically affiliated, we would like to thank our Mayor, our Council President, and Council for their support and will continue to be thankful for our relationship in acknowledging Seven Hills Residents for their talents and love of our community.



University Hospitals Expands Options for Patients Struggling with Chronic Pain

Comprehensive Pain Center at UH Parma Medical Center treats the whole person

CLEVELAND – Patients suffering from chronic pain will find many more options at [University Hospitals Comprehensive Pain Center](#). UH is debuting the first of its centers at UH Parma Medical Center, with its proven interventional pain management program making it the ideal location for the new Center.

The UH Comprehensive Pain Center builds on existing treatments for management of chronic pain (such as injections, spinal cord stimulators, and infusion therapy) with the addition of the UH Connor Integrative Health Network, offering chiropractic care, lifestyle and integrative health medical consults, massage therapy and guided meditation to complement its integrated approach to pain management. Additionally, the multi-disciplinary Center also offers physical and occupational therapy, behavioral health and addiction services.

“Our dedicated team of physicians and clinicians are already experienced in helping patients struggling with pain,” says Brian Monter, Chief Operating Officer of UH’s West Market, which includes UH Parma Medical Center. “To enhance our care offerings, we recently recruited new physicians with decades of experience in treating patients with pain. I am confident that their expertise, combined with the multi-disciplinary slate of clinical practitioners available through the Center, will provide our community with an unmatched program that’s desperately needed.”

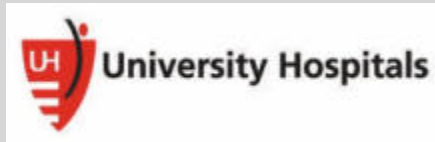
This Center will enhance access to comprehensive care for chronic pain so that multiple avenues can easily be explored, with the goals of

reducing pain, improving functioning, and decreasing reliance on opioid medications. UH Parma Medical Center also served as one of the first launch sites for Thrive ED, a peer support program linking ED patients to substance abuse treatments.

“Opioids still serve as a necessary pain management option in some cases, but we need to ensure other options are explored which is why we are addressing the crisis holistically and creating this compassionate care model,” says Jeanne Lackamp, MD, Director of the UH Pain Management Institute and Vice Chair, Department of Psychiatry, UH Cleveland Medical Center. “Creating our first Comprehensive Pain Center at UH Parma gives us the chance to demonstrate innovation in partnership with an existing group of renowned providers.” Kutaiba Tabbaa, MD, Medical Director of the Comprehensive Pain Center at UH Parma, notes that the interdisciplinary program blends the latest technologies and therapies and thoughtful medical management and behavioral health to help chronic pain patients.

“Pain management is not only a pill, an injection, surgery, therapy or an implant,” says Dr. Tabbaa. “Pain management is an art tailored to each individual by their trusted pain specialist to preserve, regain and improve quality of life, accompanied by total patient involvement and empowerment.”

While services will primarily be provided at UH Parma Medical Center, some services will be offered at the North Royalton Family YMCA as well as virtually. Appointments can be made by calling the [UH Comprehensive Pain Center](#) at (440) 743-4333.



SUMMER MOVIE NIGHTS!

Join us every Thursday night in July for a **FREE** movie night at Byers Field! A different movie will be played on the scoreboard every week.

July 1st: The Croods: A New Age

July 8th: Dolittle

July 15th: Onward

July 22nd: Beautiful Day in the Neighborhood

July 29th: Toy Story 4

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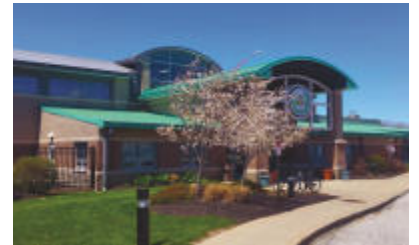
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14-1296

COMMUNITY 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 or younger (must be purchased with Adult Membership). |
| Teen w Parent | \$160 | A resident between 13-17 (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 in Seven Hills. |
| Family | \$400 | Immediate family household members, up to four people living in Seven Hills (max. 2 adults). |
| Additional 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 | Parma resident 12 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 in Parma. |
| Family | \$525 | Immediate family household members, up to four people living in Parma (max. 2 adults). |
| Additional 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 with same address |
| Family | \$675 | Immediate family household members, up to four people living outside of Seven Hills or Parma (max. 2 adults). |
| Additional 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.

MENTAL HEALTH SERVICES AVAILABLE THROUGH COMMUNITY RECREATION CENTER

As the new school year approaches, mental health awareness continues to be top of mind for the City of Seven Hills. We realize that many may be anxious about beginning the new school year in this time of uncertainty and we remain committed to offering mental health services to those in need.

The City of Seven Hills would like to introduce our mental health liaison services to all community members at no cost. Jackie Corrigan, Clinical Mental Health CT, is able to provide a variety of services in the Seven Hills Recreation Center or virtually. Community members may request support directly or on behalf of an individual who may be struggling with identified or suspected mental health needs. Services are voluntary and do require consent in most cases. Services are available in-person or via live video conferencing and include individual sessions for purposes of screening, guidance, resources, intervention, support, crisis intervention, collaboration with outside professionals, coordination of services, linkage and/or referrals.



Please feel free to contact
Ms. Corrigan at (440) 720-4541
or via email
at CorriganJackie21@gmail.com.



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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.



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ADULT PROGRAMS

SESSION DATES – DROP IN TO MOST PROGRAMS AT ANY TIME!

SPRING: APRIL 12TH–MAY 22ND (REGISTRATION BEGINS ON MARCH 28TH)

SUMMER 1: JUNE 7TH–JULY 17TH (REGISTRATION BEGINS ON MAY 24TH)

SUMMER 2: JULY 26TH– SEPTEMBER 4TH (REGISTRATION BEGINS JULY 19TH)

EVENING YOGA WITH SUSAN – WELCOME BACK!

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 6:30PM – 7:30PM – GATHERING ROOMS

FEES: MEMBERS: \$40 PER PUNCH CARD NON-MEMBERS: \$45 PER PUNCH CARD DROP IN: \$10



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 6:30PM – 7:30PM

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 MIDSECTION. 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!

INSTRUCTOR: DEBBIE MAKOWSKI

DAYS: TUESDAY EVENINGS: 6:30PM – 7:30PM

FEES: 6-CLASS PUNCH CARD: \$42 12-CLASS PUNCH CARD: \$82 OR DROP-IN \$10



BEGINNER'S YOGA WITH HEATHER

FOR THOSE THAT WANT TO TRY YOGA FOR THE FIRST TIME OR THOSE THAT NEED A BIT MORE INSTRUCTION & SLOWER PACED CLASS. WE WILL CONNECTOUR BODY, MIND, AND SPIRIT THROUGH BREATH AND MOVEMENT, HELPING TO IMPROVE STRENGTH AND FLEXIBILITY. A GREAT WORKOUT OPTION FOR THOSE JUST STARTING OUT THEIR YOGA JOURNEY!

INSTUCTOR: HEATHER HANCHUK–RYT 200 HOURS / CYT 500

DAYS: MONDAY EVENINGS: 5:30PM – 6:30PM

FEES: 5-CLASS PUNCH CARD: MEMBERS: \$40 NON-MEMBERS: \$45

10-CLASS PUNCH CARD: MEMBERS: \$70 NON-MEMBERS: 80 OR DROP-IN \$10



ALL LEVELS POWER YOGA WITH HEATHER

UPBEAT MUSIC, HIGH ENERGY CLASS! OFFERING HIGHER LEVEL BALANCES, BINDS, AND POSES BUT ALWAYS GIVING MODIFICATIONS FOR THOSE WHO MAY NEED THEM. NO ONE SHOULD BE AFRAID TO TRY THIS CLASS... ALL LEVELS WELCOME!

INSTUCTOR: HEATHER HANCHUK–RYT 200 HOURS / CYT 500

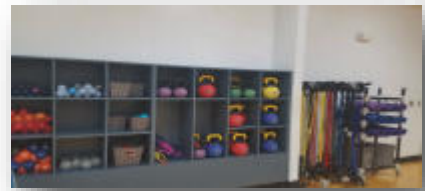
DAYS: MONDAY EVENINGS: 7PM – 8PM

FEES: 5-CLASS PUNCH CARD: MEMBERS: \$40 NON-MEMBERS: \$45

10-CLASS PUNCH CARD: MEMBERS: \$70 NON-MEMBERS: 80 OR DROP-IN \$10



ADULT PROGRAMS



SESSION DATES – DROP IN TO MOST PROGRAMS AT ANY TIME!

SPRING: APRIL 12TH–MAY 22ND (REGISTRATION BEGINS ON MARCH 28TH)

SUMMER 1: JUNE 7TH–JULY 17TH (REGISTRATION BEGINS ON MAY 24TH)

SUMMER 2: JULY 26TH– SEPTEMBER 4TH (REGISTRATION BEGINS JULY 19TH)

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.

MONDAYS • WEDNESDAYS • FRIDAYS 9:30AM – 10:30AM



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



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

JAZZERCISE

THE ORIGINAL DANCE EXERCISE PHENOMENON—OPEN TO ALL AGES! 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

FEES: 1 MONTH: \$45 (EFT) 2 MONTHS: \$90 (AT THE DOOR) DROP-IN \$15



DAYS: MONDAY & WEDNESDAY EVENINGS 6:30PM – 7:30PM WITH LOIS POWERS– LOISPOWERS@HOTMAIL.COM / 330.468.6637

DAYS: TUESDAY & THURSDAY MORNINGS 8:30AM – 9:30AM WITH CAROL MASON

DAYS: MONDAY & WEDNESDAY EVENINGS 5:15PM – 6:15PM WITH CAROL MASON

Seven Hills Summer Camp 2021

Registration
Begins April 1st!



Preschool Camp Ages 3 - 5:

Our summer camp will give your preschooler a chance to make new friends, play games, and take nature hikes! Preschool camp is designed for the young ones who are potty trained. Camp swims every day!

Day Camp Ages 6 - 10:

Day Camp is a great way to have fun this summer as the day is filled with activities such as swimming, gym time, outdoor play, arts & crafts, and more! Weekly field trips are planned for an additional fee. Field trip transportation provided by Parma City School District.

Teen Camp Ages 11 - 13:

Teen Camp is separate from the other two camps as this gives the teen campers an opportunity to develop leadership skills and work with service projects within our community. At the end of camp, we will be happy to provide a letter attesting to their community service hours performed!

Visit www.sevenhillsohio.org for emergency forms, breakfast registration, and field trip information

Contact camps@sevenhillsohio.org with any questions!

Dates!

June 7th - August 13th!

Pricing!

Full Time Fees (4 - 5 Days)

Members: \$155

Non-Member: \$185

Part Time Fees (1 - 3 Days)

Members: \$135

Non-Members: \$150

**SPOTS ARE
EXTREMELY LIMITED!**

Registration is due Thursday prior to the week your child will attend. A \$5 late fee will be applied to any registrations made after Thursday.

SEVEN HILLS BEFORE AND AFTER SCHOOL PROGRAM 2020– 2021

FULL & PART TIME RATES AVAILABLE!

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, SO SIGN UP EARLY TO AVOID BEING SHUT OUT!

PARMA BUSSING PROVIDED FOR CHILDREN ATTENDING GREEN VALLEY, DENTZLER, & HILLSIDE!

PROGRAM CALENDAR FOLLOWS THE PARMA CITY SCHOOLS SCHEDULE

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

CONTACT CAMPS@SEVENHILLSOHIO.ORG FOR MORE INFO!

BEFORE CARE PART TIME (1–3 DAYS):

MEMBERS: \$20 PER WEEK

NON-MEMBERS: \$25 PER WEEK

FULL TIME (4 OR MORE DAYS):

MEMBERS: \$27 PER WEEK

NON-MEMBERS: \$37 PER WEEK



AFTER CARE PART TIME (1–3 DAYS)

MEMBERS: \$26 PER WEEK

NON-MEMBERS: \$32 PER WEEK

FULL TIME (4 OR MORE DAYS):

MEMBERS: \$40 PER WEEK

NON-MEMBERS: \$50 PER WEEK

SPRING BREAK CAMP!

OUR SPRING BREAK CAMP OFFERS YOUR CHILDREN THE OPPORTUNITY TO GET EXERCISE AND FRESH AIR DURING THEIR TIME OFF SCHOOL WITH OUR EXPERIENCED CAMP STAFF! CHILDREN WILL ENJOY A SPRING BREAK FILLED WITH GAMES, ACTIVITIES, ARTS AND CRAFTS, A FIELD TRIP AND SO MUCH MORE! PLEASE BRING A LUNCH, SNACK AND SWIM GEAR EACH DAY! CONTACT JACKIE CORRIGAN AT 216.524.6262 OR CAMPS@SEVENHILLSOHIO.ORG FOR MORE INFO! PLEASE BE PREPARED TO GO OUTSIDE EVERY DAY- DEPENDING ON THE WEATHER!

CAMP DATES: APRIL 1ST, 2ND, 5TH, 6TH & 7TH

GET HERE AS EARLY 6:30AM AND STAY UNTIL 6PM – WITH NO EXTRA FEES!

WEEKLY FEE: MEMBERS: \$150 NON-MEMBERS: \$180

NO REFUNDS DUE TO STAFFING CONSIDERATIONS!



Kids Day Off Program – \$40 per student

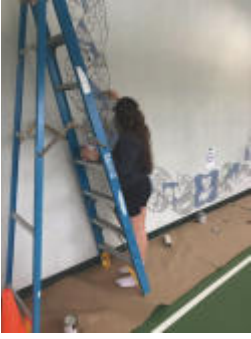
BRING THE KIDS AS EARLY AS 6:30AM AND LEAVE THEM UNTIL 6PM – NO EXTRA CHARGES!

THE DAY IS FILLED WITH ACTIVITIES, CRAFTS, SWIMMING AND MORE FUN! BRING A LUNCH, A SNACK, AND SWIM GEAR!

CONTACT CAMP STAFF WITH QUESTIONS – CAMPS@SEVENHILLSOHIO.ORG

TUESDAY, MAY 4TH (ELECTION DAY)





Hi there! My name is Rachel Kucharczyk! I grew up in Seven Hills and am currently residing in Parma. I am a full-time student at Cleveland State University, enrolled in graduate school to earn my doctorate degree in occupational therapy. Although art is not my main profession, I have had a passion for it my entire life! I created my own small business, RK Customs, in hopes to share my creations with those who are interested. I make just about anything including home portraits, wedding/home decor, custom shoe designs, and now – mural work!

I was hired last year as a Resident Artist for the City of Seven Hills. I am super excited to add more art throughout the City, as we have numerous projects on our vision board for the upcoming years (stay tuned)! As you can see in the pictures above, I am currently working on a free-handed mural located along the track in our Community Recreation Center. Feel free to take a walk to check out the progression of the mural and if I am there, do not hesitate to say hello! I appreciate all feedback and would be happy to chat.

If anyone is interested in learning more about or purchasing a custom item from my small business please e-mail me at rk.customs.art@gmail.com. I would be happy to bring your imagination to life!

Rachel Kucharczyk

OPENING DAY 2021

SPONSORED BY
SHARON LABUDA

SATURDAY, JUNE 5TH

CALVIN PARK

11 AM - 3 PM



JOIN US AT CALVIN PARK TO KICK OFF
BASEBALL SEASON IN SEVEN HILLS! FIRST
PITCH CEREMONY BEGINS AT 11 AM!
SPONSORSHIP OPPORTUNITIES AVAILABLE!

CONTACT JEN BURGER AT
JBURGER@SEVENHILLSOHIO.ORG

FOLLOW US ONLINE FOR MORE INFORMATION!
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TWITTER: @SEVENHILLSCITY
INSTAGRAM: @CITYOFSEVENHILLS
WWW.SEVENHILLSOHIO.ORG

Youth Programs

Registration opens
April 1st



All Programs
located at
7Hills Rec

Dodgeball

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

Price: \$50

Mondays Dates

Ages 9&up:

Spring:

7:30pm - 8:30 pm

May 3rd - June 7th

Rookie PhysEd

Price: \$50

Rookie Phys. Ed introduces the ABCS of athletics to beginners in an exciting environment while promoting social development.

Each athlete will develop their ABCS (Ability, Balance, Coordination, & Skills) through fun drills and games.

Wednesday Dates

Ages 3-4:

Spring:

5:30 pm - 6:00 pm

May 5th - June 9th

Flag Football Skills

Flag football skills classes for ages 3-8 (3-4; 5-6; 7-8) Classes run in the same vein as I do my Basketball & Soccer skills classes. Where we do different skill drills and games getting a good fundamental knowledge of the sport while growing ability and building towards game play. Focusing on Running with the ball, Throwing, Catching, Route Running, Blocking, Defense, & Game Play. 6 week program

Price: \$50

Day and Time:

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

Ages 5-6: 5:15 pm - 6:00 pm

Ages 7-8: 6:15 pm - 7:00 pm

Grade 3&4: 7:15 pm - 8:00 pm

Friday Dates

Spring:

May 7th - June 11th

T-Ball League

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 - three inning game where everybody bats. Each class goes for about 50 minutes. You will be contacted via email prior to week 1 with exact times. 6 week Program

Price: \$75

Saturday Mornings

Ages 3-4

Spring:

May 1st - June 5th

Kickball

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

Price: \$50

Monday Dates

Ages 9&up:

Spring:

6:15pm - 7:15 pm

May 3rd - June 7th

Soccer Skills

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

Mondays Dates

Day and Time:

Spring:

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

May 3rd - June 7th

Ages 5-6: 5:15 pm - 6:00 pm



Pickup Camp

Looking for something to do the first week out of school? Want to play ball? 1st hour is 1on1, 2on2, 3on3 games, followed by 2 hours of 5on5 play. 1 week program. **5th&6th grade**

Price: \$100

June 7th - June 11th

Time: 12pm - 3pm

Basketball Skills

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

Price: \$50

Day and Time:

Tuesday Dates
Spring:

May 4th- June 8th

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

Ages 5-6: 5:15 pm - 6:00 pm

Ages 7-8: 6:15 pm - 7:00 pm

Grade 3&4: 7:15 pm - 8:00 pm

Basketball Training

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

Ages: 8 & up

Price: \$50 per

hour *Individual or small group training available*

For more details or to schedule a training session

contact Coach Phil:

216-502-0805

RookieAthletics@gmail.com



Basketball League

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. 5-6 age group plays on 8'; 7-8 age group plays on 9'.

Price: \$75

Saturday Dates

Spring:
May 8th - June 12th

Week 1:

Ages 5-6: 11am
Ages 7-8: 12pm

Pickup Basketball

Just want to play basketball? Pick up is perfect. 110 minutes of game after game after game. 5 week program.

Price: \$100

Saturday Dates

Spring:
May 1st - May 29th

Day and Time:

3&4 Grade: 1:10pm - 3pm

5&6 Grade: 3:10pm - 5pm

7&8 Grade: 5:10pm - 7pm

9th Grade: 9:10am - 11am

Registration opens April 1st



Register At:

www.RookieAthletics.org

Spring & Summer Group Learn-to Swim

(For group descriptions, go to sevenhillsohio.org.)

This program is designed for ages 6 months and up. We offer a variety of different skill levels from pre-school to pre-swim team. Contact the Aquatics Supervisor for more information.



Spring Session:

Members: \$40 | Non-Members: \$50
Mon. Only—April 26th to May 24th
Wed. Only—April 28th to May 26th
Sat. Only—April 24th to May 22nd

| Level | Mon PM | Wed PM | Sat AM |
|------------------|-------------------------------|-------------------------------|---------------------------------------|
| Starfish | XXXX | XXXXX | 9:30-10 10-10:30 10:45-11:15 |
| Tadpole (Pre 1) | 4:30-5 5-5:30 6:15-6:45 | 4:30-5 5-5:30 6:15-6:45 | 9:30-10 10:00-10:30 11:30-12:00 |
| Frog (Pre 2) | 4:30-5 5-5:30 6:15-6:45 | 4:30-5 5-5:30 6:15-6:45 | 9:30-10 10-10:30 10:45-11:15 |
| Stingray (Pre 3) | 5-5:30 | 5:45-6:15 | 10:45-11:15 11:30-12 |
| Turtle (L 1) | 5:00-5:30 5:30-6:00 | 5:00-5:30 5:30-6:00 | 10-10:30 10:45-11:15 |
| Penguin (L 2) | 5:30-6:15 | 5:30-6:15 | 10:30-11:15 11:15-12 |
| Sea Otter (L 3) | 5:30-6:15 | 5-5:45 | 10:30-11:15 11:15-12 |
| Dolphin (L 4-6) | 5:30-6:15 | 5:30-6:15 | 11:15-12 |



Summer Sessions:

Members: \$50 | Non-Members \$60
Mon. PM Only—June 21st to Aug. 9th
Wed. PM Only—June 23rd to Aug. 11th
Sat. Only—June 19th to August 7th

Monday through Thursday AM Sessions:

Session #1: June 21st to July 1st
Session #2: July 12th to July 22nd
Session #3: Aug. 2nd to Aug. 12th

| Level | Mon or Wed PM | Mon-Thurs AM | Sat AM |
|------------------|-------------------------------|----------------------------|------------------------------------|
| Starfish | XXXX | XXXX | 9:30-10 10-10:30 10:45-11:15 |
| Tadpole (Pre 1) | 4:30-5 5-5:30 6:30-7 | 9:30-10 10:45-11:15 | 9:30-10 10-10:30 11:30-12 |
| Frog (Pre 2) | 4:30-5 5-5:30 6:30-7 | 9:30-10 10:45-11:15 | 9:30-10 10-10:30 11:30-12 |
| Stingray (Pre 3) | 4:30-5 6:30-7 | 11:30-12 | 9:30-10 11:30-12 |
| Turtle (L 1) | 4:30-5 5:45-6:15 6:30-7 | 9:30-10 10:45-11:15 | 9:30-10 10:45-11:15 11:30-12 |
| Penguin (L 2) | 5:00-5:45 5:45-6:30 | 10:00-10:45 11:15-12:00 | 10-10:45 10:45-11:30 |
| Sea Otter (L 3) | 5:00-5:45 5:45-6:30 | 10:00-10:45 11:15-12:00 | 10-10:45 10:45-11:30 |
| Dolphin (L 4-6) | 5:45-6:30 | 10-10:45 | 10:45-11:30 |



All aquatic programs days and times subject to change. For more information, contact the aquatics supervisor at 216-524-6262 or mgallagher@sevenhillsohio.org.

Other Aquatic Programs

Seahawks Recreation Swim Team

This program is designed for swimmers ages 5 and up that have a desire to swim at the competitive level. If your child can swim 25-yards freestyle and 25-yards backstroke non-stop, they can participate in this group (25-yards = One Length of the pool).

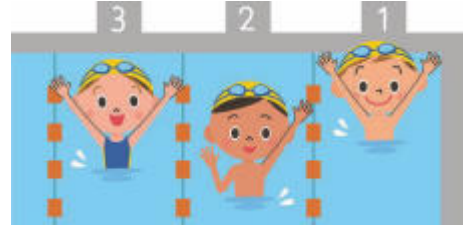
Spring Swim Team Session

Members: \$45 | Non-Members: \$55

Mon. Only—April 19 - May 24 from 6:15-7:15 pm

Wed. Only—April 21 - May 26 from 4:30-5:30 pm
(11 and over) & 6:15-7:15 pm

Sat. Only—April 24 - May 29 from 9:30-10:30 am



Summer Swim Team Session

Members \$80 & Non-Members \$90

June 7th to July 31st

10 and under: Mon. & Wed. from 5-6 pm and Tues. and Thur. from 10-11 am

11 and over: Mon. & Wed from 6-7 pm and Tue. & Thurs. from 10-11:30 am

Private Swimming Lessons—\$30 per half hour

This program offers one-on-one or semi-private (2-3 swimmers of equal ability level) swim lessons for children & adults. The emphasis can be for learning to swim or improving stroke technique.



American Red Cross Lifeguarding Lifeguard Instructor Training (Blended Learning)

Provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over. **April, May, June and July classes available!** Register online or contact the aquatics supervisor for more information.



American Red Cross CPR/AED and First Aid Training (Blended Learning)

This course will prepare you to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving adults, children and infants and meets OSHA/workplace requirements. Contact the aquatics supervisor to schedule your training today!



Rec2Connect

The vision of **Rec2Connect** is to connect people with special needs, and their families, to community recreation, wellness, and lifetime leisure skills through innovative recreation therapy programming. For more info, contact Jen Knott at 1.330.703.9001 or jen@rec2connect.org.



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 or kristen.pataki@gmail.com.

WATER EXERCISE



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 – SPRING SESSION (THRU JUNE 18TH)

MONDAYS, WEDNESDAYS, & FRIDAYS: 8:00AM – 8:45AM – SUMMER SESSION (STARTING JUNE 21ST)

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-FT. DEPTH.

MONDAYS, WEDNESDAYS, & FRIDAYS: 10AM – 10:45AM – SPRING SESSION (THRU JUNE 18TH)

MONDAYS, WEDNESDAYS, & FRIDAYS: 9:00AM – 9:45AM – SUMMER SESSION (STARTING JUNE 21ST)

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
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Monday - Closed
Tuesday - 10am-3pm
Wednesday - 10am-3pm
Thursday - 2pm-6pm
Friday - 2pm-6pm
Saturday - 9am-12pm
Sunday - Closed

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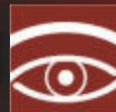
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AT 216-525-6227 / KHOLLAND@SEVENHILLSOHIO.ORG



RECREATION CENTER HOLIDAY HOURS:

SUNDAY, APRIL 4TH-CLOSED FOR EASTER

MONDAY, MAY 31ST-5:30AM-NOON

FRIDAY, JULY 4TH-CLOSED

CITY HALL HOLIDAY HOURS:

MONDAY, MAY 31ST

MONDAY, JULY 5TH

2021 DELAYED TRASH PICK UP SCHEDULE:

MEMORIAL DAY - 5/31/2021 - PICK UP DELAYED ONE DAY

INDEPENDENCE DAY - 7/4/2021 - NO DELAY

LABOR DAY - 9/6/2021 - PICK UP DELAYED ONE DAY

THANKSGIVING - 11/25/2021 - THURSDAY PICKED UP ON FRIDAY

CHRISTMAS DAY-12/25/2021 - NO DELAY

NEW YEAR'S DAY - 1/1/2022 - NO DELAY

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