

# City of Seven Hills Community Newsletter

*Winter - Spring 2019*



## **WHAT MAKES A COMMUNITY?**

Seven Hills has experienced a transformation over the past decade in renewed business investment and new households choosing to relocate and raise their families here. All this has enhanced our already high quality of life while contributing to our tax base and our ability to augment city services.

Our history of owner-occupied housing includes about 5300 homes, reasonably priced in a competitive market. This has created a strong, stable community with excellent resident services and a low crime rate, attractive to seniors as well as younger families.

Civic involvement has been a hallmark of our community, even before my childhood. Seven Hills has been blessed to have so many dedicated organizations and volunteers willing to give of their time and finances for the betterment of their neighbors' lives. Our community events like the Memorial Day parade, Home Days, Fall Fest, and Christmas events would be impossible without them.

Our basketball and baseball federations would not exist without volunteers. Our VFW Post 7609, Seven Hills Historical Society, senior groups, scouting, and other organizations have become indispensable to so many things that make our city great. Clearly, our most important assets are YOU, our residents--the people who built this city and keep it alive and vibrant!

I can recall a time when Broadview Road was a two lane street between Snow and Pleasant Valley, with not a single traffic light along the way. St. Columbkille held Mass in the building that now serves as their school gymnasium. Those were simpler times, but they also served as the solid foundation upon which our shared future was constructed.

Over the years, Seven Hills residents have proven they are resilient to the many controversies we are all aware of, and that we are able to make good decisions regarding our community. We should be proud of what we have built, of futures created, and lives well-lived.

Now the future calls to the next generation. They are stepping forward to expand upon this foundation. We see the results in the new housing, potential businesses, and large projects, both currently on the drawing board and already under construction.

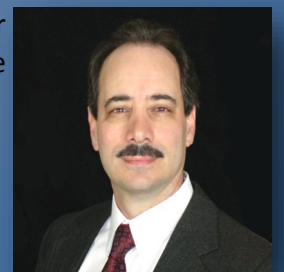
All that increased, critically important activity requires, more than ever, that the city carefully manage each step along the formal processes leading to the final realization of each project. Seven Hills must continue to stay the course to avoid falling back into the discredited and damaging approaches of the past.

We do this by following a methodical path, placing city interests first, to make sure that all that we envision for our city comes to fruition with the best results possible. In the process, the city must continue to make sure that our residents continue to be provided with the best possible police, fire, and service department personnel, equipment, and all the services our budget will permit.

As 2019 progresses, you will hear more about the huge positives along the way: new businesses and real estate development, park upgrades, sewer projects and other infrastructure improvements, a budget that is truly under control, and a city that is professionally managed at a reasonable cost to the taxpayers. That is the future we must all continue to work for.

Seven Hills has been able to accomplish all this and more by carefully monitoring expenses while employing some of the finest, most dedicated, city employees anywhere. Now, together, we must press to assure the best possible outcomes on all the development and other projects ahead of us. It has been my honor to be a part of this work on your behalf and the revitalization of the city we all love.

--Mayor Richard Dell'Aquila



# 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 -  
Kathy Holland 216-525-6227

Recreation Center -  
Front Desk 216-524-6262

Senior & Community Services -  
Tony Terry 216-525-6230

Mayor's Court 216-524-4421

Building Department 216-524-4427

Council Clerk -  
Carol Sekerak 216-525-6235

Finance Department 216-525-6249

Law Department 216-525-6237

Service Department- 216-525-6225

Engineering Department 216-525-6277

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## Seven Hills City Council Representatives

Ward 1 / Council President  
Tony Biasiotta  
216.459.9312  
TonyBfor1@gmail.com

Ward 2  
Bob Wrobel  
216.524.3567  
wrobelward2@gmail.com

Ward 3  
Thomas J. Snitzky  
216.236.6322  
snitzky7hills@ymail.com

Ward 4  
Randolph Greenwald  
216.453.0861  
rgreenwaldshcitycouncil@gmail.com

### Council-At-Large:

Patrick Elliott  
216.990.8725  
elliott47hillscouncil@yahoo.com

Council President Pro Tem  
Stacey L. Kelly  
216.642.3722  
slk7hills@gmail.com

Leslie Stager, Ph.D.  
216.446.5097  
Leslie.stager@me.com



# **IMPORTANT**

**An important  
Message from the Seven Hills Service Department**

## **ROBOCALL INFORMATION UPDATE NEEDED**

The City of Seven Hills is **UPDATING** our **RESIDENT ROBOCALL PUBLIC SERVICE NOTIFICATION SYSTEM**. If you would like to receive telephone calls from the City of Seven Hills regarding *City News & Notifications* (trash delays, leaf pickup, snow parking bans and so forth) we need your updated contact information.

**Please contact Sue**

**216.525.6225**

**[soyster@sevenhillsohio.org](mailto:soyster@sevenhillsohio.org)**

**to have your**

**CONTACT  
INFORMATION**

**added**

**to the list.**

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

# ENGINEERING DEPARTMENT

**\*\*\* Construction for the Hemlock Creek Watershed Utility Improvement Project is ongoing through the Winter \*\*\***

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:

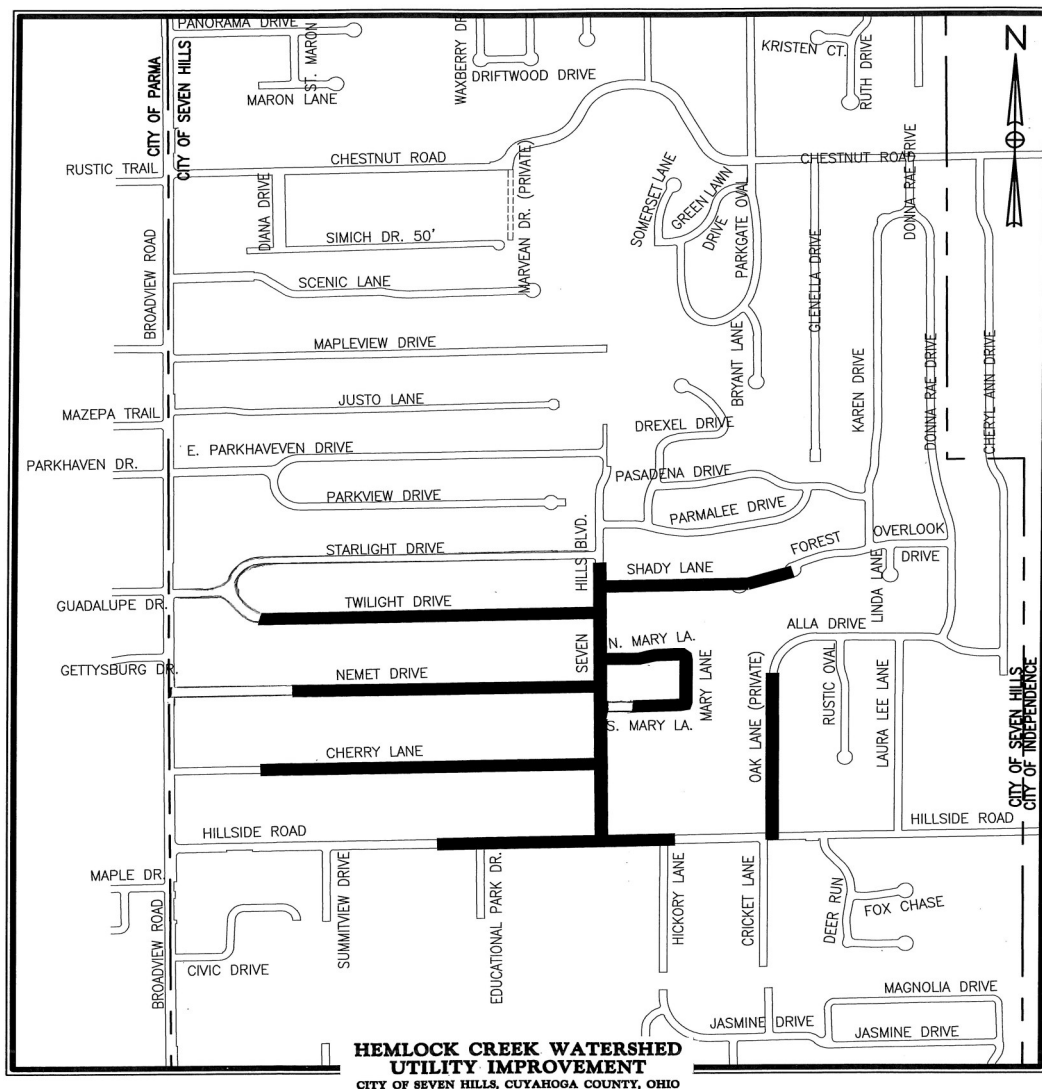
Please drive extra careful and slowly during the construction activities occurring on your street throughout the Winter months.

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

For ongoing and continual Project updates, feel free to visit the City's website at:

<http://www.sevenhillsohio.org/en-US/Engineering.aspx>

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



## LOCATION MAP



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

### SNOW REMOVAL

Throughout the winter season, it may become very difficult for students who walk to and from school to navigate through high accumulation of snow. If you are a homeowner within close proximity to Hillside Middle School, you are asked to help mitigate this hazard by doing your best to have your sidewalks cleared.



Some children will resort to walking down one of Seven Hills very busy streets because the sidewalks aren't cleared. This is very dangerous. For this reason we are asking all residents to do what they can to ensure the safety of our children.

Please be aware that C.O. 521.06 requires you to remove snow and ice from your side walks and C.O. 311.01 prohibits you from placing snow or ice onto a street or alley or obstructing or covering a fire hydrant. However, it is legal to operate powered snow removal equipment 24 hours a day, 7 days a week. The entire ordinances can be viewed at [www.sevenhillsohio.org](http://www.sevenhillsohio.org).

### THEFTS FROM VEHICLES

Thefts from unlocked vehicles continue to occur throughout the city. In each one of these cases, the vehicles entered were all unlocked and the thefts were committed overnight. The police department encourages all residents to keep all vehicles that are parked in your driveway locked and remove all valuables (for example, purses, wallets, laptops, GPS units, etc..) each night. Many of these thefts can be prevented by simply removing your valuables and locking your vehicles.



Remember, the people committing these crimes are simply walking through our neighborhoods and going through your vehicles. The police department wants to remind all residents to report any people acting in a suspicious manner immediately by calling our dispatch center at 216-524-3911. If you see anyone committing a criminal act (i.e. going through an unoccupied car in a driveway or on the street) immediately call 911 before taking any other action. Through cooperation and vigilance, we can continue to keep our neighborhoods safe.

### PARKING HOURS

No person, operator or owner shall park or permit a vehicle to remain on the roadway portion of any street or highway in the City between the hours of 3:00 A.M. and 6:00 A.M. C.O. 351.11(a) can be viewed at [www.sevenhillsohio.org](http://www.sevenhillsohio.org).



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

**Proper disposal of expired prescriptions reduces the likelihood of abuse by family, friends, or visitors.**

**Further, disposal of prescription drugs in an RX Drop Box reduces the environmental impact on citizen drinking water and natural waterways, by providing citizens with an alternative to flushing drugs down the toilet. The Rx Drug Drop box is located in the Seven Hills Police Department's lobby.**

# FIRE DEPARTMENT



## Spring Safety Tips

Welcome to Spring! When it comes to house fires, prevention is key. As most fires are preventable, it is important to create a safe environment for you and your family.

The first step, is to remove fire hazards. Frayed cords or wiring should be replaced immediately, as should damaged fuses. Be sure not to run wires or cords under rugs or other flammable material; fixing them to baseboards is the safer option. Keep electrical appliances unplugged when not in use, and be sure to check around electrical appliances for water leaks: often, snowy and icy winters lead to leaks in older homes come spring. Additionally, the lint trap and exhaust duct in the clothes dryer should be cleaned out regularly to prevent excess lint from overheating and catching flame.

It is also important to take extra safety precautions outside of the home. Remove dead leaves and other flammable debris from around the foundation of your home, and get rid of any clutter under decks, porches, and stairs. Recycling should be put in the proper receptacles, not piled in the garage or stairwell. Outdoor work areas, such as garages and tool sheds should be kept neat and organized, and flammable materials should be stored in fire-safe containers out of the reach of children. It may even be advisable to keep flammable liquids and chemicals under lock and key, to further prevent child exposure.

Checking fire protection and safety equipment is another essential step to ensuring your families' safety. Fire alarm, smoke detector and carbon monoxide detector batteries should be tested routinely. If one of these devices is more than ten years old, it should be replaced. Place a fire extinguisher on each floor of your house, and teach your family how to properly use it if a small fire should occur. Additionally, ensure the entire family knows your fire escape plan, and decide on a meeting point if a fire should occur. All doors and windows in the home should be openable for easy escape, and ideally there should be at least two ways to exit each room in your home.

Another vital component of fire safety is practicing responsible smoking habits. If you are a smoker, prevent smoking-related fires—the most common in the United States—by always smoking outside, and using a deep, sturdy ashtray filled with sand or water to ensure your cigarette is snuffed out completely. Plastic cups, paper towels, and other common objects are never suitable as an ashtray. Do not smoke in a place where you may be susceptible to fall asleep. Many incidences of smoking-related fires occur when an individual falls asleep while a cigarette is lit. Remember, that flower pot is not an ash tray; smoking material placed inside of flower pots will catch on fire.



You are your family's first line of defense when it comes to fire safety. By following smart, easily completed fire safety tips, you will ensure a safer, happier spring for everyone. In 2018, City Council authorized the Mayor to enter into a contract to purchase a new Rescue Squad. The ambulance is slated to be in service by the time of this publication. The two currently in service, have many engine hours and have cost the city money for repairs due to their age. Your firefighters are here to assist you in your time of need. WE ARE HERE FOR YOU.



## SERVICE DEPARTMENT

**SERVICE DEPARTMENT - Jack Johnson – Service Director**  
**PH: 216-525-6225 / [jjohnson@sevenhillsohio.org](mailto: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 snow removal, sewers backing up, flooding, downed trees and dead animals. ***For Medical Emergencies, Dial 9-1-1.***

### **Mailboxes**

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

### **Snow Removal**

One truck is assigned in every ward for snow removal. However, additional trucks may be used depending on the amount of snowfall. Main streets and hills are a priority followed by the side streets and subdivisions. The City typically plows and salts only the intersections, hills and curves as part of our salt sensibility program which has been in effect for years.

### **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.

### **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 Shred Day**

The City will have document shredding behind City Hall on April 23<sup>th</sup> from 1PM to 7PM and August 20<sup>th</sup> from 1PM to 7PM. Shred-it will be doing on site shredding.

### **Household Hazardous Waste & Computer Roundup**

The City will have a roundup on May 14<sup>th</sup> from 8AM – 6PM and September 17<sup>th</sup> from 8AM-6PM behind City Hall. For information please contact the Service Department at 216-525-6225 or check the Cuyahoga County Solid Waste District Website: [www.cuyahogarecycles.org](http://www.cuyahogarecycles.org)

### **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!**



# VFW



## Post 7609

### Monthly Meeting Every 3rd Monday

### 6:30 p.m.

### Seven Hills City Hall

### Support your Veterans!

## Sharon LaBuda

sharonlabuda@howardhanna.com

sharonlabuda.howardhanna.com

216.906.9047



Real Estate Mortgage Title Insurance

- Mega Million Dollar Producer
- Residential Relocation Specialist
- Serving Northeast Ohio
- Top 5% of Realtors Nationwide
- Top Rated Zillow Agent

Which **REALTOR** Knows Your Neighborhood Better?  
**The One That Lives Here!**

Groups / Participants Wanted! Any Civic or Organized Group interested in participating in the Seven Hills Memorial Day Parade, please contact VFW Post 7609 Vice Commander Nada Fleming at Hope182@sbcglobal.net



## Council Quarterly Section

### *Message from Council President Tony Biasiotta:*

It is amazing how fast a year can go. I have just started my 2<sup>nd</sup> year as Council President, but it feels like the November 2017 election was just last week. When I look back at the year I can't help but say it is amazing what can be accomplished when you don't worry who gets the credit! If I had to succinctly define 2018 for the City of Seven Hills, I would choose the words "**Partnerships**" and "**Progress**".

**Partnerships:** To provide cost-effective solutions to the regular costs of running the City we aggressively sought partnerships with other service providers. We have entered into a number of agreements with neighboring communities to improve our infrastructure and services and to maximize the benefit to the taxpayer by sharing the cost of those improvements with other Cities or agencies.

**Infrastructure Partnerships:** We entered into an agreement with Parma to split the cost to resurface W.9<sup>th</sup> (50% each) and Cuyahoga County / Broadview Hts. to repave E. Sprague (our share is only 10%). We applied for and were **granted full reimbursement** of our 2018 Catch Basin Program (30 catch basins for \$47,850) from NEORSD (saving your Sewer Maintenance Fee dollars for future projects). We received a grant from the County to offset a portion of the cost of our crack sealing program. We applied to the County 50/50 street program for McCreary (if approved, the cost to resurface will be split evenly between Seven Hills and the County). Looking ahead, we are exploring expanding our sewer maintenance capability by contracting with the County for certain services. By exploring this partnership, Seven Hills would once again only pay the services we need as opposed to purchasing specialized sewer equipment that often ranges into \$100,000's.

**Service Partnerships.** We have entered into two separate agreements with the City of Independence, one for the services of **their Animal Control Officer (ACO)** and the other to allow a left turn into

our smaller development on Rockside. The agreement on the ACO allows Seven Hills to use Independence's ACO on an as-needed basis which is charged at an hourly rate. We gain an important service on a pay-as-you-go basis without all the overhead. The left turn agreement was valuable in that being able to enter the Rockside Road project from both the east and west was a necessary condition of getting the project underway. We entered into a **Council of Government (COG)** agreement with Brecksville, Broadview Heights, and Independence. Together, we all became members of the Chagrin Valley Dispatch Center, a nationally renowned dispatch service.

**Meijer Progress:** Early in the year we identified KMART as a potential opportunity for redevelopment and wanted to proactively address what often becomes a blighted property (in the event of a closure). We sought real estate brokers with experience in this business. I'm pleased to announce that those efforts have exceeded our expectations. Working with the brokers we were able to position our Seven Hills to have the best shot at obtaining a new retailer. Ultimately the retailer turned out to be Meijer. Every department pitched in: the City Engineer looked at the plans; the Building Department determined variances; the Law Department created ballot language; and Council promoted the idea. It really was a team win that put us in the position we are in today. It was an exceptional experience working with everyone to lay these things out months in advance and then watching the plan come to fruition this winter with KMART's closing announcement. More work awaits us in 2019 for this project. We must complete a traffic review, work with Parma on a potential traffic signal adjustment and complete a developer's agreement with Meijer. Thus far it has truly been an honor to serve as acting Mayor on this project! (Mayor Dell' Aquila voluntarily recused himself from the project to avoid any chance of a conflict of interest).

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## Council Quarterly Section

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**Rockside Progress.** The smaller development (*Vitalia Senior Residence at Seven Hills*) on Rockside Road is on schedule. All site and foundation permits have been granted. Over the next month or so you will see significant activity at the site. The independent living portion of the project is targeted to open in the spring of 2019 and the assisted living and memory care portions later this coming summer. This development alone will provide over \$6 million in new tax revenue to the City over the next 15 years. The vast majority of this new revenue will be dedicated for the sole purpose of future infrastructure improvements such as roads and sewers.

**Progress** continues on the larger parcel. This past fall Fairmount Properties was granted Preliminary Plan Approval for their Rockside Road proposal (temporarily called "The Bluffs"). Currently, before Council is a memorandum of understanding (MOU). The MOU is a general framework of guiding principles that are agreed upon between the City of Seven Hills and the Developer. This agreement includes a minimum annual economic benefit to the City to be derived from the project of at least \$800,000 from property and income taxes on an annual basis when the project is fully stabilized. Further, the MOU states that at least 55 percent of the overall tax revenues derived from the development must be from commercial development. This clause insures the project will remain mixed use. I will note that this agreement is non-binding but important nonetheless as this agreement becomes the broad strokes that will eventually be refined into a very specific and binding developer's

agreement (DA). I can't emphasize enough that a project of this nature must make sense for both the City and the Developer to continue to move forward. Being the last major parcel available for development in Seven Hills we prefer to take a slow and methodical approach to get it right as opposed to getting it done fast for a short term gain. Next steps for this project: Complete the DA, begin leasing (Adjustments may happen during this step based on market conditions), financing is finalized, and then final development approval.

Wrapping up, I want to share with you that based on the 2018 appropriation ordinance recently passed by Council and sent to the County for filing, **we finished under budget** for general fund expenses on the year!

I look forward to keeping the success of 2018 going into 2019, continuing the **"Partnerships"** and **"Progress"** approach and staying engaged with our most important partner, the residents of Seven Hills!

Respectfully,

Tony Biasiotta  
Council President  
216-459-9312  
TonyBfor1@gmail.com



*P.S. I hope to see you at the Recreation Center this year, where I will actively be hanging out and getting healthier in 2019.*

Hi Seven Hills Residents!

The offering to this newsletter will be short and sweet. I would just like to remind you that if you want to celebrate a Seven Hills milestone along the order of how long you or someone you know lived in Seven Hills, a wedding anniversary, birth, or someone who deserves recognition for service to their neighbors or our community in the form of a proclamation (from the Mayor) or commendation (from all of Council), then please contact me at [leslie.stager@me.com](mailto:leslie.stager@me.com), or 216-446-5097. The recognitions we had the past year were extraordinary. It is a wonderful and gratifying experience for the person or people being acknowledged but also a marvelous opportunity for the family and friends to celebrate together.

I'm looking forward to hearing from you!

*Leslie Stager* Councilperson At-large

# Council Quarterly Section

## SEVEN HILLS COUNCIL 2018 YEAR IN REVIEW

It is hard to believe that a year has gone by so quickly. This City Council has worked very hard from day one to help get our City on track and in the best position to succeed. Listed below are just some of the highlights of our 2018 year. Stay tuned because we are just getting started. As a City, we have a great many things to look forward to. This Council is committed restoring our trust with residents, improving our City resources and creating a better day for tomorrow.

### Service Department

\*Replacement and installation of above ground diesel/oil tanks at Service Garage

\*Appointment of new Service Director Jack Johnson who is a great addition with his motivational and managerial experience

\*Catch basin re-construction project to repair/replace over 30 catch basins throughout City. This is an example of your sewer maintenance fees at work with 30 catch basins being replaced and/or repaired. Annual maintenance and upgrade projects help the overall integrity of our sewer system.

### Police Department

\*Chagrin Valley Dispatch Center. We have partnered with Brecksville, Broadview Hts., and Independence to share in the cost of dispatching. It allows us to have shared resources and costs with other communities; we have access to grant money distributed by the State; we can receive up to 41% of our start up costs and the location of the center will be in Brecksville.

\*Purchase of 19 Kenwood Portable Radios to update our current inventory

\*Agreement with surrounding municipalities to utilize shared crash investigative services between the cities of Parma, Parma Hts., Brooklyn and Brookpark

\*Shared partnership agreement with the City of Independence for an Animal Control Officer. As with many of our shared resources, including the Dispatch Center it helps to bring our residents quality services at a fraction of the cost.

\*Purchase of two (2) 2019 Ford Interceptor with out-fittings

\*Replacement of security door at Police Department

### Fire Department

\*Purchase of a two (2) new 2018 STS Freightliner Ambulance which we will be taking delivery soon. Both of our ambulances were over 10 years old and the repairs were beginning to increase. This purchase was funded through the Squad Assistance Fund.

\*Purchase of 25 Scott 4500 minutes cylinders for our firefighters

\*Hire of five (5) additional firefighters with turnout gear

\*Purchase and replacement of air hose exhaust system in the Fire Department

\*Purchase of Scott Rit Pak III Equipment

### Community Services

\*Agreement with Liturgical Publishing. Our Council has partnered with the Recreation Center to provide Council updates in the City-wide Newsletter which is distributed cost FREE to ALL residents. The cost of the publication is off set by the number of ads that are placed via merchants.

\*Upgrade and replacement of scrolling marque sign at corner of Civic Drive & Broadview Road to soon be installed

\*Improvements to the City website ([www.sevenhillsohio.org](http://www.sevenhillsohio.org)) and the Seven Hills Facebook Page (City of Seven Hills, Ohio). Here our residents can keep up to date on current events involving the City, Council and Community events.

\*Farmers Market which was a huge success in 2018. There were many local farmers selling produce, local vendors selling bakery, soap and other items. Every week a different food truck was there. This event was held every Thursday from 4 pm to 7pm and on average we had roughly 400 visitors. The highest amount of visitors in one week during 3 hours was 611 visitors. Thank you to Kathy Holland for making this event such a huge success.

\*Seven Hills Home Days. A big thank you to our Community Services Director Tony Terry who makes this happen. While most cities spend thousand of dollars, Mr. Terry works hard to keep this event basically cost free to the City. He and his crew of volunteers work throughout the year, planning and scheduling events for our residents to enjoy. This year we had two nights of fireworks for all to enjoy.

\*VFW Children's Christmas Party held December 2<sup>nd</sup> was a huge success and was the highest attended thus far. Our Veterans have done so much but yet they still continue to give back. It's an honor to work with them to make this happen. Many thanks goes out to Nada Fleming, Jenn Burger, Rec Center Employees, volunteers and Tony Terry.

\*Calvin Park upgrades. Council-at-Large Patrick Elliott has spent countless hours to work in conjunction with our Engineering Department and union employees to place drainage tiles and regrade the fields at Calvin Park. Most of this work has been donated and done by volunteers. There is still work to be completed before the 2019 baseball season. Many thanks to all those involved who donated their time and material.

### Projects

\*Hemlock Creek Project. While this project was mandated by the EPA, our Engineering Department and Mayor acted fast to acquire the best bid for the project. The City was also able to qualify for a grant from Ohio Public Works (\$2,401,470.00) and N.E.O.R.S.D. (\$1,090,000.00) which greatly offset the overall cost of the project. The project is underway and going well.

\*Re-paving of West 9<sup>th</sup> Street in partnership with the City of Parma. We have partnered with our neighbors to bring value to road projects. In 2019, West 9<sup>th</sup> will be completed and in 2020 Sprague Road will be re-paved at only 10% of the cost due to a partnership with Broadview Hts. and Cuyahoga County.

\*Construction has begun for the 16 acre parcel on Rockside Road for the \$27 million dollar Omni Senior Campus. Over a 15 year time span, this development is projected to add \$6.8 million dollars to the City's budget through property and payroll taxes

\*Our re-zoning issue which overwhelmingly passed in November allows our City to change the zoning classification for the current K-Mart property. While K-Mart is still very much a tenant, if/when they decide to close their doors, Meijer's has presented a plan to the City to reconstruct and develop that area.

\*Recently Fairmount Properties has presented a Development Plan to our Planning Commission to develop the larger parcel on Rockside Road know as "The Bluffs." This proposed plan will consist of commercial, residential, retail, restaurants and outdoor areas to enjoy. This project is still in the beginning stages and will truly be a great asset to our City.

### Recreation Center

\*Upgrading and adding programs to the Rec Center to provide more options to residents

\*Formalizing an agreement with Coverall to clean/maintain our Rec Center on a F/T basis

\*Replacement of air conditioning units at Rec Center

\*Purchase of two (2) LED basketball scoreboards

\*Purchase of two (2) Lifepak CR Plus AED Kits

\*Replacement of lights at Rec Center to LED fixtures which is a huge cost savings

\*Replacement of hot water tanks and re-plumbing at the Rec Center

\*In November our residents voted to have our Director of the Recreation Department oversee the operation of the Parks and Recreation Department. The benefit here is that the hours of operation at the rec center are more in line with the hours that ball games are played on the evenings and weekends.

While 2018 was a positive and productive year, 2019 will be great. As a Council we will continue to stay focused and move our City forward.

If you have any questions, concerns or comments, please reach out to me at [sik7hills@gmail.com](mailto:sik7hills@gmail.com) or at 216-642-3722. I respond to everyone and welcome your comments.

As always, it is my honor to serve at the pleasure of our residents. I wish you all a healthy, safe and blessed 2019.

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

## Council Quarterly Section

Hello Ward 3. Hope your Holiday's were wonderful and that you are having a prosperous New Year.

As usual the two hot topics in the ward are Hemlock Creek and Mapleview Dr.

Hemlock Creek residents: By now you should have received a notice from the Cuyahoga County Board of Health regarding fee increases for their services. The one fee that will impact many of us when the new sanitary sewer system is totally installed is the STS Abandonment Permit. This is the inspection fee we will have to pay when we eventually crush or fill our old septic tanks to make them inoperable. The fee for this inspection was raised from \$100.00 to \$175.00 by the Cuyahoga County Board of Health. Representing the Ward and on behalf of Council I wrote the Cuyahoga County Board of Health protesting this fee increase and the peculiar timing of it (as our project wraps up this year). If you want to express your concern you may do so by calling 216-201-2000. In addition I had a lengthy discussion with Richard Novickis at the Board of Health on November 15th about this issue. Mr. Novickis explained to me that the County is not covering their costs with the current fee and have not had an increase in over a decade. Based on this feedback, it doesn't appear my efforts to get this fee rolled back will be successful, but I wanted you to know I forcefully made our case that this was another gratuitous expense on what is already a pricey expenditure for most residents. (Unlike, the unfair increase in the city storm sewer maintenance fee, that I successful had rolled back last year for Hemlock Creek residents). As always, I will keep my eye on the expenditures for this project and look for saving wherever they may exist.

Mapleview Dr. Residents: As you may or may not know - I have been aggressively pursuing the Cleveland Water Department (CWD) to get started on the water line improvement project for which grant money was approved during my original tenure as your representative. The latest chapter in this ongoing saga was that when we finally received approval from the CWD of our preliminary engineering estimate (late August) and let the project out for bid (early September) the lowest and best bid came in at about \$200,000.00 more than the engineering estimate. We are in a full employment growing economy and the excavators, who have full books of business, can afford to ask for top dollar.

In the last week or so through my efforts and those of the administration we have received a word from the CWD that they have approved the extra cost between the original estimate and the current actual bid cost (The full increase is the estimate is being covered by CWD). This is very good news! Council then had the authority to grant the winning bid to the construction company. The sewer will begin in the spring. From this point forward I will be working diligently with my fellow Council members to insure Mapleview and East Hill are resurfaced after the water line is replaced. I am keeping my fingers crossed that as Winston Churchill said we are at the "End of the Beginning" of this project. I will continue to keep you informed as best as I can.

***NEWS FLASH. Just as this Newsletter was going to print we received a check from the CWD for the water-line! Council unanimously approved the bid for the project and it should begin in the spring as soon as the weather breaks. Stay tuned - the road surface should be next!***

That's all for now Ward 3. I hope winter is short and spring is beautiful.

Tom Snitzky,

Councilman Ward 3



# University Hospitals Parma Medical Center

## **UH Parma Medical Center's EMS Institute Arms Seven Hills Police with Life-Saving Equipment and Training**

Police officers may be the first on the scene in an emergency. In cases where a victim is suffering from cardiac arrest or critical bleeding, University Hospitals Parma Medical Center's EMS Training & Disaster Preparedness Institute wants to ensure that the police also are well equipped to handle medical emergencies until EMS arrives.

UH Parma Medical Center recently donated two automated external defibrillators (AEDs) and 16 bleeding control kits to the Seven Hills Police Department, one for every officer on the department. EMS instructors also trained police officers and the department secretaries on cardiopulmonary resuscitation (CPR), AEDs and application of tourniquets and other procedures to control bleeding.

"Police Departments are often the first personnel to arrive at an emergency," says Joe Toth, Manager of the EMS Training & Disaster Preparedness Institute at UH Parma Medical Center. "Properly trained and equipped officers can begin treating victims prior to the ambulance arrival. Early access to CPR, AED, and 9-1-1 is critical for individuals in cardiac arrest and greatly improves positive outcomes."

Seven Hills Police Chief Michael Salloum contacted Toth to help the city replace AEDs that were expired and no longer functional. The Parma Hospital Health Care Foundation covered the cost of the new AEDs, and the UH EMS Institute conducted training over several days.

Lt. Dan Kappus of the Seven Hills Police Department said the officers, who go to the scene of medical emergencies with cardiac arrest or serious injuries with traumatic bleeding are now equipped to handle these situations.

"We want to be prepared for those what-ifs," Lt. Kappus said. "Our officers are much better prepared now."

Marcia Ferguson, executive director of The Parma Hospital Health Care Foundation, said the Foundation supports UH Parma Medical Center's partnership with community responders through purchases of equipment, technology, training and education.

"When donors give to the Foundation, they are helping to provide care that often starts long before a person arrives at Parma Medical Center," Ferguson said. To support the Foundation's mission to strengthen the community within the walls of the hospital and in the pre-hospital setting, call 440-743-4280.

# COMMUNITY RENTALS



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

**All Rental Rates are Per Hour**

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

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

Reservations are not considered final or confirmed until full payment is received and all forms and contracts are completed in full. By signing the contract, the applicant acknowledges that the Renter is responsible for adhering to all rules and regulations.

Credit Card number is required for deposit.

Reservations are not accepted more than 180 days in advance of the event (excluding entire facility rentals) and no less than 14 days before the event, depending on availability. Credit card information serves as security deposit and is due on the date that the application is submitted. Payment is due 30 days prior to rental. Failure to receive payment 30 days prior to event may result in loss of room or charges applied to the credit card provided.

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

## Think Summer!

Contact Spencer today to reserve your baseball fields, soccer fields, picnic pavilions and more!  
216.524.6262 ext. 400

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



**Seven Hills Horseshoe Club**  
Looking for new adult members!

Season Starts the week of  
April 13, 2019.  
\$35 covers dues, tournaments and banquet.  
Sign Up information is at the Seven Hills Recreation Center!

Sign Up Today!!



9th Annual

# TASTE of SEVEN HILLS



**Thursday, April 25, 2019**



**6:00pm-9:00pm**

Seven Hills Community Recreation Center

7777 Summitview Dr, Seven Hills

**20+ LOCAL RESTAURANTS  
FOR YOU TO SAMPLE**

**\$30 Donation per person**



**Price includes:**

**Food, Beer, Wine &**



**21+Only**

**Beverages**

**21+Only**

*Purchase and register your table of 8 for \$200!*

*Call Tony now at 216-525-6230*

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



### Recreation Center Hours:

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

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

### THE MISSION OF THE SEVEN HILLS COMMUNITY RECREATION CENTER

The City of Seven Hills Community Recreation Center is dedicated to creating a healthy, fun and educational environment where safety is paramount. Our year-round programming is offered to all ages and skill levels, helping to create exactly what each member or participant needs to achieve his or her personal goals.

We strive to enhance physical, emotional and social development of our Community while providing a safe and healthy atmosphere. - Jennifer Burger, Recreation Director

## Totally Toned Personal Training

TTPT has several packages available to accommodate your specific needs, and rates start as low as \$25 per session!

Visit us on the web at [www.totallytonedpersonaltraining.com](http://www.totallytonedpersonaltraining.com),

find us on Facebook, or call 216-548-5383 today to

schedule your free 30-minute consultation and workout!



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

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





# ANNUAL MEMBERSHIP INFORMATION

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

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

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

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

## Non-Resident Membership Info - Annual / Upfront Payment

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



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

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



active body. active mind.



**MONTHLY SCHEDULES AVAILABLE ONLINE AND AT REC CENTER!**

**SENIOR CLASS DESCRIPTIONS:**

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

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

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

**YOGA** Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level.

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

**NEW!!**

**Lunch and Learn:** Join us for a light healthy lunch - made by Jo Ann Rencz - and an informative seminar. Great Q & A session to follow. \$5 per person - includes a healthy, light lunch!

**February 22nd 1pm - Nutrition for Healthy Aging - Register at the Rec!**

**Save the Date for May 31st!**

**Sponsored in part by The Heights Care & Rehab**



**LUNCH & LEARN**

***Beginner Line Dancing with Jackie - NEW!***

Bring a pair of dress shoes. Come to exercise your heart, lungs and muscles! Help your long and short term memory! Make new friends! Fridays in Gym 2 - 10am - 11am Line Dancing Offered February and March - Line Dancing (No April Classes)

**Fee: \$2 per class Fore more info, Call Jackie at 440-546-7531**





## ADULT PROGRAMS

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

**Winter 1: January 6th - February 16th (Registration Begins 12/9/18)**

**Winter 2: February 24th - April 6th (Registration Begins 2/1/19)**

**Spring: April 14th - May 25th (Registration Begins 4/1/19)**

### **INSANITY WITH LYNN**

INSANITY live classes will bring the workout we have all seen on DVD to a live group setting. Using max interval training with explosive cardio and plyometric drills combined with your own power and strength. No weights needed, your own body weight will tone and sculpt your body. All levels welcome!

**Instructor: Lynn Johnson**

**Days: Monday Evenings 7:30pm - 8:00pm**

**Fees: Member Punch Card: \$27 or \$6 Drop In**

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



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

Perfect For Everybody and every body! Each Zumba® class is designed to bring people together to sweat it on. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. **10/17 and 10/24- Try us for FREE!!**

**Instructor: Nela Serrano**

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

**Fees: Member Punch Card: \$27 or \$6 Drop In**

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



### **FIT HAPPENS WITH DEBBIE**

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

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

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



### **JAZZERCISE**

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

**Classes meet in Rec. Center Gathering Rooms!**

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

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

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



# ADULT PROGRAMS



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

**Winter 1: January 6th - February 16th (Registration Begins 12/9/18)**

**Winter 2: February 24th - April 6th (Registration Begins 2/1/19)**

**Spring: April 14th - May 25th (Registration Begins 4/1/19)**

## **PILATES SCULPT WITH TANYA**

Standing and mat Pilates exercises using light hand weights to totally reshape your body from the inside out. All muscle groups will be lengthened and toned, improving core strength, back health and overall well being. Modifications are taught. Beginners and advanced.

**Tuesdays 9:30am - 10:30am and Saturdays Now thru March 16th (No 2/16) Noon - 1pm**

## **TRIM & TONE WITH TANYA**

A unique, head to toe, feel good workout combining cardio moves with resistance training and core work led by an AFAA certified instructor. Every muscle group will be targeted and toned, even some you didn't even know you have! Modifications are taught so every "body" can enjoy this fun and innovative class. **Wednesdays & Fridays 9:30am - 10:30am**

## **YOGA PILATES FUSION WITH TANYA**

Increase your strength and flexibility with a combination of Yoga poses and Pilates exercises. Focusing on breath and movement, you will challenge your upper body, lower body and torso. All Levels Welcome! **Thursdays 9:30am - 10:30am**

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

**Member Card: \$26 (6 Classes) or \$6 Drop In Non-Member Card: \$36 (6 Classes) or \$8 Drop In**

**Tanya's 12-Class Punch Card - Members: \$50 Non-Members: \$70**

## **SENIOR-FIT (Tuesdays) and SENIOR YOGA (Thursdays) WITH TANYA**

Join us for Senior Focused exercise class twice a week! Tuesdays focus on light weights to help build strength and bone density while Thursdays focus on Yoga, including flexibility, core strength and balance.

**Days: Tuesdays & Thursdays - 11:00am - 11:30am in Gym 2.**

**Fees: Members: \$2 Non-Members: \$3 - Punch Cards Available!**



## **TANYA'S PRIVATE LESSONS**

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

**Rates: Member: one hour \$35, 1/2 hour \$20 Non-member: one hour \$40, 1/2 hour \$25**

**One-Hour Small Group Pricing is available as well!**

**Contact Tanya at [tanya\\_verderber@yahoo.com](mailto:tanya_verderber@yahoo.com) to set up an appointment or for more info!**



## ADULT PROGRAMS

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

**Winter 1: January 6th - February 16th (Registration Begins 12/9/18)**

**Winter 2: February 24th - April 6th (Registration Begins 2/1/19)**

**Spring: April 14th - May 25th (Registration Begins 4/1/19)**

### **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**

**Fridays 11am - Noon in the Aerobics Studio**

**Fees: Member Card: \$26 (6 Classes) or \$6 Drop In Non-Member Card: \$36 (6 Classes) or \$8 Drop In**



### **SENIOR YOGA WITH JOANN**

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

**Days: Mondays - 8am - 9am in the Aerobics Studio**

**Fees: Members: \$2 Non-Members: \$3 - Punch Cards Available!**

### **EVENING YOGA WITH SUSAN**

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

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

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

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



### **BODY SCULPTING**

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

**Days: Thursdays 6:30PM - 7:30PM in the Aerobics Room - Register Today at [www.flexcity.com](http://www.flexcity.com)**



# KIDS DAYS OFF CAMPS ~

Need a safe, fun place to leave the kids on their random days off school? The Seven Hills Recreation Center Day Camp Staff offers individual camp dates to help! 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! Please pack a brown bag lunch, a snack and your swim gear!

Choose from the following dates:

2/18 • 3/15 • 5/7

Members: \$35 each day Non-Members: \$ 40 each day



**Contact Jackie at [camps@sevenhillsohio.org](mailto:camps@sevenhillsohio.org) for more details!**

## SEVEN HILLS BEFORE AND AFTER SCHOOL PROGRAM - 2018- 2019

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

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

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

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

*\*PARTICIPANTS MUST REGISTER AND PAY BY THURSDAY OF THE PREVIOUS WEEK TO AVOID BEING CLOSED OUT! Rosters are sent on Friday Mornings for bussing!*

**Contact Jackie at 216.524.6262 ext. 408 -OR- [camps@sevenhillsohio.org](mailto:camps@sevenhillsohio.org) for more details!**



# ROOKIE ATHLETICS



## Youth Basketball League

Price: \$75.00 Day and Time: Saturday Mornings

Ages 5-6 - Week 1: 11am-12pm; Game schedules will be passed out.

Weeks 2-6: will have game times between 10am-12pm

Ages 7-8 - Week 1: 12pm-1pm; Game schedules will be passed out.

Weeks 2-6: will have game times between 12pm-2pm

Winter 2 Session: March 2nd - April 6th

Spring Session: May 4th - June 8th

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

## Basketball Skills Classes

Price: \$50.00 Day and Time: Tuesday or Thursday Evenings

Ages 3-4 Tuesdays 5:30pm-6pm Ages 5-8 Tuesdays 6:15pm-7pm

Ages 9-11 Thursdays 6:15pm-7:00pm

Winter 2: Tuesdays: 2/26 - 4/2 / Thursdays: 2/28 - 4/4

Spring: Tuesdays: 4/30 - 6/4 / Thursdays: 5/2 - 6/6

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

## Youth Soccer Skills Classes

Price: \$50.00 Day and Time: Monday Evenings

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

Spring: Session April 29 - June 3rd

**Brief Description:** Soccer introduces 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 - these build towards game play!

## T-Ball

Price: \$75.00 Day and Time: Sunday Mornings

Ages 3-4 Week 1: 10am-10:45am; Game schedules will be passed out.

Weeks 2-6: will have game times between 9am-11am

Spring: Session: May 5th - June 9th

**Brief Description:** Week 1 will teach the basics of hitting, base running, fielding and throwing. From there we will continually review the basics while playing a two to three inning game where everybody bats!

## Sports of All Sorts

Price: \$50.00

Day and Time: Thurs. Evenings  
Ages 3-4, 5:30pm-6:00pm

Winter 2 Session:

February 28th - April 4th

Spring Session:

May 2nd - June 6th

Sports of All Sorts introduces sports exercise and coordination to young athletes in an exciting environment while promoting social development in a class setting. With a new sport every class, each athlete will have the opportunity to experience what each of the major sports have to offer through fun skill drills and games.

## Dodgeball

Price: \$30.00

Day and Time: Sundays

Ages 6 - 11: Noon - 1:00pm

Winter 2 Session:

February 27th - April 3rd

Spring Session:

May 1st - June 5th

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

1-on-1 or Small Group Hoops  
Training is Available!

Ages 8 & Up!

Call Coach Phil!

**Contact Coach Phil at  
RookieAthletics@gmail.com  
or 216.502.0805**

**Registration For  
Winter 2 Begins 2/1**

**Registration for  
Spring Begins 3/18**

## **Cookies & Canvas - 2 Dates to Choose From!**

Join us this Spring as you and your child create an 8 X 10 masterpiece, with Resident Artist Jo Ann Rencz! This is the perfect keepsake or even a gift for your loved ones. No experience is necessary.

All painting supplies and snacks will be provided.

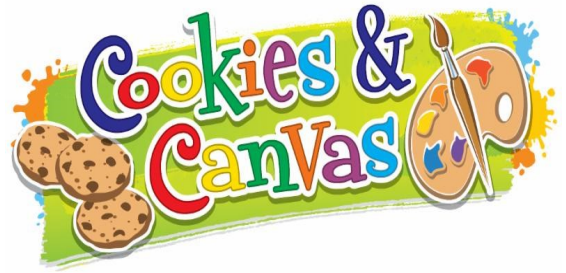
*Ages 5 and up with parent.*

Contact Jo Ann at [jrencz@sevenhillsohio.org](mailto:jrencz@sevenhillsohio.org) for more information.

**Date:** Tuesday, March 5th (Register by 2/25) and Tuesday, April 9th (Register by 4/1)

**Location:** Seven Hills Rec Center **Time:** 6:30-8 PM

**Fee:** \$25 per couple (Member); \$30 per couple (Non-Member); \$5 for Additional Child



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# SUMMER CAM

A simple illustration of a marshmallow on a stick, positioned to the right of the word 'CAM' in the 'SUMMER CAM' title.

**NEW REGISTRATION PROCESS FOR 2019:  
Registration will begin April 1st ~ Limited Spaces!  
Preschool - Day - Teen Camps Available**

**Weekly Registration - Members: \$150 / Non-Members - \$180 per week  
After May 1st, Prices will be Members: \$160 / Non-Members \$190 per week**

**Contact Jo Ann Rencz with questions at [jrencz@sevenhillsohio.org](mailto:jrencz@sevenhillsohio.org)**

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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 pack a lunch, a snack and swim gear each day!

**Camp Dates:** March 18th - March 22nd, 2019

Get here as early 6:30am and stay until 6pm - with no extra fees!

**Full Time Weekly Fee:** Members: \$150 Non-Members: \$180

**Bowling Field Trip:** \$15 - includes bowling, pizza, snacks and drinks



Contact Jo Ann Rencz at 216.524.6262 or [jrencz@sevenhillsohio.org](mailto:jrencz@sevenhillsohio.org) for more info!



## ***Jump Start Sports is back!***



### **Intro to Volleyball - 1st - 6th Grades!**

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

**Dates:** Wednesdays, February 20th - March 27th

**Time:** 5:30PM - 6:30PM (1st - 3rd Grades) and 6:30PM - 7:30PM (4th - 6th Grades)

### **Junior All Stars Ages 2.5 - 5 Years Old!**

Program by Jump Start Sports provides 2.5 - 5 year olds with a positive, age-appropriate introduction to a variety of sports. Sports offered include Soccer, Football, Hockey, Track & Field, Basketball and more in a fun learning environment. We also work on motor skills and development through: Skipping, Hopping, Balance, etc. The program helps children to enjoy exercise and to see which sports they enjoy. It also helps build confidence and social skills to help prepare preschoolers for participation in more formal sports programs.

**Dates:** Tuesdays, February 19th - March 19th

**Times:** 2.5 - 3.5 years 10:00AM - 10:40AM and 4 - 5 years 10:45AM - 11:30AM

**Register Today at [www.jumpstartsports.com](http://www.jumpstartsports.com) - \$75 Per Program**

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### **SEVEN HILLS SPRING SOCCER FEDERATION**

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

Registration Covers Spring 2019. If you registered in Fall 2018, your payment covered both Fall and Spring! Contact Rachel at [rsheha@sevenhillsohio.org](mailto:rsheha@sevenhillsohio.org) with questions! **Spring Soccer begins April 6th, 2019**



For additional league information, please visit the Suburban Recreational Soccer League's website at [www.srslonline.org](http://www.srslonline.org).

**NEW AGE GROUPS! PLEASE VISIT WEBSITE FOR INFO!**

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

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

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

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### **Adult Men's Hoops Winter 2019 Basketball Info**

Sunday League – Runs 2/17/19 – 5/19/19 (No 4/21 for Easter)  
Max 24 Teams – \$325 per team (weekly ref fees are additional)

Thursday League - Runs 2/21/19 - 5/16/19 –  
Max 8 Teams – \$325 per team (weekly ref fees are additional)



Register today - space is limited!

# 2019 WINTER/SPRING AQUATICS PROGRAMS\*\*

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

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



## Private / Adaptive Swimming Lessons

- **\$30 per half hour (Prices may vary per instructor)**
- One-on-One or Semi-Private
- Learn-To-Swim or improving stroke technique
- Contact the Aquatics Supervisor to schedule lessons

## Seahawks Swim Team

**Requirements:** Be able to swim one length free and back.

- **Monday/Wednesday Session**
- Members \$50/Non-Members \$60
- **Practice Times:** 10 & under 5-6 pm and 11 & over 6-7 pm
- **Winter Session:** 1/7-2/27 and **Spring Session:** 3/18-5/8
- **Saturdays Only Session**
- Members \$45/Non-Members \$55
- **Practice Time:** 10-11 am
- **Winter Session:** 1/12-3/2 and **Spring Session:** 3/30-5/18

## Seahawks Beginner Swim Team (New Swimmers Only)

- Saturday Only Session
- Members: \$45 / Non-Members: \$55
- Practice Times: 10am - 11am
- Winter: 1/12 - 3/2 and Spring: 3/30 -5/18

## Adult/Masters Swim Group

- This group is for adults 18+ USMS masters swimmers who like to compete or swimmers who would like to swim a workout for social reasons to get fit.
- **Practice Times:** Tuesdays 5:30-7 am and/or Saturdays 8:30-10 am. Additional times may be available in the future.

Members	Seven Hills Resident	Non-Resident
\$5 drop in or \$25 per year	\$5 drop in	\$10 drop in

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

## Group Learn-to-Swim Sessions

**Members \$45/Non-Members \$55**

**Mondays and Wednesdays PM**

Session #	Dates
Winter 1	1/7 - 1/30 (Registration Runs 12/19-1/3)
Winter 2	2/11 - 3/6 (Registration Runs 1/30-2/7)
Spring 1	3/18 - 4/10 (Registration Runs 3/6 - 3/14)
Saturdays Only AM	
Winter	1/12-3/2 (Registration Runs 11/10 - 1/9)
Spring	3/30 - 5/18 (Registration Runs 3/2 - 3/28)

Level	M/W PM	Sat AM
Starfish	XXXX	10:00-10:30 10:45-11:15
Tadpole (Preschool 1)	5:00-5:30 5:45-6:15 6:30-7:00	10:00-10:30 11:30-12:00
Frog (Preschool 2)	5:45-6:15 6:30-7:00	10:00-10:30 10:45-11:15 11:30-12:00
Stingray (Preschool 3)	5:00-5:30	11:00-11:30
Turtle (Level 1)	5:00-5:30 5:45-6:15 6:30-7:00	10:00-10:30 10:45-11:15 11:30-12:00
Penguin (Level 2)	5:00-5:45 6:15-7:00	10:00-10:45 11:15-12:00
Sea Otter (Level 3)	5:00-5:45 5:45-6:30	10:00-10:45 11:15-12:00
Dolphin (Levels 4-6)	5:45-6:30	10:45-11:30

## Pool Party Rentals

- To reserve the pool or for more info, Contact Spencer at [SAbbott@sevenhillsohio.org](mailto:SAbbott@sevenhillsohio.org).

## American Red Cross Training

- Train to be a lifeguard or water safety instructor (WSI). For more information or to register, go to [fastlaneswimming.net](http://fastlaneswimming.net).

## Seven Hills Recreation Center Aquatic Program Descriptions\*\*

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

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



## WATER AEROBICS

### **CARDIO & TONING WITH LEIGH:**

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

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

### **LOW IMPACT WATER AEROBICS:**

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

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

### **ARTHRITIS FOUNDATION AQUATIC PROGRAM :**

This program is specifically geared towards adults with Arthritis. Participants are provided with gentle aquatic activities with the guidance of a certified Arthritis Foundation Instructor. All exercises are low-impact and done around the 4-foot depth. **Free to SilverSneakers, Silver&Fit and Renew Active!**

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

### **AQUA BARRE**

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

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

**All Water Aerobics Classes are offered through our Punch Card System**

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

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

### **SWIMSATIONS: PEDIATRIC AQUATIC THERAPY GROUP**

SwimSations is a new and unique play-based aquatic therapy program for children with sensory processing challenges. It will provide each child the opportunity to explore new sensory experiences, while teaching water safety skills, social skills, self-regulation skills, and having fun! **Ages 4-8: Tuesdays 6:00 – 6:45 PM**

**8 Week Program February 12 – April 2, 2019 Cost: \$0!**

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

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Seven Hills, OH 44131

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Mayor's Office Hours Monday 5:00-6:00 p.m. Contact Kathy to schedule an appointment with Mayor Dell'Aquila. 216-525-6227. [kholland@sevenhillsohio.org](mailto:kholland@sevenhillsohio.org)

**Delayed Trash Pick Up Schedule:**

**May 29th & 30th - (Memorial Day Week)**

Pick up delayed one day

**July 4th – (Independence Day)**

Thursday will be picked up on Friday

**City Hall Holiday Hours:**

Monday, February 18th - Closed

Monday, May 27th - Closed

**Recreation Center Holiday Hours**

Sunday, April 21st - Closed

Monday, May 27th - 5:30am - 12 noon

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Seven Hills City Hall • 7325 Summitview Drive • Seven Hills, OH 44131  
Phone: 216-524-4421 • Website: [www.sevenhillsohio.org](http://www.sevenhillsohio.org)