

"Heights Highlights"

A monthly update of recreational programs, activities & special events in our city!



MIDDLEBURGH HEIGHTS
COMMUNITY CENTER

8258 members

Happy 10th Birthday, Community Center!

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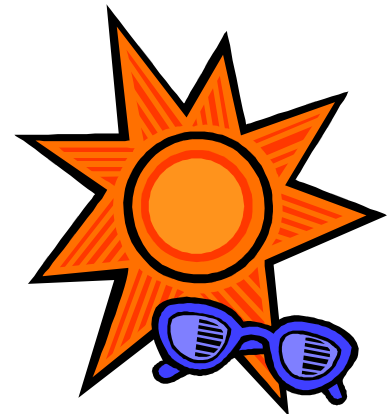
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Has it really been 10 years since we opened our doors to the public on June 1st, 2000? As hard as that may be to believe, it's true! We hope you still love using our center as much as we love providing quality recreational & leisure services to you!

Registrations for our summer recreational programs and activities are in full swing! Don't wait much longer, however, as classes/ programs are beginning to fill up!

So enjoy the sun, warm breezes and spending time with family & friends at the pools, ball fields, community center or your very own back yard!

The Summer in the City festival will be held on **Friday, June 25, Saturday, June 26 & Sunday, June 27 at Southland! Highlights will be the parade on Friday at 7 pm and Fireworks on Saturday at dusk!!!!**



The outdoor pool is officially scheduled to open on Tues., June 1st from 1-6 pm (weather permitting). Starting Thur., June 10th, the regular schedule will begin on Mon.-Sat. from 10 am-8:30 pm & on Sun. from 1-7:30 pm (weather permitting)!

SilverSneaker Fitness Program Still Growing!

Since our start in October 2006, almost 1700 adults, 65 & over, have taken advantage of the health benefits provided by Anthem, Humana, Aetna, AARP, etc. and have become SilverSneakers! Membership provides FREE use of the center & FREE ac-

cess to SilverSneaker exercise classes that are offered throughout the week (pick up a schedule in the lobby)! Non-SilverSneakers who are also members of the center can take these classes for \$1 per class! Revenue from this program helps us keep rates low!

The “Kidszone” (formerly called the Tot Watch) now has the Wii game system and a second computer with Internet access for the kids!

The Kidszone is a great place to bring your children for the summer! New hours are 9 am-Noon & 2-8 pm, Mon.-Fri. & 9 am-2 pm on Sat. The Kidszone is closed on Sundays!

DID YOU KNOW?

Non-members may use the community center for the daily admission price of \$7 while being accompanied by a member during the summer months!



News & Notes

Pavilion Rentals are being accepted for this summer! Call Mary at the front desk at 440-234-2255 or email her at marym35@wowway.com!

Applications to participate in the Summer in the City annual parade are available by calling Carl at 440-234-2255 or via email at carg@wowway.com.

Weight Training for Kids will be held on Saturday evenings this summer (5-6 pm or 6-7 pm).

The Polaris Career Center will offer a Summer Camp from Mon., June 14- Thur., June 17 from 9-11 am for students entering the 7th, 8th, 9th & 10th grades. For more info, pick up a registration form at the center or go to www.polaris.edu or call 440-891-7717.

46 signed up to participate in our 1st ever 8-week program to start/maintain a health lifestyle! “Healthy Heights” partners with SWGHC to help anyone interested for just \$39!!

Senior Section

Attention Bingo Lovers — games will be held on Tue., June 29 at the center in the community rooms from 10-11:30 am! Winners split the pot! 25 cents per card/per game.

The next trip will be held on Thursday, June 10 to Ohio's Oldest Churches (includes lunch)! This trip is a complete sell-out but we're taking a waiting list! Contact Janet for info! The July trip is on July 1 to Meadows Casino (Pa)!

Computer classes are available on Tuesdays from 9:30-11:30 am for a fee! Learn the basics of using a laptop and be with other Seniors at the same time! Call Tech Wise L.L.C. to sign up at 440-942-7853. Sessions last for two weeks and cost \$49 per session.

A FREE appreciation luncheon for all SilverSneaker active members will be held on Wed., July 14 from Noon-1 pm at the center. Please RSVP to Mary in the main office before 7/12!

Adult Summer Dance Schedule!

The following dances are held on Tuesdays/Fridays from 1-3 pm. Admission is \$5 per person & includes coffee & a donut:

Tue., June 1	Al Battistelli
Fri., June 4	Eric Noltkamper
Mon., June 7	Ed Klimczak
Tue., June 29	Standard Tyme

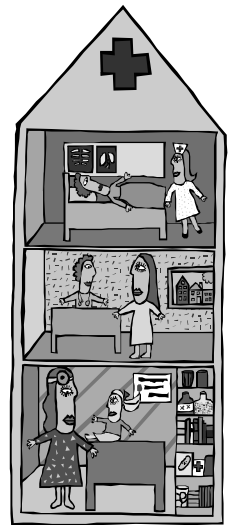
The following Concerts-in-the-Park are held on Sundays from 6:30-8:30 pm . Admission is FREE:

June 13	Fred Ziwich Band
July 18	Happy Time Band
August 22	Fred Ziwich Band

Community Health Awareness Programs this Month

Southwest General Health Center provides (Val Grzybowski, R.N.) to our community at various times throughout the month. Call 440-816-4044 for details!

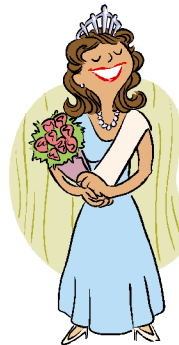
- Tue., June 1 Ask a Nurse (8-11 am),
- Tue., June 8 Skin Cancer (10 am-12 pm)
- It's About Choice-Guide to Fats in Foods (1-3 pm)
- Mon., June 14 Skin Cancer (7:30-8:30 am, 9-11 am)
- Tue., June 15 Blood Pressure & Glucose Screening (8 am-Noon)
- Wed., June 16 Ask a Nurse (12:30-1:30 pm)
- Thur., June 17 Ask a Nurse (6-7 pm)
- Wed., June 30 Food & Fireworks Safety (8-11 am)



*All of the above programs are **FREE** except where noted
*The next Red Cross Blood Drive is Monday, June 14
from 1-7 pm at the center!*

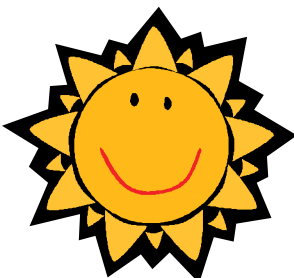
Miss Middleburg Contestants Wanted!

Applications for the 2010 Miss Middleburg Hts. Pageant are NOW at the community center! There is no entry fee. The competition is open to ladies who are Midd. Hts. residents 16-19 years of age. Absolutely no experience is required. The deadline to enter is Saturday, June 5, 2010. Contestants will receive all the instructions needed at the required rehearsal! The pageant will be held on Saturday, June 26, 2009 at 7:00 pm at the Center! A mandatory rehearsal/dinner will be held at 6:00 pm on Wednesday, June 23, 2010 at the Center! Call Steve at 440-234-2255 for more details!



Midpark High School Summer Basketball Camps!

There's still time to register for the annual Midpark Summer Basketball Camps! The Girls Basketball camp is the week of June 14-18 from 9:00 am-Noon for \$55. The Boys Basketball camp is the week of July 12-16 from 9 am-Noon for \$60. Every camper receives a t-shirt! The emphasis is on having FUN and learning the fundamentals of the game. Registration forms for both of these camps are available at the center and at Midpark High School. Call Kathy Wood in the Athletic Dept. at 216-676-8400 x7747 for more information.



DID YOU KNOW?

The Friendly Walkers Breakfast Club meets at 8:00 am on the first Friday of the month here at the center to discuss exercise tips, plans for future meetings/special events & socializing! Breakfast follows at a nearby restaurant. If you're looking for the camaraderie of fellow walkers, please contact Laurie at 440-268-9767.

If you would like to receive twice-a-month updates on everything that's happening in the Rec. Dept. via email, send an email message to Steve Dockman at steved17@wowway.com, type in the word "newsletter" in the subject line & we'll link you up!

16000 Bagley Rd.
Midd. Hts., Ohio 44130

Phone: 440-234-2255
Fax: 440-234-3228
Email: steved17@wowway.com



Looking for a great place to have your child's birthday party that's close to home, inexpensive and fun ?

Try the **Birthday Party Package**

at the Community Center



Pick up a flyer in the lobby for more info or go online and then call Mary at 440-234-2255 or email marym35@wowway.com to reserve your date!!

CHECK US OUT AT
WWW.MIDDLEBURGHEIGHTS.COM

There's still time to sign-up for the following summer activities:

Kids Birthday Parties

We now offer 4 different packages for members, residents & non-residents. We have the Outdoor Pool Plaza, the Dolphin Room, the Classroom & the new Kidszone party packages. See the flyer or go online to get prices and available days/times! Parents are permitted to bring carry-out type food!

Kidszone Summer Camp

Kids ages 3 - 12 are welcome to our 3-day mini-camps from 9:30 am-1:30 pm at 5 different sessions throughout the summer! Forms are in lobby! A few are full so make sure to check with the front desk! Don't forget to check on extended care hours!

Cavs Summer Basketball Camp

The Cavs & the National Basketball Academy will conduct a camp for boys & girls ages 7-17 at the center this summer the week of July 26-30 from 9 am-2:30 pm! You'll get 5 days of instruction, games, contests & fun; a Cavs basketball, t-shirt, an 10-11 game ticket and much more! The cost is \$245 per camper. Registration forms are at the center or you can sign up online at www.thebasketballacademy.com or call 216-378-0932!

Adult Leagues

There is still time to register for our Coed Volleyball, Morning Bocce & Horseshoe Leagues.

Kids Korner

The Youth Dance series will take a break over the summer months! Have Fun in the Sun!!! We'll resume our once-a month schedule on Friday, September 17, 2010!

Tickets will be \$4 for members & \$8 for non-members & will go on sale on Fri. Sept. 10!



The A.S.K. Program (Adaptive Sports for Kids) will begin summer activities this month! Baseball is played on Mon. & Wed. at 11:00 am from 6/21-7/14.

Tennis is on Friday mornings from 6/18-7/16 from 11:30 am-12:30 pm. Open Swimming is on Tuesdays & Thursdays starting 6/1 thru 8/19.

There are no fees for any A.S.K. activity. Call 440-234-2255 to register or call Helga at 216-433-0811 for info!

The Midd. Hts. Monsters, a boys U10 travel soccer team, will hold try-outs for the 2010-11 season on Saturday, June 12 from 11:30 am-12:30 pm and on Monday, June 14 from 6:30-7:30 pm at the Uhlin Dr. Soccer fields. Players born after 7/31/2000 are eligible! Contact Eric Smearman at 440-223-5409 or resmearman@yahoo.com.