



Middleburg Heights Recreation

Learn-to-Swim Rules & Regulations



Welcome to the Middleburg Hts. Community Center Learn-to-Swim classes! Before classes begin, there are a few policies that require your cooperation and understanding.

1. **Registration Information:** Registration will remain open for all programs until the class is full or until 2 days prior to the first day of class. Please note that there are enrollment limits on all classes. Please register early to avoid disappointment of being shut out.
2. **Entry to class policy:** Upon entry to the building for each lesson, you and your child will check in at the front desk. Members will enter their membership number; non-member students will be issued a wristband. *The wristband permits the student to attend the lesson only.* Non-member parents will be issued a view stamp. This hand stamp will allow you admittance into the casual activities area and locker rooms only.
3. **Parents of children under the age of 8 must remain in the building during class time.**
4. **New Students:** On the first day (or night) of class, there will be a brief parent orientation to the program for parents of new students. Please bring your child to the pool bleachers.
5. **Missing a scheduled class policy:** Our classes are taught by certified American Red Cross Water Safety Instructors. All classes have specific teacher/student ratios that will insure the best learning environment for your children. Due to safety concerns, *make up lessons are not available.* Please check the dates of your classes carefully before signing up, and make every effort to be on time for each class.
6. **Evaluation Information:** Children will receive an evaluation form on the last day of class. They will be tested on the last few days of a session to complete the form. If you know that you will be missing a class, please let the instructor know so that testing can be completed before or after the missed day. It is common and expected that most swimmers repeat each level more than once.
7. **Where parents wait:** To create the best learning environment for your child, parents and spectators will not be permitted on the pool deck during lessons (except lessons where the parent will be in the water with the child).
8. **Locker Room policies:** Please dress your child in the locker room, not in the pool area, and have them carry their towel with them to class. Walk with your child to the pool deck, where an instructor will be waiting to check your child in. If you will be helping your child in the locker room after class, leave the casual activities area a few minutes before the end of class to meet your child near the locker room doors. To assist a child of the opposite gender, please use the family changing rooms. There is a 5 minute time limit on the use of family changing rooms.
9. **Goggles:** We do not recommend the use of goggles prior to Level 3. Beginning in L3, sport/competitive-style goggles only may be worn (no masks). These are sold at sporting good stores or at our front desk for your convenience.
10. **Swim Diapers:** They are required for all swimmers who are not toilet trained. For your convenience, we sell them at the front desk for \$2 each.
11. **Refund Policy:** If approved by the Aquatics Director---before the first class, a refund or credit for a future class will be given (each with a \$10 processing fee deducted). Once the first class is over, NO refund or credit will be given without a signed medical excuse.

**If you have any questions throughout the session, please see the instructor on deck.
Thank you!**



Middleburg Heights Recreation



Spring 2010 Learn-to-Swim Registration Dates are:

Members Only: Tuesday March 16, 2010
Non-Members: Tuesday, March 23, 2010

Classes start in mid-April, 2010!

The registration period will remain open for all Learn-to-Swim programs until the class is either full or until 2 days prior to the first day of class. Registering within 2 days of the first day of class will ONLY be permitted by the Aquatics Director!

Please note that there are enrollment limits on all classes! Please register early to avoid the disappointment of being shutout. If you are currently enrolled in our program, please enroll in the level that you are currently in. If you advance, please call the Aquatics Director, Donna Szalay at 440-234-2255, about making arrangements to move up to the level!

Youth Aquatics

Preschool Learn to Swim Classes (18 months – 5 ½ yrs. old)

Toddler with Parent: (18 months – 3 yrs. old): Emphasis on water adjustment, trust, fun and swimming readiness. This class will introduce skills while having fun. **30-minute lesson.**

<i>Activity #</i>	<i>Day</i>	<i>Dates</i>	<i>Time</i>
2010.121	Tuesday	4/13-6/1	6:45-7:15 PM
2010.122	Saturday	4/10-5/29	10:00-10:30 AM

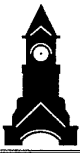
Preschool with Parent (3 – 5 yrs. old): Introduction to all swimming skills: stroking, kicking, and breathing coordination. Will work on transition to Preschool Alone when the child is ready. **30-minute lesson.**

<i>Activity #</i>	<i>Day</i>	<i>Dates</i>	<i>Time</i>
2030.121	Tuesday	4/13-6/1	7:15-7:45 PM
2030.122	Wednesday	4/14-6/2	7:00-7:30 PM
2030.123	Saturday	4/10-5/29	10:00-10:30 AM

All Learn-to-Swim programs include 8 lessons per session

Fees for all youth classes:

Members \$32 Resident Non-Member \$42 Non-Resident \$52



Middleburg Heights Recreation Youth Aquatics



Preschool Alone (3½ – 5½ years old): With instructor approval, swimmers will be introduced to Level 1 & 2 skills, as they are ready, progressing to more advanced skills. Child should be comfortable coming to class without parent and be ready to put their face in the water on the first day. Children remain in the PSA program until they are 6 yrs. old or completed Kindergarten. **30-minute lesson.**

<i>Activity #</i>	<i>Day</i>	<i>Dates</i>	<i>Time</i>
2040.121	Monday	4/12-6/7	6:00-6:30 PM
2040.122	Tuesday	4/13-6/1	4:45-5:15 PM
2040.123	Tuesday	4/13-6/1	6:00-6:30 PM
2040.124	Wednesday	4/14-6/2	6:00-6:30 PM
2040.125	Wednesday	4/14-6/2	6:30-7:00 PM
2040.126	Thursday	4/15-6/3	6:00-6:30 PM
2040.127	Saturday	4/10-5/29	9:30-10:00 AM
2040.128	Saturday	4/10-5/29	10:00-10:30 AM

Learn to Swim Levels 1-6 (Ages 6 & over)

Level 1 & 2: New students will be tested and placed in the proper skill group. Level 1 consists of beginner skills including bobs, front and back floats and independent swimming. Level 2 will introduce beginner stroke with rhythmic breathing, sculling and kick on back, underwater swimming, treading water & change of direction. **45-minute lesson.**

<i>Activity #</i>	<i>Day</i>	<i>Dates</i>	<i>Time</i>
2000.121	Monday	4/12-6/7	5:15-6:00 PM
2000.122	Monday	4/12-6/7	6:45-7:30 PM
2000.123	Tuesday	4/13-6/1	5:15-6:00 PM
2000.124	Wednesday	4/14-6/2	5:15-6:00 PM
2000.125	Thursday	4/15-6/3	5:15-6:00 PM
2000.126	Thursday	4/15-6/3	6:45-7:30 PM
2000.127	Saturday	4/10-5/29	10:30-11:15 AM
2000.128	Saturday	4/10-5/29	11:15 AM-12:00 PM

Please note: All classes are cancelled on Monday, May 31 (Memorial Day)





MIDDLEBURG HEIGHTS
COMMUNITY CENTER

Middleburg Heights Recreation

Youth Aquatics



MIDDLEBURG HEIGHTS
COMMUNITY CENTER

Level 3 (with level 2 certificate): Front crawl & Back crawl 15 yards, elementary backstroke kick, butterfly kick, winging, survival float and combined exit skills. **45-minute lesson.**

<i>Activity #</i>	<i>Day</i>	<i>Dates</i>	<i>Time</i>
2003.121	Tuesday	4/13-6/1	5:15-6:00 PM
2003.122	Wednesday	4/14-6/2	5:15-6:00 PM
2003.123	Thursday	4/15-6/3	5:15-6:00 PM
2003.124	Thursday	4/15-6/3	6:45-7:30 PM
2003.125	Saturday	4/10-5/29	10:30-11:15 AM

Level 4 (with level 3 certificate): Front & back crawl 25 yards, elementary backstroke, butterfly, breaststroke kick, scissors kick and one minute tread. Two combined exit skills are necessary to pass. **45-minute lesson.**

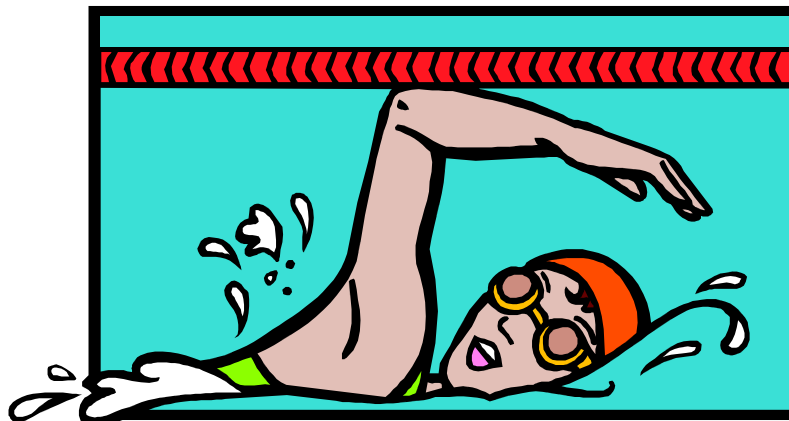
<i>Activity #</i>	<i>Day</i>	<i>Dates</i>	<i>Time</i>
2004.121	Tuesday	4/13-6/1	6:00-6:45 PM
2004.122	Thursday	4/15-6/3	6:00-6:45 PM
2004.123	Saturday	4/10-5/29	11:15 AM-12:00 PM

Level 5: Students will complete perfection of all strokes and includes successful passing of two combined exit skills. **45-minute lesson.**

<i>Activity #</i>	<i>Day</i>	<i>Dates</i>	<i>Time</i>
2005.121	Monday	4/12-6/7	5:15-6:00 PM
2005.122	Thursday	4/15-6/3	7:30-8:15 PM

Level 6: Students will increase endurance on all skills in addition to new components including fitness swimming, lifeguard readiness & personal water safety. Level 6 is now designed as a lifetime participation activity and students are encouraged to repeat level 6 often to stay up on all aquatic skills. **45-minute lesson.**

<i>Activity #</i>	<i>Day</i>	<i>Dates</i>	<i>Time</i>
2006.121	Thursday	4/15-6/3	7:15-8:00 PM



Middleburg Heights Recreation

Adult Aquatics

Basic Water Exercise: Just right for the average participant! We mix gentle exercise and moderate aerobics that almost anyone can do! There is no excuse for not coming to the pool! Instructors will help you find the right pace for your needs. Flexibility and strengthening exercises are a big part of this class. This class will be cancelled on the days that the Berea City Schools are closed due to inclement weather. **45-minutes.**

Activity #	Day	Dates	Time	Lessons per session	Fees		
					Members	Resident	Non-Residents
Walk-in	Mon.-Fri.	ongoing	9:00-9:45 AM	Daily	\$1	\$3	NA

SilverSplash: A FREE class for members of the SilverSneakers (\$1 for non-members) that offers total body aqua conditioning! This class focuses on increasing agility, range of motion and cardio. No swimming ability required. **1 hour .**

Activity #	Day	Dates	Time	Lessons per session	Fees		
					SilverSneaker Members	Residents	Non-Residents
Walk-in	Mon. & Fri.	ongoing	2-2:50 pm	Daily	FREE	\$1	NA

Water Aerobics: *Pick up the intensity!* Exercise will include at least 20 minutes of moderate to high-level aerobics. Increase cardiovascular fitness, muscle toning, and flexibility in a safe environment. **45-minutes.**

Activity #	Day	Dates	Time	Lessons per session	Fees		
					Members	Residents	Non-Residents
Walk-in	Tue., Wed. & Thurs.	ongoing	2:00-2:45 PM	Daily	\$1	\$3	NA
Walk-in	Mon.-Thurs.	ongoing	6:00-6:45 PM	Daily	\$1	\$3	\$4
Walk-in	Saturday	ongoing	9:15-10:00 AM	Daily	\$1	\$3	\$4

Water Exercise Program Punch Card

Buy 10 classes, get one class FREE! Punch cards are valid for 1 year from the date of purchase and are non-transferable. Valid for any of the above walk-in classes.

Members: \$10

Resident Non-Members: \$30

Non-Members: \$40





Middleburg Heights Recreation

Pool Use Policies



- Children under the age of 8 must be with a responsible student age 15 yrs. or older or an adult at ALL times unless they are in an organized program.
- Parents are required to be in the water with children if they are using flotation devices. The following are permitted: noodles, water wings, life jackets, swim suits with built-in flotation and baby seat floaters. The pool does NOT provide this equipment to swimmers.
- Persons in swimsuits are NOT permitted outside of the aquatics area or locker rooms.
- Non-toilet trained children must wear swim diapers which can be purchased at the front desk for \$2 each.
- Swimmers must wear bathing suits (any swimwear deemed inappropriate by supervisors is NOT permitted). Cutoffs, gym shorts, shirts and/or leotards are not permitted. Adults may wear t-shirts.
- Swim masks, fins and snorkels are NOT permitted. Adults are permitted to wear zoomers or fins during lap sessions. Flexible goggles are permitted.
- Head first diving is NOT permitted.
- Street Shoes are NOT permitted on the pool deck.
- Swimmers with known medical conditions (diabetes, asthma, heart condition, etc.) are encouraged to wear I.D. tags and to also inform a lifeguard on duty.
- All swimmers MUST clear the water during rest periods. Adults will be permitted to swim.
- Youths under 15 yrs. of age are NOT permitted to use the sauna/steam room.
- **Water Slides:** All riders must be at least 48" tall to use slide. This is a state regulation! The indoor slide will be closed during all adult sessions and scheduled programs.
- **Indoor Whirlpool/Spa:** For adult use only. Children ages 7-15 are permitted to this facility for the 1st 10 minutes of each hour when accompanied by a parent/guardian (one child per each adult). Children 6 yrs. old & under are NOT permitted to use the whirlpool/spa
- **Indoor Lap Pool:** Open at all times except during scheduled programs. See schedule for times. A lap lane will be made available for Adults during most sessions. *See specific guidelines below.*
- **Indoor Current Channel:** During peak times, the first 20 minutes of each hour will be designated for Adult water walking. The remainder of open time will be available for swimmers to play, ride an inner tube or walk.
- **Indoor Zero Depth:** Only for children ages 8 & under with direct parental supervision.
- **Outdoor Lily Pads:** For adults and children who can comfortably reach the rope.
- **Adult Exercise Classes:** All participants should be wearing a swim suit and bring their own towel to the pool deck. Exercise activity will be geared toward the average participant. All participants are encouraged to adjust the level of activity to their personal needs.

Continual violation of these rules will result in the suspension from the pool and/or center.

Lap section guidelines:

Lanes are available on a first-come, first served basis. If the lanes are crowded (which will be determined by the pool supervisor), swimmers must share lanes. Lap swimming should be done in a continuous manner all the way to each wall (25 yards one way), not halfway, with minimal stopping at the wall. When 2 or more swimmers are in a lane, swimmers are required to circle swim in a counter clockwise direction. Water walking is not permitted in the lap section unless there are no swimmers in this area. We ask you to use the current channel, the area in front of the slide, or the vortex to water walk. Lap swimmers have the right of way in the lap section of the pool. Lifeguards have the authority to ask that you leave that area when the above rules are violated



Middleburg Heights Recreation

Indoor Pool Schedule



The pool has a daily update phone line.
 Call 440-962-0618 for the latest info on water temperature, features that may be closed,
 special events, inclement weather news and more!
 Messages are updated every morning and again at 4:00 pm!

All participants should be wearing a swim suit and bring a towel to the pool deck. Aerobic activity will be geared for the average participant. All participants are encouraged to adjust the level of activity to their personal needs.

All of our full-time staff and many of our part-time staff are CPR (cardio pulmonary resuscitation) & AED (automated electronic defibrillator) certified and trained! The community center also has 2 AED machines on-site to use in case of medical emergencies!

January 2 – June 9, 2010

Day & Time	Session Type	Notes
Monday		
6:00 am-9:00 am	Adult only Swim	Lap area closed from 9-10 am, 2-3 pm & 6-7 pm
9:00 am-9:30 pm	Open Swim	Channel Area is adults only from 8:30-9:30 pm
Tuesday		
6:00 am-9:00 am	Adult only Swim	Lap area closed from 9-10 am, 2-3 pm & 5-8 pm
9:00 am-9:30 pm	Open Swim	Slide closed from 5-8 pm
Wednesday		
6:00 am-9:00 am	Adult only Swim	Lap area closed from 9-10 am, 2-3 pm & 5-8 pm
9:00 am-9:30 pm	Open Swim	Slide closed from 5-8 pm Channel Area is adults only from 8:30-9:30 pm
Thursday		
6:00 am-9:00 am	Adult only Swim	Lap area closed from 9-10 am, 2-3 pm & 5-8 pm
9:00 am-9:30 pm	Open Swim	Slide closed from 5-8 pm
Friday		
6:00 am-9:00 am	Adult only Swim	Lap area closed from 9-10 am & 2-3 pm
9:00 am-9:30 pm	Open Swim	
Saturday		
9:00 am-9:30 pm	Open Swim	Lap area & Slide closed from 9 am-12:30 pm
Sunday		
1:00-7:30 pm	Open Swim	

***Schedule is subject to change based on learn-to-swim programming & special events. Please call the aquatics hotline at 440-962-0618 for daily changes to this schedule.**



MIDDLEBURG HEIGHTS
COMMUNITY CENTER

Middleburg Heights Recreation Youth Activities



MIDDLEBURG HEIGHTS
COMMUNITY CENTER

Tae Kwon Do: The first-time student should sign up for Tae Kwon Do, the art of self-defense using the hands and feet. Ted is a 4th degree black belt and committed to focusing on the individual needs of each child. There is a uniform cost (see Ted). **Please register with Ted at the center** and if you have any questions, please contact him at 440-552-7635 or tandtmartialarts@att.net.

Instructor: Ted Beltavski

Room: Multi-Purpose Gym



Day	Dates	Time	Lessons per session	Fees	
				All students	
Tue. & Fri.	ongoing	5:30-6:30 pm	2 times per week	\$50/month	

Weight Training for Kids: Introductory class for kids ages 12-14 who want to learn how to use weights properly, gain strength and reshape their body. Successful completion of the 4-week, month long session allows them to use the Nautilus & Free Weight equipment! (A parent/guardian must always accompany their child when using free weights). New sessions start the 1st Saturday of every month.

Instructor: Staff

Room: Fitness Area

Activity #	Day	Ages	Month	Time	Lessons per session	Fees	
						Members	Residents
4010.190	Saturdays	12-14	April	9:00-10:00 AM	4	\$10	\$15
4009.191	Saturdays	12-14	April	10:00-11:00 AM	4	\$10	\$15

Little Stars Gymnastics: This program is for boys & girls ages 18 months to 10 years old! Learn important fundamental skills and have fun along the way. No previous experience is necessary! Activities include: balance beam, bars, obstacle course & basic tumbling. The instructor is a USAG safety certified gymnastics instructor with over 15 years of experience. **You can call Sophia at 216-410-7637 or email her at allstargym@att.net if you have any questions.**

Instructor: Sophia Boyk

Room: Community Rooms



Day	Ages	Dates	Time	Lessons per session	Fees	
					Members	Non-Members
Fridays	1½ -3	4/16-5/21	10:45-11:30 AM	6	\$60	\$70
Fridays	1½ -3	4/16-5/21	1:45-2:30 PM	6	\$60	\$70
Saturdays	1½ -3	4/17-5/22	10:15-11:00 AM	6	\$60	\$70
Fridays	3-4	4/16-5/21	10:00-10:45 AM	6	\$60	\$70
Fridays	3-4	4/16-5/21	1:00-1:45 PM	6	\$60	\$70
Fridays	3-4	4/16-5/21	4:00-4:45 PM	6	\$60	\$70
Saturdays	3-4	4/17-5/22	12:30-1:15 PM	6	\$60	\$70
Saturdays	5-6	4/17-5/22	11:00-11:45 AM	6	\$60	\$70
Saturdays	7-10	4/17-5/22	11:45 AM-12:30 PM	6	\$60	\$70

Kids Pump It Up Fitness: Introductory class for kids ages 9-13 who want to get in shape with a great mix of cardio, conditioning, circuit & strength training. There is a \$10 drop-in fee if you just want to try it out!

Instructor: Staff

Room: Fitness Area

Mondays	9-13	3/1-3/29	4:00-4:45 PM	4	\$35	\$35
---------	------	----------	--------------	---	------	------



MIDDLEBURG HEIGHTS
COMMUNITY CENTER

Middleburg Heights Recreation Youth Activities



MIDDLEBURG HEIGHTS
COMMUNITY CENTER



Little Princess Ballet Classes: Children ages 3-7 are invited to enjoy a fun and creative dance program which will be a prelude to formal ballet instruction. Children will be introduced to ballet steps, terminology & the basics of dance. Classes will be taught by a college graduate with a B.A. in Performing Arts. She is currently a dancer herself and brings many years of formal training and loves to teach kids! To register, please contact Rock City Dance at 440-243-4999, email RCD at info@rockcitydance.com or go to www.rockcitydance.com.

Instructor: MacKenzie Clevenger

Room: Aerobics Room

Day	Ages	Dates	Time	Lessons per session	Fees	
					Members	Non-Members
Fridays	3-4	ongoing	5:00-5:45 PM	4	\$35	\$40
Fridays	5-7	ongoing	5:45-6:30 PM	4	\$35	\$40

Saturday Sitters: Have dinner reservations and no sitter? Then check this out! Parents can leave the building and leave the kids with us for 4 hours (4-8 pm). The kids will play, do crafts, play in the mp gym & tot room, have a pizza/drink party and much more! You must register for this program in the Tot Room two weeks prior to the date. For children that are potty-trained thru age 12. Junior Sitters ages 10 & up are welcome to "help"!

Instructor: Tot Watch Staff

Room: Tot Watch Room

Day	Ages	Dates	Time	Fees
Saturdays	Potty Trained to age 12	3/20, 4/17 & 5/18	4:00-8:00 PM	\$10 (3 rd sibling is free)

Open Gym: Children walking age – age 8 will participate in free play, movement activities, parachute, etc. Parents must stay in the building and child(ren) should be separation-ready. No sign-up required – just show up!

Instructor: Tot Watch Staff

Room: Tot Watch Room

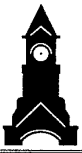
Day	Ages	Dates	Time	Fees
Mondays	Walking age to age 8	Now - Spring, 2010	9:45-10:45 AM	\$2 per child/per class

Kid Krafts: Come & join us for two fun-filled hours of crafts, games & friends for ages 3 & up. We'll spend two Saturdays per month from 3-5 pm making crafts to fit the time of year!

Instructor: Tot Watch Staff

Room: Tot Watch Room

Activity #	Day	Ages	Dates	Time	Fees
4010.327	Saturday	3 & up	3/6	3:00-5:00 PM	\$6 (\$4 each additional sibling)
4010.328	Saturday	3 & up	4/10	3:00-5:00 PM	\$6 (\$4 each additional sibling)
4010.329	Saturday	3 & up	5/8	3:00-5:00 PM	\$6 (\$4 each additional sibling)



MIDDLEBURG HEIGHTS
COMMUNITY CENTER

Middleburg Heights Recreation Youth Activities



MIDDLEBURG HEIGHTS
COMMUNITY CENTER

Toddler Time: Children ages 18-30 months will be introduced to a new shape & numbers each week! Parent's participation is needed for the 1st half hour. The 2nd half hour will be supervised free time.

Instructor: Tot Watch Staff

Room: Tot Watch Room

<i>Activity #</i>	<i>Day</i>	<i>Ages</i>	<i>Dates</i>	<i>Time</i>	<i>Fees</i>
#4010.361	Fridays	18-36 months old	until 3/12	12:15-1:15 pm	\$27

Nursery Rhyme Know How: Children ages 18-30 months will be introduced to a new nursery rhyme each week! Parent's participation is needed for the 1st half hour. The 2nd half hour will be supervised free time.

Instructor: Tot Watch Staff

Room: Tot Watch Room

<i>Activity #</i>	<i>Day</i>	<i>Ages</i>	<i>Dates</i>	<i>Time</i>	<i>Fees</i>
#4010.340	Mondays	12-30 months old	Until 3/29	12:15-1:15 pm	\$27





MIDDLEBURG HEIGHTS
COMMUNITY CENTER

Middleburg Heights Recreation Adult Fitness



MIDDLEBURG HEIGHTS
COMMUNITY CENTER

Body Sculpting™ : This 60-minute cardiovascular strength training class will shape and tone your entire body. Strength training has been proven to prevent osteoporosis. No jumping or dancing...just results! Dumbbells, exercise mats and stretch bands are provided. Just bring a water bottle. We offer a free trial class. Go to www.flexcity.com or call 216-313-FLEX from 9 am-3 pm to register.

Instructor: Patty (M & W at 8:15 pm), Pamela (M & W at 7:10 pm) & (Saturdays at 10:30 am)
Room: Aerobics Room



Day	Dates	Time	Lessons per session	Fees
				All students
Mon. & Wed.	ongoing	7:10-8:10 PM	8	\$55 (\$130 for 3 sessions)
Mon. & Wed.	ongoing	8:15-9:15 PM	8	\$55 (\$130 for 3 sessions)
Saturday	ongoing	10:30-11:30 am	8	\$55 (\$27.50 if taken with weekday classes)

Phenomenal Abdominals®: This 30-minute fitness class focuses on all areas of the abs. The exercises are designed to increase torso strength and reduce lower back strain. Dumbbells aren't used. Exercise balls, exercise mats and stretch bands are provided. Just bring a water bottle. Open to men & women. We offer a free trial class. Go to www.flexcity.com or call 216-313-FLEX from 9 am-3 pm to register.

Instructor: Patty (M & W) & Pamela (Saturdays)

Room: Aerobics Room

Day	Dates	Time	Lessons per session	Fees
				All students
Mon. & Wed.	ongoing	9:15-9:45 PM	8	\$30 (\$60 for 3 sessions or \$20 if taken w/ BS)
Saturday	ongoing	11:30 AM-Noon	8	\$30 (\$15 if taken with weekday classes)

Extreme Pump It Up Fitness/Extreme Pump Class: This is a barbell class that strengthens your entire body! This 60 minute workout challenges all your major muscle groups. Perfect for both males and females. Walk-in fee is \$10 per class! Call Sophia at 216-410-7637 to register. Go to www.extremepumpitupfitness.com for more info.

Instructor: Sophia Boyk

Room: Aerobics Room



Day	Dates	Time	Lessons per session	Fees
				All students
Tuesday	ongoing	10:30-11:30 AM	Unlimited per month	\$50 per month for unlimited classes
Mon. & Wed.	ongoing	6-7 PM	Unlimited per month	\$50 per month for unlimited classes
Tues. & Thurs.	ongoing	5-6 PM	Unlimited per month	\$50 per month for unlimited classes
Thursday	ongoing	9:15-10:15 AM	Unlimited per month	\$50 per month for unlimited classes
Saturday	ongoing	9:15-10:15 AM	Unlimited per month	\$50 per month for unlimited classes
Sunday	ongoing	2-3 PM	Unlimited per month	\$50 per month for unlimited classes

* The \$50 monthly fee provides you access to **ALL** of the Extreme Pump classes (the seven above) AND Cardio Pump classes held throughout the week (a total of 11 classes per week should you choose to attend every one)! You won't find a better deal anywhere!



Middleburg Heights Recreation Adult Fitness



Extreme Pump It Up Fitness/Cardio Pump Class: This is a circuit training class that strengthens your entire body and develops your cardio vascular system at the same time! This 60 minute workout challenges all your major muscle groups. Perfect for both males and females. Walk-in fee is \$10 per class! Call Sophia at 216-410-7637 to register.

Instructor: Sophia Boyk

Room: Aerobics Room

Day	Dates	Time	Lessons per session	Fees
				All students
Mon. & Wed.	ongoing	5-6 PM	Unlimited per month	\$50 per month for unlimited classes
Tue. & Thur.	ongoing	6:15-7:15 AM	Unlimited per month	\$50 per month for unlimited classes

Jazzercise: The original dance exercise phenomenon! Each class offers a blend of jazz dance & exercise science set to your favorite music---Top 40, jazz, country, funk & classics. Easy-to-follow, fun choreography includes a gentle warm-up, 30-minute workout, muscle toning & strengthening segment with weights ending with a stretch. Register by calling Cheryl at 216-524-3738.

Instructor: Marty Cromleigh

Room: Aerobics Room



Day	Dates	Time	Lessons per session	Fees
				All students
Tue. & Thurs.	ongoing	7:15-8:10 PM	2 times a week	\$33 per month/\$78 for 8 week pass

Cardio-Kickboxing: One of the best 60-minute workouts you'll find anywhere! Join us for this popular class and burn calories while reshaping your body in just 5 weeks! **Please register with Gary at the center** and if you have any questions, please call 440-552-7635 or email tandtmartialarts@att.net.

Instructor: Gary Remner

Room: Aerobics Room

Day	Dates	Time	Lessons per session	Fees
				All students
Tue. & Thurs.	ongoing	8:15-9:15 PM	2 times a week	\$40 per month

Debi's Original Backyard Boot Camp: A FUN morning workout guaranteed to increase your energy level, strength, endurance, self-esteem and more; all while you tone, lose inches and burn fat! Assessments, measurements, journal, t-shirt included. Call 440-355-6100 or visit www.GotGut.com. A 2 week mini-camp option is also available if you are new!

Instructor: Debi Balmert

Room: Gym/Outside



Day	Dates	Time	Lessons per session	Fees
				All students
Tue., & Thurs.	ongoing	6-7 AM	2 times a week	Call or see web site for prices

Zumba: Zumba fuses hypnotic Latin musical rhythms and tantalizing moves to create a dynamic workout system designed to be fun and easy to do! There is a \$8 drop-in fee.

Instructor: Sharon Baumann (Thurs.)

Room: Aerobics Room

Day	Dates	Time	Lessons per session	Fees
				All students
Tue. & Thurs.	ongoing	6:10-7:05 PM	twice a week	\$50 for 10 class card

Middleburg Heights Recreation

Adult Fitness

Tae Kwon Do: Tae Kwon Do is the art of self-defense using the hands and feet. Ted is a 4th degree black belt and committed to focusing on the individual needs of each student. There is a uniform cost (see Ted). **Please register with Ted at the center** and if you have any questions, please contact him at 440-552-7635 or email tandtmartialarts@att.net.

Instructor: Ted Beltavski

Room: Multi-Purpose Gym



Day	Dates	Time	Lessons per session	Fees	
				All students	
Tue. & Fri.	ongoing	6:30-7:30 PM	2 times a week	\$50/month	

Intensa-Fit Ride: This challenging, high-energy bicycling class takes you on an indoor ride that consists of flat roads & hill climbs! Led by a certified Spinning instructor; this fun, non-impact workout will push you to get in shape! The daily rate is \$8 (if seats are available).

Instructor: Sue Moran

Room: Game Room

Day	Dates	Time	Lessons per session	Fees	
				Residents	Non-residents
Tues., Thurs. & Sat.	ongoing	6:30-7:20 PM or 7:30-8:20 PM on Tue. & Thur. & 10:30- 11:20 AM on Sat.	3 times per week	\$25 for 1 day/week, \$45 for 2 days/week or \$60 for 3 days/week	\$35 for 1 day/week, \$60 for 2 days/week or \$80 for 3 days/week

Muscular Strength & Range of Movement: This is the core class of the SilverSneakers[®] Fitness Program. Lots of Choreography with hand held weights, elastic tubing with handles, a ball and a chair for balance are used!

Instructor: Sue Metro (Tue. at 9:15 am), Chris Lizanich (Tue., Wed. & Fri., at 9:15 am) & Jamie Fisher (Thurs. at 8 am)

Room: Aerobics Room



Day	Dates	Time	Lessons per session	Fees
Tue. & Thurs	ongoing	9:15 am on Tues. 8:00 am on Thur. & 9:15 am on Fridays	It's up to you!	Free to members of our Silver Sneakers program, \$1 per class for non-members

YogaStretch II: This class is designed to physically and mentally engage members with a variety of safe and fun yoga postures and breathing exercises! Using a chair for support, participants work at their own pace to build flexibility and endurance while learning to relax and think more clearly. You should take the YogaStretch I class before you take this one!

Instructor: Noreen Feikle

Room: Aerobics Room

Day	Dates	Time	Lessons per session	Fees
Mon., Wed. & Fri.	ongoing	10:30-11:30 am	It's up to you!	Free to members of our Silver Sneakers program, \$1 per class for non-members



Middleburg Heights Recreation

Adult Fitness



YogaStretch I: This class is designed to physically and mentally engage members with a variety of safe and fun yoga postures and breathing exercises! Using a chair for support, participants work at their own pace to build flexibility and endurance while learning to relax and think more clearly.

Instructor: Angela Sherman

Room: Aerobics Room

<i>Day</i>	<i>Dates</i>	<i>Time</i>	<i>Lessons per session</i>	<i>Fees</i>
Tue. & Thur.	ongoing	12:30-1:30 pm	It's up to you!	Free to members of our Silver Sneakers program, \$1 per class for non-members

Cardio Circuit: This is an advanced class for participants who desire and are ready for a cardio workout! The format includes standing non-impact choreography designed to increase cardiovascular and muscular endurance alternated with standing upper body strength work with hand-held weights, elastic tubing with handles and a ball.

Instructor: Carolyn (Mon., & Wed. at 6:45 am), Sue (Mon. & Wed. at 8 am)
& Chris (Fri. at 8 am)

Room: Aerobics Room

<i>Day</i>	<i>Dates</i>	<i>Time</i>	<i>Lessons per session</i>	<i>Fees</i>
Mon., Wed. & Fri.	ongoing	Mon. & Wed. at 6:45 am, Mon., Wed., & Fri. at 8 am	It's up to you!	Free to members of our Silver Sneakers program, \$1 per class for non-members

Nordic Pole Walking: This NEW class comes to us from Foot Solutions, Inc. and is for anyone who wants to learn how to pole walk! This is a great total body workout as arms and legs! Go to www.nordicwalkinghq.com for details!

Instructor: Noreen Feikle

Room: Outdoors/Track

<i>Day</i>	<i>Dates</i>	<i>Time</i>	<i>Lessons per session</i>	<i>Fees</i>
				<i>All students</i>
Tuesdays	ongoing	9:15-10:15 AM	Once a week	\$5 per class

Ballroom-Style Dancing: This class is geared toward anyone who loves to dance or wants to learn! Proper technique, body isolations & movement across the floor will be emphasized. Learn the fox trot, rumba, cha-cha, mambo line dancing & waltz.

Instructor: Kuno Hofmann

Room: Aerobics Room

<i>Activity #</i>	<i>Day</i>	<i>Dates</i>	<i>Time</i>	<i>Fees</i>		
				<i>Members</i>	<i>Residents</i>	<i>Non-residents</i>
#3510.100	Fridays	3/5-4/16	7:30-8:30 pm	\$30	\$35	\$40

Registration Policies

Most of our classes at the center have minimum and maximum participation requirements. Please register as soon as possible to **guarantee** your place in a class. In many of our fitness classes, the instructor accepts registrations and payment! Please ask our front desk staff if you're not sure how to sign-up for a class!

Class instructors, dates, times, meeting rooms, etc. are subject to change at any time – please verify all class information with our front desk staff before signing up!

If you have a special talent or skill and would like to teach a class at the center,
call us at 440-234-2255.