



# Middleburg Heights Recreation

## Indoor Pool Schedule



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!

### September 1, 2010-December 30, 2010

Day & Time	Session Type	Notes
<b>Monday</b>		
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
<b>Tuesday</b>		
6:00 am-9:30 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
<b>Wednesday</b>		
6:00 am-9:30 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
<b>Thursday</b>		
6:00 am-9:30 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
<b>Friday</b>		
6:00 am-9:30 am	Adult Only Swim	Lap area closed from 9-10 am & 2-3 pm
9:00 am-9:30 pm	Open Swim	
<b>Saturday</b>		
9:00 am-9:30 pm	Open Swim	Lap area & Slide closed from 9 am-12:30 pm
<b>Sunday</b>		
1:00-7:30 pm	Open Swim	

**\*Schedule is subject to change based on learn-to-swim programming & special events**

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!



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 4<sup>th</sup> 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](mailto: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 1<sup>st</sup> Saturday of every month.

**Instructor: Staff**

**Room: Fitness Area**

Activity #	Day	Ages	Month	Time	Lessons per session	Fees	
						Members	Residents
4010.395	Saturdays	12-14	September	9:15-10:15 AM	4	\$10	\$15
4010.396	Saturdays	12-14	September	10:30-11:30 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 17 years of experience. **You can call Sophia at 216-410-7637 or email her at [allstargym@att.net](mailto: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 -3½	9/10-10/22	10:45-11:30 AM	7	\$69	\$79
Fridays	1½ -3½	9/10-10/22	1:45-2:30 PM	7	\$69	\$79
Saturdays	1½ -3½	9/11-10/23	10:15-11:00 AM	7	\$69	\$79
Fridays	3½-4	9/10-10/22	10:00-10:45 AM	7	\$69	\$79
Fridays	3½-4	9/10-10/22	1:00-1:45 PM	7	\$69	\$79
Saturdays	3½-4	9/11-10/23	12:30-1:15 PM	7	\$69	\$79
Fridays	5-6	9/10-10/22	4:00-4:45 PM	7	\$69	\$79
Saturday	5-6	9/11-10/23	11:00-11:45 AM	7	\$69	\$79
Friday	7-10	9/10-10/22	4:45-5:30 PM	7	\$69	\$79
Saturday	7-10	9/11-10/23	11:45 AM-12:30 PM	7	\$69	\$79

**\* An Advanced Class is available on Saturdays from 1:15-2:00 pm by teacher invitation only**



MIDDLEBURG HEIGHTS  
COMMUNITY CENTER

# Middleburg Heights Recreation Youth Activities



MIDDLEBURG HEIGHTS  
COMMUNITY CENTER

**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

Day	Ages	Dates	Time	Lessons per session	Fees	
					Members	Non-Members
Mondays	8-15	7/12-8/2	4:00-4:45 PM	5	\$35	\$35

**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](mailto:info@rockcitydance.com) or go to [www.rockcitydance.com](http://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:** Kidszone Staff

**Room:** Kidszone Room

Activity #	Day	Ages	Dates	Time	Fees
4010.370	Saturday	Potty trained-12	9/18	4:00-8:00 PM	\$10 (3 <sup>rd</sup> sibling is free & 4 <sup>th</sup> sibling is \$5)

**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:** Kidszone Staff

**Room:** Multi-Purpose Gym

Day	Ages	Dates	Time	Fees
Mondays	Walking age & up	ongoing	10-11 am	\$2 per child/per class

**Get Going:** Refine gross motor skills through games & instruction in our structured gym class. Get ready to break a sweat. If enrolled in Leading with Reading, staff will transition child between classes

**Instructor:** Kidszone Staff

**Room:** Kidszone Room

Activity #	Day	Ages	Dates	Time	Fees	
					Resident	Non-resident
4010.315	Mondays	2½ & up	9/13-12/6	9-10 am	\$27	\$33



# Middleburg Heights Recreation Youth Activities



**Leading with Reading:** Join us as we explore words. Storytime and sight word activities will be introduced. If enrolled in Get Going, staff will transition child between classes.

**Instructor: Kidszone Staff**

**Room: The Rec Room**

Activity #	Day	Ages	Dates	Time	Fees	
					Resident	Non-resident
4010.320	Mondays	2½ & up	9/13-12/6	11:15-12:15 pm	\$27	\$33

**Toddler Time:** Get your child ready to socialize & learn! With parents help, toddler will explore shapes & colors after reading a short story. A correlating activity will follow with time for free play at the end!

**Instructor: Kidszone Staff**

**Room: The Rec Room**

Activity #	Day	Ages	Dates	Time	Fees	
					Resident	Non-resident
4010.364	Mondays	12-36 months	9/10-12/3	11-11:45 am	\$27	\$33

**Learning Circle:** Is your child ready to learn on their own? This class will introduce simple fine motor skills along with early learning concepts each week. Includes weekly themes & a simple craft. We recommend that the child should be able to scribble & sit for a short story. No bathroom assistance will be provided. Pull-up diapers welcome. Parents will be notified for diaper changes.

**Instructor: Kidszone Staff**

**Room: The Rec Room**

Activity #	Day	Ages	Dates	Time	Fees	
					Resident	Non-resident
4010.313	Mondays	2-2½	9/13-12/6	12-1:30 pm	\$50	\$57
4010.314	Fridays	2-2½	9/17-12/10	12-1:30 pm	\$50	\$57

**Kids Korner:** One of our most popular learning programs will prep your child for Kindergarten or enhance their pre-school experience. This structured learning environment has weekly themes, worksheets, group discussion & structured activities. Required skills are parent separation readiness, verbal communication, sitting & listening to a short story, following simple instructions & holding a writing utensil.

**Instructor: Kidszone Staff**

**Room: Kidszone Room**

Activity #	Day	Ages	Dates	Time	Fees	
					Resident	Non-resident
4010.310	Tuesdays	2-2½	9/7-12/7	11:15 am-2 pm	\$117	\$143
4010.311	Wednesdays	2-2½	9/8-12/8	11:15 am-2 pm	\$117	\$143
4010.312	Thursdays	2-2½	9/9-12/9	11:15 am-2 pm	\$117	\$143

\* You may sign up for 2 days (\$234 for residents & \$286 for non-residents) or  
3 days (\$351 for residents & \$429 for non-residents)



# Middleburg Heights Recreation



**Move & Groove:** Get your child to participate in movement, song & dance. Child should be separation ready, able to listen to simple directions & ready to socialize with others  
**Instructor: Kidszone Staff** **Room: The Rec Room**

Activity #	Day	Ages	Dates	Time	Fees	
					Resident	Non-resident
4010.401	Wednesdays	1½-5	9/22-11/10	10:15-11 AM	\$27	\$33

**Creativity Corner:** Get your child to participate in movement, song & dance. Child should be separation ready, able to listen to simple directions & ready to socialize with others  
**Instructor: Kidszone Staff** **Room: The Rec Room**

Activity #	Day	Ages	Dates	Time	Fees	
					Resident	Non-resident
4010.402	Wednesdays	1½-5	9/22-11/10	10:15-11 AM	\$27	\$33

**Explore & More:** Get your child to participate in exploring early science concepts & simple experiments. Child should be ready to separate, follow directions & participate in group activities.  
**Instructor: Kidszone Staff** **Room: The Rec Room**

Activity #	Day	Ages	Dates	Time	Fees	
					Resident	Non-resident
4010.403	Fridays	2-5	9/24-11/12	9:15-10 AM	\$27	\$33

**All About Me:** Children will enhance appropriate social skills and explore individual awareness expected for preschool ages. Friendship, teasing and personal hygiene are a few topics that will be utilized for story, discussion and coloring sheets.  
**Instructor: Kidszone Staff** **Room: The Rec Room**

Activity #	Day	Ages	Dates	Time	Fees	
					Resident	Non-resident
4010.404	Fridays	2-5	9/24-11/12	10:15-11 AM	\$27	\$33

## Coming Soon to the Kidszone ---

- Kids Korner Registration for Winter/Spring 2011 starts November 1, 2010
- Friday Fun Nights for “Tweens”
- Winter Camp over Christmas Vacation Registration starts November 15, 2010
- Southwest SafeSitters© & CPR certification classes



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](http://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](http://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](http://www.extremepumpitupfitness.com) for more info.

**Instructor: Sophia Boyk**

**Room: Aerobics Room**



Day	Dates	Time	Lessons per session	Fees
				All students
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

\* 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

**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](mailto: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](http://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**

**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 4<sup>th</sup> 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](mailto: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	
				Members	Non-members
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<sup>®</sup> Fitness Program. Lots of Choreography with hand held weights, elastic tubing with handles, a ball and a chair for balance are used!

**Instructor: Sue (Mon. at 9:15 am, Tue. at 8 am, Thurs at 9:15 am & Wed. at 12:30 pm), Chris (Tue., Wed. & Fri., at 9:15 am) & Jamie (Thurs. at 8 am)**

**Room: Aerobics Room**



Day	Dates	Time	Lessons per session	Fees
Mon., Tue., Wed. & Thurs	ongoing	9:15 am on Mon. 8:00 am & 9:15 am on Tue., 9:15 am & 12:30 pm on Wed., 8 am & 9:15 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-SilverSneaker members who are members of center.

**YogaStretch:** 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: Noreen (Mon., Wed. & Fri. at 10:30), Vicki (Tue. at 10:30 am), Carolyn Thur. at 10:30 am) & Chris Lizanich (Tue. & Thur. at 12:30 pm)**

**Room: Aerobics Room**

Day	Dates	Time	Lessons per session	Fees
Mon., Tue., Wed. Thur. & Fri.	ongoing	10:30 am Mon. thru Fri., 12:30 pm on Tue. & Thur.	It's up to you!	Free to members of our Silver Sneakers program, \$1 per class for non-SilverSneaker members who are members of center.



# Middleburg Heights Recreation

## Adult Fitness



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

**Room:** Aerobics Room

Day	Dates	Time	Lessons per session	Fees
Mon., Wed. & Fri.	ongoing	Mon., Wed. & Fri. 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-SilverSneaker members who are members of center.

**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](http://www.nordicwalkinghq.com) for details!

**Instructor:** Noreen Feikle

**Room:** Outdoors/Track

Day	Dates	Time	Lessons per session	Fees
				All students
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

Activity #	Day	Dates	Time	Fees		
				Members	Residents	Non-residents
3510.300	Fridays	9/10-10/15	7:30-8:30 pm	\$30	\$35	\$40

**Healthy Heights:** This is a wellness program designed to give you that “push” you may need to get or stay healthy and in shape! There are many different times/dates that you can choose to meet with a nurse to get 3 health screenings, 2 personal training sessions and a dietitian! See flyer at center or on-line. Call 216-246-0813 or email [blaze.casey@gmail.com](mailto:blaze.casey@gmail.com) for more info.

**Instructor:** Casey Blaze

**Room:** Aerobics Room

Activity #	Day	Dates	Time	Fees	
				New Members	Returning Members
4010.501	TBA	10/4-11/22	TBA	\$39	\$30

### 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.