The Gemini Center

Keeping you healthy all summer long!

FAIRVIEW PARK RECREATION
@ the gemini center

Program Guide

May – August 2016

21225 Lorain Road • Fairview Park • 440-356-4444

Dear Residents,

With spring and warmer weather just around the corner, The Gemini Center has been busy planning and is excited to bring you an assortment of warm weather programs. Softball, baseball, and soccer are just a few of the offerings you will find in this guide, along with swim lessons, group exercise and a variety of youth programs.

As our spring and summer sports seasons begin, we would like to take this opportunity to thank all of the coaches and others who volunteer their time to teach children to play sports. Without you, it would be impossible to deliver these programs to our youngest residents. We are most grateful to you and the sacrifices you make to help with this endeavor.

I look forward to seeing many of you at our Family Fun Summerfest celebration the weekend of July 7-10 and Food Truck Festival on August 6. Updated information on Gemini events and other activities can be found on the Gemini Center website (www.fairviewparkrec.com), Facebook (Fairview Park Recreation Department at the Gemini Center; City of Fairview Park) and Twitter (@Gemini_Center). Please sign up for our city newsletter at www.fairviewpark.org to receive updated city news along with a link to Summerfest activities. Happy Summer!

Sincerely,

Mayor Eileen Ann Patton

General Information

City Hall • 440-333-2200
20777 Lorain Road, Fairview Park, OH 44126
Facebook: City of Fairview Park

Senior Center • 440-356-4437
20769 Lorain Avenue, Fairview Park, OH 44126
(Located directly behind City Hall)

City Officials

Eileen Ann Patton	Mayor
Michael Kilbane	Council President
Brian McDonough	Ward 1
William F. Minek	Ward 2
Paul Wojnar	Ward 3
John M. Hinkel	Ward 4
Angelo Russo	Ward 5
Peggy M. Cleary	Council at Large
Liz Westbrooks	Clerk of Council

Department of Recreation

Recreation Staff Extensions

Steve Owens, Director of Recreation	105
Mary Long, Office Manager	106
Jack Abbruzzese, Facility Manger	102
Bob Benden, Program Coordinator	103
Eric Dennis, Pool Manager	104
Kim Kelly, Group Exercise Coordinator	118
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Weather Line	Option 6

Parks & Commission

John Roach.	Commissioner
Ron Benko	Vice Commissioner
Tom Herman	Chairman
Paul Wojnar	City Council Representative
John Shucofsky	School Board Representative

The Gemini Center

21225 Lorain Road, Fairview Park, OH 44126

440-356-4444

Website: www.fairviewparkrec.com
Facebook: City of Fairview Park
Twitter: @Gemini_Center
Online registration: www.activityreg.com

(Additional parking is available in the back of the building with access off West 213th St.)

Hours of Operation:

September 1-May 31

Monday-Friday 5:30am-10pm • Pool closes at 9:30pm
Saturday 8am-7pm • Pool closes at 6:30pm
Sunday 10am-6pm • Pool closes at 5:30pm

June 1-August 31

Monday-Friday 5:30am-9pm • Pool closes at 8:30pm
Saturday 8am-7pm • Pool closes at 6:30pm
Sunday 10am-6pm • Pool closes at 5:30pm

Closed holidays: New Years Day, Easter, Memorial Day, Independence Day, Labor Day, Thanksgiving Day, & Christmas Day. Early closing: Evenings before Thanksgiving, Christmas, New Years.

Our Parks

Bain Park Cabin	21077 North Park Drive
Bain Park Pavillion	21680 Eaton Road
Bohlken Park	3885 West 210th Street
Morton Park	22301 Morton Avenue

Membership Prices for the 2016 Calendar Year

www.fairviewparkrec.com

RESIDENT YEARLY RATES:	
Individuals (ages 19-59)	$110
Youth (ages 3-12)	$55
Student (ages 13-18)	$83
College Student (Full Time)	$94
Senior (60+)	$79
Toddler (2 and under)	FREE
Family (4 members)	$303
(5 members)	$330
(6 members)	$358
Resident Per Person Monthly	$25

CORPORATE YEARLY RATES:	
Individuals (ages 19-59)	$220
Youth (ages 3-17)	$110
Senior (60+)	$165
Family (4 members)	$605
(5 members)	$660
(6 members)	$715
Corporate Per Person Monthly	$35
Legacy Rates:	
Individual:	$435
(Additional member)	$545
Legacy Per Person Monthly	$45

2016 Summer Pass for Non-Residents

250 summer non-resident memberships will be available on a first come, first served basis. All non-residents that apply MUST BE SPONSORED BY A CURRENT MEMBER OF THE GEMINI CENTER. Applications will be accepted beginning April 1, 2016, and will continue until all slots are full. Sponsor must be present at the time of application. This pass is valid from Memorial Day through Labor Day. Please keep in mind our annual shutdown scheduled for August.

Fees:

Individual..... $220.00
Youth (ages 3-17)..... $110.00
Senior (60 +)..... $165.00
Family (4 members)..... $303.00
(5 members)..... $330.00
(6 members)..... $358.00

***All membership rules and regulations apply.*

(2 and under)……..$25.00

- A family (up to 4) membership is defined as 2 adults and 2 children under the age of 18 with the same address or 1 adult and up to 3 children under the age of 18 with the same address. Children 2 and under are free and must be listed on application form. A maximum of 6 members permitted. Exceptions to be approved by the Director of Recreation.
- **Full-time College Student rate is also available for $25 during Winter Break (Dec. 1 – Jan. 31) and $50 during Summer Break (May 1 – September 1). Students must show proof of enrollment.
- Individual and youth memberships (those ages 10-17) must be completed by parent or legal guardian.
- **Two current forms of residency or corporate verification (see back) must accompany application for new or renewed memberships.**
- **A copy of birth certificate or valid driver's license must accompany any age verifications for new memberships.**
- A membership package may be upgraded (add college age student, upgrade from individual to family, etc.) at any time, however, the expiration date of the original membership becomes effective for all members; fees will not be prorated.
- **ALL MEMBERSHIPS ARE NON-REFUNDABLE AND NON-TRANSFERABLE**
- Corporate and Partnership packages are available upon request for options of 10 and 25 employees.
- Caregiver and Personal Aid passes can be obtained if applicable. Please contact the recreation office for more details.
- **All children under the age of 10 yrs old must be accompanied by an adult (18 years or older). Children 7 yrs and under must have direct Adult supervision. NO ONE UNDER THE AGE OF 15 is permitted to use the track and fitness areas (13-14 years old may use the fitness floor upon completion of an orientation class with some time usage restrictions)**

Refund Policy *(For Programs and Activities)*

Refunds (or credit, if preferred) will be issued if an activity is full or cancelled by the Recreation Department. Refund checks will be sent by the city's Finance Office four to six weeks from program cancellation. All other refund requests MUST be submitted to the Recreation Director, IN WRITING, detailing the reason for the withdrawal, and must be accompanied by the original receipt. No other requests will be considered. Refund requests made before the registration deadline will be considered on a case by case basis. Refund requests made after the registration deadline will be approved for MEDICAL REASONS ONLY and a doctor's written verification is required. Late registration and nonresident fees are not refundable. A $10.00 administrative fee will be deducted from all refunds unless program is cancelled. (The $10.00 administrative fee will be waived if the option of Department Credit is chosen. A credit remains in the computer indefinitely and can be used by anyone in the family for any future program expense.)The balance of the refund will be prorated based upon how long after the registration deadline the refund request is made.

Guest Pass Rates & Policy

Daily Non-member Guest Rates

	Resident	*Non-Resident*
Junior (ages 3-6)	$3.00	$3.00
Youth (ages 7-15)	$5.00	$5.00
Adult (ages 16-59)	$5.00	$8.00
Senior (60+)	$3.00	$6.00

All nonresident guests must be accompanied by a current member of the Recreation Center. Resident, nonmembers will be permitted to pay a daily guest rate, and will be required to sign a waiver and show photo ID for those 16 years of age and older prior to using the facility. One proof of residency is required to enter the building at the resident rate. Adult members are allowed a maximum of 4 nonresident guests per visit. Members under 18 are allowed 1 nonresident guest per visit. Members are required to remain in the building with their guests.

Other Important Information

Cancellation of Activities Due to Inclement Weather

Weather and Information Line: 440-356-4444, Option 6

Certain daytime (before 5pm) programs may be cancelled when Fairview Park Schools are closed due to inclement weather. Cancellation of evening programs (after 5pm) will be determined by 4pm at the discretion of the Recreation Department. The Aquatics area may be closed in the event of severe weather. Closing will be determined at the discretion of the Aquatics Director. The Recreation Department reserves the right to cancel classes due to low enrollment.

Hourly Rates

For more information contact 440-356-444 ext. 109

Maple Room

(Seats 96 people with full-size catering kitchen)
Includes: microwave, convection oven, coffee maker, refrigerator, freezer, sink, icemaker

Friday, Saturday & Sunday (Hourly Rates)	Monday-Thursday (Hourly Rates)
Member……..……..$40	Member……..……..$30
Resident……..……..$50	**Resident……..……..$40**
Business……..……..$60	Business……..……..$50
Non-Resident……..$60	**Non-Resident..……$50**

Oak Room or Birch Room

(Seats 96 people with kitchenette)
Includes: microwave, coffee maker, refrigerator, sink, counter space

Friday, Saturday, Sunday (Hourly Rates)	Monday-Thursday (Hourly Rates)
Member……..……..$35	Member……..……..$25
Resident……..……..$45	**Resident……..……..$35**
Business……..……..$55	Business……..……..$45
Non-Resident……..……..$55	**Non-Resident……..$45**

Maple Room and Oak Room

(Seats 160-180 people with kitchens)

Friday, Saturday& Sunday (Hourly Rates)	Monday-Thursday (Hourly Rates)
Member……..$60	Member……..$50
Resident……..$70	**Resident……..$60**
Business……..……..$90	Business……..……..$80
Non-Resident…..$90	**Non-Resident…$80**

Oak Room and Birch Room

(Seats 160-180 people with kitchens)

Friday, Saturday & Sunday (Hourly Rates)	Monday-Thursday (Hourly Rates)
Member……..……..$55	Member……..……..$45
Resident……..……..$65	**Resident……..……..$55**
Business……..……..$85	Business……..……..$75
Non-Resident…….$85	**Non-Resident……..$75**

Evergreen Room

(Seats 250 people with kitchens)

Friday, Saturday & Sunday (Hourly Rates)	Monday-Thursday (Hourly Rates)
Member……..$110	Member……..$90
Resident……..$120	**Resident… . …..$100**
Business……..……..$150	Business……..……..$130
Non-Resident….$150	**Non-Resident….$130**

Willow Room

(Seats 20 people)

Wave Room

(Up to 25 guests)

Monday-Sunday (Hourly Rates)	Monday-Sunday (2 1/2 Hour Rate)
Member……..……..$20	Member……..……..$85
Resident……..$25	**Resident……..$100**
Business……..……..$35	Non-Resident……..$150
Non-Resident……..$35	

Bain Cabin Rental Rates

(Seats 100 people)

(Many amenities included)	Resident & Non-Resident
Monday-Sunday	**Rates**
Day Hours: 9:00am-4:00pm	**R $150 NR $240**
Monday-Thursday	
Evening Hours: 5:30pm-12:00am	**R $150 NR $275**
Friday, Saturday, Sunday	
Evening Hours: 5:30pm-12:00am	**R $200 NR $335**
HOLIDAYS: ADD $75 TO ABOVE RENTAL FEES	
NO ALCOHOLIC BEVERAGES OR SMOKING	
ALLOWED ANYWHERE IN THE CABIN OR PARK	

Bain Pavilion

(Seats 100)

Private Pool Rental

(Up to 200 guests)

(Includes 8 tables-4 grills)	Available after hours
Residents ONLY; $50 per day	**Includes entire natatorium**
Restrooms open Memorial Day	$250 per hour
weekend and close Labor Day	2 hour minimum rental
weekend	Set up/tear down fees may
	apply
NO ALCOHOLIC BEVERAGES ALLOWED	
ANYWHERE IN THE PAVILLION OR PARK	

Birthday Party Package

Wave Room Swim Party

2.5 hours of fun in the pool and a private room on the pool deck!

Overnight Packages Available Upon Request

Fairview Park Proudly Presents

THE 24TH ANNUAL

SUMMERFEST

at Bohlken Park

July 7–10

Join us and enjoy all of the events and activities you and the family can enjoy Thursday through Sunday.

- Parade
- Food
- Live Music
- Car Show
- Rides
- Community Booths
- Beer Tent
- Fireworks

& MUCH MORE!

Check out the Summerfest website for the Schedule of Events, Parade and Booth Registration as well as Sponsorship Information:

www.fairviewsummerfest.com

The Fairview Park Recreation Department Wishes to Thank

Fairview Lanes
Pita Pit
Jersey Mikes
Five Guys
Cleveland Indians

Becker's
Great Clips
Carter's
Mr. Hero
Monsters/Gladiators

for your Donations to the 1st Annual Easter Egg Hunt

Athletic Facility Rentals

www.fairviewparkrec.com

The City of Fairview Park Recreation Department invites you to contact us if you are interested in renting any of the following athletic facilities.

- **Gemini Center Main Gym**
- **Fairview Park Football Stadium Turf Field or Track**
- **Gemini Center Multipurpose Gym**
- **Bohlken Park Baseball/Softball Diamonds**

The Recreation Department, School District and/or City of Fairview Park sponsored groups are considered In-House users and qualify for In-House rates. All RESIDENT groups require 80% residency to qualify.

Renters, other than Outside Varsity Athletics, cannot charge admissions to events at any Fairview Park athletic facility unless authorized by the City of Fairview Park's Recreation Department. Fairview Park Recreation Department is the sole provider of concessions unless otherwise assigned by the Fairview Park Recreation Department.

If you are interested in securing any of the above facilities please contact J**ack M. Abbruzzese at 440-356-4444, ext. 102** or **jack.abbruzzese@fairviewpark.org** for rates and facility permit information.

Fairview Park Recreation Department Sponsorships

Dear Business Owners,

The Fairview Park Recreation Department continues to grow as a staple of the community. More and more people are utilizing our facilities to gather for special occasions, athletic competition, and family fun.

With this in mind, we have developed a sponsorship platform so that your business can also benefit from the growth. We know there are many outlets where you can spend your money, but there is no other platform that will do more for your business and our community at the same time.

There is no better venue to reach your existing and future customers in one place. Through our parks, Fairview Stadium, and the state of the art Gemini Center, this branding opportunity will offer your business exposure and community relations you cannot get anywhere else. Not only will your support of the Recreation Department help your business thrive, it will help Fairview Park continue to be a great place to grow.

When you have a chance, please review our partnership opportunities at www.fairviewparkrec.com. If you have any questions or have a partnership you would like us to customize, please do not hesitate to call or email.

We sincerely appreciate your ongoing support of the Recreation Department and are excited to offer an opportunity that will provide value to your business.

If you have any questions on how your business can get involved please email or call **Jack M. Abbruzzese** at **jack.abbruzzese@fairviewpark.org** or 440-356-4444, ext.102.

2016 Annual Maintenance

The Gemini Center will be closed for annual cleaning and maintenance:

Aquatic…August 27 – September 2

Full Facility…August 29 – September 2

All areas open on September 3rd

Check our website, Facdebook, and Twitter for updates and information on visits to Westlake or Rocky River during this time.

Membership card must be presented at other facility.

Fire Department News…

The Fire Department would like to thank you for your support in the successful renewal of our levy this past March. With your help we are able to continue to provide you with the service you have come to expect!

As we move into the summer months, remember to practice good grilling safety:

- Propane and charcoal BBQ grills should only be used outdoors.
- The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches.
- Keep children and pets away from the grill area.
- Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.
- Never leave your grill unattended.
- More information about our fire department can be found on the city webpage **www.fairviewpark.org.**

Healthy Strides

Fit In Fairview Chapter

Sponsored by the Cleveland Clinic and Gemini Center

Tuesdays, May 17–June 28 • 9AM

Meet at the South Mastick Picnic Area in Metroparks, Rocky River Reservation

Walk with a Cleveland Clinic health professional each session

Free of Charge

CANCELLED IN THE EVENT OF INCLEMENT WEATHER

Fairview Hospital
a Cleveland Clinic Hospital

FAIRVIEW PARK RECREATION
the gemini center

A GREAT PLACE TO GROW

Bain Cabin Reservations

Reservations are now being accepted for 2016 and beyond.
This popular venue fills quickly, so contact the Rental Coordinator
at 440.356.4444, ext. 109 to secure your rental date!

O'Neill Healthcare
FAIRVIEW PARK
20770 Lorain Road

Skilled Nursing
Rehabilitative Therapies
Dialysis

440-808-5500
www.ONeillHC.com

Skilled Nursing
Rehabilitative Therapies
Assisted Living
Memory Support

O'Neill Healthcare
NORTH OLMSTED
4800 Clague Road

2016 Big Wheel Race (Ages 2-6)

Friday, May 13 • 6pm

Join us for our Annual Big Wheel Race at FHS Stadium as kids get the chance to race around our mini race track. Each racer gets 2 trials. Winners of each age group will receive an award. You can bring your own Big Wheel or use ours.

Plastic Big Wheels only.

Age Groups: 2 yrs, 3 yrs, 4 yrs, 5 yrs, 6 yrs

Location: FHS Stadium

Registration: April 15-May 12 • Fee: M FREE; RNM: $5; NR $7

Rain Date: Friday May 20, 2016 • 6pm

2016 TOUCH-A-TRUCK

Saturday, June 25 • 11am-1pm (Rain or Shine)

Join us for our 6th annual touch a truck family event. Put your imagination in gear and go! Join us for Fairview Park's TOUCH-A-TRUCK® where kids get a chance to get behind the wheel of their hometown vehicles. Come and climb on and explore nearly 30 of your favorite vehicles including tow trucks, big rigs, fire engines, police cars and construction trucks. It will surely be a day that will be remembered for years to come.

Location: Gemini Center/FHS Parking Lot

Fees: FREE – Registration: Walk-up

Fairview Park
Food Truck
Festival 2016

THIRD ANNUAL FOOD TRUCK FESTIVAL

August 6, 2016 • 4-9 pm

Food Trucks, Live Music, Inflatables

Free Admission

Costs associated with Food & Beverage

Photo ID required to purchase alcohol

Movie Nights

Movies begin at dusk

Friday, June 24th @ FHS field

(Rain date: Friday, July 15 @ FHS field)

Friday, August 12th @ FHS field

Allied Behavioral Health Services Inc.

Providing individual, family, group, marital, and addiction counseling services.

Day, Evening and Weekend appointments

Specializing in Peace of Mind

Allied Behavioral Health Services, Inc.

22540 Lorain Rd., Fairview Park, OH 44126

440-734-4037 • www.AlliedBHS.com

Fairview Park Recreation Department

Summer Camp 2016

Children ages 6-12

Summer Day Camp is a great way for your children to stay active in the summer months with organized activities at the Gemini Center. Our Day Camp program is designed to maximize campers' time outdoors while playing games and sports, swimming, and doing crafts. Are you looking for child care while you work this summer? Look no further! Our Day Camp program allows you to be confident in the care that your children are getting. Multi-child discounts are available for Day Camp families with more than one child enrolled in a Day Camp Session

Emergency medical forms and swim permission forms must be turned in when registering for Summer Camp. Forms will be available online @ www.fairviewparkrec.com.

Be sure to pack a non-perishable lunch and drink, bring a bathing suit, towel, and tennis shoes daily. Fridays will be field trip days each week. ****PRICING, REGISTRATION PACKETS, AND FIELD TRIP INFORMATION WILL BE AVAILABLE APRIL 1, 2016 AT GEMINI CENTER FRONT DESK and ONLINE****

Location: The Gemini Center community room and recreation facilities
Times: 8:00 am to 4:00 pm (Pick Up until 4:30pm NO EXCEPTIONS)
Session: Monday through Friday, Field Trip Days typically on Friday

Dates and field trip locations (Field Trip costs are included in the registration fee)

Week 1:.... June 6-June 10.....Great Lakes Science Center
Week 2:....June 13-June 17.....Cleveland Metroparks Zoo
Week 3:....June 20-June 24.....Progressive Field
Week 4:....June 27-July 1.....Fairview Lanes
Week 5:....July 5-July 8.....Amazone Laser Tag
Week 6:....July 11-July 15.....Natural History Museum
Week 7:....July 18-July 22.....Castle Noel/Alien Mini Golf
Week 8:....July 25-July 29.....Sky Zone
Week 9:....August 1-August 5 ....Swings & Things

Fees: $128 Member; $133 Resident Non-Member; $138 Non-resident/Non-Member
Must register for a full week! Please call 440-356-4444 for information

Sibling Discount: Each sibling receives $10 off weekly fee after the first child is registered at full price.

Registration: Begins April 8 (Payment must be submitted on THURSDAY the week prior to the desired session. Payment will be taken for one or multiple weeks) Medical form and Swim Permission form MUST be submitted at time of registration at the Gemini Center. Registration Packets including medical forms are available at **www.fairviewparkrec.com**

Fairview Park City Schools

21620 Mastick Road
Fairview Park, Ohio 44126
440-331-5500
www.fairviewparkschools.org

Outdoor Fit Camp

With Lisa Zane,
Personal Trainer
Six Week program

Tuesday Evenings

At Fairview Park
High School Track.
Gemini Center used in inclement weather.

7–8PM
April 26–May 31

$60 per session/$15 drop-in

Teen Rate *(Ages 13-18)*
$45 per session/$12 drop-in
Minimum of 5 participants to hold the class

Whether you are looking to lose weight, get in shape and tone, or want to improve your speed and strength for athletics, Fit Camp will get you ready for summer! Set in a team environment, class will focus on cardio conditioning and strength training through a variety of sport conditioning exercises that are both challenging and fun!

Fairview Summer Swim Team

Important Info

- @ **Season will run from June 6 – July 30**
- @ **Practices are Monday/ Wednesday/Friday 9-10am**
- @ **Meets are once a week on Tuesday or Thursday evening against other area teams.**
- @ **Kids ages 6-18 years who can successfully swim a 25yd. length are encouraged to join!**
- @ **No swimming experience necessary.**
- @ **$75 (Includes team cap, and tshirt!)**
- @ **Register at www.activityreg.com**

Fairview High School Head Coach Eileen Bringman and other qualified coaches will teach all 4 strokes, starts and turns and have fun! If you have any questions email **Coach Eileen** at **eileenebringman@gmail.com**.

Gemini Center After-School Activities Program

Monday-Friday • 3-5:30pm beginning August 29

Registration: Weekly – *must be registered by Friday prior to program week*

Cost: Free – Members only program

Children will be led through various activities including sports, swimming, arts and crafts, homework help and many more by Fairview Park Recreation Department staff. Transportation will not be provided by FPRD. Children must have medical forms and swim waivers completed prior to attending the program. Volunteers welcome!!

Adult Programs

2016 FALL MEN'S 6'2" & UNDER BASKETBALL
League Size: 8 teams MAX (One Division)
League begins Sunday, September 4, 2016
8 week regular season plus playoffs
$275 entry fee plus $31 to be paid each game
$325 OPTION will include matching team shirts
Registration: June 1-August 12

FPRD Adult Basketball leagues consist of one (1) game on designated game days, 8 game regular season plus playoffs. Teams are responsible for paying the officials and scorers on the court. Winners of the regular season and tournament win awards. Please not the maximum number of teams allowed for each league.

2016 FALL COED SOFTBALL (Sundays)
League Size: Max 8 teams
Location: Bohlken Park Softball Diamonds
League begins Sunday August 21, 2016
5 week regular season NO playoffs
$150 entry fee plus $22 to be paid each game
Registration: June 1-July 15 • Games begin at 10am

FPRD Fall Adult Softball leagues consist of double headers on designated game days, 10 game regular season no playoffs. Teams are responsible for paying the officials and scorers on the field. Please note the maximum number of teams allowed for each league.

2016 FALL COED VOLLEYBALL LEAGUE (Thursdays)
League size: Max 8 Teams, Comp. and Rec. Divisions
League begins September 8, 2016
6:15, 7:15, 8:15, 9:15 game times
8 Week Regular Season plus Playoffs
Location: Gemini Center Main Gym
$200 entry fee plus $10 to be paid each game
Registration: June 1-August 12

FPRD Adult Volleyball leagues consist of 1 match (3 games) on designated game days, 8 week regular season plus playoffs. Teams are responsible for paying the officials on the court. Winners of the regular season and tournament win awards. Please not the maximum number of teams allowed for each league.

Adult Leisure Programs

CLEVELAND ADULT LINE DANCING
Instructor: Mary Harwood
Thursdays 7pm-8pm
Session I: May 26-June 30 • Session II: July 7-August 11
Location: Gemini Center
Fee: M $4; RNM $5; NR $6 PER CLASS • Registration: Drop-In

Tired of the treadmill? Love to dance but have a partner that doesn't? Line dancing is fun, easy, and a great form of exercise, no partner needed! Line dancing is no longer just country … enjoy dancing to some great golden oldies, Latin melodies, and of course some country. Great for all ages, shapes & sizes
Visit clevelandlinedancing.com for more information

For all FPRD Adult Sports Leagues:
*Team entry fee due in full at time of registration, **No Exceptions**. Once teams are registered all managers will be emailed a preseason manager's packet after registration concludes with important dates and information such as season start and end dates and forfeit/game fees. Game fees to be paid in CASH pay for certified official and scorekeeper. Registration Packets will be available online at: www.fairviewparkrec.com on **Friday, May 27.***

KIDS CLUB!

Kids' Club welcomes children ages 6 months to 9 years

(Appointments MUST be made for children 18 mon. old and younger.)

Kids' Club Fees *(Paid at the Front Desk)*

- **$3 per child per hour &**
- **$1 for each additional sibling per hour**

Must be paid prior to room usage unless using Kids' Club Bucks. Segmented hours are only allowed for usage with Kids' Club Bucks Parents/Guardians (18 years and older) must drop off and pick up children and must remain in the Gemini Center while children are in Kids' Club. Appointments are made at the front desk or by phone.

Kids' Club Bucks

Available for purchase at the Front Desk for $30 or $50

Fees and Time Limits for Kids' Club Bucks

If you pick up your child in, you pay for:

60 Minutes=1 Hour • 61-90 Minutes=1 Hour + ½ Hour
91-120 Minutes=2 Hours

The Gemini Center reserves the right to change Kids' Club hours and fees as necessary

Kids' Club Hours:

Monday-Friday 8am-12pm • Monday-Thursday 4:30pm-8:30pm
Saturday 8am-1pm Sunday 10am-2pm
(December 2015-March 2016)

Unless you are enrolled and participating in an organized class which lasts longer, your child must be picked up within 2 hours of their drop off time

2016 5TH/6TH GRADE TACKLE FOOTBALL
Session: August 2016-October 2016
Location: FHS Field & Surrounding Cities
Fees: M $70; RNM $75
Late Registration Fees: M $80 RNM $85 (After July 19)
($50 refundable uniform deposit)
Registration: June 8-July 19
Practice begins week of August 1
Youth Tackle Football is for fifth and sixth grade students. Practices will be held 3-4 times per week and games are on Saturdays throughout the season. Volunteer coaches manage the teams and our city competes with teams from close surrounding communities. Each team will play 7 games and the first game will be September 10. Players from other communities will be considered unless they have a team competing in the Little SWC. Players will receive a call from the head coach during the first week of August.

2016 5TH/6TH GRADE CHEERLEADING
Session: August 2016-October 2016
Location: FHS Field & Surrounding Cities
Fees: M $40; RNM $45
Late Registration Fees: M $50; RNM $55 (After July 19)
($40 refundable uniform deposit)
Registration: June 8-July 19
Practice begins week of August 14
Youth Tackle Football Cheerleading is for fifth and sixth grade students. Practices will be held 2-3 times per week and games are on Saturdays throughout the season. Volunteer coaches manage the squad and our city football team competes with teams from close surrounding communities. Each team will play 7 games and they are set to begin with the first game on September 10. Our cheer team will be on the sidelines for all home and away games.

FALL SOCCER *(Ages 4-5 COED Division; Ages 6 Division)*
Location: Bohlken Park
Registration Fees: M $40; RNM $45; NR $50
Late Registration Fees:
M $50; RNM $55; NR $60 (After August 1)
(Includes Team Shirt and Award)
Registration: July 1-August 1
Practices begin week of August 22, Games begin September 10
FPRD Fall Youth Soccer is for children ages 4-8. Volunteer coaches manage the teams and practice will be held once per week throughout the season in addition to games on Saturday mornings. Game days on Saturday will consist of 15-20 minutes of skills and drills and a regulation game. ***6-8 Division will be COED unless numbers allow for genders to be split***

FALL FLAG FOOTBALL *(Ages 5-12)*
Location: Bohlken Park & Surrounding Communities
Registration Fees: M $60 RNM $65 NR $70
Late Registration Fees: M $70 RNM $75 NR $80 (After August 1)
(Fee includes Game Jersey)
Registration: July 1-August 1
Practices begin week of August 22, Games begin September 10
FPRD Fall Youth Flag Football is for children ages 5-12. Volunteer coaches manage the teams and practice will be held once per week throughout the season in addition to games on Sundays. Game days on Sunday will consist of a 40 minute regulation game. All Divisions are Coed. *Our teams will compete with teams from close surrounding communities i.e. Westlake, Bay Village, North Olmsted, and Rocky River.*

FALL VOLLEYBALL *(Ages 7-9 Division, Ages 10-12 Division)*
Location: Gemini Center Gyms
Registration Fees: M $45; RNM $50; NR $55
Late Registration Fees: M $55; RNM $60; NR $65 (After August 30)
(Fee includes Team Shirt)
Registration: August 1-August 30
Practices begin the week of September 19, Games begin October 8
FPRD Fall Youth Volleyball is for children ages 7-12. Volunteer coaches manage the teams and practice will be held once per

Youth Leisure Programs continue page 14

Please review these terms regarding FPRD's youth program registration process:

Registration is open without penalty until the deadline noted for each specific sport/program. Beginning the day after the deadline, late registrations will be taken IF SPOTS ARE AVAILABLE. A $10 fee increase will be assessed for each late registration. A wait list will be started once the league/program is full and/or teams are formed. Programs may meet their maximums before the registration deadline.Following each season there will be an awards banquet to honor the players, parents and coaches for all their hard work and dedication during the season. Dates and times will be released during the season. **Subject to change based on registration numbers and season start dates.**

Refunds will be issued based on the following circumstances:
- Full Refund by initial payment method if participant is injured and can provide a doctor's note prior to participating in a game for a sports league or prior to the first day of class for a leisure program
- Full or Partial Credit in the Gemini Center Sportsman system for any withdrawals other than injuries to be used towards any class registration or membership renewal (Must be submitted prior to league or class start date)
- Other refunds issued at the discretion of Gemini Center Management

Requests, Appeals, and Coaching
- If you volunteer to be a HEAD COACH, you may request to be placed with ONE parent assistant coach of your choice and their child
- Siblings will be assigned to the same team or class session, gender permitting
- Requests of any nature are NOT required to be approved for any youth sports league or class.
- For leagues in which scores and/or standings are kept, requests may not be approved in order to form equal and competitive teams
- Gemini Center Staff reserves the right to assign each participant to a team/class regardless of requests.

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week throughout the season in addition to games on Saturday mornings. Game days on Saturday will consist of 15-20 minutes of skills and drills and game play immediately following. All leagues are COED.

FALL LITTLE KICKERS SOCCER *(Age 3)*
Instructor: Jeff Kauffman and Staff
Session: September 8-October 6 (5 Weeks)
Time: Thursdays 6pm & 7pm
Location: Gemini Center Main Gym
Registration Fees: M $35; RNM $40; NR $45
Late Registration Fees:
M $45; RNM $50; NR $55 (After August 30)
(Fees include T-Shirt and Certificate)
Registration: August 1-August 30

Little Kickers Soccer is an instructional program for 3 year-old children. Each 45-minute session will consist of drills and games focusing on BASIC fundamentals. Parents are asked to participate in the drills to ensure each player gets the most out of the instruction. "Teams" will be formed and all players will participate in both time slots according to the class schedule.

Youth Leisure Programs and Camps (May-August)

JUMP START SPORTS
INTRODUCTORY LACROSSE *(Grades K-5)…**NEW!!***
Session: June 13-July 25
(No class July 4)
Time: Monday 6-7:15pm
Location: Fairview Park Stadium
Fees: M/R $70; NR $75
REGISTER ONLINE AT www.JumpStartSports.com
For more information, e-mail info@JumpStartSports.com

Boys and girls in grades K-5 learn to play the fastest growing sport in the United States! Lacrosse is action packed and lots of fun! The sport has elements of soccer, football, basketball and hockey. All equipment will be provided in this highly instructional program. Experienced coaches provided by Jump Start Sports lead the training on all fundamentals, including: passing and catching; fielding ground balls; cradling; spacing, positioning, and defense. Plastic sticks and soft balls will be provided.

JUNIOR PONY CAMP *(Ages 2-6)*
(Maximum 12)
Instructor: Pony Tales Farm Staff
Session I: June 21 & June 28 (4pm-4:45pm)
Session III: July 6 & July 13 (11:30am-12:15pm)
Session VI: August 3 & August 10 (10am-10:45am)
Location: Pony Tales Farm, Columbia Station
Fees: $40 Res/Member; $45 Non-Resident
Registration: Begins May 1
(Must register by the Friday before the chosen session)

Learn to groom ponies, play with then, and ride them. You will play games and have horse and pony story time. Wear long, loose fitting pants and flat shoes. Tennis shoes are OK. Bring a bike or riding helmet to class. Directions will be provided prior to the class. Visit www.ponytalesfarm.org for more details.

PONY CAMP *(Ages 6-12)*
(Maximum 12)
Instructor: Pony Tales Farm Staff
Session I: June 7-June 28 (Tuesdays 5pm-6pm)
Session II: July 6-July 27 (Wednesdays 11am-12pm)
Session III: July 26-August 16 (Tuesdays 10am-11am)
Location: Pony Tales Farm, Columbia Station
Fees: $80 Res/Member; $85 Non-Resident
Registration: Begins May 1
(Must register by the Friday before the chosen session)

Children will learn introductory riding basics, general horse care, grooming, saddling, bridling, safety issues, and stable care. Wear long, loose fitting pants and flat shoes, tennis shoes are OK. Bring a bike or riding helmet to class. Directions will be provided prior to class. Visit www.ponytalesfarm.org for more details.

YOUTH MARTIAL ARTS SELF DEFENSE *(Age 5-14)*
(Minimum 6/Maximum 30)
Instructor: Cliff Novak
Location: Gemini Center
Session I: May 25-June 29
Session II: July 13-August 17
Time: Wednesdays 5:30-6:45 pm
Fees: M $60; RNM $65; NR $70
Registration: Session I April 25-May 24
Session II June 13-August 17

Cliff Novak is a Certified Veteran Teacher-M.A. Education Degree and has a 3rd Dan Black Belt Tae Kwon Do. The class will teach to reinforce and learn the necessary skills to implement school's Anti-Bullying and Say "No" To Drugs, programs via the **3 Aspects of Tae Kwon Do:** *Physical, Mental, and Psychological.* Help your child develop the language of Self respect; learn team building skills, learn not to be a victim, stop bullying before it happens, develop the confidence to say "No."

YOUTH BALLET *(Age 3-4)*
(Minimum 4/Maximum 8)
Instructor: Coleen Dziak
Session: June 15 – July 13
Wednesdays 10am-10:30am
Location: Gemini Center Aerobics Studio

Youth Leisure Programs continue page 13

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•Business •General Consultation
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Fees: M $37; RNM $42; NR $47
Registration: May 1-June 10

MUST be of age by first day of class, no exceptions ***10:10am class session for both ages may be added if there is enough interest*** This class combines beginning ballet and creative movement to give students an introduction to dance. Dancers will be taught basic elements of ballet, including coordination, self-expression and having fun. What to wear to class: Girls - Any color of the following: leotard, tights, ballet shoes (ballet skirt optional). Boys - white t-shirt, dark nylon or cotton shorts, ballet shoes.

YOUTH BALLET & JAZZ COMBO CLASS *(Age 5-6)*
(Minimum 4/Maximum 10)
Instructor: Coleen Dziak
Session: June 15-July 13
Wednesdays 10:40-11:30 (Age 5-6)
Location: Gemini Center Aerobics Studio
Fees: M $37; RNM $42; NR $47
Registration: May 1-June 10

This class combines ballet and jazz, each week class time will be divided between the two. Ballet will focus on developing strength, grace and confidence. Jazz will emphasize rhythm, flexibility and coordination. What to wear to class: Girls - Any color of the following: leotard, tights, ballet shoes, ballet skirt optional. Boys - white t-shirt, dark nylon or cotton shorts, ballet shoes.

KIDSKILLS GYMNASTICS *(Age 4-10)*
(Minimum 6/Maximum 10)
Session I: June 7-July 5
Session II: July 12-August 9
Tuesdays 10am-10:30am (TUMBLE BUGS AGE 4-6)
Tuesdays 6:30pm-7pm (TUMBLE BUGS AGE 4-6)
Tuesdays 10:35am-11:05am (TINY TURNERS AGE 7-10)
Tuesdays 7:05pm-7:35pm (TINY TURNERS AGE 7-10)
Location: Multipurpose Gym
Fees: M $50; RNM $55; NR $60
Registration: May 1-June 1

This gymnastics class for children ages 4-10 focuses on gymnastics fundamentals and age-appropriate skills and terminology. Program helps build self-esteem, motor skills, and locomotive movements.

2016 FHS YOUTH SOCCER CAMP *(Grades K-8)*
Session: July 25-July 28
Mon.-Thurs. 4-6pm (Grades K-3)
Mon.-Thurs. 6-8pm (Grades 4-8)
Location: Tri City Park
Fees: $35 for all participants
Registration: June 15-July 20

Soccer camp focusing on foot skills, sportsmanship, rules, and general soccer knowledge. The camp will be structured to encourage learning, improve foot skills, and promote enthusiasm for the sport. Primary instructors are Fairview High School boys and girls players and coaches. All players should be equipped with shin guards, cleats, ball and water bottle. All registrants will receive a Camp T-Shirt.

2016 WARRIORS YOUTH FOOTBALL CAMP
(Grades 3-9 2016-2017 School Year)
Camp Instructor: Tom Narducci
Session: July 11-July 15 (Monday-Friday 8:30am-12pm)
Location: Fairview Stadium
Fees: $50 per player, $40 for second sibling, $35 for third sibling
Registration: May 1-June 30

Camp will be held at Fairview Stadium. Campers should report at 8:30am on Monday, July 11 to the stadium for check-in. Camp will begin at 8:30am and end at 12pm Monday through Friday. Campers should bring football shoes and A WATER BOTTLE WITH YOUR NAME ON IT! Please visit www.fairviewparkrec.com on May 1 for complete details.

2016 CAVS BASKETBALL CAMP
(Maximum 100)
Offered by The National Basketball Academy
Instructors: TNBA Staff
Session: June 20 – June 24
Monday-Friday, 9:00am-2:30pm
Location: Gemini Center Main Gym
Fees: $260 per camper
($10 Discount for each sibling)
Register: www.thebasketballacademy.com

The Cleveland Cavaliers Summer Basketball Camps are back for their best season ever! Join us for a camp that will offer expert instruction, fantastic giveaways and NBA excitement!

2016 SCORING LINK BASKETBALL SHOOTING CAMP *(Grades 5-9)*
(Maximum 35 campers)
Instructor: John Link
Location: Gemini Center Main Gym
Session: August 8-August 11
(9am - 12pm)
Boys and Girls Entering Grades 5 - 9
Fees: $115/player (includes t-shirt and video of form with coach Link's commentary!)
Registration Deadline: August 1st, 2016

Tune up your shot before the hoops season starts! Registrants should be basketball players serious about improving their shooting ability. All campers can expect to shoot at least 2,000 shots as well as compete in a variety of shooting competitions against other campers for prizes! Expert instruction from area coaches and players with collegiate and professional experience. Coach Link will break down each camper's shot from head to toe and give them the tools needed to get better! All campers will receive a t-shirt and a link to a video with coach Link's critiques.

Youth Leisure Programs continue page 14

Check our website www.fairviewparkrec.com for schedules changes and information.

Visit our Facebook page at City of Fairview Park and follow us on Twitter: @Gemini_Center

Youth Leisure Programs and Camps *(continued)*

SAFETY TOWN 2016 *(Kindergarten Age)*
(Maximum of 20 per session)
Monday-Friday
Session I June 6-June 10.....10am-12pm
Session II June 6-June 10 .....1-3pm
Session III June 13-June 17.....10am-12pm
Session IV June 13-June 17.....1-3pm
Session V June 20-June 24.....10am-12pm
Session VI June 20- June 24 5:30pm-7:30pm
Session VII July 11-July 15.....10-12pm
Fees: M $35; RNM $40; NR $45
Registration April 4-May 24

For children entering Kindergarten in the Fall of 2016 held at the Gemini Center. Safety Town is a one-week course that focuses on teaching children safe practices both at school and at home. The curriculum includes: pedestrian safety, school bus safety, fire safety, seat belt safety, 911 emergency calls, and stranger danger. The children are instructed and practice how to cross the street safely. This program is geared to help children become comfortable around Law Enforcement and Fire Fighters.

Safety Town utilizes a realistic, child-sized town designed to provide a complete hands-on safety education for children entering kindergarten in the fall. Working traffic signals, miniature buildings, cross walks, and traffic provided by the children on tricycles help give the children the experience they need before they take their final walk on a real street with real traffic and signals escorted by police officers.

Let's start early to help our children stay safe now and in the future!

Please visit our website www.fairviewparkrec.com for complete program information.

Aquatic Specials

AQUASTICS
Monday, Wednesday, Friday 9-10am
Join a dynamic group exercise class for a medium-high intensity shallow water workout in an environment that allows you to push yourself in a way most beneficial to your body and spirit. Workout includes warm up, cardio with equipment and cool down.

- Drop In fees will be collected at the front desk.
- All participants are required to sign-in for each class attended.

ARTHRITIS WATER EXERCISE
Tuesday & Thursday.....1:30-2:30pm

- Shallow water, slow moving exercise, stretching and range of motion exercises
- Drop-In fees will be collected at the front desk.
- All participants are required to sign-in for each class attended.

SILVER SPLASH
Tuesday & Thursday.....10-11am
This is a Silver Sneaker water exercise class designed to help and improve flexibility, range of motion and overall movement. Free for Silver Sneaker members. Please swipe card at front desk. Drop in fee $1.00 for non-Silver Sneakers participants *(Must be 60 +)*

Red Cross Trainings

Water Safety Training – May 13-16 ..... $185
Lifeguard Training Class – May 20-23 ..... $185
Full class details at Activityreg.com

Neon Swim Team

NEON (North East Ohio Nemesis) is a competitive year-round swim program that serves the suburbs of north east Ohio, providing swimmers of all ages and abilities the opportunity to excel in the sport of swimming. We have four practice groups that serve swimmers ranging in level from the beginner who is experiencing their first competitive swimming environment, to the advanced swimmer participating in national-level qualifying competitions. Our qualified coaching staff help swimmers succeed through a structured, supportive, yet challenging environment meant to teach swimmers about proper stroke technique and about how their bodies work in the water. NEON hopes to cultivate a life-long love for the water in each swimmer, while also helping swimmers to strengthen skills that will serve them both in the pool and in all aspects of their lives. Call Eric Dennis at 440-221-7670 to schedule your two week free trial.

Lunch Bunch "Water Play"

Monday-Friday 10:30am-1pm
Come to the pool with your toddler
(ages 5 and under only) and play in the pool!

Members: Free
Residents: Adults $2, Child $1(ages 2 and under are free)
Non-Residents: Adults $3, Child $2
(ages 2 and under are free)

TheEyeCenters
21375 Lorain Road
Fairview Park, Ohio 44126
(440) 333-3060
Todd A. Hershner, O.D.
Steven R. Meadows, M.D.
Theodore E. Loizos, M.D.
Carla M. Krebs, M.D.
Alexander P. Kosmidis, M.D.
Michael A. Novak, M.D.
Gwen Giannini Miller, O.D.

Liquid Lifestyles
Premier Swim Instruction

Liquid Lifestyles Swimming is excited to now offer our premier coaching services at the Fairview Park Rec. Center. Our team of qualified and passionate swim instructors use a process-driven approach based on principles of biomechanics to teach swimmers of all ages how to swim smarter, swim safer and find confidence in any body of water. From anxious beginners to elite athletes we understand that learning styles, needs and goals are truly unique and we pride ourselves in our and ability to instruct using a wide range of tools and a comprehensive training plan, personalized to fit YOUR needs.

Let us help you or your child on the journey to FASTER and more EFFICIENT swimming! Visit us at LiquidLifestyles.com to learn more or contact us at info@LiquidLifestyles.com or call 440.935.1097

Liquid Lifestyles is proud to be the exclusive provider of certified Total Immersion Coaches and instruction – providing the most updated sequence of skills and the fastest results.

Liquid N' Durance
Masters Swim Training

Tuesday & Thursday evening 7:30-8:45pm

Saturday 7-8:30am

Designed specifically for endurance athletes, 18 & over, who are interested in time-effective workouts, improving their stroke techniques and developing speed. Our on-deck coaching staff will teach you how to intelligently integrate speed & endurance into your training without compromising form & efficiency. We utilize knowledge and skills from multiple industry leaders and regularly attend certifications and seminars to continue to learn and improve our own coaching skills. TRIATHLON SPECIFIC swimming skills play an integral role in the Liquid N' Durance workout design and training philosophy.

Questions? Contact us at 440.935-1097 or info@LiquidLifestyles.com

Morton Splash Park

22301 Morton Avenue

Opens Memorial Day through Labor Day

Monday-Sunday 10am-8pm

(Picnic tables, parking, wheelchair accessible)

For residents only – Free of Charge

Please make sure to bring your ID for verification

Gemini Center Outside Spray Ground

Opens June 7-September 1

Hours of Operation:

Monday-Friday 10am-8pm

Saturday 9am-6:30pm • Sunday 10am-5:30pm

Slide Hours *(Located off of the Leisure Pool)*:

Monday-Friday 12pm-8pm

Saturday 12pm-6:30pm • Sunday 11am-5:30pm

SLIDE IS NOT OPEN DURING SWIM LESSONS

Pool Rental

Private pool party – maximum of 200 guests

This rental includes swimming in both pools and the party room off the pool deck

Fee: $250/hour *(Min rental 2 hours)*

Rental Times: Saturday 7-9pm or 8-10pm
Sunday 6:30-8:30pm

This package is perfect for corporate parties, church groups, and family events!!!

Wave Room Swim Party

Includes wave room, both swimming pools, water slides, and outside sprayground

Time Frame: 2-1/2 hours

Fees: Members: $85; Residents: $100; Non-Residents: $150

Rental Times: Fridays 6-8pm
Saturdays 12-2:30pm, 3-5:30pm
Sundays 12-2:30pm, 3-5:30pm

Weekday times also available

Jack R. Grady, DPM

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- Wound Care
- Surgical Correction of Foot Problems
- Sports Injuries

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Westgate Professional Center

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GEMINI SWIM ACADEMY

REGISTRATION PROCEDURE
Please fill out a youth registration form located at the front desk. You can register on line at **www.activityreg.com**

Swim Lessson Rules

- Parents/Guardians must be present in the aquatic center during their child's swim lesson. Children are not permitted to enter the water before class begins and must exit promptly when class ends.
- While class is in session, please do not interrupt the class or instructor. We do however; appreciate your help in disciplining your child if needed.
- If the instructor feels that the participant is not enrolled in the appropriated level, he/she will notify the Aquatics Supervisor.
- Classes may be combined due to insufficient numbers.
- There will not be any make-ups or credits given for personal absences.

CLASS DESCRIPTIONS

Parent & Child – Ages 10 mon-3 years
Adult required in the water. Water acclimation, sing songs, kicking, blowing bubbles.

Preschool – Ages 3-5
Beginner swim skills include: floating, kicking, submerging head, arm movement.

Level 1 – Ages 4 & up
Beginner swim skills include: floating, kicking, going under water, arm movement.

Level 2
CHILD MUST HAVE PASSED LEVEL 1 or PRESCHOOL Child must be comfortable in the water, with some independent swimming skills.

Level 3
Child must swim independently! Explore deep water, treading, diving, elementary backstroke, and dolphin kick.

Level 4
Child must be able to swim front/back crawl 15 yds. Breaststroke, sidestroke and butterfly will be defined.

Level 5
Competitive Swim: Child must be able to swim front/back crawl one length of pool without stopping. *This is an endurance swim class to prep for swim team readiness, must have passed Level 4.

FEES – 8-Class Sessions: Member $32, Resident $35, Non-Resident $47 • 4-Class Sessions: Member $20, Resident $25, Non-Resident $35

MONDAYS/WEDNESDAYS 4 Weeks - 2x a Week Session I: June 6-June 29 Session II: July 11-Aug 4	
9:00-9:30am	Parent/Child
9:00-9:30am	Preschool
9:45-10:15	Level 1
10:30-11:00	Level 2
11:15-11:45	Level 3
11;15-11:45	Level 4
5:00-5:30pm	Parent/Child
5:45-6:15pm	Preschool
5:30-6:00pm	Level 1
6:15-6:45pm	Level 2
6:45-7:30pm	Level 3
7:00-7:45pm	Level 4
7:00-7:45pm	Level 5

SATURDAY Once a Week for 8 Weeks Session I: June 11-Aug. 6 NO CLASS July 9	
9:00-9:30	Parent/Child
9:45-10:15	Preschool
10:30-11:00	Level 1
9:30-10:00	Level 2
10:15-10:45	Level 3
10:45-11:30	Level 4
11:00-11:45	Level 5

Swim lesson class schedule and registration is available on our website and www.activityreg.com

MONDAYS/WEDNESDAYS 4 Weeks - 2x a Week Session I: May 2-May 25	
5:00-5:30pm	Parent/Child
5:45-6:15pm	Preschool
5:30-6:00pm	Level 1
6:15-6:45pm	Level 2
6:45-7:30pm	Level 3
7:00-7:45pm	Level 4
7:00-7:45pm	Level 5

SATURDAYS 4 Weeks - 1x a Week Session I: June 6-June 29	
9:00-9:30	Parent/Child
9:45-10:15	Preschool
10:30-11:00	Level 1
9:30-10:00	Level 2
10:15-10:45	Level 3
10:45-11:30	Level 4
11:00-11:45	Level 5

TUESDAY/THURSDAY 4 Weeks - 2x a Week Session I: May 3-May 26	
9:15-9:45	Parent/Child
10:30-11:00	Preschool
10:45-11:30	Preschool

REC2CONNECT, LLC presents

Aquatic Therapy Programming

For Individuals with Special Needs • Ages 2-adulthood.

Our Aquatic Therapy Programming is conducted in private 1:1 45 minute sessions. We provide 1:1 standardized assessments on land and in the pool, a parent or caretaker assessment, detailed list of goals and a treatment plan based on the comprehensive evaluation of all assessments, followed by daily documentation of progress.

A wide variety of aquatic equipment and therapeutic techniques are used to work with the natural dynamics of the water to assist clients with the motor planning that is involved in increasing muscle and tone development, exercise, safety, rehabilitation, swimming, strengthening, and overall recreation satisfaction.

Sample goals of this program are to increase muscle tone, strength, balance, coordination, range of motion, flexibility, spatial awareness, increase cardiovascular function, master a variety of swimming skills, safety in and around water, and decrease anxiety, stress, and fear of water. All goals will be determined individually and specific treatment plans will be developed.

This program is run by Jennifer Knott, CTRS director of Rec2connect, LLC and Jamie Marx, Recreation Therapy Assistant. For more information, contact Jennifer Knott at 330.703.9001.

SWIMMING 101

What is a good age for kids to begin swimming lessons?
6 months old is often a good age to begin teaching kids how to swim. As we continue to work with babies, we see them learning water-safe skills and they are very well prepared for classes without a parent by the time they are 3.

Do you offer swimming lessons for infants and babies?
Yes! We offer infant and toddler classes. The classes are held with a parent/guardian in the water in a class – supervised by an instructor. Days and times vary based on demand and ability level requests.

Can parents stay and watch kid's swimming lessons?
Absolutely! Parents are welcome to be in the pool area to watch. You are then handy to:

- Assist your swimmer if they need to go to the restroom or if they would have an accident.
- Be extra eyes watching the water.
- Applaud new skills achieved. Your applause means so much to them.

However, it is never appropriate for a parent to become overly involved in the lesson or to try to instruct. That's what you've hired us for, after all! We know that having you close by gives your children a sense of security. Sometimes for the very young, timid swimmer we will have the parent come and sit by the edge of the pool with the child near them. The child can watch the teacher interact with the other students and see that this is a safe place. They will quickly join in. Occasionally we will ask a parent to leave the room if the child refuses to cooperate. This is usually due to a strong will and only done when nothing else works. 99% of the time, the child will cooperate when they realize that they cannot control the situation! The parent then comes back into the swim area and the child has fun with their class!

How long will it take for my child to learn how to swim?
Every swimmer learns at a different rate. It will depend on:

- The level of fear
- The ability to trust the instructor
- The child's individual personality. Some people have a cautious personality and others jump into everything without a thought!
- The amount of time the family goes swimming together.
- The way the body and coordination have matured. Some can just get it and others need to practice over and over and over again.

Our advice is to be patient with your swimmer and offer lots of praise and encouragement.

When is my swimmer considered to be water safe?
Parents are often satisfied once their swimmer can jump off of a diving board and get to the ladder. People need more developed skills than that, however. There are so many dangerous water scenarios and a person needs to be able to swim using their head while conserving energy. This only comes as they are able to swim with good, controlled technique. The technique and endurance built through a good swimming instruction program will accomplish this.

How do I know what level to sign up for?
Each level will have a description. You find the one that best fits what your swimmer is able to do. And if you have questions, just ask us – we'll be glad to help you assess where your child is at. Additionally, if your child has taken swimming lessons somewhere else, let us know what levels they have achieved.

What level do I sign up for if I am registering for multiple sessions?
This can be tricky … some of it depends on the personality of the swimmer, the number of times per week that you are bringing them to lessons, and the age and physical maturation of the swimmer. Don't worry though – we can always make adjustments if your swimmer does not progress as you guessed. We will never hold a swimmer back from learning new skills. Sometimes we can adequately challenge them right in the level in which they are placed.

What is your swimming lesson make-up policy?
Make-up lessons will not be allowed unless classes are cancelled due to pool breakdown or weather cancellation. We will try to accommodate make-ups for illness as the schedule allows.

What if I have concerns about the way the lessons are going?
We understand that you're extremely interested in your child's success with swimming lessons. We are, too! Should you ever have concerns, please address those concerns with us immediately. We can help! In general, this can help, too:

- **FIRST:** Give us 2 lessons to fall into a routine and get the group used to working together. During this time we will evaluate each swimmer making sure that they are in the correct placement. Sometimes we will need to move a student. Most times we will be able to accommodate the needs of each swimmer even though they may be in slightly different levels.
- **SECOND:** Communicate directly with your swimmer's instructor. Address them as you would want to be addressed. The Sandwich Theory: Say something positive. Voice the concern. Say something positive.
- **THIRD:** If you are not satisfied with the results, speak with the lesson supervisor. They may be able to offer support that will help your swimmer.

What kinds of supplies or equipment are used in swim lessons? What is required?
Of course, you'll want to be sure your swimmer has a well-fitted swimsuit and a towel, along with anything you typically bring along for swimming. Here are some specific notes on other items:
– **Goggles:** We use goggles for several reasons. Swimmers are able to open their eyes and see. They are not learning "blind." They are able to focus on the skills and not have water dripping in their eyes.
– **Ear Plugs:** If you don't have an ear mold, a putty plug is available at a pharmacy. To help them stay in, you can purchase a headband or a swim cap at a swim shop or sporting goods store. Some swimmers are just sensitive to water going in the ears, especially during skills done on the back. Ear plugs will often help with that.
– **Swim Shirts** (Often called rash guards) I recommend these if your swimmer is easily chilled. Parents have found them at sporting goods stores, and online at www.swimoutlet.com.
– **Nose Plugs** We prefer to teach swimmer how to keep the water out of their nose without the use of these. With a few tips, it is easy to do. In some instances swimmers will wear nose plugs.

Private Swim Lessons

If you are interested in having a private or semi-private swim lesson with one of our certified Water Safety Instructors, stop at the front desk and fill out a Private Swim Lesson Request form. Lessons are first come, first served. Fees: Per 30 min. session
M: $25 RNM: $30 NR: $40

Always Affordable Group Exercise Classes
at the Gemini Center

Drop In Rates for Spinning, Zumba, TRX and Strength Classes:

Member: $5 • Non-Resident:$7

Pilates: $7 or $8 Walk-In

Barre and Yoga:
$8 or $9 Walk-In

30 Minute Classes: $4

Keep your teens ages 13-18 busy and in shape this summer…
All regular group exercise classes are $3 and All specialty classes (Barre, Pilates and Yoga) are $5

★★Check our website for current class times★★

No Membership Required to take classes at the Gemini Center!!!

Free Summer Yoga Series *Ages 13+*

Bain Park behind Bain Cabin

June 12 – 9am
July 24 – 9am
August 14 – 9am

Please bring your own yoga mat or towel

All levels welcome!

Athletic Advantage Training program *(Ages 12-18)*

TWO FREE 90-MINUTE TRIAL CLASSES HELD
Wednesday, May 25 • 5pm-6:30pm and
Saturday, May 28 • 10:30am-12pm

Session 1: Wednesday, June 1 to Saturday, June 25 (eight 90-minute classes)
Session 1A practices: Wednesdays 5pm-6:30pm and Saturdays 10:30am-12pm
Session 1B practices: Wednesdays 6:30pm-8pm and Saturdays 12pm-1:30pm
Location: Gemini Center Multipurpose Room
Registration (All Sessions): Begins May 1 • Fees: M $100; RNM $120; NR $130
Instructors: Brad Snow and Nathan Zarnoski

Does your child want to be a more competitive athlete?

The Athletic Advantage Training program offers a personal training regimen in a team environment to develop the ability for athletes to compete at a higher level. There will be a distinct focus on warming up, cooling down, and exercises that build on 6 very important physical attributes to help prevent injury, increase performance and unlock potential. Participating athletes will also receive an optional customized workout tailored to their specific sport.

This program offers a homegrown teaching experience ran by Brad Snow and Nathan Zarnoski, both ACE certified trainers, Fairview High School alumni and coaches.

Teen Fitness Orientation Program

This program is designed for young teens 12-14 years of age who wish to use the Fitness Floor and Track. The program will properly train you on our state of the art equipment so that your workout can be done correctly and efficiently. Before accessing the Fitness Floor the following requirements must be completed:

- Participants must have waiver form signed by a parent or guardian
- Participants must have a written doctor's note authorizing the use of our Fitness Floor
- Code of Conduct must be signed
- Restricted hours will be enforced for teen workouts

Monday-Friday.....3pm-5pm.....**NO** parental supervision
Monday-Friday.....5pm-8pm.....Parental supervision required
Saturday.....8am-7pm.....Parental supervision required
Sunday.....10am-6pm.....Parental supervision required

Class schedules are posted monthly.
Please visit the Front Desk or website for current schedule.

Dr. Todd W. Smith

"I want to be your Chiropractor."

- Sports Injuries
- Low Back Pain
- Neck Pain
- Leg Pain
- Arm Pain
- Gentle Techniques
- Senior Care

FAIRVIEW PARK CHIROPRACTIC CENTER INC

21881 Lorain Rd.
in the Fairview Centre Plaza
Fairview Park OH 44126
440-331-9033
www.fairviewparkchiropractic.com

HEALTHWAYS
SilverSneakers®
FITNESS

These classes are free to anyone who is a member of SilverSneakers®. Seniors (60+) may pay a $1 pop-in fee at the Front Desk. For the current monthly schedule showing days & times, and descriptions, pick up a copy at the Gemini Center or go on-line to **www.fairviewparkrec.com**

SilverSneakers® – Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

SilverSneakers® – Cardio Circuit

Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head-to-toe stretching, and complete relaxation in a comfortable position.

SilverSneakers® Yoga

Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

SilverSplash®

Activate your aqua urge for variety! SilverSplash offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers kickboard is used to develop strength, balance and coordination.

Senior Classes (60 & Older)

Silver Zumba:

Using Latin Styles of music and dance at a lower intensity. Designed to improve balance, strength, flexibility and cardio-vascular health.

Attention All SilverSneakers!!!

Achieve **"Gem Status"** at the Gemini Center and **win a FREE T-Shirt**

- Visit the Gemini Center 20 times this summer, June 1-August 31 to get a FREE T-shirt.
- Must be a SilverSneakers Member or Silver and Fit Member to participate.
- All participants will self-track and submit their form at the end of the program to be eligible.

GO WARRIORS
BUFFALO WILD WINGS
THIS IS WHAT PEOPLE ARE TALKING ABOUT WHEN THEY SAY, "GO TO YOUR HAPPY PLACE."
60¢ WING TUESDAY • 60¢ BONELESS THURSDAY • BUZZTIME TRIVIA • BIG SCREEN & HDTV'S • FREE WIFI
3011 WESTGATE MALL, FAIRVIEW PARK OH
440.331.9464
BUFFALO WILD WINGS
BUFFALOWILDWINGS.COM

Fairview Park Food Truck Festival 2016

August 6, 2016

4-9PM

Gemini Center/FHS Parking Lot

Food Trucks

Live Music

Inflatables

Costs associated with food & beverage • Photo ID required to purchase alcohol