



FAIRVIEW PARK

RECREATION DEPARTMENT

September-December 2016 Program Guide

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

Dear Residents,

Once again, sunny skies prevailed for the City's third annual Food Truck Festival on August 6. This year's event which showcased 19 trucks, along with inflatables, playground equipment, and entertainment by '80s band The Attraxion, featuring Fairview Park residents Ross and Carol Mesnick. Thank you to the many volunteers, sponsors, and thousands of guests that made our Food Truck Festival 2016 a huge success. We couldn't have done it without you!

In addition to the Food Truck Festival, our Recreation Department hosted free movie nights, showing Despicable Me 2 and Zootopia, and summer Yoga in the Park sessions at our high school stadium. There certainly is a little something for everyone!

As summer activities wind to a close, we wish to thank our summer volunteer coaches and league sponsors ... your assistance is vital to our success. Fall activities found in this guide include our Fall Family Festival, Food, Fun and Fitness sponsored by Straight from the Heart, and holiday events. Updates 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. Our staff looks forward to seeing you this fall!



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 Westbrook..... Clerk of Council

Department of Recreation

Recreation Staff Extensions

Steve Owens, Director of Recreation..... 105
Mary Long, Office Manager..... 106
Danielle Danburg, Program Coordinator..... 102
Bob Benden, Program Coordinator 103
Eric Dennis, Pool Manager..... 104
Kim Kelly, Group Exercise Coordinator..... 118
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Front Desk..... 101
Fitness Desk 131
Kids Club 128
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: @GeminiCenterFP

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

- 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 440-356-4444 ext. 109

Maple Room

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

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.....\$40	Member.....\$30
Resident.....\$50	Resident.....\$40
Business.....\$60	Business.....\$50
Non-Resident.....\$60	Non-Resident.....\$50

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)

Oak Room and Birch 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

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)

Willow Room

(Seats 20 people)

Wave Room

(Up to 25 guests)

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

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)

Bain Pavilion

(Seats 100)

Private Pool Rental

(Up to 200 guests)

(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	

(Includes 8 tables-4 grills)	Available after hours
Residents ONLY; \$50 per day	Includes entire natatorium
<i>Restrooms open Memorial Day weekend and close Labor Day</i>	\$250 per hour
weekend	2 hour minimum rental
	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!

Fall Family Fest 2016

Saturday, October 29th .10am - 12pm

Gemini Center

Free admission!

Halloween Costume Parade
Face Painting by The Painted Peacock
Entertainment by The Magic Man
Crafts & Fun for the Whole Family!



Bain Cabin Reservations

Reservations are now being accepted for the Cabin events 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!



Fairview Park City Schools
Experience the Fairview Advantage
fairviewparkschools.org



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
- Gemini Center Multipurpose Gym & Batting Cages
- Fairview Park Football Stadium Turf Field Or Track
- 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 **Bob Benden** at bob.benden@fairviewpark.org or visit www.fairviewparkrec.com for rates and facility permit information.

Fire Department News...

A residential fire occurs every half hour in Ohio. How safe is your home from fire? Help to improve the safety of your home from fire hazards and follow these safety tips:

- Keep matches & lighters out of children's reach.
- Make sure matches & smoking materials are out before disposing of them.
- Extinguish candles when you leave the room or area.
- Place candles on non-combustible surfaces or containers.
- Do not leave children unattended in areas with lit candles.
- Have qualified electricians install or extend your home wiring and verify circuit breakers & fuses are properly sized.
- Do not overload extension cords or, better yet, use circuit breaker protected outlet strips.
- Replace frayed or damaged electrical cords.

In case of fire:

- Call the fire department (911) from a neighbor's house or cell phone
- Crawl low in smoke. Smoke rises and cleaner air is near the floor.
- Feel closed doors before opening them to ensure the fire isn't on the other side.
- Leave immediately. Don't stop for anything and once outside NEVER re-enter.
- Stop, Drop and Roll to extinguish a fire on your clothes or hair.
- More information about our fire department can be found on the city webpage www.fairviewpark.org.



Anthony Raffin
Fire Chief
Fairview Park Fire Dept.
Office: 440-356-4425

**O'Neill
Healthcare**

FAIRVIEW PARK
20770 Lorain Road

Skilled Nursing
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Skilled Nursing
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Memory Support

**O'Neill
Healthcare**
NORTH
OLMSTED
4800 Clague Road

THANK YOU FOR AN AMAZING SUMMER!

Because of so many great coaches, volunteers and local businesses our kids, residents and guests had a great Summer!



Touch-A-Truck Participants:

CITY OF FAIRVIEW PARK
SERVICE, FIRE AND POLICE DEPARTMENTS
PRO AUTOMOTIVE
CHRIS' ICE CREAM TREATS
SUNBELT RENTALS
CLEVELAND INDIANS



FRIENDS OF THE FAIRVIEW PARK CITY SCHOOLS
WESTSHORE ENFORCEMENT BUREAU
FAIRVIEW PARK ECPTA

You helped make the day a lot of fun
for the more than 400 people who attended.



2016 Baseball Season

Congratulations to all who played this year. It was a great time for all the kids. Thank you to all of our coaches and umpires and to the following for your support this season:

JJ'S PIZZA • METROPOLITAN VENDING CO
R.L. WURZ CO • ABC TROPHY • AMERICAN PLASTER INC
ROYAL FLUSH PLUMBING • FAIRVIEW PARK YOUTH ASSOCIATION



3rd Annual Food Truck Festival

More than 8,500 guests enjoyed 19 food trucks and family friendly activities at the Food Truck Festival on August 6.

A special thank you to our sponsors:

MCGOWAN INSURANCE • PLAYWORLD • LOGOHIO • CLEVELAND DEPARTMENT OF WATER
O'NEILL HEALTHCARE FAIRVIEW PARK • DESIGN FITNESS • G&G FITNESS EQUIPMENT
...who helped make this great event happen!



THANK YOU to our amazing food trucks for being a part of this year's event:
WILD SPORK • BOCA LOCA BURRITO FACTORY • THE PROPER PIG SMOKEHOUSE
OFF THE GRIDDLE PREMIER CREPES • STONE PELICAN ROLLING CAFE • 216 BISTRO
PAPA NICK'S PIZZA & PASTA • TONY'S TRUCKSTOP • MANNA FOOD TRUCK
WOK N ROLL FOOD TRUCK • UMAMI MOTO • SMOKIN' ROCK N' ROLL • WILBECKS BBQ
SWEET! THE MOBILE CUPCAKERY • CHILL POP SHOP
SMOOTHIE FACE • SNOWIE DAZE BUS • THAT'S YUM!

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Fairview Park Citizen of the Year 2015

Call or Email for Appointment Weekdays, Evenings and Weekends

Food, Fun & Fitness



3 week FREE program for children ages 7-11*

Tuesday evenings 6-7pm – September 13, 20 and 27

- Session 1** Children will learn how to read food labels and will make a healthy snack.
- Session 2** Children will learn the basics of nutrition and food additives. Students will bring in and analyze their favorite snack and make healthy pasta.
- Session 3** Children will learn the basics of exercise how much they need each day and take an exercise and agility class with a personal trainer.

Sponsored by: by the Straight from the Heart Program that supports Fairview, Lakewood, and Lutheran Hospital communities.



Fairview Hospital
a Cleveland Clinic Hospital

**Must be Gemini members to participate*



Turkey Burn **Friday, November 25**

9-9:55am Spinning – Rachel

**Win \$25 in Gemini bucks for furthest distance pedaled!*

10:15-10:45am Belly Blast – Rachel

You can have your cake (or pie) and eat it, too!
You just have to get moving afterward!



**Allied Behavioral
Health Services**

22540 Lorain Rd., Fairview Park, OH 44126 • **440-734-4037** • **www.AlliedBHS.com**

Specializing in Peace of Mind
Providing individual, family, group, marital
and addiction counseling services.
Day, Evening and Weekend appointments



Friday Night Frenzy
October 28 & November 18
10pm-12am

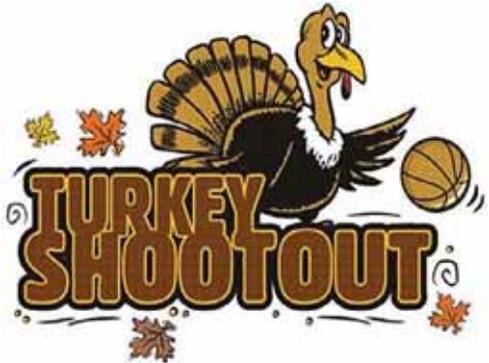
The Fairview Park Recreation department would like to invite all FIFTH & SIXTH grade students to join us at the Gemini Center to play dodge ball, soccer, basketball, volleyball, and video games. DJ Carl will be here to play your favorite music.

Location: Gemini Center • Fees: \$5
REGISTER ONLINE @ WWW.ACTIVITYREG.COM

Participants can pre-register online beginning Monday the week of the event. Pre-registration ends Friday the day of the event at 5pm. Walk up registrations are welcome.

Turkey Shoot Out
November 19 • 10am • Main Gym

Join us for our 7th annual Turkey Shootout event. Teams consisting of one adult and one child will shoot free throws for a chance to win a FREE turkey. There are multiple age groups and three rounds of competition in each age group. Parents and kids will have the chance to cheer each other on to win the competition. Rules will be posted online the week of the event. Pre-registration is required.



Registration: October 5-November 17
Ages 4-Adult

Fees: M/R: \$5 PER TEAM • NR: \$8 PER TEAM

- 4 & UNDER Minimum 4' from basket
5-6 YEARS OLD Minimum 6' from basket
7-8 YEARS OLD Minimum 9' from basket
9-10 YEARS OLD Minimum 12' from basket
11-12 YEARS OLD Minimum 15' from basket
13-15 YEARS OLD Minimum 15' from basket
ALL ADULTS Minimum 15' from basket



Kids' Club Date Night (Min. 8-Max. 15)

Enjoy a night out while your child is entertained at The Gemini Center! Children ages 4-9 will be engaged in physical activities, a movie, scavenger hunt and tons of fun. Pizza and beverage will be provided.

Session I: October 21 (Halloween Theme, costumes encouraged)

Session II: November 18 (Thanksgiving Theme)

Session III: December 9 (Christmas Theme)

Fridays 6-9:30pm • Location: Kids' Club • Fee: \$15

Registration for Session I: Sept. 19 - Oct. 16 • Registration for Session II: Oct. 17- Nov. 13

Registration for Session III: Nov. 14- Dec. 4



Dr. Todd W. Smith

"I want to be your Chiropractor."

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

**Swim with Santa
Saturday, December 10 • 10am-1pm**

Santa is donning his swim trunks to come and swim with his friends at the Gemini Center. He will spend time at the aquatic center visiting and posing for pictures with the boys and girls while enjoying sweet treats, crafts and Christmas music. Bring your camera for pictures and your bathing suit and towel to swim!
Members Free • Residents: Adults \$2; Child \$1; under 2 free
Non-Residents: Adults \$3; Child \$2; under 2 free



**COOKIE BAKING
Wednesday, December 21 • 3-4pm**

Join the FPRD staff for an afternoon of cooking baking, making and taking!! We will bake, decorate and maybe eat Christmas cookies, enjoy holiday movies and sing along to our favorite carols and music! Open to all children 14 and under (Parents please stay with children 5 and under)

Register now through December 18 • FREE FOR MEMBERS!

**SPLASH INTO '17
December 31 • 11am-1pm**

Swim out the old and float into the new as we present the 2nd Annual Noon Years Eve Party. Celebrate the early arrival of 2017 with a ceremonial countdown jump into the pool at noon and enjoy pizza and fun with your friends and community.
Members Free • Residents: Adults \$2; Child \$1; under 2 free
Non-Residents: Adults \$3; Child \$2; under 2 free



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 Hours:

**Monday-Friday 8am-12pm • Monday-Thursday 4:30pm-8:30pm
Saturday 8am-1pm Sunday 10am-2pm**
(December 2016-March 2017)

****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****

Kids' Club Bucks

Available for purchase at the Front Desk for \$30 or \$50
The Gemini Center reserves the right to change Kids' Club hours and fees as necessary

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

Adult Sports Leagues

2016 WINTER MEN'S 6'2" & UNDER BASKETBALL

League Size: 8 teams (Comp. & Rec. Divisions)

Location: Gemini Center Main Gym

League begins January 8, 2017

8 week regular season plus playoffs

\$350 Entry Fee: Includes team shirts; \$31 to be paid each game

**Matching team shirts required – indicate top 3 shirt colors when

registering Registration: October 11-December 11

2016 COED WINTER VOLLEYBALL LEAGUE (Thursdays)

League Size: 8 teams (Comp. & Rec. Divisions)

Location: Gemini Center Main Gym

League begins January 5, 2017

8-Week Regular Season plus playoffs

\$225 entry fee plus \$10 to be paid each game

Registration: October 11-December 11

Adult Leisure Programs

CLEVELAND ADULT LINE DANCING

Location: Gemini Center Aerobics Studio

Instructor: Mary Harwood

Session I: September 11-October 16

Session II: October 23-November 27

Sundays 4-5pm

Fee (PER CLASS): M \$4; RNM \$5; NR \$6 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

ADULT PICKLE BALL

Location: Gemini Center Main Gym

Tuesdays, Wednesdays & Thursdays 9am-12:30pm

Fee: M/R \$3; NR \$5 Registration: Drop-In

****Days and times subject to change based on attendance and gym availability****



This trending sport is a combination of Tennis, Badminton and Ping Pong, all rolled up in one- designed to be played by all ages. The Gemini Center is opening its doors to the Pickleball community. Pickleball is being played in thousands of school P.E. programs, parks and recreation centers, camps, YMCAs and retirement communities. This sport is also becoming very popular among active senior adults at community centers and will now be played at the Gemini Center in Fairview Park. Pickleball is a great workout, very social and a friendly competitive game. It is also a great way to exercise while spending time with friends and family. Grandparents can play it with their grandchildren. Questions please email bob.benden@fairviewpark.org.

The program will be played in an open gym format. Participants will form their own teams and set up their own game play. Limited equipment will be provided so we encourage you to bring your own.

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 such as the manager's meeting and general season start and end dates. Game fees to be paid in CASH pay for certified official and scorekeeper. At the preseason meetings the team manager will submit signed team rosters along with any forfeit fees necessary. We ask that **ONLY** managers attend these meetings. Registration Packets will be available online at: www.fairviewparkrec.com/adult-sports.html starting the week of October 10.

Youth Athletics September-December 2016

YOUTH BASKETBALL (Grades 5-8)

3-4 Grade Boys & Girls Division (REC & COMP Divisions)

5-6 Grade Boys & Girls Division (REC & COMP Divisions)

7-8 Grade Boys & Girls Division

Registration: September 21-October 21

Fees: M \$65; RNM \$70; NR \$75

After October 31: M \$75; RNM \$80; NR \$85

Location: Fairview Park & Various

VOLUNTEER COACHES NEEDED! Practices will be held once 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 (Brook Park, North Olmsted, Middleburg Heights, Olmsted Falls, Columbia, Cuyahoga Heights & Berea). Each team will play 10 regular season games plus playoffs and the first games are set to begin in December.



YOUTH BASKETBALL (Grades 1-2)

Registration: October 8-November 15

Fees: M \$65; RNM \$70; NR \$75

After November 15 M \$75; RNM \$80; NR \$85

Location: Gemini Center Main Gym

Games are set to begin January 8.

VOLUNTEER COACHES NEEDED! Practices will be held once per week and games are on Saturdays throughout the season. Volunteer coaches manage the teams and all games will be played at the Gemini Center gyms.

MINI BALLERS BASKETBALL (Kindergarten Age 5-6)

Instructor: John Link

Registration Session I: September 1-September 30

Registration Session II: January 2-January 30

Session I: October 14- November 18

Session II: February 17- March 24

Wednesday Practice: 5:30-6:30

Friday Game Days: 5:30-6:15

Location: Gemini Center Gymnasiums

Fees: M \$65; RNM \$70; NR \$75

The goal of Mini Ballers Basketball is to get kids excited

Youth Athletics continue page 12

Youth Athletics (continued)

www.fairviewparkrec.com

about playing basketball and to teach good basic fundamentals at the same time. Upon completion, players should have a basic understanding of dribbling, passing, shooting, defending, positioning, and court terminology. All participants will receive a t-shirt and award. Times will rotate weekly based on league schedule. Parent volunteers are welcome and needed to help facilitate weekly activities. Please let our staff know at time of registration if you can be a volunteer coach.

YOUTH WRESTLING (Grades 2-6)

Registration: Begins September 19
Weekly Practices at FHS and Weekend Meets
Practices: Tuesday & Thursday 6:30-8:30pm

Location: FHS High School
Fees: M \$40; RNM \$45; NR \$50
(\$35 Refundable Uniform Deposit)

Youth Wrestling is for participants in grades 2-6. Coach Brian Edwards and staff will coach the team. Wrestlers will practice twice per week at FHS and matches will be held on weekends at various sites throughout the season. Wrestlers will have the opportunity to learn the fundamentals of the sport and participate in competitive meets. Practices begin in November, participants will be notified of the specific date.



Youth Leisure Programs and Camps

3 V 3 BASKETBALL TOURNAMENT (Grades 3-8)

Registration: Begins January 16
Monday, January 16 (MLK Day)
Monday, February 20 (President's Day)
Fees: \$40 per team (Team Registrations only)
Location: Gemini Center Main Gym

Get your friends together and play some hoops in these one-day 3-on-3 basketball tournaments. Separate boys and girls divisions grouped by grade level. Game schedule and rules posted online **Monday, January 13, 2017. SPACE IS LIMITED – DON'T WAIT!**

PHIL ARGENTO'S WINTER BREAK BASKETBALL CAMP (Grades 3-8) (Maximum 60)

Instructor: Phil Argento
Location: Gemini Center Main Gym
Session: December 27 & December 28
Time: Tuesday & Wednesday 1-3:30pm
Fees: \$50
Registration: November 17-December 23

Come work on your skills over the holiday break at Phil Argento Jr.'s basketball clinic. There will be drills, head to head competitions, giveaways for winners as well as drinks for everyone. Learn some new moves and get instruction from former & current players/coaches who have excellent knowledge of the game.



YOUTH JUDO CLASS (Grades K-12) (Minimum 6/Maximum 30)

Instructor: Hyun Chul Kim
Location: Gemini Center Studios
Session: October 11-November 15
Tuesdays 6-7pm (K-6 Grade)

Tuesdays 7-8pm (7-12 Grade)

Fees: M \$55; RNM \$60; NR \$65

Registration: September 1-October 1

Teaches the principles of break-fall, balance, and posture. The student will learn to use their mental and physical energy to build strength, body coordination, and self-confidence. The class will focus on falling without injuring oneself, which promotes protecting oneself in the student's participation of other sport endeavors. The class will also focus on learning basic throwing and ground techniques.

YOUTH MARTIAL ARTS SELF DEFENSE (Age 5-14) (Minimum 6/Maximum 30)

Instructor: Cliff Novak
Session I: September 21-October 26
Session II: November 9-December 14
Time: Wednesdays 5:30-6:45 pm
Location:
Gemini Center Multipurpose Gym
Fees: M \$60; RNM \$65; NR \$70
Registration: September 1-September 18

Cliff Novak is a Certified Veteran Teacher - M.A. Education Degree and has a 4th 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 Leisure Programs continue page 13

FPRD would like to thank our Summer 2016 youth baseball and softball sponsors. We could not run successful youth programs without your generosity and support.

We hope to see you back in 2017!

BUFFALO WILD WINGS
FAIRVIEW PARK YOUTH ASSOCIATION
RL WURZ – JJ'S PIZZA – METROPOLITAN VENDING
ROYAL FLUSH PLUMBING
AMERICAN PLASTER & DRYWALL – ABC TROPHY



Youth Leisure Programs and Camps (continued)

www.fairviewparkrec.com

YOUTH BALLET (Age 3-4) (Minimum 4/Maximum 8)

Instructor: Coleen Dziak

Session I: September 14-October 19

Wednesdays 10-10:30am (Preschool Ballet Age 3 & 4)

Session II: October 26-December 7

Wednesdays 10-10:30am (Preschool Ballet Age 3 & 4)

Session III: October 27-December 10

Thursdays 10:30-11am (Preschool Ballet Age 4)

Location: Gemini Center Aerobics Studio

Fees: M \$38; RNM \$43; NR \$48

Registration Session I: August 24-September 13

Registration Session II: September 21-October 25

MUST be of age by first day of class and potty trained, no exceptions. 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.



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.

PONY CAMP (Age 6-12) (Maximum 12)

Instructor: Pony Tales Farm Staff

Location: Pony Tales Farm, Columbia Station

Session I: September 6-September 27 (Tuesdays 5-6pm)

Session II: October 5-October 26 (Wednesdays 5-6pm)

Fees: \$80 Res/Member; \$85 Non-Resident

Registration: Begins August 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.



JUNIOR PONY CAMP (Age 2-6) (Maximum 12)

Instructor: Pony Tales Farm Staff

Location: Pony Tales Farm, Columbia Station

Session I: September 21 & September 28 (4-4:45pm)

Session III: October 19 & October 26 (11:30am-12:15pm)

Fees: \$40 Res/Member; \$45 Non-Resident

Registration: Begins August 1

(Must register by the Friday before the chosen session)

Learn to groom ponies, play with them, 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.

KIDSKILLS GYMNASTICS (Age 4-10) (Minimum 6/Maximum 10)

Location: Multipurpose Gym

Session I: September 6-October 4

Session II: October 11-November 8

Session III: November 15-December 13

Tuesdays 6:45-7:15pm (TUMBLE BUGS AGE 4-6)

Tuesdays 7:20-7:50pm (TINY TURNERS AGE 7-10)

Fees: M \$50; RNM \$55; NR \$60

Registration Session I: August 24-September 5

Registration Session II: September 6-October 10

Registration Session III: October 13-November 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. *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.



- Hair
- Skin
- Massage
- Hair Extensions
- Custom Spray Tan
- Keratin Complex Smoothing Treatment
- Waxing
- Nails

*Over 20 years in Fairview Park...
Here to stay for many more.*

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Fairview Park
Ohio 44126
440-331-0084
www.optionssalonspa.com



SMALL GROUP TRAINING

Strength In Numbers!

**Tuesdays 7-8pm
Oct. 11–Nov. 15**



- Learn proper strength training techniques using free weights, kettlebells and machines.
- Experience a challenging cardio workout.
- Individual attention with group accountability.
- Taught by Personal Trainer, Lisa Zane.

\$60 per session



21375 Lorain Road
Fairview Park, Ohio 44126
(440) 333-3060

Alexander P. Kosmidis, M.D.
Carla M. Krebs, M.D.
Theodore E. Loizos, M.D.
Steven R. Meadows, M.D.

Phillip J. Michalos, O.D.
Gwen Giannini Miller, O.D.
Michael A. Novak, M.D.

Always Affordable Group Exercise Classes at the Gemini Center

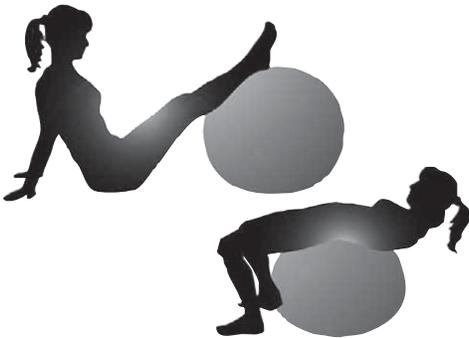


**Drop In Rates for Spinning,
Zumba and
Strength Classes:
Member: \$5
Non-Resident:\$7**

Pilates \$7 or \$8 Walk-In

Barre, Yoga \$8 or \$9 Walk-In

30 Minute Classes: \$4



***No Membership Required
to take classes at the Gemini Center!!!
Current class offerings can be found at
<http://www.fairviewparkrec.com>***

Aquatic Specials

Aquatic Class Fees:

Drop-In: \$3 Members • \$4 Non-Members
10 Punch Pass: \$30 Members
\$40 Non-Members

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 SilverSneaker water exercise class designed to help and improve flexibility, range of motion and overall movement. Free for SilverSneaker members. Please swipe card at front desk. **Drop-in fee \$1 for non-SilverSneakers participants (must be 60+)**

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)

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

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 and both swimming pools

Time Frame: 2.5 hours

Fees: Members: \$85; Residents: \$100;

Non-Residents: \$150

Rental Times: Fridays 6-8:30pm

Saturdays 12pm-2:30pm, 3-5:30pm

Sundays 12pm-2:30pm, 3-5:30pm

Weekday times also available

Private Swim Lessons

Available for adults and children. Please stop by the front desk and fill out a private lesson request form to get started. Fees per 30 minute session. M \$25; R \$30; NR \$40



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 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.



Neon believes that the swimming experience should develop an array of characteristics and life skills including leadership, commitment, self-discipline, organization and teamwork. Furthermore, Neon believes achievement is the product of setting goals and putting the body, mind and spirit in motion to reach those goals. Neon provides its athletes with the opportunity to realize their full potential, in and out of the athletic arena. It does this by offering:

- Exceptional integrated dry-land, anaerobic, and aerobic training
- An elite team of first class coaching professionals
- Speed, agility, quickness, strength and endurance training.
- Leadership, communication and life skills development
- Preparation for all levels of competition from summer league to Top level national competition
- Multiple training program options

An inspirational environment that fosters individual, team and community success whether your goal is short or long-term athletic development, our training program proves that skills can be learned and results can be achieved. Training and racing at the appropriate levels is the single most important change in your training that you can make. Understanding what each of these terms mean is the first step in that transformation. Neon can take you through the steps needed to make the changes you need to your training to get to the next level. Multiple training sites are offered:

The Gemini Center: 21225 Lorain Road, Fairview Park, OH 44126 (6 lane 25 yards)
John M. Coyne Recreation Center: 7600 Memphis avenue, Brooklyn, Oh 44144 (8 lane 25 meters)

Head coach Eric Dennis: (440) 221-7670 Aquaman429@cox.net

www.neonswimming.com • www.neonswim.blogspot.com



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 Lesson Rules

- Classes may be combined due to insufficient numbers.
- There will not be any make-ups or credits given for personal absences.
- 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.
- Non members are not permitted to swim before or after their class.
- 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.

CLASS DESCRIPTIONS

Parent & Child – Ages 6 mon-3 years

Adult required in the water. Water acclimation, sing songs, kicking, blowing bubbles.

Preschool – Ages 2-5

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 – 6-Class Sessions: Member \$30, Resident \$32, Non-Resident \$45 • 4-Class Sessions: Member \$20, Resident \$25, Non-Resident \$35

MONDAYS Once a Week for 6 Weeks	WEDNESDAY Once a Week for 6 Weeks	SATURDAY Once a Week for 6 Weeks	TUESDAY Once a Week for 6 Weeks
Session I: Sept. 12-Oct. 17 Session II: Oct. 31-Dec. 12	Session I: Sept. 14-Oct. 19 Session II: Nov. 2-Dec. 14	Session I: Sept. 17-Oct. 22 Session II: Nov. 5-Dec. 17	Session I: Sept. 13-Oct. 18 Session II: Nov. 1-Dec. 13
5:30-6:00pm Parent/Child	5:30-6:00pm Parent/Child	9:00-9:30am Parent/Child	9:15-9:45am Parent/Child
6:00-6:30pm Preschool	6:00-6:30pm Preschool	9:45-10:15am Preschoo	10:00-10:30am Preschoo
6:00-7:00pm Level 1	6:00-7:00pm Level 1	10:30-11:00am Level 1	10:45-11:15am Preschoo
6:15-6:45pm Level 2	6:15-6:45pm Level 2	9:30-10:00am Level 2	THURSDAY Once a Week for 6 Weeks Session I: Sept. 15-Oct. 20 Session II: Nov. 3-Dec. 15
6:45-7:30pm Level 3	6:45-7:30pm Level 3	10:15-10:45am Level 3	
7:00-7:45pm Level 4	7:00-7:45pm Level 4	10:45-11:30am Level 4	
7:00-7:45pm Level 5	7:00-7:45pm Level 5	11:00-11:45am Level 5&6	
			9:15-9:45am Parent/Child
			10:00-10:30am Preschoo
			10:45-11:15am Preschoo

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

No classes the week of Thanksgiving

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 LESSONS 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.

SENIOR FITIZENS



Be a SilverSneakers workout warrior

See the front desk for **program details**

What is SilverSneakers?



SilverSneakers is an overall wellness program that helps you improve your health and live the life you want.

How does SilverSneakers work?



SilverSneakers is offered to Medicare-eligible and group retiree members of participating health plans. In some plans, it's offered **at little or no additional cost**. Call the number on your health plan ID to learn more.

What do I get with SilverSneakers?



Whether you're a beginner or a seasoned pro ready for the next challenge, SilverSneakers offers a variety of options for all fitness levels and abilities. SilverSneakers gives you access to exercise equipment*, classes* and fun social activities at thousands of locations† nationwide.

How do I enroll?



- 1 Search for a SilverSneakers location by ZIP code at silversneakers.com.
- 2 Take your SilverSneakers card or personal member ID number to any location. (Visit silversneakers.com/card if you need to print your card or write down your member ID number.)
- 3 Tell the front desk staff you want to enroll, and ask for a tour.

What are the SilverSneakers classes?



Six signature SilverSneakers classes, available in select locations, are geared toward varying fitness levels and interests. SilverSneakers FLEX™ classes offer additional options, and for more challenging classes, try Healthways BOOM®.

What if I already have a fitness membership?



If your current membership is at a SilverSneakers location and you're eligible for SilverSneakers through your health plan, you should request your membership to be "frozen." Just talk to the staff at your current location.

What should I wear?



For working out, wear comfortable clothing and well-fitting athletic shoes.



See if you're eligible!

Visit silversneakers.com or call 1-888-423-4632 (TTY: 711), Monday through Friday, 8 a.m. to 8 p.m. ET.

*Classes and amenities vary by location. Classes not offered at all locations. †At-home kits are offered for members who want to start working out at home or for those who can't get to a fitness location due to injury, illness or being homebound. Healthways, Healthways BOOM, SilverSneakers and FLEX are registered trademarks or trademarks of Healthways, Inc. and/or its subsidiaries. © 2016 Healthways, Inc. All rights reserved.



Wellness Coaching

Available at the Gemini Center

Why Consult a Wellness Coach?

- Working out consistently but can't seem to get results.
- Unable to lose weight.
- New to exercise and don't know where to begin.
- Need some guidance on which types of exercise will help you meet your personal goals.



Schedule an appointment with our Wellness Staff to discuss your personal goals. This 30 minute coaching session is tailored to you so that you can get the most of your membership and reach your wellness goals.

Wellness Coaching Session Includes:

- BMI Calculation
- Body Fat Analysis
- Written Personalized Plan to get you on your way to Success
- Fitness tracking tools
- Free pass to Group Exercise Class

Service Available by Appointment Only, Mon. 10am-1pm • Saturday 12pm-3pm
 Sign up at ActivityReg.com Wellness Assessments available to members and non-members.
 \$20 for 30 minute evaluation.
 Long term coaching available for \$20 per half hour session.

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
 Saturday8am-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.





GO WARRIORS



THIS IS WHAT PEOPLE ARE TALKING ABOUT WHEN THEY SAY, "GO TO YOUR HAPPY PLACE."

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WINGS**

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Fairview Park's 4th Annual

Winterfest

Friday,
November 25th
5:30 - 7:30pm
Bain Cabin

Begin your Holiday Season with
Entertainment, Food, Fun and
Visitors from the
North Pole!

