

MAYOR: G. DAVID GILLOCK

PARKS & RECREATION DIRECTOR: KEVIN M. FOUGEROUSSE

North Ridgeville Parks & Recreation

2019 WINTER PROGRAM GUIDE



Registration Begins On:
December 17

Register Early, Register Often

Daddy Daughter Dance

Come out and enjoy an evening all dressed up with your special little girl.
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2019 Baseball-Softball Program

Have a son or daughter that is ready to play ball? Here is your chance to sign them up. Page 5

Biggest Loser With Maximize Fitness

Want to lose those expected pounds from the holidays? Grab a friend and join us in our Biggest Loser. Page 6

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Thank You, Parks & Recreation Sponsors

NRPRD recognizes sponsors for helping to keep recreation programs going. NRPRD, provider of numerous recreational and community activities in North Ridgeville, wants to thank the more than 40 businesses that sponsors our recreation programs and teams.

PLATINUM SPONSORS

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Lions Club of North Ridgeville
Westside Community Church

BRONZE SPONSORS

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Message from the Mayor...



Dear Residents,

Now that most of the orange barrels are put away for the upcoming winter months, let's talk about what lies ahead. Yes, the holidays! I love this time of the year – Christmas and spending time with the family and friends. And, let's not forget those that are less fortunate than us. North Ridgeville Community Care is a great resource for individuals and families that are in need of assistance. Community Care draws predominantly on volunteers and private donations to provide goods and services including free food, clothing, rent and utility assistance, counseling and holiday programs for those less fortunate. As you are out and about doing your holiday shopping or making out your Christmas list, consider Community Care. If you would like to volunteer or make a donation, please call Community Care at (440) 353-9716.

I would like to take this opportunity to thank the more than six thousand supporters of the bond issue that was on the November ballot for the construction of an outdoor aquatic center. It was a close race; however, the bond issue was defeated by a margin of approximately 10%. As I believe the aquatic center would have been a great addition to the community, there is still much to do in our great city, especially through the Parks & Recreation Department's program offerings!

I hope you take the time to browse through the many offerings contained in this winter issue of the program guide. If you have ideas for additional programming, please contact the Parks & Recreation Department at (440) 353-0860.

To find out more about upcoming projects, ask a question or just hear what fellow residents are asking, please join me at one of my upcoming coffee and conversation – Thursday, December 13; Thursday, January 10; Tuesday, February 12; Wednesday, March 13; and, Monday, April 8 from 8-9 AM at City Hall in Council Chambers. If you are unable to attend and have questions, please don't hesitate to call my office at (440) 353-0811.

Wishing you the best this holiday season, and may you enjoy days filled with happiness and prosperity in 2019!

Mayor Dave Gillock

Parks & Recreation Staff

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Office Information

North Ridgeville Parks & Recreation
7327 Avon Belden Road
North Ridgeville, Ohio 44039

Phone: (440) 353-0860

Fax: (440) 353-0845

Weather
Hotline: (440) 210-6226

Website: nridgeville.org/parksandrec

Office 8:00AM-4:30PM Monday-Friday
Hours: Closed Saturdays & Sundays

Refund Policy

View the NRPRD Refund Policy at nridgeville.org/parksandrec. Click on policy tab to view the department's policy.

Photo Policy

The North Ridgeville Parks & Recreation Department reserves the right to take photos of participants enrolled in programs or those attending a Parks & Recreation event. These photos are to be used strictly by the Parks & Recreation Department for the purpose of advertising in future brochures, catalogs, pamphlets, fliers and on the department website. Organizations, including media relations, must have permission from the Parks & Recreation Director or Program Supervisor prior to taking photographs.

Program Cancellation

The North Ridgeville Parks & Recreation Department reserves the right to cancel any activity, program or event based on insufficient registrations, supervision or facilities. All activities, programs or events will either be rescheduled or fees refunded.

All classes require a minimum number of participants in order to be conducted. If the class minimum is not met by the deadline date, the activity is canceled. Please register at least **5 days** prior to the beginning of the activity.

Rainout Line

Download the free app and sign-up to receive text alerts regarding field status and program cancellations through Rainout Line.

Don't want to sign up for text alerts but still want to be in the know? Call (440) 210-6226 for field status & program cancellations.

How To Register

Online

Visit nridgeville.org/parksandrec. Login or create your account to register. Forgot your user name or password? Contact Parks & Recreation at (440) 353-0860 to have the information emailed to you.

By Mail

Mail in a completed registration form with payment to:

North Ridgeville Parks & Recreation Department
7327 Avon Belden Road
North Ridgeville, Ohio 44039

In-Person

Drop off completed registration form with payment at the Parks & Recreation Department Monday-Friday between 8:00AM-4:30PM.

Drop Box

Can't make it during the hours of operation? Place your registration form and check payment (**NO CASH**) in an envelope and place in our secure drop box on our office door, 24 / 7. Make checks payable to NR PARKS & REC.

Tot Programs

Tumble Bugs

Do you like to turn upside down? To climb & jump? Tumbling, gymnastic & acrobatic basics are explored together with music, mats & movement. Increase balance, mobility & socialization skills using imagination & increasing listening skills.

Instructor: Brittany Schneider

Ages: 2-3 year olds

Class Size: 04 minimum / 10 maximum

Fee: \$45 Resident / \$55 Non-Resident

Location: Safetyville Building 35753 Bainbridge Rd

Day	Date	Time
MON	03.04-04.08	5:30-6:15PM

Rumble, Tumble & Roll

Introduces boys and girls to tumbling and apparatus skills. The class is designed to develop flexibility, strength, balance, coordination and self-confidence.

Instructor: Brittany Schneider

Ages: 4-6 year olds

Class Size: 04 minimum / 10 maximum

Fee: \$45 Resident / \$55 Non-Resident

Location: Safetyville Building 35753 Bainbridge Rd

Day	Date	Time
MON	03.04-04.08	6:30-7:15PM

Wiggle & Giggle

Children will explore different musical instruments while continuously singing and dancing. Activities are presented as informal, non-performance-oriented musical experiences—developmentally appropriate for children and easy for parents and caregivers—regardless of their own musical ability.

Instructor: Beth Klimas

Ages: 2-5 year olds

Class Size: 08 minimum / 10 maximum

Fee: \$35 Resident / \$45 Non-Resident

\$5 discount for siblings

Location: Community Cabin 35717 Bainbridge Rd

Session	Day	Date	Time
Ses I	THUR	01.10-01.31	5:30-6:00PM
Ses II	THUR	02.07-02.28	5:30-6:00PM
Ses III	THUR	03.07-03.28	5:30-6:00PM

Tots T-Ball

This five-week program is designed to teach boys and girls the basic fundamentals such as throwing, catching and hitting. The kids will have fun while learning the fundamentals of baseball thru basic stations and non-competitive ball games. **Sign up online or in-person before April 26 to receive our early bird rate. After April 26 program fee increases by \$10.**

Ages: 3 year olds

Fee: \$30 Resident / \$40 Non-Resident

BB/SB Family discount doesn't apply

Location: Shady Drive Complex 37077 Shady Dr

Day	Date	Time
FRI	05.31-06.28	6:00-8:00PM

Tot Karate

Children will have the opportunity to develop coordination and flexibility while having fun! This class will incorporate numbers and letters into learning the fundamentals of karate.

Instructor: Jeff Bowen

Ages: 3-5 year olds

Class Size: 04 minimum / 08 maximum

Fee: \$50 Resident / \$60 Non-Resident

Location: Community Cabin (M) / Safetyville (FRI)

Session	Day	Date	Time
Ses I	M/FRI	01.07-02.01	4:30-5:00PM
Ses II	M/FRI	02.11-03.11	4:30-5:00PM

No class 02.18.2019

Junior Pony Camp with Pony Tale Farms

You will play games, sing with a cowboy, groom and play with the ponies and then ride them. Participants must wear long pants, flat shoes and a helmet. There is a 125 lb. weight limit. For more info call Lorraine Schaffner at (440) 891-9992.

Ages: 2-6 year olds

Class Size: 04 minimum / 10 maximum

Fee: \$40 Resident / \$45 Non-Resident

Location: Pony Tale Farms 13360 Cowley Columbia St

Session	Day	Date	Time
Ses I	SAT	03.23 & 03.30	11:00-11:45AM
Ses II	SAT	04.06 & 04.13	10:00-10:45AM
Ses III	SAT	05.04 & 05.11	10:00-10:45AM
Ses IV	WED	05.15 & 05.22	4:00-4:45PM

Preschool Yoga

Children ages 3-5 will use play, songs, books and dancing to learn different yoga poses and strategies to help them develop body awareness, self-control, flexibility and strength. Preschoolers will enhance their creativity, confidence and coordination through the duration of class. Minimal parental involvement encouraged.

Instructor: Julie Kemper

Ages: 3-6 year olds

Class Size: 04 minimum / 10 maximum

Fee: \$50 Resident / \$60 Non-Resident

Location: Community Cabin 35717 Bainbridge Rd

Session	Day	Date	Time
Ses I	MON	01.14-02.11	1:30-2:00PM
Ses II	MON	02.25-03.25	1:30-2:00PM

Family Yoga

Family yoga classes are a great way for parents (or caregiver) and children to share a healthy activity, bring a little peace into their busy schedules, and simply enjoy time together! Activities include age appropriate poses (lots of partner poses) breathing exercises, relaxation and cooperative games.

Instructor: Heather Gillespie

Ages: 3 and Up

Class Size: 04 minimum / 15 maximum

Fee: \$50 Resident / \$60 Non-Resident

\$10 per additional family member

Location: Safetyville Building 35753 Bainbridge Rd

Day	Date	Time
TUES	01.08-02.12	6:15-7:15PM

Hummingbirds Soccer presented by Jump Start

Children will have fun while learning the basics of soccer, dribbling, passing, trapping, shooting and positioning. Each session consists of instruction in each aspect of the game, participation in fun drills that are designed to teach skills in a low-key non-competitive game.

Instructor: Jump Start Sports Staff

Ages: 3-4 & 5-6 year olds

Fee: \$75 Resident / Non-Resident

Registration taken only at jumpstartsports.com

Location: Shady Drive Football Fld. 37077 Shady Dr

Day	Date	Time	Age
WED	04.17-05.22	5:30-6:30PM	3-4
WED	04.17-05.22	6:30-7:30PM	5-6

Little Hoop Stars presented by Jump Start

Coaches from Jump Start Sports will run this instructional and recreational basketball program for children in preschool (**must be 4 years of age to participate**) and kindergarten. Players are taught the basics of dribbling, passing, shooting, positioning, defense, and rebounding in a fun-oriented program. Then they apply what they've learned in a low competitive game. All participants receive a team shirt and a participation medal.

Instructor: Jump Start Sports Staff

Ages: Pre-K - Kindergarten

Fee: \$70 Resident / Non-Resident

Registration taken only at jumpstartsports.com

Location: NRHS Main Gym 34600 Bainbridge Rd

Day	Date	Time
TUES	04.09-05.14	5:30-6:30PM

Hoop Stars presented by Jump Start

Coaches from Jump Start Sports will run this instructional and recreational basketball program for children in grades 1-2. Players are taught the basics of dribbling, passing, shooting, positioning, defense, and rebounding in a fun-oriented program. Then they apply what they've learned in a low competitive game. All participants receive a team shirt and a participation medal.

Instructor: Jump Start Sports Staff

Ages: 1st & 2nd Grade

Fee: \$75 Resident / Non-Resident

Registration taken only at jumpstartsports.com

Location: NRHS Main Gym 34600 Bainbridge Rd

Day	Date	Time
TUES	04.09-05.14	6:30-7:30PM



Youth Programs

Big Magic with The Magic Man

Is your child an aspiring magician? Is he or she fascinated by magic tricks? If so, Keith Heidenreich, The Magic Man will teach your child the fundamentals of what it takes to be a magician and impress the crowd.

Instructor: Keith Heidenreich, The Magic Man
Ages: 6-12 year olds
Class Size: 04 minimum / 15 maximum
Fee: \$35 Resident / \$45 Non-Resident
Location: Community Cabin 35717 Bainbridge Rd

Day	Date	Time
SAT	01.12-02.02	9:00-10:00AM

Next Level Big Magic with The Magic Man

Take your child's magic skills to the next level. With this advanced magic class children will learn how to become a master magician.

Instructor: Keith Heidenreich, The Magic Man
Ages: 8-12 year olds
Class Size: 04 minimum / 15 maximum
Fee: \$35 Resident / \$45 Non-Resident
Location: Community Cabin 35717 Bainbridge Rd

Day	Date	Time
SAT	02.16-03.09	9:00-10:00AM

Yoga Club

Yoga Club is a fun and engaging way for children of all ages to practice the art of *yoga*, a form of exercise that builds mind, body and spirit through stretching, breathing, movement, poses, strengthening activities and games. Yoga Club is for students seeking to stay active and strengthen themselves in a safe, non-competitive environment. It is not necessary for members to be knowledgeable in yoga but to have an attitude and willingness to participate with an open heart and mind. Yoga Club is taught by a 200-hour certified Yoga instructor.

Instructor: Heather Gillespie
Ages: 10-16 year olds
Class Size: 04 minimum / 15 maximum
Fee: \$40 Resident / \$50 Non-Resident
Location: Safetyville Building 35753 Bainbridge Rd

Day	Date	Time
SAT	01.12-02.16	11:30AM-12:30PM

Pony Camp with Pony Tale Farms

Children will learn introductory riding skills, safety issues and general pony care. Participants must wear long pants, flat shoes and helmet. There is a 125lb weight limit. For more info call Lorraine Schaffner at (440) 891-9992.

Instructor: Pony Tale Farms Staff
Ages: 7-12 year olds
Class Size: 04 minimum / 10 maximum
Fee: \$80 Resident / \$90 Non-Resident
Location: Pony Tale Farms 13360 Cowley Columbia St

Session	Day	Date	Time
Ses I	SAT	04.06-04.27	11:00AM-NOON
Ses II	WED	05.01-05.22	5:00-6:00PM



Explore Archery with Black River Archery

Explore Archery is a fun and perfect fit for archers of any age or ability wanting to get involved in the sport of target archery. Certified instructors will lead you through the basics of archery. Please make sure to have closed toe shoes and that long hair is pulled back. For more info contact Rich Hardway at (440) 406-9733. **Each session is 5 weeks.**

Instructor: Black River Archery
Ages: 7 and Up
Class Size: 04 minimum / 10 maximum
Fee: \$60 Resident / \$70 Non-Resident
Location: Blk. River Archery 250 Broad St. Elyria

Session	Day	Date	Time
Ses I	SAT	01.05-02.02	NOON-1:00PM
Ses II	SAT	02.23-03.23	NOON-1:00PM

Advanced Fencing

The art of swordsmanship has been practiced for centuries. First, it was to train for deadly combat—the duel. Now, it is fun and safe for boys and girls, men and women. Join instructor Tom Nagy and the On Target Fencing Team as they teach you Foil and Epee in an advanced setting. For more info contact Tom Nagy at (440) 327-0808 or ontargetfencing.com.

Instructor: Tom Nagy
Ages: 8 and Up
Fee: \$60 Resident / Non-Resident (equipment rental)
Each additional family member: \$30
 \$30 Resident / Non-Resident (no equipment rental)
Location: Senior Center 7327 Avon Belden Rd

Session	Day	Date	Time
Ses I	TH/SAT	02.07-03.02	8:00-9:30PM (TH) 9:00AM-12:30PM (SAT)
Ses II	TH/SAT	03.07-03.30	8:00-9:30PM (TH) 9:00AM-12:30PM (SAT)

Karate

Children learn and develop a new variety of offensive techniques such as kicks, blocks, punches, chops and elbow strikes. Learn confidence and self-esteem while learning to become more self-motivated and energized. **Each session is 4 weeks.**

Instructor: Jeff Bowen
Ages: 6-12 year olds
Class Size: 04 minimum / 12 maximum
Fee: \$60 Resident / \$70 Non-Resident
Location: Safetyville Building 35753 Bainbridge Rd

Session	Day	Date	Time
Ses I	SAT	01.12-02.02	10:00-11:00AM
Ses II	SAT	02.23-03.16	10:00-11:00AM

Valentines Special Sweet Treat Cooking Class

It's easier and more fun then you can imagine! You will learn how to make healthy sweet treats. Recipes are taken home and sampled in class. Parents are welcome to join their child for this sweet and exciting class.

Instructor: Christie Ollerton
Ages: 6-12 year olds
Class Size: 04 minimum / 16 maximum
Fee: \$10 Resident / Non-Resident
Location: NR Senior Ctr. 7327 Avon Belden Rd

Day	Date	Time
WED	02.06	6:00-8:00PM

Youth Sports

2019 Baseball and Softball Program

Have a son or daughter that is ready to play ball? Here is your chance to sign them up. Make sure that your son and daughter have a spot in this year's leagues by signing them up early. Players not registered last season must bring a birth certificate or other proof of birth date with them. Teams are drawn in late March with practices beginning in April. First games are scheduled for late May and the last games are scheduled for July. We will be partnering with surrounding communities to improve the quality of our baseball/softball program. **Sign up online or in-person before March 1 to receive our early bird rate. After March 1 the program fee increases by \$10.**

Ages: 4-18 year olds
Fee (T-Ball): \$60 Resident / \$70 Non-Resident
Fee (Remaining Leagues): \$70 Resident / \$80 Non-Resident
Resident Family Discount: First 2 children at full price (2 most expensive). Each additional child is \$10.00.

Baseball League	Age By: May 1, 2019
T-Ball (Coed)	4 & 5 yrs. old
Coach Pitch (Coed)	6 & 7 yrs. old
H-League	8-10 yrs. old
G-League	11 & 12 yrs. old
F-League	13-15 yrs. old

Softball League	Age By: May 1, 2019
Junior	8-10 yrs. old
Intermediate	11-13 yrs. old
Majors	14-18 yrs. old

Junior Ranger Cheer Program

Jr. Ranger Cheer will include basic cheer instruction including intro to tumbling, chants, cheers, pyramids and stunts. This program will be part of our Jr. Ranger Football program so the girls will cheer at their home and away games.

Ages: Kids entering grades 1st-6th
Date: August-October
Fee: \$65 Resident / \$75 Non-Resident
Location: Shady Drive Complex 37077 Shady Drive



Junior Browns Flag Football (5 V 5)
In Partnership with USA Football NFL Flag
 This flag football league will partner with the Cleveland Browns and USA Football. All teams will receive an official NFL team-branded jersey, flag belts, footballs, and a free USA membership. Teams will compete against each other at Shady Drive Sports complex in a local league. Eligibility to play in regional tournaments and championships at the Pro Bowl. **Sign up online or in-person before May 31 to receive our early bird rate. After May 31 the program fee increases by \$10.**

Ages: Kids entering grades 1st & 2nd
Date: August-October
Fee: \$75 Resident / \$85 Non-Resident
Location: Shady Drive Complex 37077 Shady Dr

Junior Ranger Football
 The program is designed to teach the fundamentals of football while participating in the Lake Erie Youth Football League. Games are played on Saturdays with practices being held during the week. This is a competitive travel football league. Registration is limited so sign up early. This program will be coached in the same philosophies as the North Ridgeville High School Varsity Staff. **Sign up online or in-person before May 31 to receive our early bird rate. After May 31 the program fee increases by \$10.**

Ages: Boys /Girls entering 3 & 4 / 5 & 6 grades
Date: August-October
Fee: \$125 Resident / \$135 Non-Resident
Location: Shady Drive Complex 37077 Shady Dr

Madden Tournament
 North Ridgeville Parks & Rec announces a 1 day Madden Tournament for grades 7-12. We will have a 7th/8th grade division, and a 9th-12th grade division. Format will be a double elimination tournament with pizza, pop, and chips provided. The winners will receive gift cards.

Ages: 7th-12th grade
Fee: \$5 Resident / Non-Resident
Location: Council Chambers 7307 Avon Belden Rd

Day	Date	Time
SAT	02.16	NOON-4:00PM

Fitness

All Levels Yoga

Our Yoga class allows beginners and intermediate levels to learn something. You will receive personalized instruction that shows the fundamentals of Yoga. You will explore classic yoga poses, learn healthy body alignment, experiment with modifications and props, and become comfortable with the nature of American Yoga. **Each session is 6 weeks.**

Instructor: Danielle Smith
Ages: 15 and Up
Class Size: 04 minimum / 12 maximum
Fee: \$45 Resident / \$55 Non-Resident
Location: Safetyville Building 35753 Bainbridge Rd

Session	Day	Date	Time
Ses I	THUR	01.17-02.14	7:30-8:30PM
Ses II	THUR	02.21-03.28	7:30-8:30PM
Ses III	THUR	04.04-05.09	7:30-8:30PM

Beginner Bootcamp

This energetic 50-minute boot camp style class is designed to provide a lower intensity boot camp as the instructor gets your heart pumping! This class focuses on basic cardio and strength exercises using body weight and weights. Each class will be different but you are always guaranteed a great workout. This class is perfect for beginner and intermediate fitness levels.

Instructor: Jessica Beckett
Ages: 15 and Up
Class Size: 04 minimum / 15 maximum
Fee: \$45 Resident / \$55 Non-Resident
Location: Safetyville Building 35753 Bainbridge Rd

Session	Day	Date	Time
Ses I	THUR	01.10-02.14	6:15-7:15PM
Ses II	THUR	02.28-04.04	6:15-7:15PM

Biggest Loser With Maximize Fitness

Want to lose those expected pounds from the holidays? Grab a friend and join us in our Biggest Loser. This program will run for 8 weeks starting on Thursday, January 10 with an information session. First and last weigh-ins is required to be eligible for prizes. Throughout the course of the 8 weeks you will receive weekly emails with education and goals, optional Maximize Fitness discounted membership, optional discounted Parks and Recreation Fitness classes and a wellness seminar. Cash prize to first place winner, supplemental prizes to 2nd and 3rd place. Winners will be determined based on the percentage of body weight loss.

Ages: 18 and Up
Class Size: 10 minimum / 100 maximum
Fee: \$25 Resident / \$35 Non-Resident

Day	Date	Time
THUR	01.10-02.25	6:00-7:30PM

Cardio Bootcamp

Perfect combination of cardio and body toning / strength training. Strengthen all muscles with simple movements geared towards all ages and fitness levels. Overall head to toe workout that will get your heart pumping and blood flowing while burning calories. **Each session is 6 weeks.**

Instructor: Jessica Beckett
Ages: 15 and Up
Class Size: 04 minimum / 15 maximum
Fee: \$45 Resident / \$55 Non-Resident
Location: Safetyville Building 35753 Bainbridge Rd

Session	Day	Date	Time
Ses I	WED	01.09-02.13	6:15-7:15PM
Ses II	WED	02.27-04.03	6:15-7:15PM

Gentle Yoga

A calming stress-relieving yoga class designed to stretch and strengthen the body gradually. Emphasis is on building awareness of the body and breathing techniques. Yoga poses are practiced at a slow pace with attention to alignment and detail. Props, such as chairs, straps, and blocks, are used to assist the participant in the yoga postures. Seniors also welcome. Please bring a yoga mat. **Each session is 6 weeks.**

Instructor: Midori Sato
Ages: 15 and Up
Class Size: 04 minimum / 12 maximum
Fee: \$45 Resident / \$55 Non-Resident
Location: Safetyville Building 35753 Bainbridge Rd

Session	Day	Date	Time
Ses I	THUR	01.10-02.14	9:00-10:00AM
Ses II	THUR	03.07-04.11	9:00-10:00AM

Indoor Walking

With North Ridgeville Heart And Sole

Get out and get walking this winter! Don't like walking in the cold? All members of the community are invited to join us for free indoor walking this winter! Program is free to attend with no pre-registration required. There will be informative talks by City & School officials. Program will run for 12 consecutive weeks.

Ages: Open to all ages
Fee: FREE to the general public
Location: Liberty Elementary 5700 Jaycox Rd

Day	Date	Time
THUR	01.10-03.28	6:00-7:30PM

Tai Chi Balance

Good balance is essential for our daily life activity, and tai chi can help improve your balance and confidence at any age. This class focuses on the basic movements of tai chi to improve balance, flexibility, and coordination while strengthening muscles of the ankles, knees, hips and legs. **Each session is 6 weeks.**

Instructor: Midori Sato
Ages: 18 and Up
Class Size: 04 minimum / 15 maximum
Fee: \$45 Resident / \$55 Non-Resident
Location: NR Senior Center 7327 Avon Belden Rd

Day	Date	Time
MON	03.11-04.15	6:30-7:30PM

Yogalates

An upbeat class that combines the breathing, stretching, and flows of Yoga with the core tightening and strengthening of Pilates, for a new twist on traditional moves. This class will leave you feeling recharged with a side of empowerment. All ages, body types & fitness levels welcome. Please bring a yoga mat. Previous exposure to Yoga is helpful.

Each session is 6 weeks.

Instructor: Gretchen Banak

Ages: 15 and Up

Class Size: 04 minimum / 12 maximum

Fee: \$45 Resident / \$55 Non-Resident

Location: Safetyville Building 35753 Bainbridge Rd

Session	Day	Date	Time
Ses I	WED	01.09-02.13	7:30-8:30PM
Ses II	WED	02.27-04.03	7:30-8:30PM
Ses III	WED	04.17-05.22	7:30-8:30PM

Zumba® Fitness

Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health. Class is an hour and offered year-round.

Instructor: Isa Serra

Ages: 15 and Up

Class Size: 04 minimum / 20 maximum

Fee: \$4 Resident / \$5 Non-Resident

No pre-registration required, drop-in only

Day	Time	Location
T/TH	6:30-7:30PM	NR Senior Center

No class 01.01.2019

Zumba® Gold

Active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! **Each session is 6 weeks.**

Instructor: Midori Sato

Ages: 50 and Up

Class Size: 04 minimum / 15 maximum

Fee: \$30 Resident / \$40 Non-Resident

Location: Safetyville Building 35753 Bainbridge Rd

Session	Day	Date	Time
Ses I	THUR	01.10-02.14	10:15-11:15AM
Ses II	THUR	03.07-04.11	10:15-11:15AM

Adult Ed

The Microbiome Seminar

Right now, inside our bodies, are over a hundred trillion bacteria, viruses, fungi and the like. That is about 10 times the number of human cells in our human bodies. While these bugs have the potential to make us sick, they are, when balanced well, tremendously beneficial to our immune function, digestion, weight control, body odor and more. **Dinner and amazing giveaways will be provided!**

Instructor: Dr. Ankur Gupta

Ages: 18 and Up

Class Size: 04 minimum / 20 maximum

Fee: Seminar is FREE

Location: Community Cabin 35751 Bainbridge Rd

Day	Date	Time
WED	02.06	6:30-8:00PM

Plants Over Pills Seminar

The word "diet" immediately attracts controversy and nay-sayers. Weight control experts across the world cannot seem to agree on the best ways to control weight . . . with one exception. They all agree that we must **eat more plants**. In this one-hour presentation, Dr. Gupta provides several simple steps to add fruits and veggies to every meal. **Plant-based food samples will be provided!**

Instructor: Dr. Ankur Gupta

Ages: 18 and Up

Class Size: 04 minimum / 20 maximum

Fee: Seminar is FREE

Location: Community Cabin 35751 Bainbridge Rd

Day	Date	Time
WED	03.06	6:30-8:00PM

Sleep 101 Seminar

Two years ago, Dr. Gupta began struggling with sleep — falling asleep, staying asleep, and waking refreshed. When he approached a physician about this, he was offered medication. He, along with a growing number of Americans, did not feel comfortable with this treatment option. Instead, he made a guinea pig of himself, experimenting with a multitude of herbal remedies, products, and techniques. He happily shares his successes and failures in his quest for pill-free slumber.

Instructor: Dr. Ankur Gupta

Ages: 18 and Up

Class Size: 04 minimum / 25 maximum

Fee: Seminar is FREE

Location: Community Cabin 35751 Bainbridge Rd

Day	Date	Time
WED	04.10	6:30-8:00PM



New Year, New You:

2 Part Life Coaching Series

If setting goals and resolutions were as simple as applying the latest life-hack or S.M.A.R.T. goal setting system, we would all be super-achievers. These systems don't factor in the hidden factors that drive a lot of how we think, feel, and behave as humans. Knowing how to leverage these factors can mean goal achieving is easier, not more complicated. These factors can help you keep your New Year's resolutions and other goals. This is a fun, interactive 2-part class where you will learn your unique formula for goal success.

Instructor: Candace M. Pollock

Ages: 18 and Up

Class Size: 04 minimum / 25 maximum

Fee: \$40 Resident / Non-Resident

Location: Council Chambers 7307 Avon Belden Rd

Day	Date	Time
MON	01.14 & 01.28	6:30-8:00PM

Estate Planning Essentials

Attendees will learn about the core directives every person should have to protect themselves. They will get an overview of the various legal directives used in estate planning and the role each plays in an overall estate plan - whether the plan is geared toward protecting minors, avoiding nursing home costs or saving estate taxes. They will leave with a worksheet that helps them rate their existing plan for effectiveness.

Instructor: Candace M. Pollock

Ages: 18 and Up

Class Size: 04 minimum / 25 maximum

Fee: \$25 Resident / Non-Resident

Location: Council Chambers 7307 Avon Belden Rd

Day	Date	Time
MON	02.11	6:30-8:00PM

Nuts & Bolts of Trusts

Trusts can be one of the most useful and cost-effective legal tools to help people maintain control over their assets during good health, illness and at death — without court costs or delays. This workshop gives an overview of how trusts work, the pros and cons and costs, when to consider using trusts and what should be included in the trust provision.

Instructor: Candace M. Pollock

Ages: 18 and Up

Class Size: 04 minimum / 25 maximum

Fee: \$25 Resident / Non-Resident

Location: Council Chambers 7307 Avon Belden Rd

Day	Date	Time
MON	02.25	6:30-8:00PM





Special People, Special Planning

This workshop will provide an overview of the fundamentals every family needs to consider when planning for the future of a person with special needs. Attendees will learn about federal disability programs; guardianships; wills, trusts, and the essential legal directives the family must have as well as the consequences of failing to formally plan; how to keep the plan current; and the reasons for "letters" of instruction. Attendees will understand the types of advisors to consult, what to ask and how to organize information to ensure their plan will take care of the future needs of the special needs loved one.

Instructor: Candace M. Pollock
Ages: 18 and Up
Class Size: 04 minimum / 25 maximum
Fee: \$25 Resident / Non-Resident
Location: Council Chambers 7307 Avon Belden Rd

Day	Date	Time
MON	03.25	6:30-8:00PM

Top 10 Medicaid Planning Mistakes

Most strategies about conserving an applicant's resources under Medicaid rules involve the nature, amounts and timing of expenditures of the applicant's resources or the timing of the application itself. This workshop covers the top 10 mistakes families make regarding Medicaid and the long-term care issues. It explains terminology, important dates and strategies authorized under Ohio Medicaid rules, including the myths about the new Medicaid laws.

Instructor: Candace M. Pollock
Ages: 18 and Up
Class Size: 04 minimum / 25 maximum
Fee: \$25 Resident / Non-Resident
Location: City Hall Conf. Room 7307 Avon Belden Rd

Day	Date	Time
MON	03.11	6:30-8:00PM

DIY Stenciled Flour Sack Towels For Your Kitchen

Transform a plain flour sack towel into a decorative conversation piece using a stencil. All materials and instructions are included to make two towels. Sign-up with a friend for twice the fun!

Instructor: Barbara Foster
Ages: 18 and Up
Class Size: 04 minimum / 20 maximum
Fee: \$25 Resident / Non-Resident
Location: Community Cabin 35751 Bainbridge Rd

Day	Date	Time
THUR	01.31	6:00-9:00PM

DIY Painted "Hot Mess" Canvas

A "Hot Mess" canvas uses a technique of painting multiple colors onto a canvas, laying down a stencil, and then painting another layer of single color over the top of everything. When the stencil is removed, all the colors of the bottom layer show through. The end product is a colorful delight. All materials and instructions are included in this class. Ask a friend to sign-up to share in the fun!

Instructor: Barbara Foster
Ages: 18 and Up
Class Size: 04 minimum / 20 maximum
Fee: \$30 Resident / Non-Resident
Location: Community Cabin 35751 Bainbridge Rd

Day	Date	Time
WED	03.20	6:00-9:00PM

Special Events

Daddy Daughter Dance

Come out and enjoy an evening all dressed up with your special little girl. Have fun dancing and playing games with our DJ. Sit down and enjoy a dinner as the two of you create a special father / daughter memory together. Register early to guarantee your spot. **For more info please contact Melissa Shirley.**

Ages: K-5th grade
Size: maximum of 80 couples (total: 160)
Fee: \$30 Resident / \$40 Non-Resident
Event is per couple, each additional child is \$10
Location: NR Academic Center Cafetorium

Day	Date	Time
SAT	02.09	7:00-9:00PM

No admittance until 6:30PM

Lorain County Pride Day

A great opportunity to play an active role in improving our community and parks. Residents are encouraged to clean up, fix up, paint & spruce up our community. **Interested organizations & individuals should contact Brandon Sweet.**

Day	Date	Time
SAT	05.18	9:00AM-NOON



Fishing Derby

Sponsored By: NRPRD & NRPFD

Can you tell fish stories? Want bragging rights for a year? Then come join us for a fun-filled morning of fishing. Bring your own bait & fishing rod, if you don't have one we will provide one. **For more info please contact Brandon Sweet.**

Ages: 3-18 year olds
Fee: FREE
\$5 donation for Aluminum Cans for Burned Children
Location: South Central Park 7565 Avon Belden Rd

Day	Date	Time
SAT	05.04	8:00AM-NOON



Reservation Info

Pavilion & Gazebo Reservations

Interested in holding a birthday party in South Central Park for your son or daughter? Look no further than the NRPRD! South Central Park Pavilions and Gazebo are rented out April 1 through October 31.

Reservations start on January 1, 2019 through the NRPRD website.

Reservations can now be made ONLINE through the NRPRD website under the "FACILITIES" tab.

Rental fees and application can be found on our department website at: nridgeville.org/parksandrec under the FORMS and DOCUMENTS tab.

For more information please do not hesitate to contact our reservationist Melissa Shirley.