

MAYOR: G. DAVID GILLOCK

PARKS & RECREATION DIRECTOR: KEVIN M. FOUGEROUSSE

North Ridgeville Parks & Recreation

2019 FALL PROGRAM GUIDE



**Registration
BEGINS
August 12**



6th Annual Cleveland Stache Dash

Our annual 5K / 1M Fun Run-Walk. Pre-register by October 21 to guarantee you receive a hoodie. Page 8

Sweet Treat Cooking Class

Want to enjoy desserts without the guilt? Then be sure to pre-register for our Sweet Treat Cooking Class. Page 5

Jr. Ranger Youth Basketball

Our basketball program is open to boys/girls in grades 3-12. Register early to guarantee your spot. 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 sponsor our recreation programs and teams.

PLATINUM SPONSORS

NR Corn Festival Inc.
Sportsville

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Center Cleaning
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Lions Club of North Ridgeville
Westside Community Church

BRONZE SPONSORS

Butternut Corners Market
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Wilson Tree Service

Message from the Mayor...



Dear Residents,

It's hard to believe we are talking fall recreation season. Where did summer go? Our Parks & Recreation Department staff has been busy planning a packed-full schedule of programs and events. This is a great time of the year as the temperature cools down and we move into the fall and winter seasons. I always look forward to the colors of fall and the changing of the leaves. What better way to celebrate this than to attend FallFest, Spookville or Tots Trick-Or-Treat.

I would also be remiss if I didn't mention the annual tradition of Holiday on the Ridge and the Tree Lighting Ceremony at South Central Park. This is a great opportunity for you to kick-off the holiday season by visiting local businesses and craft shows throughout the community, and then end your day by joining in the festivities at the park as the North Ridgeville High School choir and local scouts sing the traditional holiday songs. And, keep your eyes peeled as you may just get a glimpse of Santa Claus himself!

To learn more about city projects, to ask questions or to hear what your neighbors are asking, stop by one of my upcoming Coffee and Conversation at City Hall in Council Chambers from 8-9 AM: Thursday, September 5; Tuesday, October 8; Monday, November 4; and, Friday, December 6.

Please take advantage of the many programs we have to offer. I hope to see you at one of the upcoming events!

Mayor Dave Gillock

Parks & Recreation Staff

Kevin M. Fougousse
Parks & Recreation Director
Phone: (440) 353-0825
Email: kfougousse@nridgeville.org

Melissa Shirley
Tot & Youth Program Supervisor
Phone: (440) 353-1503
Email: mshirley@nridgeville.org

Brandon Sweet
Program Supervisor
Phone: (440) 353-0880
Email: bsweet@nridgeville.org

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: Claire Kingsley

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	10.21-11.25	5:30-6:15PM
MON	12.02-01.06	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: Claire Kingsley

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	10.21-11.25	6:30-7:15PM
MON	12.02-01.06	6:30-7:15PM

Wiggle & Giggle

This program combines music and movement with little breaks in between songs. Several of the songs are instructional and include sequencing, rhyming, patterns, colors, shapes and gross motor movements. Silliness encouraged! Typical kids as well as children with special needs are welcome. The program is not performance based and there is no competition. Each student is encouraged to move at his or her own pace while following simple group instruction.

Instructor: Beth Klimas

Ages: 2-5 year olds

Class Size: 07 minimum / 10 maximum

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

\$10 discount for siblings

Location: Community Cabin 35717 Bainbridge Rd

Session	Day	Date	Time
Ses I	THUR	09.05-09.26	5:30-6:00PM
Ses II	THUR	10.03-10.24	5:30-6:00PM
Ses III	THUR	11.07-12.05	5:30-6:00PM

No class on 11.28.2019

T-Birds T-Ball Presented By:

Jump Start Sports

A 5-week instructional t-ball program designed to teach the fundamentals of baseball. They will then apply what they learned in a non-competitive game.

Instructor: Jump Start Sports Staff

Ages: 3-4 year olds

Fee: \$75 Resident / Non-Resident

Registration taken only at jumpstartsports.com

Location: Shady Drive Complex 37077 Shady Dr

Day	Date	Time
FRI	09.06-10.04	5:30-6:30PM

Rookie League Presented By:

Jump Start Sports

A fun intro to coach pitch for 5-6 year olds. Players will receive instruction in all basics of the sport and will apply what they have learned in fun games. The games will be non-competitive and no score will be kept.

Instructor: Jump Start Sports Staff

Ages: 5-6 year olds

Fee: \$75 Resident / Non-Resident

Registration taken only at jumpstartsports.com

Location: Shady Drive Complex 37077 Shady Dr

Day	Date	Time
FRI	09.06-10.04	6:30-7:30PM

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	09.04-10.09	5:30-6:30PM	3-4
WED	09.04-10.09	6:30-7:30PM	5-6

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	TUES	09.03 & 09.10	4:00-4:45PM
Ses II	WED	10.02 & 10.09	4:00-4:45PM
Ses III	SAT	11.02 & 11.09	11:00-11:45AM

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	09.09-10.04	4:30-5:00PM
Ses II	M/FRI	10.07-11.01	4:30-5:00PM
Ses III	M/FRI	11.04-11.29	4:30-5:00PM

Magical Munchkins Tap/Ballet With Cleveland Dance To Evolve

This gentle introductory combination kid's dance class of tap, ballet, tumbling and games is fun, energetic, and expressive that will have your Magical Munchkin learning all the basics for their first dance class. Classes start with tap and then transition into ballet each week. Parents (or caregivers) presence required as parents participate as needed.

Instructor: Dance To Evolve

Ages: 2-3 year olds

Class Size: 04 minimum / 10 maximum

Fee: \$84 Resident / \$94 Non-Resident

Location: NR Senior Center 7327 Avon Belden Rd

Session	Day	Date	Time
Ses I	TUES	09.10-10.15	3:40-4:25PM
Ses II	TUES	10.22-11.26	3:40-4:25PM

Tiny Movers Tap/Ballet With Cleveland Dance To Evolve

A combination dance class of tap and ballet with tumbling and dance games for kids, this energetic and expressive class will have your Tiny Mover learning basic dance and motor skills, musicality and rhythm to reach class goals in fun, creative ways. Classes start with tap and then transition into ballet each week. This is the first 'big girls and boys' class as parents watch from outside of the room. Class is designed to be progressive, continuing session to session.

Instructor: Dance To Evolve

Ages: 3-4 year olds

Class Size: 04 minimum / 10 maximum

Fee: \$84 Resident / \$94 Non-Resident

Location: NR Senior Center 7327 Avon Belden Rd

Session	Day	Date	Time
Ses I	TUES	09.10-10.15	4:30-5:25PM
Ses II	TUES	10.22-11.26	4:30-5:25PM

Star Shiners Tap/Ballet With Cleveland Dance To Evolve

Keep your Star Shiner moving in this ballet & tap class for boys and girls. This progressive class introduces curriculum goals through fun movement allowing your dancer to be challenged while expressing themselves. Students develop dance, listening, and coordination skills, including an emphasis on ballet terminology, technique, AND FUN!

Instructor: Dance To Evolve

Ages: 5-6 year olds

Class Size: 04 minimum / 10 maximum

Fee: \$84 Resident / \$94 Non-Resident

Location: NR Senior Center 7327 Avon Belden Rd

Session	Day	Date	Time
Ses I	TUES	09.10-10.15	5:30-6:25PM
Ses II	TUES	10.22-11.26	5:30-6:25PM



Youth Programs

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	09.07-09.28	10:00-11:00AM
Ses II	SAT	10.05-10.26	10:00-11:00AM
Ses III	SAT	11.02-11.23	10:00-11:00AM

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 125 lb 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	TUES	09.03-09.24	5:00-6:00PM
Ses II	WED	10.02-10.23	5:00-6:00PM

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	10.12-11.09	9:00-10:00AM

No class on 10.19.2019

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: 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	11.16-12.14	9:00-10:00AM

No class on 11.30.2019

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	10.03-10.31	8:00-9:30PM (TH) 9:00AM-12:30PM (SAT)
Ses II	TH/SAT	11.02-11.30	8:00-9:30PM (TH) 9:00AM-12:30PM (SAT)

No class on 11.28.2019

Ses III	TH/SAT	12.05-12.28	8:00-9:30PM (TH) 9:00AM-12:30PM (SAT)
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No class on 12.07.2019

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 114 Kenwood St. Elyria

Day	Date	Time
SAT	10.19-11.09	2:00-3:00PM

Heart And Sole Sweet Treat Cooking Class

Come learn to make fresh, healthy, sweet treats all while having fun. Recipes are sampled in class and can be taken home. Parents are welcome to join their child during this sweet and exciting class.

Instructor: Christie Ollerton

Ages: 6-12 year olds

Class Size: 04 minimum / 16 maximum

Fee: \$15 Resident / Non-Resident

Location: NR Senior Ctr. 7327 Avon Belden Rd

Day	Date	Time
WED	10.09	6:00-8:00PM



String Art

Adults and youth ages 12 and up can sign up to attend this class to learn how to create a beautiful piece of art by threading string through and around each nail. Don't miss out on this opportunity to make your own masterpiece! Each participant will leave class with a finished wood & string project. Please bring your own hammer, all other supplies will be provided.

Instructor: Kelly McCarthy

Ages: 12 and Up

Class Size: 06 minimum / 12 maximum

Fee: \$22 Resident / \$28 Non-Resident

\$5 supply fee included

Location: Community Cabin 35717 Bainbridge Rd

Day	Date	Time	Design
MON	09.23	6:00-8:00PM	Pumpkin

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: NR Academic Center 34620 Bainbridge Rd

Day	Date	Time
THUR	09.12-10.17	3:00-4:00PM

Youth Sports

SCOREKEEPERS WANTED...

Interested in making a little extra money this winter??? Look no further than NRPRD. We are looking for men and women to keep score for our 3rd-12th grade youth basketball program.

Interested candidates should contact Brandon Sweet at (440) 353-0880 or bsweet@nridgeville.org.

2019 NRASL Fall Soccer Registration

Register now for the In-House Development soccer program, open to ages 3 to 14 (DOB: 1/01/05-12/31/16), cost is \$65 for U5-U15 and \$30 for Tots (year of birth 2016). Our In-House Development program is a non-competitive, instructional introduction to the game. Training is provided through volunteer, parent coaches with the guidance and assistance of pro coaches.

Register online at www.nrasl.com through 08.12.2019, season begins 09.06.2019.

3RD & 2ND Grade

Instructional Basketball Program

This fun-filled 6-week instructional basketball program will help your child excel in the game of basketball. Learn proper dribbling, shooting, and defensive techniques in a non-competitive atmosphere. Program is 1 hour. **A \$10 late fee will take affect for anyone signing up after November 25.**

Ages: Grades 1-2

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

Location: NR High School 34600 Bainbridge Rd

Day	Date	Time
SAT	JAN-FEB	1:00-3:00PM

3RD & 4TH Grade

Junior Ranger Basketball Program

The North Ridgeville Junior Ranger Youth Basketball Program is one of our most popular programs. The league will partner with Fairview Park & Recreation and North Olmsted Parks and Recreation. Practices start in November with league play beginning in December. **A \$10.00 late fee will take affect for anyone signing up after October 18.**

Ages: Grades 3-4

Fee: \$60 Resident / \$70 Non-Resident

Location: N. Ridgeville, N. Olmsted, Fairview Park

Day	Date	Time
SAT	DEC-FEB	8:00AM-4:00PM

5TH & 6TH / 7TH-8TH Grade

Junior Ranger Basketball Program

The North Ridgeville Junior Ranger Youth Basketball Program is one of our most popular programs. The league will partner with Fairview Park, North Olmsted, Middleburg Hts., Berea, Columbia Station and West Park. Practices start in November with league play beginning in December. **A \$10.00 late fee will take affect for anyone signing up after October 18.**

Ages: Grades 5-6 & 7-8

Fee: \$60 Resident / \$70 Non-Resident

Location: Various Locations

Day	Date	Time
SAT	DEC-FEB	8:00AM-4:00PM

9TH-12TH Grade

Junior Ranger Basketball Program

The North Ridgeville Junior Ranger Youth Basketball Program is one of our most popular programs. The league will be an in-house league with no coaches. Practices start in November with league play beginning in December. **A \$10.00 late fee will take affect for anyone signing up after October 18.**

Ages: Grades 9-12

Fee: \$60 Resident / \$70 Non-Resident

Location: NR High School & NR Academic Center

Day	Date	Time
SUN	DEC-FEB	9:00AM-2:00PM

K-6TH Grade Basketball Skills Clinic

North Ridgeville Parks & Rec announces a 4-day skill camp for boys & girls K-6, partnered with Dan McNamara. Pre-season focus is on skills development in ball handling, movement and shooting. A great way to get ready for your winter hoops season. We will train on Wednesdays at the NRAC from 6-9PM. Starting Oct 9th and Ending Oct 30th. The first three weeks will be training, with the fourth week being a 3 on 3 tournament. All participants will receive a t-shirt.

Instructor: Dan McNamara

Ages: K – 6th grade

Fee: \$45 Resident / \$65 Non-Resident

Location: NR Academic Center 34620 Bainbridge Rd

Day	Date	Time	Grades
WED	10.09-10.30	6:00-7:30PM	K-2 nd
WED	10.09-10.30	7:30-9:00PM	3 rd -6 th

Fitness

All Levels Yoga

Our class, beginners to experienced students, will do poses focusing on alignment, focus-point and breath. The class is a low-to-medium paced flow of movement. You will receive personalized instruction in this 6-week course 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 yoga. **Each session is 6 weeks.**

Instructor: Danielle Smith

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	09.05-10.24	7:30-8:30PM
Ses II	THUR	10.31-12.12	7:30-8:30PM

No class on 11.28.2019

Ses III	THUR	12.19-01.30	7:30-8:30PM
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No class on 12.26.2019

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. **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: Community Cabin 35717 Bainbridge Rd

Session	Day	Date	Time
Ses I	THUR	10.10-11.14	6:15-7:15PM
Ses II	THUR	11.21-01.09	6:15-7:15PM

No class on 11.28.2019 & 12.26.2019



Chair Yoga

This class allows you to perform postures and breathing exercises with the aid of a chair. You can experience the many benefits of yoga without having to get up or down from the floor. Benefits of this class include increased balance, strength, flexibility, range of motion, and stress reduction. **Each session is 6 weeks.**

Instructor: Heather Gillespie

Ages: 18 and Up

Class Size: 04 minimum / 15 maximum

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

Location: NR Senior Center 7327 Avon Belden Rd

Session	Day	Date	Time
Ses I	FRI	09.20-11.01	8:00-9:00AM

No class 10.04.2019

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	09.25-11.06	6:15-7:15PM

No class on 10.02.2019

Ses II	WED	11.13-12.18	6:15-7:15PM
Ses III	WED	01.08-02.12	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: Diana Jancura

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	08.22-09.26	9:00-10:00AM
Ses II	THUR	10.10-11.14	9:00-10:00AM



Introduction To Yoga Series

This 6 week series will introduce you to “yoga language” and other terms you may hear in a yoga class. This series will provide you with a basic understanding of foundational yoga poses such as child’s pose, downward facing dog, cobra, warrior 1 & 2, tree, triangle & sun salutations. If you can breathe you can do yoga, all body shapes and levels of fitness are welcome to come play, explore, and learn about yoga. Come experience the benefits that yoga enables such as mindfulness, mental focus, stress management, and relaxation... as well as stretching and strengthening of your body.

Instructor: Diana Jancura

Ages: 13 and Up

Class Size: 04 minimum / 12 maximum

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

Location: Safetyville Building 35753 Bainbridge Rd

Day	Date	Time
MON	09.16-10.28	10:00-11:00AM

No class on 09.30.2019

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	09.11-10.23	7:30-8:30PM
Ses II	WED	10.30-12.04	7:30-8:30PM
Ses III	WED	12.11-01.29	7:30-8:30PM

No class on 12.25.2019 & 01.01.2020

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 11.05.19, 11.28.19 & 12.24.19



9TH Annual Black Light Zumba®

Light up the night in white and bright at the 9th Annual Black Light Zumba® Party! Enjoy a fun and exciting Zumba® fitness dance workout with instructor Isa Serra! It will be 60 minutes of hot and spicy fun! Everyone can Zumba®! White and neon colors will glow in the black light. Help spread the word and invite someone you know to try Zumba® - - the most fun dance-fitness workout on the planet!

Instructor: Isa Serra

Ages: 15 and Up

Class Size: 04 minimum / 20 maximum

Fee: \$4 Resident / \$5 Non-Resident Drop-In Rate

Location: Senior Center 7327 Avon Belden Rd

Day	Date	Time
TUES	10.29	6:30-7:30PM

Adult Ed

Caregiver Children & Their Elder Parents

Longer life spans mean that statistically adult children will spend as much time caring for aging parents as they do their own children. This workshop provides an overview of the factors families should consider for the care and safety of their parent and their assets while protecting the child from parental debts. It covers the essential directive families should have in place to ensure agents are authorized to act for the parent and addresses Medicare and Medicaid rules, care management, guardianship and other factors that can arise when a parent declines mentally and physically.

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
THUR	09.12	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
THUR	09.19	6:30-8:00PM

Top 10 Estate Planning Mistakes

This course will cover the 10 common planning mistakes that can put you and loved ones in jeopardy and increase expenses during a crisis and at death. Participants will leave with an understanding of the core directives essential in every plan as well as how to avoid planning gaps and conflicts to maintain maximum control at minimum cost.

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
THUR	10.03	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
THUR	10.17	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
THUR	12.05	6:30-8:00PM

Wine Bottle Art

Come join us while we create wine bottle art for your home or a gift. Price includes: paint/paste, stencil words/designs, and embellishment to wrap the top. Please bring an empty, label removed wine bottle.

Instructor: Marie Bell

Ages: 21 and Up

Class Size: 05 minimum / 10 maximum

Fee: \$15 Resident / Non-Resident

Location: Community Cabin 35751 Bainbridge Rd

Day	Date	Time
WED	11.06	6:30-8:00PM

Hurricane Creation

Sign up to make a hurricane glass item to adorn your home. You choose the saying, colors, and embellishments to make this piece to display in your home. If you have something special you would like to add bring it to class and see how it would look. Price includes glass container, transfer words/designs, paste, and supplies needed to create one glass piece.

Instructor: Marie Bell

Ages: 18 and Up

Class Size: 05 minimum / 10 maximum

Fee: \$35 Resident / Non-Resident

Location: Community Cabin 35751 Bainbridge Rd

Day	Date	Time
WED	10.09	6:30-8:00PM

Digital Photo 101

Confidence Building for Better Pictures

Do you enjoy photography but aren't sure what camera adjustments to make to capture GREAT photos? This course will provide you with skills and confidence to master your camera settings to improve your photography. This course will cover:

- The various digital camera settings and how to use them for best results
- How to save your digital photo files so they aren't lost if (when!) your hard drive crashes
- How to set-up a digital filing system to keep track of your photos
- Should you print your photos yourself or have a lab print them?
- How to recover lost photos from corrupted digital files
- Web sites for in-depth reviews on cameras and accessories
- Where to buy a digital camera at THE LOWEST PRICE
- Where to get free or inexpensive software for cataloging and fixing your photos
- Mark will also share his own IMPERFECT images and then reveal his "better take" of each scene and explain what he did to improve them
- Class attendees will be given the opportunity to bring in their own photos for critique to discover how they could make a good image better

Instructor: Mark Madere

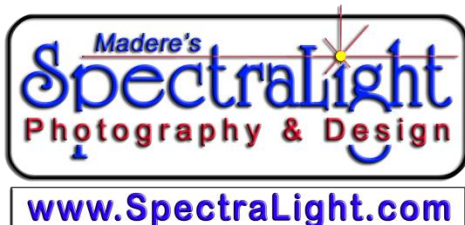
Ages: 18 and Up

Class Size: 06 minimum / 15 maximum

Fee: \$97 Resident / \$117 Non-Resident

Location: Community Cabin 35751 Bainbridge Rd

Day	Date	Time
WED	09.04-09.18	6:45-8:15PM



Special Events

NRPRD Annual FallFest

Come enjoy a fun fall day with the Parks & Recreation Department. Families will experience fun games, food vendors, face & pumpkin painting, balloon animals, pumpkin bowling, photo booth and hay rides (weather permitting). We buy a limited number of pumpkins to give out so come early so your child is guaranteed one.

Fee: FREE

Location: South Central Park 7565 Avon Belden Rd

Day	Date	Time
SAT	10.05	4:00-6:00PM

Spookville

Presented by North Ridgeville Lions Club

Come and face your fears inside this frightful forest. These woods are hiding someone...or something... That is always watching you! This can be enjoyed by children of all ages if you dare! Non-perishable food items will be collected to help benefit Community Care.

Ages: Fit for ALL ages

Fee: \$2 per person

Children 3 and under are FREE

Location: South Central Park 7565 Avon Belden Rd

Day	Date	Time
FRI	10.04	6:00-9:00PM
SAT	10.05	6:00-9:00PM

FortNite Tournament

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

Ages: 7-12 grades

Fee: \$5 Resident / Non-Resident

Location: Council Chambers 7307 Avon Belden Rd

Day	Date	Time
SAT	10.19	NOON-4:00PM

Tots Trick-Or-Treat

BOO!!! Bring out your little witches and goblins to City Hall to march in a parade and receive some ghoulish treats. Please pre-register for the event so we have plenty of treats for all to enjoy.

Ages: Up to 5 years old

Fee: FREE

Location: NR City Hall 7307 Avon Belden Rd

Day	Date	Time
FRI	10.25	1:00PM



Holiday Food And Toy Drive

Non-perishable food items and new toys in original packaging are needed to help benefit Community Care for the holidays. Drop off boxes will be located at City Hall, Parks & Recreation, and Senior Center.

Items can be dropped off November 4-December 6, Monday-Friday 8:00AM-4:30PM. We appreciate your donations and thank you for making the holidays brighter for families in need.

6TH Annual Cleveland Stache Dash

5K / 1 Mile Fun Run – Walk

Saturday, November 2ND

Join us for Cleveland's Premiere Celebration of the Stache – where your upper lip finally gets the attention it deserves. Can you think of a better excuse to stop shaving? **Register by Monday, October 21** to guarantee you receive a hooded sweatshirt. Goody bags to first 300 pre-registered. Post-race refreshments will be provided. This is a family-friendly event! Proceeds from the race benefit the North Ridgeville Parks & Recreation Department.

Fee:

5K Race:	\$30 Pre-Reg. / \$35 Race Day
5K Race (12 & under):	\$25 Pre-Reg. / \$30 Race Day
1 Mile:	\$20 Pre-Reg. / \$25 Race Day

Day	Date	Time	Race
SAT	11.02	8:45AM	1 Mile
SAT	11.02	9:00AM	5K Race

NRPRD Santa's Calling

The North Ridgeville Lions Club is assisting Mr. & Mrs. Claus this holiday season by providing them with a direct phone line into our community.

Parents who would like their children to receive a phone call from Santa should pick up a form at the NRPRD offices beginning October 30 or register online. Completed forms must be returned to Santa's mailbox at NRPRD 7307 Avon Belden Rd. **no later than Friday, November 29.**

Since this is the busiest time of the year for the Clauses, they'll have time for only one call to each family. It's very important that you're home during the time your call is scheduled! **Call Melissa at (440) 353-1503 for more info.**

Ages: 3-6 year olds

Fee: \$2 Residents ONLY

Day	Date	Time
WED	12.04	6:00-8:00PM
THUR	12.05	6:00-8:00PM

Christmas Tree Lighting Ceremony

Everyone is invited to this annual tradition. Various scout troops will decorate the tree, the North Ridgeville High School Choir will lead us in joyful holiday songs, while Mayor Gillock lights the community tree.

Location: South Central Park Gazebo

Day	Date	Time
SAT	12.07	5:00PM