

North Ridgeville Parks & Recreation

2019 SPRING-SUMMER PROGRAM GUIDE



**Registration
BEGINS
April 15**



Water Lantern Festival

Is an incredible experience where you, your friends, and family will create a magical memory of life. Page 8

Summer Adventure Camp

Camp will provide your child with opportunities to make new friends, play games, make art projects, and make memories. Page 5

Men's Basketball League

Looking to stay active this summer? Register today for our men's basketball league. 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

GOLD SPONSORS

Main Event Entertainment
Amica Insurance Company
Dollar Bank

SILVER SPONSORS

North Ridgeville Family Dentistry
Spacewalk of North Ridgeville
Maximize Fitness
Legacy Waste & Recycling
The Goddard School
North Ridgeville Arts Council
Center Cleaning
O'Neill Healthcare of North Ridgeville
Lions Club of North Ridgeville
Westside Community Church

BRONZE SPONSORS

Butternut Corners Market
Costin & Kendall CPAs
PNC Bank
Wilson Tree Service

Message from the Mayor...



Dear Residents,

I'm sure by now you have heard or read somewhere that I'm retiring at the end of 2019. I will continue to work as hard in 2019 as I've done the past 15 years. There's still work to be done!

I want to start by complementing our Parks & Recreation Department and their staff on their commitment to providing quality programs and recreation services to our community and beyond. During my State of the City Address in January, I had reviewed our departments' accomplishments in 2018. It's very impressive to see when you look at the number of programs that we offered and the number of participants that we've served varying in ages from very young to older adults. Let me do a quick recap for you so that you can see for yourself!

2018 Total Number of Participants = 11,652

Recreation Programs = 4,149 participants

Youth Sports 1,148; Adult Education 194; Summer Camp 206; Group Fitness 2,013; Tot Programs 561; and, Youth Programs 27.

Special Events = 7,503 participants Cleveland Stache Dash 490; Tots Trick-or-Treat 278; Fishing Derby 77; Daddy-Daughter Dance 212; Cornfest 3 on 3 Basketball 46; Star Spangled Celebration 4,000; FallFest 1,200; Santa's Calling 35; Touch-A-Truck 750; Lorain County Pride Day 80; Christmas Tree Lighting 60; Movies in the Park 125; Summer Concert Series 150.

Our Parks and Recreation Department staff continues to expand their offerings and enhance existing programs each year based on YOUR feedback. If you have any suggestions, please contact their office at (440) 353-0860.

To find out about upcoming projects that are planned, please join me at one of my upcoming coffee and conversation at City Hall in Council Chambers from 8-9:00 AM: Monday, April 8; Friday, May 3; Tuesday, June 4; Monday, July 1; Wednesday, August 7; and, Thursday, September 5. If you are unable to attend and have questions, please don't hesitate to call my office at (440) 353-0811.

Mayor Dave

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: 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

Session	Day	Date	Time
Ses I	MON	07.22-08.26	5:30-6:15PM
Ses II	MON	09.09-10.14	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

Session	Day	Date	Time
Ses I	MON	07.22-08.26	6:30-7:15PM
Ses II	MON	09.09-10.14	6:30-7:15PM

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 (W)

Session	Day	Date	Time
Ses I	M/W	05.06.06.03	4:30-5:00PM
No class 05.27.19			
Ses II	M/W	06.24-07.17	4:30-5:00PM

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
THUR	06.13-07.25	5:30-6:30PM	3-4
THUR	06.13-07.25	6:30-7:30PM	5-6

No class 07.04.19

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	05.04 & 05.11	10:00-10:45AM
Ses II	WED	05.15 & 05.22	4:00-4:45PM
Ses III	WED	06.19 & 06.26	10:00-11:00AM
Ses IV	TUES	07.23 & 07.30	11:30AM-12:15PM
Ses V	THUR	08.01 & 08.08	4:00-4:45PM

Wiggle & Giggle

Do your kids like to make loud noises, bang on a drum or march around to music? Wiggle and Giggle is an exploration of music and movement. We will experiment with musical instruments and engage in developmentally appropriate gross motor play. Both typically developing and special needs children can have fun and participate

Instructor: Beth Klimas

Ages: 2-5 year olds

Class Size: 07 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	05.02-05.23	5:30-6:00PM
Ses II	THUR	05.30-06.20	5:30-6:00PM
Ses III	THUR	06.27-07.11	5:30-6:00PM

No class 07.04.19

Safetyville

The North Ridgeville Police Department is sponsoring its annual Safetyville program. The program provides an educational setting in which children are exposed to various safety topics with regard to traffic, school bus, stranger danger, 911, fire safety, and more. The children receive their lessons inside an enclosed classroom and then practice these lessons outside within a realistic miniature village. Each session is one week. **For more information contact Somer Olivia at (440) 353-0799.**

Instructor: North Ridgeville Police Department

Ages: Boys/Girls entering Kindergarten in fall 2019

Class Size: 45 maximum per session

Fee: \$25 per child

Location: Safetyville Building 35753 Bainbridge Rd

Session	Day	Date	Time
Ses I	M-FRI	06.10-06.14	8:30-10:00AM
Ses II	M-FRI	06.10-06.14	10:15AM-11:45AM
Ses III	M-FRI	06.10-06.14	NOON-1:30PM
Ses IV	M-FRI	06.17-06.21	8:30AM-10:00AM
Ses V	M-FRI	06.17-06.21	10:15AM-11:45AM
Ses VI	M-FRI	06.17-06.21	NOON-1:30PM

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	05.11-06.01	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	06.15-07.13	9:00-10:00AM

No class 06.22.19

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	WED	05.08-05.29	5:00-6:00PM
Ses II	WED	06.26-07.17	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 114 Kenwood St. Elyria

Day	Date	Time
SAT	05.04-06.01	2:00-3:00PM

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	05.02-05.30	8:00-9:30PM (TH) 9:00AM-12:30PM (SAT)
Ses II	TH/SAT	06.01-06.29	8:00-9:30PM (TH) 9:00AM-12:30PM (SAT)
Ses III	TH/SAT	07.06-07.27	8:00-9:30PM (TH) 9:00AM-12:30PM (SAT)
Ses IV	TH/SAT	08.01-08.31	8:00-9:30PM (TH) 9:00AM-12:30PM (SAT)
No class 08.10.2019			
Ses V	TH/SAT	09.05-09.28	8:00-9:30PM (TH) 9:00AM-12:30PM (SAT)

Summer Adventure Camp

Summer break is just around the corner and you don't have a babysitter. What are you going to do? North Ridgeville Summer Adventure Camp is the perfect place for your child. Camp will provide your child with opportunities to make new friends, play games, make art projects, and enjoy a small snack. Emergency medical forms must be completed and turned in prior. Be sure to pack a non-perishable lunch and drink, bring a bathing suit, towel, sunscreen, and tennis shoes each day!

Ages: Entering 1-6 grade in fall of 2019

Class Size: 10 minimum / 30 maximum

Fee:

1st Child Weekly: \$135 Res / \$145 Non-Res

2nd Child Weekly: \$125 Res / \$135 Non-Res

3rd Child or More Weekly: \$115 Res / \$125 Non-Res

Fee is per registrant / per session

Field Trips:

Field trips will take place every Friday except for week 8; field trip will be on Wednesday, July 3. A schedule of the activities will be provided in the parent packet.

Week	Day	Date	Time
WK 1	M-FRI	06.10-06.14	7:30AM-5:30PM
WK 2	M-FRI	06.17-06.21	7:30AM-5:30PM
WK 3	M-FRI	06.24-06.28	7:30AM-5:30PM
WK 4	M-FRI	07.01-07.05	7:30AM-5:30PM
No camp on 07.04.19, \$20 discount this week only			
WK 5	M-FRI	07.08-07.12	7:30AM-5:30PM
WK 6	M-FRI	07.15-07.19	7:30AM-5:30PM
WK 7	M-FRI	07.22-07.26	7:30AM-5:30PM
WK 8	M-FRI	07.29-08.02	7:30AM-5:30PM

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	WED	05.01-05.22	5:00-6:00PM
Ses II	WED	06.05-06.26	5:00-6:00PM
Ses III	TUES	07.09-07.30	11:00AM-NOON
Ses IV	THUR	08.01-08.22	5:00-6:00PM

Outdoor Yoga Camp

By getting out of the studio and into nature you can experience yoga as it was originally intended. Yoga club is fun and engaging way for children to practice the art of yoga. A form of exercise that builds mind, body and spirit through stretching, breathing, movement, pose, activities and games. Outdoor Yoga Camp will be moved indoors if the weather does not cooperate.

Instructor: Heather Gillespie

Ages: 10-16 year olds

Class Size: 04 minimum / 15 maximum

Fee: \$75 Resident / \$85 Non-Resident

Location: South Central Park Gazebo

Day	Date	Time
M/T/W	07.08-07.10	9:00AM-NOON

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:

May 13: \$27 Resident / \$32 Non-Resident

May 20: \$37 Resident / \$42 Non-Resident

\$7 supply fee included

Location: Community Cabin 35717 Bainbridge Rd

Day	Date	Time	Design
MON	05.13	6:00-8:00PM	Cactus
MON	05.20	6:00-8:00PM	Ohio Home



Youth Sports

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 in 2019

Date: August-October

Fee: \$75 Resident / \$85 Non-Resident

Location: Shady Drive Complex 37077 Shady Dr

Junior Ranger Tackle 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

Youth Tennis

With Force Fitness

Are you looking for a new sports experience for your child? How about a professionally run introduction to a sport of a life time. Eric is a certified USPTR professional for over 20 years. Head tennis professional at Force Sports Rocky River for the past 7 years. As graduate and resident of North Ridgeville he is looking forward to working with the youth of the community. All participants should bring water, sunscreen & racquet. We reserve the right to modify schedule due to registration.

Instructor: Eric Hodge, USPTR Professional

Ages: 6-9 / 10-14

Class Size: 04 minimum / 10 maximum

Fee: \$65 Resident / \$75 Non-Resident

Location: South Central Park 7565 Avon Belden Rd

Session	Day	Date	Time	Age
Ses I	M/W	06.10-06.26	9:00-10:00AM 10:00-11:00AM	6-9 10-14
Ses II	M/W	07.08-07.24	9:00-10:00AM 10:00-11:00AM	6-9 10-14

Outdoor 5 on 5 Summer Basketball League With NRPRD & MAC Basketball

Want to get outside during the summer and play some hoops? Join this league with some friends and stay active this summer. Sunday morning starting at 11:00AM, 2 games a day, 8 regular season games followed by a single elimination tournament (June 30). 20 minute halves, all players receive a t-shirt.

Instructor: NRPRD & MAC Basketball

Ages:

Boys/Girls entering 3 & 4, 5 & 6, 7 & 8, 9-12 grades

Fee: \$55 Resident / \$65 Non-Resident

Full Team (max 10 players) \$425

Location: South Central Park 7565 Avon Belden Rd.

Day	Date	Time
SUN	06.02-06.30	11:00AM-5:00PM

Adult Sports

Men's Basketball League

Looking to stay active this summer? Register today for a 5 v. 5 men's basketball open recreation league. Teams will play an 8 game regular season, followed by a single elimination tournament. Prizes will be awarded to the champions & runners up of the tournament. Team uniforms required for game play.

Ages: 18 and Up

Fee: \$250 per team

\$28 per team, per game official fee pad onsite

Location: NR High School & NR Academic Center

Day	Date	Time
WED	06.05-08.07	6:00-10:00PM

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 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	05.16-07.11	7:30-8:30PM
No class 06.13.19, 06.20.19 & 07.04.19			
Ses II	THUR	07.18-08.29	7:30-8:30PM
No class 08.08.19			
Ses III	THUR	09.05-10.17	7:30-8:30PM
No class 10.03.19 & 10.10.19			

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	04.18-06.06	6:15-7:15PM
No class 04.25.19 & 05.02.19			
Ses II	THUR	06.27-08.15	6:15-7:15PM
No class 07.04.19 & 08.08.19			
Ses III	THUR	08.22-09.26	6:15-7:15PM

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	04.10-05.29	6:15-7:15PM
No class 04.24.19 & 05.01.19			
Ses II	WED	06.05-07.24	6:15-7:15PM
No class 06.12.19 & 06.19.19			
Ses III	WED	07.31-09.11	6:15-7:15PM
No class 08.06.19			

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: 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	FRI	04.26-05.31	8:00-9:00AM
Ses II	FRI	06.28-08.02	9:00-10:00AM

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	05.02-06.06	9:00-10:00AM
Ses II	THUR	06.27-08.15	9:00-10:00AM
No class 07.04.19 & 08.08.19			

Healthy Strides

A Cleveland Clinic Program

Combines a casual 30-minute walk, preceded by a brief informative talk by local health professionals and city officials. All members of the community are welcome. Program is free to attend with no pre-registration needed. In case of inclement weather walks will be canceled for the evening. Cancellations will be posted on our website and department Facebook® Page.

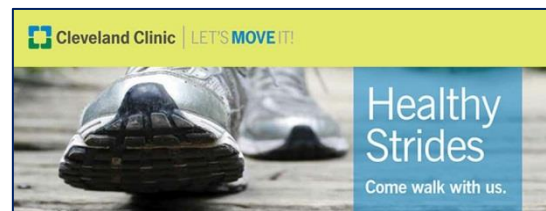
Program will run for 12 consecutive Thursdays.

Ages: Open To All Ages

Fee: FREE to the general public

Location: Pav. 1 S. Central Park 7565 Avon Belden Rd

Day	Date	Time
THUR	06.13-08.29	6:00-7:00PM
No walk 07.04.19		



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	06.24-07.29	10:00-11:00AM



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	05.06-06.17	6:30-7:30PM

No class 05.27.19

Tai Chi Balance II

This class is for those who have taken Tai Chi Balance previously and want to learn a continuation of new movements. We will review the previous 12 forms and learn new forms every week. Join us and take your Tai Chi Balance skills to the next level.

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	06.24-07.29	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	05.29-07.24	7:30-8:30PM

No class 06.12.19, 06.19.19 & 07.03.19

Session	Day	Date	Time
Ses II	WED	07.31-09.04	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 05.07.19, 07.04.19 & 08.08.19

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. **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	05.02-06.06	10:15-11:15AM
Ses II	THUR	06.27-08.15	10:15-11:15AM

No class 07.04.19 & 08.08.19

Adult Ed

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	05.15	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	06.12	6:30-8:00PM

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.

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	06.19	6:30-8:00PM

Stress Management

This workshop will address various forms of stress, including a stress self-assessment. We will explore the effects of stress on the physical body, as well as how to manage thoughts, perceptions, emotions, boundaries, relationships, communication, and even daily life choices which have cumulative and long-term effects on well-being.

Instructor: Diana Jancura

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	05.09	6:30-8:00PM

Hidden Enemies – Sugar & Salt

The goal of this workshop is to identify how to find hidden sugar and salt, as well as discussing alternatives to sugary and salty ingredients that don't affect blood sugar or sodium intake. Many of the foods on our supermarket shelves contain processed sugar and salt. And while some food items may be obvious in their sugar/sodium content, others contain these "hidden enemies" that can undermine nutrition or a specialized diet aimed at controlling/limiting one's sugar (diabetes management) or sodium intake (blood pressure management).

Instructor: Diana Jancura

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	06.06	6:30-8:00PM

Plants Over Pills Seminar

The word "diet" immediately attracts controversy and naysayers. 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.

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	07.24	6:30-8:00PM

52 Healthy Habit Challenge

How can busy people commit to a healthier/happier lifestyle? There are cultures in the world that seem to have it all — long, robust lives, lots of laughter and friendship, and an ability to handle stress in a positive and productive way. Our jobs are busy, our kids are demanding, and frankly, sometimes we just want to chill. How might we realistically change this? Habits!

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	08.07	6:30-8:00PM

When Did Food Stop Being Food Seminar

What are the ingredients in strawberry yogurt? Hint: they include way more than just "strawberries" and "yogurt." What about apple juice? Hint: more than just "apples." In this presentation, Dr. Gupta introduces the myriad of preservatives, sweeteners, colorings, and flavorings that pollute our foods, and their potential effects on our health.

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	08.21	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
FRI	05.03	6:30-8:00PM

The Truth About Estate Planning

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.

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
FRI	05.17	6:30-8:00PM

How To Avoid Nursing Home Poverty

This class is designed to give attendees an overview of the primary ways long term care can be paid for, what each law requires in terms of eligibility for coverage of care expenses, and how to navigate the various systems for the best outcome without "overpaying" under the rules.

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
TUES	07.23	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.

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
TUES	08.06	6:30-8:00PM

Special Events

Touch-A-Truck

Sponsored By: South Of The Square Collision Center

Get up close and personal with all kinds of big trucks! This unique event encourages children (and adults!) to touch vehicles, ask questions and even climb inside to take in the view from the driver's seat.

Ages: 2-10

Fee: FREE

Location: NR High School Parking Lot

Day	Date	Time
SAT	06.01	10:00AM-NOON

City of North Ridgeville Star Spangled Celebration

Enjoy a fun-filled family event as we celebrate our Independence. Join us for bounce houses, balloon twisters, live music, and a variety of food vendors. A spectacular fireworks show will follow at dark. Our Star Spangled Celebration is **FREE** to the general public.

Fee: FREE

Location: South Central Park 7565 Avon Belden Rd

Day	Date	Time
WED	07.03	7:00-9:30PM

Rain date 07.05.18 (fireworks only)

Water Lantern Festival Presented By: One World

This festival is an incredible experience where you, your friends, and your family will create a magical memory of life. It can be a very emotional experience, writing down some of your hopes and dreams, or a letter to a loved one, and then sending it out into the water. At Water Lantern Festival, we cherish these moments and will do our best to help you have a memorable experience that you'll never forget. For more information and to purchase tickets please visit www.waterlanternfestival.com.

Ages: Open To All Ages

Fee: \$35 Resident / Non-Resident

Location: South Central Park 7565 Avon Belden Rd

Day	Date	Time
SAT	09.14	4:00-10:00PM

Movies In The Park

Join us for a free Movie In The Park! Bring your chair, have a picnic dinner, catch up with your neighbors and enjoy the free movie series. Movies are shown at South Central Park and begin at dusk.

We will try to get in as many movies as possible, but sometimes the weather doesn't cooperate. For movie updates during the season you can visit our Rainout Line tab on our website.

Fee: FREE to the general public

Location: S.Central Park Gazebo 7565 Avon Belden Rd

Day: Every Other Friday

Dates: June 21, July 5, 19 and August 2

Time: Movies start at dusk

Summer Concert Series

On Friday evenings sweet sounds of music and friendly greetings fill the air at the South Central Park Gazebo with the City of North Ridgeville Summer Concert Series. The FREE concerts have a variety of performers appropriate for all age groups. All are invited to bring a lawn chair or blanket and enjoy this traditional summer pastime.

We will try to get in as many concerts as possible, but sometimes the weather doesn't cooperate. For concert updates during the season you can visit our Rainout Line tab on our website.

Fee: FREE to the general public

Location: S.Central Park Gazebo 7565 Avon Belden Rd

Day: Every Other Friday

Dates: June 14, 28, July 12, 26 and August 16

Time: 7:00-9:00PM

Cornfest 3 on 3 Basketball Tournament

Grab some friends and sign up for North Ridgeville's 3 on 3 basketball tournament. This 3 on 3 tournament offers an exciting opportunity to display your teams' talents. This is a double elimination tournament with prizes awarded to each division champion & runner-up.

Instructor: NRPRD & MAC Basketball

Ages: Entering 3-12 grades in the fall of 2019

Broken into boys & girls divisions

Fee: \$85 per 4-person team

4 team minimum per division

Location: South Central Park 7565 Avon Belden Rd

Day	Date	Time
FRI	08.09	6:00-9:00PM
SAT	08.10	8:00AM-8:00PM
SUN	08.11	8:00AM-6:00PM

Fifa Tournament

North Ridgeville Parks & Recreation announces a 1 day Fifa Tournament for grades 7-12. We will have a 7 & 8 grade division and a 9-12 grade division. Format will be double elimination tournament. Winners receive gift cards.

Ages: 7-12 grades

Fee: \$5 Resident / Non-Resident

Location: Council Chambers 7307 Avon Belden Rd

Day	Date	Time
SUN	08.04	NOON-4:00PM