

Macedonia

Program & Activity Guide

Fall 2011



Fall Registration

Member Registration
Resident Registration
Open Registration

Fall Begins August 15th
Fall Begins August 19th
Fall Begins August 20th

@ 8:00 a.m.
@ 8:00 a.m.
@ 8:00 a.m.

Annual Facility Maintenance Oct. 17 - Oct. 23
The Building will close at 6:00 p.m. on Sunday
Oct. 16 and reopen Oct. 24 at 5:30 a.m.

City of Macedonia Family Recreation Center
1494 East Aurora Rd. Macedonia, Ohio 44056
(330) 468-8370 Fax (330) 468-8377
www.MacRec.com

"FREE Class Week"

August 21 - 27, 2011

Free Programs - Sunday, August 21

Land Fitness

Beginner Yoga 12:15 - 1:15 p.m.

Water Fitness

Aqua Fusion 1:00 - 2:00 p.m.

Free Programs - Monday, August 22

Land Fitness

Boot Camp 9:00 - 10:00 a.m.
Arthritis Tai Chi 10:30 - 11:15 a.m.
SilverSneakers Range of Motion 11:30 a.m. - 12:30 p.m.
Low Impact 5:30 - 6:15 p.m.
Sculpt & Tone 6:30 - 7:15 p.m.
Zumba 7:30 - 8:30 p.m.

Water Fitness

Deep Water Aerobics 8:00 - 9:00 a.m.
Aqua Shape N Tone 9:00 - 10:00 a.m.
Arthritis Exercise 10:30 - 11:30 am

Free Programs - Tuesday, August 23

Land Fitness

Tighten N Tone 9:15 - 10:00 a.m.
SilverSneakers Range of Motion 10:15 - 11:00 a.m.
Cardio Hip Hop 5:30 - 6:15 p.m.
Pilates 6:30 - 7:15 p.m.
Group Cycling 7:30 - 8:30 p.m.
Wellness Yoga 7:30 - 8:30 p.m.

Water Fitness

SilverSneakers SilverSplash 9:00 - 10:00 a.m.
Arthritis Exercise 11:15 a.m. - 12:15 p.m.
Aqua Fusion 6:30- 7:30 p.m.

Free Programs - Wednesday, August 24

Land Fitness

Boot Camp 9:00 - 10:00 a.m.
SilverSneakers YogaStretch 10:15 - 11:00 a.m.
SilverSneakers Range Of Motion 11:30 a.m. - 12:30 p.m.
Low Impact 5:30 - 6:15 p.m.
The Ride 5:30 - 6:45 p.m.
Sculpt & Tone 6:30 - 7:15 p.m.
Zumba 7:30 - 8:30 p.m.

Water Fitness

Deep Water Aerobics 8:00 - 9:00 a.m.
Aqua Shape N Tone 9:00 - 10:00 a.m.
Arthritis Exercise 10:30 - 11:30 a.m.

We are pleased to invite Members and Non-Members to try a FREE class during our FREE Class Week! Take as many classes as you like. We will be offering our Fall line up of Land and Water Fitness Classes. Come in to meet and talk to our instructors, who will help you find a workout to meet your needs. FREE CLASSES will only be offered Aug. 21 - Aug. 27. If you are unable to attend during this week, classes will NOT be offered at any other time free of charge during the session on a trial basis. A description of each workout may be found throughout the brochure. Classes will be open until full enrollment.

Free Programs - Thursday, August 25

Land Fitness

Tighten N Tone 9:15 - 10:00 a.m.
SilverSneakers Range of Motion 10:15 - 11:00 a.m.
Cardio Hip Hop 5:30 - 6:15 p.m.
Cardio Kickboxing 7:00 - 7:45 p.m.
Group Cycling 7:30 - 8:30 p.m.

Water Fitness

SilverSneakers SilverSplash 9:00 - 10:00 a.m.
Arthritis Exercise 11:15 a.m. - 12:15 p.m.
Aqua Fusion 6:30- 7:30 p.m.

Free Programs - Friday, August 26

Land Fitness

Pilates 9:15 - 10:00 a.m.
Gentle Yoga 6:00 - 7:00 p.m.

Water Fitness

Deep Water Aerobics 8:00 - 9:00 a.m.
Aqua Shape N Tone 9:00 - 10:00 a.m.
Arthritis Exercise 10:30 - 11:30 a.m.

Free Programs - Saturday, August 27

Land Fitness

Rock Hard Abs 8:15 - 9:00 a.m.
Group Cycling 8:30 - 9:30 a.m.
Morning Bootcamp 9:15 - 10:00 a.m.
Wellness Yoga 11:00 a.m. - 12:00 p.m.

Water Fitness

Aqua Fusion 8:15 - 9:15 a.m.

OPEN TO THE PUBLIC!

Tot Room will be offered free for those parents participating in the FREE Class Week! Make your reservation for the Tot Room early!!! Space is limited. Please note: This is only free to parents who participate in the free workouts from Aug. 22 - 26

Contents

FAMILY RECREATION CENTER BUILDING HOURS

Monday - Thursday 5:30 a.m. - 9:00 p.m.
 Friday 5:30 a.m. - 8:00 p.m.
 Saturday 8:00 a.m. - 6:00 p.m.
 Sunday 12:00 - 6:00 p.m.
 Pool Closes one hour before facility.

SPECIAL BUILDING CLOSINGS

The Macedonia Family Recreation Center will be closed on Easter, Memorial Day, July 4th, Labor Day, Thanksgiving, Christmas Eve, Christmas Day, New Year's Eve and New Year's Day.
 Annual Facility Maintenance Oct. 17 - Oct. 23

ADMINISTRATION OFFICE HOURS

Monday - Friday 8:00 a.m. - 5:00 p.m.
 Phone (330) 468-8370
 Fax (330) 468-8377

Mayor

Don Kuchta

Macedonia City Council

Shane Barker
 Dave Engle
 Ken Martin
 Mike Miller
 Nick Molnar
 Sam Pilato

Department of Parks and Recreation

Angela Gmerek Director
 John Doyle Aquatics Coordinator
 Cindy Funk Administrative Coordinator
 Chris Griffith Membership/Marketing Coord.
 Alan Hamski Recreation Coordinator
 Bill Lupica Building Foreman

Recreation Commission

Joe Biber
 Dan Cegelka
 Daniel Gallagher
 Ken Greer
 Jennifer Molnar

Macedonia Parks & Recreation

Mission Statement

The primary purpose of the Macedonia Parks and Recreation Department and its employees is to provide facilities, service, equipment, and supervision to best meet the needs of the people of Macedonia. The Macedonia Recreation Department provides all programs and facilities on a non-discriminatory basis for all citizens, regardless of age, race, sex, creed, or disability. Every effort will be made to accommodate all participants. If you need any special assistance to use our facility, please call us in advance, if possible, to make arrangements.

****OPEN TO THE PUBLIC****
DAILY & ANNUAL
RATES AVAILABLE! - SEE PAGE 4 & 5!

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GET FIT, HAVE FUN, MAKE FRIENDS!
JOIN THE NATION'S LEADING FITNESS PROGRAM
FOR OLDER ADULTS FOR FREE!

SilverSneakers offers an innovative blend of physical activity, healthy lifestyle and socially oriented programming that allows older adults to take greater control of their health. SilverSneakers members receive:

- **A free fitness center membership** at the Macedonia Family Recreation Center with access to conditioning classes, exercise equipment, pool, sauna and other available amenities
- **Customized SilverSneakers classes** designed exclusively for older adults who want to improve their strength, flexibility, balance and endurance
- **Health education seminars** and other events that promote the benefits of a healthy lifestyle
- **A specially trained Senior Advisor** at the fitness center to introduce you to SilverSneakers and acquaint you with their site

The award-winning* SilverSneakers Fitness Program is a proven, results-oriented program that enables older adults, often burdened with chronic conditions, to take charge of their health and maintain an active, independent lifestyle.

*The SilverSneakers Fitness Program is a winner of the 2004 HAN Award from the Healthcare and Aging Network of the American Society on Aging.

® SilverSneakers is a registered mark of Healthways, Inc.

SILVERSNEAKER ORIENTATION EVERY TUESDAY 11:00 A.M.

FREE SOCIAL EVENTS FOR MEMBERS:

- › WII BOWLING TOURNAMENT SEPT. 9 @ 10:00 A.M.
- › GLUCOSE AND BLOOD PRESSURE CHECKS OCT. 4 @ 10:45 A.M.
- › AETNA MEDICARE PRESENTATION OCT. 10 @ 10:00 A.M.

Membership Information

Membership packages are available to Macedonia residents/Macedonia commercial property owners and the general public. In addition to being able to use the entire facility during open hours, members enjoy priority registration, discounted prices for programs and facility rental, and a New Rec. Center PERKS card. (Summer Monthly, College Student Winter and Military Memberships are excluded.)

Please keep these passes/coupons in a safe place. They are non-replaceable.

Memberships are non-transferable and non-refundable.

Come join the excitement! Become a member today!

Membership Package	Macedonia Resident	General Public	Macedonia Business
Individual – Youth (10 – 14 yrs.)	\$158/yr.	\$254/yr.	N/A
Individual – Junior (15-18 yrs.)	\$172/yr.	\$275/yr.	N/A
Individual – Adult (19-61 yrs.)	\$207/yr.	\$330/yr.	\$248/yr.
Family 2	\$275/yr.	\$440/yr.	\$330/yr.
Family 3 or more	\$344/yr.	\$550/yr.	\$413/yr.
Senior – Single (62 yrs. +)	\$117/yr.	\$193/yr.	\$144/yr.
Senior – Couple (62 yrs. +)	\$172/yr.	\$275/yr.	\$207/yr.
College Student Winter Break (Full- time/19-23 yrs.)	\$45	\$67	N/A
Summer Monthly(30 days consecutive starting May 1 and ending no later then Sept 30)	\$45	\$67	N/A
Military(Active Duty)	<i>No cost for a period up to 4 weeks per year.</i>		
Nordonia Hills Safety Forces	<i>Annual membership discount of \$100.00. See package description for details.</i>		

Pricing Policy

It is the policy of the Parks and Recreation Department to provide our residents and members with a discount for programs for which they are already making significant contributions through property tax, income tax or membership fees. This policy is designed to help equalize fees among members and Macedonia residents versus residents of other communities. Prices are set to cover the cost to operate the individual program and to contribute to the overall financing of the department. It is our goal to price programs fairly and competitively, and to operate in a fiscally responsible fashion. Prices are subject to change without notice.

Identification is required when purchasing a membership:

1. Photo ID: Driver's License, state ID or school ID
2. Proof of Residency: Current utility bill: gas, cable, electric, landline telephone, car registration, water or sewer. Envelopes with addresses displayed will not be accepted.
3. Birth certificate or Marriage License: Upon request.
4. Full time college: Class schedule with 12 hours for current quarter/semester, student name and official college schedule.
5. Macedonia commercial property owners: Deed and current tax bill. Commercial property owners will receive resident rate for membership packages
6. Military: Active duty Military identification.
7. Same household proof: Upon request.
8. Nordonia Hills Safety Forces: Employment verification letter required on their Township or Village letterhead stating that they are with twp. or village Police, Fire or EMS in the Nordonia Hills School District.

Membership Information

Individual – Youth Individual is considered 10-14 years of age. Standard proof of residency required from parent. Age verification required from birth certificate or valid photo ID.

Individual – Junior Individual is considered 15-18 years of age. Standard proof of residency required from parent. Age verification required from birth certificate or valid photo ID.

Individual – Adult Individual is considered 19-61 years of age. Standard proof of residency and ID required.

Family 2 Consists of 2 adults living in the same household or 1 adult and 1 legally dependent child between the ages of 3-18 living in the same household. Children 2 and under are free. Standard proof of residency and ID required for both adults. Age verification of child required from birth certificate or valid photo ID.

Family 3 or More Consists of 2 adults living in the same household and any legally dependent children 3 - 18 years of age and/or children 19 - 23 who are full-time college students living in the same household. Full-time college verification (class schedule with 12 hours for current quarter/semester, student name and official college schedule.) Children 2 and under are free. Standard proof of residency and ID required for both adults & full-time college student. Age verification of children required from birth certificate or valid photo ID.

Senior Single A senior is considered 62 years of age and older. No other senior discounts apply. Standard proof of residency and ID required. Age verification required.

Senior Couple Consists of 2 senior adults 62 years of age and older living in the same household. No other senior discounts apply. Standard proof of residency and ID required for both adults. Age verification required.

College Student Winter Break
Any consecutive 6-week period Nov. 1 – Jan. 31 (membership cannot extend beyond Jan. 31). Membership is for full-time college students ages 19-23. Full-time college verification (class schedule with 12 hours for current quarter/semester, student name and official college schedule) is required. Standard proof of residency and ID required. Age verification required from birth certificate or valid photo ID. An alternative is to add the student to the Family Membership.

Business Membership
Requires a pay stub from a Macedonia business showing a Macedonia City Tax. Businesses in the JEDD subject to review by the Administrative Staff.

Summer Monthly Membership
Monthly Membership package available May 1 – September 30 (any consecutive 30 day period).
Membership cannot extend beyond September 30.
Standard proof of residency and ID required.

Military Membership An individual membership for all active duty United States Armed Forces that are on an authorized leave will receive this membership at no cost for a period of up to four weeks per year. Must provide military identification.

Nordonia Hills Safety Forces
Annual membership discount of \$100.00 is given to all current Safety Forces employees that work for a Township or Village in the Nordonia Hills School District. This will be available for Police, Fire and EMS employees only. Employment verification letter required on their Township or Village letterhead stating that they are with Police, Fire or EMS in the Nordonia Hills School District. Not available for the Sheriff's Department. *Safety Forces memberships must be paid in full.* Standard proof of residency and ID required.

Healthway's "Silversneakers" Program
Seniors may be eligible for a free membership to the Macedonia Family Recreation Center at no cost through participating insurance companies. To see if you are eligible, call 330-468-8375.

Corporate Memberships
Available to companies located inside or outside of Macedonia. Minimum number of participating employees required. For more details call (330) 468-8375.

Returned Check Policy
A returned check from the bank will be charged a \$12.50 fee.

Payment Plan
For your convenience, a Payment Plan Program is available for annual memberships. First payment is due at time of sign-up along with a \$40.00 processing fee. Additional payments will be electronically withdrawn quarterly from your checking/savings account. When signing up for this program, please bring a voided check and a valid credit card (debit cards not accepted).

Daily Pass

The daily pass is made available to anyone not wishing to purchase a membership. (Residency verification required).
Children 2 years and under are free when accompanied by an adult.

Macedonia Resident Adult	\$7.00
Macedonia Resident Child/Senior (12 yrs. & under or 62+)	\$5.00
General Public Adult	\$9.00
General Public Child/Senior (12 yrs. & under or 62+)	\$7.00

Facility Policies

The City of Macedonia is dedicated to providing safe facilities and equipment for all participants, as well as qualified staff. Every effort is made to ensure the safety of the participants and to provide them with first-class recreational activities, facilities and parks. Participants must recognize that all programs of a physical nature involve some risk and by registering for a program of this nature, there is an assumption of risk by the participant. In the event of a serious accident or illness, it is the policy of the City to contact the Macedonia Fire Department to perform first aid and, when necessary, recommend transport of the victim to a hospital; and reach the parent or guardian as soon as the situation allows.

Effective April 25, 2011:

A valid government issued photo ID (i.e. Driver's License, Military ID, Passport, State Issued ID) for anyone 16 years of age and older is required for facility tours, daily passes, annual memberships or program registrations.

Use of the facilities by families and citizens of all ages is strongly encouraged. The following rules and policies have been established to help operate and maintain the Macedonia Family Recreation Center. Please feel free to bring comments or your suggestions to the attention of any staff member, or simply use our suggestion box conveniently located at the front desk.

1. Follow Rec. Center Staff instructions at all times.
2. Everyone must check in at the front desk.
3. Current membership, daily pass, or enrollment in a program is required to gain access to the Macedonia Family Recreation Center. Misuse of membership privileges can result in immediate suspension of membership with no refund.
4. The Macedonia Family Recreation Center is a tobacco-free and alcohol free facility.
5. No pets allowed except those assisting a person with a disability or if a special program (i.e. obedience class, dog show) is scheduled.
6. Monday through Thursday, during the school year the Macedonia Family Recreation Center will not be open to those under the age of 15 years after 8 p.m. unless enrolled in a program activity or accompanied by a parent or adult (18 years or older).
7. Children 9 years of age and younger must have a paying adult/parent in the building at all times. Children 6 years of age and younger must be accompanied by an adult at all times throughout the building. Children in strollers cannot be left unattended and must be within arm's reach of a responsible adult at all times.
8. Pay phones are available for the convenience of the patrons.
9. Vandalism and defacing of property will not be tolerated. Vandals will be prosecuted.
10. Loitering or use of profanity in the facility or outside the building will not be tolerated.
11. Proper attire will be required when using the building. Members and guests are asked to keep in mind that the facility is a family oriented public facility.
12. Outside of the pool area, swimsuits must be covered with top and bottoms. Shoes must be worn.
13. The staff at the Macedonia Family Recreation Center will collect and hold lost and found items for a two-week period. After that time items will be donated to a charitable organization.
14. The use of the sauna, steam room and spa is restricted to those 15 years or older. 15. The track will have designated "Family Track Hours," when children 12 and under may be on the track with an adult. At all other times it is restricted to those 13 years and older.
16. Public display of amorous affection is not permitted and will not be tolerated.
17. Eating and drinking permitted in designated areas only.
18. No spitting, chewing tobacco, or gum is permitted.
19. Each area has individual policies for your safety and enjoyment, please follow these policies.
20. The following activities are not permitted and will result in suspension, expulsion or termination of membership: Fighting, Stealing, Property Damage/Vandalism, Loitering (inside or outside of facility), Disorderly Conduct, Horseplay, Littering, & Verbal Abuse of Staff and/or Patrons.
21. We recommend that any individual involved in strenuous activity carry appropriate identification in case of any emergency.
22. Hair dye or hair color products are not permitted in restrooms or the locker rooms.
23. The Macedonia Family Recreation Center staff reserves the right to add, amend or delete rules as necessary.

Fitness Center Guidelines

1. New patrons should request a fitness orientation during the posted hours to acquaint themselves with the proper use of the equipment.
2. Fitness center users must be a minimum of 15 years old to be on the floor. 12 - 14 year olds can workout on equipment if they have received their certification card from taking a Teen Training or a Personal Training session. 12 & 13 year olds must have an adult present at all times. Your certification card must be with you at all times or you cannot use the equipment.
3. Please clean equipment after use.
4. Water bottles only will be permitted in this area. No other beverage or food please.
5. Please do not bang or slam the weights.
6. Be courteous to others who are waiting. Do not rest on equipment.
7. The buddy system of training is highly recommended.
8. Spotters will be required when working with free weights.
9. Appropriate attire is required at all times.
10. Lockers must be used for storage of gym bags and personal items.
11. During peak hours there may be time restrictions on the cardiovascular equipment.
12. Do not operate any equipment with damaged or loose parts. Notify staff if problems exist.
13. Clean non-marking athletic footwear required.
14. During wet weather please bring an additional pair of dry, clean shoes.
15. If you need help, please see the fitness attendant for assistance (evenings after 5pm or on weekends).

Facility Policies

Natatorium Guidelines

The Natatorium will have posted hours of operation for each pool. Check at the front desk monthly for the current schedule.

1. Follow the Lifeguard's instructions at all times.
2. Children 6 years and younger must be accompanied by an adult who must be present in the pool area.
3. Children 4 years and younger must have an adult in the water with them at all times.
4. Everyone must shower before entering the pool, whirlpool, sauna, or steam room.
5. The use of the sauna, steam room, and spa is restricted to those 15 years or older.
6. The following floatation devices are permitted in the lap and activity pool: noodles, baby seat floaters, water wings and coast guard approved jackets. Any child using a floatation device must have an adult in the water with them at all times. If the pool is at the maximum limit the pool staff may require patrons to remove all floatation devices.
7. Food, gum, and drinks are prohibited in the pool area.
8. Water diapers are to be worn by anyone who is not toilet trained.
9. Swimsuits are required-No cut offs or jean shorts permitted. Exceptions may apply.
10. Persons with infectious conditions such as colds, open sores or eye infections are not permitted in the pool.
11. No running on pool deck or vending area.
12. Circle swimming will be expected during times of heavy lap lane use.
13. The starting blocks are only for swim team and swim lesson use during organized practice, lessons, and swim meets.
14. No glass containers will be permitted on the pool deck.
15. We ask that you please do not wear street shoes into the pool area.
16. One person at a time on the board.
17. Wait for the person ahead of you to reach the ladder or wall before approaching the board.
18. Jump straight in front of the board, not off to the side.
19. Only forward jumps, dives, and flips are permitted.
20. Pool will close 15 minutes before the building closes. Please plan to be out of the building by closing time.
21. Please report all accident, incidents & problems to the Aquatic Staff.
22. Swim test may be required before swimming.
23. Any person having a fecal or vomit accident will be asked to leave the Natatorium for the remainder of the day.
24. The Parks & Recreation Department reserves the right to close facilities or pools in the Natatorium under any circumstance.

Steam Room & Sauna Guidelines

The Steam Room and Sauna will have posted hours of operation each month. Check at the front desk monthly for the current schedule.

1. Must be 15 years or older to use steam room or sauna.
2. Observe reasonable time limits (10 – 15 minutes) long exposure may result in illness or fainting.
3. Everyone must shower before using.

4. Pregnant women, elderly persons, and persons suffering from; heart disease, diabetes, high or low blood pressure should not use the steam room/sauna with out first consulting a doctor.
5. Swimsuits are required-No cut offs or jean shorts permitted. Exceptions may apply.

Whirlpool Guidelines

The Whirlpool will have posted hours of operation each month. Check at the front desk monthly for the current schedule.

1. Must be 15 years of age or older to use whirlpool.
2. Everyone must shower before using.
3. Pregnant women, elderly persons, and persons suffering from; heart disease, diabetes, high or low blood pressure should not use the whirlpool without first consulting a doctor.
4. Do not enter whirlpool while under the influence of alcohol, tranquilizers or other drugs that cause drowsiness or that raise or lower blood pressure.
5. Observe reasonable time limits (10 – 15 minutes) then leave the water and cool down before returning for another brief stay.
6. Long exposure may result in nausea, dizziness, or fainting.
7. Do not use alone.
8. Do not use at water temperatures greater than 104 degrees Fahrenheit.

Locker Room Guidelines

1. Locker Rooms are available for those using the Macedonia Family Recreation Center.
2. Children 7 years and older should use the appropriate gender locker room.
3. A Family Changing Room is provided for families with small children. Parents must be present.
4. All users must provide their own locks during their stay at the center.
5. All locks must be removed at the end of the day. Any locks left after closing will be removed and all contents placed in the "lost and found".
6. All children should be supervised when using the locker rooms.
7. The Macedonia Family Recreation Center is not responsible for lost or stolen articles. Please do not bring valuables into the facility.
8. Cell phones and photographic devices not permitted in the locker rooms, bathrooms or Family Changing Room.
9. Food, gum and drinks are prohibited in the locker room area.

Check-In Process

Enjoy our express check in process. To enter the facility as a member, you must stop at the Front Desk and enter your membership number into a keypad. A staff member will then verify your picture. Each member visit will be recorded in the computer.

Facility Policies

Family Changing Room Guidelines

1. The Family Changing Area is available for people with children under 7, and for those with special needs.
2. The main doors to this area will no longer be locked. This way all users will have free access to their belongings when needed.
3. This area now has two private areas for changing, the bathroom and the curtained area. The bathroom should be locked when in use. Please limit your time in these areas to 5 minutes, as others may be waiting. Do not store any personal belongings in these areas.
4. The common area contains lockers for storing belongings and a diaper changing station for infants and toddlers.
5. Cell phones and photographic devices not permitted in the locker rooms, bathrooms or Family Changing Room.

If you need assistance please ask the front desk or pool staff.

Track Guidelines

1. The running track is for those 13 years and older (12 years with certification card and parent present). The track has designated "Family Track Hours," when children 12 and under may be on the track with an adult.

FAMILY TRACK HOURS:

Tuesday	3:30 p.m. - 5:30 p.m.
Friday	6:00 p.m. - 9:00 p.m.
Saturday	11:30 a.m. - 2:30 p.m.
Sunday	11:00 a.m. - 6:00 p.m.

2. Strollers and bunting seats are permitted upstairs during **Stoller Track Hours: Monday, Wednesday and Friday 12:00 - 3:00 pm.** Hands free, front or backpack infant carriers are permitted on the track at all times.
3. Everyone must follow the designated signs, which indicate the direction to run/walk. The direction will be changed daily.
4. Walkers please stay to the inside of the track and runners to the outside.
5. Children ages 12 years and under are not permitted upstairs unless they are enrolled in a program or are here for Family Track Hours.
6. Clean non-marking athletic footwear required.
7. During wet weather please bring an additional pair of dry, clean shoes.

Nautilus Total Body Circuit Guidelines

The idea behind circuit training is to provide a resistance training workout for your entire body, while providing cardiovascular training at the same time. In order to accomplish this goal, users must utilize the equipment in order, and according to the prescribed time interval. Please observe the following guidelines to maximize the benefits of the circuit, and to keep it running smoothly.

1. Follow the digital clock on the wall set for 90 seconds. The clock will count down to zero and a tone will sound. This is your signal to begin.
2. Begin with the leg press station and work each piece in clockwise (numerical) order.
3. As always, clean each piece of equipment after use.

4. Between each piece of equipment do 90 seconds of cardiovascular exercise. Cycling, walking/jogging in place or some other cardio activity is fine. The track is a convenient option.
5. Notice the Rear Delt/Pec Fly machine is for performing two separate exercises. Space permitting, you may treat it as two stations and do a cardio interval in between each exercise.
6. Do not rest on equipment.
7. At each station perform one (1) set of 8-12 repetitions. You can do more reps as time allows.
8. Use controlled movement speed, (2 seconds lifting and 4 seconds lowering) and full range of motion.
9. You may skip machines, but only if you are not interfering with another user.
10. If you wish to enter the circuit, please wait until a time change interval and do not interfere with those already using the circuit.
11. You may do the circuit as many times as you wish, but please limit yourself to one time through when this area is busy.

Fee Information

Fees must be paid at the time of registration. Only receipt of payment reserves registration. Members of the Macedonia Family Recreation Center will receive a discount on classes that take place at the Recreation Center. Classes have limited enrollment. Fees for programs may be paid by cash, check, Visa or MasterCard.

Checks may be made payable to:
City of Macedonia

Refund Policy

Activity, program, or class refund or credit: Participant will receive a full refund or credit if the Parks & Recreation Department cancels an activity. Participant cancels 5 business days prior to first day of activity, a full refund or credit will be issued minus an \$5.00 administration fee. If participant cancels less than 5 business days prior to first day of activity, participant will receive prorated refund or credit minus \$5.00 an administration fee from date of notification.

Special Refund: Refund for bus trips will be issued if spot can be filled. If expenditure has been made on behalf of a participant, that amount will be deducted from the total refund. Any refund of \$5 or less will be credited to an account at the Rec. Center. Department supervisors reserve the right to adjust the policy and request documentation, depending upon the circumstances and the severity of the situation. Department supervisors reserve the right not to grant all refund requests. Participants should recognize and understand that activities of a physical nature involve some level or risk, and by registering for the class/program/activity the participant (or participant's guardian) has assumed responsibility for that risk. Memberships and daily passes are non-refundable or non-transferable.

Returned Check Policy

A returned check from the bank will be charged a \$12.50 fee.

Registration Information

Registration Guidelines

All registration is done at the Macedonia Family Recreation Center. Priority is given to members first. Register promptly to ensure your position in the program and to prevent possible cancellation due to low enrollment. We reserve the right to cancel classes due to insufficient enrollment prior to the start of the class. We accept registrations until the class is full or as noted:

Swim Lessons: Because of the progressive nature of swim lessons no registration will be accepted after the second class begins.

Fitness Classes: (Land & Water): Registration is accepted throughout the entire session. No prorated fees available. Drop ins welcome for some classes; see course description for details.

Youth Sports Organizations:

Registration dates are published as available for these programs. Call for current information.

Drop In Fee Guidelines

A drop in fee is available for some programs (see program description for drop in availability and pricing). When classes are full, dropping in will not be possible. All classes require a minimum number of pre-registered participants to operate. If minimum enrollment is not met, classes will be cancelled. The best way to ensure a spot in a class is to pre-register. All drop in registrations must be done in person at the front desk before entering the class.

Waiting Lists

Waiting lists are available for popular programs. If a class is full please leave your name and phone number for the waiting list. You will be contacted if a space becomes available.

Special Services

Birthday Party Package

Have your child's next birthday party at the Macedonia Family Recreation Center! Children (ages 12 & under) will enjoy 1 hour of swimming, followed by 1 hour in our Activity Room for cake & presents. We will provide the party table set up complete with balloons! **Party package pricing includes all adults and chaperones.** Note: Chaperones must be in the swimming pool area for children 6 years & younger and in the water with children 4 years & younger. Reservations for Birthday Party Packages begin during the program registration week. Please see front desk for additional details. Refunds will not be issued for cancellations made within two weeks of the party date. All refunds are subject to administrative fees. Party dates available on: Fridays, Saturdays and Sundays only.

	Program Fee	Mac. Res. Fee	Member Fee
Up to 20	\$95	\$85	\$75
21-30	\$145	\$130	\$115
31-40 max	\$190	\$170	\$150

Special Services

Kidz Corner

Hours of Operation:

Monday – Friday 9:00 a.m. – 1:00 p.m.
Monday - Thursday 5:00 p.m. – 8:00 p.m.

Service is not available on Friday evenings,
weekends or holidays.

Open to ages 1½ to 8 years old.

1. The Tot Room will be available for babysitting services for anyone using the facility. Enrollment in a program does not guarantee a Tot Room reservation.
2. Parents must remain in the center during the child's visit to the Tot Room.
3. The fee is \$2.00 per hour reservation with a maximum of 2 hours per visit/day. Reservations can be made in the following time increments:
1 hour; 1½ hours; 2 hours. A maximum number of 8 children will be accepted per hour in the Tot Room.
4. It is recommended that reservations be made at least 24 hours in advance.
5. Cancellations must be made 24 hours in advance.
6. Members that are enrolled in a class can register their child in the Tot Room for the current class session and all others will be allowed to register their child for a maximum of 3 weeks at a time.
7. Reservations can be made at the front desk or by phone with a credit card (MC/Visa/Debit).
8. The Tot Room staff will not be able to feed, diaper or supply medicine to the children.
9. No sick children will be accepted.
10. All belongings should be labeled.
11. Please do not send your child with food or beverages.
12. A current Tot Room Medical Information Form must be on file.
13. The Tot Room area has a slide bolt located on the outside of the half door.
For more information see front desk staff.

Attention:

Payment will be required when making Tot Room reservations. If reservations are made over the phone, a credit card number will be required. The card will not be charged until the time of the reservation. It will also be charged in the event of a "no show." To avoid being charged, all cancellations must be made at least 24 hours in advance. If cancellation is not made within that time due to a child's illness, a doctor's note must be provided to avoid being charged.

Facility Rental Information

All rental applications must be in writing. The Recreation Department reserves the right to deny any rental application. All rentals subject to availability. For complete information on facility rental please call the Macedonia Family Recreation Center at (330) 468-8370 between the hours of 8:00 a.m. – 5:00 p.m.

Class 1: City of Macedonia Departments and Organizations established by the City and current annual members of the Macedonia Family Recreation Center.

Class 2: Macedonia based, Non profit, tax exempt corporations as established by the IRS (examples: civic organizations, churches, fraternal bodies) not charging admissions.

Class 3: Any organization, institution, agency, group or individual not included in Class 1 – 2; or anyone in Class 2 charging admission.

5. SECURITY DEPOSIT – A \$50.00 Security Deposit is required for all rentals. The Security Deposit will be refunded (a check to be mailed from the City of Macedonia within 4 weeks) unless:
 - a. You cancel the rental with less than 2 weeks notice.
 - b. The facility is left dirty.
 - c. Any damage has occurred to City property as a result of your rental
 - d. You or your party violates the terms of the Rental Agreement.
6. Macedonia Family Recreation Center lifeguards will supervise all activities in the natatorium. Please have an accurate estimate of attendance at the time of the rental so we may plan accordingly. The rental fee includes up to 25 people. There will be an additional fee of \$35.00 per hour for each additional 25 persons, or portion there of, in attendance.
7. Any time the Colorado Timing system is in use, Macedonia Family Recreation Center staff will set-up, run and remove the system. The fee is an additional \$25.00 per hour.

Shelter Reservation Policy

1. Shelters may be reserved by Macedonia Residents beginning January 1st for that current year. Non-residents may reserve shelters after February 1st for that current year. Proof of residency required.
2. Shelters available to reserve on a first come first serve basis.
3. Electrical Outlets are available at Longwood only. Sanitary facilities are also available. Water is now available at Longwood, and features a sand volleyball court, hiking trails, softball fields, and playgrounds. Sugarbush offers a basketball court, softball field, playground, and hiking trails.
4. Alcoholic Beverages are Prohibited.
5. The Shelter reservation will not exempt you from the rules of the park or the City of Macedonia. Park hours are from 8:00am to 8:00pm. Shelters are reserved for the entire day. (Dawn to Dusk)
7. Cost of reserving shelters:
Residents:\$25 weekdays (M-F) \$50 weekends/holidays
Non-residents: \$50 weekdays (M-F) \$75 weekends/holidays
8. Refunds will be issued only when shelter is deemed unusable by the Parks and Recreation Administrative Staff or when a request for a refund is made 30 days before the event.

Longwood 1- accommodates up to 100 people and has 10 tables.
 Longwood 2 - accommodates up to 100 people and has 10 tables.
 Longwood 3 - accommodates up to 65 people and has 6 tables.
 Sugarbush - accommodates up to 85 people and has 8 tables.

Hourly Rental Rates				
Room/Area	Maximum Occupancy	Class 1 per hour	Class 2 per hour	Class 3 per hour
Activity Room	40	\$30	\$40	\$50
Rotunda - Section	40	\$20	\$30	\$35
Natatorium – Whole*	200	\$150	\$200	\$300
Natatorium – Lap pool	100	\$90	\$100	\$120
Natatorium- Activity Pool	75	\$90	\$100	\$120
Natatorium – Lap Lane	10	\$20	\$25	\$30

**The entire natatorium can only be rented outside of the regular hours of operation.*

Rental Policies and Fees

1. The application for use of areas within the Macedonia Family Recreation Center shall be in writing and submitted to the Macedonia Family Recreation Center Staff. All areas of the application must be filled out completely and must be signed by a responsible representative of the requesting organization or party.
2. Rental requests will be accepted on a quarterly basis to correspond with program registration dates. Requests must be received a minimum of 2 weeks in advance.
3. Your rental fee payment and completed Rental Agreement must be received prior to approval and confirmation.
4. When events are scheduled outside of the normal business day, a fee of \$25.00 per hour will be assessed. A minimum of two hours will be charged.

Aquatics Division

The facility offers many Water Fitness Activities to fit your schedule. The minimum age for classes is 12. Depending on the swimming ability of the child, the parent may be required to attend class with the child. Participants ages 12 to 17 must have a parent or guardian sign a waiver form for them to participate in class. If you need assistance in choosing the appropriate water fitness class for yourself, please feel free to call (330) 468-8372.

Water Fitness Activities

Drop In Fee

When space is available you may pay per class.

Program Fee	Mac. Res. Fee	Member Fee
\$7.00	\$6.00	\$5.00

Arthritis Aquatic Exercise Program

This class is designed for individuals with arthritis. It is not intended to replace a prescribed regimen of therapeutic exercises. The warmth and buoyancy of the water can help decrease pain and/or stiffness and help improve or maintain joint flexibility. The Activity Pool is kept at 86 - 87 degrees and allows for easy access. The class takes place in shallow water. You need to be comfortable in the pool but do not need to know how to swim in deep water.

Drop ins welcome. Coupon accepted.

<u>Session</u>	<u>Date (s)</u>	<u>Time</u>	<u>Day</u>
Fall I (7 weeks/20 classes)	<u>No Class Sept. 5</u>		
	Aug. 29 - Oct. 14	10:30-11:30 a.m.	M/W/F
	Fee: Program \$70/ Resident \$60 / Member \$50		
Fall I (7 weeks/14 classes)	Aug. 30 - Oct. 13	11:15 a.m.-12:15 p.m.	T/TH
	Fee: Program \$49/Resident \$42/Member \$35		
Fall II (8 weeks/21 classes)	<u>No Class week of Nov. 20</u>		
	Oct. 24 - Dec. 16	10:30-11:30 a.m.	M/W/F
	Fee: Program \$73/ Resident \$63/ Member \$53		
Fall II (8 weeks/14 classes)	<u>No Class week of Nov. 20</u>		
	Oct. 25 - Dec. 15	11:15 a.m.-12:15 p.m.	T/TH
	Fee: Program \$49/Resident \$42/Member \$35		

Aqua Shape N Tone

Try a new twist to the traditional water work out! This class is designed to keep you moving while you enjoy socializing with friends at the rec. center. Our water exercise instructors will help you gain cardiovascular endurance, muscular strength, and improve your range of motion with less joint impact in our 84 degree lap pool.

Drop ins welcome. Coupon accepted.

<u>Session</u>	<u>Date (s)</u>	<u>Time</u>	<u>Day</u>
Fall I (7 weeks/20 classes)	<u>No Class Sept. 5</u>		
	Aug. 29 - Oct. 14	9:00 - 10:00 a.m.	M/W/F
	Fee: Program \$105/ Resident \$86/ Member \$67		
Fall II (8 weeks/14 classes)	<u>No Class week of Nov. 20</u>		
	Oct. 24 - Dec. 16	9:00 - 10:00 a.m.	M/W/F
	Fee: Program \$74/ Resident \$60/ Member \$46		

CHECK THE MACEDONIA FAMILY RECREATION CENTER WEBSITE PERIODICALLY! NEW PROGRAMS OR CLASSES WIL BE POSTED.
WWW.MACREC.COM

Water Fitness Activities

SilverSneakers® SilverSplash®

FREE CLASS FOR SILVERSNEAKERS MEMBERS

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

Session	Date (s)	Time	Day
Fall I (7 weeks/14 classes)	Aug. 30 - Oct. 13	9:00-10:00 a.m.	T/TH
	Fee: Program \$74/Resident \$60/Member \$46		
Fall II (8 weeks/14 classes)	<u>No Class week of Nov. 20</u>		
	Oct. 25 - Dec. 15	9:00-10:00 a.m.	T/TH
	Fee: Program \$74/Resident \$60/Member \$46		



Deep Water Aerobics

Experience the training intensity of deep-water exercise. This class will incorporate aerobic training, strengthening, stretching, muscle conditioning, range of motion, interval training and circuit training. Participants will wear a water belt for the deep-water portion of this class. Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
Fall I (7 weeks/20 classes)	<u>No Class Sept. 5</u>		
	Aug. 29 - Oct. 14	8:00-9:00 a.m.	M/W/F
	Fee: Program \$105/Resident \$86/Member \$67		
Fall II (8 weeks/21 classes)	<u>No Class week of Nov. 20</u>		
	Oct. 24 - Dec. 16	8:00-9:00 a.m.	M/W/F
	Fee: Program \$110/Resident \$90/Member \$70		

Aqua Fitness Fusion

Instructor: Kris Kearns

This Fitness Fusion Class will help you achieve your fitness goals - Definitely a fun class! A low impact, high energy class using a combination of exercises designed to improve your cardiovascular system and muscle tone without the traditional wear and tear on your body. Integrated stretching exercises that seamlessly flow from one to the next helping to create long lean muscles during the recovery period and cool down portion of the class.

Drop ins welcome. Coupon accepted

Session	Date (s)	Time	Day
Fall I (7 weeks/14 classes)	Aug. 30 - Oct. 13	6:30-7:30 p.m.	T/TH
	Fee: Program \$84/Resident \$70/Member \$56		
Fall I (7 weeks/7 classes)	<u>No Class Sept. 4</u>		
	Sept. 3 - Oct. 15	8:15 -9:15 a.m.	Sat
	Aug. 28 - Oct. 16	1:00 - 2:00 p.m.	Sun
	Fee: Program \$42/Resident \$35/Member \$30		
Fall II (8 weeks/14 classes)	<u>No Class week of Nov. 20</u>		
	Oct. 25 - Dec. 15	6:30-7:30 p.m.	T/TH
	Fee: Program \$84/Resident \$70/Member \$56		
Fall II (8 weeks/7 classes)	<u>No Class week of Nov. 26 & 27</u>		
	Oct. 29 - Dec. 17	8:15 -9:15 a.m.	Sat
	Oct. 30 - Dec. 18	1:00 - 2:00 p.m.	Sun
	Fee: Program \$42/Resident \$35/Member \$30		

OOPS! WE CANCELED A CLASS BECAUSE WE DIDN'T KNOW YOU WERE COMING! SOMETIMES GREAT CLASSES GET CANCELED WHEN TOO MANY PEOPLE WAIT UNTIL THE LAST MINUTE TO REGISTER. PLEASE AVOID DISAPPOINTMENT AND REGISTER EARLY!

Aquatic Programs

When choosing a class for your child it is important to look at both the age and skill level. Improper placement can lead to frustration for the parent, instructor and child. Because this is a motor skill activity, every child will progress at their own pace. In swimming lessons, the child must master basic skills for each stroke prior to moving to the next level. In many cases, children will repeat a level in order to perfect these skills. If you have questions regarding placement, please do not hesitate to ask the staff for assistance.

All swim classes have limited space available. No make-up lessons for missed lessons. Participants will receive a full refund or credit if the Parks & Recreation Department cancels a lesson.

No drop ins. Coupon accepted.

How to Get Started?

1. Select Appropriate Program
Parent and Child Aquatics 6 months - 5 years
Aqua Tots Program 3 - 5 years
Jr. Swimmers Program 5 - 12 years
Adult Swimming Program 18 years and older
2. Select Appropriate Level (see course descriptions)
3. Select the Days and Times that you are available.
4. Sign up and pay for class at the front desk.
5. Enjoy your class!

Session Dates and Times

(See swim lessons schedules for specific day and times.)

Fall I Session

Saturdays: Sept. 10 - Oct. 15

Evenings: Mondays - Aug. 29 - Oct. 10 (No Class Sept. 5)

Wednesdays - Aug. 31 - Oct. 12

Days: Tuesdays - Aug. 30 - Oct. 11

Thursdays - Sept. 1 - Oct. 13

Fall II Session (No Class week of Nov. 20)

Saturdays: Oct. 29 - Dec. 17

Evenings: Mondays - Oct. 24 - Dec. 12

Wednesdays - Oct. 26 - Dec. 14

Days: Tuesdays - Oct. 25 - Dec. 13

Thursdays - Oct. 27 - Dec. 15

Parent and Child Aquatics

The foundation of American Red Cross Parent and Child Aquatics is a set of basic skills that prepares young children to become comfortable in the water so they can be ready to learn how to swim. These basic skills include getting adjusted to the water environment, showing comfort while maintaining a front or back position in the water and demonstrating breathe control. These classes will not make your child an independent swimmer, instead, these classes will prepare your child to enter our Learn to Swim program when they are more mature.

Little Splashers

The Little Splashers class is for children who are 6 months to 2 years old and have either no water experience or one previous session of water adjustment lessons. The goals of Little Splashers are to provide experiences and activities for parents and children to: Learn how to enter and exit the water in a safe manner, feel comfortable in the water, submerge, explore buoyancy in a front and back position, change body position in the water, and learn about choosing and using life jackets.

Big Waves

The Big Waves class is for children: 18 months to 4 years old and have had two or more previous sessions of water adjustment lessons, submerge only reluctantly or not at all, or require flotation support at all times, OR are up to 5 years old and have little or no previous experience in water adjustment lessons, are reluctant to enter the water or submerge, requires flotation support at all times, or may benefit from parental presence and support in the water. The Big Waves class builds upon the skills learned in Little Splashers. The goals of the Big Waves class are to provide experiences and activities for parents and children to: Learn how to enter and exit the water in a safe manner, feel comfortable in the water, submerge in a rhythmic pattern, explore buoyancy in a front and back position, perform combined stroke on front and back, change body position in the water, and learn about choosing and using life jackets.

Aquatic Programs

Aqua Tots Program

The Aqua Tots Program is for those 3 to 5 years old. The American Red Cross Learn-to-Swim program teaches aquatic and safety skills in a logical progression. It is composed of six levels. The objective is to teach people to swim and to be safe in, on, and around the water. Skills are categorized in the following way in levels 1 through 5: Water entry and exit, breath control and underwater swimming, buoyancy, changing direction and position, treading, swimming on front, back, and side, general and personal water safety, and helping others. Level 6 focuses on refining strokes and turns, and building endurance. The parent is not in the water with the child and will be asked to leave the immediate pool area. The children must be able to trust the instructor completely. Once the child turns 6 years of age, they will be required to move to the Junior Swimmers Program, and will not be permitted to register for the Aqua Tots Program. The two programs are exactly the same. The only difference is age. Please see class descriptions.

Jr. Swimmers Program

The Junior Swimmers Program is for those 5 to 12 years old. The American Red Cross Learn-to-Swim program teaches aquatic and safety skills in a logical progression. It is composed of six levels. The objective is to teach people to swim and to be safe in, on, and around the water. Skills are categorized in the following way in levels 1 through 5: Water entry and exit, breath control and underwater swimming, buoyancy, changing direction and position, treading, swimming on front, back, and side, general and personal water safety, and helping others. Level 6 focuses on refining strokes and turns, and building endurance. Parents will be asked to leave the immediate pool area. Please see class descriptions.

Aqua Tot 1/Level 1 Introduction to Water Skills

There are no prerequisites for this course. The objective of Level 1 is to help students feel comfortable in the water and to enjoy the water safely.

Aqua Tot 2/Level 2 Fundamental Aquatic Skills

Students entering this course must have a Level 1 certificate or must be able to demonstrate all the completion requirements in Level 1. The objective of Level 2 is to give students success with fundamental skills. Students learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills. Students explore simultaneous and alternating arm and leg actions on the front and back to lay the foundation for future strokes. Level 2 adds to the self-help and basic rescue skills begun in Level 1.

Aqua Tot 3/Level 3 Stroke Development

Students entering this course must have a Level 2 certificate or must be able to demonstrate all the completion requirements in Level 2. The objective of Level 3 is to build on the skills in Level 2 by providing additional guided practice. The students will be taught to coordinate the front crawl and back crawl. Elements of the butterfly and treading water will be introduced. Students will also learn rules for headfirst entries and will begin to learn to enter the water headfirst from the side of the pool. As in all levels, additional safety skills will be presented.

Aqua Tot4/Level 4 Stroke Improvement

Students entering this course must have a Level 3 certificate or must be able to demonstrate all the completion requirements in Level 3. The objective of Level 4 is to develop confidence in the strokes learned thus far and to improve other aquatic skills. Students can expect to improve their skills and increase their endurance by swimming familiar strokes (front crawl and back crawl) for greater distances. Students will continue to build on the butterfly and introduce the elementary backstroke, breaststroke, and elements of the sidestroke. Basics of turning at a wall are also introduced.

Level 5 Stroke Refinement

Students entering this course must have a Level 4 certificate or must be able to demonstrate all the course requirements in Level 4. The objective of Level 5 is coordination and refinement of strokes. Participants refine their performance of all the strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke) and increase their distances. Flip turns on the front and back are also introduced.

Level 6 Fitness Swimming

Students entering this course must have a Level 5 certificate or be able to demonstrate all course requirements in Level 5. Participants will be refining all of the 6 strokes so they can swim with more ease, efficiency, power, and smoothness over greater distances. They will also be working on turns, swimming with the pace clock, and using pull buoys, fins, and paddles to build strength and endurance.

Aquatic Programs

Adult Swimming Program

This swimming program has a little bit for everyone. Did you always wish that you had learned how to swim as a child? Well it's never too late to get started. The purpose of this program is what YOU want to get out of it. For some of you that may mean personal safety, "I want to be able to save myself." For others it may be learning to swim the basic strokes so that you can later use them for fitness swimming. Your needs will be discussed at the beginning of the class, and the class will be geared towards meeting your personal goals.

Private Swim Lessons

If your swimming skills aren't ready for public viewing, or if our group lessons don't fit your schedule, we can provide one on one sessions with experienced instructors tailored to meet your needs. Whether you've never learned to swim or just want to improve your technique, we can match you with the appropriate level of instruction. Call today for an appointment. No coupon.

Program Fee	\$30.00/ half hr./ per student
Macedonia Resident Fee	\$25.00/ half hr./per student
Member Fee	\$20.00/ half hr./per student

Semi-Private Lessons

Receive the benefits of a private lesson with a friend or family member. The following fees are in addition to the private lesson fee. By appointment only. (Maximum of 4 participants in a semi-private lesson.) No coupon.

Program Fee	\$15.00/ half hr./ per student
Macedonia Resident Fee	\$13.00/ half hr./per student
Member Fee	\$10.00/ half hr./per student

CPR/AED for the Professional Rescuer Challenge

Renew your American Red Cross CPR for the Professional Rescuer certification. Recertification available by appointment only. Call 330-468-8372 to schedule an appointment. No drop ins. No coupon.

Program Fee	\$ 50.00
Macedonia Resident Fee	\$ 45.00
Member Fee	\$ 40.00

Scout Troop Aquatic Badges

If your Scout Troop would like to fulfill some aquatic merit badge requirements, let us help you reach your goals. Time is available Saturday afternoons. A maximum of 10 scouts per session please, due to equipment and space restrictions. Dates are set by appointment only. Troops must pre-register after dates have been reserved through the Aquatics Coordinator. Refunds for troop cancellations will not be given unless a one-week notice is given. Please specify which badge your troop is interested in. Troops are allowed two chaperones with package, any additional people will be charged daily admission rate.

No drop ins. No coupon.

Boy Scouts: Swimming Badge, or Snorkeling Badge
(1st and 2nd class swimming requirement)

Cub Scouts: Aquanaut Pin

Jr. Girl Scouts: Swimming Badge, Water Fun Badge

Girl Scouts: Water Sports Interest Project

Scout Troop Package \$80.00/ per troop

Call (330) 468-8372 to reserve your date.

CHECK THE MACEDONIA FAMILY RECREATION CENTER WEBSITE PERIODICALLY! NEW PROGRAMS OR CLASSES WIL BE POSTED. WWW.MACREC.COM

Lifeguard Challenge

Renew your American Red Cross Lifeguard Training and First Aid

certification. Recertification available by appointment only.

Call 330-468-8372 to schedule an appointment.

No drop ins No coupon.

Program Fee	\$100.00
Macedonia Resident Fee	\$ 90.00
Member Fee	\$ 75.00

Aquatic Programs

Buckeye Diving Scuba Certification Part I

Learning to scuba dive is one of the most amazing things in the world. Part one of the two part training is offered by Buckeye Diving School here at the Macedonia Family Recreation Center. Part one consists of a one night a week class for six weeks. Each class is three hours long and spends equal time in the pool as well as the classroom. Students learn the fundamentals of scuba and theory followed by hands on training in the pool each class. Upon completion students need to take an additional two day class to finalize their scuba certification in an open water environment. This class is an additional fee (\$185) and is offered through Buckeye Diving School. The first night of class is an orientation where a comprehensive outline is given to cover all the responsibilities of the student, fees and equipment requirements. Students will need to own their own mask, snorkel, boots and fins. These can be purchased at Buckeye Diving School or can be rented for the class, for safety reason please no outside equipment allowed. Class fee will include training, use of equipment, pool time, books, DVD and log book. Please visit www.buckeyediving.com for details or call us at 440-439-3677.

Session	Date (s)	Time	Day
Fall I (6 week/6 classes)			
	Sept. 6 (orientation) - Oct. 11	6:00-8:45 p.m.	Tue
	Fee: Program \$330/Resident\$310/Member\$290		
Fall II (8 week/7 classes) <u>No Class Nov. 22</u>			
	Oct. 25 (orientation) - Dec. 13	6:00-8:45 p.m.	Tue
	Fee: Program \$330/Resident\$310/Member\$290		

Family Night Pool Parties

Bring the family and enjoy an evening of fun with a splash! There will be music, dancing, games, concession stand, and fun for everyone! Pre-registration is required and space is limited, so don't miss out!

October 8
7:00 - 9:00 pm
Deadline to register is Oct. 1

Per Date:
Adults \$7.00
Children 12 & Under \$5.00

November 5
7:00 - 9:00 pm
Deadline to register is Oct. 29

Per Date:
Adults \$7.00
Children 12 & Under \$5.00

Competitive Stroke Conditioning Clinic

Interested in improving your swimming strokes? Want to prepare for the winter swim team? Don't let all your hard work on summer swim team go to waste-stay in the water! Fall stroke clinic will help you maintain your competitive edge. Ages 6-18.

No drop ins. No coupon.

Dates Saturdays
Oct. 29 - Dec. 17
No Class Nov. 26
Time 12:00 - 1:00 p.m.

	First Child	Additional Siblings
Program Fee	\$95.00	\$ 85.00
Macedonia Resident Fee	\$75.00	\$ 65.00
Member Fee	\$55.00	\$ 45.00

MANTA RAYS RECREATIONAL SWIM TEAM

Children who have at least a basic knowledge of the competitive strokes will train twice a week to develop their strokes and compete in dual meets throughout the season. The practices will be broken up into groups based on age and swimming ability. Practices will be held Tuesday and Thursday evenings between 5:00 - 8:00 p.m. Actual practice time will be determined by group placement.

No drop ins. No coupon.

Ages: 6-18
Dates: January - March
Practice Time: 5:00 - 8:00 p.m.

	First Child	Additional Siblings
Program Fee	\$190.00	\$ 170.00
Macedonia Resident Fee	\$160.00	\$ 140.00
Member Fee	\$130.00	\$ 110.00

**MANTA RAYS
RECREATIONAL SWIM TEAM
PARENT MEETING
DECEMBER 7TH 6:00 P.M.**

Swim Charts

Fall I Swim Lesson Schedule

August 29 - October 15, 2011

7 weeks / 7 classes
(Mon/Sat- 7 weeks / 6 classes)

Fall I Fees	Program Fee \$49.00 (\$42.00 for Mon and Sat)	Macedonia Resident Fee \$42.00 (\$36.00 for Mon and Sat)	Member Fee \$35.00 (\$30.00 for Mon and Sat)
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AGE	CLASS	No Class 9/5 MON	TUE	WED	No Class 9/3 SAT
6 mos- 5 years	Little Splashers	6:10-6:40 pm	9:00-9:30 am		11:20-11:50 am
	Big Waves	6:45-7:15 pm	9:00-9:30 am		11:55-12:25 pm
3-5 years	Aqua Tot 1	5:00-5:30 pm	9:35-10:05 am		9:00-9:30 am
		5:35-6:05 pm	10:10-10:40 am		9:35-10:05 am
		6:10-6:40 pm	3:00-3:30 pm		
	Aqua Tot 2	5:00-5:30 pm	9:35-10:05 am		9:00-9:30 am
		5:35-6:05 pm	11:20-11:50 am		9:35-10:05 am
		6:10-6:40 pm	3:35-4:05 pm		11:20-11:50 am
	Aqua Tot 3	6:45-7:15 pm	10:10-10:40 am		9:00-9:30 am
		7:20-7:50 pm			9:35-10:05 am
Aquat Tot 4	6:45-7:15 pm			9:35-10:05 am	
5-12 years	Level 1	5:00-5:30 pm	10:45-11:15 am	6:05-6:35 pm	10:10-10:40 am
		7:20-7:50 pm	4:10-4:40 pm	7:15-7:45 pm	10:45-11:15 am
	Level 2	5:35-6:05 pm	10:45-11:15 am	5:30-6:00 pm	10:10-10:40 am
		7:20-7:50 pm	11:20-11:50 am	6:40-7:10 pm	10:45-11:15 am
			4:45-5:15 pm	7:15-7:45 pm	11:20-11:50 am
	Level 3			5:30-6:00 pm	10:45-11:15 am
				6:40-7:10 pm	11:20-11:50 am
				7:15-7:45 pm	11:55-12:25 pm
	Level 4			5:30-6:00 pm	10:10-10:40 am
				6:05-6:35 pm	10:45-11:15 am
	Level 5			6:05-6:35 pm	10:10-10:40 am
	Level 6			6:40-7:10 pm	11:55-12:25 pm
	Adult		12:00-12:30 pm		11:55-12:25 pm

Swim Charts

Fall II Swim Lesson Schedule

October 24 - December 17, 2011

8 weeks / 7 classes
(No Classes week of Nov. 20)

Fall I Fees	Program Fee \$49.00	Macedonia Resident Fee \$42.00	Member Fee \$35.00
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AGE	CLASS	No Class 11/21 MON	No Class 11/22 TUE	No Class 11/23 WED		No Class 11/26 SAT
6 mos- 5 years	Little Splashers	6:10-6:40 pm	9:00-9:30 am			11:20-11:50 am
	Big Waves	6:45-7:15 pm	9:00-9:30 am			11:55-12:25 pm
3-5 years	Aqua Tot 1	5:00-5:30 pm	9:35-10:05 am			9:00-9:30 am
		5:35-6:05 pm	10:10-10:40 am			9:35-10:05 am
		6:10-6:40 pm	3:00-3:30 pm			
	Aqua Tot 2	5:00-5:30 pm	9:35-10:05 am			9:00-9:30 am
		5:35-6:05 pm	11:20-11:50 am			9:35-10:05 am
		6:10-6:40 pm	3:35-4:05 pm			11:20-11:50 am
	Aqua Tot 3	6:45-7:15 pm	10:10-10:40 am			9:00-9:30 am
		7:20-7:50 pm				9:35-10:05 am
	Aquat Tot 4	6:45-7:15 pm				9:35-10:05 am
	5-12 years	Level 1	5:00-5:30 pm	10:45-11:15 am	6:05-6:35 pm	
7:20-7:50 pm			4:10-4:40 pm	7:15-7:45 pm		10:45-11:15 am
Level 2		5:35-6:05 pm	10:45-11:15 am	5:30-6:00 pm		10:10-10:40 am
		7:20-7:50 pm	11:20-11:50 am	6:40-7:10 pm		10:45-11:15 am
			4:45-5:15 pm	7:15-7:45 pm		11:20-11:50 am
Level 3				5:30-6:00 pm		10:45-11:15 am
				6:40-7:10 pm		11:20-11:50 am
				7:15-7:45 pm		11:55-12:25 pm
Level 4				5:30-6:00 pm		10:10-10:40 am
				6:05-6:35 pm		10:45-11:15 am
Level 5				6:05-6:35 pm		10:10-10:40 am
Level 6				6:40-7:10 pm		11:55-12:25 pm
Adult			12:00-12:30 pm			11:55-12:25 pm

Land & Water Fitness Charts

Aquatic Fitness Class Schedule

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
	Deep Water Aerobics 8:00-9:00 am		Deep Water Aerobics 8:00-9:00 am		Deep Water Aerobics 8:00-9:00 am	Aqua Fusion 8:15-9:15 am
	Aqua Shape N Tone 9:00-10:00 am	SilverSneakers Silversplash 9:00-10:00 am	Aqua Shape N Tone 9:00-10:00 am	SilverSneakers Silvesplash 9:00-10:00 am	Aqua Shape N Tone 9:00-10:00 am	
	Arthritis Exercise 10:30-11:30 am	Arthritis Exercise 11:15-12:15 pm	Arthritis Exercise 10:30-11:30 am	Arthritis Exercise 11:15-12:15 pm	Arthritis Exercise 10:30-11:30 am	
Aqua Fusion 1:00 - 2:00pm						
		Aqua Fusion 6:30-7:30pm		Aqua Fusion 6:30-7:30pm		

Land Fitness Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Rock Hard Abs 8:15-9:00 am
	Bootcamp 9:00 - 10:00 am	Tighten N Tone 9:15-10:00 am	Bootcamp 9:00 - 10:00 am	Tighten N Tone 9:15-10:00 am	Pilates 9:15-10:00 am	Group Cycling* 8:30-9:30 am
	Arthritis Tai Chi 10:30-11:15 am	SilverSneakers Range of Movement 10:15-11:00 am	SilverSneakers Yogastretch 10:15-11:00 am	SilverSneakers Range of Movement 10:15-11:00 am		Morning Bootcamp 9:15-10:00 am
	SilverSneakers Range of Movement 11:30am-12:30 pm		SilverSneakers Range of Movement 11:30am-12:30 pm			Wellness Yoga 11:00 am - 12:00 pm
Beginner Yoga 12:15- 1:15 pm						
		Cardio Hip Hop 5:30 - 6:15 pm	The Ride* 5:30 - 6:45 pm	Cardio Hip Hop 5:30 - 6:15 pm		
	Low impact 5:30 – 6:15 pm	Pilates 6:30 - 7:15 pm	Low impact 5:30 – 6:15 pm	Cardio Kickboxing 7:00 – 7:45pm	Gentle Yoga 6:00 - 7:00 pm	
	Sculpt & Tone 6:30-7:15 pm	Group Cycling* 7:30-8:30 pm	Sculpt & Tone 6:30-7:15 pm	Group Cycling* 7:30-8:30 pm		
	Zumba 7:30 - 8:30pm	Wellness Yoga 7:30-8:30 pm	Zumba 7:30-8:30pm			

*Classes will be held in the 2nd Floor Cycling Area.

SilverSneakers classes are shaded in orange.

Land Fitness Activities

There are a variety of ways to focus on your health and fitness at the Family Recreation Center. Our facility offers a comprehensive class schedule. Land Fitness group activities are in the Aerobics/Dance Room unless otherwise stated in the description of the class. We have a great staff of certified, experienced, and dedicated fitness professionals to instruct, assist and motivate you. Participants ages 12 to 17 must have a parent or guardian sign a waiver form for them to participate in class. If you need assistance choosing the appropriate class for your fitness level and/or goals, please feel free to call (330) 468-8370.

Drop In Fee

When space is available you may pay per class.

Program Fee	Mac. Res. Fee	Member Fee
\$7.00	\$6.00	\$5.00

SilverSneakers® Muscular Strength & Range of Movement

FREE CLASS FOR SilverSneakers Members!

Instructor: Linda Skrbini

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

No drop ins. Coupon accepted.

Session	Date (s)	Time	Day
Fall I (7 weeks/14 classes)	Aug. 30 - Oct. 13	10:15 - 11:00 a.m.	T/TH
	Fee: Program \$74/Resident \$60/Member \$46		
Fall II (8 weeks/14 classes)	No Class week of Nov. 20		
	Oct. 25 - Dec. 15	10:15 - 11:00 a.m.	T/TH
	Fee: Program \$74/Resident \$60/Member \$46		

CHECK THE MACEDONIA FAMILY RECREATION CENTER WEBSITE PERIODICALLY! NEW PROGRAMS OR CLASSES WILL BE POSTED.
WWW.MACREC.COM

SilverSneakers® Yogastretch

Instructor: Pushpa Gopikumar

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

Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
Fall I (7 weeks/7 classes)	Aug. 31 - Oct. 12	10:15 - 11:00 a.m.	Wed
	Fee: Program \$42/Resident \$36/Member \$30		
Fall II (8 weeks/7 classes)	No Class week of Nov. 20		
	Oct. 26 - Dec. 14	10:15 - 11:00 a.m.	Wed
	Fee: Program \$42/Resident \$36/Member \$30		



SilverSneakers® Muscular Strength & Range of Movement

FREE CLASS FOR SilverSneakers Members!

Instructor: Shirl Zehner-Schafer

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

Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
Fall I (7 weeks/13 classes)	No Class Sept. 5		
	Aug. 29 - Oct. 12	11:30 a.m. - 12:30 p.m.	M/W
	Fee: Program \$69/Resident \$56/Member \$43		
Fall II (8 weeks/14 classes)	No Class week of Nov. 20		
	Oct. 24 - Dec. 14	11:30 a.m. - 12:30 p.m.	M/W
	Fee: Program \$74/Resident \$60/Member \$46		

Land Fitness Activities

Cardio Kickboxing

Instructor: Daniel Depenbrok

This program is a fusion of basic to intermediate martial arts techniques and includes cardio exercises with the wave master bags. This class incorporates bag drills, body conditioning, aerobic exercises and calisthenics. This class will give you a full body workout!

Drops ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
Fall I (7 weeks/7 classes)	Sept. 1 - Oct. 13	7:00 - 7:45 p.m.	TH
	Fee: Program \$44/Resident \$37/Member \$30		
Fall II (8 weeks/7 classes)	<u>No Class week of Nov. 20</u>		
	Oct. 27 - Dec. 15	7:00 - 7:45 p.m.	TH
	Fee: Program \$44/Resident \$37/Member \$30		

Morning Bootcamp

Instructor: Jill Barry

Want to change your body? This class will build incredible strength and endurance by using a constantly changing format. By incorporating a variety of equipment, the body will continue to feel challenged, helping you overcome plateaus and reach your goals. you will us weight, medicine balls, etc.

Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
Fall I (7 weeks/7 classes)	Sept. 3 - Oct. 15	9:15-10:00 a.m.	Sat
	Fee: Program \$44/Resident \$37/Member \$30		
Fall II (8 weeks/7 classes)	<u>No Class week of Nov. 20</u>		
	Oct. 29 - Dec. 17	9:15-10:00 a.m.	Sat
	Fee: Program \$44/Resident \$37/Member \$30		

NEW! Bootcamp

Instructor: Kathy Curran

This boot camp will be well worth your time! Get ready to push yourself to reach your fitness potential using high and low interval training. We will use steps, hand weights, balls and of course, body weight to get the results you're after! Boot camp combines cardio and strength moves to take your body to its limit and burn calories like crazy!

Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
Fall I (7 weeks/13 classes)	<u>No Class Sept. 5</u>		
	Aug. 29 - Oct. 12	9:00 - 10:00 a.m.	M/W
	Fee: Program \$81/Resident \$69/Member \$56		
Fall II (8 weeks/ 14 classes)	<u>No Class week of Nov. 20</u>		
	Oct. 24 - Dec. 14	9:00 - 10:00 a.m.	M/W
	Fee: Program \$87/Resident \$74/Member \$60		

Tighten N Tone (T.N.T.)

Instructor: Linda Skrbini

This is group personal training! Learn proper body placement while using resistance. Your endurance, range of motion, flexibility, posture, muscle strength and bone density will improve. Weights and resistance tubing are used in this class. Bring a mat and a bottle of water.

Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
Fall I (7 weeks/14 classes)	Aug. 30 - Oct. 13	9:15-10:00 a.m.	T/TH
	Fee: Program \$88/Resident \$74/Member \$60		
Fall II (8 weeks/14 classes)	<u>No Class week of Nov. 20</u>		
	Oct. 25 - Dec. 15	9:15-10:00 a.m.	T/TH
	Fee: Program \$88/Resident \$74/Member \$60		

Sculpt & Tone

Instructor: Jill Barry

This fast paced sculpting class will strengthen, tone and improve body endurance through the use of body resistance, body bars, fitness balls, weights and more! All major muscle groups will be challenged! Bring a mat, resistance tubes and a bottle of water.

Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
Fall I (7 weeks/13 classes)	<u>No Class Sept. 5</u>		
	Aug. 29 - Oct. 12	6:30-7:15 p.m.	M/W
	Fee: Program \$81/Resident \$69/Member \$56		
Fall II (8 weeks/ 14 classes)	<u>No Class week of Nov. 20</u>		
	Oct. 24 - Dec. 14	6:30-7:15 p.m.	M/W
	Fee: Program \$87/Resident \$74/Member \$60		

The Ride: Cardio & Core

Instructor:Tanya Cady

This class is geared for everyone-from beginner to the highly experienced exerciser simulating riding outside. Emphasis is on providing a fun and effective workout for all fitness levels. Focus is on proper control. The ride will help build and maintain endurance year-round, especially during the off season. After cool down, stay for 10-15 minute optional core strengthening exercises. Bring a water bottle and 2 towels (one for biking, the other for the core exercises).

Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
Fall I (7 weeks/7 classes)	Aug. 31 - Oct. 12	5:30 - 6:45 p.m	Wed
	Fee: Program \$44/Resident \$37/Member \$30		
Fall II (8 weeks/7 classes)	<u>No Class week of Nov. 20</u>		
	Oct. 26 - Dec. 14	5:30 - 6:45 p.m	Wed
	Fee: Program \$44/Resident \$37/Member \$30		

Land Fitness Activities

Indoor Cycling

Instructor: John Hornyak
Location: 2nd Floor Cycling Area

Let our instructors lead you through a fun and challenging cardio strength workout. Cycling indoors will simulate cycling outdoors with sprints, climbs and cadence drills. The music and instructor will motivate you to get your legs to pedal. This workout is ideal for both the beginner and the experienced rider because you choose your own level of intensity. Be sure to bring a towel and a bottle of water.

Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
Fall I (7 weeks/7 classes)			
	Aug. 30 - Oct. 11	7:30-8:30 p.m.	Tues
	Sept. 1 - Oct. 13	7:30-8:30 p.m.	Thurs
	Fee: Program \$44/Resident \$37/Member \$30		
Fall II (8 weeks/7 classes)			
	No Class week of Nov. 20		
	Oct. 25 - Dec. 13	7:30-8:30 p.m.	Tues
	Oct. 27 - Dec. 15	7:30-8:30 p.m.	Thurs
	Fee: Program \$44/Resident \$37/Member \$30		

Saturday Indoor Cycling

Instructor: John Hornyak
Location: 2nd Floor Cycling Area

A stimulating and challenging ride while achieving both a cardio and strength workout on the bike. We simulate sprints, climbs and cadence drills as we ride along to motivating music. This workout is ideal for both the beginner and the experienced rider because you choose your own level of intensity. This is a great way to cross train and maintain your biking strength during the winter months. Be sure to bring a towel and a bottle of water.

Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
Fall I (7 weeks/7 classes)			
	Sept. 3 - Oct. 15	8:30-9:30 a.m.	Sat
	Fee: Program \$44/Resident \$37/Member \$30		
Fall II (8 weeks/7 classes)			
	No Class week of Nov. 20		
	Oct. 29 - Dec. 17	8:30-9:30 a.m.	Sat
	Fee: Program \$44/Resident \$37/Member \$30		

OOPS! WE CANCELED A CLASS BECAUSE WE DIDN'T KNOW YOU WERE COMING! SOMETIMES GREAT CLASSES GET CANCELED WHEN TOO MANY PEOPLE WAIT UNTIL THE LAST MINUTE TO REGISTER. PLEASE AVOID DISAPPOINTMENT AND REGISTER EARLY!

Rock Hard Abs

Instructor: Jill Barry

This 45 minute class will get you on your way to looking like a rock star! Class will focus on toning the abdominals and will incorporate the use of weights and stability balls. Lower back work will be included as well.

Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
Fall I (7 weeks/7 classes)			
	Sept. 3 - Oct. 15	8:15 - 9:00 a.m.	Sat
	Fee: Program \$44/Resident \$37/Member \$30		
Fall II (8 weeks/7 classes)			
	No Class week of Nov. 20		
	Oct. 29 - Dec. 17	8:15 - 9:00 a.m.	Sat
	Fee: Program \$44/Resident \$37/Member \$30		

Cardio Hip Hop

Instructor: Ryan Rosinski

Cardio Hip Hop is a fun upbeat fitness dance class taught to high energy hip hop music, with a wide variety of different types of dance moves and skills. It's guaranteed to make you sweat and have fun! All dance levels welcome.

Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
Fall I (7 weeks/14 classes)			
	Aug. 30 - Oct. 13	5:30 - 6:15 p.m.	T/TH
	Fee: Program \$84/Resident \$70/Member \$56		
Fall II (8 weeks/14 classes)			
	No Class week of Nov. 20		
	Oct. 25 - Dec. 15	5:30 - 6:15 p.m.	T/TH
	Fee: Program \$84/Resident \$70/Member \$56		

Zumba

Instructor: Katie Pylypiak

ZUMBA is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps.

Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
Fall I (7 weeks/13 classes)			
	No Class Sept. 5		
	Aug. 29 - Oct. 12	7:30 - 8:30 p.m.	M/W
	Fee: Program \$78/Resident \$65/Member \$52		
Fall II (8 weeks/ 14 classes)			
	No Class week of Nov. 20		
	Oct. 24 - Dec. 14	7:30 - 8:30 p.m.	M/W
	Fee: Program \$84/Resident \$70/Member \$56		

Land Fitness Activities

Wellness Yoga

Instructor: Gopi Kumar

A Yoga format focusing on improving lung capacity, oxygenation of blood, better digestion and excretion. This is achieved through a series of breathing techniques, stretching of the body and holding it in different postures followed by a relaxation technique and a short meditation. Overall regular practice will bring in a flexible body and a relaxed mind.

Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
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Fall I (7 weeks/7 classes)

Aug. 30 - Oct. 11 7:30-8:30 p.m. Tues

Sept. 3 - Oct. 15 11:00 a.m. -12:00 p.m. Sat

Fee: Program \$44/Resident \$37/Member \$30

Fall II (8 weeks/7 classes) No Class week of Nov. 20

Oct. 25 - Dec. 13 7:30-8:30 p.m. Tues

Oct. 29 - Dec. 17 11:00 a.m. - 12:00 p.m. Sat

Fee: Program \$44/Resident \$37/Member \$30

Low Impact

Instructor: Shirl Zehner-Schafer

This 45-minute workout consists of toning, firming, stretching and low-impact aerobics. This class will teach the basics of cardio and get you geared up for the challenges of more advanced classes. Routines will be easy to follow. Fitness balls, resistance bands or a walk around the track will keep this class from becoming anything but routine!

Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
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Fall I (7 weeks/13 classes) No Class Sept. 5

Aug. 29 - Oct. 12 5:30 - 6:15 p.m. M/W

Fee: Program \$78/Resident \$65/Member \$52

Fall II (8 weeks/ 14 classes) No Class week of Nov. 20

Oct. 24 - Dec. 14 5:30-6:15 p.m. M/W

Fee: Program \$84/Resident \$70/Member \$56

T'ai Chi for Arthritis

Instructor: Ken Owen

Created and backed by the Arthritis Foundation, this program simplifies some of the more demanding movements of traditional Tai Chi. This program focuses on improving range of motion, flexibility and balance. Try a new way of exercise - all that is needed are 45 minutes of your time and an open mind!

Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
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Fall I (7 weeks/6 classes) No Class Sept. 5

Aug. 29 - Oct. 10 10:30-11:15 a.m. Mon

Fee: Program \$36/Resident \$31/Member \$26

Fall II (8 weeks/7 classes) No Class week of Nov. 20

Oct. 24 - Dec. 12 10:30-11:15 a.m. Mon

Fee: Program \$42/Resident \$36/Member \$30

Gentle Yoga

Instructor: Pushpa Gopikumar

This class will take you through a series of body movements synchronized with breathing. "Asanas" (Postures/Poses) means holding of body under a particular pose to stretch the limbs and strengthen muscles. This will also help in coordination and balance. The final relaxation will de-stress the body and mind completely. Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
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Fall I (7 weeks/7 classes)

Sept. 2 - Oct. 14 6:00 - 7:00 p.m. Fri

Fee: Program \$44/Resident \$37/Member \$30

Fall II (8 weeks/7 classes) No Class week of Nov. 20

Oct. 28 - Dec. 16 6:00 - 7:00 p.m. Fri

Fee: Program \$44/Resident \$37/Member \$30

Pilates

Instructor: Linda Skrbin

This class will focus on conditioning the body from the inside out. Learn the importance of core stabilization, muscle balance, proper alignment, strength and flexibility. Bring a sticky mat.

Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
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Fall I (7 weeks/7 classes)

Aug. 30 - Oct. 11 6:30-7:15 p.m. Tues

Sept. 2 - Oct. 14 9:15-10:00 a.m. Fri

Fee: Program \$44/Resident \$37/Member \$30

Fall II (8 weeks/7 classes) No Class week of Nov. 20

Oct. 25 - Dec. 13 6:30-7:15 p.m. Tues

Oct. 28 - Dec. 16 9:15-10:00 a.m. Fri

Fee: Program \$44/Resident \$37/Member \$30

NEW! Beginner Yoga

Instructor: Pushpa Gopikumar

This class will introduce you to simple body movements and some basic breathing techniques. This will loosen a stiff body and increase lung capacity, improve blood circulation and improve overall health. Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
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Fall I (7 weeks/7 classes) No Class Sept. 4

Aug. 28 - Oct. 16 12:15- 1:15 p.m. Sun

Fee: Program \$44/Resident \$37/Member \$30

Fall II (8 weeks/7 classes) No Class Nov. 27

Oct. 30 - Dec. 18 12:15 - 1:15 p.m. Sun

Fee: Program \$44/Resident \$37/Member \$30

Land Fitness Activities/Wellness

Teen Training

By appointment only.

Our trainer will familiarize you with the fitness equipment in the weight area of the Rec. Center. We will concentrate on proper use with good form. 12, 13, and 14 year old teens that complete this training will be given a special card allowing them to workout regularly on equipment. 12 and 13 year olds must be accompanied by an adult (18 years and older) when in the fitness areas after completing the training. 14 year olds can work out on their own once completing the Teen Training.

No coupon.

Call (330) 468-8370 to schedule an appointment.

Fee: Program \$25/ Resident \$20/
Member \$15

RELAXATION & MEDICAL MASSAGE

Massotherapist: Walter Porcelli L.M.T.

We offer Relaxation and Medical Massage. Painful muscle strains, sports injuries, carpal tunnel. Pinched nerves, Fibromyalgia, problems easily solved. A relaxation massage relieves tension and stress. Treat yourself to the pleasures you deserve in life. And a massage is one of those pleasures in life you deserve. Register and make an appointment!

Coupons accepted.

**THE FOLLOWING IS BY APPOINTMENT ONLY
CALL (330) 468-8370 OR 770-5201 DIRECT CELL**
One-hour massage:

Program Fee	Mac. Res. Fee	Member Fee
\$55.00	\$52.00	\$50.00

Half-hour massage:

Program Fee	Mac. Res. Fee	Member Fee
\$35.00	\$32.00	\$30.00



Personal Training

By appointment only.

Receive assistance from one of our trainers who will design an exercise program tailored specifically toward achieving your individual goals. Trainers will also teach you how to use the equipment properly and effectively while incorporating free weights into your workout as well. Workouts can be designed for the fitness center, home, travel, and per individual request. Registration and/or cancellation must be 24 hours in advance of appointment. No coupon.

Call (330) 468-8370 to schedule an appointment.

Fee per hour:

Program \$65 / Resident \$55 / Member \$45

If you choose to bring your own personal trainer to the Rec Center, a \$15 per student facility fee will be charged to the trainer.

If a trainer is not a member, a daily admission fee will also be charged.

Get Active!

KOHL'S Cares 
Committed to Kids' Health and Education

 **Akron Children's Hospital**

Present the

Future Fitness Club

The Future Fitness Club features fun, non-competitive activities to promote healthy fitness and eating habits and safe, gradual weight loss, including: obstacle courses, rope jumping, relays, games and circuit training. The program, for kids ages 8 to 13, now offers new incentives to help them meet their fitness goals. The Future Fitness Club meets 3 times per week for 8 weeks. The cost is only \$30 per session.

For details on how to get started, please call the location in your area as listed below or Akron Children's Hospital at 330-543-2126.

Macedonia Family Recreation Center

1494 East Aurora Rd.
Macedonia, Oh 44056

September 6, 2011- November 3, 2011
NO CLASS OCT 18 & 20
Tuesday & Thursday
4:45p.m.-5:45p.m.

*Participants will be given a FREE day pass each week to use the pool for their third day of activity!

TO REGISTER PLEASE CALL
330-468-8375



For more information go to
akronchildrens.org/kohlsfitness

Recreation Programs

Stop Aging and Start Evolving!

Tuesday, September 20
11:15 AM - 12:15 PM

Every day I hear people put a negative focus on age, complaining about “getting older”. So of course it makes sense that people are unmotivated about life in general, much less their own fitness and health. “Evolving” on the other hand means you are practicing specific strategies and tactics every day that will help you mentally grow, physically prosper and become the ultimate YOU. Through this class, certified professional life coach, and owner of Tucker Life Coaching, Saul Tucker, will introduce you to strategies and tactics, helping to not only “stop aging and start evolving”, but regain the belief in yourself that you are special. We were all born special, but for some reason along the way we stop believing. Come join Coach Saul, find that belief in yourself, and learn how to begin shifting your perspective of “aging” to “evolving”. You have a lot of life to live...LIVE it WELL! All participants will receive a private one-on-one session with Coach Saul.

Deadline to register is Sept. 13.

No drop Ins. No coupon.

Program \$15 /Resident \$12 /Member \$10

Before/After Kitchen Trends

Thursday, Sept. 29 7:00 - 8:30 PM
Studio 76 Kitchens & Baths Showroom,
9122 Ravenna Rd., Twinsburg, OH

Deb Shababy,
Professional Kitchen Designer
Keeping up with current products and design trends for your kitchen can be overwhelming! Get the information needed to get started on your project with Deb, who is a 20-year veteran of the kitchen design and remodeling industry. She will help you sort through the latest cabinetry options, countertop selections, fixtures, appliances, and lighting suggestions. Participants will view “Before and After” real-life kitchens and receive take home information and invitations to other local showrooms.

The Art of Positive Thinking

Tuesday, September 27
11:15 AM - 12:15 PM

You can really have everything you want! It's true! Health, wealth, loving relationships, success, fame... it can all be yours if you desire it. Come learn the techniques and skills to bring all that you desire in to your life. This course will give you the introduction you need to make the changes in your approach to life that will finally bring you the quality and fulfillment you have always sought. Certified professional life coach Saul Tucker, owner of Tucker Life Coaching, has taken these concepts and simplified them and made them easy to implement immediately. You will begin enjoying the changes while still in the class. That's how easy and powerful this will be. Come prepared with an open mind and true desire. All attendees will leave with their own gratitude stone and a voucher for a free private session with Coach Saul. You have nothing to lose and everything to gain!

Deadline to register is Sept. 20.

No drop Ins. No coupon.

Program \$15 /Resident \$12 /Member \$10

Basics of Digital Photography

Tuesday, Nov 1
6:30 - 7:15 PM

Are you still paying for “professional” family photos? Still using one time use cameras for vacations and holidays? Have you ever wanted to use a digital camera, but you're not sure what type to buy? If you answered yes to any of these questions, then this class is for you. Join our event photographer as he discusses different types of cameras, memory cards, and photo editing software. Basics of good photo taking and photo editing also included. Class for ages 12 and older. Deadline to register is Oct. 25.

No drop ins. No coupons.

Program \$7 /Resident \$6 /Member \$5

Recreation Programs

Gymnastics

Mondays

Pond Hoppers 4-6yrs : 1:00 – 1:45pm

Puddle Jumpers 3-4yrs: 1:45 – 2:30pm

Session 1 Sept 12 – Oct 24 (No class Oct 17)

Session 2 Oct 31 – Dec. 12 (No class Nov 21)

Dynamic Duo 18months-3 + Parent : 2:30 – 3:00pm

Join us as we explore the exciting sport of gymnastics. Pond Hoppers and Puddle jumpers classes introduces boys and girls to beginning skills and progressions on floor, vault, beams, and bars. Dynamic Dou is a parent and child innovative, progressive program encompassing movement education in dance and gymnastics. No drop ins. No coupons.

Program \$50 / Resident \$45 / Member \$40

Foil Fencing

Saturdays, Nov. 5 - Dec. 10

(no class on Nov. 26)

1:30 – 3:30 pm

(For Adults and High School Students)

Introduction to the fundamentals of modern foil fencing for adults and high school students that includes stretching, footwork, lunges, attack, parry-riposte, strategy, tactics, techniques and bouting. Fencing improves hand eye coordination, agility, dexterity and stamina. All equipment is provided and fun and safety are emphasized.

Deadline to register is Oct. 29.

No drop ins. No coupons.

Program \$55 Resident \$50 Member \$45

High School Coed Flag Football

Sundays, Sept 18-Oct 23

10:00am

Macedonia Parks and Recreation Dept. hosts a fall High School Coed 5 vs 5 football league. Teams must have 2 female players on the field at all times. Play 5 games plus elimination playoffs. Register as a team. Referee fees paid each Sunday.

Team fee: \$175

Tap, Ballet & Jazz Class

Session 1: Wednesdays, Sept 7 – Oct. 12

Session 2: Wednesdays, Nov 2 – Dec 14

(no class Nov 23)

Join “All About Dance” as Jennifer teaches participants fun and exciting elements of dance. A routine will be instructed for each session and will be performed the last day of class for family and friends.

5:30 - 6:00 Ballet: Beginner ballet for 3-6 years old teaches dance techniques including first & second positions, plies, eleve, and other ballet techniques.

Ballet will help children with posture, flexibility and balance.

6:00 - 6:30 Tap: Beginner tap for 3-6 years old teaches tap techniques including shuffles, heel drops, and more.

Tap class will help children with coordination, musical timing and foot articulation.

6:30 – 7:00 Jazz: Children ages 4-8 will learn rhythm, coordination, basic fundamental jazz steps, and fun jazz choreography. Kid friendly routines.

Program \$44 / Resident \$40/ Member \$36

Family Night

Pool Parties

Bring the family and enjoy an evening of fun with a splash! There will be music, dancing, games, concession stand, and fun for everyone! Pre-registration is required and space is limited, so don't miss out!

October 8

7:00 - 9:00 pm

Deadline to register is Oct. 1

Per Date:

Adults \$7.00

Children 12 & Under \$5.00

November 5

7:00 – 9:00 pm

Deadline to register is Oct. 29

Per Date:

Adults \$7.00

27 Children 12 & Under \$5.00

Recreation Programs

Passion 4 Fashion

Mondays Sept. 19 - Oct. 10

6:00-7:30 pm

Ages 8-12

Welcome to the new creative lifeSTYLE enrichment class for kids! Are you ready for some design fun? This is an intro class for Design IT newbies! We will explore and learn about all facets of fashion design and needle arts. This is a marathon class of creativity ... all by using your unique fingerprint of style! Students will learn the complete design process from initial concept to sketching to construction.

No drop ins. No coupons.

Per students: \$80 plus \$20 supply fee payable to instructor on 1st day of class

Tiny Tykes

Halloween Party Oct. 26, 10-11am

Thanksgiving Nov 22, 6-7pm

Themed program for kids ages 3-5 years to enjoy hands on experience. Many activities, games, crafts, and stories for the child to enjoy.

Registration includes all dates.

No drop ins. No coupon.

Program \$20 /Resident \$15 /Member \$10

Black Friday Camp

Friday Nov. 25

5:30 - 9:00 am (Early Bird Hours)

9:00 am- 3:00pm (Day Camp)

Camp designed to keep kids ages 6-12 entertained with games, swimming, art projects, and more in a supervised setting. Children will need to bring a lunch, towel and swimsuit.

Deadline to register is one week prior to camp start.

No drop ins. No coupons.

Early Bird Hours

Program \$15 /Resident \$12 /Member \$10

Day Camp Hours

Program \$30 /Resident \$24 /Member \$20

ReUse ReSEW Fashion Design

Mondays Oct. 24 and Nov. 7,14, 21

6:00-7:30 pm

Ages 8-12

Calling all fashion designers! This class is for the girl who loves to be funky fashionable and fun! Upcycle your gently used sweaters, jeans, T-shirts, men's shirts and ties into cool new fashion trends!! Students will explore embroidery, handwork, machine sewing and more!

No drop ins. No coupons.

Per students: \$80 plus \$5 supply fee payable to instructor on 1st day of class

No School Camp

Friday, Oct. 14 9:00am – 3:00pm

Monday, Nov. 28 9:00am - 3:00pm

Camp designed to keep kids ages 6-12 entertained with games, swimming, art projects, and more in a supervised setting. Children will need to bring a lunch, towel and swimsuit. Deadline to register is one week prior to camp start.

No drop ins. No coupons.

Program \$30 /Resident \$24 /Member \$20

Pumpkin Carving Party

Tuesday, Oct 25

6:30 – 7:30 p.m.

Come join us as we light up this Halloween with some scary or funny pumpkin carvings! Kids ages 5-10 will be carving pumpkins, making a craft and eating refreshments. Parents are required to attend. Pumpkins and carving utensils will be provided. Space is limited, so register early! Carving utensils limited.

No drop ins. No coupons.

Program \$10 /Resident \$8 /Member \$6

Recreation Programs

Community Garage Sale

Saturday, Sept. 17
9:00 AM – 1:00 PM

The Parks and Recreation Department hosts community garage sales that are opportunities for families to bring their items to put on sale flea market style. Pre-registration is required. All registrants will be assigned to a particular space when registering. All registrants are expected to follow guidelines handout given at time of registration.

Rain Date: Sunday, Sept. 18 12:00 - 4:00 pm
No drop ins. No coupons. No requests.
Fee per space: Non-residents \$15
Resident \$10

Community Book Swap

Nov 7 – Nov 13

Turn in your used books
During Rec. Center hours: Nov. 7 – Nov. 11

Shop for “new” books: Nov. 12 & 13

Do you have books that you’ve read & don’t know what to do with? Looking for something new to read but don’t want to spend the money?

Bring your gently used books to the Macedonia Family Recreation Center November 7th - 11th anytime during Rec Center hours. You will receive a voucher for each book you submit which will be good to purchase “new” books on November 12th or 13th from 9:00 a.m. to 6:00 p.m.
Additional books are just \$.50.

Seneca Allegany Casino

Monday, Nov. 14
Depart: 7:30 am
Return: 8:30 pm (approx.)
Try your luck at Seneca Allegany Casino in Salamanca, NY! Enjoy over 2,000 reel-spinning and video slot machines and 33 of your favorite table games. Receive \$25 in free play. Depart from and return to the Macedonia Rec. Center. Deadline to register is Oct. 24. No drop ins. No coupon.
Program \$35 /Resident \$30

Comprehensive Arts

Instructor: Mark Erdelyi
9:30 - 11:30am

Session 1: Mondays, Sept 12 – Oct 24
(no class on Oct 17)

Session 2: Mondays, Nov 7 – Dec. 12
(no class on Nov. 21)

Learn the “Art Secrets” of creating real art. Explore and learn the rules and principles of art while actually doing and also possibly stretching or going “opposite” the rules. You will make beautiful Art! Comprehensive Arts will have you actually doing watercolors, oils, airbrush, drawing in pastels, pencils or chalk. Quick lessons and demonstrations will be given in a variety of mediums and principles which may include; portraits, still life and light sources, collage, perspective, cropping, composition, abstract application, expressive framing, color theory and mixing and much, much more. The classes will be based on “watercolor” progression techniques but will branch off to other “art principles” and mediums through demonstrations in each session. Students later can choose a direction of their own personal medium choice. Each participant will receive individual teaching in order to develop their personal artistic path. All adults and skill levels are welcome & must supply their own materials.
No coupons. Drop ins welcome
\$15.00 per class.
Program \$90 /Resident \$85 /Member \$80

Meadows Casino Bus Trip

Monday, Sept. 26
Depart time- 7:30am
Return time- 6:45pm
Meadowlands Casino & Racetrack has more than 3,500 exciting slot machines featuring everything from longtime favorites to hot, new games. The Meadows in Washington, PA has over 72 crowd-thrilling electronic Blackjack and 3-card poker seats. Receive \$20 in free slot play incentive. Deadline to register is Sept. 10. No drop ins. No coupons.
Program \$35 /Resident \$30

Recreation Programs



2011 FALL FARMERS MARKET
TUESDAYS, SEPT. 13 - OCT. 18
3:00-7:00 P.M.

MACEDONIA FAMILY RECREATION CENTER PARKING LOT
1494 E. AURORA RD. MACEDONIA, OH
FOR MORE INFORMATION CALL 330-468-8376



Holiday Tree Lighting

Saturday, Dec. 3
7:00 – 9:00 p.m.

Join Santa as he officially opens the holiday season with the lighting of the Macedonia Recreation Center tree!

Santa will arrive at Macedonia Rec. Center via fire truck where children can enjoy Santa's company. Take pleasure in dining on tasty treats & refreshments, create a craft, or sing a holiday song. Don't forget to bring your camera! Event will begin outdoors, so please dress appropriately. Doors will open AT 7:00 p.m., upon Santa's arrival.

THIS IS A FREE EVENT AND OPEN TO THE PUBLIC!

The Parks and Recreation Department will also be hosting a canned food drive with items being donated to a local food bank. Attendees are asked to bring a non-perishable item to be donated. For more information contact the Macedonia Family Recreation Center.



Winter Craft Show

Dec. 11

1:00 - 5:00 pm

Calling all crafters! Showcase your craft at our first Craft Fair. Fine handmade arts and crafts welcomed. Admission Free to the public!

Vender Prices: Program \$25 /Residents \$20 /Member \$15

Registration Deadline: Dec. 2

Holiday Programs

Holiday Camp

Monday -Wednesday

Week 1 December 21 - 23

Week 2 December 26 - 30

9:00 a.m. – 3:00 p.m.

Looking for some fun for your child/children for the Winter Break? Children (ages 6-12) will enjoy games, activities, arts and crafts and swimming.

Campers will need to bring a sack lunch and their bathing suit each day. Students must be registered for all 3 days for the week.

No drop ins. No coupon.

Deadline to register is Dec. 15, or until full. Late fee (\$15) applied for any registration accepted after Dec. 15.

Week 1 : Program \$55 / Resident \$50/ Member \$45

Week 2: Program \$90 / Resident \$83/ Member \$75

Before Care

7:30 - 9:00 a.m.

(Min. 3 / Max. 20)

Week 1 : Program \$21 / Resident \$18/ Member \$15

Week 2: Program \$35 / Resident \$30/ Member \$25

After Care

3:00 – 6:00 p.m.

(Min. 3 / Max. 20)

Week 1 : Program \$33 / Resident \$30/ Member \$27

Week 2: Program \$55 / Resident \$50/ Member \$45

Santa's Mailbox

November 28th – December 16^h

A mailbox dedicated to the North Pole will arrive in the lobby of the Rec. Center on November 28th! Children may drop off their letters to Santa Nov. 28 - Dec. 16 and Santa has promised to respond to each child!

Letters may be dropped off anytime during Rec. Center hours. Parents, please include a self-addressed stamped envelope, so that Santa has more time to spend in his workshop.

All letters must be received no later than December 16th to ensure a response.

Santa's Workshop

Thursday, Dec. 8

6:00 p.m.

Join Elves in the workshop for a fun-filled evening of holiday crafts & activities! Children will make & take a holiday ornament home.

Registration deadline is Dec. 5

No drop ins. No coupon.

Program \$14 /Resident \$12 /Member \$10

The Great Cane Hunt

Saturday, Dec. 17

7:00 p.m.

Come join us for a festive evening of fun. Kids will create a simple holiday craft and participate in a candy cane hunt through the Rec Center. Hot cocoa and holiday cookies will be provided.

Ages: 10 years & younger (Children must be accompanied by an adult)

Registration deadline is Dec. 10.

No drop ins. No coupon.

Program \$9 /Resident \$7 /Member \$5

Kids Gingerbread House

Tuesday, Dec 13

6:30 pm

Kids ages 3-7 will build a graham cracker & icing house and decorate with a variety of candies. We will have an assortment of candies to use decorate your house... and eat!

Registration deadline is Dec. 10.

No drop ins. No coupon.

Program \$7 /Resident \$6 /Member \$5

Breakfast with Santa

Friday, December 9

9:30 – 10:30 a.m.

Children can visit with Santa as he drops by to spread some holiday cheer! Enjoy a craft and cereal, doughnuts, and juice/milk.

Registration deadline is Dec. 2.

No drop ins. No coupon.

Fee per child: Program \$7 / Resident \$6 / Member \$5