



# REC GAZETTE

DECEMBER 2011-JANUARY/FEBRUARY 2012 VOLUME 2, ISSUE 3

*Publication bringing you the most up-to-date information every other month.*



## *From the Desk of Mayor Dennis M. Clough*

Dear residents,

The holidays are fast approaching which means lots of good food and great conversation with family and friends. Make a New Year's resolution to get fit and healthy in 2012. You can do so by working out in our state of the art fitness room or take a swim in one of our five pools at the Recreation Center or sign up for a new class. There are a variety of new classes to try including Signing Smart for babies, Pre K Coach sports classes and Italian for children and adults. Did you

know that we are also a SilverSneakers approved facility? Stop by the front desk to see if you qualify under your Medicare based health insurance.

Check out our Facebook page for the latest activity photos along with status updates on our programs. The City of Westlake offers a variety of activities for residents to do at the Recreation Center and Meadowood Golf Course. For the most up to date information regarding our programs, you can find us on the web at

[www.cityofwestlake.org/recreation.apxsx](http://www.cityofwestlake.org/recreation.apxsx), on Facebook, and on [www.westlake-patch.com](http://www.westlake-patch.com) Have a safe and wonderful holiday season!

Westlake Recreation Center

28955 Hilliard Blvd.

Westlake, OH 44145

Main Number: 440.808.5700

Fax: 440.808.5690

Weather Hotline: 440.808.5710

E-mail: [recinfo@cityofwestlake.org](mailto:recinfo@cityofwestlake.org)

Website: <http://www.cityofwestlake.org/recreation>

## *Hours of Operation*

Monday -Thurs 5:30am - 10:00pm

Friday 5:30am - 9:00pm

Sat, 7:00am - 8:00pm

Sunday 10:00am - 6:00pm

Nov. 24, Dec. 25, Jan. 1 CLOSED

Dec. 24 & 31 7:00am to 3:00pm

## UPCOMING HOLIDAY ACTIVITIES

Santa is coming soon. We have a number of fun family activities for kids to do in preparation for the big guy's arrival.

### *Friday Family Fun Night*

We will be starting a new tradition with the Recreation Center only open to current members. All children must be accompanied by their parents and or legal guardians. The Recreation Center will be closed at 6:00pm (Fitness will remain open). At 6:30pm, families will be able to watch videos, play games, do crafts, swim while listening to DJ Eazy, see balloon clowns or see a glitter tattoo artist. Snacks will be provided. Admission to member families is free. Pre-registration is required.

406603-08 Fri, 12/2 6:30-8:30pm

### *Breakfast with Santa (ages up to 12)*

Join Santa and his merry elves for a pancake on Sat. Dec. 10<sup>th</sup>. Kids can visit with Santa and get their picture taken with him. Tickets are \$10 per person. All participants who are joining us for breakfast, including small children, must be registered. Tickets are limited, so get yours early! Deadline to register is December 5<sup>th</sup> or when tickets run out. Max 80 per seating.

Date: Sat., Dec. 10<sup>th</sup>  
406607-01 9:00-10:15 am  
406607-02 10:30-11:45am

### *Letters to Santa*

Does your child want to write Santa a letter letting him know what he/she wants for Christmas? Santa has made special arrangements for us to help him make his list complete for the ride on Christmas Eve. Letters can be dropped off at the Recreation Center in the special "North Pole" mailbox. All letters must be received at the Recreation Center "North Pole" no later than December 15<sup>th</sup>. All letters will be responded to in time for Christmas. #406609-01. \$2 Member/\$3 Res

### *Mother/Daughter Christmas Craft (ages 5+)*

It is a fun way for Mom and daughter to spend a Sunday afternoon making creative Christmas crafts. Add some homemade crafts to your Christmas decorations! One type of each craft will be made per child. Deadline to register is December 5<sup>th</sup>. Supplies are included. Fathers/sons also welcome!

405511-01 Sun, 12/11 2:00 pm.  
\$15 Member per pair/\$25 Res per pair/\$7 per additional child

### *Evening at the North Pole*

This year, Santa has agreed to pay us a visit at on Friday, Dec. 9<sup>th</sup>. Join us for the telling of The Night Before Christmas, a sing-a-long, snacks and, of course, a visit from Santa. Only children need to be registered for this event.

406603-23 Fri, 12/9 6:00pm  
\$5 Member/\$7 Res

*For more family & holiday activities, turn to page 4.*

## WE ARE NOW A SILVER SNEAKERS

### APPROVED FACILITY.



Sign up to receive our periodic e-newsletters. Register your e-mail address at the front desk on our website or by e-mailing us at [recinfo@cityofwestlake.org](mailto:recinfo@cityofwestlake.org).



Find us on

WestlakePatch

You can also find us on <http://westlake.patch.com>.

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# YOUTH FITNESS

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## DEN Intro (Ages 10 to 14) (Dedicated to Exercise and Nutrition)

Learn how to use the DEN equipment in a highly supervised setting. \$10 member only

102224-01	Tues, 1/10	4:45pm-5:45pm
102224-02	Tues, 1/10	6:00pm-7:00pm
102224-03	Thurs, 1/12	4:45pm-5:45pm
102224-04	Thurs, 1/12	6:00pm-7:00pm
102224-05	Tues, 1/24	4:45pm-5:45pm
102224-06	Tues, 1/24	6:00pm-7:00pm
102224-07	Thurs, 1/26	4:45pm-5:45pm
102224-08	Thurs, 1/26	6:00pm-7:00pm
102224-09	Tues, 2/7	4:45pm-5:45pm
102224-10	Tues, 2/7	6:00pm-7:00pm
102224-11	Thurs, 2/9	4:45pm-5:45pm
102224-12	Thurs, 2/9	6:00pm-7:00pm
102224-13	Tues, 2/21	4:45pm-5:45pm
102224-14	Tues, 2/21	6:00pm-7:00pm
102224-15	Thurs, 2/23	4:45pm-5:45pm
102224-16	Thurs, 2/23	6:00pm-7:00pm
102224-17	Tues, 3/6	4:45pm-5:45pm
102224-18	Tues, 3/6	6:00pm-7:00pm
102224-19	Thurs, 3/8	4:45pm-5:45pm
102224-20	Thurs, 3/8	6:00pm-7:00pm
102224-21	Sat, 1/7	11:30am-12:30pm
102224-22	Sat, 1/7	12:45pm-1:45pm
102224-23	Sat, 1/21	11:30am-12:30pm
102224-24	Sat, 1/21	12:45pm-1:45pm
102224-39	Sat, 2/11	11:30am-12:30pm
102224-40	Sat, 2/11	12:45-1:45pm
102224-41	Sat, 2/25	11:30am-12:30pm
102224-42	Sat, 2/25	12:45pm-1:45pm
102224-43	Sat, 3/10	11:30am-12:30pm
102224-44	Sat, 3/10	12:45pm-1:45pm

## DEN Hours (unless otherwise noted)

Mon, Tues, TH., Fri.	4:30-8:00pm
Wed	Closed
Sat	11:00am-3:00pm
Sun (Family Day)	11:00am-3:00pm

Wed. 11/23	12:00-4:00pm
Fri. 11/25	12:00-4:00pm

\*\*\*Closed Nov. 24, Dec. 24, 25, 31, and Jan. 1\*\*\*

### Christmas break Schedule:

December 19<sup>th</sup>-January 2<sup>nd</sup> (Mon-Fri)  
12:00-4:00pm

Monday, 1/16	12:00-4:00pm
Tues, 1/17	12:00-4:00pm
Monday, 2/20	12:00-4:00pm

\*Hours subject to change



## Reindeer Dash

It's a DEN tradition!! Have fun while being fit and healthy! Join a team named after one of Santa's reindeer. Every workout earns points, each point brings your team (your reindeer) closer to the

North Pole. First team to reach the North Pole wins a prize! Free for DEN members. Sign up in the DEN starting November 8<sup>th</sup>.



## DEN Jr. (ages 7-9)

This class offers a fun and exciting step-by-step approach for your young one to begin a structured exercise plan. Led by a certified instructor who will include activities such as PE style games, problem solving obstacle courses, and DEN equipment circuits. Watch as your child progresses learning new ways to exercise.

Time: 5:15-6:00pm

102224-25 Wed, 1/11-2/15

102224-26 Wed, 2/22-3/28

\$35 Member / \$45 Res



## Home School Sport, Swim and Fitness Program (Ages 18 months - 15 years)

Home-schooled children will have the opportunity to join this instructor led program to learn basic fitness/sports skills, PE-style games, and swimming fundamentals while having fun. Younger participants ages 4 and under will have the opportunity to interact with other children while they play and explore in the gym and in the tot pool.

Dates: TH, 1/12-2/16 11:00am-12:15pm

102235-12 Ages 5-15 \$35 Member / \$40 Res / \$45 Non Res (\$13 discount on additional child)

102235-13 Ages 18mo - 4 years \$20 Member / \$25 Res / \$28 Non Res (\$8 discount on additional child)

Dates: TH, 2/23-3/29 11:00am-12:15pm

102235-14 Ages 5-15 \$35 Member / \$40 Res / \$45 Non Res (\$13 discount on additional child)

102235-15 Ages 18mo - 4 years \$20 Member / \$25 Res / \$28 Non Res (\$8 discount on additional child)

## Junior Hapkido (ages 5-13)

The Hapkido Martial Arts Program and instructor Randy LePrevost will help develop the "Yes I can attitude". Some of the greatest benefits are increased concentration, self-discipline and focus. In addition to our physical curriculum, we also teach the value of goals, knowledge and persistence. Belt testing fee of \$20 payable to instructor. Max 30.

Time: 5:30-6:15pm

102210-01 M/W, 1/2-2/1

102210-02 M/W, 2/6-3/7

\$50 Member / \$55 Res / \$60 Non Res



## Karate (ages 6 & older)

Students study an art representing several martial art systems including Kajukenpo, Chinese Kenpo, Judo and Japanese Karate. We encourage involvement of parents and children together. You can have fun and pursue excellence at K.D.A.

Max 35. Jim Petitto, instructor

Time: 5:30-7:00pm

102211-01 Fri, 1/6-2/3

102211-02 Fri, 12/10-3/9

\$27 Member / \$35 Res / \$43 Non Res

## Tumble Bugs (age 4-6)

This preschool gymnastics class led by Margo Massad builds a healthy confidence while teaching developmentally appropriate gymnastics skills focusing on enhancing social & gross motor skills, reading readiness and coordination. Strict age requirement to be maintained. Max 10

Time: 5:15-6:00pm

102237-04 Tues, 1/24-2/21

102237-05 Tues, 2/28-3/27

\$56 Member / \$61 Res / \$66 Non Res



## Wildfire Dance (ages 3-16)

Wildfire Dance engages students with age appropriate and FUN choreography and music. We combine 3 styles of dance in one class for one low price- hip hop, jazz & pom wildfire dance! Get moving our way! Led by Wildfire Dance instructor Jenny Light. Younger campers in the ages 3-5 group must be potty-trained.

Dates: Tues, 1/10-2/28

104409-01 Ages 3-5 5:30-6:15pm

104409-02 Grades K-3 6:30-7:30pm

104409-03 Grades 4+ 7:30-8:30pm

Dates: Tues, 3/6-5/1 (no class 4/10)

104409-04 Ages 3-5 5:30-6:15pm

104409-05 Grades K-3 6:30-7:30pm

104409-06 Grades 4+ 7:30-8:30pm

\$90 Member / \$95 Non Member

(Receive a \$15 discount for additional siblings)

Information is subject to change. Visit us at <http://www.cityofwestlake.org/recreation/index.aspx>.

# SPORTS



## PreK Coach Fitness with Coach Charlotte

(ages 3-5)

This parent/ child class will show parents what type of fitness activities there are for their 3-5 year old child. It is presented in a fun, simple format. We use scarves, bean bags and other fun things. Fitness & two sports will be the focus. Min 6, Max 12

Focus: Fitness

401152-01	Tues, 11/29-12/13	11:30-12:00pm
401152-02	Tues, 11/29-12/13	1:00-1:30pm
401152-03	Thurs, 12/1-12/15	4:15-4:45pm

\$30 Member/ \$35 Res / \$40 Non Res

Focus: Fitness, Football & Basketball

101138-01	Tues, 1/10-2/7	11:30-12:00pm
101138-02	Tues, 1/10-2/7	1:00-1:30pm
101138-03	Thurs, 1/12-2/9	4:15-4:45pm

Focus: Fitness, Soccer & Volleyball

101138-04	Tues, 2/21-3/27	11:30-12:00pm
101138-05	Tues, 2/21-3/27	1:00-1:30pm
101138-06	Thurs, 2/23-3/29	4:15-4:45pm

\$60 Member/ \$65 Res / \$70 Non Res



## Little Racquets™ Tennis (ages 3-6)

Children learn basic tennis, motor and social skills that lead to playing games on "short" courts with miniature nets, foam balls, tail balls (ribbon attached to ball) and junior size racquets. Little Racquets emphasizes FUN rather than competition through engaging the children in energizing activities. Max 16 per class.

Time: 10:00-10:45am

101103-01	Fri, 1/6-1/27	101103-03	Fri, 2/3-2/24
101103-02	Fri, 1/6-1/27	101103-04	Fri, 2/3-2/24

\$75 Member / \$80 Res / \$85 Non Res



## Jr. Hoopsters (Grade K-2)

In this 4 week instructional camp, kids will learn how to dribble, shoot and pass. Kids will participate in both instruction and simulated "games". Participants will receive a t-shirt. Max 20 (additional class may be added if wait list exists).

101108-01	Sun, 1/8-1/29	12:00-12:45pm
101108-02	Sun, 2/12-3/4	12:00-12:45pm

\$20 Member / \$25 Res / \$30 Non Res

## Little Sneakers (up to age 5)

Run, jump, crawl or play at the Recreation Center. Equipment and props are provided. Parents must remain with their child, grandparents welcome.

101135-01 T/TH, 1/3-3/1 from 9:00-11:00am  
\$5 Pop in Rate OR \$15 Member / \$25 Res



## Adult Summer Softball 2012 Information

LEAGUE	GAME TIMES	ENTRY FEE
M/W Men	6:30 – 8:30	\$375
TH Men (DH)	6:30 – 9:30	\$375
Friday Coed (DH)	6:30 – 9:30	\$375
Sunday Men (DH)	9:30AM-3:30PM	\$375
Sunday Coed - Night	5:00-9:00	\$225

**Entry fees include all game balls.** All teams must pay a \$125 forfeit fee in addition to the entrance fee. All non-residents must also pay a \$20 non-resident fee. No Team will be accepted into league until entrance and forfeit fees are paid. Contract cards are due prior to the first game. Game fees are \$30 per game.

Registration Dates:  
January 2-31<sup>st</sup>: 2011 Teams only  
February 1 – April 16<sup>th</sup> Open registration or until leagues are filled.



## Cleveland West Table Tennis Club

The Cleveland West Table Tennis Club will be meeting here at the Westlake Recreation Center from 1:00-5:00pm every Sunday. Games will be in the gym. Bring your paddle. Beginners and advanced players alike are invited to attend. If you would like to come and play, cost is \$5 per person payable at the front desk. For more information, log onto their website at [www.ClevelandWestTTC.org](http://www.ClevelandWestTTC.org)

## Table Tennis (ages 10-15)

Student will learn the fundamentals of Table Tennis. The class will teach the basic strokes including serve, the forehand, and the backhand as well as the rules of the game. Table Tennis is fast paced, fun and can be played at home. Table tennis also promotes good hand-eye coordination. Max 12

401153-01	Fri, 12/2-1/20 (no class 12/23 or 12/30)	6:00-7:00pm
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\$60 Member / \$70 Non Member

## Men's Open Basketball (ages 18 & older)

Full court basketball games are for members only. You must be registered for the session(s) you wish to attend. Max 35 / 50 per session Wed/Sat. Program is free to members only.

101113-01	Wed, 1/4-2/29	6:30-8:30pm
101113-03	Wed, 3/7-4/25	6:00-8:00pm
101113-02	Sat, 1/7-2/25	8:00-10:00am
101113-04	Sat, 3/3-4/28	8:00-10:00am



## Boys Introductory Lacrosse Clinic (Grades K-6)

Help those less fortunate this holiday season. Black Dog Lacrosse and the Westlake Rec Department are holding an "intro" lacrosse clinic for both new players and those with fewer than 2 years experience. Focus on stick skills and as well as basic passing/team building skills. Bring your lacrosse stick. **Participants MUST bring a FULL bag of groceries (dry, nonperishable food items - no expired food)** on the day of camp that will benefit the Westlake Assistance Program. PRE-REGISTRATION IS REQUIRED BY DEC. 15<sup>TH</sup>.

401140-01	Sun, 12/18	10:00am-noon
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Cost: Donation of non-perishable food items



Donate Christmas cookies or candy as well to those who can not afford those luxuries this holiday season!

# SPECIAL NEEDS

## FITastic Kids

This program includes strength training on the DEN Circuit Series equipment, stretching, balance exercises, and stationary game bikes. Participants must come with a helper, be physically able to operate equipment, and be 10 yrs or older. Max 12. Chris Loy, instructor  
Time: 9:00-9:50am

102224-33	Sat, 1/7-3/3 (no class 1/21)
102224-34	Sat, 3/10-4/28

\$40 per child (\$75 if registering for both sessions at the same time)

## FITastic Kids Open DEN

For those participating in FITastic Kids (10 years +), practice the skills learned in your Sat, course using the DEN equipment. Chris Loy, instructor  
Time: 4:00-5:00pm

102224-35	Wed, 1/4-2/29 (no class 1/18)
102224-36	Wed, 2/23-3/30

\$10 per child

## Music Express (Ages 5 & Up)

Activities will include instrument play, movement, singing, group music games and a little relaxation. Each child must be accompanied by an aide/family member. All experiences are success oriented and adapted to meet the needs and abilities of the group. This is a special needs program. Max 10. Led by Amber DiBattiste  
Time: 6:30-7:15pm

106630-04	Mon, 1/9-2/27
106630-05	Mon, 3/5-4/30 (no class 4/9)

\$70 per family

## Slam Dunkers Basketball

Starting its 7<sup>th</sup> season, the Slam Dunkers Basketball program is open to any school age child with special needs. The cost includes a t-shirt, basketball and small group instructions. Contact Jim Dispirito at 440-617-4420.  
101131-01 Sun, 1/15-2/26 4:30-5:30pm  
\$50 per child

## Water Rabbits Learn to Swim

This program is available for those with special needs who require one-on-one instruction. This is not an aquatics therapy but a recreational learn to swim program. Contact the aquatics department for more information.

103314-01	Tues, 1/10-2/28	5:15-5:45pm
103314-02	Thurs, 1/12-3/1	5:15-5:45pm
103314-03	Sat, 2/11-3/31	12:15-12:45pm

\$44 Member / \$88 Res

Information is subject to change. Visit us at <http://www.cityofwestlake.org/recreation/index.aspx>.

# SPECIAL EVENTS



## Swim With Santa

Join us as Santa will make a trip to the Aquatics Center during the Holiday Season to pick up the children's Christmas lists and have a little fun in the pools before the big nite.  
403328-07 Fri, 12/16 6:30-7:30pm  
\$3 Member / \$6 Res

## Santa's Calling (ages 2-6)

Would you like to have your little ones receive a phone call from Santa? during the hours of 6-8 pm and can only call those within the 440 & 216 area codes. An information sheet for each child must be filled out at time of registration. Deadline to register is December 1<sup>st</sup>.

406608-01 Mon, 12/12  
406608-02 Wed, 12/14  
\$2 Member/\$3 Res

## No School Day Camp (Grades K-6)

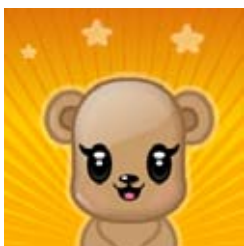
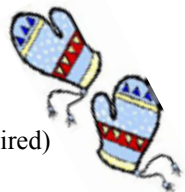
This camp is designed to keep the kids entertained with games, swimming, art projects and other fun stuff, in a supervised setting! Children will need to bring a brown bag lunch, a towel and swimsuit. An afternoon snack will be provided. For children in grades K-6. We reserve the right to confirm a child's school grade. Questions may be directed to Rachel O'Malley at 440.617.4418.

Time: 9:00am to 4:00pm

406603-12 Mon-Fri, 12/19-12/23  
406603-13 Mon-Fri, 12/26-12/30

\$130 Member / \$150 Res / \$170 Non Res per week

Sign up for one day at a time during those 2 weeks (pre-registration is required)  
Daily rate is \$35 Member / \$50 Res / \$60 Non Res



## Beary Fun Almost Sleepover (ages 3-8)

We will build our own teddy bear or other stuffed animal to join us for the fun! Send the kids with their pajamas, sleeping bag and pillow as we enjoy all the fun activities of a sleepover! We will have pizza, watch a movie and hang out with our new stuffed friend. Min 5 / Max 20  
106602-14 Fri, 1/6 6:00-8:30pm  
\$25 Member / \$30 Res / \$35 Non Res

## Elf Workshop (ages 3-8)

Nothing says love more than a homemade gift. Let the kids come to the Recreation Center and make their Christmas gifts in the. All supplies will be provided.

Date: Wed, 12/7  
405501-02 4:30-5:30pm  
405501-03 6:30-7:30pm  
\$15 Member / \$20 Res



## Gingerbread House Fantasy (ages 7-11)

Ever want to build your own gingerbread house? This is the class for you. We will build and decorate our own small gingerbread houses just in time for Christmas. All supplies are included. Max 10.

405511-08 Wed, 12/21 from 2:00-4:00pm  
\$10 Member / \$15 Res / \$20 Non Res

## Babysitting (ages 11-14)

This training course gives babysitters the information and skills necessary to provide safe and responsible care for children in the absence of parents or adult guardians. This training will help participants develop skills in leadership and professionalism, basic care, safety and first aid. Students must bring a lunch, a pen and a doll to class. Deadline to register is one week prior Max 12

Time: 8:30-3:00pm

400329-02 Tues, 12/20  
103319-07 Tues, 1/17

\$60 per child

## Father/Daughter Valentine's Day Dance (ages 3-10)

Dance the night away with your little princess. This is a great chance for Dad to spend time with his daughter(s). Snacks and punch provided. Each couple will receive a photo memento of the evening. Join us for a "sweet" time!  
Deadline to register is Jan. 31<sup>st</sup> or when max of 100 is reached.

106602-02 Fri, 2/3 6:30-8:30pm

\$15 Member "Couple" / \$20 Res "Couple" / \$5 each add'l child



## Ultimate After Hours Bash (Grades 5-6)

The return of the popular after hours fun time. We close the doors and stay open late for these special events for gym time, swimming, fun, games & pizza. Participants must remain in the building until 10:30pm. Open to members or children who live or go to school in Westlake with proper ID. Food and drink will be provided.

Time: 8:30-10:30pm

106602-11 5<sup>th</sup> Grade Fri, 1/20  
106602-12 6<sup>th</sup> Grade Fri, 2/10

\$10 Member / \$15 Res

## Pre-School Beach Party (Ages 3-5)

Come beat the winter blues and have some fun with your friends in the tot pool! We will play pool games, splash, and swim, make a craft and enjoy a light snack.

Pre-registration is required. Limit 20

103328-04 Fri, Feb. 17

10:00-11:30am

\$4 Member / \$8 Res



## No School Day Camp (Grades K-6)

Camp is designed to keep the kids entertained with games, swimming, art project and other fun stuff, in a supervised setting! Children will need to bring a brown bag lunch, a towel and swimsuit. An afternoon snack will be provided. Min 5 / Max 25

Course 9:00am-4:00pm

106613-01 Mon, 1/16

106613-02 Tues, 1/17

106613-03 Mon, 2/20

\$30 Member / \$45 Res / \$50 Non Res

## Parent Night Out (ages 3-10)

We will provide supervised, structured activities for your children. Children must be potty trained. Pizza will be provided. Children should bring a contained drink (juice box, bottle of water, bottle of pop, etc.) to have with the pizza. Min 5/ Max 20

Time: 3:45-7:45pm

106603-03 Sat, 3/10

\$15 per member child if registered one week prior, after that \$20 per member child



Information is subject to change. Visit us at <http://www.cityofwestlake.org/recreation/index.aspx>.

# YOUTH ACTIVITIES



## Fun with Food (ages 7-10)

Bring your appetite! Kids will learn how to make creative snacks and great desserts. Must notify the instructor of any allergies one week prior to the class. Min 4 / Max 10. Ann

Hollows, instructor.

Time: 10:00-12:00pm

405511-03 Wed, 12/21

\$15 Member / \$20 Res / \$25 Non Res

Time: 4:00-5:00pm

105511-01 Wed, 1/25

Winter Treats

105511-02 Wed, 2/8

Valentine Treats

\$10 Member / \$15 Res / \$25 Non Res

## Snowman Soup



Assemble in a gift bag, gift mug or small zipper food storage bag:

1 individual packet hot chocolate mix

2-3 chocolate kiss candies

10-15 mini-marshmallows

small candy cane

Poem to accompany recipe:

Was told you've been real good this year.

Always glad to hear it!

With freezing weather drawing near,

You'll need to warm the spirit.

So here's a little Snowman Soup

Complete with stirring stick.

Add hot water, sip it slow.

It's sure to do the trick!



## English Rose & Black Tie Etiquette (Grades 1-12)

Students in this popular etiquette course are taught how to act in everyday social situations at home and away so they can be the person they can be. Ms. Catherine Holloway, Cleveland's Premier Children's Etiquette Trainer, believes that a child with a healthy self-esteem becomes a teenager with confidence and a positive sense of self. Min 5 / Max 16

Dates: Mon, 1/23-3/5 (no class 2/20)

106640-01 Grades 1-4

6:15-7:15pm

106640-02 Grades 5+

7:15-8:15pm

\$89 Member / \$94 Res / \$99 Non Res

## Music FUNDamentals

(ages up to 4 years)

Learn the basics of music through this action-packed program. This class will inspire kids to grow, giggle and groove. Led by Music Therapy Enrichment Inc.

Min 2/ Max 10

Time: 10:30-11:00am

106630-01 Mon, 1/9-2/13 (no class 1/16)

106630-02 Mon, 2/27-3/26

\$58 Member/ \$62 Res/ \$66 Non-Res



# LANGUAGE ARTS

## Signing Smart Beginner Play (ages 6-24 months)

American Sign Language (ASL) signs and Signing Smart strategies are integrated into songs, games and activities to engage very young children and their parents. Learn over 100 signs through songs, play, center activities, and interactions. There is a \$40 supply fee made to payable to the instructor the first day of class. Morgan Therrien, instructor

Dates: Wed, 1/4-3/7

106644-01 Ages 12-24 months

6:00-6:45pm

106644-02 Ages 6-12 months

7:00-7:45pm

\$100 Member / \$105 Res / \$110 Non Res



## Italian for Children

(ages 6-14)

A fun class to learn vocabulary, songs and games in Italian. Class will only launch if 10 students (minimum) sign up so spread the word!

106645-01 Tues, 1/10-3/13

5:00-6:00pm

\$100 Member / \$105 Res / \$117

Non Res

## Italian Conversation Hour (adults)

Italian Conversation Hour (adults): an opportunity to "hear" Italian, practice and learn more about all aspects of the Italian culture/language (all levels welcomed).

Class will only launch if 10 students (minimum) sign up so spread the word!

106645-02 Tues, 1/10-3/13 6:00-

7:00pm

\$150 Member / \$155 Res / \$160 Non Res



# COMPUTER



## Stop Motion Animation (ages 8-13)

Stop Motion Animation allows your child's imagination to come to life. Kids use digital cameras and the latest movie making software to become the producer, the director, the character, and the editor for their movie. A movie that they can save, take home and share with family and friends. This class is a great introduction to basic video production, and no prior animation experience is needed.

Dates: Sat, 3/3-3/31

106615-11 9:00am-12:00pm

\$200 Member/ \$205 Res / \$210 Non Res

## Creative Programming Camp (ages 8-13)

Kids will use Scratch, a programming language developed by the MIT Media Lab to create their own interactive stories, animations, games, music, and art. They snap graphic programming blocks together to create programs. They can even use each others programs to build on to make more in-depth programs. Kids are able to take their programs home to share with their family and friends. No previous programming experience is needed.

Dates: Sat, 3/3-3/31

106615-12 1:00-4:00pm

\$200 Member/ \$205 Res / \$210 Non Res



## Computer 101 (ages 18+)

Learn how to use your computer from Compu 360. Learn how to use e-mail, E-bay, social media, create budgets, balance your checkbook, the Internet, and search engines only in one session. Classes are geared for those new to the computer as well as for those who wish to improve existing computer skills. This are instructional classes only. For hands-on training, please bring your own laptop.

Time: 10:30am-12:00pm

106615-13 Wed, 1/4

Introduction to Windows 7

106615-14 Wed, 1/11

Introduction to E-mail

106615-15 Wed, 1/18

Using the Internet and Search Engines

106615-16 Wed, 1/25

Using E-Bay

106615-17 Wed, 2/1

Using Social Media

106615-18 Wed, 2/8

Creating budget/balance checkbook in MS Excel

\$25 Member / \$30 Res / \$35 Non Res (per date listed)

## HOW TO AVOID EATING TOO MUCH DURING THE HOLIDAYS

- Don't Skip Meals
- Eat High-Fiber Foods Before the Party
- Eat Small Amounts of the Foods You Love
- Don't Hang Around the Buffet
- Pace Yourself
- Drink Plenty of Water
- Keep Healthy Snacks at Work
- Keep Exercising

Information is subject to change. Visit us at <http://www.cityofwestlake.org/recreation/index.aspx>.

# IN THE POOLS AT THE REC CENTER

## LEARN TO SWIM SCHEDULE

**INFANTS 6-18 MONTHS WITH PARENT:** Focuses on the comfort level of the infant and provides experiences & activities for the parent & infant. Max 12.

**TODDLER: 18-36 MONTHS OF AGE WITH PARENT:** Focuses on the advanced comfort level of the toddler and provides games, activities and begin use of kickboards, noodles etc. for the parent & toddler. Max 12.

**PRESCHOOL: 3- 5 YEARS OF AGE WITH PARENT:** Build on the skills learned in Infant & Toddler and start to introduce the preschooler to the skills needed to advance to Blue Fish without parent. Max 12.

**BLUE FISH & LEVEL 1 (Ages 3+ without a parent):** For students just starting out in the Learn to Swim program. Students learn basic aquatic skills including supported floating, bubble blowing & exploring alternating arm & leg action on their front & back. Max 10

**RED FISH & LEVEL 2 (Fundamental Aquatic Skills):** Students will build on the skills from Level 1 & will begin to float without support, bob rhythmically, & combine arm & leg action on their front & back for 15 ft. unsupported. Max 10

**YELLOW FISH & LEVEL 3 (Beginner Stroke Development):** Students will build on the skills from Level 2 & will begin to learn to coordinate the front & back crawl for 15 yards & are introduced to elements of the butterfly y & the fundamentals of treading water. Max 10

**LEVEL 4 (Beginner Stroke Improvement):** Students will build on the skills learned earlier & begin to increase their stroke endurance by swimming longer distances. Students will continue to work on elements of the butterfly y & elementary backstroke. Breaststroke & sidestroke are also introduced. Max 10

**LEVEL 5 (Stroke Refinement):** Students in this level refine their performance in all strokes & also work on increasing their swimming distance. Flip turns are also introduced. Max 10

**LEVEL 6 (Swimming & Stroke Proficiency):** This course is designed for children who are working toward stroke proficiency. Stroke work and endurance are emphasized. Upon completion of program, participants will be ready to join a swim team. Max 10

**JUNIOR SWIM:** For children ages 9-14 who are interested in learning how to swim and are at the beginner level. Max 10

*\*There are no classes Jan. 16<sup>th</sup>, 17<sup>th</sup> or Feb. 20<sup>st</sup>\**

<i>Class Schedule</i>		
<b>Infants: 6-18 Months of Age with Parent</b>		
103301-01	TH, 1/12-2/2	10:15-10:45am
103301-02	TH, 2/9-3/1	10:15-10:45am
\$22 Member / \$44 Res		
103301-03	Tues, 1/10-2/28	5:40-6:10pm
103301-04	Thurs, 1/12-3/1	5:40-6:10pm
103301-05	Sat, 2/11-3/31	9:15-9:45am
<b>Toddler: 18-36 Months of Age with Parent</b>		
103302-01	Tues, 1/10-2/7	10:15-10:45am*
103302-02	Tues, 2/14-3/6	10:15-10:45 am
\$22 Member / \$44 Res		
103302-03	Tues, 1/10-2/28	6:20-6:50pm
103302-04	Thurs, 1/12-3/1	7:00-7:30pm
103302-05	Sat, 2/11-3/31	10:00-10:30am
<b>Preschool: 3- 5 Years of Age with Parent</b>		
103303-01	Wed, 1/11-2/1	10:00-10:30am
103303-02	Wed, 2/8-2/29	10:00-10:30am
\$22 Member / \$44 Res		
103303-03	Tues, 1/10-2/28	7:00-7:30pm
103303-04	Thurs, 1/12-3/1	6:20-6:50pm
103303-05	Sat, 2/11-3/31	10:45-11:15am
<b>Blue Fish: 3-5 Years of Age without a Parent</b>		
103304-01	M/W, 1/9-2/6	9:30-10:00am*
103304-02	M/W, 1/9-2/6	1:20-1:50pm*
103304-03	T/TH, 1/10-2/7	9:30-10:00am*
103304-04	T/TH, 1/10-2/7	1:20-1:50pm*
103304-05	M/W, 2/8-3/7	9:30-10:00am*
103304-06	M/W, 2/8-3/7	1:20-1:50pm*
103304-07	T/TH, 2/14-3/8	9:30-10:00am
103304-08	T/TH, 2/14-3/8	1:20-1:50pm
<b>Red Fish: 5-6 Years of Age without a Parent</b>		
103305-01	M/W, 1/9-2/6	9:30-10:15am*
103305-02	M/W, 1/9-2/6	1:00-1:45pm*
103305-03	T/TH, 1/10-2/7	9:30-10:15am*
103305-04	T/TH, 1/10-2/7	1:00-1:45pm*
103305-05	M/W, 2/8-3/7	9:30-10:15am*
103305-06	M/W, 2/8-3/7	1:00-1:45pm*
103305-07	T/TH, 2/14-3/8	9:30-10:15am
103305-08	T/TH, 2/14-3/8	1:00-1:45pm
<b>Yellow Fish: 5-6 Years of Age without a Parent</b>		
103306-01	M/W, 1/9-2/6	9:30-10:15am*
103306-02	M/W, 1/9-2/6	1:00-1:45pm*
103306-03	T/TH, 1/10-2/7	9:30-10:15am*
103306-04	T/TH, 1/10-2/7	1:00-1:45pm*
103306-05	M/W, 2/8-3/7	9:30-10:15am*
103306-06	M/W, 2/8-3/7	1:00-1:45pm*
103306-07	T/TH, 2/14-3/8	9:30-10:15am
103306-08	T/TH, 2/14-3/8	1:00-1:45pm
<b>Level 1: 3-5 Years of Age without a Parent</b>		
103307-01	Tues, 1/10-2/28	6:00-6:30pm
103307-02	Tues, 1/10-2/28	7:00-7:30pm
103307-03	Thurs, 1/12-3/1	6:00-6:30pm
103307-04	Thurs, 1/12-3/1	7:00-7:30pm
103307-05	Sat, 2/11-3/31	10:00-10:30am
103307-06	Sat, 2/11-3/31	11:00-11:30am
<b>Level 2: 5-6 Years of Age without a Parent</b>		
103308-01	Tues, 1/10-2/28	6:00-6:45pm
103308-02	Tues, 1/10-2/28	7:00-7:45pm
103308-03	Thurs, 1/12-3/1	6:00-6:45pm
103308-04	Thurs, 1/12-3/1	7:00-7:45pm
103308-05	Sat, 2/11-3/31	10:00-10:45am
103308-06	Sat, 2/11-3/31	11:00-11:45am
<b>Level 3: 5-6 Years of Age without a Parent</b>		
103309-01	Tues, 1/10-2/28	6:00-6:45pm
103309-02	Tues, 1/10-2/28	7:00-7:45pm
103309-03	Thurs, 1/12-3/1	6:00-6:45pm
103309-04	Thurs, 1/12-3/1	7:00-7:45pm
103309-05	Sat, 2/11-3/31	9:00-9:45am
103309-06	Sat, 2/11-3/31	10:00-10:45am
103309-07	Sat, 2/11-3/31	11:00-11:45am
103310-01	Tues, 1/10-2/28	6:00-6:45pm
103310-02	Thurs, 1/12-3/1	7:00-7:45pm
103310-03	Sat, 2/11-3/31	9:00-9:45am
103310-04	Sat, 2/11-3/31	10:00-10:45am
103310-05	Sat, 2/11-3/31	11:00-11:45am
<b>Level 4</b>		
103311-01	Tues, 1/10-2/28	7:00-7:45pm
103311-02	Thurs, 1/12-3/1	6:00-6:45pm
103311-03	Sat, 2/11-3/31	9:00-9:45am
103311-04	Sat, 2/11-3/31	10:00-10:45am
103311-05	Sat, 2/11-3/31	11:00-11:45am
<b>Level 5</b>		
103312-01	Tues, 1/10-2/28	7:00-7:45pm
103312-02	Thurs, 1/12-3/1	6:00-6:45pm
103312-03	Sat, 2/11-3/31	9:00-9:45am
<b>Level 6</b>		
103313-01	Thurs, 1/12-3/1	8:00-8:45pm
103313-02	Sat, 2/11-3/31	9:00-9:45am
<b>Junior Swim</b>		
103314-01	Tues, 1/10-2/28	5:15-5:45pm
103314-02	Thurs, 1/12-3/1	5:15-5:45pm
103314-03	Sat, 2/11-3/31	12:15-12:45pm
\$44 Member / \$88 Res		

### Water Rabbits Learn to Swim

This program is available for those with special needs who require one-on-one instruction. This is not an aquatics therapy but a recreational learn to swim program. Contact the aquatics department for more information.

103314-01 Tues, 1/10-2/28 5:15-5:45pm  
 103314-02 Thurs, 1/12-3/1 5:15-5:45pm  
 103314-03 Sat, 2/11-3/31 12:15-12:45pm  
 \$44 Member / \$88 Res

### Springboard Diving

A great class for those interested in learning the basics of springboard diving or those with diving experience who want to learn higher technical dives. Progression is based on individual's ability. Students must be able to swim one length of the pool unassisted.

Time: 7:00-8:00pm  
 103316-01 Wed, 1/4-2/8  
 103316-02 Wed, 2/29-4/4  
 \$33 Member / \$66 Res / \$72 Non Res

Register at least one week prior to the start date to receive the best price on classes. Cost is \$44 Member / \$88 Res (unless noted). Receive a \$10 discount on 2<sup>nd</sup> child's swim lessons when registering at the same time.

### Private Swimming Lesson

Members can take advantage of private swim lessons for children 6 years and older. All lessons must be used 60 days after purchase. Cost is \$50 for 2, 30-minute sessions & \$100 for 4 30-minute sessions. For a list of available instructors please contact Don Cisar in the Aquatics office.

### Adult Swim Lessons

If you have always wanted to learn how to swim this is the class for you! We customize our class to your abilities and work with you no matter what your level. Max 10

Time: 8:00-8:45pm  
 103315-01 Tues, 1/10-2/28  
 103315-02 Thurs, 1/12-3/1  
 \$44 Member / \$88 Res

Information is subject to change. Visit us at <http://www.cityofwestlake.org/recreation/index.aspx>.

# IN THE POOLS AT THE REC CENTER

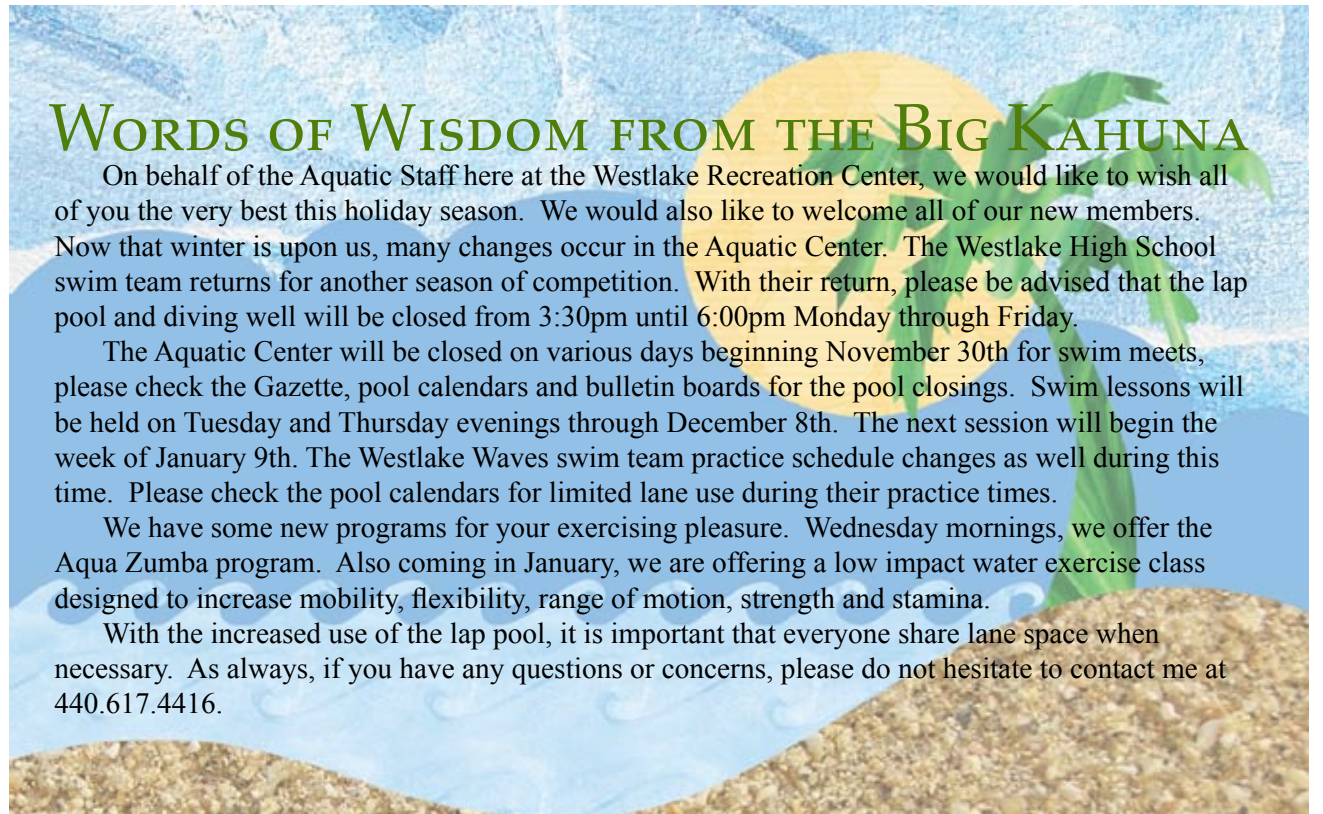
## Fun Float Friday!

6:00-8:30pm (every Friday except for special events or swim meets)

For a Friday full of fun, bring your favorite fun float to the pool! Inner tubes, beach balls, floating animals and noodles are all welcome! Regular pool admission prices apply!

## Attention All Girl and Boy Scout Leaders

We will provide your scouts with instruction in water safety and help them improve their individual skills to earn their aquatic merit badge. We will be accepting reservations from troop leaders for Monday, Wednesday & Fridays from March - May. Reservations will be taken starting in January by calling the aquatic center @ 440-617-4416.



## WORDS OF WISDOM FROM THE BIG KAHUNA

On behalf of the Aquatic Staff here at the Westlake Recreation Center, we would like to wish all of you the very best this holiday season. We would also like to welcome all of our new members. Now that winter is upon us, many changes occur in the Aquatic Center. The Westlake High School swim team returns for another season of competition. With their return, please be advised that the lap pool and diving well will be closed from 3:30pm until 6:00pm Monday through Friday.

The Aquatic Center will be closed on various days beginning November 30th for swim meets, please check the Gazette, pool calendars and bulletin boards for the pool closings. Swim lessons will be held on Tuesday and Thursday evenings through December 8th. The next session will begin the week of January 9th. The Westlake Waves swim team practice schedule changes as well during this time. Please check the pool calendars for limited lane use during their practice times.

We have some new programs for your exercising pleasure. Wednesday mornings, we offer the Aqua Zumba program. Also coming in January, we are offering a low impact water exercise class designed to increase mobility, flexibility, range of motion, strength and stamina.

With the increased use of the lap pool, it is important that everyone share lane space when necessary. As always, if you have any questions or concerns, please do not hesitate to contact me at 440.617.4416.

## WATER AEROBICS

### Aquatic Punch Cards

Members ages 18 and older may purchase pre-paid aquatic exercise pass cards and attend any of the following classes listed below. Aquatic punch cards are valid for 30 days from the date of purchase and cost is 2 classes (\$10), 4 classes (\$16), 8 classes (\$27), 12 classes (\$38), or 20 classes (\$60).

### Deep Water Aerobics

Classes are geared for all ages and abilities- the ardent exerciser or those just beginning. You will get an entire body workout that is customized to fit you. Rehab knees, hips and other joints without impact. Build muscle without pain and increase your cardiovascular capabilities without breaking a sweat. Diving Pool

T/TH, 1/3 - 4/5	8:30-9:30am	Nancy Blagg
T/TH, 1/3 - 4/5	10:30-11:30am	Nancy Blagg
Fri, 1/6 - 4/6	8:30-9:30am	Nancy Blagg

### Low Impact Water Exercise

This low impact aquatic course is for beginning exercisers of all ages, active older adults, anyone with arthritis or recovering from injury or surgery. It's designed to increase mobility, flexibility, range of motion, strength and stamina. Soaking/Dive Pool

Mon & Fri, 1/2-4/6	10:30am - 11:15am	Genieve Wanamaker
Mon & Fri, 1/2-4/6	2:15pm - 3:00pm	Genieve Wanamaker

### Water Walking

Increase your strength and endurance in this superior, challenging and sweat-free power workout. Walking forwards and backwards, jogging, side stepping & kicking against the 5 mile per hour current of our Lazy River with exercise equipment provides a challenging total body workout. No swimming skills are necessary. Water Shoes Recommended.

M-W-F, 1/4 - 4/6*	10:00am - 11:00am	John Marhefka
T/TH, 1/3-4/5	7:45-8:30pm	Ruth Obrochta

*There are NO classes on Jan. 16, Feb. 20. Schedule ends on April 6<sup>th</sup>.*

## WHS SWIM MEET

Wed, Nov. 30	Rocky River	7:00pm
Sat, Dec. 10	Amherst Steele HS	6:00pm
TH, Dec. 15	Avon Lake HS	7:00pm
Fri, Dec. 23	Berea HS	7:00pm
Fri, Jan. 13	Brecksville/ Broadview Hts	7:00pm
Fri, Jan. 27	Olmsted Falls HS	7:00pm
Fri, Feb. 3	SWC Diving Championships	4:30pm
Sat, Feb. 4	SWC Swimming Championships	9:30am

*The Aquatics Center will close 1.5 hours prior to the start time of the meet with exception of Feb. 4<sup>th</sup> in which the pools will be closed from Friday, Feb. 3<sup>rd</sup> at 3:00pm and will NOT re-open until Sunday, Feb. 5<sup>th</sup> at 10:00am.*

### Aqua Zumba®

Known as the Zumba® "pool party," the Aqua Zumba program gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Led by Mary Ann Francis.

Time: 8:30-9:30am

103321-01 Wed, 1/4-1/25

103321-02 Wed, 2/1-2/22

103321-03 Wed, 2/29-3/28 (no class 3/7)

\$30 Members / \$40 Res



### Water Aerobics with Lila Nagel

This medium to intense program set to music includes both warm up and cool down exercises in the soaking pool.

Time: 8:00-9:00pm

103317-01 M/W, 1/2-1/25

103317-02 M/W, 1/30-2/22

103317-03 M/W, 2/27-3/28 (no class the week of 3/4)

\$30 Member / \$60 Res / \$70 Non Res

### Water Park Lifeguarding

This course designed by the American Red Cross teaches individuals the necessary skills to become a professional lifeguard in today's aquatic facilities. Before beginning the class, participants MUST be able to demonstrate the following prerequisite skills:

1. Swim 300 yards continuously using the strokes in the following order: 100 yards front crawl with rhythmic breathing and a stabilizing, propellant kick, 100 yards breaststroke using a pull breathe, kick, glide sequence and 100 yards of either front crawl or breaststroke.

2. Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10 lb object, return to the surface, swim 20 yds back to the starting point with the object and exit the water without using a ladder or steps, with in 1 minute and 40 seconds.

The participant must be age 15 by the last day of class - proof of age (birth certificate or driver's license) is REQUIRED. Attendance and participation in all sessions is MANDATORY! Certifications will be issued upon successful completion of the class in Lifeguarding/Water park/First Aid and CPR/AED. Max 20. Late registration will NOT be accepted. Sign up deadline is 12/5/11.

403319-01 Tues, 12/20 from 5-9pm, Wed-Fri, 12/21-12/23 from 8:00am-5:00pm  
\$230 per person



*NOTE-NEW DATES/TIME*

*Information is subject to change. Visit us at <http://www.cityofwestlake.org/recreation/index.aspx>.*

## Group Exercise & Spinning® Class Rates

Pass is good for specified days from date of purchase.

1. 6 month Pass: Pass is good for 6 months.  
\$200 Members only
2. Seasonal Pass: Pass is good for 120 days.  
\$155 Member / \$240 Res
3. Monthly Pass: Pass is good for 30 days.  
\$55 Member / \$75 Res
4. Pop in Rate: \$5 Member / \$10 Res & Guest



**Advanced Yoga:** This class is for the experienced student who would like to take their practice to the next level. Explore and deepen your practice with powerful heat building poses connected with breath awareness as you build strength, flexibility, focus and endurance.

**Body Blast:** Workouts will challenge you with 45 minutes of strength training and 45 minutes of cardio.

**Body Toning/ Body Toning Express:** A great class to tone and strengthen all your muscles. Body bars, stretch bands, exerballs, dumbbells and your own body will be used as resistance. Come to this class for a great total body workout!

**Core and More / Core & More Express:** Develop your core strength and flexibility with a variety of standing exercises, floor work, and yoga/ Pilates based moves. Hand weights, exerballs, body bars and bands may be used to enhance your workout.

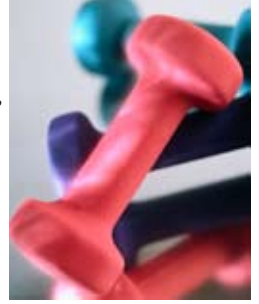
**Holiday Hangover:** This intermediate/advanced cardio and strength class using a variety of exercise equipment to get your heart pumping!

**Fitness Boot Camp:** Move quickly through this workout for a high energy, calorie burning, muscle toning, and heart strengthening workout. Equipment includes balls, bars, and bands to create a great workout!

**Pilates:** Pilates is great for total body conditioning, improving strength, flexibility, endurance, balance, alignment, coordination and sense of well-being as well as strengthens the body from its center core.

**Shape it up!:** Great for beginners or those looking for something new to add to your workout! Exercises include low impact cardio, strength training, and flexibility work.

**Spinning®:** The indoor cycling sensation! Trained instructors, invigorating music, and visualization come together to make Spinning® both fun and effective. Regardless of how fit, flexible, or coordinated you are, you'll get a great workout. Simply hop on your bike, set the resistance to the level that's right for you, and let your instructor guide you through an incredible ride!



**Step Up!:** This early morning workout will get you sweating and get your heart pumping!

**Yoga Flow:** This is an energizing class that combines posture (asana) with breath and movement. Build strength and stamina, increase flexibility, and finish with deep relaxation for a feeling of balance and rejuvenation. Bring your own yoga mat.

**Yogilates:** This class combines yoga poses and Pilates strengthening exercises into one class. It's relaxing yet challenging!

*See current monthly schedule for class times and days.*

## *Iron Man Contest*

Complete the distances of the Iron Man in 8 weeks instead of one day. You will need to complete the following legs of the race: swim 2 miles, bike 112 miles, and run 26 miles. Log your mileage in a book at the fitness desk. Get motivated and finish the race by February 28th and receive a T-shirt! Sign up at the front desk. #102212-01

*1/2-2/26  
Fitness Room  
\$18 Members Only*

## *DEN Adult Circuit*

If you are short on time but still want a good workout, come to the DEN for a 30-minute circuit style workout complete with cardio and muscle conditioning. Free for Members only.

*Hours of Operation  
Tuesdays and Fridays 7:30-10:00am*

## *\*\*Blood Pressure Screenings\*\**

*2<sup>nd</sup> Monday of each month: 9:00-11:00am*

*4<sup>th</sup> Monday of each month: 6:00-8:00pm*

\*All programs and services listed above are offered free of charge courtesy of the Westlake Health Connection.

## *NEW TIME*

## *Fitness Evaluations*

*Monday January 23<sup>rd</sup> 6:00 - 8:00 pm*

*sponsored by SJMC Physical Therapy.*

Great chance to have get baseline measurements in BMI, height, weight, waist circumference and blood pressure. Evaluations are free!

## *DID YOU KNOW??*

*75% of Americans are chronically dehydrated. In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger. Even MILD dehydration will slow down one's metabolism as much as one glass of water successfully shut down midnight hunger pains for almost 100% of the dieters in a University of Washington research study.*

## *Personal Trainers*

The Westlake Recreation Center offers excellent personal trainers to our members. Prices could fluctuate with purchase of packaged sessions. Contact one of the trainers and get started today. All trainers have current certifications and a signed contract with the City of Westlake (members are not permitted to bring in their own personal trainers).

Fit By Jake:	440.670.1531
*Jake Barb	
*Rachael Stafford	
Official Fitness Pro:	440.829.3743
*Jeremy Dancy	*Shaina Friedman
*Barry Sheppard	*Colleen Barry
*Kyle Harriger	*Mike Soster
*Brian Kmetz	
Fitness Revolution:	440.759.2205
*Dan Bednar	
The Restructuring Zone:	216.375.8946
*Tom Roso	

*Information is subject to change. Visit us at <http://www.cityofwestlake.org/recreation/index.aspx>.*

# ADULT FITNESS

## OFP's CardioCORE Blast

The perfect supplement to your current program, designed to enhance your recovery, improve performance and burn hundreds of calories. Using many popular callisthenic exercises and high intensity interval training designed to improve function, mobility, core, and cardiovascular endurance. A fun program for all ages, it is something you have to experience to realize its tremendous benefit.

Time: 7:00-8:00am  
 102246-01 Tues, 12/27-1/17  
 102246-02 Tues, 1/24-2/14  
 102246-03 Tues, 2/21-3/13  
 102246-04 Thurs, 12/29-1/19  
 102246-05 Thurs, 1/26-2/16  
 102246-06 Thurs, 2/23-3/15  
 \$20 Member / \$25 Res / \$30 Non Res  
 Pop-in: \$7 Member / \$9 Res / \$10 Non Res

## Sculpt and Flex®

A challenging one-hour cardiovascular strength-training class designed to make you lean and defined by using elements from strength-training, yoga, and Pilates giving you a results-oriented whole body workout. Any fitness level may enroll.

Time: 6:15-7:15pm  
 102247-01 T/TH, 1/3-1/26  
 102247-02 T/TH, 2/2-2/28  
 102247-03 T/TH, 3/6-3/29  
 \$55 Member / \$60 Res / \$65 Non Res per term  
 102247-04 T/TH, 1/3-3/29 (NO class 1/31, 3/1)  
 \$130 Member / \$135 Res / \$140 Non Res for 3 month term ONLY

## SOS

“Ready for a real Challenge?” Shaina Freidman brings it to you. Don't let her friendly, innocent demeanor fool you. She unleashes her inner drill sergeant with intense toning, cardio and core work- She will rescue your beach body.

Time: 7:30-8:25pm  
 102253-01 Wed, 12/28-1/18  
 102253-02 Wed, 1/25-2/15  
 102253-03 Wed, 2/22-3/14  
 Daily: \$7 Member / \$9 Res / \$10 Non Res  
 \$20 Member / \$25 Res / \$30 Non Res



## Hula Hooping Fitness (ages 16+)

Hula-hoop Fitness integrates dance and movement with weighted hula hoops that tone the major muscle groups, burn calories and leave you feeling happy and energized. Hooping promotes weight loss, tones abdominal muscles, strengthens the core, increases flexibility, energy, relieves stress, relaxes the mind, promotes creativity and self-expression. You need a 1.5 lb hula hoop minimum. For a hula hoop fitting and purchase call Gerri McCully (216) 214-6234

Time: 10:15-11:15am  
 402254-01 Wed, 12/7 (free demo)  
 402254-02 Wed, 12/14 (free demo)  
 102254-01 Wed, 1/11-2/15  
 102254-02 Wed, 2/22-3/28  
 \$60 Member / \$65 Res / \$70 Non Res

## Tai Chi (ages 18+)

Barb Pajka brings this ancient form of exercise, with its controlled, gentle movements coordinates body, breath & mind, restoring & promoting health, well being & balance. Tai Chi improves focus, concentration & endurance. (Wu style, long form). Min 5, Max 20.

Time: 7:15-8:45pm  
 102208-01 Tues, 1/10-2/14  
 102208-02 Tues, 2/28-4/3  
 \$57 Member / \$62 Res / \$67 Non Res

## Fitness Equipment Instruction (Cybex Only)

Receive instruction on how to properly use the Cybex equipment and other important fitness room information. Designed for beginning fitness levels. Max 6

102215-01 Tues, 1/17 6:00-7:30pm  
 102215-02 Wed, 1/18 11:00am-12:30pm  
 102215-03 Tues, 2/21 6:00-7:30pm  
 102215-04 Wed, 2/22 11:00am-12:30pm  
 \$5 Members Only

## Prenatal / Post-Natal Fitness

Women who exercise regularly during pregnancy experience fewer common pre-natal discomforts. Exercise enhances a woman's psychological well being, improves posture and body mechanics facilitate circulation, reduce pelvic pain and increases energy levels. Bring a water bottle and wear comfortable clothes and tennis shoes for class with Pat Andler-Henke.

Time: 7:30-8:30pm  
 102209-07 Wed, 1/4-1/25  
 102209-08 Wed, 2/1-2/29  
 (No class 2/22)  
 102209-09 Wed, 3/7-3/28  
 \$40 Member / \$45 Res / \$50 Non Res



## Yoga for Power and Sculpting

A total body Workout using Classic Hatha Yoga Postures for sculpting your body, muscular strength, endurance and flexibility. Through a guided relaxation segment, this class will bring together the mind, body, and spirit. Please bring a blanket and small towel. Pat Andler Henke, Certified trainer and registered yoga instructor with 25 years experience.

Not appropriate for mothers-to-be.  
 Time: 8:00-9:30pm  
 102209-03 Thurs, 1/5-1/26  
 102209-04 Thurs, 2/2-2/23  
 102209-05 Thurs, 3/1-3/22  
 \$40 Member / \$45 Res / \$50 Non Res

## Phenomenal Abdominals

Strengthen and firm your torso, flatten your belly, and define your midsection in this 30 minute class with new exercises devoted to working on the upper, lower and side abdominal muscles.

Time: 7:30-8:00pm  
 102217-01 T/TH, 1/3-1/26  
 102217-02 T/TH, 2/2-2/28  
 102217-03 T/TH, 3/6-3/29  
 \$30 Member / \$35 Res / \$40 Non Res per term  
 102217-04 T/TH, 1/3-3/29 (NO class 1/31, 3/1)  
 \$60 Member / \$65 Res / \$70 Non Res for 3 month term ONLY

## Fit Camp

Working in small classes of 8-16 people, members are challenged with the most creative and effective exercises on the planet using body weight, dumbbells, kettlebells, gymnastics, ropes, sandbags, Olympic bars/plates, bands, medicine balls and much more... all this to make each Fit Camp workout a full body strength, cardio and core workout focused on building a lean, strong, fit and healthy YOU! Ages 14+. Class led by certified personal trainers, Jake Barb and Rachael Stafford

Early Morning: 5:45-6:45am  
 102241-01 T/TH, 12/27-1/26  
 102241-02 T/TH, 1/31-3/1

Mid-Morning: 10:30-11:30am  
 102241-03 T/TH, 12/27-1/26  
 102241-04 T/TH, 1/31-3/1

Evening: 6:15-7:15pm  
 102241-05 T/TH, 12/27-1/26  
 102241-06 T/TH, 1/31-3/1  
 \$100 Member / \$105 Res / \$110 Non Res  
 Pop-in: \$13 Member / \$15 Res / \$16 Non Res



## NEW TIME

## Zumba

Zumba is an exciting dance workout that blends energizing international music with easy-to-follow moves. Have fun, burn calories and let the music move you! All levels welcome, no experience necessary! Class limit, 25. Ages 14+ Ashley Keener, instructor

Time: 6:15-7:15pm  
 102238-01 Wed, 12/21-1/25  
 (no class 12/28)  
 102238-02 Wed, 2/1-2/29  
 102238-03 Wed, 3/7-4/4  
 \$38 Member / \$43 Res / \$47 Non Res  
 Pop-in: \$10 Member / \$13 Non Member

## Zumba Gold

Zumba Gold with Ashley Keener is a fitness class designed for the active older adult or beginners! It's done at a much lower intensity and uses the same great Latin style of music and dance used in the regular Zumba classes. Min 6 / Max 25

Time: 10:15-11:00am  
 102238-10 Sat, 1/7-2/4  
 102238-11 Sat, 2/11-3/10  
 \$32 Member / \$37 Res / \$42 Non Res  
 Pop-in: \$10 Member / \$13 Non Member

## NEW TIME



Information is subject to change. Visit us at <http://www.cityofwestlake.org/recreation/index.aspx>.

# DANCE

## Ballroom & Latin/ Salsa

Billy Huff will teach you how to "Dance like the stars". Each 6 week session will focus on different steps.

Dates: Wed, 1/4-2/8

Beginning Ballroom  
104404-01 7:00-7:45pm

Beginning Latin/ Salsa  
104408-01 8:00-8:45pm

Dates: Wed, 2/15-3/21

Intermediate Ballroom  
104404-02 7:00-7:45pm

Intermediate Latin/ Salsa  
104408-02 8:00-8:45pm

\$90 Res / \$95 Non Res

Westlake Center for Community Services

## Line Dancing

Mary Harwood leads this "exercise in disguise" program. Its not just country anymore- take a trip down memory lane as you dance to your favorite oldies- Motown, swing, salsa, country. "Soft soled shoes only". NO partner needed. Min 5 / Max 30.

Time: 7:00-8:00pm

104405-01 Thurs, 1/12-2/16

104405-02 Thurs, 2/23-3/29

\$30 Res / \$35 Non Res

Clague Cabin

## New Day

## Belly Dance Level 1 (10 years & older)

For the serious dancer or just an exciting new way to exercise; Level 1 with Cassandra focuses on the foundation movements of belly dance, dance posture, hip movements, hands and arms, traveling steps, shimmies and an introduction to veil work (No purchase necessary).

Time: 7:00-8:00pm

102243-01 Mon, 1/9-1/30

102243-02 Mon, 2/13-3/5

\$48 Member / \$53 Res / \$58 Non Res

Receive a discount when signing up for both Level 1 and Level 2 for the same time period.  
\$84 Member / \$89 Res / \$94 Non Res

## Belly Dance Level 2

The next step in your belly dance journey! Take on layering your foundation movements. Strengthen your isolations, learn musical interpretation, creative combinations and choreography with Cassandra.

Time: 8:15-9:15pm

102243-04 Mon, 1/9-1/30

102243-05 Mon, 2/13-3/5

\$48 Member / \$53 Res / \$58 Non Res

## Rad for Women Self Defense (ages 13+)

R.A.D. (Rape Aggression Defense) is the largest women's self-defense program in the U.S. R.A.D. is intended to capitalize on women's natural physical strengths and self-preservation instincts. It is applicable to all fitness levels and teaches awareness and prevention as well as physical self-defense techniques in a fun, nonthreatening environment. Min 6 / Max 20. Jen Kappler, instructor

106647-01 Sun, 2/5-2/26

2:00-5:00pm

\$72 Member / \$77 Res / \$82 Non Res

## NEW

## Medicare 101

This course will provide an in-depth overview of the coverage provided in Medicare Part A & B as well as the penalties for failure to enroll when first eligible and failure to pay the premiums. Learn about Medicare Supplement insurance as well enrollment periods, open enrollment and much more.

Pre-registration is required.

106646-01 Mon, 12/5

1:00-2:00pm

106646-02 Wed, 1/18

11:00am-noon

106646-03 Thurs, 2/16

1:00-2:00pm

106646-04 Mon, 3/12

2:00-3:00pm

Class is free.

## Self Defense for Women (ages 16+)

This class is taught by Armed Combat Tactics "ACT" (ACT Now Prepare for Later) instructors, Pat Scullin a twenty year police and SWAT officer and Alan Ritvo a former US Army military police officer and owner of Riverview Martial Arts. They will take you through the steps of being aware of your environment and help to minimize the risk of being a victim. Learn the tools that could help save your life.

106647-03 Sun, 1/15 12:00-4:00pm

106647-04 Sun, 2/26 4:00-8:00pm

\$60 Res / \$70 Non Res

Class will be held at ACT Training Site, 19474 Center Ridge, Road, Rocky River



# DRAWING

## Youth Drawing (ages 7-12)

This class is for children of all levels of ability and is designed to teach basic techniques to improve creativity. Students will receive individual instruction and have fun while developing their drawing skills. Students will need to bring: 9" x 12" sketchpad, pencil, ruler. Min 5 / Max 15. Nancy Conlon, instructor

Time: 5:00-6:00pm

105514-03 Mon, 1/30-2/27

\$50 Member / \$55 Res / \$60 Non Res

## Young Rembrandt's Elementary Drawing (ages 6-12)

Your child will learn about basic design and composition as they draw their own dollar bill. If your child is fond of sports, he or she will enjoy drawing our illustrations featuring a trophy showcase and soccer player. Good color selection and proper coloring technique will be emphasized in many of our lessons, including in the miniature portrait lesson.

105501-09 Wed, 1/25-3/14

6:00-7:00pm

\$86 Member / \$91 Res / \$96 Non Res

## Van Gogh Starry Night (1889)

Van Gogh has become a favorite artist of the 20<sup>th</sup> and 21<sup>st</sup> century, known for his intense colors and active brushstrokes. In our class we'll create our own Starry Night, much like Van Gogh did. The dark rich colors of our rolling hills and tall Cyprus tree are a strong contrast to the bright moon and stars. Soft Pastels are the perfect media to reflect the vibrant colors and wind blowing through the starry night.

105514-09 Mon, 2/20 9:00-12:00pm

\$35 Member / \$40 Res / \$45 Non Res

## Hummingbird

Create a delicate Hummingbird enjoying a bevy of flowers. Join us as we create a colorful, fresh masterpiece while learning to draw a hummingbird and assortment of flowers using professional grade color pencils. You'll impress yourself by adding detail, dimension and texture to bring your composition to life. Learn what color pencils can really do!

105514-10 Mon, 1/16 & 1/30 9:00-11:00am

\$35 Member / \$40 Res / \$45 Non Res

## Patterned Chickadees

Learn to draw stylized chickadees surrounded by a bounty of leaves. Artists will create a border around their piece and design areas for color. We'll show you how to use line to create unique patterns in your leaves. If you have never used professional grade markers before, you will be amazed at this media – learn how to overlay colors for blending, highlights and shadows and learn techniques using both the marker's fine and chisel tips!

105514-11 Mon, 3/12 9:00-12:00pm

\$35 Member / \$40 Res / \$45 Non Res



Information is subject to change. Visit us at <http://www.cityofwestlake.org/recreation/index.aspx>.

# GENERAL INFORMATION

## Tot Room

Members may enjoy dropping off their children ages 6 months and older provided that the number of kids under the age of 3 during that time has not been met. For complete set of guidelines, please stop by the Tot Room as our CPR certified staff will be more than happy to answer any of your questions or call 440.808.5700.

## Hours

<b>Monday -Friday</b>	8:00am-12:00pm
<b>Monday - Thurs</b>	4:30-8:30pm
<b>Sat, (September - May only)</b>	8:30am-12:00pm

Cost is \$2.50 per hour or a purchase a 10 hour punch card for \$20.

## Rewards Points Program

Members can earn points for participation in our programs (applies to programs held at the Recreation Center only). Members earn one point for every dollar spent. Redeem for \$25 off of a membership or program when you accumulate 500 points. Points are accumulated based on households only. Points are deducted from the balance after redemption or in the event that there is a cancellation or refund from a program. Administrative fees will not count towards point earnings. Residents do not qualify to earn rewards points.



## Guest Passes

**POLICY:** Members may bring 2 guests per member into the Recreation Center per day.

Guests are required to check in at the front desk and purchase a daily pass. Members must accompany, take responsibility for and remain with their guests at all times while in the building.

Children under the age of 3 & guests will NOT be charged a daily fee if they are with an adult member or paid adult.

Residents may purchase a daily pass for themselves with proper photo identification; however they may NOT bring in guests.

Fees: (effective Jan. 2, 2010)

Ages 3 & under	FREE with paying adult
Ages 4-17	\$5.00 per day
Ages 18-59	\$8.00 per day
Ages 60 +	\$5.00 per day

## Refund Policy

**Memberships** are non-refundable and non-transferable as stated on the membership application.

**Program:** In the event you must cancel, participants must submit their refund request in writing no later than 7 days prior to the first day of a program. Individuals assume the risk of changes in health or personal schedules. Approved refunds will be subject to a **minimum \$10 administrative or a 10% fee**, (whichever is greater) that will be deducted from the original amount paid. Participants in cancelled classes do not have to submit a refund request..

*Looking for a great holiday gift idea? Why not purchase a City of Westlake gift card? Gift cards can be used towards Recreation Center membership, programs or guest fees.*

# FACILITY RENTALS

## Clague Cabin

Clague Cabin is available for reservation to all residents and non-residents of Westlake. The cabin can accommodate up to 80 people in its large community room with chairs and tables. There is also a kitchen with a refrigerator and stove. Alcohol is prohibited. Clague Park is open from dawn to dark. Reservations for 2012 will begin January 3, 2012 at 8am.

## Classroom

Located on the second floor of the Recreation Center, this room can accommodate 25 – 30 people in a classroom style setting with comfortable ergonomic furniture and wireless Internet access.

## Conference Room

The conference room features a beautiful oak finish table (12 ft. long) surrounded by 12 executive style chairs. A dry erase board and projection screen are mounted on the wall for your convenience.

## Community Room

The community room features floor length windows overlooking the center's five-acre lake. The room is professionally decorated with chandeliers, color-coordinated wall coverings and carpeting. Also included in the room rental is a warming kitchen, a sound system and podium and a 6 ft. x 8 ft. movie screen. The Community Room can accommodate 200 people in a theater-style setting, or 150 seated for lunch/dinner meetings. The room can be divided in half for smaller functions. \*It is the city of Westlake's policy to rent these rooms for non-profit activities or not-for-profit organizations. Alcohol is strictly prohibited.

For more information, contact Rachel at 440.617.4418.

## The Clubhouse at Meadowood Golf Course

The clubhouse is a charming log cabin style clubhouse that provides a cozy and relaxed atmosphere. Rent the Clubhouse for Your Next Party. Overlooking the picturesque Meadowood Golf Course, this intimate setting is ideal for baby showers, bridal showers, family gatherings, birthday parties and more. The clubhouse comfortably accommodates groups of 70 people or less, and is available for private parties November through March. Other dates may be available by special arrangement. Beer and wine are available, and catering can also be arranged. For more information about renting The Clubhouse at Meadowood Golf Course, please call Bret at **440-835-6442**.

## Birthday Party Packages

We offer 3 hour birthday parties featuring 5 different packages to choose from. Parties are available to current members only and include the total number of guests in attendance. Packages start at just \$125 for 25 people. Basic packages include a room for 1.5 hours and swimming for 1.5 hours. Pizza parties include the basic package and pizza and drinks for everyone. From April to October, gym packages are available which allows party goers to use the gym instead of the pool. Have a picnic right here at the Recreation Center. That package includes the basic plus drinks and sandwiches for all. Or join us for a Beary Fun Party! Kids can make their own stuffed animals. For more details, contact Rachel at 440.617.4418.

*Information is subject to change. Visit us at <http://www.cityofwestlake.org/recreation/index.aspx>.*

## 2012 Membership Rates Announced

*Membership type (fees apply to both new and renewed memberships)*

\*\*Prices effective for memberships that expire beginning January 1, 2012\*\*

Package Type	Res	Corporate	Property Owner/ Student/ Friends & Family
Individual	\$290/year	\$430/year	\$455/year
Couple	\$370/year	\$570/year	\$595/year
Family up to 4*	\$440/year	\$695/year	\$720/year
Additional youths (ages 7-17)	\$ 50/each	\$ 75/year	\$100/year
Individual Youth (ages 10-17)	\$185/year	\$275/year	\$300/year
College Rate** (ages 18-23)	\$150/year	\$195/year	\$220/year
Individual Senior (age 60+)	\$190/year	\$285/year	\$310/year
Married Senior Couple (one member age 60+ & other must be at least 55)	\$280/year	\$395/year	\$420/year
Quarterly Rate (per person)	\$165/3 months	\$220/3 months	\$245/3 months
Once a member + admin fee	Pkg amount+\$25/year		
Waves swim team	\$210/year	\$210/year	
Senior Walking pass	\$5/year	Not applicable	Not applicable

### "Once a Member" Program

Members who no longer live in Westlake or work within the city limits are eligible to maintain their recreation center membership. Simply let us know at the front desk that you no longer live or work in Westlake and you will receive a special membership form.

Participants in the "Once a member" program will pay membership rates based on their Res/ corporate status plus an additional \$25 administrative fee. If you have any questions, stop by the front desk for more information or contact Bob DeMinico at the recreation center.

*Attention all current members? Did you know that you could "sponsor" a family outside of Westlake for membership with our Family and Friends program.*

*Need a gift idea for your loved ones? Why not purchase a City of Westlake Gift Card that can be used to purchase a Family & Friends membership. For more information, contact Bob DeMinico at 440.808.5699.*

### Wanted!

Do you have an interest in sharing your talents? We are looking for people to teach classes in the areas of arts and crafts, adult education, language, or a fitness class that we do not already offer. Submit your 2012 class proposal or any questions you have to Ann Hollows at [ahollows@cityofwestlake.org](mailto:ahollows@cityofwestlake.org).

## YOUTH ASSOCIATIONS



- Boys Baseball: <http://www.westlake-baseball.com/>
- Girls Softball: <http://WGSAonline.org/>
- Junior All Star Football: <http://www.eteamz.com/WestlakeJuniorAllstarFootball/>
- Westlake Lacrosse Association: <http://www.westlakelacrosse.com/>
- Westlake Soccer association: <http://www.westlakesoccer.org/index.php>
- Westlake Waves Swim Club: <http://www.westlakewaves.com/>



### Disclaimer regarding printed material

We will do our best to ensure that all printed information is accurate to the best of our knowledge. Participants will be notified if there is a change in date or time. Changes will be posted at the Recreation Center in addition to our website. Check out our website at <http://www.cityofwestlake.org/recreation/index.aspx>.

## ADMINISTRATION

### City Council

President	Michael F. Killeen
Ward 1	Edward G. Hack
Ward 2	James P. Connole
Ward 3	Dennis Sullivan
Ward 4	Michael F. O'Donnell
Ward 5	Kenneth R. Brady
Ward 6	Mark Getsay
Clerk of Council	Denise Rosenbaum

### City Administration

Mayor	Dennis M. Clough
Building	Donald P. Grayem
Community Services	Joyce Able Schroth
Engineering	Robert P. Kelly
Finance	Prashant Shah
Fire	Jim Hughes
Law	John Wheeler
Planning/ Economic	Robert A. Parry
Police	Richard A. Walling
Purchasing	Mary Calabrese
Recreation	Michael A. Rump
Service	Paul Quinn



### Recreation Staff

Director of Recreation	Michael A. Rump
Assistant Director	Bob DeMinico
Programs Manager	Ann Hollows
Facility & Grounds Mgr	Bill Beech
Aquatics Manager	Don Cisar
Health & Wellness Manager	Anne Mitchell
Front Desk Manager	Rachel O'Malley
Athletics & Events Mgr	Jim Dispirito
Admin. Assistant	Brenda Larion
Cashier	Fran Bennett
Housekeeping Supervisor	Dave Doering
Full Time Custodial/Maintenance	Bob Hutchinson, Gary Pilz
Meadowood Golf Course	
Manager	Bret Smith
Greens Superintendent	Les Noll

### Recreation Commission

Ron Stephenson (Chairman), G. Anthony Jones, Bob Loesch, Dale Smith, Gina Orange  
Ex-Officio Members: Mayor Dennis Clough, Dr. Daniel J. Keenan & Michael A. Rump

*Information is subject to change. Visit us at <http://www.cityofwestlake.org/recreation/index.aspx>.*