



REC GAZETTE

MARCH-MAY 2012 VOLUME 2, ISSUE 4

Publication bringing you the most up-to-date information quarterly.
For updates, join our e-news list. Email us at recinfo@cityofwestlake.org.



Westlake Recreation Center

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Westlake, OH 44145
Main Number: 440.808.5700
Fax: 440.808.5690
Weather Hotline: 440.808.5710
E-mail: recinfo@cityofwestlake.org
Website: <http://www.cityofwestlake.org/recreation>

Hours of Operation

Monday -Thursday 5:30am - 10:00pm
Friday 5:30am - 9:00pm
Saturday 7:00am - 8:00pm
Sunday 10:00am - 6:00pm
Easter Sunday, April 8: CLOSED
Memorial Day, May 28: 5:30am-3:00pm

From the Desk of Mayor Dennis M. Clough

Dear residents,

Soon, the snow will be melting and we can trade our snow shovels and boots for sunscreen and shorts. Warmer weather means exercising and activities can move outdoors. Take in a few rounds of golf over at Meadowood Golf Course or walk around our outdoor track. For our active agers, we will continue our monthly Speaker Series which features area professionals and interesting topics. Enjoy some of our family events such as the 2nd Friday Family Fun Night or the Easter Water Carnival. Kids up to 12 years old can enjoy our spring fishing derby. Bring Mom or Grandma to our first Mother Day's swim party. Think summer with our upcoming registrations for Safety town and Peterson Pool learn to swim lessons. With so much to do, it's hard to decide what to do first.

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.apsx.



Upcoming Events

SilverSneakers® Speaker Series

Join us as we present monthly talks featuring area professionals who will speak on topics geared for the active ager. Program begins at 10:00am.

Feb. 13: The Basics of Alzheimer's presented by the Alzheimer's Association along with Kat Palmer and Tricia Gransfors of CERT (Community Emergency Response Team)

March 12: General Estate Planning by Budish, Solomon and Debbie Dean from Dean's Greenhouse

April 9: Nutrition 101 presented by St. John Medical Center along with Jim Wang, Westlake PD's Animal Control office.

May 14: Senior Exercise for the Young at Heart- presented by the staff of the Westlake Recreation Center along with Andrew Mangels, Director of the Porter Library.



Friday Family Fun Night

Back by popular demand, this 2 hour family fun night is open to ONLY current members of the recreation center. All children must be accompanied by their parents and/or legal guardian. The Recreation Center will close at 6:00PM. (Fitness will remain open). There is so much to do: watch a movie, play games, inflatables, crafts, swim, as well as see a magician, Irish Dancers, balloon clowns and face painters. Snacks will be provided.

You must pre-register for this event. Maximum of 350 people.

106602-01 Fri, 3/9 6:30-8:30pm
Cost is free for members only

Attention all current members! Did you know that you could sponsor a family outside of Westlake for membership with our Family and Friends program. For more information, contact Bob DeMinico at 440.808.5699.

Diabetes Education Day

Saturday, April 21st from 8:30am-noon

Diabetes Science versus Nonsense: Busting the myths around the diabetes diet and weight loss.
By Michele Hiatt, RD LD

Information overload, that is what many are experiencing. Learn the latest proven nutritional strategies that support healthy weight management and improved diabetes control over the long haul. To RSVP: 877-597-6348 Sponsored by SJMC Diabetes Education Program and Community Outreach

Mark your calendars for May 5th!

Registration for Peterson Pool Learn to Swim classes will be held from

7:00am-12:00pm for RESIDENTS only. Also, register for Safety Town

from 8am to noon at the Recreation Center. For more details, check out our website.



FOR MORE SPECIAL EVENTS, TURN TO PAGE 4.

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.



Find us on

Facebook

WestlakePatch

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

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Permit 2263

City of Westlake- Recreation Center
28955 Hilliard Blvd.
Westlake, Ohio 44145

Youth Fitness

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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, 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)
 Dates: TH, 4/5-5/17 (no class on 4/12)
 102235-16 Ages 5-15 \$35 Member / \$40 Res / \$45 Non Res (\$13 discount on additional child)
 102235-17 Ages 18mo – 4 years \$20 Member / \$25 Res / \$28 Non Res (\$8 discount on additional child)



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

102237-05 Tues, 2/28-3/27
 102237-06 Tues, 4/17-5/15
 \$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, 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)



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

102210-03 M/W, 3/12-4/18 (no class 4/9 & 4/11)

302210-01 M/W, 4/23-5/23

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



The D.E.N.

DEN Hours (unless otherwise noted)

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

Monday, Feb, 20 12:00-4:00pm
 Sunday, April 8 Closed
 Memorial Day, May 26-28 Closed

Spring Break
 April 9-13 12:00-4:00pm

*Hours subject to change

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

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

302224-47 Wed, 4/4-5/9

\$35 Member / \$45 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

102211-03 Fri, 3/16-4/27 (no class 4/6 & 4/13)

302211-01 Fri, 5/4-6/1

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



DEN Intro (Ages 10 to 14) (Dedicated to Exercise & Nutrition)

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

102224-13 Tues, 2/21 4:45-5:45pm
 102224-14 Tues, 2/21 6:00-7:00pm
 102224-15 Thurs, 2/23 4:45-5:45pm
 102224-16 Thurs, 2/23 6:00-7:00pm
 102224-17 Tues, 3/6 4:45-5:45pm
 102224-18 Tues, 3/6 6:00-7:00pm
 102224-19 Thurs, 3/8 4:45-5:45pm
 102224-20 Thurs, 3/8 6:00-7:00pm
 102224-45 Tue, 3/20 4:45-5:45pm
 102224-46 Tues, 3/20 6:00-7:00pm
 102224-47 Thurs, 3/22 4:45-5:45pm
 102224-48 Thurs, 3/22 6:00-7:00pm
 102224-49 Tues, 4/10 12:30-1:30pm
 102224-50 Thurs, 4/12 12:30-1:30pm
 302224-01 Tues, 4/17 4:45-5:45pm
 302224-02 Tues, 4/17 6:00-7:00pm
 302224-03 Thurs, 4/19 4:45-5:45pm
 302224-04 Thurs, 4/19 6:00-7:00pm

302224-05 Tues, 5/8 4:45-5:45pm
 302224-06 Tues, 5/8 6:00-7:00pm
 302224-07 Thurs, 5/10 4:45-5:45pm
 302224-08 Thurs, 5/10 6:00-7:00pm
 302224-09 Tues, 5/22 4:45-5:45pm
 302224-10 Tues, 5/22 6:00-7:00pm
 302224-11 Thurs, 5/24 4:45-5:45pm
 302224-12 Thurs, 5/24 6:00-7:00pm

102224-41 Sat, 2/25 11:30am-12:30pm
 102224-42 Sat, 2/25 12:45-1:45pm
 102224-43 Sat, 3/10 11:30am-12:30pm
 102224-44 Sat, 3/10 12:45-1:45pm
 102224-52 Sat, 3/24 11:30am-12:30pm
 102224-53 Sat, 3/24 12:45-1:45pm
 102224-54 Sat, 4/21 11:30am-12:30pm
 102224-55 Sat, 4/21 12:45-1:45pm
 302224-13 Sat, 4/28 11:30am-12:30pm
 302224-14 Sat, 4/28 12:45-1:45pm
 302224-15 Sat, 5/5 11:30am-12:30pm
 302224-16 Sat, 5/5 12:45-1:45pm
 302224-17 Sat, 5/19 11:30am-12:30pm
 302224-18 Sat, 5/19 12:45-1:45pm

Mother's Day Love Note Flip-book

Materials

- Colored 3- by 5-inch index cards
- Hole punch
- Scissors
- Card stock
- Small metal binder rings



Total Time Needed: 1 Hour

- Fill a number of colored 3- by 5-inch index cards with poems, drawings, and heartfelt messages. Use a hole punch to make 2 holes at the top of each card, making sure the holes in all the cards line up.
- To prepare a stand (above, right), cut a piece of colorful card stock into a 5- by 10-inch rectangle, then fold the rectangle in half widthwise. Punch 2 holes just below the fold, using one of your punched index cards as a guide. Fold each end of the card stock 2 inches in from the edge, then use scissors to cut a 1-inch slit in the center of each flap.
- Stack together all of the cards, placing the folded card stock at the bottom of the pile, then bind together all of the pieces using 2 small metal binder rings (available at office supply stores). To set up the flip-book, just interlock the slits in the flaps of the card stock to create a triangular display stand.

Source: www.familyfun.com

Sports

Eric Flannery Shooting Camp (Grades 3-8)

Need help with your shot? Come and learn from the best. St. Edward High School Varsity coach Eric Flannery will be conducting a two day shooting clinic at the Westlake Recreation Center.
301125-20 Mon/ Tues, 5/21-5/22 6:00-7:30pm
\$50 Member / \$55 Res / \$60 Non Res



March Madness Basketball Tournament (Grades 3-8)

Saturday, March 24th

The return of the popular double elimination tournament will feature separate divisions of boys and girls for grades 3/4, 5/6, 7/8. Rosters will limited to 4 players per team. Games will be played on quarter courts and officiated by certified referees. T-shirts given to the 1st place teams in each division. A complete set of rules will be provided with each registration packet. Packets will be available at the Front Desk and online at www.wlrec.org

Teams MUST register as a whole. ONE PAYMENT PER TEAM. Each division will have a different start time and play until they lose two games Deadline to Register: March 17, 2012. All member team = \$50; 1/2 member teams (at least 2 players) = \$60, Non member teams = \$70. Any questions please call Patti Hageman at 440-808-5700 x3428.

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 25 per session.

Program is free to members only.

101113-03	Wed, 3/7-4/25	6:00-8:00pm
301113-01	Wed, 5/2-6/20	6:00-8:00pm
101113-04	Sat, 3/3-4/28	8:00-10:00am
301113-02	Sat, 5/5-6/30	8:00-10:00am (no games on 5/19)



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 2-31st: 2011 Teams only

February 1st: Open registration until leagues are filled.

NEW

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 and Sports

301138-01 Thurs, 4/26-5/31

4:15-4:45pm

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



NEW

Lady Demons Volleyball Clinic (Grades 3-6)

WHS Varsity coach Regan Pore introduces her new youth volleyball clinic. The clinic will focus on the basic skills of volleyball including bumping, passing setting and serving drills to help players gain more experience and confidence in their game. Game situations will also be covered including rules. Max 24 per session. Players will need to bring knee pads. Deadline to register is April 12th.

Dates: Tues, 4/17-5/22

101106-01 Grades 3-4

6:00 -7:00pm

101106-02 Grades 5-6

7:00-8:00pm

\$40 Member / \$50 Res / \$60 Non Res

GOLF



NEW

Fundamentals, Fixes & Fun (ages 15+)

This new class encompasses all aspects of your game. Each week will consist of 2 classes of the same topic (Driving, Irons & Short Game). The first lesson of the week will be fundamentals and set up while the second class will be execution and fixes. Students must purchase a bucket of balls each class (available at the driving range).

Limit 6.

301116-04 M&F, 4/30-5/18 7:00-8:00pm

\$50 Res/ \$60 Non Res

Golden Tee Driving Range

Beginners Golf Lessons (ages 14+)

Learn the rules of golf, etiquette, swing and equipment knowledge. Bring a 7 iron to first class. Students must purchase a bucket of balls each class (available at the driving range). Limit 6. Greg

Gottschalk, instructor

301115-01 Sun, 4/29-6/3 5:00-6:00pm

301115-02 Mon, 4/30-6/4 7:00-8:00pm

301115-03 Fri, 5/4-6/8 6:00-7:00pm

\$50 Res / \$60 Non-Res

Golden Tee Driving Range

TABLE TENNIS

NEW

Adult Beginner Table Tennis I

Adult student will learn the fundamental of Table Tennis. The class teaches the basic strokes including the serve, the forehand, and the backhand. Student will also learn the rules of the game. Table Tennis is fast pace, fun and can be played at home. Table tennis also promotes good hand-eye coordination. Max 12

101153-02 Fri, 3/16-4/13 7:00-8:00pm

\$60 Member / \$70 Non Member



Coming Soon

The Westlake Recreation Center will play host to the USATT Tournament. Join us Saturday May 19th for a day of table tennis tournaments. For more information, visit www.ClevelandWestTTC.org



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



Junior Golf Leagues at Meadowood Golf Course

Registrations for Junior Golf League will be accepted starting March 1st at 9:00am at the golf course.

Junior League begin on June 18th and run for 6 weeks. Choose either Mondays at 9am, 11am or 1pm or Fridays at 9am, 11am or 1pm. Fun Day for the Monday leagues will be held on July 30th and for the Friday leagues on Aug. 3rd. Cost for the Junior League is \$100.00 per player.

Instructional 3 day clinics will be held Tues, Wed and Thurs beginning the week of June 18th from 10-10:45am or 11-11:45am. Max 4 students per session. Cost \$60.00 per student.

For more information, contact Bret at 440.835.6442.

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

Family Events

4th Cardboard Boat Races (ages 7+) Friday, March 16th

Grab your friend and build a boat out of *Only* cardboard and packing tape that is capable of holding you and your friend and then bring your boat to the Aquatics Center for our 4th Annual Cardboard Boat race! There will be three different categories:

First Mate: Ages 7-9
Skipper: Ages 10-12
Admiral: Ages 13 and up

Complete rules and directions will print out once you are registered!
103328-03 Fri, 3/16 7:00-8:30pm
\$10 Member / \$ 15 Res/ \$20 Non Res (Per boat)

Fishing Derby (ages up to 12) Saturday, May 12th

Enjoy a morning of fishing in the Westlake Recreation Center's Lake. Derby is open to kids 12 and younger. The lake is stocked with plenty of bass, channel catfish, crappie, trout and blue gill. Please bring your own equipment. Parent/guardian is required, however there is no cost for the parent. Bait and prizes will be provided. Must be registered to receive bait and prizes.
206615-01 Sat, 5/12 9:00am-12:00pm
\$10 per child



Easter Water Carnival (ages 3+) Friday, March 30th

This 'special family night event' is sure to bring excitement to all boys and girls just before the big weekend. Come play your favorite carnival games in the Aquatics Center! There will be a duck pond, ring toss, corn hole, putt-putt and many more. If you have a camera you will be able to make your own picture with a special visit planned by the Easter Bunny.

Pre-registration is required.
103328-02 Fri, 3/30 7:00-8:30pm
\$3 Member / \$6 Res / \$8 Non Res



Mother's Day Swim Party

Celebrate with your mom, grandmother, godmother, etc at our first ever Mother's Day Swim Party. Light refreshments will also be served.

30228-08 Fri, 5/11 6:30-8:30pm
\$5 Member couple / \$1 additional child
\$8 Res couple/ \$2 additional child

NEW

Youth Activities

LOWER PRICE

Little Sneakers (up to age 5)

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

101135-02 T/TH, 3/6-4/5
9:00-11:00am
Daily: \$2 Member / \$3 Res
Session: \$10 Member / \$15 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
103319-07 Tues, 4/10
8:30-3:00pm
\$40 per child



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
106603-04 Sat, 4/21
106603-07 Sat, 6/2
\$15 per member child if registered one week prior OR \$20 per member child within one week of program

PERFECT FOR MOTHER'S DAY

Strawberry-Banana Parfaits

- 2 containers (6 oz each) Yoplait® Original 99% Fat Free strawberry yogurt
- 2 cups Fiber One® Honey Clusters® cereal
- 1 cup sliced fresh strawberries
- 1 medium banana, thinly sliced
- 4 fresh strawberries

In each of 4 (10-oz) plastic cups or parfait glasses, layer 2 tablespoons yogurt, 1/4 cup cereal, 1/4 cup strawberry slices and 1/4 of the banana slices. Top each with 2 tablespoons yogurt, 1/4 cup cereal and remaining yogurt.

Garnish top of each parfait with whole strawberry. Makes 4 servings

Recipe found on www.bettycrocker.com



SAFETY TOWN

The Westlake Safety Town Program will be offered to children entering Kindergarten in the fall of 2012. The Safety Town Program is a series of planned, controlled situations where a child is kept safe but still encounters common traffic problems. A variety of other safety-related topics are also covered.

Registration for Safety Town for **Westlake Residents only** will take place on **Saturday, May 5th, 2012 at the Westlake Recreation Center Community Room from 8:00 a.m. to 12:00 p.m.** The non-refundable fees are \$20.00 for Westlake residents and \$25.00 for non-residents and are due with the registration form. Applications are available at the Westlake Recreation Center, the School Board or the Police Station. Any registrations received by mail prior to Saturday, May 5th will be held until after the in-person registration is complete. For more information, contact Officer Anna at 440.871.3311.

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

Spring Break Day Camp (grades K-6)

Enjoy your spring break at the Rec Center one day at a time or join us for the week! This 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.

106613-05 Mon-Fri 4/9-4/13 9:00 am-4:00 pm
\$130 Member/\$150 Res/\$170 Non Res

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

JUNIOR COUNSELORS FOR SUMMER DAY CAMP PROGRAM NEEDED

This program is open to boys and girls entering grades 7 and above. Junior counselors would be assisting our summer day camp director and staff to run our successful summer day camp program. Day camp will be held at the Westlake Recreation Center daily beginning Monday, June 11 through Friday, August 3 from 9:00 am until 4:00 pm. Days and times to volunteer are flexible, based on your schedule. Opportunities also exist to help with other summer programs, such as Playful Preschoolers and Pee Wee Softball. The goal of the program is to further develop leadership skills that you can use throughout life. Other benefits of the program include:

- Help make a difference in the lives of children
- Fun, friends & experiences that last a lifetime
- Experience & references for your future
- Earn community service hours
- Future opportunities for paid staff positions
- The opportunity to discover new skills

If you are interested in the junior counselor program, please ask at the front desk for the application packet or contact Rachel O'Malley at 440.617.4418 or by at romalley@cityofwestlake.org. After receiving your application, you will be contacted. Deadline to return application is April 30, 2012.

Youth Activities

Signing Smart with Miss Morgan Beginner Play Class (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. Log onto their website for information www.signingsmart.com. There is a \$40 supply fee made to payable to the instructor the first day of class. Register by February 22nd to ensure your required materials are available the first day of class. Morgan Therrien, instructor

Dates: Wed, 3/7-5/16 (no class 4/11)
106644-03 Ages 12-24 months 6:00-6:45pm
106644-04 Ages 6-12 months 7:00-7:45pm
\$100 Member / \$105 Res / \$110 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
306630-04 Mon, 4/16-5/14
\$58 Member/ \$62 Res/ \$66 Non-Res



NEW

FREE DEMO

Join us on Wed. February 22nd for a free preview of Signing Smart from 6:00-6:45pm. Meet Miss Morgan and find out what Signing Smart is all about. 106644-05



Youth Drawing (ages 7-18)

This class is for children of all levels of ability and is designed to improve creativity and drawing skills while enjoying subject matter such as animals, people, and perspective. Each student will receive individual instruction. Students will need to bring: 9" x 12" sketchpad, pencil, eraser, ruler, crayons. Min 5, Max 15.

Nancy Conlon, Instructor
105514-04 Mon, 3/5-4/2
5:00-6:00pm
\$50 Member / \$55 Res / \$60 Non Res



Young Rembrandts' Elementary Drawing (Grades K-6)

The secret to our success is that children ALREADY love to draw - we just take their love a little further, by giving them a solid foundation that will take their drawings from doodles to confidence-boosting achievements.

During our once-a-week classes, we use an innovative step-by-step approach on drawing topics your kids can relate to and learn from. Watch your child reach a new level of potential with this engaging, award-winning program. Young Rembrandts is a different kind of learning and a powerful kind of fun.

305501-01 Wed, 4/18-6/6
6:00-7:00pm
\$86 Member / \$91 Res / \$96 Non Res

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



NEW

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

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
102224-34 Sat, 3/10-4/28
302224-42 Sat, 5/5-6/23
\$40 per child (\$75 for both sessions when registering 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
102224-36 Wed, 3/7-4/25
302224-45 Wed, 5/2-6/20
\$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
306630-08 Mon, 5/7-7/30 (no class 5/28)
\$70 per family

2012 VIP Baseball

Starting its 8th season, the VIP Baseball program is open to any school age child with special needs. The cost includes a t-shirt, baseball cap, patch, pin and small group instructions. This session starts with indoor practices and will move outdoors to Clague Playhouse fields later. Need more info? Contact Jim Dispirito at 440-617-4420.
201131-01 Sun, 4/15-7/8 6:00-7:00pm
\$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.

Time: 5:15-5:45pm
103314-04 Tues, 3/6-4/17 (no class 4/10)
103314-05 Thurs, 3/8-4/19 (no class 4/12)
303314-01 Tues, 4/24-5/29
303314-02 Thur, 4/26-5/31
103314-06 Sat, 4/21-6/2 12:15-12:45pm
\$33 Member / \$66 Res

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

Class Schedule

Infants: 6 –18 Months of Age with Parent

103301-06	TH, 3/8-3/29	10:15–10:45am
303301-01	TH, 4/19-5/10	10:15–10:45am
303301-02	TH, 5/17-6/7	10:15–10:45am
\$22 Member/ \$44 Res		
103301-07	Tues, 3/6-4/17	5:40-6:10pm
103301-08	Thurs, 3/8-4/19	5:40-6:10pm
303301-03	Tues, 4/24-5/29	5:40-6:10pm
303301-04	Thurs, 4/26-5/31	5:40-6:10pm
303301-05	Sat, 4/21-6/2	9:15-9:45am
\$33 Member / \$66 Res		

Toddler: 18-36 Months of Age with Parent

103302-06	Tues, 3/6-3/27	10:15-10:45am
303302-01	Tues, 4/17-5/8	10:15-10:45am
303302-02	Tues, 5/15-6/5	10:15-10:45am
\$22 Member/ \$44 Res		
103302-07	Tues, 3/6-4/17	6:20-6:50pm
103302-08	Thurs, 3/8-4/19	7:00-7:30pm
303302-03	Tues, 4/24-5/29	6:20-6:50pm
303302-04	Thurs, 4/26-5/31	7:00-7:30pm
303302-05	Sat, 4/21-6/2	10:00-10:30am
\$33 Member / \$66 Res		

Preschool: 3- 5 Years of Age with Parent

103303-061	Wed, 3/7-3/28	10:15-10:45am
303303-01	Wed, 4/18-5/9	10:15-10:45am
303303-02	Wed, 5/16-6/6	10:15-10:45am
\$22 Member/ \$44 Res		
103303-07	Tues, 3/6-4/17	7:00-7:30pm
103303-08	Thurs, 3/8-4/19	6:20-6:50pm
303303-03	Tues, 4/24-5/29	7:00-7:30pm
303303-04	Thurs, 4/26-5/31	6:20-6:50pm
303303-05	Sat, 4/21-6/2	10:45-11:15am
\$33 Member / \$66 Res		

Blue Fish: 3-5 Years of Age without a Parent

103304-09	M/W, 3/12-4/4	9:30-10:00am
103304-10	M/W, 3/12-4/4	1:20-1:50pm
103304-11	T/TH, 3/13-4/5	9:30-10:00am
103304-12	T/TH, 3/13-4/5	1:20-1:50pm
303304-01	M/W, 4/16-5/9	9:30-10:00am
303304-02	M/W, 4/16-5/9	1:20-1:50pm
303304-03	T/TH, 4/17-5/10	9:30-10:00am
303304-04	T/TH, 4/17-5/10	1:20-1:50pm
303304-07	T/TH, 5/15-6/7	9:30-10:00am
303304-08	T/TH, 5/15-6/7	1:20-1:50pm
\$44 Member / \$88 Res		
303304-05	M/W, 5/14-6/6	9:30-10:00am
303304-06	M/W, 5/14-6/6	1:20-1:50pm
\$38.50 Member/ \$79 Res		

Red Fish: 5-6 Years of Age without a Parent

103305-09	M/W, 3/12-4/4	9:30-10:15am
103305-10	M/W, 3/12-4/4	1:00-1:45pm
103305-11	T/TH, 3/13-4/5	9:30-10:15am
103305-12	T/TH, 3/13-4/5	1:00-1:45pm
303305-01	M/W, 4/16-5/9	9:30-10:15am
303305-02	M/W, 4/16-5/9	1:00-1:45pm
303305-03	T/TH, 4/17-5/10	9:30-10:15am
303305-04	T/TH, 4/17-5/10	1:00-1:45pm
303305-07	T/TH, 5/15-6/7	9:30-10:15am
303305-08	T/TH, 5/15-6/7	1:00-1:45pm
\$44 Member / \$88 Res		

303305-05	M/W, 5/14-6/6	9:30-10:15am
303305-06	M/W, 5/14-6/6	1:00-1:45pm
\$38.50 Member/ \$79 Res		

Yellow Fish: 5-6 Years of Age without a Parent

103306-09	M/W, 3/12-4/4	9:30-10:15am
103306-10	M/W, 3/12-4/4	1:00-1:45pm
103306-11	T/TH, 3/13-4/5	9:30-10:15am
103306-12	T/TH, 3/13-4/5	1:00-1:45pm
303306-01	M/W, 4/16-5/9	9:30-10:15am
303306-02	M/W, 4/16-5/9	1:00-1:45pm
303306-03	T/TH, 4/17-5/10	9:30-10:15am
303306-04	T/TH, 4/17-5/10	1:00-1:45pm
303306-07	T/TH, 5/15-6/7	9:30-10:15am
303306-08	T/TH, 5/15-6/7	1:00-1:45pm
\$44 Member / \$88 Res		
303306-05	M/W, 5/14-6/6	9:30-10:15am
303306-06	M/W, 5/14-6/6	1:00-1:45pm
\$38.50 Member/ \$79 Res		

Level 1: 3-5 Years of Age without a Parent

103307-09	Mon, 3/5-4/16	3:15-3:45pm
103307-07	Tues, 3/6-4/17	6:00-6:30pm
103307-08	Tues, 3/6-4/17	7:00-7:30pm
103307-10	Thurs, 3/8-4/19	6:00-6:30pm
103307-11	Thurs, 3/8-4/19	7:00-7:30pm
303307-01	Mon, 4/23-6/4	3:15-3:45pm
303307-02	Tues, 4/24-5/29	6:00-6:30pm
303307-03	Tues, 4/24-5/29	7:00-7:30pm
303307-04	Thurs, 4/26-5/31	6:00-6:30pm
303307-05	Thurs, 4/26-5/31	7:00-7:30pm
303307-06	Sat, 4/21-6/2	10:00-10:30am
303307-07	Sat, 4/21-6/2	11:00-11:30am
\$33 Member / \$66 Res		

Level 2: 5-6 Years of Age without a Parent

103308-09	Tues, 3/6-4/17	3:15-4:00pm
103308-07	Tues, 3/6-4/17	6:00-6:45pm
103308-08	Tues, 3/6-4/17	7:00-7:45pm
103308-10	Thurs, 3/8-4/19	6:00-6:45pm
103308-11	Thurs, 3/8-4/19	7:00-7:45pm
303308-01	Tues, 4/24-5/29	3:15-4:00pm
303308-02	Tues, 4/24-5/29	6:00-6:45pm
303308-03	Tues, 4/24-5/29	7:00-7:45pm
303308-04	Thurs, 4/26-5/31	6:00-6:45pm
303308-05	Thurs, 4/26-5/31	7:00-7:45pm
303308-06	Sat, 4/21-6/2	10:00-10:45am
303308-07	Sat, 4/21-6/2	11:00-11:45am
\$33 Member / \$66 Res		

Level 3: 5-6 Years of Age without a Parent

103309-08	Tues, 3/6-4/17	6:00-6:45pm
103309-09	Tues, 3/6-4/17	7:00-7:45pm
103309-10	Wed, 3/7-4/18	3:15-4:00pm
103309-11	Thurs, 3/8-4/19	6:00-6:45pm
103309-12	Thurs, 3/8-4/19	7:00-7:45pm
303309-01	Tues, 4/24-5/29	6:00-6:45pm
303309-02	Tues, 4/24-5/29	7:00-7:45pm
303309-03	Wed, 4/25-5/30	3:15-4:00pm
303309-04	Thurs, 4/26-5/31	6:00-6:45pm
303309-05	Thurs, 4/26-5/31	7:00-7:45pm
303309-06	Sat, 4/21-6/2	9:00-9:45am
303309-07	Sat, 4/21-6/2	10:00-10:45am
303309-08	Sat, 4/21-6/2	11:00-11:45am
\$33 Member / \$66 Res		

103310-06	Tues, 3/6-4/17	6:00-6:45pm
103310-07	Tues, 3/6-4/17	7:00-7:45pm
103310-08	Thurs, 3/8-4/19	3:15-4:00pm
103310-09	Thurs, 3/8-4/19	6:00-6:45pm
103310-10	Thurs, 3/8-4/19	7:00-7:45pm
303310-01	Tues, 4/24-5/29	6:00-6:45pm
303310-02	Tues, 4/24-5/29	7:00-7:45pm
303310-03	Thurs, 4/26-5/31	3:15-4:00pm
303310-04	Thurs, 4/26-5/31	6:00-6:45pm
303310-05	Thurs, 4/26-5/31	7:00-7:45pm
303310-06	Sat, 4/21-6/2	9:00-9:45am
303310-07	Sat, 4/21-6/2	10:00-10:45am
303310-08	Sat, 4/21-6/2	11:00-11:45am
\$33 Member / \$66 Res		

Level 5

103311-07	Tues, 3/6-4/17	7:00-7:45pm
103311-06	Thurs, 3/8-4/19	6:00-6:45pm
303311-01	Tues, 4/24-5/29	7:00-7:45pm
303311-02	Thurs, 4/26-5/31	6:00-6:45pm
303311-03	Sat, 4/21-6/2	9:00-9:45am
303311-04	Sat, 4/21-6/2	10:00-10:45am
303311-05	Sat, 4/21-6/2	11:00-11:45am
\$33 Member / \$66 Res		

Level 6

103312-04	Tues, 3/6-4/17	7:00-7:45pm
103312-05	Thurs, 3/8-4/19	6:00-6:45pm
103312-01	Tues, 4/24-5/29	7:00-7:45pm
103312-02	Thurs, 4/26-5/31	6:00-6:45pm
103312-03	Sat, 4/21-6/2	9:00-9:45am
\$33 Member / \$66 Res		

Junior Swim

103313-03	Thurs, 3/8-4/19	8:00-8:45pm
303313-01	Thurs, 4/26-5/31	8:00-8:45pm
303313-02	Sat, 4/21-6/2	9:00-9:45am
\$33 Member / \$66 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.

Time: 5:15-5:45pm

103314-04	Tues, 3/6-4/17	(no class 4/10)
103314-05	Thurs, 3/8-4/19	(no class 4/12)
303314-01	Tues, 4/24-5/29	
303314-02	Thurs, 4/26-5/31	
103314-06	Sat, 4/21-6/2	12:15-12:45pm
\$33 Member / \$66 Res		

Register at least one week prior to the start date to receive the best price on classes. Receive a \$10 discount on 2nd child's swim lessons when registering at the same time.

There will be no classes held on the following dates: April 9th-12th, May 26th or May 28th.

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

In the Pools at the Rec Center

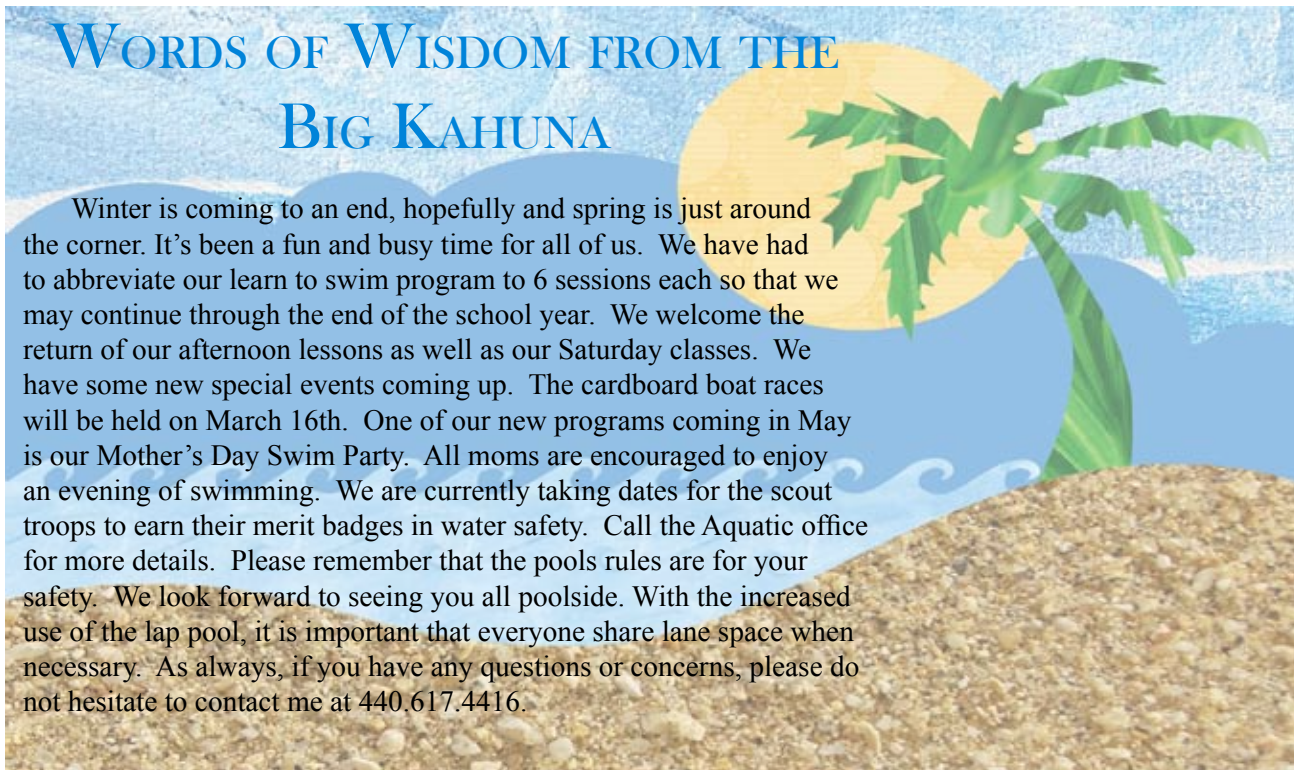
Fun Float Friday!

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.



Winter is coming to an end, hopefully and spring is just around the corner. It's been a fun and busy time for all of us. We have had to abbreviate our learn to swim program to 6 sessions each so that we may continue through the end of the school year. We welcome the return of our afternoon lessons as well as our Saturday classes. We have some new special events coming up. The cardboard boat races will be held on March 16th. One of our new programs coming in May is our Mother's Day Swim Party. All moms are encouraged to enjoy an evening of swimming. We are currently taking dates for the scout troops to earn their merit badges in water safety. Call the Aquatic office for more details. Please remember that the pools rules are for your safety. We look forward to seeing you all poolside. 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
T/TH, 4/17-6/7	8:30-9:30am	Nancy Blagg
T/TH, 4/17-6/7	10:30-11:30am	Nancy Blagg
Fri, 4/20-6/8	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	Genevieve Wanamaker
Mon & Fri, 1/2-4/6	2:15pm - 3:00pm	Genevieve Wanamaker
Mon & Fri, 4/16 - 6/8	10:30am - 11:15am	Genevieve Wanamaker
Mon & Fri, 1/2-4/6	2:15pm - 3:00pm	Genevieve 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*	10:00-11:00am	John Marhefka
T/TH, 1/3-4/5	7:45-8:30pm	Ruth Obrochta
M-W-F, 4/16-6/8*	10:00-11:00am	John Marhefka
T/TH, 1/3-4/5	7:45-8:30pm	Ruth Obrochta

**There will be no classes Feb. 20th, April 9th-12th, May 26th or May 28th.*

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
103316-02 Wed, 2/29-4/4
\$33 Member / \$66 Res / \$72 Non Res
303316-01 Wed, 4/18-6/6
\$44 Member / \$88 Res / \$96 Non Res

Peterson Pool Information

Registration for Peterson Pool Learn to Swim classes will be held Saturday May 5th from 7:00am-12:00pm for RESIDENTS only. Open registration begins Wed, May 9th from 6:00-8:00pm. More details will be released at a later date.

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. Max 14.

Time: 8:30-9:30am
103321-03 Wed, 2/29-3/28 (no class 3/7)
303321-01 Wed, 4/11-5/2
303321-02 Wed, 5/9-5/30
\$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
103317-03 M/W, 2/27-3/28 (no class week of 3/4)
103317-04 M/W, 4/16-5/9
303317-01 M/W, 5/14-6/11 (no class 5/28)
\$30 Member / \$60 Res / \$70 Non Res

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
103315-03 Tues, 3/6-4/17
103315-07 Thurs, 3/8-4/19
303315-01 Tues, 4/24-5/29
303315-02 Thurs, 4/26-5/31
\$33 Member / \$66 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 3/26/12. Genevieve Wanamaker

103319-01 Mon-Fri, 4/9-4/13 from 8:00am-5:00pm
\$200 per person

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

Health and Wellness

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.



NEW TIME

** Blood Pressure Screenings **

2nd Monday of each month: 9:00-11:00am

4th 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.

ACE Top 6 Fitness Myths

1. Women who lift weights will get bulky muscles.
2. Spot reducing is possible.
3. No pain, no gain.
4. Exercise requires a hefty time commitment.
5. If you exercise, you can eat whatever you want.
6. There's a magic bullet (quick fix) out there somewhere.

Source: ACE FitnessMatters

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

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
- *Barry Sheppard
- *Kyle Harriger
- *Brian Kmetz
- *Shaina Friedman
- *Colleen Barry
- *Mike Soster
- *Andrew Walter

Fitness Revolution: 440.759.2205

- *Dan Bednar

The Restructuring Zone: 216.375.8946

- *Tom Roso



Group Exercise & Spinning®

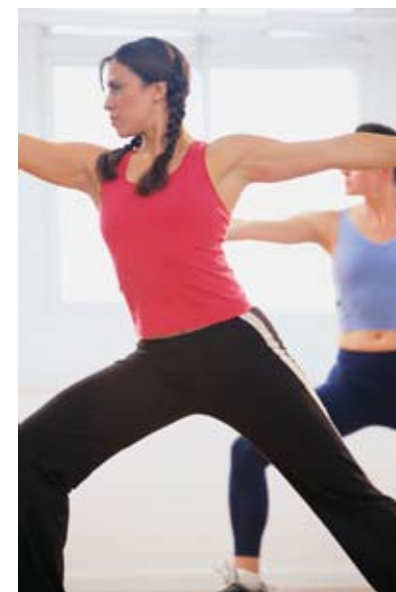
Group Exercise & Spinning®

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

“Take care of your body. It’s the only place you have to live.” - Jim Rohn



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.

Group Exercise

OFP's CardioCORE Blast

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

Time: 7:00-8:00am

102246-03 Tues, 2/21-3/13
 102246-06 Thurs, 2/23-3/15
 102246-07 Tues, 3/20-4/10
 102246-08 Thurs, 3/22-4/12
 302247-01 Tues, 4/17-5/8
 302247-02 Tues, 5/15-6/5
 302247-03 Thurs, 4/19-5/10
 302247-04 Thurs, 5/17-6/7

Time: 7:30-8:25pm

102253-04 Wed, 3/21-4/11
 302247-05 Wed, 4/18-5/9
 302247-06 Wed, 5/16-6/6

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

Pop-in: \$7 Member / \$9 Res / \$10 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

102208-02 Tues, 2/28-4/3
 302208-01 Tues, 4/17-5/22

\$57 Member / \$62 Res / \$67 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

102247-03 T/TH, 3/6-3/29

302216-01 T/TH, 4/3-5/1

(no class 4/5)

302216-02 T/TH, 5/3-5/31

(no class 5/8)

\$55 Member / \$60 Res / \$65 Non Res



Hula Hooping Fitness

(ages 16+)

NEW

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

102254-02 Wed, 2/22-3/28

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

102217-03 T/TH, 3/6-3/29

302217-01 T/TH, 4/3-5/1

(no class 4/5)

302217-02 T/TH, 5/3-5/31

(no class 5/8)

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

Stuffed Shells

What You Need

- 1 pkg. (10 oz.) frozen chopped spinach, thawed, well drained
- 1 container (16 oz.) BREAKSTONE'S FREE or KNUDSEN FREE Fat Free Cottage Cheese
- 1 red pepper, chopped
- 1 egg white
- 1 env. (0.7 oz.) GOOD SEASONS Italian Dressing Mix
- 1 cup KRAFT Shredded Low-Moisture Part-Skim Mozzarella Cheese, divided
- 20 jumbo pasta shells (for stuffing), cooked, drained and cooled
- 1 jar (13-1/2 oz.) spaghetti sauce

Make It

- **HEAT** oven to 400°F.
- **COMBINE** first 5 ingredients in medium bowl. Stir in 1/2 cup mozzarella; spoon into shells.
- **SPREAD** half the sauce onto bottom of 13x9-inch baking dish. Place shells in dish; top with remaining sauce and mozzarella. Cover.
- **BAKE** 40 min. or until heated through, uncovering after 30 min.
- Serve with hot crusty bread and a fresh green salad tossed with your favorite KRAFT Dressing.

Recipe found on www.kraftfoods.com



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

102209-05 Thurs, 3/1-3/22

302209-01 Thurs, 3/29-4/19

302209-02 Thurs, 4/26-5/17

\$40 Member / \$45 Res / \$50 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

102215-03 Tues, 2/21 6:00-7:30pm

102215-04 Wed, 2/22 11:00am-12:30pm

102215-05 Tues, 3/20 6:00-7:30pm

102215-08 Wed, 3/21 11:00-12:30pm

102215-06 Tues, 4/17 6:00-7:30pm

102215-07 Wed, 4/18 11:00-12:30pm

302215-01 Tues, 5/15 6:00-7:30pm

302215-02 Wed, 5/16 11:00-12:30pm

\$5 Members Only

Fit Camp (ages 14+)

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! Class led by certified personal trainers, Jake

Barb and Rachael Stafford

Early Morning: 5:45-6:45am

102241-07 T/TH, 3/6-4/5

302244-01 T/TH, 4/10-5/10

302244-02 T/TH, 5/15-6/14

Mid-Morning: 10:30-11:30am

102241-08 T/TH, 3/6-4/5

302244-03 T/TH, 4/10-5/10

302244-04 T/TH, 5/15-6/14

Evening: 6:15-7:15pm

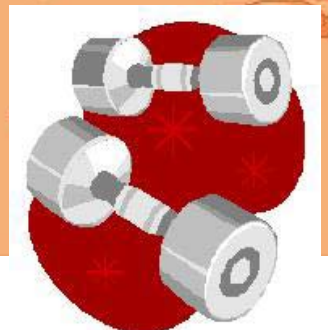
102241-09 T/TH, 3/6-4/5

302244-05 T/TH, 4/10-5/10

302244-06 T/TH, 5/15-6/14

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

Pop-in: \$13 Member / \$15 Res / \$16 Non Res



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

102238-03 Wed, 3/7-4/4

302242-01 Wed, 4/11-5/9

302242-02 Wed, 5/16-6/13

\$38 Member / \$43 Res / \$47 Non Res

Pop-in: \$10 Member / \$13 Non Member



Zumba Gold(ages 14+)

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

102238-12 Sat, 3/17-4/14

302242-09 Sat, 4/21-5/19

302242-10 Sat, 5/26-6/30

(no class 6/2)

\$32 Member / \$37 Res / \$42 Non Res

Pop-in: \$10 Member / \$13 Non Member

NEW TIME

Adult Activities

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, 4/12-5/17
304405-01 Thurs, 5/24-6/28
\$30 Res / \$35 Non Res
Clague Cabin

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
102243-06 Mon, 3/19-4/9
102243-07 Mon, 4/23-5/14
\$48 Member / \$53 Res / \$58 Non Res

World of Investments

Roger McNamara of Midwest Investment Management will outline and cover the World of Investments --- Bonds, Stocks, Commodities. He will provide an overview of the American and Global Economies and Economic Analysis and explain how these markets have behaved in the past and reasonable prospects for their behavior in the future.

106617-06 Sat, 3/3-3/31 (no class 3/17) 1:00-2:00pm
\$60 Member / \$65 Res / \$70 Non Res

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 failiure to pay the premiums. Learn about Medicare Supplement insurance as well enrollment periods, open enrollment and much more. Pre-registration is required.

106646-04 Mon, 3/12 2:00-3:00pm
306646-01 Thurs, 5/10 11:00am-noon
Class is free.

The Baby Boomers Guide to Social Security

What Baby Boomer's need to know about Social Security! What is Social Security? How and When do you become eligible? How retirement benefit is calculated., applying Early, Working & Social Security, Spousal Benefit & how divorce affects Social Security, Windfall Provision & Government Pension Offset & Taxation of Social Security.

Time: 5:30-6:30pm
106646-05 Tues, 3/27
306646-02 Thurs, 4/19
306646-03 Tues, 5/22
Class is free

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
106615-19 Wed, 3/7 Introduction to Computers
106615-20 Wed, 3/14 Introduction to Windows 7
106615-21 Wed, 3/21 Introduction to E-mail
106615-22 Wed, 3/28 Using the Internet and Search Engines
306615-14 Wed, 4/4 Using E-Bay
306615-16 Wed, 4/11 Using Social Media
306615-18 Wed, 4/18 Creating budget/balance checkbook in MS Excel
306615-10 Wed, 4/25 Introduction to Computers
306615-11 Wed, 5/2 Introduction to Windows 7
306615-12 Wed, 5/9 Introduction to E-mail
306615-13 Wed, 5/16 Using the Internet and Search Engines
306615-15 Wed, 5/23 Using E-Bay
306615-17 Wed, 5/30 Using Social Media
306615-19 Wed, 6/6 Creating budget/balance checkbook in MS Excel
\$25 Member / \$30 Res / \$35 Non Res (per date listed)

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, 2/15-3/21
Intermediate Ballroom
104404-04 7:00-7:45pm
Dates: Wed, 3/28-5/2
Intermediate Ballroom II
304404-02 7:00-7:45pm
\$90 Res / \$95 Non Res

Intermediate Latin/ Salsa
104408-02 8:00-8:45pm
Intermediate Latin/ Salsa II
304408-03 8:00-8:45pm



Receive a discount when signing up for both Level 1 and Level 2 of Belly Dancing 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
102243-08 Mon, 3/19-4/9
102243-09 Mon, 4/23-5/14
\$48 Member / \$53 Res / \$58 Non Res

Monarch Self-Defense and Personal Safety Class

This class teaches easy and effective self-defense techniques on real targets. Diffuse myths surrounding sexual assault and rape while focusing on assertiveness, awareness and risk reduction strategies to improve your chances of staying safe.

Experience it all in a fun, controlled and safe environment! Jen Kappler, instructor
106647-02 Sun, 3/25 1:00-5:00pm
\$60 Member / \$65 Res / \$70 Non Res

NEW



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.

106647-04 Sun, 2/26 10:00am-2:00pm
(NOTE TIME CHANGE)
306647-01 Sun, 4/22 4:00-8:00pm
306647-02 Sun, 5/20 12:00-4:00pm
\$60 Res / \$70 Non Res
Class will be held at ACT Training Site, 19474 Center Ridge, Road, Rocky River



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

NEW

Adult Acrylic Painting

Create your own paintings and have fun experimenting with color using acrylics. You'll learn to mix and blend colors, explore how to use different brushes and paint a variety of subject matter. Supply list is provided at time of registration. Min 4, Max 15. Nancy Conlon, instructor
Time: 6:00-8:00pm
305512-01 Mon, 4/16-5/14
\$65 Member / \$70 Res / \$75 Non Res



Adult Drawing

Have you always wanted to learn how to draw? Any level of ability is welcome in this class! Individual instruction will help you improve your skills and learn the basics at your own pace. Subject matter will include still life, perspective, nature and more! Supplies you'll need to bring: 9" x 12" sketchpad, pencil, eraser, ruler.. Min 5, Max 15.

Nancy Conlon, instructor
Time: 6:30-8:00pm
305514-01 Mon, 3/5-4/2
\$65 Member / \$70 Res / \$75 Non Res

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

Hours

Monday -Friday 8:00am-12:00pm
Monday - Thursday 4:30-8:30pm
Saturday (September - May only) 8:30am-12:00pm

DID YOU KNOW?

According to Time Magazine, these are the Top 10 most common New Year's resolutions that are broken:

1. Lose weight and get fit
2. Quit smoking
3. Learn something new
4. Eat healthier and diet
5. Get out of debt and save money
6. Spend more time with family
7. Travel to new places
8. Be less stressed
9. Volunteer
10. Drink less

Source: <http://www.time.com/time/>



FISHING POND

Our 5 acre fishing pond is open year round. Every spring the fishing pond is re-stocked by ODNR with a variety of fish. A fishing license is required for the first 30 days after the pond is stocked. Contact the front desk for a specific date.

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.

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.

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

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>.

Membership Information

2012 Membership Rates

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

Prices effective for memberships that expire beginning January 1, 2012

Package Type	Resident	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	Pkg amount+\$25/year	
Waves swim team	\$210/year	\$210/year	
Senior Walking pass	\$5/year	Not applicable	Not applicable



SILVERSNEAKERS® PROGRAM

If you are 65 years of age or older, you may be eligible for Healthways SilverSneakers® Program. Stop by the front desk and ask us.

Did you know that we offer a 90 day summer college membership to those who are home for the summer. Available May 1st- these 90 day memberships are great for those full-time college students who are home for the summer.

“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 previous residency or 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.

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 (Chairmen), 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>.