



28955 Hilliard Blvd.
Westlake, OH 44145
440.808.5700

Dennis M. Clough, Mayor
Michael A. Rump, Director

Visit our website at <http://www.cityofwestlake.org/recreation/>

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H1N1 shots will be given out to anyone ages 9+ on Saturday, Jan. 3rd from 10am- 2pm at the Recreation Center. Shots are courtesy of St. John Westshore Hospital. To register call 1-877-597-6348. There is NO cost for the shot.

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The Westlake Recreation Center is proud to present:
Dr. Michael Rozien
Wednesday, February 17, 2010 at 7:00pm
Performing Arts Center at Westlake High School

Seats are limited. Tickets may be obtained by registering at the Westlake Recreation Center beginning Jan. 4th. Cost per tick is a non-perishable food item which be donated to the City of Westlake's Assistance Program. Limit 4 tickets per person. For more information, call the Recreation Center.



Attention all 5th Graders

We are hosting another fun filled Ultimate After Hours bash on Friday, Jan. 22nd. DJ Eazy will spin

the tunes while you have access to the Recreation Center after the building closes.

Tickets are \$10 member/ \$15 resident. Must attend school in Westlake. For more details, contact the front desk.



Reservations are being accepted for the Father/ Daughter Valentine's Dance on Friday, Feb. 5th. Open to all dads and their daughters ages 3-10. It's a "special" night for all. Deadline to register is Feb. 1st. Tickets are \$15 member couple/ \$20 resident couple.



**"Westlake Weighs Down"
Weight Loss Challenge**

This new fitness challenge begins February 1st and is open to all Westlake residents ages 18 & over and is based on a percentage of total weight loss

Program Overview

- The program runs from February 1—May 2, 2010
- Open to all Westlake residents ages 18 & over.
- Based on a percentage of total weight loss.
- 3 mandatory weigh-ins held at the Westlake Recreation Center. *(weigh in at the start, middle & end of the program)*
- \$10 registration fee, includes a Weighs Down T-shirt
- Awards given to the top 3 male & female losers. 1st place male & female will receive a 1 year adult individual Westlake Recreation Center membership.
- Talks from various area health organizations, health and nutrition tips, recipes, group exercise classes, exercise charts, information table and more.
- Program will conclude with an awards presentation.

Mayor's Message

Mayor Dennis M. Clough has issued a friendly health challenge to the residents and corporations of Westlake with the program “Westlake Weighs Down”.

“Our goal in establishing this initiative is to motivate you and create an atmosphere that promotes a balanced lifestyle change. Daily exercise and intelligent nutrition decisions will lead to a healthier, happier you,” said Mayor Dennis Clough.

Sponsored by the City of Westlake, Cleveland Clinic, St John West Shore Hospital and Crocker Park.

For participants with medical conditions, extenuating circumstances, or other considerations that may affect the persons health during exercise, it is recommended that they check with a qualified medical professional before participating.



For more information, please contact Bob DeMinico, Manager of the Westlake Recreation Center at 440-808-5699

Registration Form

Fill out the following form and return to the Westlake Recreation Center

Name _____

Address _____

City _____ St _____ Zip _____

Phone _____

E-Mail* _____

(required- all communications will be by e-mail)*

Shirt Size S M L XL
 XXL XXXL

\$10 fee paid by Cash Check
(Make checks payable to City of Westlake)

Credit card MC Discover
 Visa American Express

Number _____

Exp date _____

Signature

Waiver and Release: In consideration of the City of Westlake granting me the permission to engage in the recreational activities with the Westlake Recreation Department, the undersigned does hereby waive, release, save and hold harmless and indemnify the City of Westlake, its employees, agents, and independent contractors for any and all claims for damage or personal injury to me or loss of property which may be caused by any act or failure to act on the part of the City of Westlake, its employees, agents and independent contractors. The undersigned further assumes the risk of all dangerous conditions in and about the City of Westlake Recreation Department property both real and personal and waive any and all specific notice of the existence of such dangerous conditions, if any. Registrants and participants of programs and special events permit the taking of photos and videos of themselves and their children during the Department activities for publication in the program brochure, website, and additional uses as the Department deems necessary. Furthermore, the release bars claims by the undersigned children, heirs, assigns, executors and administrators.