Rec Gazette
Winter 2020 Edition

Registration begins
Monday, November 25, 2019

- Youth & Adult Activities
- Special Events
- Learn to Swim Program
- Fitness Classes
- Membership
Dear residents,

The leaves are falling and the snow is coming. Our Recreation Department has a lot to offer to keep you warm during these blustery winter months. Start the new year off right but making a resolution to get fit and active. Join the recreation center today and make that New Year’s resolution work for you whether you are a swimmer, basketball player, runner or just someone who wants to work out, we have just the thing for you. We do our best to try and help you obtain your fitness goals.

Take advantage of our Early Bird pool passes to the Westlake Aquatic Center and Peterson Pool for the summer of 2020. Memberships will be available for purchase just after the new year.

Take a few minutes to browse this edition. You can register online or in person at the Recreation Center. Like us on Facebook, LinkedIn and log onto our website at https://www.cityofwestlake.org/Recreation for the latest in family fun and fitness. I would like to wish you and your family a very Happy Holiday season.

Mayor Dennis M. Clough

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

Hours of Operation

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday - Thursday</td>
<td>5:00am - 10:00pm</td>
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<td>Friday</td>
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<td>Saturday</td>
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<td>Sunday</td>
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<td>Christmas Eve</td>
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<td>New Year’s Day</td>
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</tr>
</tbody>
</table>

*Hours are subject to change*
### Table of Contents

<table>
<thead>
<tr>
<th>Program Title</th>
<th>Page #</th>
</tr>
</thead>
<tbody>
<tr>
<td>AARP/Optum/ Silver Sneakers</td>
<td>27</td>
</tr>
<tr>
<td>Active Agers Programs</td>
<td>27</td>
</tr>
<tr>
<td>Adult Egg Hunt</td>
<td>6</td>
</tr>
<tr>
<td>Adult Sports Leagues</td>
<td>30</td>
</tr>
<tr>
<td>Adult Watercolor</td>
<td>30</td>
</tr>
<tr>
<td>Babysitting</td>
<td>22</td>
</tr>
<tr>
<td>Ballet, Youth</td>
<td>11, 13</td>
</tr>
<tr>
<td>Basketball, Lessons (prvt)</td>
<td>12</td>
</tr>
<tr>
<td>Birthday Party Package</td>
<td>33</td>
</tr>
<tr>
<td>Blood Pressure Screenings</td>
<td>27</td>
</tr>
<tr>
<td>Cardboard Boat Races</td>
<td>6</td>
</tr>
<tr>
<td>Celebrate Westlake</td>
<td>32</td>
</tr>
<tr>
<td>City Administration</td>
<td>2</td>
</tr>
<tr>
<td>Day Camp</td>
<td>4</td>
</tr>
<tr>
<td>Dive In Movie</td>
<td>5</td>
</tr>
<tr>
<td>Etiquette classes</td>
<td>14</td>
</tr>
<tr>
<td>Family Bingo</td>
<td>6</td>
</tr>
<tr>
<td>Family Fun Night</td>
<td>4</td>
</tr>
<tr>
<td>Father &amp; Daughter Dance</td>
<td>5</td>
</tr>
<tr>
<td>First Tee of Cleveland Golf</td>
<td>15</td>
</tr>
<tr>
<td>Fitness Equipment Instruct.</td>
<td>26</td>
</tr>
<tr>
<td>Gift Cards</td>
<td>35</td>
</tr>
<tr>
<td>Golf, Instructional Clinic</td>
<td>4, 15</td>
</tr>
<tr>
<td>Group Exercise Classes</td>
<td>24-25</td>
</tr>
<tr>
<td>Guest Passes</td>
<td>35</td>
</tr>
<tr>
<td>Hapkido, Jr.</td>
<td>14</td>
</tr>
<tr>
<td>Health Challenge</td>
<td>28</td>
</tr>
<tr>
<td>Hip Hop, Youth</td>
<td>11, 13</td>
</tr>
<tr>
<td>Holiday House Wksp</td>
<td>4</td>
</tr>
<tr>
<td>Home School, Fitness</td>
<td>10, 14</td>
</tr>
<tr>
<td>Hours of Operation</td>
<td>2</td>
</tr>
<tr>
<td>Jump Start All Stars Sports</td>
<td>10</td>
</tr>
<tr>
<td>Kids in the Kitchen</td>
<td>13</td>
</tr>
<tr>
<td>Kringle’s Workshop</td>
<td>4</td>
</tr>
<tr>
<td>Learn to Swim (Rec)</td>
<td>18-20</td>
</tr>
<tr>
<td>Letters to Santa</td>
<td>4</td>
</tr>
<tr>
<td>Little Kickers</td>
<td>10</td>
</tr>
<tr>
<td>Line Dancing</td>
<td>30</td>
</tr>
<tr>
<td>Long Term Care seminar</td>
<td>30</td>
</tr>
<tr>
<td>March Madness</td>
<td>12</td>
</tr>
<tr>
<td>Mark Price BKB Clinic</td>
<td>12</td>
</tr>
<tr>
<td>Membership Information</td>
<td>9, 34</td>
</tr>
<tr>
<td>Men’s Basketball (open gym)</td>
<td>30</td>
</tr>
<tr>
<td>Move &amp; Groove</td>
<td>11</td>
</tr>
<tr>
<td>Outdoor Amenities</td>
<td>35</td>
</tr>
<tr>
<td>Personal Trainers</td>
<td>29</td>
</tr>
<tr>
<td>Photo Disclaimer</td>
<td>14</td>
</tr>
<tr>
<td>Pool Parties, Pres Day</td>
<td>5</td>
</tr>
<tr>
<td>PreK Open Gym</td>
<td>10</td>
</tr>
<tr>
<td>Recreation Center Staff</td>
<td>2</td>
</tr>
<tr>
<td>Refund Policy</td>
<td>35</td>
</tr>
<tr>
<td>Resident Passes</td>
<td>35</td>
</tr>
<tr>
<td>Rental Information</td>
<td>33</td>
</tr>
<tr>
<td>Rewards Points</td>
<td>35</td>
</tr>
<tr>
<td>Scarecrow Contest Winners</td>
<td>7</td>
</tr>
<tr>
<td>Senior Walking Pass</td>
<td>27</td>
</tr>
<tr>
<td>Slam Dunkers</td>
<td>16</td>
</tr>
<tr>
<td>Small Group Exercise</td>
<td>26</td>
</tr>
<tr>
<td>Smart Start Fitness</td>
<td>26</td>
</tr>
<tr>
<td>Special Needs, Swim</td>
<td>16, 20</td>
</tr>
<tr>
<td>Sponsorship &amp; Advertising</td>
<td>8</td>
</tr>
<tr>
<td>Swim, Adult Lessons</td>
<td>20</td>
</tr>
<tr>
<td>Swim Meets</td>
<td>17</td>
</tr>
<tr>
<td>Swim Lessons, private</td>
<td>20</td>
</tr>
<tr>
<td>Tai Chi</td>
<td>26</td>
</tr>
<tr>
<td>Tot Room</td>
<td>10</td>
</tr>
<tr>
<td>Training your brain seminar</td>
<td>30</td>
</tr>
<tr>
<td>Ultimate After Hours</td>
<td>6</td>
</tr>
<tr>
<td>Visitor Policies</td>
<td>35</td>
</tr>
<tr>
<td>Waterpark Lifeguarding</td>
<td>22</td>
</tr>
<tr>
<td>Water Aerobics w/Lila</td>
<td>21</td>
</tr>
<tr>
<td>Water Aerobics Punch Card</td>
<td>21</td>
</tr>
<tr>
<td>Water Exercise</td>
<td>21</td>
</tr>
<tr>
<td>Water Yoga</td>
<td>21</td>
</tr>
<tr>
<td>Waves Swim Team</td>
<td>17</td>
</tr>
<tr>
<td>Westlake Aquatic Ctr &amp; Peterson Pool</td>
<td>23</td>
</tr>
<tr>
<td>Westlake Holiday Hoops</td>
<td>4</td>
</tr>
<tr>
<td>Women on Weights</td>
<td>26</td>
</tr>
<tr>
<td>Yoga, private</td>
<td>24</td>
</tr>
<tr>
<td>Youth Sports Associations</td>
<td>16</td>
</tr>
</tbody>
</table>
**Special Events**

**Holiday Family Fun Night**

Wear your pajamas as we travel to the North Pole. This program is open to current members of the Recreation Center. 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, we will open the doors so families will be able to watch a holiday movie, play in the gym, do crafts, swim and visit with Santa. Bring your camera for pictures with Santa. Hot chocolate and snacks will be provided. Maximum of 350. All family members must be current members and register in advance in order to participate. Deadline is December 3rd or until max is reached.

- **406603-08** Fri, 12/6 6:30-8:30pm
- Free to current members

**Letters to Santa (ages 8 & younger)**

Kids drop off your letters to Santa and we will "mail" them to the North Pole. Letters can be dropped off at the Recreation Center in the special “North Pole” mailbox no later than December 15th. Registration is required. Free to members. Non members can register for only $2 per child.

- **406609-01**

**Kringle’s Workshop (ages 5-8)**

Santa is busy getting his list ready for Christmas and the elves are busy making toys! Kids can get busy and make two homemade gifts to put under the tree for someone special. Each gift will be made in our shop by your child and wrapped to be taken home. This is a drop off program but parents MUST remain in the building during this time. Max of 8. Additional session may be added if needed.

- **405504-06** Mon, 12/23 2:00-2:45pm
- $10 Member / $20 Non Member

**Holiday House Workshop (ages 5-8)**

Decorate your own small holiday house made out of graham crackers. All supplies are included. Max 10. Any child under the age 7 MUST be accompanied by an adult. Additional session may be added if needed.

- **405511-08** Thurs, 12/19 4:00-5:00pm
- $10 Member / $15 Non Member

**Holiday Camp (ages 5-12)**

Join us for a fun-filled day of games, crafts, swimming and more when the weather gets cold and there is no school. Child is to bring a lunch, swimsuit and towel. Afternoon snack will be provided.

- **406611-09** Fri, 12/27
- **406611-12** Fri, 1/3
- Time: 7:30am-5:30pm
- $40 Member / $45 Non Member

**December Indoor Training @ Meadowood Clubhouse (ages 8-12)**

This exciting class will focus on the basics of the game. This will include proper grip technique on all the clubs, putting lessons and a special emphasis on the short game around the green. Rules of the game as well as proper course etiquette will also be discussed.

- **Max 8. Instructor: Dave Brugh**
- **408800-04** F-Sat, 12/27-12/28
- Time: 10:00-11:15am
- $25 Res / $35 Non Res

**Holiday Day Camp (grades 4-8)**

Start off 2020 by working on your game with Westlake Demon's boys basketball coach Jeff Huber. Players will be coached on all the fundamentals of the game including shooting, ball handling, passing, defense and team play. Use this camp as a springboard into the remainder of your season as you take your game to the next level!

- **401125-26** TH-Fri, 1/2-1/3
- Time: 9:00-10:45am
- $45 Member / $55 Non Member

**Westlake Jr. Demons Holiday Hoops (grades K-3)**

Start off 2020 by working on your game with Westlake Demon's boys basketball coach Jeff Huber. Players will be taught the fundamental building blocks of becoming a good basketball player including basic ball handling, footwork, layups, and proper shooting form. Whether you are just learning to play or already have some experience, this clinic is a great chance to learn and enhance your skills!

- **401125-27** TH-F, 1/2-1/3
- Time: 11:00-11:45am
- $60 Member / $70 Non Member

**Westlake Demons Holiday Hoops (grades 4-8)**

Start off 2020 by working on your game with Westlake Demon's boys basketball coach Jeff Huber. Players will be coached on all the fundamentals of the game including shooting, ball handling, passing, defense and team play. Use this camp as a springboard into the remainder of your season as you take your game to the next level!

- **401125-26** TH-Fri, 1/2-1/3
- Time: 9:00-10:45am
- $45 Member / $55 Non Member

**December Indoor Training**

@ Meadowood Clubhouse (ages 8-12)

This exciting class will focus on the basics of the game. This will include proper grip technique on all the clubs, putting lessons and a special emphasis on the short game around the green. Rules of the game as well as proper course etiquette will also be discussed.

- **Max 8. Instructor: Dave Brugh**
- **408800-04** F-Sat, 12/27-12/28
- Time: 10:00-11:15am
- $25 Res / $35 Non Res

Information is subject to change. Visit us at [https://www.cityofwestlake.org/Recreation](https://www.cityofwestlake.org/Recreation).
Father Daughter Dance (ages 3-12)
Friday, February 7th
This year, we are having a BEACH PARTY/ LUAU theme! Wear your favorite Hawaiian shirt or dress (optional) and bring your favorite “date(s)”. Enjoy dinner and dancing with your little princess(es). DJ Eazy will provide the tunes. Register by Jan. 31st or until max is reached.
Time: 6:00-8:15pm (doors will open at 5:30pm)
106603-01  Fri, 2/7
$15 Member / $25 Res (cost is per person) - there is $5 discount for additional child

Preschool Beach Party (ages 3-5)
Friday, February 14th
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. Max 20
103328-04  Fri, 2/14 10:30-11:30am
$2 Member / $5 Res

Father Daughter Dance (ages 3-12)
Friday, February 17th at 12:30pm
What a great time to have a beach party! Enjoy music, and games, including the famous Big Kahuna Cannonball Classic. Register by Feb. 14th
Time: 10:30-11:30am
103328-01  Mon, 2/17 12:30-3:00pm
Free to members / $5 Res / $10 Non Res

Dive In Movie
Friday, March 20th
Join us for a 2 hour family fun night. All children must be accompanied by their parents and/or legal guardian. A light snack and a beverage will be provided to all enrolled for this event. Register by March 15. Movie is “Hocus Pocus”. Doors open at 6:30pm. Movie starts at 6:45pm
103328-03  Fri, 3/20 6:45pm
$5 Member / $10 Non Member
Special Events

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. Register by 6pm the day of the event.
106604-01 Fri, 3/6 8:30-10:30pm
$10 Member / $15 Res

3rd Annual Adult Easter Egg Hunt
Friday, April 3rd
Excitement, Eggs and Extravagant Bonnets!
Decorate your Easter Bonnet and hop on in for a night of fun at Meadowood Golf Course!
Beginning at 7:30 pm, sign in and enjoy some light refreshments and beverages! Once the lights go out, be the first to collect a dozen eggs and head back to the clubhouse to see if you found the winning tickets! Bring your flashlight and dress for the weather! Limit 75, Must be 21 and over to register.
206603-03 Fri, 4/3 7:30-9:00pm
$20 per person

Family Bingo (ages 3 and older)
Enjoy a friendly game or games of BINGO. A great way to spend some family time on a cold winter’s night. Light refreshments will be served. Register by Jan. 20th.
106603-11 Thurs, 1/23 6:30-8:00pm
$5 Member / $10 Non Member

12th Annual Cardboard Boat Races (ages 7+)
Friday, May 8th
Grab your friend and build a boat out of Only cardboard and packing tape that is capable of holding you and your friend then bring your boat to the Aquatics Center for our 12th Annual Cardboard Boat race! Complete rules and directions will print out once you are registered! Colored duct tape may only be used for decorative purposes.
Time: 7:00-8:30pm
203328-01 Ages 7-9
203328-02 Ages 10-12
203328-03 Ages 13 and up
$15 Member / $25 Non member (cost is per boat)

Information is subject to change. Visit us at https://www.cityofwestlake.org/Recreation.
Special Events

Congratulations to the winners of our Annual Scarecrow Competition!

Thank you to all who participated in this year’s event.

Scariest

Most Creative

Most Original

Information is subject to change. Visit us at https://www.cityofwestlake.org/Recreation.
Sponsorship Opportunities

The Westlake Recreation Center is offering sponsorships for some of our most popular events along with advertisement opportunities in the Gazette.

For more information on sponsorships or to advertise in the Gazette, please email us at recinfo@cityofwestlake.org.

Special Thanks to our sponsors who have helped out with our special events such as Westlake Corporate Challenge, Fall Festival and the Health and Safety Fair.

Information is subject to change. Visit us at https://www.cityofwestlake.org/Recreation.
**Membership Rates effective January 2, 2020**

<table>
<thead>
<tr>
<th>Package</th>
<th>Resident</th>
<th>Corporate (includes Friends and Family plus $50)</th>
</tr>
</thead>
<tbody>
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<tr>
<td>Youth Ind. (ages 10-17)</td>
<td>$230</td>
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</tr>
<tr>
<td>College (18-23)</td>
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<td>Senior (60+)</td>
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<td>Senior walking pass*</td>
<td>$5</td>
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</tr>
</tbody>
</table>

(*good only Mon-Fri from 10am-2pm)

**Membership guidelines can be found on page 38.**

_Give the gift that can be used year round. Purchase a Recreation Center Gift card which can be used for membership, programs, guest fees, rounds of golf or entrance to our new pool._

**Pick one up today at the Rec Center.**

**“Family & Friends” Program**

Members who meet the requirements for the program, can recommend a friend or family member who would love to join the Recreation Center but has been unable to obtain a membership in the past. We have a limited number of new memberships available for those who are interested in a healthier lifestyle.

**Installment Program**

We offer an installment program to help with the cost of the membership. This 12 month program is offered to all. At time of registration, pay for the first and last month along with presentation of a voided check. We will take care of the rest. Payments will be drawn on or around the 15th of each month. Please note that participation in this program requires 10 bank draws or until the balance of the membership is paid off. Renewal is NOT automatic and must be done yearly.

**“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 at the time of your renewal.

Participants in the “Once a member” program will pay membership rates based on their Res/ corporate status plus an additional $50 administrative fee. If you have any questions, stop by the front desk for more information or contact Bob DeMinico at the recreation center.

Information is subject to change. Visit us at [https://www.cityofwestlake.org/Recreation](https://www.cityofwestlake.org/Recreation).
Children’s Programs (Up to 5 Years)

Coach Besu’s Little Kickers (ages 4-6)

WHS Soccer coach Mike Besu and players will be giving instruction to future soccer stars. Each week will focus on the basic skills needed to play. Players will be given instruction for ½ hour then play a mini game for the other ½ hour.

Time: 12:00-1:00pm
101131-01 Sun, 1/19-2/23
$45 Member / $55 Non Member

Jumpstart Sports All Stars Sports (ages 2.5-5)

The Junior All Stars Sports Program provides a positive age-appropriate introduction to a variety of sports. Children have fun and get a lot of exercise as they learn basic fundamentals of a variety of sports. Sports offered include soccer, hockey, football, and more in a fun environment. We also play highly active running games that promote cardiovascular activity. The program helps children to enjoy exercise and to see which sports they like the most. It also helps build confidence and social skills and helps prepare preschoolers for participation in more formal sports programs.

Dates: Wed, 1/22-2/19
Ages: 2.5 to 3.5 years
101138-07 10:00-10:45am
Ages: 3.5 years - 5 years
101138-08 10:50-11:35am
$75 Member / $85 Non Member

Home School Mini Gym (ages 18 months - 5 years)

Kids have the opportunity to interact with other children while their siblings are in our home school fitness program.

Time: 11:00am-11:45am
102255-02 Thurs, 1/16-2/6
102255-04 Thurs, 2/13-3/5
102255-06 Thurs, 3/12-4/2
$15 Member / $25 Non Member

PreK Open Gym (ages 1.5-5)

What a better way to spend the morning than to run around in the gym playing and having fun. We will set up some of our play toys and let the kids use their imagination. Parent supervision is required and all parents must remain in the gym with your child(ren).

Time: 9:00-10:30am on Thursdays, 1/16-3/5
$2 per day or buy a 10 session punch card for $18 (expires 3/5)

Discount regarding printed material

We 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 along with changes on our website. Check out our website at http://www.cityofwestlake.org/recreation.

Tot Room (ages 6 months - 9 years)

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 purchase a 10 hour punch card for $20.

Hours

Monday - Friday 8:00am-12:00pm
Monday - Thursday 4:30-8:30pm
Saturday 8:30am-12:00pm
Saturday hours are only during Sept- June

Information is subject to change. Visit us at https://www.cityofwestlake.org/Recreation.
Children’s Programs (Up to 5 Years)

Kidz Vibez (ages 3-5)
Kidz Vibez is a Pre-Dance and Beginner dance class. It will incorporate Hip Hop, Jazz, Pom and basic Ballet steps. Fun choreography with mini performances throughout the year for parents to come and watch. Led by Instructor Ashlyn Hricko. All classes closed to parents, please. Min 4 / Max 8
Time: 4:30-5:15pm
404412-05 Tues, 12/3-1/21 (no class 12/24, 12/31)
104412-02 Tues, 2/4-3/10
104412-04 Tues, 3/24-4/28
$50 Member / $60 Non Member

Move and Groove (ages 1-3)
Our soundtrack of fun songs will delight your preschooler. This pre-dance and tumble program promotes coordination, strength, flexibility, and spatial awareness. Instructor will work individually with students. Communities in Motion Dance instructor
Time: 9:15-9:45am
102214-04 Sat, 1/18-2/8
102214-05 Sat, 2/18-3/7
102214-06 Sat, 3/21-4/11
202214-04 Sat, 4/25-5/16
$42 Member / $52 Non Member

Little Hip Hop and Tumble (ages 3-5)
Children will perform hip hop moves to upbeat “kid-friendly” music, enjoy games and activities while learning beginner through intermediate level tumbling skills. This class promotes the development of coordination, strength, balance, flexibility, and spatial awareness. Each session will end with a performance for family and friends. Communities in Motion Dance instructor
Time: 10:15-11:00am
102214-01 Sat, 1/18-2/8
102214-02 Sat, 2/18-3/7
102214-03 Sat, 3/21-4/11
202214-01 Sat, 4/25-5/16
$54 Member / $64 Non Member

Baby Ballet (ages 1-2)
Join us for this first dance for your tiny dancer. This class is a combo of our Move and Groove and Itty Bitty Ballet. Fun song and dance routines, nursery rhymes, as well as props will be used in this class. Communities in Motion Dance instructor
Time: 6:00-6:30pm
104401-05 Thurs, 1/16-2/6
104401-06 Thurs, 2/13-3/5
104401-07 Thurs, 3/19-4/9
204401-05 Thurs, 4/23-5/14
$42 Member / $52 Non Member

Itty Bitty Ballet (ages 2-3)
This class is designed for the tiny dancer and parent/caregiver. The class is full of fun songs and will give your little dancer exposure to ballet without the structure of Preschool (Princess) Ballet. Come enjoy the class in your favorite ballet outfit.
Communities in Motion Dance instructor
Time: 9:45-10:15am
104401-08 Sat, 1/18-2/8
104401-09 Sat, 2/16-3/7
104401-10 Sat, 3/21-4/11
204401-08 Sat, 4/25-5/16
$42 Member / $52 Non Member

Preschool Ballet (ages 3-5)
Join our fun Ballet movement class. Here you’ll learn basic ballet terminology, positions, stretching, balance, and coordination. Ballet attire if desired. Communities in Motion Dance instructor
Time: 5:30-6:00pm
104401-11 Thurs, 1/16-2/6
104401-12 Thurs, 2/13-3/5
104401-13 Thurs, 3/19-4/9
204401-11 Thurs, 4/23-5/14
$42 Member / $52 Non Member

Information is subject to change. Visit us at https://www.cityofwestlake.org/Recreation.
School Aged Programs

Academy Basketball Private Basketball Lessons

Since 2004, Sue Watkins has been providing basketball instruction to boys and girls of all ages and playing levels in the Greater Cleveland area. She provides individual and group lessons year round and would love to customize a program for your son, daughter, group or organization today.

For more information or to schedule a lesson, contact Sue Watkins at 44.622.6163 or by email at suewatkins9562@sbcloglobal.net.

Rate per hour:
Single player per hour: $50 member / $60 non member
2 players per hour: $75 member / $85 non member

March Madness Basketball Tournament (Grades 3-8)

Boys and girls in Grades 3-8 can form their own teams and participate in this annual basketball tournament. Rosters will be limited to 4 players per team and divided by grades 3/4, 5/6, and 7/8. Games will be played on quarter courts and officiated by certified referees. T-shirts will be 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.

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 8th
Fees: $65 for member teams (at least 2 players), $75 for non member teams

Girls Tournament (Grades 3-8) will be held on Thursday, March 12th beginning at 4:30pm

Boys Tournament (Grades 3-8) will be held on Saturday, March 14th beginning at 8:30am

Summer Day Camp will run early June to mid August.
Details will be available in early March.
Daily and weekly rates available.

Mark Price Youth Basketball Skills Camp (ages 8-14)

Join us for the 1st Ever Mark Price Youth Basketball Skills Camp. He is a Cleveland Cavaliers Great, 4 x NBA All-Star, All-NBA First Team, 2x NBA 3-Point Shootout champion, NBA assistant coach and NBA Shooting Coach.

Mark Price is known as one of the greatest fundamentally sound shooters in the history of the NBA. Mark has passed on his knowledge to many superstars past and present in the NBA. Mark embraces teaching the game of basketball the right way and is excited about doing his first regional skills camp in the Cleveland area. Campers will receive a t-shirt, an autograph, and a snack each day. We encourage campers to pack a lunch as well.

201125-01 Tues-F, 4/14-4/17 9:00am-2:00pm
$190 Member / $200 Non Member

Registration will close on Monday, April 6th or once the camp is full
Those who register by January 3rd will get a special meet n’ greet with Mark Price in January prior to the camp in April. This camp is recommended for those who have general basketball experience.

Information is subject to change. Visit us at https://www.cityofwestlake.org/Recreation.
**SCHOOL AGED PROGRAMS**

**Kids in the Kitchen** *(ages 7-12)*

Create fun snowman sweets using cookies, pretzels and more. All supplies are included. Please indicate any food allergies upon registration. Min 6, Max 10

<table>
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<tr>
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<td>Tues, 12/10</td>
<td>4:30-5:30pm</td>
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**Snowman Goodies**

Create fun snowman sweets using cookies, pretzels and more. All supplies are included. Please indicate any food allergies upon registration. Min 6, Max 10

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**Valentine Sweets**

Kids can learn how to make sweet treats for their family and friends for Valentine’s Day. All supplies are included. Please indicate any food allergies upon registration. Min 6, Max 10

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**Snack Attack**

Kids will create fun and healthy snacks using fruit, veggies and other pantry staples. All supplies are included. Please indicate any food allergies upon registration. Min 6, Max 10

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**Friday Night Lights**

Kids will create fun snacks like English Muffin Pizza, flavored popcorn and s’mores. All supplies are included. Please indicate any food allergies upon registration. Min 6, Max 10

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**Creative Ballet Movement (ages 5-8)**

This class will incorporate ballet movements and incrementally advanced choreography with a variety of musical stylings, ranging from classics (The Nutcracker, Swan Lake) to contemporary favorites (Frozen, Moana). This class is perfect for dancers who have attended preschool ballet and are looking to refine their technical dance skills and have some fun doing so! No prerequisite needed!

Time: 10:15-11:00am

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$54 Member / $64 Non Member

**Kidz Vibez (ages 6-8)**

Kidz Vibez is a Pre-Dance and Beginner dance class. It will incorporate Hip Hop, Jazz, Pom and basic Ballet steps. Fun choreography with mini performances throughout the year for parents to come and watch. Led by Instructor Ashlyn Hricko. All classes closed to parents, please. Min 4 / Max 8

Time: 5:30-6:15pm

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$20 Member / $30 Non Member

**Hip Hop Dance and Tumble (ages 5-13)**

Children will enjoy fun, upbeat hip hop routines, games and activities, as well as tumbling skills. This type of class is beneficial because we work on coordination, strength, balance, flexibility, and spatial awareness. Communities in Motion Dance instructor

Ages: 5-8

Time: 4:45-5:30pm

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Ages 9-13

Time: 11:00-11:45am

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$54 Member / $64 Non Member

Information is subject to change. Visit us at [https://www.cityofwestlake.org/Recreation](https://www.cityofwestlake.org/Recreation).
School Aged Programs

Home School Fitness & Art (ages 6-12)
Home-schooled children will learn structured age-appropriate fitness and sports skills in a fun environment. We are offering 1/2 hour of fitness followed by 1/2 hour of craft or cooking lesson. Open swim time will be held on the last day of each session. Those 5 and younger will enjoy playtime in the gym. Min 8 / Max 24
Time: 11:00-12:15pm
102255-01 Thurs, 1/16-2/6
102255-03 Thurs, 2/13-3/5
102255-05 Thurs, 3/12-4/2
$40 Member / $50 Non Member

Junior Hapkido (ages 5-13)
The Hapkido Martial Arts Program and instructor Randy LePrevost will help develop the “Yes I can attitude”. If you think martial arts is just kicking and punching, think again! Some of the greatest benefits you can give your child are those of 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, 1/6-2/5
102210-02 M/W, 2/10-3/11
102210-03 M/W, 3/16-4/15
$50 Member / $60 Non Member

President’s Day Etiquette Lessons: History and Etiquette (ages 6+)
Catherine Holloway, Etiquette Pro, member of the Etiquette Institute. The one time class is back by popular demand. It filled up last year so please don’t miss out. Join us for a day of fun, leadership, character building and hands-on learning to the steps of becoming well-mannered. Learn the tricks and skills of how to introduce yourself and others. Become an expert at table manners and dining. The art of a well written thank you note and Party Planning, hostess duties. And of course everyday kindness. All class materials and food items will be provided, please share food allergies.
Grades 6 & up
106640-05 Mon, 2/17 9:00am-1:00pm
Grades 1-5
106640-12 Mon, 2/17 1:00-5:00pm
$75 Member / $85 Non Member

Photo Disclaimer
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’s children, heirs, assigns, executors and administrators.

Information is subject to change. Visit us at https://www.cityofwestlake.org/Recreation.
December Indoor Training
@ Meadowood Clubhouse (ages 8-12)
This exciting class will focus on the basics of the game. This will include proper grip technique on all the clubs, putting lessons and a special emphasis on the short game around the green. Rules of the game as well as proper course etiquette will also be discussed.
Max 8. Instructor: Dave Brugh
408800-04 F-Sat, 12/27-12/28 10:00-11:15am
Meadowood Golf Course Club House
$25 Res / $35 Non Res

“Swing Into Spring”
@ Meadowood Clubhouse (ages 18+)
It’s time to get ready for the golf season. The course will cover the swing basics including woods, irons and putting providing the opportunity for your game to start in peak condition. We will also review several short exercises that are designed to increase your range of motion and flexibility helping you to increase swing speed and distance. (note: In case of inclement weather the course will be held indoors) Max 8. Instructor: Dave Brugh
108800-06 Sat, 3/21-4/4 Noon - 2:00pm
Meadowood Golf Course Club House
$25 Res / $35 Non Res

Information is subject to change. Visit us at https://www.cityofwestlake.org/Recreation.
Adaptive Youth Programs

Slam Dunkers

Slam Dunkers Basketball is a 7 week program held on Sunday afternoons. The program is open to any school age child with special needs. Each session will have fun activities, games and more. All players will receive a t-shirt, and basketball. For more info please call 440-808-5700 x 3426.

101129-01 Sun, 1/5-2/23 (No class 2/2) 4:15-5:15pm
$50 per child

Special Needs Learn to Swim

This program is available for those with special needs who require one-on-one instruction. This is not an aquatics therapy program but a recreational learn to swim program. Contact the aquatics department for more information. Max 2

103314-01 Tues, 1/7-2/25 5:15-5:45pm
103314-02 Thurs, 1/9-2/27 5:15-5:45pm
103314-03 Sat, 1/11-3/7* 8:45-9:15am
103314-04 Tues, 3/17-5/12** 5:15-5:45pm
103314-05 Thurs, 3/19-5/14** 5:15-5:45pm
103314-06 Sat, 3/21-5/16** 8:45-9:15am
$56 Member / $84 Res

WESTLAKE YOUTH SPORTS ASSOCIATIONS

The Westlake Youth Football Association (WYF) has partnered with the Westlake Recreation Center to oversee all youth football activities in the City of Westlake for ages 12 and under.

For more information, please go to Westlak youthfootball.org or follow us on Facebook at Westlake youth football association or on Twitter @WlakeYouthFball

WESTLAKE YOUTH FOOTBALL
ONE TEAM, ONE GOAL

Travel and Development Leagues

www.westlakesoccer.org

The Westlake Girls Softball program is for girls Kindergarten through 12th Grade of all skill levels. It was designed with fun in mind while learning the game of softball. Registration will begin in the spring. Log onto www.westlakegirlssoftball.org for more information.

Information is subject to change. Visit us at https://www.cityofwestlake.org/Recreation.
Waves Swim Team

Our team is a member of the Lake Erie Swimming Inc, the Northeast Ohio affiliate of USA Swimming. Our program has four practice groups separated by age and level which offers detailed stroke work, the latest swimming equipment, video recording of strokes, daily workouts, structured activity, and most importantly, development of a lifelong skill. Whether your child is a new swimmer, or an experienced swimmer looking for a swim team in the Cleveland area, the Westlake Waves are happy to have your child on our team! For more information contact Coach “O” at 440.617.4416 or by email at otungac@cityofwestlake.org.

The WHS Swim Team

Starts Friday, October 25, 2019

Monday - Friday from 3:30 – 6:00 pm in the Lap Pool and Diving Well.
These pools are closed during these times until the end of February 2020.
When there is No School, practices will be 9:00-11:30 am.

Swim Meet Schedule:

Friday, December 13th  Berea-Midpark  Pools close at 4:30pm
Monday, December 30th  Amherst  Pools close at 4:30pm
Friday, January 3rd  North Ridgeville  Pools close at 4:30pm
Friday, January 17th  North Olmsted  Pools close at 4:30pm
Friday, January 24th  SWC Diving  Pools close at 3:00pm
Saturday, January 25th  SWC Swimming Meet  Pools closed all day

Information is subject to change. Visit us at https://www.cityofwestlake.org/Recreation.
### Infants: 6 – 18 Months of Age with Parent

Focuses on the comfort level of the infant and provides experiences and activities for the parent and infant. Min 3/ Max 12

<table>
<thead>
<tr>
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<th>Days</th>
<th>Time</th>
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<tr>
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<td>Sat</td>
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<td>103301-05</td>
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<td>103301-08</td>
<td>Sat</td>
<td>9:15-9:45am</td>
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$56 Member / $84 Res / $112 Non Res

### Toddler: 19- 36 Months of Age with Parent

Focuses on the advanced comfort level of the toddler providing games, activities and beginning use of kickboards and noodles. Min 3/ Max 12

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<th>Days</th>
<th>Time</th>
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<td>Sat</td>
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$56 Member / $84 Res / $112 Non Res

### Preschool: 37 - 48 Months of Age with Parent

Focuses on preparing the preschoolers for group lessons without a parent, providing games and activities along with increased use of kickboards and noodles. This class is also recommended for the first time student with no prior swim experience. Min 3/ Max 12

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$56 Member / $84 Res / $112 Non Res

There are no classes on *Sat. Jan. 25th* or the **week of April 12th. Members will receive a $10 discount on 2nd swim lesson at the time of registration.

Non Resident (Non Member) registration will open 2 weeks prior to the start of class.
Level III (ages 3-6)

Students will build on the skills from Level II and will begin to learn to coordinate the front and back crawl for 15 yards. They will work on their endurance to develop strength and coordination. Min 3/ Max 8

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</tbody>
</table>

$56 Member / $84 Res / $112 Non Res

Level 4 (ages 7+)

Students will build on the skills learned earlier and begin to increase their stroke endurance by swimming longer distances. Students will continue to work on elements of the butterfly and elementary backstroke. Breaststroke and sidestroke are also introduced. Min 3/ Max 8

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Start Date</th>
<th>End Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
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<tr>
<td>103310-05</td>
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<tr>
<td>103310-06</td>
<td>Sat</td>
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<tr>
<td>103310-07</td>
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</tr>
</tbody>
</table>

$56 Member / $84 Res / $112 Non Res

Level 5 (ages 7+)

Students in this level refine their performance in all strokes and also work on increasing their swimming distance. Flip turns are also introduced. Min 3/ Max 8

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Start Date</th>
<th>End Date</th>
<th>Time</th>
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</thead>
<tbody>
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</tbody>
</table>

$56 Member / $84 Res / $112 Non Res

Level 6 (ages 7+)

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. Min 3/ Max 8

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
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<th>End Date</th>
<th>Time</th>
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<td>9:30-10:15am</td>
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</tbody>
</table>

$56 Member / $84 Res / $112 Non Res

Junior Swim Lessons (ages 7-14)

For children who are interested in learning how to swim and are at the beginner level. We customize our class to your abilities. Min 3/ Max 8

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Start Date</th>
<th>End Date</th>
<th>Time</th>
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<tr>
<td>103313-04</td>
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<td>3/21-5/16**</td>
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<td>8:30-9:15am</td>
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</table>

$56 Member / $84 Res / $112 Non Res

There are no classes on *Sat. Jan. 25th or the **week of April 12th. Members will receive a $10 discount on 2nd swim lesson at the time of registration.

Non Resident (Non Member) registration will open 2 weeks prior to the start of class.

Information is subject to change. Visit us at [https://www.cityofwestlake.org/Recreation](https://www.cityofwestlake.org/Recreation).
### 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 swim level. Min 3/ Max 8

<table>
<thead>
<tr>
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<th>Date</th>
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<td>Sat</td>
<td>3/21-5/16**</td>
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</tbody>
</table>

$56 Member / $84 Res / $112 Non Res

### Special Needs Learn to Swim

This program is available for those with special needs who require one-on-one instruction. This is not an aquatics therapy program but a recreational learn to swim program. Contact the aquatics department for more information. Max 2

<table>
<thead>
<tr>
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<td>Sat</td>
<td>3/21-5/16**</td>
<td>8:45-9:15am</td>
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</table>

$56 Member / $84 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. Instruction will cover the skills of approach, hurdle and water entry. Progression is based on individual’s ability. Students must be able to swim one length of the lap pool unassisted. Betsy Karban, instructor

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$56 Member / $84 Res / $112 Non Res

### Adult Coached Swim Workouts

Swim workouts for adults under the direction of a coach. Conditioning, stroke drills, goal setting and more. For adults (who can swim about 500 yards or more in one hour), fitness or competitive swimmers, and triathletes. Advisor: Judi Norton, Certified USMS Level 2 Coach.

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<tr>
<td>103316-01</td>
<td>Mon</td>
<td>1/6-3/9</td>
<td>6:15-7:30pm</td>
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</tbody>
</table>

$3 Member / $5 Non Member per day

### Private Swim Lessons (ages 6+)

We offer private swim lessons for those ages 6 and older who are current members. For more information or to schedule an appointment, please call Onat Tungac at 440.617.4416. Cost is $50 per 2, 1/2 hour sessions or $100 for 4, 1/2 hour sessions.

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There are no classes on *Sat. Jan. 25th* or the **week of April 12th**. Members will receive a $10 discount on 2nd swim lesson at the time of registration.

Non Resident (Non Member) registration will open 2 weeks prior to the start of class.
Water Aerobics

Water Aerobics with Lila Nagel
This medium to intense program is set to music that includes both warm up and cool down exercises in the soaking pool and diving well.

Time: 8:00-9:00pm
403317-04 M/W, 12/2-12/30 (no class 12/25)
103317-01 M/W, 1/6-1/29
103317-02 M/W, 2/3-2/29
103317-03 M/W, 3/2-4/1 (no class 3/9 & 3/11)
203317-01 M/W, 4/6-4/29
$30 Member / $40 Non Member
Drop in rate: $6 per class

Water Exercise in the Lazy River
Classes geared toward custom exercise program to increase strength, balance, endurance and range of motion. Use of exercise bands, weights and anti-current in river. MUST be able to enter and exit river via stairs without physical assistance and perform all tasks independently. Program suggested by local doctors for total joint replacements, pre and post op, arthritis and pain relief. For questions prior to sign up ask for Judy. Instructor: Judy Buckley Min 2 / Max 8

Time: 8:30-9:30am
103321-01 M/W, 1/6-1/29
103321-02 M/W, 2/3-2/29
103321-03 M/W, 3/2-3/26
203321-01 M/W, 3/30-4/22
$30 Member / $40 Res

Water Exercise for Back Pain
Has your doctor discussed reasons for your back pain? Spinal stenosis, sciatica, osteoarthritis, or other related back issues. Many local doctors suggest a deep water program. Must be able to tread water. Aquatic belts and float devices are used in this class.
Instructor: Judy Buckley Min 2 / Max 8

Time: 10:00-10:45am
103321-04 M/W, 1/6-1/29
103321-05 M/W, 2/3-2/26
103321-06 M/W, 3/2-3/25
203321-02 M/W, 3/30-4/22
$20 Member / $30 Res

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. Class schedule is valid from January 6- May 8, 2020.
Fees:
• 2 classes ($10)
• 4 classes ($16)
• 8 classes ($27)
• 12 classes ($38)
• 20 classes ($60)

Aquatic Yoga
Water Yoga is Fun! It’s great for students with balance concerns and low range of motion and has lots to offer anyone interested in deepening their practice. Yoga means to unify the body, breath and mind in a state of equilibrium. This is key to managing stress, anxiety, and inflammation. Water lessens pressure on joints, alleviating common discomforts many feel when exercising. Muscles that are more relaxed can be stretched and strengthened increasing range of motion and balance safely. Water’s buoyancy retracts and strengthens the core structure and exercises the respiratory system through breath work included in every Aquatic Yoga class. Lizabeth Wolfe, instructor
Mon & Wed, 1/6-5/13 (no class 1/20, 2/17, 4/13, 4/15) 1:30-2:30pm
$9 pop in per class

Information is subject to change. Visit us at https://www.cityofwestlake.org/Recreation.
Red Cross Courses

Water Park and Shallow Water 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:

- 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.
- 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, within 1 minute and 40 seconds along with the ability to tread water for 2 minutes without using your arms.
- 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 of 20. Register by one week prior to class start. Class will combine in person learning and skills and in-home computer lessons.

<table>
<thead>
<tr>
<th>Code</th>
<th>Dates</th>
<th>Times</th>
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</thead>
<tbody>
<tr>
<td>103319-06</td>
<td>Mon, 3/23 from 6-8pm for pre-course testing, Sunday, 3/29 &amp; 4/5 from 9:00am-5:00pm</td>
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<tr>
<td>203319-06</td>
<td>Mon, 4/27 from 6-8pm for pre-course testing, Sunday, 5/3 &amp; 5/10 from 9:00am-5:00pm</td>
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</tr>
<tr>
<td>203319-07</td>
<td>Tues, 5/26 from 6-8pm for pre-course testing, Sunday, 5/31 &amp; 6/7 from 9:00am-5:00pm</td>
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</table>
$175 per participant

Lifeguard/ CPR-AED Review
Open to anyone currently certified as an American Red Cross lifeguard that would like to renew his or her certification. The skills will be reviewed and students will be tested. Upon successful completion new certificates will issued. **Students must provide their own pocket masks. There is one hour lunch break. Must register no later than one week prior to the class date listed. **This is a 2 day in person course along with self study.

<table>
<thead>
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<td>303319-05</td>
<td>Sun, 5/3 &amp; 5/10</td>
<td>9:00am-5:00pm</td>
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<tr>
<td>303319-06</td>
<td>Sun, 5/31 &amp; 6/7</td>
<td>9:00am-5:00pm</td>
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</tbody>
</table>
$100 per participant

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. Max 12. Ann Hollows, instructor.

Time: 8:30am-3:00pm

<table>
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<tr>
<th>Code</th>
<th>Dates</th>
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<tbody>
<tr>
<td>103319-07</td>
<td>Mon, 1/20</td>
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</tbody>
</table>
$40 Member / $50 Non Member
Give the gift that can be used year round. Purchase a Recreation Center Gift card which can be used for membership, programs, guest fees, rounds of golf or entrance to our new pool. Pick one up today at the Rec Center.

We would like to thank Westlake residents for passing Issue 53 allowing for the new Westlake Aquatic Center and Peterson Pool. Your support and attendance were greatly appreciated.

Membership Rates from Jan. 2\textsuperscript{nd} - May 4\textsuperscript{th}  
*Rates will increase on Tuesday, May 5\textsuperscript{th} 

\begin{center} 
\textbf{2020 Preseason*} 
\begin{tabular}{|l|c|}
\hline
Two & Under & Free \\
Household of 1 & $100 \\
Household of 2 & $150 \\
Household of 3 & $190 \\
Household of 4 & $220 \\
Household of 5 & $245 \\
Household of 6 & $270 \\
Household of 7 & $295 \\
Senior (60+) & $50 \\
\hline
\end{tabular} 
\end{center} 

*Some restrictions apply. All adults 18 & must provide proof of residency. Membership is available to those who live or work in Westlake ONLY. Residents must provide 2 proofs of residency at time of registration. A current pay stub and photo ID are required. Max of 4 adults 18 and older are permitted on one membership.

Information is subject to change. Visit us at [https://www.cityofwestlake.org/Recreation](https://www.cityofwestlake.org/Recreation).
Group Exercise

Class Descriptions
**All of our instructors can adjust the class format to meet the needs and abilities of class participants**

Barre Fusion (60 min.)
Barre Fusion is a hybrid class that incorporates ballet-inspired movements, Pilates, yoga, dance and strength training. This low-impact class will help you sculpt, tone, strengthen and dance your way to better health.

Bootcamp (60 min)
This class is a great total body workout that combines cardio, weights, and core exercises. Make it as challenging as you like! Suitable for all fitness levels.

DEEP Strength (60 min.)
Looking to gain raw strength? This class is the perfect class to build strength in a progressive manner using compound movements and core lifts. Class moves at a fast pace!

DEEP Core Strength (60 min.)
The perfect complement to the DEEP Strength Series, this class confines strength building exercises to your core, the source of all your power. Class focuses on those little muscles that have to help the big muscles.

"Golden Gang” Cardio Express (30 min.)
Comprehensive 30-minute low impact cardiovascular conditioning to music, including range of motion and balance exercises to improve your overall fitness and health. *Class is free to our Silver Sneaker members.

Group Cycling (55 min.)
During the class the instructor simulates a ride and together you travel on flat roads, climb hills, sprint and race! See the front desk to reserve your bike.

Lift & Ride (75 min.)
This is a great two for one class! Spend the first half doing strengthening exercises and the last half pedaling away to the music on the group cycling bikes.

Mindful Yoga (60 min.)
Combines the practice of mindfulness, basic yoga, and breathing techniques. Mindful yoga develops purposeful movement while being fully present with openness and acceptance. The last class of the month will be a full meditation class.

Monday Mix (50 min.): NEW!
During this 50 minute class you’ll get a mix of total body strength, core, cardio exercises. Suitable for all fitness levels.

Muscle Conditioning (60 min.)
Focusing on the full body, this all-levels class uses equipment and body weight exercises – along with intermittent cardio – to build strength while increasing endurance. Simple, strong movements may be made more intense with heavier weights.

PiYo® (60 min.)
PiYo is a cardio strength fusion inspired by yoga and Pilates. It's functional strength training using YOUR body to WORK your body.

Senior Strength (Silver Sneaker eligible class) (45min.)
This class combines functional strength training with low impact cardio exercises. Build strength and stamina for daily living. A chair is used for seated and/or standing support.

Private Yoga with Ann Lew
Join our Yoga instructor, Ann Lew, for a one-on-one private session. Sessions can be a half hour or a full hour. Contact Ann Lew by text at 216.401.3393 or email at annlewyoga@gmail.com. Cost is ½ hour=$15, 1 hour=$30

Information is subject to change. Visit us at https://www.cityofwestlake.org/Recreation.
**Silver Sneakers Classic® (45-60 min.)**
Increase muscle strength and range of movement, and improve activities for daily living. You’ll have a chair for seated exercises and standing support.

**SilverSneakers Chair Yoga® (50 min.)**
Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement.

**Slow Yoga Flow (60 min.)**
Very similar to Yoga Flow, this class is a little slower with fewer strenuous poses.

**Strength and Conditioning (60 min.): NEW!**
This functional strength class also incorporates cardio moves using a variety of tools. Be ready for a challenging workout!

**Total Body 45 (45 min.)**
Join us for this new class that mixes low impact cardio, strength training, and core training movements. The circuit style will keep you moving so you get the most out of your time in class! Suitable for all fitness levels.

**Triple Threat (60 min.)**
Mix it up with this workout designed around 3 minutes of strength, 3 minutes of core, and 3 minutes of cardio. This sequence is repeated 4 times through.

**Group Exercise Pass Class Rates**
Beginning January 2nd

Year pass: $150 Member* / $300 Res
Monthly Pass: $55 Member / $75 Resident
Daily Rate: $5 Member / $10 Non Member

Pass is good from date of purchase for specific time frame. See monthly schedule at the front desk or online for specific dates and times. Can not be used towards pre-registered classes listed on this page. *Membership must remain current during the time of Group Exercise pass*

**Yoga Basics 1 (45 min.)***
This class is intended for the true beginner, an older population, or people with physical limitations. Props and modifications will be offered. A more in depth description is available at the front desk.

**Yoga Basics 2 (50 min.)***
This class is intended younger adult beginners or older adults who have some yoga experience. Class includes breathing practices and meditation. A more in depth description is available at the front desk.

**Yoga Basics 3 (60 min.)**
Continue to challenge your yoga practice with this new class! Some yoga experience and knowledge of poses is recommended.

**Yoga Core (60 min.)**
A little bit of yoga poses, little bit of core work, and little mix of both for an overall challenging, yet rejuvenating class.

**Yoga Flow (60 min.)**
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.

**Zumba Gold® (50 min.)**
Perfect Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination.

Information is subject to change. Visit us at [https://www.cityofwestlake.org/Recreation](https://www.cityofwestlake.org/Recreation).
Group Exercise

Women on Weights (ages 50+)

Women on Weights is a dynamic exercise program designed to bring a small group of women together with the common goal of performing resistance exercise more effectively. It is a motivating program that will educate members in order to achieve their goals. Designed for women over 50, this class will target and improve strength and total body fitness. Max. 6 participants

102220-06  M/W, 1/6-1/29  11:00am-12:00pm
102220-01  M/W, 1/6-1/29  6:00-7:00pm
102220-04  M/W, 2/10-3/4  11:00am-12:00pm
102220-02  M/W, 2/10-3/4  6:00-7:00pm
102220-05  M/W, 3/16-4/8  11:00am-12:00pm
102220-03  M/W, 3/16-4/8  6:00-7:00pm
202220-01  M/W, 4/20-5/13  11:00am-12:00pm
202220-02  M/W, 4/20-5/13  6:00-7:00pm
$55 Member / $65 Non Member

Fitness Equipment Smart Start
(Cybex Only)

This one hour class will provide instruction on how to properly use select Cybex equipment teaching you one exercise per body part. The class will also include other important fitness room information and helpful workout tips. Perfect for the individual who is looking for just the right amount of knowledge to effectively workout. Max 4

102215-06  Mon, 1/13  12:00-1:00pm
102215-08  Mon, 2/10  12:00-1:00pm
102215-10  Mon, 3/9  12:00-1:00pm
202215-03  Mon, 4/13  12:00-1:00pm
$5 Member only

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 4

Time: 9:30-11:00am
102215-01  Wed, 1/15
102215-03  Wed, 2/19
102215-05  Wed, 3/18
202215-01  Wed, 4/15
$5 Members Only

Small Group Fitness on Demand

Small group Fitness on Demand goes beyond what is offered on our group fitness schedule. With guided instruction in a small group setting, to reach your fitness goals. This class is perfect for anyone looking to take their training up a notch! Our fitness office can set you up with a group to help maximize your workout.

Contact Christy Leimkuehler at cleimkuehler@cityofwestlake.org.

Fees are per person:
1 person session: $30 Member / $40 Res
2 person session: $15 Member / $20 Res
3 person session: $10 Member / $15 Res
4+ person session: $7 Member / $10 Res

Tai Chi & Qigong For All (Level 1)

Instructor Barb Pajka will start us off with a refreshing detoxifying self-massage. We then flow mindfully into easy, gentle movements that encourage productive, healthy breathing. We address every joint, every muscle. The routines will leave you relaxed, re-energized, re-balanced and ready for whatever comes your way. No experience (or mat) required. Come with a playful attitude… get ready to “Go with the Flow”!

No experience necessary. Drop-ins are welcome!

Time: 7:00-7:50pm
102208-01  Tues, 1/7-2/11  “Self-Care Resolution Session”
102208-02  Tues, 3/3-4/7  “Resolution Becomes Habit Session”
$60 Member / $70 Non Member
Drop-in: $12 per class

Tai Chi Intermediate (Level 2)

Continuing students stay after our Qigong Warm-Up (Level 1) to focus on the Traditional 108 Movement Wu Style Long Tai Chi Form.

Time: 7:00-8:30pm
102208-03  Tues, 1/7-2/11  “Self-Care Resolution Session”
102208-04  Tues, 3/3-4/7  “Resolution Becomes Habit Session”
$72 Member / $82 Non Member
Drop-in: $15 per class

Information is subject to change. Visit us at https://www.cityofwestlake.org/Recreation.
Active Agers Holiday Party
Join us for our annual holiday party at Meadowood Golf Course. Register either online or in person. We ask all participants bring either a saald or dessert to share. Please note your choice at time of registration.
307701-06 Fri, 12/13 5:30pm

Tivity SilverSneakers® & Prime Programs
If you are 65 years of age or older, you may be eligible for Tivity SilverSneakers® Program. Eligibility is based on enrollment in Medicare and allow ance from your secondary health insurer.

We are also an authorized site for PRIME members as well. All SilverSneakers® and Prime Health members must bring in their SilverSneakers® and Prime number or Tivity issued card along with complete proper paperwork to obtain a photo ID card at the front desk before using the facility. It’s fast and easy to do.

Active Agers Programs
In addition to our fitness classes, we also offer bus trips to fun places around the area.
Look for the bus trips. Details will be out soon for those events.

Senior Walking Pass
Did you know that we offer a Senior Walking Pass for Westlake Members ages 60+. This $5 pass allows you to walk on the indoor track Monday- Friday from 10:00am to 2:00pm. Walking Pass is ONLY for use of the indoor track during these days/ times. Proper identification is required.

**Blood Pressure Screenings**
4th Monday of each month
6:00-8:00pm
Sponsored by UH/ St. John Medical Center

Eligibility for any of these programs is checked once a year. Should your health plan change, please stop at the front desk.

UnitedHealthcare®
With Renew Active and AARP, from UnitedHealthcare®, it’s easy to keep your fitness routine fresh and fun. When you visit our location, you’ll have access to a variety of exercise classes, fitness equipment and social activities. And you can visit us at no additional cost to you, since Renew Active is part of your UnitedHealthcare Medicare Advantage plan.

If you have questions, please call the toll-free Customer Service number printed on the back of your member ID card.

Effective January 1, 2020, those United Healthcare supplemental members who previously had paid for one half of their membership will no longer have to pay for their renewal. See the front desk for more details.

Information is subject to change. Visit us at https://www.cityofwestlake.org/Recreation.
Be West Side Well

Formerly "North Rock Park" - North Olmsted, Rocky River and Fairview Park welcome the City of Westlake to the competition in 2020 that will help you get into shape in a healthy way!

Throughout the Challenge, participants earn points by attending various health and wellness activities led by Cleveland Clinic caregivers and community partners. Your points then count toward your designated community's total points. The community with the most points at the end wins the Challenge!

Be West Side Well is FREE and open to EVERYONE. You do not have to reside in one of the above mentioned communities to participate!

The "Be West Side Well" 8 Week Health Challenge is a part of the Healthy Communities Initiative (HCI) - a collaborative effort between Cleveland Clinic and community partners to promote optimal health and wellness.

Kick Off Event: Thursday, January 16 | 5 p.m. - 8 p.m.
Initial Health Screenings (required) & Intro to Program
Fairview Hospital Wellness Center
3035 Wooster Road, Rocky River, OH 44116

Saturday, January 25 - Saturday, February 29 | 11 a.m. - 12 p.m.
Weekly health talks every Saturday at Fairview Hospital Wellness Center

Friday, January 17 - March 4 (various times)
Exercise & Wellness programs offered at North Olmsted, Rocky River, Fairview Park and Westlake Recreation Centers, as well as other various locations throughout communities.

Final Post Screenings (required): Thursday, March 5 | 5 p.m. - 8 p.m.
Fairview Hospital Wellness Center

You Must Register to Participate:
www.clevelandclinic.org/HCI or contact Jeff Jameyson at 216.312.5640 or email jameysj@ccf.org.

www.ClevelandClinic.org/HCI  Facebook  Instagram  Twitter  #HealthyCommunitiesInitiative

Information is subject to change. Visit us at https://www.cityofwestlake.org/Recreation.
The Westlake Recreation Center offers excellent personal trainers to our members. Prices may vary upon the purchase of packaged sessions. Contact one of the trainers and get started today. All trainers currently possess up-to-date certifications and signed contracts with the City of Westlake (members are not permitted to bring in their own personal trainers).

Colleen Brock  
Cle Body Wise  
440.342.2051

Tom Roso  
The Restructuring Zone  
216.375.8946

Jeremy Dancy  
440.503.8230

Paul Maynard  
Fit 4 Life Personal Training  
440.787.8747

Log onto https://webtrac.cityofwestlake.org/wbwsc/webtrac.wsc/splash.html or access from our Rec Center home page to register for programs online.

You must have already registered for programs with us, your user name and password (just temporary) will be as follows: User name: home phone number (no dashes or other marks). Password: your last name (first letter capitalized).

Once you log in, you will be prompted to change it. If you have any questions, please feel free to contact us. Don’t have an account with us, log onto our website to request an account.

Information is subject to change. Visit us at https://www.cityofwestlake.org/Recreation.
**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.

101113-02 Sat, 1/4-3/28 7:00-8:30am

**Indoor Adult Pickleball**

**Adult Winter Team Leagues**

**Men’s Basketball**

We offer Sunday Night Men’s Basketball leagues beginning January 5th until March 29th (no games 2/2) after 6pm. Entry fees are $300 per team. Register by December 29. Coaches meeting will be held on Monday, December 30 at 6pm. Game fees are $36. Non Resident fee is $10 per person. Forfeit fee of $144 is also due at time of registration.

For more information, contact Rakayla Iwais at 440.617.4420 or by email at riwais@cityofwestlake.org.

**Line Dancing**

Mary Harwood leads this “exercise in disguise” program. It’s 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, 1/9-2/13
104405-02 Thurs, 2/14-4/2
204405-01 Thurs, 4/16-5/21

$30 Member / $40 Non Member

Clage Cabin

**Adult Watercolor with Joyce Bolte**

Bring your paint and imagination as Joyce assists you in developing and fine tuning your watercolor skills. Follow along as she demonstrates various watercolor techniques or bring along any work in need of critique. Must bring your own supplies. Max 12

Time: 9:30am- Noon

405502-05 Thurs, 12/14-1/2/20 (no class 11/28, 12/26)
105502-01 Thurs, 1/9-2/13
105502-01 Thurs, 2/20-3/26
205502-01 Thurs, 4/2-5/7

$70 Member / $80 Non Member

"Training your Brain and Body"

Statistics show that cognitive decline is on the increase and now science is uncovering ways to prevent, slow down, even reverse cognitive decline. Come discover how combining cognitive and physical training can improve one of your most important muscles…your brain. Is part of the Kemper Cognitive Wellness program.

Time: 6:00-8:00pm

106617-05 Wed, 1/15

"Long Term Care Seminar"

Please join us for an educational seminar that will explore the effects of Long Term Care on your retirement lifestyle and income. We will look at how Long Term Care affects the family, the costs and solutions that will be sure to expand your thinking about this retirement roadblock that many Americans will encounter.

Securities and advisory services offered through Cetera Advisors LLC, member FINRA/SIPC, a broker/dealer and a Registered Investment Adviser. Cetera is under separate ownership from any other entity. Presented by: Velocity Advisors

Liz Powe, Financial Advisor
Andrew McDonnell, Financial Advisor

106646-18 Wed, 12/11 6:00-7:00pm
106646-19 Tues, 12/17 1:30-2:30pm
106646-12 Thurs, 1/13 6:00-7:00pm
106646-13 Tues, 1/14 1:30-2:30pm
106646-14 Thurs, 2/6 5:30-6:30pm
106646-15 Tues, 2/18 12:00-1:00pm

Class is free.
This Year at the Rec

Information is subject to change. Visit us at https://www.cityofwestlake.org/Recreation.
Celebrate Westlake Results 2019

5 Mile Run

Male Open Winners
Place Name
1 Nathaniel Orndorf
2 Mark Grogan
3 Aaron Apathy

Female Open Winners
Place Name
1 Colleen Beyer
2 Tracy Tungac
3 Susan Navratil

1st Westlake Resident 5 Mile
Place Name
1 Aaron Apathy
1 Vicki Barone

5K Run

Male Open Winners
Place Name
1 Brandon Horton
2 Justin Swords
3 Eric McLellan

Female Open Winners
Place Name
1 Katy Kvassay
2 Addison Navratil
3 Denise Young

5K Walk

Male Open Winners
Place Name
1 William Stross
2 John Anstead
3 Dennis Clough

Female Open Winners
Place Name
1 Joyce Prohaska
2 Lynda Appel
3 Sue Michos

Mark your calendars for the 30th annual Celebrate Westlake slated for Saturday, September 5, 2020.

For more information regarding race details or sponsorships, log onto https://www.celebratewestlake.org/
Birthday Party Packages

We offer 3 hour birthday parties featuring 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. Gym packages are available during the spring/summer which allows party goers to use the gym.

Clague Cabin at Clague Park

Westlake residents can rent this historic log cabin located within the Clague Park. The cabin seats up to 80 and offers a picturesque view of the park. There are pavilions located outside of the cabin are on a first come first serve basis only. For more details, stop by the Recreation Center. All reservation fees must be paid at the time of booking.

The Clubhouse at Meadowood Golf Course

The charming log cabin style clubhouse provides a cozy and relaxed atmosphere for golfers looking to unwind after a game. This intimate setting is ideal for showers, family gatherings, birthday parties and more. The clubhouse comfortably accommodates groups of 70 people or less. Beer and wine are available, and catering can also be arranged. Clubhouse is not available for rent Thanksgiving weekend, Christmas Eve, Christmas Day, New Year’s Eve or New Year’s Day.

Facilities at the Rec Center

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 12 ft. long table surrounded by 12 executive style chairs. A dry erase board and projection screen are mounted on the wall for your convenience along with wireless Internet access.

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 available 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 about renting The Clubhouse at Meadowood Golf Course, please call 440.835.6442 or by email at mgc@cityofwestlake.org.

For more details contact the Recreation Center, call 440.808.5700. All reservations must be paid in full at time of booking.
“Family & Friends” Program

Members who meet the requirements for the program, can recommend a friend or family member who would love to join the Recreation Center but has been unable to obtain a membership in the past. We have a limited number of new memberships available for those who are interested in a healthier lifestyle.

“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 at the time of your renewal.

Participants in the “Once a member” program will pay membership rates based on their Res/ corporate status plus an additional $50 administrative fee. If you have any questions, stop by the front desk for more information or contact Bob DeMinico at the recreation center.

Information is subject to change. Visit us at https://www.cityofwestlake.org/Recreation.
Guest Passes & General Information

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. Guests 3 years of age and under will NOT be charged a daily fee if they are with an adult member or paid adult guest. Residents may purchase a daily pass for themselves with proper photo identification; however they may NOT bring in guests.

Westlake Resident must present proper and current Westlake residency proof. Failure to do so will result in being charged the non-Member rate.

Westlake Resident Daily Fee:

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Daily Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ages 3 &amp; under</td>
<td>FREE with paying adult</td>
</tr>
<tr>
<td>Ages 4-17</td>
<td>$5 per day</td>
</tr>
<tr>
<td>Ages 18-59</td>
<td>$8 per day</td>
</tr>
<tr>
<td>Ages 60+</td>
<td>$5 per day</td>
</tr>
</tbody>
</table>

Non Resident Daily Fee (must be accompanied by current rec center member):

<table>
<thead>
<tr>
<th>Age Group</th>
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</tr>
</tbody>
</table>

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 along with changes on our website. Check out our website at http://www.cityofwestlake.org/recreation.

Gift Cards

Purchase a gift card good for programs, memberships or a round of golf at Meadowood Golf Course. Gift cards are available at the Recreation Center and Meadowood Golf Course. Gift cards are non-refundable and non-transferable.

Resident Passes

Westlake residents may purchase a residency pass to act as identification when purchasing a daily guest pass. Use as identification for your child so you don’t have to come into the center with proof of residency every visit. Present proof of Westlake residency at the front desk at the time of registration and receive an ID card. Additional information is available at the front desk. Resident passes may not be used for admittance to the fitness room or sign out equipment. Pass is good for one year. Cost is $5 per card.

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.

Visitor Policies

Anyone accompanying a participant to a program must either be a current member or paid guest in order to use the facility other than watching. Those who fail to abide by this rule will be asked to leave the facility.

Children ages 9 and under must be accompanied by parent/legal guardian/adult over the age of 18 while in the facility. If parent/adult is not in the same area while the child is in a program, the accompanied adult must notify class instructor as to their whereabouts in case of emergency.

Outdoor Amenities

The 1.2 mile outdoor walking/running track is open year-round. The tennis courts are open from March to November (weather permitting) and are on a first come, first serve basis unless reserved for Westlake Recreation programming. The baseball/softball diamonds are used in the spring and summer for youth games. Fields are on a first come, first serve basis unless reserved for programming.

The pond is stocked with several different types of fish. A fishing license is only required year round.

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 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.

Information is subject to change. Visit us at https://www.cityofwestlake.org/Recreation.
Thanks to the Sperli Family for sharing their photos!