



City of Seven Hills Community Newsletter *Spring ~ Summer 2019*

Excerpts From Mayor Dell'Aquila's State of the City Speech - March 28, 2019

The State of the City is Strong. There is now a vitality and growth in our business districts and throughout the community. Seven Hills is experiencing more development than at any time since I was elected Mayor. Our attitude is positive and our expectations for 2019 are exciting.

Most importantly, Seven Hills is doing great because the residents make it great—people who watch out for each other, neighbors who take a few minutes to help, and volunteers who step up for our city.

None of this success happened by chance. Much of it is the result of the decisions and hard work by your city leaders. Together, we have made Seven Hills stronger than ever. And more importantly, we have forever changed the course of our future for the better.

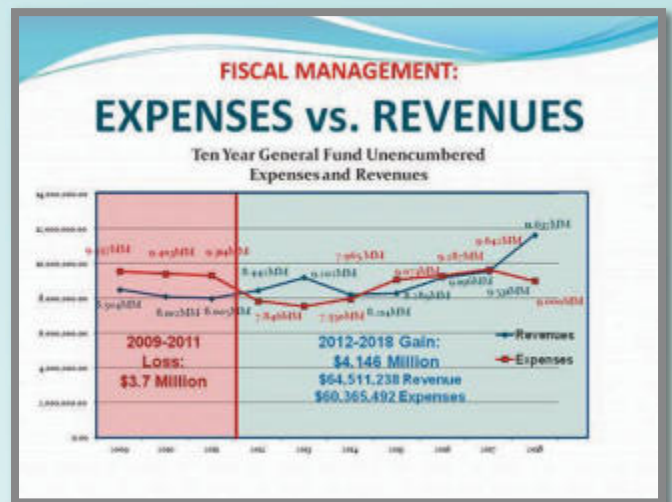
It wasn't long ago that we were on a much different path. This new Council and our Administration have shown that when we work together and when we actively seek common ground even when we disagree, anything is possible.

The General Fund (GF). This is the fund for most of the basic city operating expenses and serves as the backup for our other funds. Most GF revenue comes from income taxes (about 82%), with only about 15% from property taxes. This is why it is so important to attract and retain income tax generating business investment to Seven Hills.

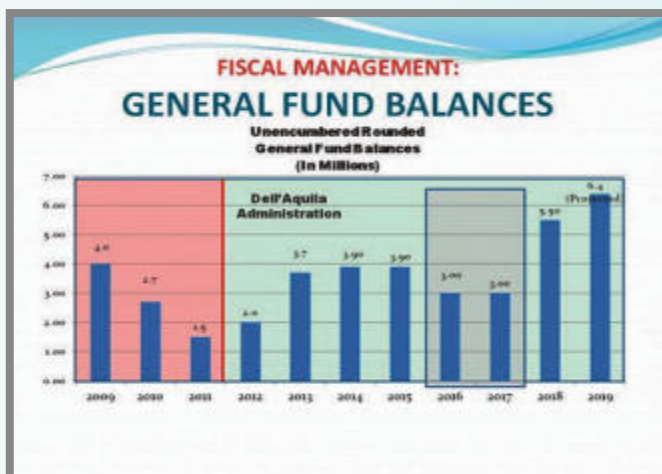
Since 2012, we have steadily increased our GF balance, except for a two year set-back in 2016 and 2017, as shown by this graph:

However, we put things back on track in 2018, when **Seven Hills finished the year under budget.** And on March 25th, Council approved the 2019 operating budget of about \$9.7MM in GF expenses and estimated revenue there of \$10.7MM.

The following graph shows that after 2012, we reversed the prior outspending of the city's GF revenues and by 2018 we had generated over \$4MM more revenue than expenses:



While other municipal recreation centers not supported by an operating levy incur annual losses sometimes over \$1MM, we brought ours under sound fiscal control. The following graph demonstrates how we increased Recreation Center revenue and reversed losses there after 2011, with another setback in 2016 and 2017:



City Directory

Police / Fire Emergency 911

Seven Hills City Hall	216-524-4421
Police NON-Emergency	216-524-3911
Fire NON-Emergency	216-524-3321
Mayor's Office - Kathy Holland	216-525-6227
Recreation Center - Front Desk	216-524-6262
Senior & Community Services - Tony Terry	216-525-6230

Mayor's Court	216-524-4421
Building Department	216-524-4427
Council Clerk - Carol Sekerak	216-525-6235
Finance Department	216-525-6249
Law Department	216-525-6237
Service Department-	216-525-6225
Engineering Department	216-525-6277

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Transparency and Resident Outreach. One of the important things to me as Mayor is that our residents trust the integrity of the decisions we make. That's why we made City Hall more transparent than ever. Besides posting meetings online, we've put regular citizens on city commissions, not a bunch of lobbyists. To prevent past abuses, we have strengthened ethics rules, tightened conduct policies for city officials, and passed legislation to prohibit improper access to your confidential information.

You may be wondering who pays for this quarterly city newsletter now being mailed to your home. Through our Recreation Center, we have entered an agreement with a publishing firm to print and mail all this city information at no cost, for FREE to ALL residents. The expense is paid by advertising revenue.

We have finally upgraded the electronic sign at the corner of Civic Drive & Broadview Road to allow for easier communication with our residents. The city website, Twitter, Instagram, and Facebook pages have been improved by assigning permanent staff to maintain them. All this helps our residents stay informed on current city events.

The Future. As we address challenges taking place right now, we must also focus on those that can arise in the long-term. That means treating everyone fairly and equally.

Government can be an incredible force for change and for good. Some of the challenges we deal with are tough. Finding the right solutions is essential for us to make Seven Hills a place where every resident can improve their quality of life.

We must also continue to avoid distractions. Social media continues to evolve as a constructive tool for spreading messages to the public, but there are flaws. Social media has the ability to skew our perceptions by manipulating content that rarely includes the whole story. Do your own research, stay educated and aware, and follow social

media, only with a healthy skepticism.

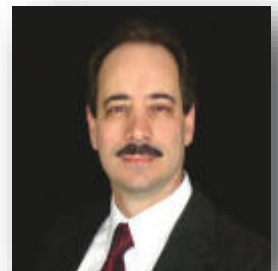
Our financial condition is the backbone for everything we do as a city government. Like governments throughout the country, we are facing major near-term and long-term financial challenges. In that environment, we are obligated to constantly examine how we spend our dollars.

We must find ways to build our financial health and security. This includes restructuring our organization and adopting technologies to become more innovative and efficient. It means that we have to decide as a community which services are most important to us.

Change is happening, but it's up to us to keep it moving in the right direction. The businesses I meet with tell me they are excited about the opportunities they see in Seven Hills and the environment here that's ready for investment. We must continue to advance those conditions and seek new revenue sources with a focus on economic development, also recognizing that some cases may require compromises on limited development opportunities to strengthen city finances.

Seven Hills is not just growing--we're growing up. We've changed the course of our future, and in doing so, we've improved the course of people's lives. Each of us has a part in all of this: Make your home, your street, and your neighborhood the best it can be, and most of all, **Stay Involved.** An informed and active public is the most effective way to keep Seven Hills the best place to live, work, and enjoy in Ohio. That's the Seven Hills we deserve and the future we can build together.


--Mayor Richard Dell'Aquila





Groups / Participants Wanted! Any Civic or Organized Group interested in participating in the Seven Hills Memorial Day Parade, please contact VFW Post 7609 Vice Commander Nada Fleming at Hope182@sbcglobal.net

THE MAY 7, 2019 PRIMARY ELECTION



Voters in Seven Hills will cast ballots on a Parma City School District issue and a Seven Hills municipal issue in the May 7, 2019 Election.

The Board of Elections recommends being prepared to vote by taking a few simple steps: check their registration status and then select their voting method.

To make sure they have no issues on Election Day, voters should check their voting information to make sure they are registered at their current address. The deadline to register and/or update voter registrations is on or before Monday, April 8th, at 9:00 p.m. Voter registration is now available online at www.443vote.com. Registration cards are available at the Board of Elections and all public libraries.

Early voting is available from April 9th through May 6th at the Board of Elections located at 2925 Euclid Avenue, Cleveland. Early voting hours are posted on the Board's website.

Voters may also submit vote by mail ballot applications if they wish to vote from home. To request an application visit: www.443vote.com, or call 216-443-VOTE (8683). Vote by Mail ballot applications are also available at all public libraries.

If voters plan to cast a ballot on Election Day they need to bring identification and they may confirm their polling location online. The polls are open from 6:30 a.m. to 7:30 p.m.

The Board is seeking poll workers to assist voters on Election Day. Poll workers are paid up to \$200.00 and may apply online or by calling the Election Officials Department at 216-443-3277.



Seven Hills
Five Years and running!

Are you ready to join us every Thursday, July 11th through September 26th, 4-7PM, at the corner of Hillside and Broadview Roads?

The Seven Hills Farmers Market is entering its fifth year and has been successfully connecting residents and neighbors with locally-sourced food in a convenient outdoor location to make it an easy choice to stop and shop.

The Market provides a place for people to purchase amazing produce and artisan products, have a blood pressure check, listen to music, or enjoy a convenient and delicious dinner from a visiting food truck. Stop by the Information Booth for recipes and enter the free weekly raffle; you might win a market bag containing items donated by our generous vendors!

We are continuously adding vendors, so please, if you know of some good people we need to invite, call Kathy, 216-525-6227, kholland@sevenhillsohio.org or Jen, 216-524-6262, jburger@sevenhillsohio.org

Happy, Healthy, Homegrown; the Seven Hills Farmers Market, growing community by inspiring healthy, sustainable, abundant living!

2019 Farmers Market
Food Truck Schedule



- July 11 – Barrio
- July 18 - Smash Time
- July 25 – River Dog
- August 1 – Cheezylicious
- August 8 – Barrio
- August 15 – Hatfield's Goode Grub
- August 22 – The Little Piggy
- August 29 – Jackpot Chicken
- September 5 -TBA
- September 12 – Barrio
- September 19 – Hatfield's Goode Grub
- September 26 – Slyman's

ENGINEERING DEPARTMENT

Mapleview Drive and East Hill Circle Water Main Replacement Project

*** Please note that construction for the replacement of the existing water mains along Mapleview Drive and East Hill Circle is scheduled to begin in April 2019. ***

The awarded Contractor, Terrace Construction Company, Inc. will be hand-delivering construction / informational notices to each and every affected resident on Mapleview Drive and East Hill Circle. The delivered notices will be hung or attached to your front door at least one (1) full week BEFORE construction begins.

As required by the City of Cleveland Division of Water, a temporary water bypass system is required during the water main replacements. At this time, all properties will be receiving a temporary water service connection that is designed to provide water to your home like you normally do.

The Contractor will make the temporary water connection to your home on a day and at a time that is convenient to you. More information will be provided to you in the hand-delivered notice.

A few tidbits about the temporary water bypass system:

A temporary water bypass system is carefully designed to ensure that all residents have full water service for the duration of the Project.

The bypass layout also provides the location of the projects with temporary fire hydrants for adequate fire protection.

Temporary line valves are installed in increment lengths to be used if the bypass pipe is in need of maintenance.

Terrace Construction Company has a 24-hour emergency line for residents to call in with any issues during construction.

Friendly reminders:

Please drive extra careful and slowly during the construction activities occurring on your street.

Please be mindful of the operating construction equipment and the parked construction equipment.

Please keep children, pets and yourselves away from construction equipment that will be parked overnight and over the weekends.

If you have any questions and/or concerns about the Project, feel free to e-mail Daniel J. Collins, P.E., City Engineer at dcollins@rlba.com or by phone to (216) 525-6258.

*** After the water main replacements are 100% completed and acceptable to the City of Cleveland Division of Water and the City of Seven Hills, both Mapleview Drive and East Hill Circle are planned for pavement resurfacing in mid-to-late Summer 2019. ***

Thank you for your patience and cooperation during the construction of this important Project.

Seven Hills Hall of Fame would like to share over this past year we have instituted **Seven Hills Hall of Fame Resident of the Month** and will be accepting applications for The George Chandick Scholarship beginning in May of 2020 with the recipient being announced at our November Induction Ceremony in 2020. Applications for Nominations into **Seven Hills Hall of Fame** are currently being accepted. The Induction class will be for Arts and Humanities you could find applications and information on our website

<https://sevenhillshof.wixsite.com/sevenhills>

We accept suggestions for Resident of the Month and Future Hall of Famers! Thank you for your support,

We have talented residents in Seven Hills!

**POLICE ~ EMERGENCY 9-1-1
NON-EMERGENCY: 216.524.3911**



HOW TO AVOID TELEPHONE SCAMS

Your personal information is important! Guard your social security number, your bank account and credit card number, and your driver's license or state identification number. Some criminals trick you on telephone calls to get your personal information. The criminals can then take your information and use your credit cards and bank accounts or open new ones. A real bank or credit card company will never call you and ask for your social security or bank account numbers.

HOW TO AVOID TELEPHONE FRAUD:

1. Donate only to recognized charities. Ask the caller to send more information.
2. Reject high pressure sales methods. Ask the caller to send more information.
3. Do not do business with anyone who offers to send a delivery service to collect your donation or payment for something you have not yet ordered or received.
4. Be careful making a donation or buying a service in exchange for the promise of a guaranteed sweepstakes winning.

Be careful of phone calls or email saying that a friend or relative is in a faraway place and needs money to help him. This is a scam. Check with the friend or relative first before sending money.

HOW TO AVOID PRIZE AND SWEEPSTAKES FRAUD:

1. If something sound too good to be true, it probably is!
 2. Do not pay to collect sweepstakes winnings.
 3. Phone numbers can be changed on caller ID so that con artists can trick you about who or where they are.
- Ignore all phone solicitations to play a foreign lottery. Such sales and purchases are against the law.

SOLICITORS

The Seven Hills Police Department would like to remind residents that if you are on the do not knock list and unwanted solicitors are still knocking on your door that you should notify the Police Department immediately.

Although many solicitors register with the City, there are several that do not. We want to hear from our residents when anyone approaches their homes without a solicitor's permit.

ALWAYS, ask to see a solicitor's permit or proper identification. If they refuse or do not show you adequate identification, contact the Seven Hills Police Department at 216-524-3911 with a description and an officer will respond.



The Seven Hills Police Department has partnered with the Cuyahoga County Sheriff's Department in the prescription (Rx) drug drop off initiative. Proper disposal of expired prescriptions reduces the likelihood of abuse by family, friends, or visitors.

Further, disposal of prescription drugs in an RX Drop Box reduces the environmental impact on citizen drinking water and natural waterways, by providing citizens with an alternative to flushing drugs down the toilet. The Rx Drug Drop box is located in the Seven Hills Police Department's lobby.



FIRE DEPARTMENT

Daylight savings time began on March 10, 2019, and this means it's a good time to re-view your spring safety checklist.

Smoke Alarms

Three out of every five home fire deaths result in fires in homes with no smoke alarms. Test your smoke alarms once a month. If you have a newer detector, you might have a battery that has an approximate life span of 8 – 10 years. In either case, if you hear an intermittent beep that keeps sounding, it's probably time to replace the battery or detector. Two large house fires in our city over the past few months were in homes that had no working smoke detectors present. The home owners fate could have been much worse, had they gone to sleep and the fire occurred during the night. Make sure to have one on every floor, and inside of every bedroom. When purchasing, make sure a label of a reputable testing agency like Underwriters Laboratories (UL) is present.

Carbon Monoxide Detectors

Anything that burns fuel can become a source of carbon monoxide, an invisible, odorless gas that can kill. CO alarms should be installed in a central location outside each bedroom and on every level of the home. Make sure vents for your gas appliances, fireplace, dryer, stove and furnace, are free and clear of snow and debris.

Unwanted Medicine

Unused prescription medications can fall into the wrong hands, potentially poisoning or killing a loved one. These DEA-compliant 8"x12" envelopes are designed to hold up to 8 oz. of medication, of which 4 oz. may be liquid in a sealed container. Stericycle will destroy the medication using a process that is secure and safe for the environment. Envelopes are U.S. postage-paid, pre-addressed and include complete instructions. Larger quantities are available. Please contact Stericycle for pricing at RxTakeBack@stericycle.com or 877-787-0375.

Hydrant Testing

Fire Department annual testing will begin in April starting in the North of the City and working South, until all are tested. Do not run your water while testing is performed. If you have a bit of residue after, run your COLD water only until the system clears.

Tornado Sirens

Tornado Sirens are normally tested once a month, on the first Saturday at roughly 12:00 noon. If the men are on calls, the sirens may have to be tested at a later time. Remember, the audible warning device is not devised to alert you inside of a home, with a triple pane window while your air conditioning is running. The original intent, is to alert those who may be outside with no cell phone or other electronic device near them at the time of the emergency.

Please have a safe Spring Season!

City of Seven Hills Residential Lock-Box Program

This is recommended for Senior Citizens & Disabled Residents.

This is a great resource for a resident who is living alone, with no one close by to help them in an emergency.

\$35 each and installed by Seven Hills Fire Department.

Contact Tony Terry at 216-525-6230 for more info!

SERVICE DEPARTMENT

SERVICE DEPARTMENT - Jack Johnson – Service Director
PH: 216-525-6225 / jjohnson@sevenhillsohio.org



Emergencies after hours - Contact Seven Hills Dispatch at 216-524-3911. Dispatch will contact the appropriate department to handle the City related issues such as sewers backing up, flooding, downed trees, and dead animals. ***For Medical Emergencies, Dial 9-1-1.***

Flooding Emergency – on Weekends and after hours, please call Non-Emergency Dispatch at (216) 524-3911 and they will contact the Service Department to assist in any Flooding Emergency.

Rubbish Pickup - Rubbish should be placed on the tree lawn by 7:00AM on the scheduled day of collection and shall not be placed earlier than 4:00PM on the day prior to the scheduled date of collection.

Water Main Breaks - Should you notice bubbling or streaming water along the roadway or tree lawn, please call the Cleveland Water Department at 216-664-3060 to report the break.

Street Light Outages - To report a street light outage, broken fixture or light flickering please call The Illuminating Company at 1-888-544-4877 or the Service Department at 216-525-6225.

Document Shredding – The next scheduled date will be **April 23rd from 1PM-7PM** behind City Hall. Documents will be shredded on site. This service is for Seven Hills residents only. No business's. Residents of Seven Hills may bring their personal records, financial documents, letters, manila folders, ledgers, cancelled checks, old invoices and bills. Staples and paperclips do not need to be removed. No plastic, metal spirals, 3-ring binders, cardboard or magazines.

Household Hazardous Waste & Computer Roundup - The next roundup will be **May 14th from 8AM to 6PM** behind City Hall. For more information please check the Cuyahoga county solid waste district website: www.cuyahogarecycles.org/seven-hills

Household Material Accepted - Oil or solvent-based paint, sealers, primers, or coatings (aerosols or liquids) – varnishes, polyurethane, shellacs, paint thinner, mineral spirits, turpentine, pesticides, herbicides, fungicides, caustic household cleaners, automotive fluid, motor oil, car batteries, adhesives, driveway sealer, kerosene, gasoline, lighter fluid, mercury.

Materials Not Accepted - Latex paint, explosives, gun powder, ammunition, flares, medical waste, pharmaceuticals, sharps, radioactive waste, florescent bulbs.

Disposal of Latex Paint - The Cuyahoga County Solid Waste District does not accept latex paint at the HHW roundup. Latex paint is comprised mostly of water and is not a hazardous material. To dispose of latex paint, solidify with sawdust or cat litter and place in your curbside trash. Remove the lid so trash crews know that it is solidified. For more information visit www.cuyahogarecycles.org/seven-hills

Computer Materials Accepted - Computers, printers, cable boxes, calculators, toner, back up batteries, stereo systems, keyboards, mouse, cell phones, fax machines, power supplies, laptops, speakers, telephones network systems, circuit boards, modems, test equipment, cable, wire, hard drives, extension cords, copy machines VHS/DVD players, routers, switches, laptop batteries, LCD monitors, cameras, printer cartridges, typewriters, servers, CDROM/floppy drives, DVR recorder.

Simple Recycling - Place clothing, shoes and home goods into the orange bags provided by Simple Recycling. Place your bags at the curb on your regular collection day by 7:30am. Simple Recycling materials should be placed beside residents recycling container. DO NOT place Simple Recycling bags inside trash or recycling containers. Additional bags can be picked up at the Service Department in City Hall.

Seven Hills City Council Representatives

Ward 1 / Council President
Tony Biasiotta
 216.459.9312
 TonyBfor1@gmail.com

Ward 3
Thomas J. Snitzky
 216.236.6322
 snitzky7hills@ymail.com

Council-At-Large:
Patrick Elliott
 216.990.8725
 elliott47hillscouncil@yahoo.com

Ward 2
Vacant Until Filled

Ward 4
Randolph Greenwald
 216.453.0861
 rgreenwaldshcitycoun-

Council President Pro Tem
Stacey L. Kelly
 216.642.3722
 slk7hills@gmail.com

Leslie Stager, Ph.D.
 216.446.5097
 Leslie.stager@me.com



Council President Tony Biasiotta:



Hard to believe we are already in the month of April! The Cleveland Indians are playing ball and flowers are starting to bloom. The same can be said for several projects in Seven Hills.

Our EPA mandated Hemlock Project is already at full steam and will be completed this year. The 305 homes that are part of this project are the last in Seven Hills to move from septic tanks to City sanitary sewers.

The long awaited water main replacement on Maplevue Dr. and East Hill Circle will be getting started soon. Upon completion we plan to re-surface both streets in their entirety.

We closed the books on 2018 and passed the 2019 budget. For 2018 came in several hundred thousand dollars under budget. Further, we increased our cash reserves from \$3 million at the end 2017 to finish 2018 at \$5.5 million.

Due in part to the strong fiscal results of 2018 the City will be able take on an ambitious road program this year. Currently we have placed for bid all the worst rated roads.

Another factor that helped position the City to achieve a large 2019 roads program was our success in building partnership. Listed below is an itemization of some of those partnerships and the savings achieved:

<u>Project / Year</u>	<u>Partner</u>	<u>Est. Savings</u>
E. Sprague Resurfacing 2020	Cuyahoga County & Broadview Hts.	\$1,170,000
McCreary Resurfacing 2019	Cuyahoga County	\$250,000
W. 9th Resurfacing 2019	Parma	\$216,791
Catch Basin Program 2018	Northeast Ohio Sewer District	\$47,850
Total Saving to Seven Hills (if we had to go it alone)		\$1,684,641

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Council Quarterly Section

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With the professional baseball season upon us, we know the youth baseball is not far behind. As such we are getting the parks and fields ready. I want to thank **Operating Engineers IUOE Local 18** for donating the heavy equipment and labor (as part of their training program). Local 18 is currently installing a subsurface drainage system on all three fields at Calvin Park. Local 18's contribution will help make and then maintain drier playing conditions. In addition, new infield sand will be installed and properly graded.



Construction is on schedule for the Vitalia Senior Residence development on Rockside Rd. As previously reported this project will bring in over \$6 million in new revenue for City over the next 15 years with \$4 million of that new revenue dedicated exclusively for infrastructure projects such as roads.



In regard to the 50 acre mixed use development planned for Rockside, the City and Fairmount Properties have entered into an integral stage; we are negotiating a binding developer's agreement. Leasing and financing will follow this stage. The final stage is when a final development plan is submitted for approval.

As we anticipated, K-Mart in Seven Hills closed last month. The City and Meijer continue to work closely to ensure everything stays on schedule. Recently we signed an agreement with Meijer for the installation of new traffic light. 100% of the cost of the light and related infrastructure improvements will be borne by Meijer. Also, I can share with you that Meijer has reached purchase agreements for all the property it needs to move forward. However, it is important to note that while KMART has closed, they have not at this time relinquished their lease rights to the property. What does that mean? Worst case, we may need to wait until the KMART lease expires before we can see construction on this site.

Wrapping up, I want to share with you a couple of recent events. It was real pleasure to attend the Normandy High School 50th Anniversary event. The sense of pride and strength of community on display was truly touching. Lastly, on behalf of all Council, I was honored to present a resolution of commendation to the Saint Columbkille 8th grade boys for winning CYO D3 Championship.

Respectfully,
Tony Biasiotta
Council President
216-459-9312 TonyBfor1@gmail.com



Council Quarterly Section

Hello Seven Hills Residents:

Happy Spring! It's a great feeling to know we're hanging up the snow shovels, getting the grass cutters geared up and getting ready to plant some flowers and grow our gardens.

In Council news.....There are two issues on the **May 7th** ballot. Here is a brief rundown of what you will be seeing at the voting booth or on your absentee ballot:

Seven Hills Service Department Renewal Levy.

This levy is **NOT** at an additional increase to our residents. Currently what our residents are paying (0.5 millage) brings in roughly \$160K annually which is needed as a steady revenue source for our Service Department to purchase needed items such as motorized vehicle (i.e.: heavy trucks, heavy equipment, chippers, etc.). For the average home value of \$100K the cost is \$15.31 per year; and for a home value of \$200K the cost is \$30.63 per year. The thing to remember here is there is **NO** increase to your taxes for the levy, it is a renewal. This enables our City to keep providing top notch services while replacing failing or outdated equipment as needed. As residents, we depend on our Service Department to keep us safe and keep our City looking beautiful.

ISSUE 3: Parma City School District Renewal Levy.

This levy is **NOT** at an additional increase to our residents. Currently what our residents are paying (4.2 millage) brings in roughly 9.2 million dollars annually which is needed to support operating funds within the district that supports day-to-day operations; class room instruction, support services such as speech therapists, counselors, administrators, curriculum materials, transportation, maintenance and utilities. For the average home value of \$100K the cost is \$10.72 per month. This enables our school district to keep functioning at a high level without interruption to valuable services.

Each of the proposed ballot issues is vital to our City. Our Service Department is top notch and the services they provide are commendable. Since our new Service Director, Jack Johnson, took over in 2018, I have received many compliments regarding leaf removal and snow plowing issues. Additionally, supporting and having a strong school district helps to ensure our children are getting the best services available while creating a valuable neighborhood in which to live and thrive.

In Community Services.....As the Chairperson of Community Services I have **GREAT** news to share with you!! Did you know that News Channel 5 did a report on March 19, 2019 that named Seven Hills as one of the safest 15 cities in the State of Ohio? That is great news and it's because our Police Department goes above and beyond to make this happen. So please, the next time you see an Officer please thank him/her. They are getting the job done everyday for our City and sacrificing their safety for ours.

Scrolling Marquee at the corner of Civic Drive and Broadview Road. Did you happen to see the new and improved marquee? We had delays getting the project done due to the crazy winter but it is finally up and running. It has been upgraded with state of the art imaging to help provide essential information to our residents.

Calvin Park. While waiting for a break in the weather, we have volunteers ready to finish placing the drainage tiles and regrading of the fields before baseball season starts. A huge shout out to all volunteers who have donated their time and material to making this happen. Also a special thanks to Councilman at Large, Patrick Elliott, Mayor Dell'Aquila and City Engineer, Dan Collins. Additionally, this year a new water line will be installed on Maplevue beginning in April 2019 followed by pavement resurfacing in mid-to-late Summer 2019.

Taste of Seven Hills. Please mark your calendars!! This event will be held Thursday, April 25, 2019 from 6:00 pm to 9:00 pm at the Recreation Center. There will be over 15 local food vendors to choose from. The cost is \$30 per person or \$200 per table of eight. The tickets go fast so be sure to get them while you can.

Memorial Day Ceremony and Parade Monday, May 27th. This is a cherished day to remember those who fought for our freedom and for those who still continue to fight. If you have never been to the ceremony at City Hall after the parade, I strongly encourage you to do so. It's a great way to honor those who have made the ultimate sacrifice and to those who still wear the uniform. The parade begins at 10:00 am at St. Columbkille and ends at City Hall.

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Council Quarterly Section

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West Creek Greenway. Individuals from Westcreek Conservatory have reached out to City Officials with a proposed plan (in the preliminary stages) to expand their trails throughout portions of our city. Everyone benefits from nature. Parks and green space are must haves for attractive, liable and thriving communities. Trails offer access to natural areas, giving people a path to mental well being, healthy lifestyles, social vitality and neighborhood pride. In the coming months our City Council will be addressing Westcreek's vision for our City and how it will benefit our community. Stay tuned.....

Seven Hills Food Pantry. This is a valuable resource within our City. Please donate when you can to those in need. As a community we pride ourselves on giving back and helping when we can. Should you like to donate or benefit from our pantry, please contact our Senior & Community Services Director, Tony Terry to see what items are currently in need. He can be reached at: 216-525-6230.

As always, it is my honor to serve at the pleasure of our residents. Please reach out to me with any questions, concerns, comments or complaints. You will not be ignored as I respond to everyone. Thank you, God bless and enjoy the long awaiting Spring.

Stacey L. Kelly
Council President Pro Tem
216-642-3722
slk7hills@gmail.com

Hello Ward 3-ers,

Hopefully the crocuses and daffodils are in full bloom and the spring has been cloudless and pleasant. Just some quick lines as my space is limited:

Hemlock is progressing steadily and we sure will be glad when the trucks and mud and dust are GONE. Paving may actually begin in May or June. You all should have received a letter where myself and your council are aggressively demanding from the Water Department and East Ohio Gas that they update their lines in the Hemlock district **before paving is started**. We are doing everything we can so that after waiting decades for roads, they don't damage them to make repairs they should know are needed now.

The Maplevue waterline should begin as soon as the weather breaks. Paving is a priority for this season. The prospect of this new road leading to a rebuilt Calvin Park is tremendous. In fact, I am very proud to have been intimately involved with both these projects and can't wait till they're finished.

That's all the room I have. Stay tuned. More to come. See you at Home Days if not sooner.

Respectfully,
Tom Snitzky
Ward 3 Councilman
City of Seven Hills
snitzky7hills@ymail.com

Sharon LaBuda

sharonlabuda@howardhanna.com
sharonlabuda.howardhanna.com
216.906.9047



- Mega Million Dollar Producer
- Residential Relocation Specialist
- Serving Northeast Ohio
- Top 5% of Realtors Nationwide
- Top Rated Zillow Agent

Which **REALTOR** Knows Your Neighborhood Better?
The One That Lives Here!

FOR ALL YOUR
OUTDOOR CARE
NEEDS



4470 Vincent Dr.
Seven Hills, Oh 44131

- Weekly Grass Cuts
- Mulch
- New Installs
- Bush Trimming
- Leaf Clean ups
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COMMUNITY RENTALS



Gathering Rooms are available for Members & Non-Members

All Rental Rates are Per Hour

Room / Rental	Member Rate	Non-Member Rate
Gathering Rooms		
1 Room	\$40	\$65
2 Room	\$70	\$100
3 Room	\$100	\$130
Patio	\$15 Flat Fee	\$35 Flat Fee
Kitchen	\$20 Flat Fee	\$35 Flat Fee
Pool (After Hours)	Call for Pricing!	
Pool Party	\$65	\$95
(Includes Rental of Pool & 1 Room)		
Gymnasium		
1 Court	\$60	\$80
2 Courts	\$105	\$140
Aerobic Studio	\$40	\$60
City Hall Community Rooms	Resident Only - Call for Pricing!	

Reserve your baseball fields, soccer fields, picnic pavilions and more!

Be sure to plan ahead - our reservations typically fill up 3-6 months in advance!

Contact Spencer Abbott at 216.524.6262 ext. 400 for all rentals!



Seven Hills Historical Society

Our purpose is to preserve and promote the unique heritage of the City of Seven Hills. We hope to instill appreciation of past generations as well as provide enjoyment, education, and inspiration for current and future generations. This will be accomplished through such activities as research, publications, acquisitions, and conservation of materials, advocacy of historic landmarks and education opportunities.



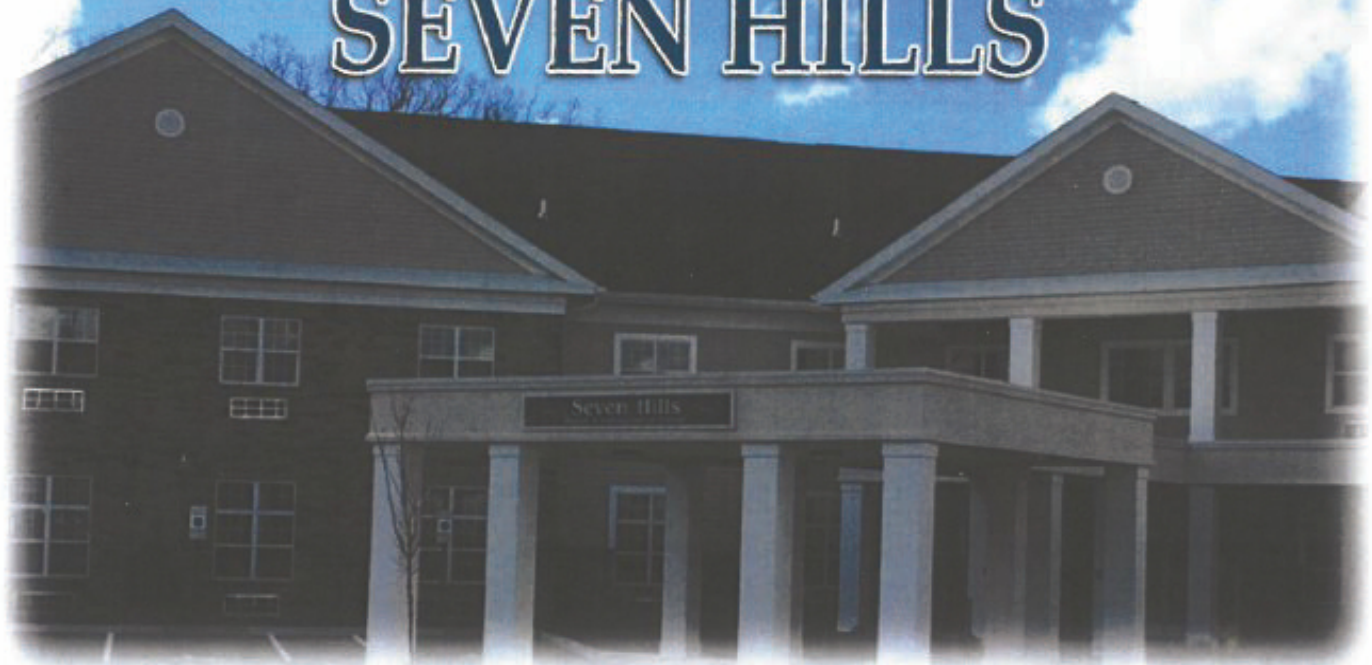
The Big Old Grey House on Broadview Hill ~ Built in 1843 by John Froehlich ~ one of the earliest settlers in Seven Hills.

To hear more history like this, stop in to the Historical Society at Seven Hills City Hall!

THE SEVEN HILLS HISTORICAL ROOM IS OPEN THE 1ST AND 3RD WEDNESDAY OF THE MONTH FROM 12PM TO 2PM.

If you have questions, or request an appointment, contact our President, Judy O'Donnell at 1-440-340-4435

SEVEN HILLS



YOUR LEADER IN POST ACUTE CARE

Seven Hills Health & Rehab Center offers a wide variety of services such as skilled nursing care, rehabilitation services, long term care and respite care.

Accepted Insurance Plans

Seven Hills Health & Rehab Center accepts the following insurance plans:

- Aetna
- Anthem
- Buckeye
- Caresource
- Cigna
- Coventry
- Hospice
- Humana
- Medicaid
- Medical Mutual
- Medicare
- Molina
- MyCare Buckeye
- MyCare Caresource
- MyCare United Healthcare
- Private Pay
- Summacare
- Tricare for Life
- United Healthcare



If you have a patient with an insurance plan not listed, please call Admissions at Seven Hills Health & Rehab Center as we continue to add new providers as needed.

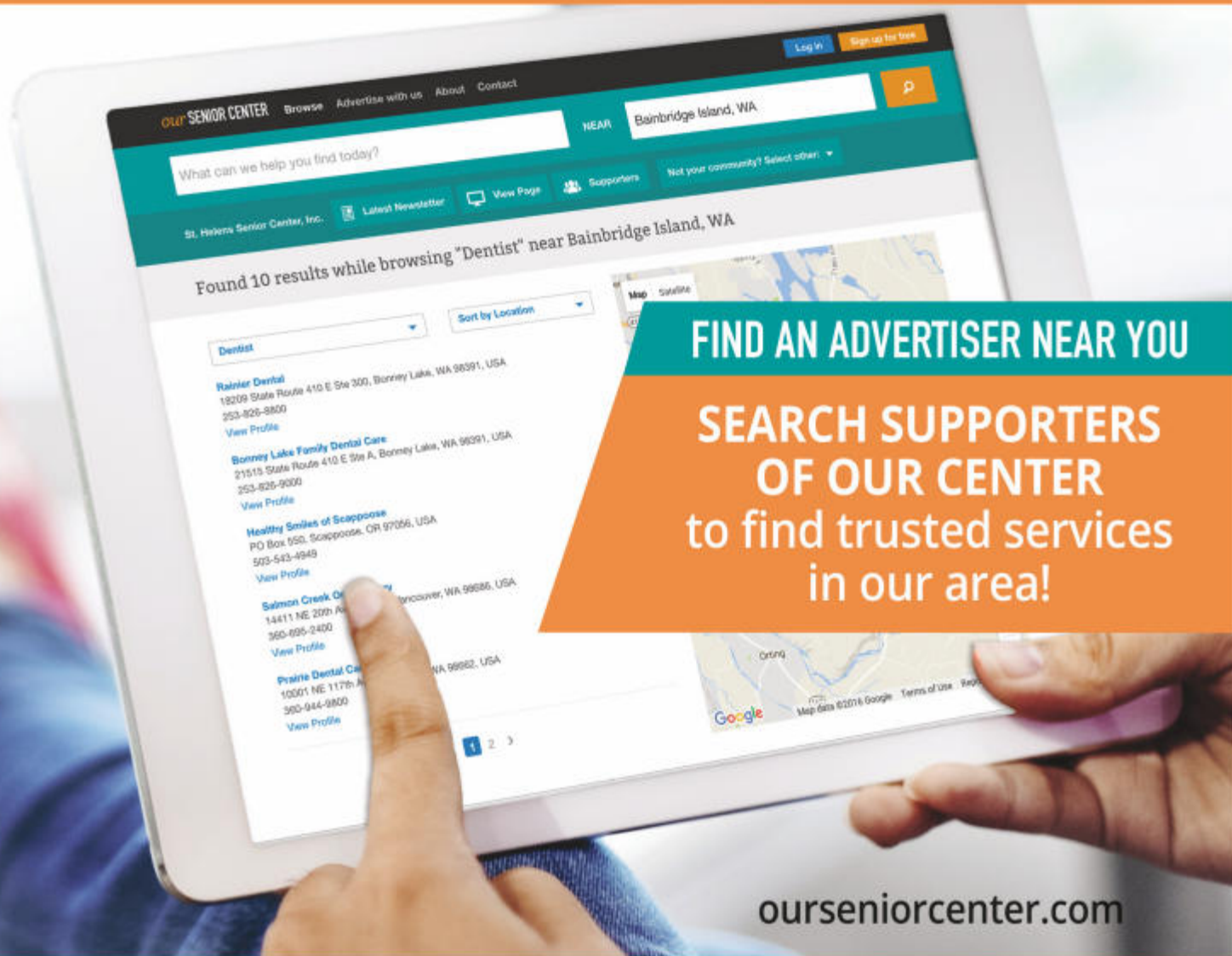
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14-1296

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14-1296

Seven Hills Community
Recreation Center
7777 Summitview Drive
Seven Hills, Ohio 44131
216-524-6262



Recreation Center Hours:

Sundays: 12pm - 6pm • Mondays- Fridays: 5:30am - 9pm • Saturdays: 8am - 8pm

**Pool Closes 15-minutes prior to rest of building .*

THE MISSION OF THE SEVEN HILLS COMMUNITY RECREATION CENTER

The City of Seven Hills Community Recreation Center is dedicated to creating a healthy, fun and educational environment where safety is paramount. Our year-round programming is offered to all ages and skill levels, helping to create exactly what each member or participant needs to achieve his or her personal goals.

We strive to enhance physical, emotional and social development of our Community while providing a safe and healthy atmosphere. - Jennifer Burger, Recreation Director

Totally Toned Personal Training

TTPT has several packages available to accommodate your specific needs, and rates start as low as \$25 per session!

Visit us on the web at www.totallytonedpersonaltraining.com,

find us on Facebook, or call 216-548-5383 today to

schedule your free 30-minute consultation and workout!

CLEVELAND
HOTLIST

Contact Trainer Mike at 216-548-5383 TODAY!

- Cardio - How to use your heart rate to achieve your desired result.
- Nutrition - Which foods will help or hinder your progress and long-term results.
- Weight Training - Gain lean muscle mass helping to burn more calories-even at rest.





ANNUAL MEMBERSHIP INFORMATION

Seven Hills Resident Membership Info - Annual / Upfront Payment

Youth	\$105	A resident 12 years old or younger (must be purchased with Adult Membership).
Teen w Parent	\$160	A resident between the age of 13 and 17 (must be purchased with an Adult).
Teen w/o Parent	\$210	A resident between the ages of 13 and 17.
Adult	\$210	A resident 18 to 61 years old.
Adult Couple	\$345	2 Adults at the same address whose full time residence is in Seven Hills.
Family	\$400	Immediate family household members, up to four people living in Seven Hills (max. 2 adults).
Adtl. Children	\$40	Additional children may be added for \$40 each per year.
Senior	\$100	Resident 62 or over.
Disabled Resident	\$100	Resident that is "Totally Disabled" determined case by case. Must provide State Disability Info.
Resident College	\$100	Resident full time college student with permanent residence in Seven Hills.

Parma Resident Membership Info - Annual / Upfront Payment for NEW Parma Members (No previous Membership)

Youth	\$150	A Parma resident 12 years old or younger (must be purchased with Adult Membership).
Teen w Parent	\$200	A Parma resident between the age of 13 and 17 (must be purchased with an Adult).
Teen w/o Parent	\$275	A Parma resident between the ages of 13 and 17.
Adult	\$275	A Parma resident 18 to 61 years old.
Parma Couple	\$450	2 Adults at the same address whose full time residence is in Parma.
Family	\$525	Immediate family household members, up to four people living in Parma (max. 2 adults).
Adtl. Children	\$50	Additional children may be added for \$50 each per year.
Senior	\$150	Parma Resident 62 or over.
Disabled Resident	\$150	Parma Resident that is "Totally Disabled". Must provide State Disability Info.
Resident College	\$150	Resident full time college student with permanent residence in Parma.

Non-Resident Membership Info - Annual / Upfront Payment

Individual	\$400	One Person living outside of Seven Hills or Parma
Non Resident Couple	\$605	2 Adults outside of Seven Hills or Parma living at the same address
Family	\$675	Immediate family household members, up to four people living outside of Seven Hills or Parma (max. 2 adults).
Adtl. Children	\$105	Additional Children may be added for \$105 each per year.



United States Military Veteran Membership: Resident: \$100 Non-Resident: \$150
(Proof of Honorary Discharge via DD-214 required)

**The above listed memberships are purchased for one full year - one time upfront payment.
All memberships are non-refundable and non-transferrable.**



MONTHLY SCHEDULES AVAILABLE ONLINE AND AT REC CENTER!

SENIOR CLASS DESCRIPTIONS:



CLASSIC Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels.

CIRCUIT The SilverSneakers Circuit workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for support. This class is suitable for nearly every fitness level and can be adapted depending on the skill of individual participants.

CARDIOFIT Try a safe and heart-healthy aerobics class to energize your active lifestyle using low-impact movements that focus specifically on building upper-body and core strength plus cardio endurance. This is a higher intensity class than Classic and Circuit.

YOGA Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level.

SPLASH A fun, shallow-water exercise class that uses a signature splash-board to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers. The pool provides many benefits when used for aerobic exercise and resistance training.

Beginner Line Dancing with Jackie - NEW!

Bring a pair of dress shoes. Come to exercise your heart, lungs and muscles! Help your long and short term memory! Make new friends!

Fridays in Gym 2 - 10am - 11am

April & May are Tai Chi Steps,

June & July are Line Dancing!

Fee: \$2 per class


Fore more info, Call Jackie at 440-546-7531



Thanks to Rec Center Romina ~
Weekly Coffee Sponsor!

Health Insurance Questions?

Call Romina Alesci
1-216-687-7479



MEDICAL MUTUAL



ADULT PROGRAMS

Session Dates - Drop in to most programs at ANY TIME!

Spring: April 14th - May 25th (Registration Begins 4/1/19)

Summer 1: June 9th - July 20th (Registration Begins 5/26/19)

Summer 2: July 21st - August 31st (Registration Begins July 7th)

INSANITY WITH LYNN

INSANITY live classes will bring the workout we have all seen on DVD to a live group setting. Using max interval training with explosive cardio and plyometric drills combined with your own power and strength. No weights needed, your own body weight will tone and sculpt your body. All levels welcome!

Instructor: Lynn Johnson

Days: Monday Evenings 7:30pm - 8:00pm

Fees: Member Punch Card: \$27 or \$6 Drop In

Non-Member Punch Card: \$37 or \$8 Drop In



ZUMBA - IS BACK!!

Perfect For Everybody and every body! Each Zumba® class is designed to bring people together to sweat it on. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. **10/17 and 10/24- Try us for FREE!!**

Instructor: Nela Serrano

Days: Wednesday Evenings 7:00pm - 8:00pm

Fees: Member Punch Card: \$27 or \$6 Drop In

Non-Member Punch Card: \$37 or \$8 Drop In



FIT HAPPENS WITH DEBBIE

Join us for a low impact, full body work out combining Pilates, Barre, and Yoga using your own body weight, exercise balls, and resistance bands. This work out targets all muscles groups to tone and strengthen your entire body, including your abdominals and mid-section. Modifications are taught to make this an effective class for beginners to advanced fitness levels. Enjoy an uplifting power hour! No one ever regrets working out!

Days: Tuesday Evenings: 6:30pm - 7:30pm with Debbie

Fees: 6-Class Punch Card: \$42 12-Class Punch Card: \$82 or Drop-In \$10



JAZZERCISE

The ORIGINAL Dance Exercise Phenomenon! Each 60-minute class offers a blend of exercise with the fun of dance set to your favorite music - Top 40, Jazz, Country, Funk & Classic! Easy to follow, fun choreography includes a gentle warm-up, a 30-minute aerobic workout, muscle toning and strength segment with weight-band stretching. Pilates, yoga and kickboxing movements are incorporated too. Sessions and Registrations are continuous (does not follow Rec Dates)!

Classes meet in Rec. Center Gathering Rooms!

Instructor: Lois Powers (loispowers@hotmail.com) or 330.468.6637

Days: Mondays & Wednesdays 6:30pm - 7:30pm

Fees: 1 Month: \$37 (EFT) 2 Months: \$82 (At the Door) Drop-In \$12



ADULT PROGRAMS



Session Dates - Drop in to most programs at ANY TIME!

Spring: April 14th - May 25th (Registration Begins 4/1/19)

Summer 1: June 9th - July 20th (Registration Begins 5/26/19)

Summer 2: July 21st - August 31st (Registration Begins July 7th)

PILATES SCULPT WITH TANYA

Standing and mat Pilates exercises using light hand weights to totally reshape your body from the inside out. All muscle groups will be lengthened and toned, improving core strength, back health and overall well being. Modifications are taught. Beginners and advanced.

Tuesdays 9:30am - 10:30am and Saturdays Now thru March 16th (No 2/16) Noon - 1pm

TRIM & TONE WITH TANYA

A unique, head to toe, feel good workout combining cardio moves with resistance training and core work led by an AFAA certified instructor. Every muscle group will be targeted and toned, even some you didn't even know you have! Modifications are taught so every "body" can enjoy this fun and innovative class. **Wednesdays & Fridays 9:30am - 10:30am**

YOGA PILATES FUSION WITH TANYA

Increase your strength and flexibility with a combination of Yoga poses and Pilates exercises. Focusing on breath and movement, you will challenge your upper body, lower body and torso. All Levels Welcome! **Thursdays 9:30am - 10:30am**

ALL OF THE ABOVE CLASSES ARE ELIGIBLE FOR TANYA'S PUNCH CARD:

Member Card: \$26 (6 Classes) or \$6 Drop In Non-Member Card: \$36 (6 Classes) or \$8 Drop In

Tanya's 12-Class Punch Card - Members: \$50 Non-Members: \$70

SENIOR-FIT (Tuesdays) and SENIOR YOGA (Thursdays) WITH TANYA

Join us for Senior Focused exercise class twice a week! Tuesdays focus on light weights to help build strength and bone density while Thursdays focus on Yoga, including flexibility, core strength and balance.

Days: Tuesdays & Thursdays - 11:00am - 11:30am in Gym 2.

Fees: Members: \$2 Non-Members: \$3 - Punch Cards Available!



TANYA'S PRIVATE LESSONS

Specializing in women's health and senior fitness, Tanya will design a workout specific to your needs and will suggest lifestyle changes to accomplish overall well being. She is an AFAA certified 10+ year Fitness Professional and holds many teaching certifications in Strength Training, Pilates, Yoga, and Senior Fitness.

Rates: Member: one hour \$35, 1/2 hour \$20 Non-member: one hour \$40, 1/2 hour \$25

One-Hour Small Group Pricing is available as well!

Contact Tanya at tanya_verderber@yahoo.com to set up an appointment or for more info!



ADULT PROGRAMS

Session Dates - Drop in to most programs at ANY TIME!

Spring: April 14th - May 25th (Registration Begins 4/1/19)

Summer 1: June 9th - July 20th (Registration Begins 5/26/19)

Summer 2: July 21st - August 31st (Registration Begins July 7th)

MORNING YOGA WITH JOANN

Wake up easy and get moving in this All Levels flow class that will guarantee that you are ready to face the day with a smile. Breath and movement merge to stretch the body and awaken the mind in a perfect mix of light workout and deep stretch. A good morning begins a great day!

Days: Mondays 9:30am - 10:30am in the Aerobics Studio

Fridays 11am - Noon in the Aerobics Studio - APRIL AND MAY ONLY! NO SUMMER!

Fees: Member Card: \$26 (6 Classes) or \$6 Drop In Non-Member Card: \$36 (6 Classes) or \$8 Drop In



SENIOR YOGA WITH JOANN

For Seniors or those who like to keep it basic. Senior Yoga is designed for Seniors looking for a basic and well-rounded yoga program. Students are immersed in the fundamentals of Yoga. You will be instructed and supported in learning the process of proper alignment in the poses, breathing techniques, practice to build confidence in your yoga postures, as well as introductory meditation and relaxation techniques. **NOW FREE to SilverSneakers, Renew Active and Silver&Fit!**

Days: Mondays - 8am - 9am in the Aerobics Studio

Fees: Members: \$2 Non-Members: \$3 - Punch Cards Available!

EVENING YOGA WITH SUSAN

This Yoga class is meditation in motion. Through movement, breathing and relaxation, use the mind/body connection to boost your energy, strength, flexibility and ability to manage stress. Punch card is for 6 classes.

Instructor: Susan Laurenzi, CYT 500 - Certified Yoga Teacher - 500 Hours

Days: Mondays 6:00pm - 7:00pm

Fees: Members: \$40 per Punch Card Non-Members: \$45 Per Punch Card Drop In: \$10



BODY SCULPTING

A one-hour cardiovascular strength-training class designed to make you lean and defined providing a results-oriented whole body workout. Build and sculpt muscles, strengthen your core, improve your strength and flexibility while burning fat and calories by using just one set of 5 lb. dumbbells. You will gain strength, balance, flexibility and endurance while focusing on total body health.

Days: Thursdays 6:30PM - 7:30PM in the Aerobics Room - Register Today at www.flexcity.com



SUMMER CAM



Fill your child`s summer with fun and adventure this year`s Seven Hills Summer Day Camp!

Preschool Camp (3 to 5 years) ~ Day Camp (6 – 10 years) ~ Teen Camp (11 – 13 years)
Camp will run daily from 6:30am - 6pm. Before and After Care are included!
Our Camp runs for 10 weeks, beginning June 3rd running through August 9th.

Preschool Camp – 3 to 5 Years - Our summer camp will give your preschooler a chance to make new friends, play games, and take nature hikes. Preschool camp is designed for the young ones who are potty-trained. Swimming daily, no off site field trips-all preschool events are held here on city property.

LIMIT: 8 Campers

Day Camp- 6 years old 10 years old- Day camp is a great way to have fun this summer, as the day is filled with activities such as swimming, gym time, outdoor play, and more! Weekly field trips are planned (for additional charge). **LIMIT: 65 Campers**

Teen Camp- 11 years old – 13 years old - Our Teen Camp is separate from the other camps, as this camp gives teens the opportunity to develop leadership skills and work with service projects within our community. At the end of camp we will be happy to provide your camper with a letter attesting to their community service hours performed. **LIMIT: 12 Campers**

Weekly Pricing:

Register April 1st – April 30th: Members: \$150 / Non-Members: \$180 (Weekly Rate)
After May 1st: Members: \$160 / Non-Members: \$ 190 (Weekly Rate)

Space Is Limited – First Come, First Served!

Camps run daily from 6:30am-6:00pm before and After Care are included- No extra Fees!
Due to staffing and scheduling demands, there will be no refunds.

Check Out www.sevenhillsohio.org for detailed flyers or contact Jo Ann Rencz at jrencz@sevenhillsohio.org

Field Trip Information can be found at www.sevenhillsohio.org

Camp Motto: Leadership – Teamwork – Creativity- Preparation - Effort



ROOKIEATHLETICS.ORG
CALL 216-524-6262

REGISTER NOW FOR SPRING &
BASKETBALL CAMP

REGISTRATION FOR SUMMER
OPENS MAY 20TH

Basketball Camp

First hour is skills&drills developing basketball timing, balance, and fundamentals. Second hour is individual and team competition games. Last hour is gameplay. 1v1-5v5
Space is limited sign up today!

Each camp is Mon-Fri 12pm-3pm
Price: \$100

June 10th-14th (5-6 yr old)
June 17th-21st (7-8 yr old)
June 24th-28th (9-11 yr old)

QUESTIONS?

CONTACT COACH PHIL AT:
216-502-0805
ROOKIEATHLETICS@GMAIL

Upcoming Youth Programs

YOUTH BASKETBALL LEAGUE

Through specialized skill drills and games, your young athlete will have a great time learning the fundamentals while becoming game ready. Week one will be a skill introduction and review followed by five weeks of games.

Day and Time: Saturday Mornings

- Ages 5-6, Week 1: 11am-12; Game schedules will be passed out. Weeks 2-6: will have game times between 10am-12pm
- Ages 7-8, Week 1: 12pm-1; Game schedules will be passed out. Weeks 2-6: will have game times between 12pm-2pm

Price: \$75.00

Spring: May 4th - June 8th

Summer: July 27th - August 31st

BASKETBALL SKILLS CLASS

Whether you are looking to learn the fundamentals or gain more experience and knowledge on the court, our skills class is for you! Through skill drills and games, see improvement in all areas of basketball.

Day and Time: Tuesday or Thursday Evenings

- Ages 3-4: Tuesdays 5:30 pm - 6:00 pm
- Ages 5-8: Tuesdays 6:15 pm - 7:00 pm
- Ages 9-11: Thursdays 6:15 pm - 7:00 pm

Price: \$50.00

Spring:

April 30th - June 4th (ages 3-4 and 5-8)

May 2nd - June 6th (ages 9-11)

Summer:

July 23rd - August 27th (ages 3-4 and 5-8)

July 25th - August 29th (ages 9-11)



DODGEBALL

After a brief rule review we dive directly into game play in a fast paced, ball-flying, dippin n' dodgin exciting time.

Sunday at Noon

- Ages 6-11, 12pm-1pm

Price: \$30.00

Spring: May 1st - June 5th

Summer: July 28th - Sep 1st

SPORTS OF ALL SORTS

Sports of all Sorts introduces sports exercise and coordination to young athletes in an exciting environment while promoting social development in a class setting. With a new sport every class, each athlete will experience what each of the major sports have to offer through fun skill drills and games.

Thursday Evenings

- Ages 3-4, 5:30 pm - 6:00 pm

Price: \$50.00

Spring: May 2nd - June 6th

Summer: July 25th - Aug 29th

Upcoming Youth Programs

YOUTH SOCCER SKILLS

Soccer is vastly known as a great starter sport for children as young as three. Soccer introduces him/her to team play, along with building coordination and motor skills. Rookie Athletics will begin with teaching the basic skills such as ball control, defense, passing, and finishing through a series of fun skill drills and games that build towards game play!

Day and Time: Monday Evenings

- Ages 3-4, 5:30 pm - 6:00 pm
- Ages 5-7, 6:15 pm - 7:00 pm

Price: \$50.00

Spring: April 29th - June 3rd

Summer: July 22nd - August 26th

T-BALL

Week 1 will teach the basics of hitting, base running, fielding and throwing. From there we will continually review the basics while playing a two to three inning game where everybody bats.

Day and Time: Sunday Mornings

- Ages 3-4 (T-Ball)
- Week 1: 10:00 am - 10:45 am: Game schedules will be passed out.
- Weeks 2-6: will have game times beginning at 9 am or 10 am.

Price: \$75.00

Spring: May 5th - June 9th

Summer: July 28th - Sep 1st



**All Programs located at the Seven Hills Community Recreation Center
7777 Summit View Dr., Seven Hills, Ohio 44131
Website: www.sevenhillsohio.org | Phone: 216-524-6262**

QUESTIONS?

CONTACT COACH PHIL AT: 216-502-0805 OR ROOKIEATHLETICS@GMAIL.COM

Pitch-Hit-Run Contest!

First Pitch Ceremony!

Opening Day Celebration

Brought to you by Seven Hills Parks & Recreation Department

Saturday June 8th from 11am – 3pm at Calvin Park!

Slushies!

Hot Dogs!

And Much More!!

ROKIE ATHLETICS

If you're interested in volunteering or sponsorship opportunities, please contact
Jen Burger at 216.524.6262

Adult Men's Hoops Summer 2019 Basketball Contact Ron at hoops@sevenhillsohio.org

Summer League Registration Runs May 12th - May 25th

Sunday Men's League - Runs 6/2 - 8/25 - \$325

Thursday Men's League - Runs 6/6 - 8/29 - \$325

Tuesday Short League - Runs 6/11 - 8/6 - \$250

(No discount for jerseys for Summer Leagues)



JUMP START
SPORTS

Lacrosse

Boys and Girls in grades K-6 can learn to play one of the fastest growing sports in the United States! Lacrosse is action-packed and lots of fun! All equipment provided in this highly instructional and recreational introductory lacrosse program. Experienced coaches from JSS will teach children the fundamentals of the game including passing and catching, fielding ground balls, cradling, face-offs, spacing, positioning, and defense. Children will then be divided to play scrimmages which are implemented to enhance the fun and teach team and game concepts. Plastic sticks and soft balls will be used. Body and stick checking will be strictly prohibited.



Time: Wednesdays June 12 - July 24 (no class 7/3) - 6:00PM - 7:15PM

Location: City Hall Pavilion & Soccer Field Area

Register Today at www.jumpstartsports.com - \$75 info@jumpstartsports.com

2019 SPRING / SUMMER AQUATICS PROGRAMS**

Register and More Info at WWW.SEVENHILLSOHIO.ORG

Mike Gallagher (Aquatics Supervisor) | mgallagher@sevenhillsohio.org | 216-524-6262 ext. 404



Private / Adaptive Swimming Lessons

- **\$30 per half hour (Prices may vary per instructor)**
- One-on-One or Semi-Private
- Learn-To-Swim or improving stroke technique
- Contact the Aquatics Supervisor to schedule lessons

Seahawks Swim Team

Requirements: Be able to swim one length free and back.

Spring Monday/Wednesday (Session runs 3/18-5/8)

- **Members \$50 / Non-Members \$60**
- **Practice Times:** 10 & under 5-6 pm and 11 & over 6-7 pm

Spring Saturdays Only Session (Session Runs 3/30-5/18)

- **Members \$45/Non-Members \$55**
- **Practice Time:** 10-11 am

Summer Weekday Practice Times (Session Runs 6/10-7/27)

- **Members \$70 / Non-Members \$85**
- **10 and under:** M/W 5-6 pm and T/TH 10:30-11:30 am
- **11 and over:** M/W 6-7 pm and T/TH 10-11:30 am

Seahawks Beginner Swim Team (New Swimmers Only)

- Spring Saturday Only Session (Runs 3/30 - 5/18)
- Members: \$45 / Non-Members: \$55
- Practice Times: 10am - 11am

Adult Masters Swim Group

- This Adult / USMS masters swim group is for adults who like to compete, swimmers looking for a good workout, tri-athletes, and those who enjoy the social side of swimming. Contact Mike at mgallagher@sevenhillsohio.org for info!

American Red Cross Training

- Train to be a lifeguard or water safety instructor (WSI). For more information or to register, go to fastlaneswimming.net.

Group Learn-to-Swim

Members \$45/Non-Members \$55

Mondays and Wednesdays PM

Session #	Dates
Spring 2	4/22-5/15 (Registration Runs 4/10-4/18)
Summer 1	6/3-6/26 (Registration Runs 5/15-5/30)
Summer 2	7/8-7/31 (Registration Runs 6/26-7/4)
Summer 3	8/5-8/28 (Registration Runs 7/31-8/3)
Monday-Thursday AM	
Summer 1	6/10-6/20 (Registration Runs 5/15-6/6)
Summer 2	7/8-7/18 (Registration Runs 6/20-7/4)
Saturdays Only AM	
Summer	6/8-7/27 (Registration Runs 5/18-6/5)

Level	M/W PM	Sat AM
Starfish	XXXX	10:00-10:30 10:45-11:15
Tadpole (Pre 1)	5:00-5:30 5:45-6:15 6:30-7:00	10:00-10:30 11:30-12:00
Frog (Pre 2)	5:45-6:15 6:30-7:00	10:00-10:30 10:45-11:15 11:30-12:00
Stingray (Pre 3)	5:00-5:30	11:00-11:30
Turtle (L 1)	5:00-5:30 5:45-6:15 6:30-7:00	10:00-10:30 10:45-11:15 11:30-12:00
Penguin (L 2)	5:00-5:45 6:15-7:00	10:00-10:45 11:15-12:00
Sea Otter (L 3)	5:00-5:45 5:45-6:30	10:00-10:45 11:15-12:00
Dolphin (L 4-6)	5:45-6:30	10:45-11:30

*The aquatic programs times and/or dates are subject to change without notice.

Seven Hills Recreation Center Aquatic Program Descriptions**

- **Private Swimming Lessons:** 3 years old and up. Private lessons can be in the form of one-on-one or semi-private lessons (two or three swimmers with the same ability levels). These lessons must be scheduled with the Aquatics Supervisor.
- **Starfish:** 6 months to 3 years old. The STARFISH level builds readiness by emphasizing fun in the water. Parents and children will participate in several guided sessions which help children adjust to the water and learn basic water skills. Most importantly, it's fun for parents and kids!
- **Tadpole (Pre-School #1):** 3 to 5 years old. Group TADPOLE is for children who are being introduced to the swimming pool for the first few times. The main focus of this level is to become comfortable in the swimming pool. In order for your swimmer to progress to the next level, these tasks must be completed: Independently enters and exits the water; Kicks feet at the wall; Blows bubbles; Holds breath when face is underwater; Submerges underwater with assistance; Swims away from wall with assistance; Demonstrates comfort in pool setting; Understands Pool Safety Rules.
- **Frog (Preschool #2):** 3 to 5 years old. Group FROG is for the beginner swimmer who is familiar with the water. Swimmers will learn the fundamentals of swimming as well as pool safety. At the completion of level FROG, the swimmer will be able to complete the following: Front float with little or no assistance; Back float with little or no assistance; Paddles on front and back with assistance; Kicks on front and back with assistance; Holds breath underwater for 3 seconds; Submerges unassisted; 5 yards assisted streamline from wall on front and back; Log rolls assisted; Independent bobs.
- **Turtle (Level #1):** 5 years old and up. Group TURTLE is for the swimmer who has completed group FROG or can float unassisted and swim rudimentary freestyle. At the completion of level TURTLE, your swimmer will be able to complete the following: Front and back float unassisted; Freestyle and backstroke 5 yards assisted; Streamline kick on front and back unassisted 5 yards; Log rolls unassisted; Assisted rotary breathing; Assisted side-kick; 10 Independent bobs.
- **Penguin (Level #2):** 5 years old and up. Group PENGUIN is for the swimmer who has completed group TURTLE. In Group PENGUIN, swimmers will learn to swim freestyle with rotary breathing, backstroke, and will be introduced to dolphin and breaststroke kicks. In order to advance to the next level, the following must be completed: 10-15 yards Unassisted freestyle with rotary breathing; 10-15 yards Backstroke unassisted; 10-15 yards Streamline kick on front and back; Dolphin kicks assisted; Jumps in and swims to the wall unassisted; 15 Independent bobs.
- **Sea Otter (Level #3):** 5 years old and up. Group SEA OTTER is for swimmers ready to advance their swimming skills. In Group SEA OTTER, swimmers will enhance freestyle and backstroke, and continue to learn butterfly and breaststroke. In order to advance to the Dolphins pre-team group, the following must be completed: 25 yards Freestyle and backstroke; 25 yards Streamline kick front and back; 10 yards Unassisted streamline butterfly kick; Butterfly arms; 5 yards Unassisted breaststroke kick; 5 yards Butterfly.
- **Dolphin (Level #4 - 6):** 5 years old and up. The DOLPHIN group is a pre-team swim group consisting of swimmers who have completed Sea Otter swim lessons. This pre-team group is for swimmers looking to strengthen their swimming skills and learn the fundamentals of swim team. Swimmers entering the pre-team group must be able to complete the following: 25 yards Freestyle with rotary breathing; 25 yards Backstroke; 5 yards Butterfly; Breaststroke kick.
- **Seahawks Beginner Swim Team:** 10 years old and under. This program is designed for swimmers who are not ready for swim team yet, but may be interested in joining in the future. Swimmers entering this group must pass the Dolphin group (Level #4-6) or equivalent.
- **Seahawks Recreation Swim Team:** 5 years old and up. This program is designed for swimmers who are interested in competing at the Recreation League level. Swimmers entering this group must be able to complete the following: 25 yards Freestyle and backstroke non-stop.
- **Adult/Masters Swim Group:** 18 years and up. This Adult/USMS masters swim group is for adults who like to compete, swimmers looking for a good workout, triathletes, and those who enjoy the social side of swimming.
- **American Red Cross Lifeguard Training and Water Safety Instructor Courses:** Go to fastlaneswimming.net for more information and details.

****Dates and times for all activities are subject to change. Some activities may be combined due to low enrollment. In the event the pool has to close for any reason, a water safety discussion will be scheduled for that day as this subject is included in our aquatic program curriculum. No refunds will be given if you register for any activity and/or if your child does not participate or in the event of inclement weather.**



WATER AEROBICS

CARDIO & TONING WITH LEIGH:

Change-up your workouts at the Pool! This class is a combination of cardio intervals along with strengthening and toning moves. Great for beginners or those with experience - a fun time for everyone! Taught by certified instructors around the 4-foot depth.

Tuesdays & Thursdays: 6:00pm - 7:00pm Forever and Ever, Per Leigh

LOW IMPACT WATER AEROBICS:

Get a great work-out without the pain! Water Aerobics offers great results while you enjoy the water. Low-Impact, High Intensity! All classes taught by certified instructors - class meets around the 4-foot depth.

Spring ~ Mondays, Wednesdays, & Fridays: 9:00am - 9:45am (Until May 31st)

Summer ~ Mondays, Wednesdays, & Fridays: 8:00am - 8:45am (June 3rd - August 30th)

ARTHRITIS FOUNDATION AQUATIC PROGRAM :

This program is specifically geared towards adults living with Arthritis. Participants are provided with gentle aquatic activities with the guidance of a certified Arthritis Foundation Instructor. All exercises are low-impact and done around the 4-foot depth.

Spring ~ Mondays, Wednesdays & Fridays: 10am - 10:45am (Until May 31st)

Summer ~ Mondays, Wednesdays, & Fridays: 9:00am - 9:45am (June 3rd - August 30th)

AQUA BARRE

Aqua Barre is a fitness class that combines all the components of cardio, strength, and flexibility found in a ballet barre class with the benefits and fun of aquatic strength and conditioning. Ballet barre combines principles of Ballet, Yoga, and Pilates, and general calisthenics with a strong emphasis on posture, core strength, and proper technique. Instead of the classic barre and light dumbbells, gravity and buoyancy are both used to provide resistance and toning for the lower body, core, and upper body. No dance experience is necessary, and modifications can be provided to appeal to both beginners and experienced aquatic enthusiasts!

Mondays: 7:45pm - 8:45pm with Katie (This Punch Card Only Good for Katie's Class)

All Water Aerobics Classes are offered through our Punch Card System

Punch Cards are good for any 12 water classes. (Cards Expire after 8 Months)

Members: \$38 Non-Members: \$50 Drop IN: \$8

SWIMSATIONS: PEDIATRIC AQUATIC THERAPY GROUP

SwimSations is a new and unique play-based aquatic therapy program for children with sensory processing challenges. It will provide each child the opportunity to explore new sensory experiences, while teaching water safety skills, social skills, self-regulation skills, and having fun! **Ages 4-8: Tuesdays 5:30 – 6:15 PM**

8 Week Program May 28th – July 16th, 2019 - Meet & Greet May 21st!

**For pricing, questions, and to register please call Kristen Pataki at 440.567.3648
or email at kristen.pataki@gmail.com**

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 Thursday - 6pm-8pm
 Friday - 2pm-6pm
 Saturday - 9am-1pm

Our Services include: Share/Savings, Draft/Checking, Christmas Club, and Student Saver accounts, Home Equity Loans, New and Used Car Loans, Share Loans, Personal Loans, and Tuition (Catholic Elementary and High School) Loans. Please call us or go to our website for our current rates. We also offer Direct Deposit, Direct Debit, Online Banking, and Money Orders.

Also, visit our second location St. Columbkille Federal Credit Union / Assumption Branch, which is located at 9183 Broadview Road, on Thursdays from 5 to 7 p.m. and on Saturdays from 9 a.m. to 12 p.m.

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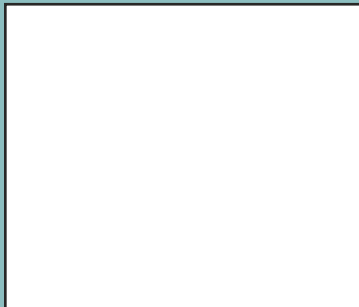
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To schedule an appointment with Mayor Dell'Aquila, contact Kathy, 216-525-6227.
kholland@sevenhillsohio.org

Delayed Trash Pick Up Schedule:

May 29th & 30th - (Memorial Day Week)

Pick up delayed one day

July 4th – (Independence Day)

Thursday will be picked up on Friday

September 4th & 5th - (Labor Day Week)

Pick up delayed one day

City Hall Holiday Hours:

Monday, May 27th - Closed

Thursday, July 4th - Closed

Recreation Center Holiday Hours

Sunday, April 21st - Closed

Monday, May 27th - 5:30am - 12 noon

Thursday, July 4th - Closed