



CITY OF SEVEN HILLS COMMUNITY NEWSLETTER FALL 2022–WINTER 2023

Dear Residents,

Welcome to the Fall / Winter edition of our quarterly newsletter – the last one of 2022. We are experiencing growth and change here in Seven Hills, and I could not be more proud of our staff and administration. Such results in such a short period of time could not be possible without a commitment from my team to work together in pursuit of common goals.

Finance

We have so much to talk about in this edition, but I wouldn't be me if I didn't at least briefly touch upon our finances. Our current financial situation remains strong. As of our August YTD financial statements, our General Fund Unexpended (Cash) Balance is \$8.56 million, a particularly strong balance for a city of our size and revenue stream. Our August YTD General Fund Revenue was \$9.35 million against YTD General Fund Expenses of \$7.93 million. We are currently forecasting to finish the year with a General Fund surplus. We will once again set aside / dedicate any surplus to the capital fund where it will be applied to future projects such as the 2023 road program.

Parks and Recreation

Our Community Recreation Center is getting ready to commemorate its 20th birthday. We will be celebrating with new cardio and strength equipment, designed to be more energy and space efficient. Keeping up with building maintenance and upgrades is like owning your home – you want to be efficient and safe without becoming dated. Further, we need to remain competitive in the marketplace, as there are many other fitness options in the area. Our staff is on track to continue to help our facility operate at its best. Membership is at an all-time high and programs are constantly growing and changing with the needs of the community.

Throughout the parks this summer, you may have noticed several updates. Most noticeable to date, each of our larger parks are right in the middle of the construction of safe, inclusive restrooms. Meijer Park now has a new ADA compliant restroom and storage building already in use.

John Glenn, Calvin Park, and Summitview Commons (behind City Hall) will be done by the end of this year. Other improvements coming soon include the completion of the playground at Cricket Park, followed by a pavilion shelter also at Cricket Park, a new playground at North Park, as well as an outdoor fitness course. Additionally, our volleyball courts have been renovated and improved with the help of our Service Department and the Bocce Courts in Summitview Commons are back (forming bocce league for the spring)!

The Cricket Park playground, Calvin Restroom, and North Park Fitness Course have all received supplemental grants from various organizations such as Ohio Department of Natural Resources, Cuyahoga County, and University Hospitals. While we invested wisely at the right time to get the lowest possible rates on our bonds, we are still doing our best to apply for grant and funding opportunities to maximize the city's investments. Our administration continues to look forward to progressing even further in 2023.

(Continued on pg. 2.)



**New Cricket Park
Playground**

**Restroom & Pavilion
at
John Glenn Park**



**Updating Bocce
Courts**

MAYOR'S MESSAGE (CONTINUED)



Economic Development

Raising Cane's has remediated the wetland issue they encountered and are now on track to break ground in January 2023. Charleys Cheesesteaks is moving in to the old Dairy Queen location. Renovations are underway on the property, but an opening date has not yet been shared with the city.

We remain in negotiations with LSB Seven Hills LLC, the owners of the private property development on Rockside Rd. and with Industrial Commercial Properties (ICP) <https://icpllc.com/> on the approximate 9 acres fronting Rockside. LSB Seven Hills LLC, has secured Pulte Homes for the development of the back portion of the PUD area. Further, Industrial Commercial Properties (ICP) has engaged the Parma City School District in discussions related to the tax abatement that is required to keep this project moving. We will keep you posted as more information becomes available.

Partnerships and Progress

We continue to be highly successful in our partnership efforts. Since we last spoke, we landed a grant from the Ohio Department of Safety Office of Criminal Justice Services in the amount of \$53,815, which will cover 43% of the cost to purchase body cameras for our police officers. We also secured funding to cover the demolition of the old press box at Meijer Park (Valleywood) and the old recreation center at Calvin. The grant from the Cuyahoga Land Bank will cover expenses related to both demos up to approximately \$312,000. This administration has now secured nearly \$5.5 million in Grants, Awards & Partnerships. Great job, team!



I'm going to wrap up on personal note. I want to thank all of you who took the time to reach out and express your sympathy or condolences on the passing of my father. Your kindness made a difference during a very difficult time in my life.

Sincerely,
Mayor Tony Biasiotta

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	216-525-6227
Recreation Center	216-524-6262
Senior & Community Services	216-525-6230

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

Utilities Contact Information

Water Department:	216.664.3130
Emergency Only:	216.664.3060
Illuminating Company:	800.589.3101
Emergency Only:	888.544.4877
Dominion East Ohio Gas:	800.362.7557
Emergency Only:	877.542.2630

Cox Communications:	216.676.8100
Emergency Only:	216.535.3351
AT&T:	800.572.4545
Waste Management Refuse:	866.797.9018
Northeast Ohio Regional Sewer District:	216.881.8247



POLICE DEPARTMENT-EMERGENCY: 9-1-1

POLICE NON-EMERGENCY: 216.524.3911

When You Go Away:

Make sure light bulbs will last while away. Change them if necessary.

Make arrangements to have your mail / newspapers collected.

Leave contact information with a neighbor.

Unplug all unnecessary appliances such as televisions, stereos, computers.

Mow your lawn before leaving. Make arrangements to have it mowed during extended absence.

In the winter, make arrangements to have someone shovel sidewalks if it snows. At a minimum, have a neighbor walk from the street to the door several times. Maintain a lived-in appearance.

If you use an answering machine, turn off the ringer on the phone. If you don't have an answering machine, unplug or turn off ringers on all phones. No RING, RING, RING.

Leave a radio on within the residence.

Steps to Prevention

Is your address clearly visible from the street during the day and night? Necessary for proper response of police and fire personnel.

Remove hiding places:
Shrubs and/or bushes cut to the lower edge of windows.
Trees cut 6 to 7 feet above the ground.

Is the property well maintained?
Appears that you care what happens here

Lighting: Interior and Exterior
Continuous vs motion sensor
Out of reach from the ground
Timers while away

Get rid of "Hidden" keys
Better left with a trusted neighbor
Sealed envelope

Secured openings (windows & doors)
Able to open only a specific amount
Equipped with quality locks
Doors locked while you are home

Alarms

Alarm signs clearly visible

Pets: BEWARE OF DOG

Even if you don't have one

Corded phone

Cordless won't work in a power outage

Vary daily routines

Know where your family members are at all times

Know your neighbors. Develop a rapport with them and offer to keep an eye on each other's property.

Retrieve each other's mail

Allow them to use your driveway while you're away

If you observe suspicious activity, **report it immediately** to your local police

Detail as much as possible.

Be the best witness possible. Don't take action on your own.

Obstacles to Personal Safety

Attitude of Complacency:

"It can't happen to me." - "Nothing like this happens in my neighborhood." - "If it's going to happen, it's going to happen."

A criminal attack against you or your family can take place anywhere, as can fire or other disaster. YOU CAN influence what happens to you by assuming more responsibility for your own security.

FIRE DEPARTMENT-EMERGENCY: 9-1-1
FIRE NON-EMERGENCY: 216.524.3321



IMPORTANT INFORMATION FROM FIRE CHIEF MEKLEMBURG

Since 1922 the National Fire Protection Association (NFPA) has designated the month of October as Fire Safety Month. The goal of Fire Prevention Month is to raise fire safety awareness, and help ensure your home and family is protected. Each year the NFPA picks a topic for fire safety as the main focus of its campaign. This year's campaign is "**Fire Won't Wait, Plan Your Escape.**" Fire Safety Month is the perfect time to educate your whole family about fire safety. This should include testing your smoke detectors, changing their batteries, reviewing how to use a fire extinguisher, and planning an escape route for the whole family. I have included a Family Communication Plan and Escape Map to this newsletter. Take some time to go over these important plans with your family members. Knowing who to contact after an emergency, and where to meet with your family members, are two of the most overlooked aspects of disaster planning.

DID YOU KNOW?

- * 3 of every 5 home fire deaths resulted from fires with no working smoke alarms**
 - * Less than 50% of homeowners have an escape plan**
- * Carbon monoxide (CO) is the #1 cause of accidental poisoning in the US**
- * 60% of consumers do not test their smoke and CO alarms monthly**
 - * Only 47% of people report having CO alarms in their home**
 - * Unattended cooking is the #1 cause of home fires**



Family Communication Plan

Emergencies can happen at any time. Do you know how to get in touch with your family if you are not together?

Let them know you're OK!
Pick the same person for each family member to contact. It might be easier to reach someone who's out of town.

Text, don't talk!

Unless you are in immediate danger, send a text. Texts often have an easier time getting through during emergencies, and you don't want to tie up phone lines needed by emergency responders (like 911).



Know the Numbers!

Home: _____

Adult: _____

Parent: _____

Home: _____

Cell: _____

Cell: _____

Work: _____

Neighbor: _____

Parent: _____

Home: _____

Cell: _____

Cell: _____

Work: _____

Neighbor: _____

My cell: _____

Home: _____

Sibling: _____

Cell: _____

Cell: _____

Out of state friend/relative:

Sibling: _____

Cell: _____

Home: _____

Cell: _____

Memorize your home and parents' cell phone numbers!



Cut this out and keep it somewhere safe like your backpack, school notebook, or wallet. Or input these numbers into your cell phone if you have one.



<http://www.ready.gov/kids>



Know Where to Go... and How to Get There.

Pick a Meeting Spot

Where will you meet up with your family if you have to get out of your house quickly? Where will you meet if your neighborhood is being evacuated and you're not at home?

In your neighborhood:

(such as neighbor's house or big tree)

Out of your neighborhood:

(such as the library or house of worship)

Draw a Map

Put a Δ to show your home. Put a O to show your school. Mark your out-of-neighborhood meeting spot with an X and label it.

Know the Exits

Do you know two ways out of every room in your house in case of a fire? Draw a floor plan of your bedroom in the space below and circle the two ways to get out. Hint: one may not be a door!





SERVICE DEPARTMENT

COMMUNITY SERVICE DIRECTOR JACK JOHNSON

PHONE: 216.525.6225 E-MAIL: JJOHNSON@SEVENHILLSOHIO.ORG

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.

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

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. Mattresses, box spring and fabric/leather furniture must be wrapped in plastic. Carpet must be bundled in 4' lengths. Call to schedule the bulk pickup with Waste Management 866-797-9018 or Service Department 216-525-6225.

Brush and Branch Collection

Branch chipping service will be the 1st and 3rd Monday of the Month. Place branches on the tree lawn for the City to chip. **Chipping service is for Residents only - No contractors.** No need to bundle or tie. Call the Service Department to schedule at 216-525-6225.

Leaf Pickup

Curbside leaf pickup will start in November and continue through December weather permitting. Ditch lines streets will be done first with subdivisions to follow. Leaf pickup signs will be placed one week in advance. Leaves should be raked no more than 6' from the street or curb. Do not add yard waste such as branches, weeds and grass clippings to your leaves. These items clog the vacuum tubes and cause unnecessary delays in the pickup process. Do not rake leaves into the street, by mailboxes, poles or fire hydrants. **LEAVES WILL NOT BE PICKED UP IF GRASS CLIPPINGS, STICKS, BRANCHES, ETC. ARE MIXED IN WITH THE LEAVES.**

Mailboxes

Now is the time to make repairs to your mailbox. Make sure the Mailbox is in good condition, securely attached to a substantial support at the proper height and at the proper distance from the roadway. Custom made mailboxes should be shielded or replaced for winter with a standard box.

Simple Recycling

Residents can recycle unwanted clothing, shoes and household items by calling to schedule a pickup at 866-835-5068. You can also contact the Service Department at 216-525-6225 for additional bags and information.

Holiday Light Collection

Burned out strings of lights, power strips and power cords will be collected December 1st through January 18th 2023. Barrels for collection will be placed behind City Hall by the back entrance. Place items loose in the barrel. No plastic bags or boxes.

Paper Recycling

Recycle unwanted newspaper, magazines, catalogs, phone books, books, cardboard and shredded paper in the paper bin placed behind City Hall.



BUILDING DEPARTMENT



RENTAL PROPERTY & VACANT PROPERTY REGISTRATION

The purpose of the **Rental Property Registration Ordinance Section 1143.40** is to promote safe and sanitary conditions of properties in Seven Hills. Annually a Rental Registration is to be submitted to the Building Department on the form on the building department page of the city website for the purpose of updating your tenants and property maintenance requirements. It is important that property owner's let the city know each time a you house a new tenant. The Rental Fee of \$50 is paid annually and we prefer to handle those beginning with the New Year each January. Once your rental fee is paid our housing inspector does an exterior minimum maintenance inspection. These inspections generally take place in the spring and summer months.

The City of Seven Hills requires any vacant or abandoned property to be registered with the city and the property secured with doors and windows in good condition. The annual fee for registering is \$200 and must be paid within 30 days of the property becoming vacant. Those forms can also be found on the Building Department page of the City website.

WASTE AND GARBAGE CONTAINER REQUIREMENTS

Trash containers shall be removed promptly after collection but in no case shall remain on the tree lawn overnight after the day of collection. The trash container shall be stored in a building or if stored in the open shall be placed behind the building front setback line and not visible from street. To look into the entire requirements for trash containers please go to the City Website www.sevenhillsohio.org and review under ordinances 723.03 & 723.08

SNOW FENCES & SNOW REMOVAL

As the weather begins to change please be aware of the **Snow Fence Ordinance** Requirements **Section 521.07** and **Section 997.04**.

Please remember to keep sidewalks clear of snow and ice for the safety of everyone.

Snow removal must be kept on your own property.

If you are a contractor doing snow removal in the City for our residents on their property.

Please be sure to have your company registered with the Building Department prior to snow plow season.

CHICKEN COOPS & RUNS

Chicken Coop & Run Permit Applications must adhere to the Seven Hills Codified Ordinance 505.023 Chicken Regulations. You can visit www.sevenhillsohio.org Codified Ordinances to review.

In addition, the Building Department gets frequently asked questions relating to **property maintenance issues** and Courtesy Notices that are sent out due to a complaint. The **1143.04 Ordinance Section** relates to **Exterior Minimum Maintenance** requirements. As always we ask that you maintain your buildings and structures in a manner becoming to the neighborhood, specifically we ask that you keep your accessory buildings maintained, fences and steps and railings painted to best preserve the appearance and keep windows and crumbling stone or brick repaired. We ask that you not keep household items out in the yard such as rugs or household furnishings or plastic materials not even under plastic tarps. Appliances, automobiles and trucks out of use or dilapidated shall not be stored or exposed visible from public or private property causing a blighting factor. Keep landscaping trimmed and maintained to proper heights and not obstructing sidewalks. Please make sure your house address is visible from the street.



ENGINEERING & FINANCE DEPARTMENTS

ENGINEERING DEPARTMENT

We are wrapping up another successful year for 2022. The 2022 Pavement Rehabilitation Program is completed, with work performed on the following roadways and public lots:

2022 City Road Program
(Belmont Drive, E. Dartmoor Avenue, Hickory Lane, Mayfair Drive, Meadowlane Road, City Hall/Recreation Center Parking Lot, Fire Station Parking Lot and Valleywood Park Parking Lot)

The following work has been completed this year:

2022 City Crackseal & Street Striping Programs
2022 Street Ratings Program
City Gazebo & Site Amenities (Hillside & Broadview)

The Engineering Department plans to go out for public bid on the following projects this Fall 2022:

Calvin Park Drainage Improvements (Phase 2)

The Engineering Department is working with owners of privately owned stormwater management facilities (detention or retention basins) to ensure that they are being maintained properly. Work has started on a few basins to come into compliance, but many more require attention. The Engineering Department will be working yearly to ensure compliance so that these stormwater management facilities function as they were intended to do.

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The City partners with the Northeast Ohio Regional Sewer District (NEORS) and Cuyahoga Soil & Water Conservation District (CSWCD) to assist with the management of stormwater in our City. There are helpful resources available from each of these groups for residents. Please check the following links for more information:

Northeast Ohio Regional Sewer District
<https://www.neorsd.org/>

Cuyahoga Soil & Water Conservation District
<https://cuyahogaswcd.org/>

If you have any questions and/or concerns about any of the above-mentioned projects, feel free to e-mail Mark Schmitzer, P.E., City Engineer at mschmitzer@rlba.com , David Bradt, P.E., Assistant City Engineer at dbradt@rlba.com or, call (216) 525-6258.

FINANCE DEPARTMENT NEWS

2021 Audited Financial Report

The Ohio Auditor of State released the audited annual financial report for the year ending December 31, 2021. The report is available via a link on the finance department's website - <http://www.sevenhillsohio.org/en-US/annual-financial-reports.aspx>. The finance department is pleased to report that our auditors issued an unmodified "clean" opinion, meaning our financial statements are presented fairly and free from material misstatements. The preparation of this report could not be accomplished without the dedicated services of the Finance Department team, as well as cooperation from all City departments. Thanks also goes out to Zupka & Associates, for the CPA firm's assistance in compiling the report in accordance with generally accepted accounting principles (GAAP).

COMMUNITY SERVICES

COMMUNITY SERVICE DIRECTOR: TONY TERRY

PHONE: 216.525.6230 E-MAIL: TTERRY@SEVENHILLSOHIO.ORG



Hopefully each of you had the opportunity to come and celebrate this year's Home Days with your family, friends, and neighbors. If you couldn't attend here are some things that you missed.

Friday night Mayor Biasiotta talked about the state of the city and discussed all the continued progress we have continued seeing. Resident Matt Yanosko won the chicken wing eating competition by devouring 15 GIGANTIC wings from the Seven Hills Tavern in 90 seconds. Elvis wooed the crowd in the main tent with his undeniable stage presence and sultry voice, while resident Mike Binder blew the roof off the Beer Garden with his band The Fam Machine.

Saturday started with Seven Hills Police and Fire Departments interacting with neighborhood children in our safety fair. The Dog Show was a hit as Cooper Veverka took home Best in Show. Resident Butch Armstrong rocked the event while opening for 1988!

Sunday continued in the same fashion of featuring our talented residents. Our baby show touted arguably the cutest babies in America. Riley Perry displayed her talents on the side stage. Seven Hills Hall of Fame inducted Sydney Seymour and Raymond Hudiak. Craig Allor and the Barlow boys captivated the audience with their folksy sound and Brian Papesch from the Brian Papesch Party Band took a break from their gig as the Hofbrauhaus house band to close out our event.

A giant thank you goes out to all of the volunteers who gave their time for the months leading into the event as well as throughout the 3-day extravaganza. This event was not possible without them.

YULETIDE / ADOPT-A-FAMILY

With the Holiday Season fast approaching we are asking that you consider helping our neighbors who may be less fortunate than we are. Seven Hills is in a collaborative with Brecksville, Broadview Hts., and Independence wherein we secure goods and services for the qualified residents of our communities.

Last year Seven Hills served over 35 families which was the second highest total in the group.

If you would like to help by donating or volunteering your time, please contact Tony Terry at 216-525-6230.

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!**

UPCOMING BINGO & BREAKFAST DATES

Breakfast & Bingo

Nov 9th 8:30am
Dec. 14th 8:30am
Jan. 10th 8:30am
Feb. 14th 8:30am
March 14th 8:30am
April 11th 8:30am

Bingo

Nov. 5th 10:30am
Nov. 19th 10:30am
Dec. 5th 10:30am
Dec. 19th 10:30am



GOLDEN AGERS

The Golden Agers meet twice a month at City Hall in the Community Rooms! The 2nd and 4th Fridays of each month from 9am-3pm.



COMMUNITY SERVICES (CONT.)

COMMUNITY SERVICE DIRECTOR: TONY TERRY

PHONE: 216.525.6230 E-MAIL: TTERRY@SEVENHILLSOHIO.ORG

RISING ELECTRIC AND GAS RATES

Many of our residents have seen major increases in their gas and electric bills these last couple of months. There are many factors as to why there has been an increase and it's likely that they will not be coming back down again in the immediate future.

Please note that Seven Hills, along with 240 other Ohio communities, are in an aggregate agreement with NOPEC for both gas and or electric. If you did not opt out of NOPEC for electric and you didn't call for the 6% discount off the Illuminating Company's Price to Compare or a fixed rate option, then you were automatically placed on their Standard Program Rate. This rate is currently not competitive with the market, so NOPEC is removing you from it and returning you to the Illuminating Company. This action is only being taken for customers on the Standard Program Rate. All other NOPEC customers will remain with them unless you decide otherwise.

At this time there has not been a circumstance that would warrant such actions as it pertains to the current gas rate. NOPEC does have an option of a 2% discount from Dominion's Standard Choice option. If you would like to make sure you are on that or hear any of what your options may be, you can call NOPEC at 855-667-3201.

If you would like to shop for a third-party rate you can visit energychoice.ohio.gov for the Apples-to-Apples comparison pricing lists.



Join us at our new INDOOR location at Seven Hills Rec Center! We are excited to announce our newest location for coed volleyball starting in NOVEMBER! The larger space and convenient courts will be a great addition to your child's experience with i9 Sports. Make your season cozy with INDOOR SPORTS!

NEW: Seven Hills Recreational Center!



[@i9sports104](https://www.instagram.com/i9sports104) [i9sports104](https://www.facebook.com/i9sports104)

GET IN TOUCH

330-208-6463

i9sports.com

The 18th Annual St Nick Craft Show!

Seven Hills Recreation Center

7777 Summit View Drive, Seven Hills Ohio 44131

Saturday, Dec. 10 9 AM – 3 PM

Sunday, Dec. 11 11 AM – 3 PM

COUNCIL QUARTERLY



Greetings Seven Hills Residents,

Welcome to the Fall/Winter edition of our Community Newsletter. As we begin to turn the page on 2022, it's almost time to put the lawn mowers away and begin to warm up the snow blowers.

To recap, over the spring and summer months our community enjoyed many memorable events including the Memorial Day Parade, the Summer Concert Series, the weekly Farmers Markets, and the well-attended Home Days. Thanks to all who took the time to attend these events.

In preparation for the upcoming winter months, may I recommend contracting a snow plow service as well as having an HVAC Company do a routine check of your homes furnace so that you are well prepared for the cold winter months that lie ahead.

Furthermore, I am inviting you to attend The Seven Hills Oktoberfest celebration which will take place on Saturday, October 1st at the City Hall Pavillion from 2 PM to 8 PM. Come and enjoy live music, bratwurst, beer, and more. Admission is free while food and beverages will be sold for a nominal fee.

In closing, may you stay well and enjoy good health, peace, and joy in the upcoming holiday season. Lastly, please do not hesitate to contact me with any questions or concerns that may arise. You can reach me by phone at (440) 547- 6832 or email me at pkiriazis@sevenhills.org. Thank you!

Sincerely,
Phillip Kiriazis
City Council President



Ward 1

Council President
Philip Kiriazis
440-547-6832
pkiriazis@sevenhillsohio.org

Ward 3

Thomas J. Snitzky
216-236-6322
tsnitzky@sevenhillsohio.org

Council-At-Large

Patrick Elliott
216-990-8725
pelliott@sevenhillsohio.org

Ward 2

Norman Martin
216-317-4600
nmartin@sevenhillsohio.org

Ward 4

Richard Dell'Aquila
216-548-2890
rdellaquila@sevenhillsohio.org

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

John Kulju
216-224-2862
jkulju@sevenhillsohio.org

2022 Seven Hills City Council Representatives



Norm Martin
Ward 2

Hello! I am hoping that you and our other residents of **Ward 2** had a great summer, but as you know the beautiful autumn season is on our doorstep.

Your Seven Hills Road and Service Department has been busy in **Ward 2** with the painting of street sign-posts to extend their service life, as well as updating the pavement markings program. If you notice a post that was missed, please pass along its location to service@sevenhillsohio.org. In addition, a number of streets within Ward 2 had a "surface rejuvenation" treatment applied that will extend the life of the pavement.

Your Seven Hills Mayor and Council are in receipt of the initial details of the road priority repair and re-surfacing program for 2023. The final roadways will be announced later this autumn but suffice it to say that every roadway in Seven Hills has been objectively evaluated and has been "racked and stacked" in priority order to ensure that the worst roadways, regardless of where they exist in the community get first priority. Ward 2 will benefit again during this next round of road resurfacing.

Referencing a line from Paul Simon's "A Hazy Shade of Winter"... *leaves are brown, there's a patch of snow on the ground.* When that snow does come, your Seven Hills Road Department has received an upgraded snow-plow truck to assist in their continued quality and timely snow removal efforts. For our senior-aged residents, please see the City of Seven Hills web site for information on how to enroll in the driveway snow-plow program.

As the current chairman of the Parks and Recreation Committee, I encourage you to visit and enjoy our ever-improving park system. Ward 2 residents enjoying the **John Glenn Park** will see a new restroom facility completed this fall. There are many other park improvements at other nearby City of Seven Hills parks as well that are described in other portions of this newsletter. Thank you for your taxpayer support to ensure that all of Seven Hills has a variety of convenient and useful park amenities. Parks not only help attract young families to purchase or rent a home here and raise their children in a quality community, they are also beneficial for residents of all ages. Finally, when your recreation needs take you indoors at the Seven Hills Community Recreation Center, members will be greeted with large amount of upgraded exercise machines, including treadmills and weights. If you are interested in a membership for yourself or your family, you may want to consider taking advantage of the yearly membership sale during November.

The southern portion of the Planned Unit Development (PUD) off of Rockside Road extends into **Ward 2**. Be aware the PUD is **NOT** owned by the city, but by a private entity. The city's role is to work with any proposed plan for the parcel to ensure it will result in a high-quality project and at the same time generate a good level of property and income taxes. The City of Seven Hills will enter into a development agreement for tax revenue structuring when the acceptable development is proposed. It is not to Seven Hills interest to just accept any development and any tax structuring proposal. It is better to wait until a quality agreement can be reached, rather than enter into one that does not provide substantial benefits to Seven Hills, one that we will have to live with for the next 30 years. I am optimistic that such a plan will be assembled.

Our Seven Hills community is a wonderful place to live and comes with many quality services. Those services are provided by employees of various departments and through leadership by appointed department heads. These departments include Roads/Service, Police, Fire, Community Service, Building Department, and Recreation. When there is a department head vacancy, the mayor makes a selection from a pool of applicants, then forwards a recommendation for confirmation to the Seven Hills City Council to provide the "checks and balances" of the process. This process has resulted in numerous quality applicants from both inside and outside the city to be able to fill those roles. The goal is to get the best available candidate.

Seven Hill voters this November will be determining whether the same approach used for any other Seven Hills department head position should also be used for the position of Law Director. Due to residency requirements in the Seven Hills Charter, the city only had two applicants step forward to fill the unexpired term of the recently vacated law department position. Having the law director report to the mayor will also increase this position's accountability.

Have an enjoyable fall season and remember to keep your yards and homes "**Neat and Tidy**" because it benefits the entire community tax base and keeps Seven Hills a wonderful place to live and raise a family.

IN-MEMORIAM

In memory of Seven Hills residents:

Anthony C. Biasiotta (*Father of Mayor Biasiotta*)
Ann Marie Marchese
Lorie Worthington

If you wish to honor the memory of a loved one or friend who was a Seven Hills resident, and would like their name noted in the next newsletter, please e-mail Kathy Holland at kholland@sevenhillsohio.org

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 educational opportunities.

HISTORICAL FACTS REFLECTING ON LIFE IN SEVEN HILLS IN THE EARLY 1900'S

1870 Tile factory on hill on Pleasant Valley Road. John Perram, father of George Perram, one of Seven Hills' original councilmen, owned the factory. This factory had a large stock of chimneys, a huge circular kiln, and large storage sheds. People purchased earthenware pipe and tiles used to drain water from land. The George Perram home still stands today on Hillside Road.

1910 The first telephones in area

1921 First electricity to the area

1922 First water line in the area

1926 First refrigerators in the area

1927 Small auto body shop on Broadview Road, previously the K-Mart Parking Lot

1946 First gas line in the area

1958 First traffic light at Broadview and Pleasant Valley Roads

NEWSPAPERS

1894 News and Herald (1cent)

1894 Cleveland Press (2 cents)

1900 Cleveland Plain Dealer (1 cent)

1900 Cleveland World (1 cent)

1909 Cleveland Leader (1 cent)

1926 Brooklyn News (1 cent)

1965 Seven Hills News (Free)

1970 Parma Sun Post

TYPES OF JOBS

Farming, work on roads, milk routes, sandstone quarries, cider mill, sawmill, egg route, chicken route, tavern keeper, carpenter, salesman, excavating, blacksmiths.

FARMS

Mostly dairy. Cattle, sheep, horses, chickens, ducks. Land per farm was 25 to 130 acres.

TYPES OF CROPS

Hay, wheat, oats, corn, rye, potatoes, strawberries, grapes, fruit trees, maple trees for syrup and candy.

If you would like to know more about the History of the City of Seven Hills, the Seven Hills Historical Society meets the first Wednesday of the month at Seven Hills City Hall, 7777 Summitview Drive, Seven Hills OH 44131, or send inquiries to our President, Kathy Patterson to City Hall or call her at (216-548-9758).
Attention: Seven Hills Historical Society

FARMERS' MARKET

And just like that, the summer of 2022 is over and the season that is a feast for the senses is upon us. Autumn comes around too soon. We anticipate apple cider, pumpkins, corn mazes, hayrides, and Oktoberfest. Our staff and vendors take a much-needed breather. Our farmers harvest their final crops for sale or storage, clean and fix equipment, prepare their fields, and review what they will plant in the spring. The chilly winter months have us all planning for 2023 market season.

Thank you to all who have taken their time to stop at the Seven Hills Farmers Market. The shoppers that purchase items from our vendors and engage in conversation with them to discover the best way to prepare, store or consume their purchases. The visitors that sit and listen to the live music. Everyone who enjoys a meal from the weekly food truck. The people that stroll from tent to tent, browsing, chatting with their neighbors, and filling out a ticket for the free raffle. The kids who look forward to having their face painted. All these interactions strengthen the Seven Hills Farmers Market. Our Thursday market has become a summer hub for our community, and that is a great compliment! We would not exist without your patronage and the support of our sponsors; The Loan Gals at Cross Country Mortgage, Taleris Credit Union, Inc., Vince Hrobat Insurance Agency, Inc., and Warwick Inc.

Happy Holidays and warm wishes for 2023.

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

Follow us on Social Media!

<https://www.instagram.com/sevenhillsfarmersmarket/>

<https://www.facebook.com/cityofsevenhills>



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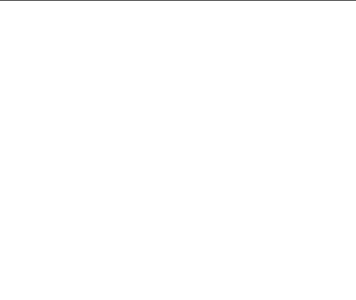
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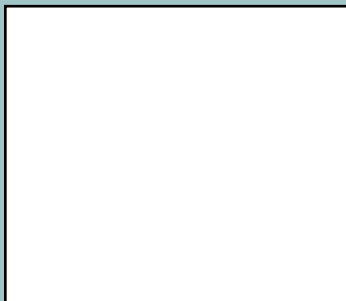
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THIS SPACE IS AVAILABLE

UPCOMING EVENTS

TRICK-OR-TREAT
OCTOBER 31ST
6PM - 8PM



BE SURE TO HAVE YOUR
HOUSE DECORATED BY
OCTOBER 27TH
FOR THE CHANCE OF A
SPOOKTACULAR RECOGNITION
FROM MAYOR BIASIOTTA



ALL-GIRLS ^{Ages 7-16} CLINIC

All participants will receive a Dri-Fit T-Shirt, two (2) tickets to an upcoming Cavs game and the chance to win various prizes.

DATE

Saturday, Nov. 19
10:00AM - 12:00PM

LOCATION

Seven Hills Rec. Center
7777 Summit View Dr.
Seven Hills, OH 44131



\$65

Scholarships Available!

CAVSYOUTH.COM/CLINICS

Information coming
soon for all of our
winter city events!
Scan the code below
to visit our City
Events page!



COMMUNITY RECREATION CENTER HOURS:

SUNDAYS: 12PM – 6PM • MONDAYS– FRIDAYS: 5:30AM – 9PM •

SATURDAYS: 8AM – 8PM



The Seven Hills Rec Center POOL AREA only including the hot tub and sauna will be closed beginning Sunday, October 30th and will reopen Sunday November 6th for scheduled maintenance and repairs.

The Fitness Center will be closed periodically while we install new fitness equipment. Stay tuned for updates via sevenhillsohio.org



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

Seven Hills Resident Membership Info - Annual / Upfront Payment

Youth	\$105	A resident 12 or younger (must be purchased with Adult Membership).
Teen w Parent	\$160	A resident between 13-17 (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 in Seven Hills.
Family	\$400	Immediate family household members, up to four people living in Seven Hills (max. 2 adults).
Additional 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	Parma resident 12 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 in Parma.
Family	\$525	Immediate family household members, up to four people living in Parma (max. 2 adults).
Additional 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 with same address
Family	\$675	Immediate family household members, up to four people living outside of Seven Hills or Parma (max. 2 adults).
Additional Children	\$105	Additional Children may be added for \$105 each per year.

The above listed memberships are purchased for one full year - one time upfront payment.

All memberships are non-refundable and non-transferrable.

SEVEN HILLS INDOOR RENTAL INFORMATION

RECREATION CENTER GATHERING ROOMS

POOL PARTIES:

POOL PARTIES INCLUDE USE OF ONE ROOM AND THE POOL FOR UP TO 20 SWIMMERS FOR THE ENTIRE RENTAL. POOL PARTIES CAN BE RENTED FOR 2-HOURS ON THURSDAY, AND FRIDAY EVENINGS; SATURDAY AND SUNDAY AFTERNOONS.

MEMBERS: \$130 NON-MEMBERS: \$190

GATHERING ROOM RENTALS:

THE PRICING FOR THE GATHERING ROOMS AT THE RECREATION CENTER ARE DEPENDENT ON MEMBERSHIP AS WELL AS THE NUMBER OF PEOPLE YOU ARE LOOKING TO HOST. THE KITCHEN AND PATIO CAN BE RENTED FOR ADDITIONAL FEES.

MEMBERS:

UP TO 50 PEOPLE- \$40/HOUR

UP TO 100 PEOPLE- \$70/HOUR

UP TO 150 PEOPLE- \$100/HOUR

NON-MEMBERS:

UP TO 50 PEOPLE- \$65/HOUR

UP TO 100 PEOPLE- \$100/HOUR

UP TO 150 PEOPLE- \$130/HOUR

CITY HALL COMMUNITY ROOMS

THE COMMUNITY ROOMS AT CITY HALL ARE AVAILABLE TO RENT TO RESIDENTS OF SEVEN HILLS FOR A FEE OF \$25 PER HOUR. COMMUNITY ROOM RENTALS ARE A MINIMUM OF 4-HOURS AND SECURITY IS REQUIRED FOR ALL EVENTS AT CITY HALL. PAYMENT TO SECURITY IS TO BE PAID ON THE DAY OF THE EVENT.

CONTACT & ADDITIONAL INFORMATION

TO BOOK YOUR EVENT PLEASE CONTACT SPENCER BALINT.
216-524-6262 EXT. 400 OR SBALINT@SEVENHILLSOHIO.ORG

RESERVATIONS ARE NOT CONSIDERED FINAL OR CONFIRMED UNTIL FULL PAYMENT IS RECEIVED.

RESERVATIONS CAN BE MADE NO MORE THAN 180 DAYS IN ADVANCE AND NO LESS THAN 14 DAYS IN ADVANCE FOR THE RECREATION CENTER AND 30 DAYS IN ADVANCE FOR THE CITY HALL COMMUNITY ROOMS.



CHECK OUT OUR FREE ORIENTATIONS! LEARN HOW TO USE THE EQUIPMENT AND CIRCUIT PROPERLY AND SAFELY!

TOTALLY TONED PERSONAL TRAINING

GET A JUMP START ON THE HOLIDAYS THIS YEAR WITH TOTALLY TONED PERSONAL TRAINING! BUILD MUSCLE TO BURN EXCESS CALORIES, INCREASE ENDURANCE THROUGH PROPER CARDIOVASCULAR EXERCISE, AND TONE UP BY USING PROPER NUTRITION AS YOUR BODY'S FUEL! TTPTS PROVEN WEIGHT TRAINING PROGRAM WILL ENSURE YOUR HEALTH AND FITNESS RESOLUTIONS THIS YEAR ARE A SUCCESS! MENTION THIS AD TO GET 2 FREE SESSIONS WITH YOUR FIRST TRAINING PACKAGE!

* GIFT CERTIFICATES ARE AVAILABLE *

* WWW.TOTALLYTONEDPERSONALTRAINING.COM *

* GET THE MOST OUT OF YOUR RECREATION MEMBERSHIP WITH OUR FREE GROUP ORIENTATIONS *

CONTACT MIKE AT 216-548-5383 TODAY!

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SENIOR & INCLUSIVE PROGRAMS



MONTHLY INCLUSIVE PROGRAM SCHEDULES ARE AVAILABLE AT THE FRONT
DESK AND ONLINE AT WWW.SEVENHILLSOHIO.ORG



SilverSneakers® Classic: Seated and standing exercises to increase muscular strength, range of motion and activities for daily living.



SilverSneakers® Circuit: Standing upper-body strength work alternated with low-impact cardio using a chair for standing support.



SilverSneakers® Yoga: Seated and standing yoga poses to increase flexibility, balance and range of motion.



SilverSneakers Stability®: Standing class designed to decrease the risk of falls with focus on improving balance and lower body strength.



SilverSneakers EnerChi™: Seated or standing tai chi movements in flowing sequence to progress strength, balance and focus.



SilverSneakers® Splash: Shallow-water exercise for all skill levels to increase strength and cardiovascular endurance.



SilverSneakers BOOM™ MIND: The best of yoga and Pilates combined in an intermediate to advanced mind-body mat workout.



SilverSneakers BOOM™ MOVE: Dance-inspired workout to challenge cardio fitness with easy-to-follow movement patterns.



SilverSneakers BOOM™ MUSCLE: Muscle-conditioning blocks and activity-specific intervals to improve cardiovascular health and functional skill.



ADULT PROGRAMS

SESSION DATES – DROP IN TO MOST PROGRAMS AT ANY TIME!

FALL 1: SEPTEMBER 12 – OCTOBER 22ND (REGISTRATION OPENS SEPTEMBER 1ST)
FALL 2: NOVEMBER 7TH – DECEMBER 17TH (REGISTRATION OPENS OCTOBER 24TH)
WINTER 1: JANUARY 9TH – FEBRUARY 18TH (REGISTRATION OPENS DECEMBER 11TH)

ZUMBA WITH NELA

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.

INSTRUCTOR: NELA SERRANO
DAYS: WEDNESDAY EVENINGS 6:30PM – 7:30PM
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 MIDSECTION. 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!

INSTRUCTOR: DEBBIE MAKOWSKI
DAYS: TUESDAY EVENINGS: 6:30PM – 7:30PM
FEES: 6-CLASS PUNCH CARD: \$42 12-CLASS PUNCH CARD: \$82 OR DROP-IN \$10



BEGINNER 'S YOGA WITH HEATHER

FOR THOSE THAT WANT TO TRY YOGA FOR THE FIRST TIME OR THOSE THAT NEED A BIT MORE INSTRUCTION & SLOWER PAGED CLASS. WE WILL CONNECTOUR BODY, MIND, AND SPIRIT THROUGH BREATH AND MOVEMENT, HELPING TO IMPROVE STRENGTH AND FLEXIBILITY. A GREAT WORKOUT OPTION FOR THOSE JUST STARTING OUT THEIR YOGA JOURNEY!

INSTUCTOR: HEATHER HANCHUK-RYT 200 HOURS / CYT 500
DAYS: MONDAY EVENINGS: 5:30PM – 6:30PM
FEES: 5-CLASS PUNCH CARD: MEMBERS: \$40 NON-MEMBERS: \$45
10-CLASS PUNCH CARD: MEMBERS: \$70 NON-MEMBERS: 80 OR DROP-IN \$10



ALL LEVELS POWER YOGA WITH HEATHER

UPBEAT MUSIC, HIGH ENERGY CLASS! OFFERING HIGHER LEVEL BALANCES, BINDS, AND POSES BUT ALWAYS GIVING MODIFICATIONS FOR THOSE WHO MAY NEED THEM. NO ONE SHOULD BE AFRAID TO TRY THIS CLASS... ALL LEVELS WELCOME!

INSTUCTOR: HEATHER HANCHUK-RYT 200 HOURS / CYT 500
DAYS: MONDAY EVENINGS: 7PM – 8PM
FEES: 5-CLASS PUNCH CARD: MEMBERS: \$40 NON-MEMBERS: \$45
10-CLASS PUNCH CARD: MEMBERS: \$70 NON-MEMBERS: 80 OR DROP-IN \$10



The Seven Hills Rec Center POOL AREA only including the hot tub and sauna will be closed beginning Sunday, October 30th and will reopen Sunday November 6th for scheduled maintenance and repairs.

The Fitness Center will be closed periodically while we install new equipment. Stay tuned for updates via sevenhillsohio.org

ADULT PROGRAMS



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FALL 2: NOVEMBER 7TH – DECEMBER 17TH (REGISTRATION OPENS OCTOBER 24TH)
WINTER 1: JANUARY 9TH – FEBRUARY 18TH (REGISTRATION OPENS DECEMBER 11TH)

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.

MONDAYS • WEDNESDAYS • FRIDAYS 9:30AM – 10:30AM



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



STRESS RELIEF YOGA

THIS CLASS BEGINS WITH A GENTLE YOGA FLOW TO WARM THE BODY INCLUDING SOME LIGHT CORE WORK TO STRENGTHEN THE ABDOMINALS AND BACK. IT CONTINUES WITH DEEP STRETCHING AND RESTORATIVE YOGA POSES ON THE FLOOR, CONCLUDING WITH A FINAL RELAXATION. THE FOCUS IS ON BREATH AND MINDFULNESS TO STRENGTHEN OUR BODIES WHILE IMPROVING FLEXIBILITY AND BALANCE. YOU WILL LEAVE FEELING REFRESHED AND REJUVENATED. ALL LEVELS AND AGES WILL BENEFIT FROM THIS RESTORATIVE CLASS.

THURSDAYS 9:30AM – 10:30AM



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

MEMBER CARD: \$50 (10 CLASSES) OR \$7 DROP IN NON-MEMBER CARD: \$70 (10 CLASSES) OR \$9 DROP IN

JAZZERCISE

THE ORIGINAL DANCE EXERCISE PHENOMENON—OPEN TO ALL AGES! 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 GYM 1

FEES: 1 MONTH: \$50 DROP-IN \$15 JOIN AT ANY TIME!

DAYS: MONDAY & WEDNESDAY EVENINGS 6:30PM – 7:30PM WITH LOIS POWERS– LOISJAZZERCISE@GMAIL.COM / 330.468.6637

DAYS: TUESDAY & THURSDAY MORNINGS 8:30AM – 9:30AM WITH CAROL MASON

DAYS: MONDAY & WEDNESDAY EVENINGS 5:15PM – 6:15PM WITH CAROL MASON



LEAGUE PLAY

SEVEN HILLS BASKETBALL FEDERATION



SIGN-UPS ARE OPEN! WWW.SEVENHILLSBASKETBALL.COM FOR UPDATED SEASON INFORMATION, AS WELL AS ON-LINE REGISTRATION! SEVEN HILLS BASKETBALL PROUDLY PARTNERED WITH THE CLEVELAND JUNIOR CAVS PROGRAM! BY REGISTERING, YOU RECEIVE NBA-STYE REVERSIBLE UNIFORMS, CAVS REPRESENTATION, AND TICKETS TO AN UPCOMING GAME! CONTACT DAVE AT [DILUZIO@COX.NET](mailto:diluzio@cox.net) WITH QUESTIONS!



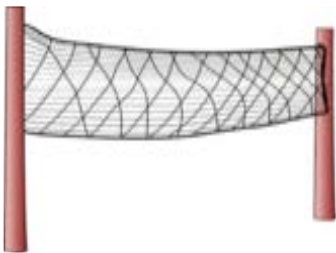
SEVEN HILLS YOUTH SOCCER FEDERATION

REGISTRATION FOR THE SPRING 2021 SEVEN HILLS YOUTH SOCCER PROGRAM WILL RUN **FEBRUARY 1ST – MARCH 12TH** (OR UNTIL THE TEAM IS FULL) FOR AGES 7 – 15 YEARS OLD. REGISTRATION COVERS SPRING 2022. IF YOU REGISTERED IN FALL 2022, YOUR PAYMENT COVERED BOTH FALL AND SPRING! CONTACT DAVE AT [DILUZIO@COX.NET](mailto:diluzio@cox.net) WITH QUESTIONS! SPRING SOCCER BEGINS APRIL 15TH, 2023. FOR ADDITIONAL LEAGUE INFORMATION, PLEASE VISIT THE SUBURBAN RECREATIONAL SOCCER LEAGUE'S WEBSITE AT WWW.SRSLONLINE.ORG.

PARENTS – WE ARE ALWAYS LOOKING FOR VOLUNTEERS TO HELP WITH COACHING AND OTHER ACTIVITIES INVOLVING THE SOCCER PROGRAM. PLEASE DESIGNATE YOUR INTEREST ON YOUR CHILD'S REGISTRATION!



FEES: RESIDENTS: \$40 NON-RESIDENTS: \$50 \$10 LATE FEE WILL APPLY FOR THOSE THAT REGISTER AFTER MARCH 12TH



INDOOR SPRING VOLLEYBALL LEAGUE PLAY!

WEEKLY LEAGUES COMING THIS SPRING –
CONTACT DAVE AT [DILUZIO@COX.NET](mailto:diluzio@cox.net) TODAY FOR MORE INFO!

ADULT MEN'S HOOPS

MEN'S LEAGUES WILL PLAY THURSDAY NIGHTS AND SUNDAYS. SUNDAYS: BRONZE DIVISION WILL PLAY EARLY TO MID-AFTERNOONS AND SUNDAY SILVER DIVISION WILL PLAY AFTERNOON TO EARLY EVENINGS, GOLD DIVISION WILL PLAY AFTERNOON TO LATE EVENINGS. COMPETITION IS AS FOLLOWS: GOLD IS HIGHLY COMPETITIVE, SILVER IS A FUNDAMENTAL LEVEL OF PLAY WHERE DEFENSE AND SCORING ARE CONCERNED. BRONZE DIVISION IS A RECREATIONAL LEVEL LEAGUE AND IS A GREAT START FOR NEW TEAMS NOT FAMILIAR WITH OUR LEAGUES. THURSDAYS ARE A MIX OF GOLD & SILVER TALENT. CONTACT PHIL TOMBERLAIN AT ROOKIEATHLETICS@GMAIL.COM FOR MORE INFORMATION REGARDING OUR UPCOMING LEAGUES!

Sponsored By



ALL NOVEMBER LONG



**DON'T MISS OUR
BIGGEST MEMBERSHIP
SALE OF THE YEAR!**

The 12 Days of Fitness
December 12th - 23rd



*Be sure to stop by
the Recreation Center
each day for a new sale!*

SEVEN HILLS BEFORE AND AFTER SCHOOL PROGRAM 2022– 2023

FULL & PART TIME RATES AVAILABLE!

OUR ENERGETIC STAFF IS GEARED UP TO PROVIDE YOUR CHILD WITH AN ACTIVE, FUN AND PRODUCTIVE ALTERNATIVE TO THEIR BEFORE OR AFTER SCHOOL HOURS. THESE ACTIVITIES WILL INCLUDE THE FOLLOWING: SWIMMING, ARTS & CRAFTS, BOARD/CARD GAMES, VARIOUS SPORTS AND GAMES IN THE GYMNASIUM, SNACK TIME, DEDICATED TIME FOR HOMEWORK AND MUCH MORE. OPEN TO STUDENTS IN GRADES K - 7, SO SIGN UP EARLY TO AVOID BEING SHUT OUT!

PARMA BUSSING PROVIDED FOR CHILDREN ATTENDING GREEN VALLEY, DENTZLER, & HILLSIDE!

PROGRAM CALENDAR FOLLOWS THE PARMA CITY SCHOOLS SCHEDULE

PARTICIPANTS MUST REGISTER AND PAY BY THURSDAY OF THE PREVIOUS WEEK TO AVOID BEING CLOSED OUT!

CONTACT CAMPS@SEVENHILLSSOHIO.ORG FOR MORE INFO!

BEFORE CARE PART TIME (1–3 DAYS):

MEMBERS: \$22 PER WEEK

NON-MEMBERS: \$27 PER WEEK

FULL TIME (4 OR MORE DAYS):

MEMBERS: \$30 PER WEEK

NON-MEMBERS: \$40 PER WEEK



AFTER CARE PART TIME (1–3 DAYS)

MEMBERS: \$28 PER WEEK

NON-MEMBERS: \$34 PER WEEK

FULL TIME (4 OR MORE DAYS):

MEMBERS: \$40 PER WEEK

NON-MEMBERS: \$50 PER WEEK

Kids Day Off Program – \$45 per student

BRING THE KIDS AS EARLY AS 6:30AM AND LEAVE THEM UNTIL 6PM – NO EXTRA CHARGES!

THE DAY IS FILLED WITH ACTIVITIES, CRAFTS, SWIMMING AND MORE FUN! BRING A LUNCH, A SNACK, AND SWIM GEAR!

CONTACT CAMP STAFF WITH QUESTIONS – CAMPS@SEVENHILLSSOHIO.ORG

FRIDAY OCTOBER 14TH, FRIDAY OCTOBER 28TH, TUESDAY NOVEMBER 8TH

FRIDAY JANUARY 13TH, MONDAY, JANUARY 16TH, MONDAY FEBRUARY 20TH

CHRISTMAS BREAK CAMP!

CELEBRATE THE HOLIDAY AND RING IN THE NEW YEAR WITH OUR CHRISTMAS BREAK CAMP! KIDS WILL HAVE THE OPPORTUNITY TO GET EXERCISE AND FRESH AIR DURING THEIR TIME OFF SCHOOL WITH OUR EXPERIENCED CAMP STAFF! WITH GAMES, ACTIVITIES, ARTS AND CRAFTS, A FIELD TRIP AND SO MUCH MORE THERE'S ALWAYS SOMETHING FOR YOUR CHILD TO DO! PLEASE PACK A LUNCH, A SNACK AND SWIM GEAR EACH DAY! CONTACT CAMP STAFF AT 216.524.6262 OR CAMPS@SEVENHILLSSOHIO.ORG FOR MORE INFO!

CAMP DATES: DECEMBER 21, 22, 23, 27, 28, 29 & 30, 2022 & JANUARY 3RD, 2023.

GET HERE AS EARLY 6:30AM AND STAY UNTIL 6PM – WITH NO EXTRA FEES!

VISIT WWW.SEVENHILLSSOHIO.ORG/EN-US/RECREATION.ASPX FOR PRICING AND REGISTRATION! !





ROOKIE ATHLETICS

Basketball Skills

If 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. Tuesdays, 5 class program - \$50

FALL 2 STARTS NOVEMBER 8TH
REGISTRATION OPENS 10/10

Ages 3-4: 4:30pm - 5pm
Ages 5-6: 5:15pm - 6pm
Ages 7-8: 6:15pm - 7pm
Grade 3&4: 7:15pm - 8pm
Grade 5&6: 8:15pm - 9pm

Basketball League

For Ages 5-8. 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. 6 class program. *Games will start between 10am - 2pm Saturdays.* You will be emailed prior to Week 1. - \$75

FALL 2 STARTS NOVEMBER 5TH
REGISTRATION OPENS 10/10

DODGEBALL

After a brief rule review we dive directly into game play in a fast paced, ball-flying, dippin n' dodgin exciting time. Ages 9&Up
Mondays 7:30pm - 8:30pm 5 class program - \$50

FALL 2 STARTS NOVEMBER 7TH
REGISTRATION OPENS 10/10

Rookie PhysEd

For Ages 3&4, Rookie Phys. Ed introduces the ABCS of sports to beginners in an exciting environment while promoting social development. Each athlete will develop their ABCS (Ability, Balance, Coordination, & Skills) through fun drills and games. Mondays 6pm-6:30pm or 6:30pm -7pm. 5 class program. We will email you before week 1 with start time. - \$50

FALL 2 STARTS NOVEMBER 7TH
REGISTRATION OPENS 10/10

MORE PROGRAMS TO COME IN 2023. WINTER 2023 STARTS MID JANUARY. SCAN CODE FOR MORE INFORMATION & TO REGISTER FOR THE CURRENT SESSION



2022 Fall Aquatic Programs

Group Learn-To-Swim

Members: \$50 | Non-Members: \$60

This program is designed for ages 6 months and up.

We offer a variety of different skill levels from pre-school to pre-swim team.

Fall #2 Session

Mon. PM Only: Nov. 11th to Dec. 12th

Registration Begins Oct. 24th

Wed. PM Only: Nov. 9th to Dec. 14th

Registration Begins Oct. 26th

Sat. AM Only: Nov. 12th to Dec. 17th

Registration Begins Oct. 29th

**Groups Days and Times
will be Posted at
sevenhillsohio.org.**



**For more information about
our aquatics programs,
contact Mike w/ questions at
216-524-6262 ext. 404
or
aquatics@sevenhillsohio.org**

Group Descriptions

- **Starfish:** 6 months to 3 years old. This 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.
- **Tadpole (Pre-School #1):** For ages 2.5 and up, this group 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.
- **Frog (Preschool #2):** For ages 3 and up, this group is for the beginner swimmer who is familiar with the water. Swimmers will learn the fundamentals of swimming as well as pool safety.
- **Stingray (Preschool #3):** For ages 3 and up, this group is for swimmers who have either completed group FROG or have recommendation from a teacher to move into this group.
- **Turtle (Level #1):** For ages 4 and up, this group is for the swimmer who has completed group STINGRAY or can float unassisted and swim rudimentary freestyle.
- **Penguin (Level #2):** For ages 4 and up, this group is for the swimmer who has completed group TURTLE. In this group, swimmers will learn to swim freestyle with rotary breathing, backstroke, and will be introduced to dolphin and breaststroke kicks.
- **Sea Otter (Level #3):** For ages 4 and up, this group is for swimmers ready to advance their swimming skills. In this group, swimmers will enhance freestyle and backstroke, and continue to learn butterfly and breaststroke.
- **Dolphin (Level #4 - 6):** For ages 5 and up, this group is a pre-swim team swim for swimmers looking to strengthen their swimming skills and learn the fundamentals of swim team.

Fall Seahawks Recreation Swim Team

This program is designed for swimmers ages 5 and up who have a desire to swim at the competitive level. If your child can swim 25-yards freestyle and 25-yards backstroke non-stop, they can participate in this group (25-yards = One Length of the pool).

Members: \$50 | Non-Members: \$60
Mondays and Wednesdays
November 7th to 30th
5 to 6 pm or 6 pm to 7 pm
or
Saturdays Only
November 12th to December 17th
10 to 11 am



Fall Competitive Clinic Series

These clinics are for **COMPETITIVE SWIMMERS ONLY** between ages 10 and 14 and will emphasize one swimming stroke at each clinic.

10 & Under from 5 to 6 pm and 11 & Over from 5 to 7 pm
Members: \$40 for all 4 clinics | Non-Members: \$50 for all 4 clinics
Oct. 17th (Free), Oct. 19th (Back), Oct. 24th (Breast), & Oct. 26th (Fly)



Private Swimming Lessons

This program offers one-on-one or semi-private (2-3 swimmers of equal ability level) swim lessons for children & adults. The emphasis can be for learning to swim or improving stroke technique. Contact the Aquatics Supervisor for more information at aquatics@sevenhillsohio.org or 216-524-6262 ext. 404.



Future Aquatic Safety Team Program (FAST)

In the **Future Aquatic Safety Team (FAST)** program participants ages 11 to 14 will be taught aquatic lifesaving skills and Adult/Child/Infant CPR/AED skills using the American Red Cross Guidelines. **THIS IS NOT A CERTIFICATION COURSE.**

Members: \$30 per class Non-Members: \$40 per class
Oct. 1st: Child CPR/First Aid/LG Skills from 11:30 to 1:30 pm
Oct. 29th: Infant CPR/First Aid/LG Skills from 11:30 to 1:30 pm
Nov. 12th: Child CPR/First Aid/LG Skills from 11:30 to 1:30 pm
Dec. 10th: Infant CPR/First Aid/LG Skills from 11:30 to 1:30 pm



American Red Cross Lifeguard Training Courses

Provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over. **Fall and Winter Classes Available!**

Register and learn more at FastLaneSwimming.net.



WATER EXERCISE



HIIT CLASS WITH LAURA

LOOKING FOR A NEW CHALLENGE TO GET STRONGER, LEANER, AND HEALTHIER? JOIN US FOR A 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING PROGRAM TO EASE YOUR JOINT STRESS WHILE MAXIMIZING YOUR MUSCLE OVERLOAD! EQUIPMENT WILL BE USED TO CREATE ADDITIONAL RESISTANCE DEMANDS TO THE MUSCLES HELPING THEM BECOME STRONGER TO SUPPORT JOINT HEALTH, INCREASE RANGE OF MOTION, AND GENERATE CALORIE BURN TO FOSTER A LEANER PHYSIQUE. **TUESDAYS & THURSDAYS: 8:15AM-8:45AM**

CARDIO & TONING:

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.

TUESDAY & THURSDAY MORNINGS WITH LAURA: 9:00AM – 9:45AM

TUESDAY & THURSDAY EVENINGS WITH KAREN: 6:00PM – 7:00PM



LOW IMPACT WATER EXERCISE WITH RENEE:

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.

MONDAYS, WEDNESDAYS, & FRIDAYS: 9:00AM – 9:45AM



ARTHRITIS FOUNDATION AQUATIC PROGRAM WITH LEIGH:

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-FT. DEPTH.

MONDAYS, WEDNESDAYS, & FRIDAYS: 10:00AM – 10:45AM (FALL SCHEDULE BEGINS 8/15/2022)



AQUA BARRE WITH KATIE:

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 (THIS PUNCH CARD ONLY GOOD FOR KATIE 'S CLASS)



ALL WATER EXERCISE CLASSES ARE OFFERED THROUGH OUR PUNCH CARD SYSTEM

PUNCH CARDS ARE GOOD FOR 12 WATER CLASSES. (CARDS EXPIRE AFTER 8 MONTHS)

MEMBERS: \$38 NON-MEMBERS: \$50 DROP IN: \$8

The Seven Hills Rec Center POOL AREA only including the hot tub and sauna will be closed beginning Sunday, October 30th and will reopen Sunday November 6th for scheduled maintenance and repairs.

The Fitness Center will be closed periodically while we install new equipment. Stay tuned for updates via sevenhillsohio.org

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AT 216-525-6227 / KHOLLAND@SEVENHILLSOHIO.ORG



RECREATION CENTER HOLIDAY HOURS:

OCTOBER 31ST- CLOSING AT 5PM
NOVEMBER 24TH - CLOSED
DECEMBER 24TH - OPEN 8AM - 12PM
DECEMBER 25TH - CLOSED
DECEMBER 31ST - OPEN 8AM - 12PM
JANUARY 1ST - CLOSED

CITY HALL HOLIDAY HOURS:

OCTOBER 10TH - CLOSED
NOVEMBER 24TH & 25TH - CLOSED
DECEMBER 26TH - CLOSED

DELAYS IN TRASH PICK UP

2022

THANKSGIVING DAY - NOVEMBER 24TH - THURSDAY PICKED UP ON FRIDAY

CHRISTMAS DAY - DECEMBER 25TH - NO DELAY

2023

NEW YEAR'S DAY - JANUARY 1ST - NO DELAY
MARTIN LUTHER KING JR. DAY - JANUARY 16TH-NO DELAY
PRESIDENTS' DAY- FEBRUARY 20TH-NO DELAY

SEVEN HILLS CITY HALL • 7325 SUMMITVIEW DRIVE • SEVEN HILLS, OH 44131

PHONE: 216-524-4421 • WEBSITE: WWW.SEVENHILLSOHIO.ORG