

CITY OF SEVEN HILLS COMMUNITY NEWSLETTER WINTER 2022



A Message from Mayor Tony Biasiotta -

Dear Seven Hills Residents, Welcome to the winter edition of our quarterly newsletter. I am grateful and proud to have received your support in electing me mayor of our wonderful city. I knew the challenges of the office and thought the social media vitriol and lies would be the toughest part. Early on I decided the best course of action is to ignore such childish behavior and to instead put all my energy into delivering results for the city, some of which I will highlight below.



Actually, the most difficult aspect I didn't see coming at all has been the passing of so many friends, friends I would never have met had I not stepped into the arena. Many of whom were retired. They had the time to devote to various campaigns and volunteer in the community. In doing so, they became extended family. With the demands of position, I often spent more time with them than my own family. In their honor and in honor to all our friends, family and neighbors who have passed away, I would like to initiate an "**In-Memoriam**" section in our quarterly newsletters. If you wish to honor the memory of a loved one or friend who was a Seven Hills resident, I would like their name noted in this newsletter, please email kholland@sevenhillsohio.org.

Looking ahead, the outlook for 2022 is bright.

We finished 2021 strong. Our general fund revenue exceeded expenses by \$1.4 million. We transferred this savings to the city's Capital Fund where it will be set aside for projects in Seven Hills.

Infrastructure will once again be of the utmost importance. We are looking to add a streets

program for 2022 that will be paid for with ARPA (American Rescue Plan Act) funds and the transfer of our General Fund surplus noted above. This program will include the following streets: East Dartmoor from Northview Dr. to Voyager Circle, Mayfair Dr., Meadowlane Rd., Hickory Lane, and in a partnership with Brooklyn Hts., Belmont Dr. This is particularly exciting because at the completion of this program, we will have completed one of our goals that we started in 2018, which was to resurface all city streets which the City Engineer has advised are most in need of improvement. In 2022, we will continue to administer our water management task force's comprehensive plan to solve ongoing issues. This plan, of course, includes preventative measures

such as increased cleaning through our contract with Cuyahoga County Public Works, and targeted projects around Calvin Park and the Cricket Lane area.

We are also excited about the many city events planned for 2022. To name a few:

- Memorial Day Parade Monday, May 30th, 10am
- Summer Concert Series beginning June 24th
- Seven Hills Home Days July 22nd -July 24th
- Farmers' Market each Thursday beginning July 7th - September 29th
- Oktoberfest Saturday, October 1st
- 2022 will include a traditional Santa Parade along Broadview Rd., finishing with a holiday celebration at the City's new gazebo on December 3rd

We are also looking forward to the first phase of the park's improvement project, which will see new structures added to North Park, Calvin Park, and Meijer Park. My next communication will have more information on this topic. As in all other cities, responding to the COVID pandemic remains a challenge. Nonetheless, our Recreation Center has fully recovered from the state mandated closure of 2020. In fact, the leadership team there has posted a tremendous year from both an operating standpoint and number of programs offered.

Economic Development

I am pleased also to report that the new Erie Bank regional headquarters is on schedule to open January 27, 2022. Construction on the new Dairy Queen is well underway and will be completed this spring. Raising Cane's has received the required approvals and permits to get started as soon as the weather permits. In addition, they agreed to install a marquee similar to the rendering at the entrance to our city along Rockside Rd.



LSB Seven Hills LLC, the owner of the private property development on Rockside Rd. west of the Lombardo Extension continues to work with Industrial Commercial Properties (ICP) <https://icpllc.com/> on the approximate 9 acres fronting Rockside. **(Continued on Page 2.)**

MAYOR'S MESSAGE / CITY DIRECTORY

A Message from Mayor Tony Biasiotta (Continued from Front Page) -

Further, LSB Seven Hills LLC, is working with Pulte Homes toward the development of the back portion of the PUD area there.

Partnerships and Progress

As the result of our continuing efforts, we were awarded another NOPEC grant, this time in the amount of \$26,427.00. These funds can be used for any electric energy project the city selects. We are considering several alternative projects to apply this grant money to. We have also applied for a \$50,000.00 county supplemental grant to be applied toward outdoor exercise equipment. If successful, this equipment will be installed in one of our parks and free for everyone to use.

Once again, we have been able to report progress on all fronts, but to quote one of my favorite singers, Frank Sinatra the "best is yet to come." I hope you are pleased with the progress to date. As always please feel free to reach out with any questions or comments. Your feedback is always welcome.

Sincerely,

Mayor Tony Biasiotta

Police / Fire Emergency 911

		Mayor's Court	216-524-4421
Seven Hills City Hall	216-524-4421	Building Department	216-524-4427
Police NON-Emergency	216-524-3911	Council Clerk	216-525-6235
Fire NON-Emergency	216-524-3321	Finance Department	216-525-6249
Mayor's Office	216-525-6227	Law Department	216-525-6237
Recreation Center	216-524-6262	Service Department-	216-525-6225
Senior & Community Services	216-525-6230	Engineering Department	216-525-6277

Utilities Contact Information

Water Department:	216.664.3130	Cox Communications:	216.676.8100
Emergency Only:	216.664.3060	Emergency Only:	216.535.3351
Illuminating Company:	800.589.3101	AT&T:	800.572.4545
Emergency Only:	888.544.4877	Waste Management Refuse:	866.797.9018
Dominion East Ohio Gas:	800.362.7557	Northeast Ohio Regional Sewer District:	216.881.8247
Emergency Only:	877.542.2630		



POLICE DEPARTMENT-EMERGENCY: 9-1-1
POLICE NON-EMERGENCY: 216.524.3911

SNOW REMOVAL

Throughout the winter season, it may become very difficult for students who walk to and from school to navigate through high accumulation of snow. If you are a homeowner within close proximity to Hillside Middle School, you are asked to help mitigate this hazard by doing your best to have your sidewalks cleared.



Some children will resort to walking down one of Seven Hills very busy streets because the sidewalks aren't cleared. This is very dangerous. For this reason we are asking all residents to do what they can to ensure the safety of our children.

Please be aware that C.O. 521.06 requires you to remove snow and ice from your side walks and C.O. 311.01 prohibits you from placing snow or ice onto a street or alley or obstructing or covering a fire hydrant. However, it is legal to operate powered snow removal equipment 24 hours a day, 7 days a week. The entire ordinances can be viewed at www.sevenhillsohio.org.

THEFTS FROM VEHICLES

Thefts from unlocked vehicles continue to occur throughout the city. In each one of these cases, the vehicles entered were all unlocked and the thefts were committed overnight. The police department encourages all residents to keep all vehicles that are parked in your driveway locked and remove all valuables (for example, purses, wallets, laptops, GPS units, etc..) each night. Many of these thefts can be prevented by simply removing your valuables and locking your vehicles.



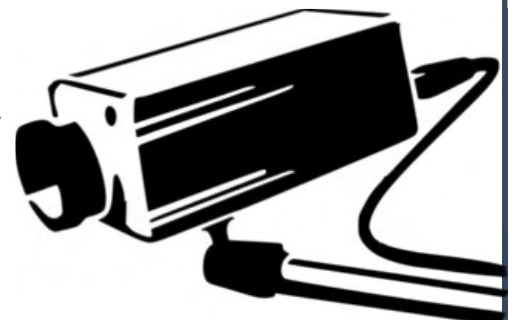
Remember, the people committing these crimes are simply walking through our neighborhoods and going through your vehicles. The police department wants to remind all residents to report any people acting in a suspicious manner immediately by calling our dispatch center at 216-524-3911. If you see anyone committing a criminal act (i.e. going through an unoccupied car in a driveway or on the street) immediately call 911 before taking any other action. Through cooperation and vigilance, we can continue to keep our neighborhoods safe.

PARKING HOURS

No person, operator or owner shall park or permit a vehicle to remain on the roadway portion of any street or highway in the City between the hours of 3:00 A.M. and 6:00 A.M. C.O. 351.11(a) can be viewed at www.sevenhillsohio.org.

SEVEN HILLS POLICE DEPARTMENT RESIDENTIAL CAMERA REGISTRATION

We would like to partner with the community to register your surveillance cameras. We believe this initiative would benefit all of us by helping to keep our streets, yards and homes safe. When video footage in a specific area may be helpful to our investigation, we would like to contact you. This will allow our officers to view the footage and request a copy with your permission. Your information will be securely kept with the Seven Hills Police Department. This information will be used strictly for investigative purposes to make Seven Hills a safer place to live.



Please consider participating in this voluntary program. You can register your camera information by sending your name, address and phone number to tips@sevenhillspd.org. If you have any questions, please feel free to contact the Seven Hills Police Department at 216-524-4423.

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



IMPORTANT MESSAGE FROM FIRE CHIEF MEKLEMBURG

We know that everyone is doing their best to navigate their way through a global pandemic. Sometimes it may be hard to decide exactly what you should do for your own health, or for the health of a loved one. With the emergence of the Omicron variant of Covid-19 this Winter, our local EMS agencies, hospitals, and emergency rooms are being overwhelmed with Covid patients, and also patients seeking treatment for minor illness and injuries.

Because of the number of people in local emergency rooms, if you call 911 for a non-life threatening condition, our crew will most likely be directed to place you in the waiting room. **Please understand that this is not a decision that is made by the EMS crew.**

Doctor, Urgent Care or ER?

ILLNESS/INJURY	DOCTOR	URGENT CARE	ER
Allergic Reactions (Anaphylactic Shock)			✓
Allergic Reactions (Rash)	✓	✓	
Asthma/Difficulty Breathing	✓	✓	
Asthma/Difficulty Breathing/ Respiratory Distress			✓
Behavior Concerns	✓		
Broken Bones			✓
Broken Bones (small)		✓	
Burns			✓
Burns (minor/small)	✓	✓	
Constipation (without severe pain)	✓		
Cough and Cold Symptoms	✓	✓	
Cuts (minor/small)		✓	
Dehydration			✓
Ear Pain	✓	✓	
Fever	✓	✓	
Fever (in infants 8 weeks of age or younger)			✓
Headache (mild)	✓	✓	
Headache (severe)			✓
Immunizations	✓		
Rashes	✓	✓	
Seizure			✓
Self-Harm (or thoughts of suicide)			✓
Severe Pain			✓
Sore Throat	✓	✓	
Sports Physicals	✓		
Vomiting and Diarrhea	✓	✓	
Warts	✓		
Well Visits	✓		

We hope that the graphic seen here can help guide you in making tough decisions on where you or a loved one should seek medical treatment.

Local emergency rooms should be used for true emergencies. However, if you aren't sure what to do, you can always call 911 and our crews will come and help you make those decisions.

We are here for you 24 hours a day, 365 days a year.



2021

BY THE NUMBERS

1618

TOTAL CALLS

131 MORE CALLS
THAN 2020
(9% INCREASE)

26 CALLS FOR
STRUCTURE FIRES
BOTH IN SEVEN
HILLS AND
MUTUAL AID

5% INCREASE
FROM OUR
PREVIOUS
BUSIEST YEAR
(2017)

1343 WERE EMS
CALLS (83%)

32 CALLS FOR
HAZARDOUS
MATERIALS
RESPONSES
(SPILLS, LEAKS, ETC.)

34 TIMES WE
RECEIVED AID
FROM OTHER
DEPARTMENTS

275 WERE FIRE
CALLS (17%)

6 MINUTES:
AVERAGE
RESPONSE TIME
(DISPATCH TO
ARRIVAL)

65 TIMES WE
AIDED OTHER
DEPARTMENTS

240 CALLS
OVERLAPPED ONE
ANOTHER (15%)

1 FIRE LEVY RENEWAL PASSED!

THANK YOU FOR YOUR CONTINUED SUPPORT!

SERVICE DEPARTMENT

COMMUNITY SERVICE DIRECTOR JACK JOHNSON

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



Emergencies After Hours

Contact Seven Hills Dispatch at 216-524-3911. Dispatch will contact the Service Department to handle City related issues such as snow removal, sewers backing up, flooding, downed trees and dead animals. For Medical and other emergencies dial 911.

Mailboxes

The Service Department will make repairs to mailboxes that have been directly hit by the snowplows. Typically, damage is a result of the snow hitting the mailbox and not direct contact with the plow. Please check the condition of your mailbox in preparation for snowfall. Anything loose, broken or rotted mailboxes needs to be replaced.

Snow Removal

One truck is assigned in every ward for snow removal. However, additional trucks may be used depending on the amount of snowfall. Main streets and hills are a priority followed by the side streets and subdivisions. The City typically plows and salts only the intersections, hills and curves as part of our salt sensibility program which has been in effect for years.

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. Schedule a bulk pickup by calling Waste Management at 866-797-9018 or the Service Department at 216-525-6225.

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 Shred Day

The City will have document shredding behind City Hall on April 19, June 14th and August 16^h from 1PM to 7PM. Shred-it will be doing on site shredding.

Household Hazardous Waste & Computer Roundup

The City will have a roundup on May 17th from 8AM – 6PM and September 20th from 8AM-6PM behind City Hall. For information please contact the Service Department at 216-525-6225 or check the Cuyahoga County Solid Waste District Website: www.cuyahogarecycles.org

Tires

The city will collect tires 20 inches or less at the Household and Hazardous Waste Roundup on September 20th from 8am - 6pm behind City Hall. Tires must be off the rim.

Waste Management Holiday schedule

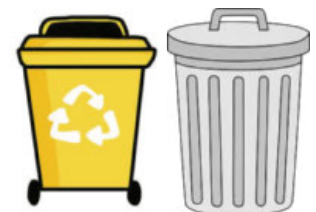
Memorial Day – May 30th – Pick up delayed one day

Independence Day – July 4th (Monday) Delayed one day

Labor Day – Sept. 5th – Delayed one day

Thanksgiving Day – November 24th – Thursday picked up on Friday

Christmas Day – December 26th (Monday) No Delay





ENGINEERING DEPARTMENT

2021 was very successful for the City in completing some important infrastructure projects. The following projects were completed this year through the Engineering Department:

2021 City Road Program

(Elmhurst Drive, Summitview Drive, East Clearview Avenue, East Decker Drive, East Hillsdale Avenue, Glenella Drive, Jasmine Drive, Karen Drive, South Main Hill Drive, Tanglewood Lane, Chestnut Road, Seven Hills Boulevard and the City-owned parking lot located at the corner of the Broadview Road / Hillside Road intersection)

Skyview Drive Storm Sewer Outfall Improvements

2020/2021 Sewer Rehabilitation – Bayberry Area

Village Drive Catch Basin Repairs

Cheryl Ann Drive Culvert Improvements

2021 City Crackseal & Street Striping Programs

Calvin Park Drainage Improvements (Phase 1)

The following projects are in planning/design or were started in 2021 and are proposed to be completed in 2022 through the Engineering Department:

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)

Calvin Park Drainage Improvements (Phase 2)

2022 City Crackseal & Street Striping Programs

City Gazebo & Site Amenities

(Hillside & Broadview)

The Engineering Department will be preparing notices over the next 30-60 days to property owners with a Stormwater Control Measure (SCM) located on them informing them of their duties to maintain these facilities. A report prepared by Cuyahoga Soil & Water Conservation District (CSWCD) will be included with the notice indicating deficiencies and long-term maintenance items to consider. This is part of the City's efforts to make sure that these required facilities are operating and managing stormwater as they were intended to do.

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://cuyahogawcd.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.

HISTORICAL SOCIETY & FARMER'S MARKET

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.

The COVID-19 pandemic is ongoing into 2022. We send our best wishes and prayers to all citizens of Seven Hills and to all people in the USA. Take precautions against the virus and consider getting vaccinated if you have not.

Building the First Church in Seven Hills

The people of the area wanted a church. There were traveling men of God who came to the area and word would spread as to where meetings were held. St. Peter's Evangelical Church was officially organized December 25, 1857 and in 1860 the small stone building at the corner of Broadview and East Ridgewood was dedicated. For the next 95 years it was the only Protestant Church in Seven Hills and except for a short time the only church building.

The church membership grew while absorbing other protestant groups as people came into the area. The name change reflects new members and soon there were too many people for the building. The present location of East Ridgewood Drive is just around the corner from the old church. St. Peter's United Church of Christ continues today. There is also a cemetery accessible from behind St. Peter's church.

The History Society had a November meeting and a Christmas Open House in December. We have canceled January's meeting due to one of our members being in COVID quarantine. We hope to have a meeting in February.

If you have any questions, or would like to request an appointment, contact our President, Kathy Patterson at **216-548-9758** or e-mail kip@toycar.net.

If you are looking for information on cemeteries, please call Judy O'Donnell at **1-440-340-4435**.

SEVEN HILLS FARMER'S MARKET

The Winter season allows us to catch a breath and accomplish all the paperwork needed to welcome another market. As Covid is still in our midst, we are fortunate to have a wonderful, safe, outdoor space to hold the weekly Seven Hills Farmers Market. We will continue to keep operating throughout this pandemic to provide access to this great space, continuing to build community, support sustainable food systems, and doing our part to strengthen the local economy. The Seven Hills Farmers Market is a place to purchase locally grown or produced goods (no supply issues!) catch-up with neighbors and friends and enjoy the tasty offerings of the weekly food trucks.

Have you noticed? The market space at the corner of Hillside and Broadview Roads has a beautiful new gazebo, the result of a Cuyahoga County Supplemental Grant! Thanks to the Administration and all participants involved who worked so hard to bring this project to fruition. We anticipate utilizing the gazebo for **Music at the Market** and are searching for sponsors to underwrite this program, as well as musicians to create a weekly background soundtrack for our vendors, shoppers, and staff to enjoy.

The 2022 Market will be open on Thursdays, 4:00 -7:00 PM, July 7th to September 29th. Happy, Healthy, Homegrown; the Seven Hills Farmers Market, growing community by inspiring healthy, sustainable, abundant living! Here's to 2022!



Greetings Seven Hills Residents,

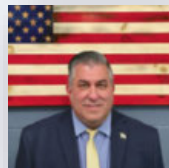
I can't believe how incredibly fast the last two years have gone. Looking back, it seems as if I was just elected to serve on city council (November 2019) and just recently I have started my second term. On December 14, 2021 my fellow council members elected me as the city's Council President. In fulfilling this obligation, I plan to work with council, Mayor Biasiotta and his administration to maintain the city's upward swing.

With that being said, I would like to tell you a little about myself. I grew up in Seven Hills (Ward 1) and have lived here for 32 years and I am a proud graduate of Normandy High School. In addition, I have volunteered my time to coach both youth baseball and basketball in the city's recreation leagues. I have been married to my wife Maureen for nearly 30 years, and together we have three amazing children Chase, Sammy, and Katarina. Furthermore, I have been employed by the United States Post Office for 25 years.

As we move forward into 2022, Seven Hills City Council will focus our attention on the city's budget, infrastructure, parks and recreation projects, as well as sewer maintenance. Moreover, throughout the past two years our administration has been instrumental in receiving numerous grants that have been extremely beneficial to the city and this will continue to be a steadfast goal of this administration moving forward in an effort to further benefit our remarkable city.

As I begin my second term as the Ward 1 councilperson I would like to thank the residents for affording me the opportunity to serve this great city. Please do not hesitate to contact me with any questions or concerns that may arise. You can contact me at (440) 547-6832 or at pkiriazis@sevenhillsohio.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

2022 Seven Hills City Council Representatives

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

COUNCIL QUARTERLY



Happy New Year Ward 2 residents!

My wife and I had our local plumber over to do some work at our home the other day. Upon completion of his work, the plumber asked: **“Is it my imagination, or is the City of Seven Hills “getting better?”** I answered: **“Well, yes... the city is getting better, and here is why...”**

I told him about the management qualifications of our mayor and his financial background, both of which have been key to leading our city. I said that the mayor has put into place a management team that brings a great deal of leadership skills, and those managers take ownership of solving issues. Our mayor and managers are now partnering with other communities to solve issues and taking the initiative to more effectively and efficiently in use precious resources to improve our community.

I mentioned our current city council works well with the mayor and the mayor’s staff. City council members and council leadership have ensured accountability when resources are needed for equipment and services. This city council is comprised of members who can discuss issues and gain a consensus of agreement, and where everyone’s voice is heard.

My plumber then stated that he doesn’t “mind paying taxes when they’re being used to better the city”, which was refreshing to hear. I shared a general list of items that reflect the progress of the community. In my opinion, **the service department has really stepped up to the plate.** The department now can keep the roadside ditches free of autumn leaves with new leaf vacuum equipment. During storm conditions, they can get roadways open faster with their new wood-chipper equipment. The service department tracks service requests by computer and follows up with residents better than at any time in the past. The department requested new snow plows and related equipment that has resulted in getting roadways clear of snow faster to help protect your safety while driving. Additionally, the sewer cleanout plan is extensive. The engineer and service director have attacked 40 – 50-year-old drainage problems and are completing these very expensive projects one at a time until they are all completed over the next few years. For those of us living in Ward 2, this effort resulted in re-paving roadways such as Chestnut Road, which is a vital east-west linkage in our community, as well as a number of other roads this past fall.

The **community service manager** has expanded his interaction with residents within our community who have reached out for assistance accessing city programs for those in need. Our senior citizens have an improved and refurbished community room in which to have events and social gatherings. There is also new mini-bus to transport our seniors to events.

Our police department and our fire departments are very well managed. Our police chief has prudently planned out his department’s equipment needs, including vehicles. This equipment and the associated training will result in a police force that can respond quickly, 24 hours a day, plus using a new dispatch center. Your fire chief has taken the same approach. A new fire truck will be put into service soon that will serve this community for the next 15 years or more. Couple this with now having a full-time fire chief, instead of part-time, who can give full-time attention to the position. The chief also keeps the department operating with quality medics and firefighters. These medics are now deployed using our city’s two new ambulance/medical units that were purchased over the past couple of years. Seven Hills is rated as a very safe community, which we all appreciate. Our fire and police department’s efforts contribute directly to this high safety ranking.

I told my plumber that all this is possible due to an administration that is willing to put in the effort to **apply for grants** to help with or fully fund the project. It also helps that our mayor is not afraid to ask for help from our county and state government when it will save us money. These efforts allow our community to get more services than we would not otherwise be able to afford. You will see this reflected in the **parks and recreation department** over the next couple of years as our park facilities are upgraded. And you will also see this from our **engineer** as more and more roadways get paved.

Finally, I said (as he was handing me my bill), it is “economic development” that is the foundation to providing future services. Planning, zoning, and the enforcement of the building code is key to this success now and in the future. Seven Hills is a financially strong community that has attracted several new businesses over the past couple of years, with more to come. Our community’s homes are kept in good condition, recreational and health amenities that help attract younger families our community. All of which contributes to our city achieving sustained, quality growth through the payroll tax. After all that, **my plumber then said: “Well, I thought so. All of these improvements that you describe really add up if you think about it.”**

Rest assured that our Seven Hills mayor, department heads, employees, volunteers, and city council *think about it every day. Have a safe and quality new year!*

Regards,

Norm Martin
Ward 2



Hello Ward 3,

Hope your holidays were enjoyable. Many of us spent another holiday season quarantined— The Snitzky family included. What a drag. Just like the Browns - Maybe next year for real celebrations and gatherings.

The city water task force preventative maintenance program is well underway tackling many different aspects of water control. Currently the most ambitious project is the Calvin Park basin. We have also recently passed a contract not to exceed \$400,000.00 with the county to assist our sewer crew with a more frequent cleaning of our sewers.

Additionally at Calvin we are rebuilding the concession stand with ADA accessible bathrooms, this project will take advantage \$75,000.00 from the state capital budget to accomplish this task.

Lots of good things happening in and around Ward 3. Stay warm and healthy this winter.

See you in the Spring,

Tom Snitzky
Councilman City of Seven Hills
Ward 3

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!**

Sharon LaBuda

who you work with matters

**Call me for a free market
analysis of your home.**



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sharonlabuda@howardhanna.com

216.906.9047



Real Estate Mortgage Title Insurance



Proud Sponsor of Seven Hills Baseball Fields!

COMMUNITY SERVICES

COMMUNITY SERVICE DIRECTOR: TONY TERRY

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



Dear Friends and Neighbors,

I am excited to report another successful holiday season of giving for our city. With so much going on throughout the season, it warms my heart to know that the good neighbors of Seven Hills gave back in so many ways. I want to take some time to highlight two of our bigger programs, Bell Ringing for the Salvation Army and our thirty-eighth annual Yuletide program.

In collaboration with Brecksville and Broadview Heights residents from all three cities came together to ring the bell at Giant Eagle on 77 and Rt. 82 in Broadview Heights in the month of December. With over 100 volunteers, totaling over 80 hours of service, our communities were able to raise over \$7,700 for the Salvation Army's "Christmas Kettle Campaign". All these funds will keep electricity and natural gas on for our low-income neighbors facing shutoff. I would like to thank you all again for your efforts

Secondly, our thirty eighth annual Yuletide program was a massive success once again. Yet again, our city partnered with Brecksville, Broadview Heights and Independence to bring in funding. Our city had the opportunity to help 35 families in our community. Each family received food, gift certificates to Aldi's, Meijer, Target, and more. Whether you were able to donate financially or give items, the Yuletide program would not be as wonderful as it is without the efforts of all our wonderful community members.

I look forward to yet another year of service, with plenty of community events and giving I am planning for our best year yet.

In Service,

Tony Terry

**Represent Seven Hills in The Mind Challenge
for the New Majority!**

May 9th - June 17th, 2022

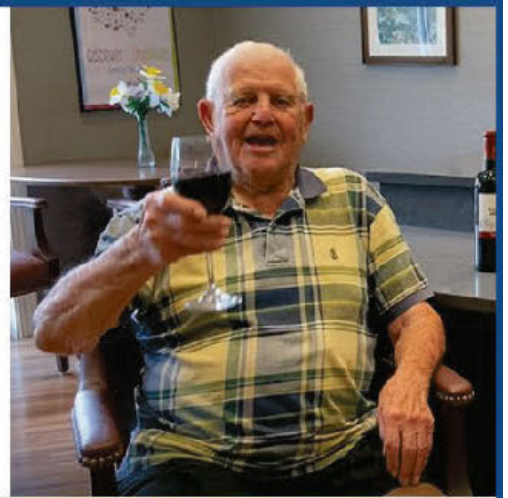


Local municipalities and Senior Centers will each seat a team to compete against other cities in the Northeast Ohio region. Teams are comprised of 4 to 6 players + Alternates. **Anyone over the age of 50 may play.** No Registration Fee or Participation Fee. In March we will meet to form the team placement and play some practice rounds of the Trivia Tournament. Playoff competition against other municipal teams will occur after team formation rounds. All dates and locations for each of the rounds will be announced. Cash prizes (and bragging rights) will be awarded to the municipality. All participants, regardless of team placement will receive a T-Shirt. Let's make Seven Hills A Winner in the 2022 Mind Challenge! If you are interested in being part of the Seven Hills Team - call Tony at 216-525-6230.

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- FIT FRIENDS
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GROUP PROGRAMMING FOR
COMMUNITY DAY PROGRAMS

INCLUDED.
ALWAYS.

REC DISCOUNT INFO / HALL OF FAME

TAX SEASON DISCOUNT!

SAVE ON YOUR RECREATION
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FEBRUARY 14 - APRIL 30TH

SAVE 15%



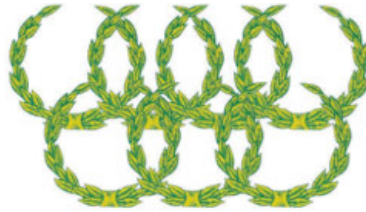
The **Seven Hills Hall of Fame** is accepting applications for The area of Athletics. Applications can be found on our website or you can email alaina316@yahoo.com. Also it will be on the Seven Hills City Website. The Hall of Fame Wall is located at The Seven Hills Recreation Center. Make sure to have a look at the impressive names on the Wall and what these individuals have achieved— It's very impressive! Do you know someone who has achieved excellence in their area of endeavor and who meet the requirements (which can be found on our website) nominate them! Nominations are also accepted posthumously.

We have had the pleasure of meeting many Residents through our Seven Hills Hall of Fame Resident of the Month nominations. Thank you and please keep reaching out with names of residents who volunteer or go above and beyond for others! Or who have achieved something special that you would like to share! The Resident of the Month will resume in March!

If there are any residents of Seven Hills that are interested in joining our Organization, please reach out to the aforementioned email. We would love to have you and volunteers are needed to keep our Organization going.



VII HILLS HALL OF FAME



VII SEVEN HILLS
HALL OF FAME

Thank you for your interest in the Seven Hills Hall of Fame. All nominees, living or deceased must have resided in the City of Seven Hills for a minimum of five years. Applications will be accepted January 1, 2022 until May 1, 2022. Return Application To:

City of Seven Hills Recreation Center
7777 Summitview Drive
Seven Hills, Ohio 44131
c/o Jen Burger

I. Fill in the nominee's complete name, address, and telephone number. It is imperative that the selection committee have all of this information.

Sport: _____

Nominee's Name: _____ **Phone:** _____

Nominee's Address: _____

If Nominee is deceased, who is next of kin? _____

Phone for next of kin: _____ **Email:** _____

Address for next of kin: _____

Nominated By: _____

Phone: _____ **Email:** _____

Address: _____

II. List all sports in which your nominee was able to attain outstanding achievement. The Selection Committee would also be interested in knowing the other sports in which your nominee participated. List all sports your nominee played for during the course of their career and the years in which they played.

III. List in detail your nominee's contribution to sports. This would include such examples as: team sponsor, league official, program founder, etc.

IV. List in detail Special Honors and Awards. Example: All-County, All-State, All-Conference, number of varsity letters, MVP, All-Pro, All-Star games, etc. List any of the following statistics pertaining to the nominee. The more detailed information contained here, the more effectively the Selection Committee will be able to consider your nominee.

V. In this section you may wish to make some general comments about your nominee; anything that would help the cause of your nominee. You may wish to include copies of newspaper clippings and copies of photos, or you can use additional sheets of paper for further information.

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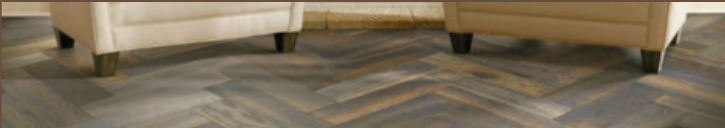
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COMMUNITY RECREATION CENTER HOURS:

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

SATURDAYS: 8AM – 8PM



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 IN 2-HOUR INTERVALS ON TUESDAY, 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 AN ADDITIONAL \$25 PER HOUR TO BE PAID ON THE DAY OF THE EVENT.

CONTACT & ADDITIONAL INFORMATION

TO BOOK YOUR EVENT PLEASE CONTACT SPENCER ABBOTT,
216-524-6262 EXT. 404 OR [SABBOTT@SEVENHILLSOHIO.ORG](mailto:sabbott@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.

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Summer Camp

Registration begins April 10th!

Preschool - Day - Teen Camps!
Weekly Part Time & Full Time Options!
Field Trips!



Contact camps@sevenhillsohio.org



Find Seven Hills Baseball Federation on Facebook for upcoming league info and registration specifics.

Contact Brian at
216.299.7900

SEVEN HILLS SPRING 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 2021, YOUR PAYMENT COVERED BOTH FALL AND SPRING!

CONTACT JEN AT JBURGER@SEVENHILLSOHIO.ORG WITH QUESTIONS!

SPRING SOCCER BEGINS APRIL 9TH, 2022

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





SENIOR PROGRAMS

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MONTHLY SENIOR CLASS SCHEDULES ARE AVAILABLE AT THE FRONT DESK
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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!

WINTER 1: JANUARY 3RD – FEBRUARY 12TH (REGISTRATION BEGINS DECEMBER 13TH)

WINTER 2: FEBRUARY 21ST – APRIL 2ND (REGISTRATION BEGINS FEBRUARY 6TH)

SPRING: APRIL 11TH – MAY 28TH (REGISTRATION BEGINS MARCH 27TH)

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 \$40



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 PACED 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 \$40



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!

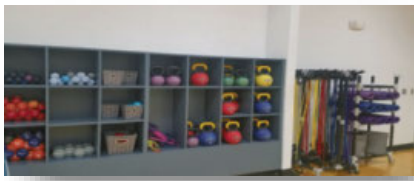
INSTUCTOR: HEATHER HANCHUK-RYT 200 HOURS / CYT 500

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 \$40





ADULT PROGRAMS

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

WINTER 1: JANUARY 3RD – FEBRUARY 12TH (REGISTRATION BEGINS DECEMBER 13TH)

WINTER 2: FEBRUARY 21ST – APRIL 2ND (REGISTRATION BEGINS FEBRUARY 6TH)

SPRING: APRIL 11TH – MAY 28TH (REGISTRATION BEGINS MARCH 27TH)

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



ADULT LEAGUES / HIRING INFO

SEVEN HILLS' ADULT FALL LEAGUES BRING RECREATION TO THE WANING OUTDOOR SEASON

BOTH ADULT FLAG FOOTBALL AND COED SOFTBALL EXPANDED THIS YEAR FROM THE PARTICIPATION IN 2020 WHICH IS HOPEFULLY A TREND THAT WILL CONTINUE POST PANDEMIC. THE FRIDAY NIGHT SOFTBALL LEAGUE WAS THE FIRST GROUP TO REALLY GET TO ENJOY THE NEW FIELD LIGHTS AT MEIJER PARK (FORMERLY VALLEYWOOD) . THE FINALISTS WERE AVERAGE JOE 'S, BASIC PITCHES, SIP-N-POST, AND WILDSTREAK. WILDSTREAK (PICTURED RIGHT) WERE INDEED ON A STREAK, SCORING A BUNCH OF RUNS IN BOTH THE SEMIFINAL AND FINAL GAMES ON CHAMPIONSHIP NIGHT.



THE SATURDAY MORNING FLAG FOOTBALL FINALISTS INCLUDED GSOT, RYBKA, TEAM RYAN, AND TIGERS. IN THE CHAMPIONSHIP GAME, RYBKA AVENGED THEIR ONLY REGULAR SEASON (1-PT) LOSS TO TEAM RYAN. BOTH TEAMS ARE PERENNIAL SEVEN HILLS POWERHOUSES HAD BACKUP QB'S IN AS STARTERS. YET SCORING BY BOTH SIDES WAS NOT LACKING IN A COMPETITIVE 42-35 FINAL.



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!

SUMMER SEASON REGISTRATION WILL OPEN IN MAY 2022!



SUNDAY BRONZE CHAMPS!

Become Part of the Seven Hills Aquatic Team!

\$100 bonus for those that commit to lifeguard and/or teach swim lessons for 6-months!

- * **Flexible Lifeguard Schedule**
- * **Lifeguard training courses available throughout the year**
- * **We can train you to become a swim lesson instructor!**

Scan the QR code to complete our pre-employment application!

Contact Mike Gallagher for more details!
mgallagher@sevenhillsohio.org
216-524-6262 ext. 404



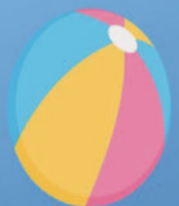
We're Hiring!

We're looking for creative, motivated, fun-loving, reliable, adventurous people to join our summer camp staff!

Contact Jen at jburger@sevenhillsohio.org to apply!

Open Positions:

Summer Camp Director
Assistant Summer Camp Director
Summer Camp Counselors



SEVEN HILLS BEFORE AND AFTER SCHOOL PROGRAM 2022

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@SEVENHILLSOHIO.ORG FOR MORE INFO!

BEFORE CARE PART TIME (1-3 DAYS):

MEMBERS: \$20 PER WEEK

NON-MEMBERS: \$25 PER WEEK

FULL TIME (4 OR MORE DAYS):

MEMBERS: \$27 PER WEEK

NON-MEMBERS: \$37 PER WEEK



AFTER CARE PART TIME (1-3 DAYS)

MEMBERS: \$26 PER WEEK

NON-MEMBERS: \$32 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@SEVENHILLSOHIO.ORG

2022 - FRIDAY JANUARY 14TH, MONDAY JANUARY 17TH, MONDAY FEBRUARY 21ST, FRIDAY MARCH 18TH, TUESDAY, MAY 3RD

SPRING BREAK CAMP!

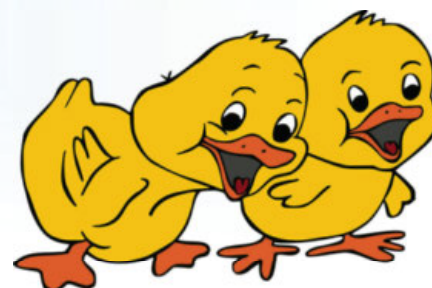
OUR SPRING BREAK CAMP OFFERS YOUR CHILDREN THE OPPORTUNITY TO GET EXERCISE AND FRESH AIR DURING THEIR TIME OFF SCHOOL WITH OUR EXPERIENCED CAMP STAFF! CHILDREN WILL ENJOY A SPRING BREAK FILLED WITH GAMES, ACTIVITIES, ARTS AND CRAFTS, A FIELD TRIP AND SO MUCH MORE! PLEASE PACK A LUNCH, A SNACK AND SWIM GEAR EACH DAY! CONTACT CAMP STAFF AT 216.524.6262 OR CAMPS@SEVENHILLSOHIO.ORG FOR MORE INFO!

CAMP DATES: MARCH 21ST - 25TH. GET HERE AS EARLY 6:30AM AND STAY UNTIL 6PM - WITH NO EXTRA FEES!

WEEKLY FEE: MEMBERS: \$150 NON-MEMBERS: \$180

SINGLE DAY DROP IN FEE (MAX 1 DAY PER WEEK): MEMBERS: \$45 / NON-MEMBERS: \$50

FIELD TRIP TBA - \$20





**SCAN CODE FOR MORE
INFORMATION & TO REGISTER**



Basketball League—\$75

Ages 5—8

Your young athlete will have a great time learning the fundamentals while becoming game ready! Week 1 will be a skill introduction and review, followed by five weeks of games. This program is 6 classes.

Games may start between 10am—2pm Saturdays. A game schedule will be e-mailed out before Week 1.

Winter 2 Session Begins March 5th

Basketball Skills—\$50

Age Groups from 3 through 13!

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

This program is 5 classes on Tuesday Evenings. Times vary by age group.

Winter 2 Session Begins March 1st

PickUp Basketball—\$100

Grades 3rd and 4th & 5th and 6th!

Just want to play basketball? PickUp is perfect! 120 minutes of game after game after game!

This program runs for 5 weeks on Saturdays.

Winter 2 Session Begins March 5th

Dodgeball—\$50

Ages 9 & Up!

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

This program is 5 classes on Monday evenings.

Winter 2 Session Begins February 28th

Rookie PhysEd—\$50

Ages 3 & 4

Rookie PhysEd introduces the ABCs of sports to beginners in an exciting environment while promoting social development. Each athlete will develop their ABCs (Ability, Balance, Coordination, and skills) through fun drills and games.

This program is 5 classes on Monday evenings.

Winter 2 Session Begins February 28th

Upcoming Spring Programs

Programs for ages 3—8

Registration will open on March 13th for all spring programs.

Soccer will be played on Monday evenings

Football will be played on Friday evenings

T-Ball will be played on Saturday mornings

ROOKIEATHLETICS.ORG

2022 Winter/Spring Swimming Lessons*

*The aquatic programs times and days are subject to change without notice.

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.

Winter Session

Mon. Only: Feb. 21st to Mar. 28th

Registration Begins February 9th

Wed. Only: Feb. 23rd to Mar. 30th

Registration Begins February 11th

Sat. Only: Feb. 26th to Apr. 2nd

Registration Begins February 14th

Spring Session

Mon. Only: Apr. 11th to May 16th

Registration Begins March 30th

Wed. Only: Apr. 13th to May 18th

Registration Begins April 1st

Sat. Only: Apr. 16th to May 21st

Registration Begins April 4th

Groups Days and Times will be Posted at
<http://www.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.

 **American Red Cross**



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.



Other 2022 Winter/Spring Aquatic Programs

*The aquatic programs times and days are subject to change without notice.

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).

Mondays/Wednesdays

10 and Under 5 pm to 6 pm & 11 & Over 6 pm to 7 pm

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

Winter Session #2: Feb. 7th to Mar. 2nd

Winter Session #3: Mar. 14th to Apr. 6th

Spring Session #1: Apr. 18th to May 18th

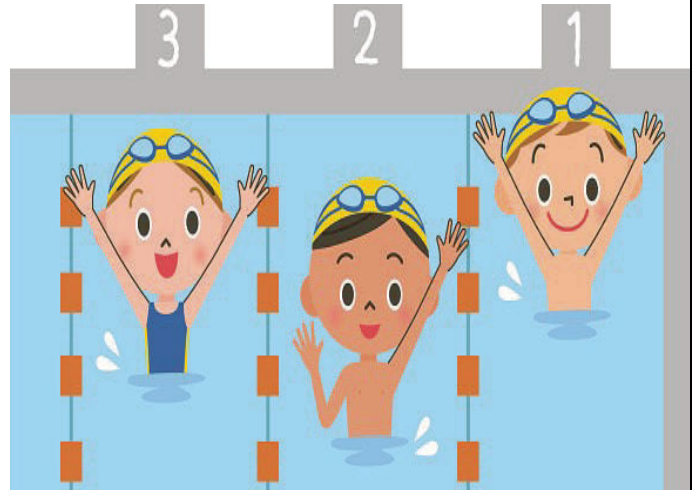
Saturdays Only

10 to 11 am

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

Winter Session #1: Jan. 8th to Feb. 26th

Spring Session #1: Mar. 12th to Apr. 30th



Competitive Strokes and Turns Clinics

These clinics are for **COMPETITIVE SWIMMERS ONLY** between ages 10 and 14. Each swimmer will receive a video analysis digital file of them swimming above and underwater.

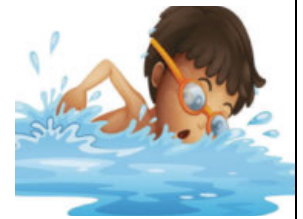
Members: \$30 per clinic Non-Members: \$40 per clinic

Mar 9th: Backstroke and Freestyle from 5 pm to 7 pm

April 13th: Breaststroke and Butterfly from 5 pm to 7 pm

May 7th: Backstroke and Freestyle from 10 am to 12 pm

May 21st: Breaststroke and Butterfly from 10 am to 12 pm



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

Feb. 5th: Infant CPR/First Aid & Lifeguard Skills from 11:30 am to 1:30 pm

Apr. 2nd: Child CPR/First Aid & Lifeguard Skills from 11:30 am to 1:30 pm



American Red Cross Lifeguard Training Courses (Blended Learning)

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. **February, March, April, May and June classes available!** Register online or contact the Aquatics Supervisor for more information.



American Red Cross CPR/AED and First Aid Training Courses

This course will prepare you to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving adults, children and infants and **meets OSHA/workplace requirements.** Contact the Aquatics Supervisor to schedule your training today!





SWIMSATIONS

A Sensory-Based Adapted Aquatics Program

Designed for children ages 4-8 with an identified sensory processing need.

Our unique program provides each participant the opportunity to explore new sensory experiences in an environment that promotes play, social skills, self esteem, and self-regulation strategies while also developing entry level pool skills and water safety.

Deadline: January 24th, 2022

To learn more about SwimSations or to register your child, contact Kristen. Email: k.pataki@csuohio.edu



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WATER EXERCISE



HIIT CLASS WITH CHRISTINE – NEW! !

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. CLASS WILL BE 30 MINUTES – YOU WON'T NEED MORE THAN THAT! TAUGHT BY SEVEN HILLS ALUMNA CHRISTINE PHILLIPS (MED, E-RYT) .
TUESDAYS & THURSDAYS: 8:15AM-8:45AM

CARDIO & TONING AM CLASS WITH CHRISTINE:

PERFECT FOR ALL LEVELS OF AQUATIC EXERCISE EXPERIENCE. WHETHER YOU'RE A BEGINNER OR HAVE YEARS UNDER YOUR FLOATATION BELT, CHRISTINE WILL GUIDE YOU THROUGH YOUR WORKOUT AND PROVIDE INSTRUCTION TO HELP YOU GET THE BEST RESULTS FROM YOUR EFFORT!
TAUGHT BY SEVEN HILLS ALUMNA CHRISTINE PHILLIPS (MED, E-RYT)
TUESDAYS & THURSDAYS: 9AM – 9:45AM



CARDIO & TONING WITH KAREN:

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



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: 10AM – 10:45AM



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



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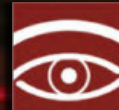
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AT 216-525-6227 / KHOLLAND@SEVENHILLSOHIO.ORG



RECREATION CENTER HOLIDAY HOURS:

CLOSED SUNDAY, APRIL 17TH-EASTER
5:30AM-12PM MONDAY, MAY 30TH-MEMORIAL DAY

CITY HALL HOLIDAY HOURS:

CLOSED MONDAY, FEBRUARY 21ST
CLOSED MONDAY, MAY 30TH

2022 DELAYED TRASH PICK UP SCHEDULE:

NEW YEARS DAY - JANUARY 1ST NO DELAY
MEMORIAL DAY - MAY 30TH - DELAYED ONE DAY
INDEPENDENCE DAY - JULY 4TH - DELAYED ONE DAY
LABOR DAY - SEPT. 5TH - DELAYED ONE DAY
THANKSGIVING DAY - NOVEMBER 24TH - THURSDAY PICKED UP ON FRIDAY
CHRISTMAS DAY - DECEMBER 25TH - NO DELAY

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