

City of Seven Hills

Community Newsletter

2023 Home Days:

Friday, July 21st • Saturday, July 22nd • Sunday, July 23rd
6:00pm - 11:00pm 3:30pm - 11:00pm Noon - 8:00pm

Dear Residents,

Welcome to the Home Days edition of our quarterly newsletter.

Summer is once again in full swing and outdoor activities are plentiful. Our Parks and Recreation Department is doing a great job getting our facilities ready for everyday use that comes with the summer months. City Administration is busy planning Home Days, Farmers' Markets, and City Concerts, in addition to their normal day-to-day responsibilities. Our Service Crews are out in neighborhoods performing street and sewer maintenance. Contractors continue to perform various projects around town, along with park upgrades, road resurfacing, pavement markings, and water management - all signs of a city performing the way it should. However, the most important activity is your involvement. The parks are crowded,



new leagues for activities such as bocce are full, children are enjoying new playground equipment,



and residents of all ages are enjoying new and/or refurbished volleyball courts, trails, and walking paths.



Our Community Events are exceptionally well attended, and the ball fields host games just about every night. It is an uplifting thing to witness all of this. Let's keep this momentum going. Get involved, go to an event, visit a park, attend Home Days, make new friends, catch up with old friends, and meet your city leaders.

Another item worthy of reinforcing from the State of the City address is the outstanding performance of our First Responders. If you see any of our First Responders, please take a moment and thank them for the great work.

Seven Hills Fire Department is rated in the top 14% of all fire departments nationwide!



Seven Hills has been recognized as one of the top 20 safest cities in Ohio!



MAYOR'S MESSAGE (CONTINUED)



Once again, I'm very pleased to announce our city our has achieved another winning grant. We received \$186,000 towards our new splash pad that is under construction at Calvin Park as part of the Phase 2 Cuyahoga County District 6 ARPA funds. These funds were awarded through a process where our application was scored against 14 other projects competing for the same funds. This bring our partnership, awards, grants and sponsorship total to almost \$7,000,000 since the start of 2020.

This year you should have received or will receive a three-part state of the city address, if for some reason you haven't, you can find it online at <http://www.sevenhillsohio.org/en-US/mayor.aspx> along with a video recording of my in-person address.

Hope this message found you all well and good. I will leave you with a quote from Walt Disney that I find motivational "The way to get started is to quit talking and begin doing."



Respectfully,

Mayor Tony Biasiotta

Police / Fire Emergency 911

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

Noise restrictions

The Seven Hills Police Department would like to remind all residents that summer is here which means nice weather, yard work and more people out and about in the neighborhoods. You may not know that while working in the yard there are some City Ordinances that limit the hours you can complete certain yard work or play loud music or create similar types of noise. Here are the hours that allow you to use different types of tools or play radios and other similar devices. The entire ordinances can be viewed on the city's website.

C.O 555.03(k) Domestic power tools and Equipment

Monday - Friday 8:00 AM - 9:30 PM
Saturday - Sunday 10:00 AM - 8:00 PM.

C.O 555.03(g) Construction Equipment, Drilling or Demolition

Monday - Friday 7:30 AM - 9:00 PM
Saturday - Sunday 9:00 AM - 8:00 PM

C.O. 555.003(i) Radios, Televisions Sets, Musical Instruments and Similar Devices

Monday - Friday 8:00 AM - 9:00 PM
Saturday - Sunday 9:00 AM - 8:00 PM

Solicitors/Do Not Knock List

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

Underage Drinking Laws

What parents should know:

As a parent, you cannot give alcohol to your teen's friends under the age of 21 under any circumstances, even in your own home, even with their parent's permission.

You cannot knowingly allow a person under 21, other than your own child, to remain in your home or on your property while consuming or possessing alcohol.

If you break the law:

You can face a maximum sentence of six months in jail and/or a \$1,000 fine.

Others can sue you if you give alcohol to anyone under 21, and they, in turn, hurt someone, hurt themselves or damage property.

Officers can take any alcohol, money, or property used in committing the offense.

Things you can do as a parent:

- Refuse to supply alcohol to children.
 - Be at home when your teen has a party.
 - Make sure that alcohol is not brought into your home or property by your teen's friends.
 - Talk to other parents about not providing alcohol at other events your child will be attending.
- Create alcohol free opportunities and activities in your home so teens will feel welcome.

Please review Chapter 529 of the Seven Hills Codified Ordinances for applicable liquor control offenses.

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



In 1986 the Northern Ohio Fire Fighters Association, the Northeast Ohio Fire Chief's Association, along with Metro Health Medical Center started the Aluminum Cans for Burned Children Foundation (ACBC) to help children who suffer severe burn injuries. The ACBC program pays for special medical equipment not normally covered by insurance to aid in the healing process. ACBC strives to meet the individual needs of the patients and provides rehabilitation, clothing, toys, games, computer and video equipment, and other miscellaneous items not covered by insurance.

Since 1988, burn survivors from age 5 to 16 have been able to enjoy a free, four-day retreat at Camp Phoenix. Camp Phoenix is held in the summer and winter at Camp Cheerful in Strongsville, Ohio. The camp experience brings together some fifty burned children to enjoy a fun, therapeutic camping experience with others who have suffered similar injuries. The aim is to create a secure environment providing an atmosphere to promote interaction and help the children to better cope with their injuries. They also hear from other burn survivors who have successfully recovered.

The ACBC program also offers a scholarship program open to any pediatric patient who has been an inpatient at the Burn Center. The program annually awards scholarships to qualified recipients at an accredited school or university.

The Seven Hills Fire Department is one of more than 85 fire stations in Northeast Ohio that participates in this program. We have a collection point behind our station for residents to drop off bags of aluminum cans. These cans are recycled and the proceeds help fund the different programs run by ACBC. Please consider this option for your recyclable cans!





SERVICE DEPARTMENT

COMMUNITY SERVICE DIRECTOR JACK JOHNSON

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

Sewer Backup – 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.



Mailboxes

The Service Department will make repairs to mailboxes that have been damaged by 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. Call the Service Department to report an issue at 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 Service Department to chip. Branch requirements are: Longer than 3' and no bigger than 10" in diameter. Place branches at the curb parallel with the roadway and the cut end going with traffic. Do Not bundle or tie. Chipping service is for Residents only – **No contractors**. Call the Service Department to schedule 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 Shredding – The remaining shred date will be August 15th from 1PM-7PM behind City Hall. Documents will be shredded on site. This service is for Seven Hills residents only. No businesses. Residents of Seven Hills may bring their personal records, financial documents, letters, manila folders, ledgers, cancelled checks, old invoices and bills. Staples and paperclips do not need to be removed. No plastic, metal spirals, 3-ring binders, cardboard or magazines.

Household Hazardous Waste & Computer Roundup – The next roundup will be September 19th from 8AM to 6PM behind City Hall. For more information please check the Cuyahoga county solid waste district website: www.cuyahogarecycles.org/seven-hills

Tire Roundup – You may drop off your car or light truck tires (20" or less) behind City Hall on **September 19th** from 8AM to 6PM. Scrap tires must be off the rim.

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

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

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

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



Trash Pickup – Schedule a bulk pickup by calling Waste Management at 866-797-9018 or the Service Department at 216-525-6225. Fabric furniture, mattresses and box springs MUST be wrapped in plastic. Carpet should be no longer than 4' bundled and tied. Limit 8 rolls per week.

Four (4) additional bags or cans (35-gallon, 40 pound limit), allowed outside the cart. Bags or cans may be filled with trash, yard waste or construction debris. **ONLY 4 Allowed.**



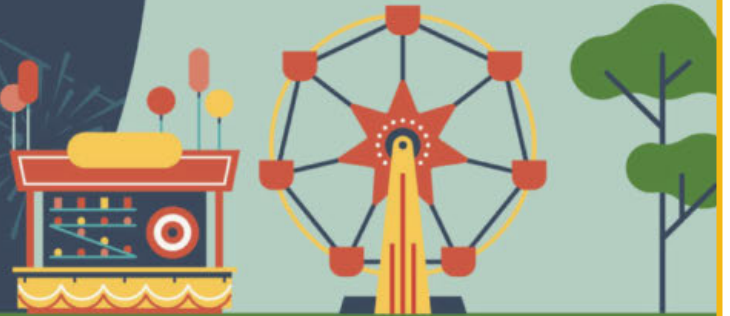
49th
ANNUAL

SEVEN HILLS HOME DAYS

July 21 6pm-11pm
July 22 3pm-11pm
July 23 noon-8pm

**FIREWORKS,
RIDES, MUSIC,
& MUCH MORE!**

CITY HALL GROUNDS
7325 Summitview Drive
Seven Hills, OH 44131



Upcoming Breakfast & Bingo Dates

July 3 rd	Bingo at
August 7 th	Bingo only
August 9 th	Breakfast and Bingo
August 21 st	Bingo only
September 13 th	Breakfast and Bingo

*Breakfast & Bings is held at City Hall in the Communit Room!



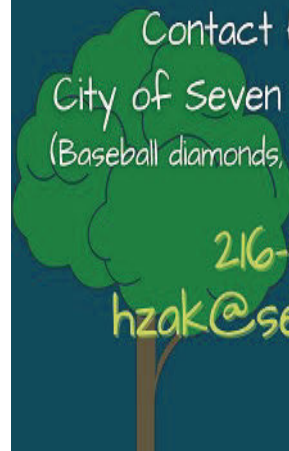
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We Love Our Parks!

Please remember -
Field & Pavilion Use
is by PERMIT ONLY!

Contact Holly to utilize any
City of Seven Hills Field/Park Facility
(Baseball diamonds, soccer fields, pavilions, etc.)

216-524-6262
hzak@sevenhillsohio.org



Home Days Safety Fair - Saturday July 22nd 1pm - 3pm Rec Center Campus

- Police and Fire Vehicles
- Mobile Dispatch Center
- Kids Fingerprinting
- K-9 Demonstration
- ICAC Crime Lab
- Cuyahoga County Prosecutor's Office
- Metro Life Flight Helicopter – weather permitting



KIDS SUMMER LUNCH PROGRAM

June 5 - September 1, 2023
Monday - Friday • 11:00 am - 1:30 pm

UH Rainbow Babies & Children's
invites your child to join us for free lunch
at UH Parma Medical Center!

This summer, children ages 1-18 are eligible to receive a free, healthy lunch in the cafeteria. Each meal will include a special entrée, vegetable, fruit, milk and whole grain side. Registration is not required and the program is open to all children, but meals must be eaten in the hospital cafeteria to be eligible.

UH Parma Medical Center
7007 Powers Blvd, Parma, OH 44129

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ENGINEERING DEPARTMENT

2023 Pavement Rehabilitation Program

The 2023 Pavement Rehabilitation Program includes the following streets: St. Francis Drive, Greenlawn Drive, Somerset Lane, Bryant Lane, Justo Lane, E. Parkhaven Drive, Jasmine Drive, Cricket Lane (portion), S. Cricket Lane, Lotus Lane and Applewood Drive (portion). Work will continue through the summer with completion of September 1, 2023.

2023 Pavement Markings Program

The 2023 Pavement Markings Program refreshes the street striping throughout the City, and will begin after the City has finished performing crack sealing and pavement rejuvenation on the City streets in early Summer.

Calvin Park Drainage Improvements (Phase 2)

This project will improve the functionality of this vital stormwater management system. Repairs to approximately 500 linear feet of stream channel to prevent erosion, as well as removal of accumulated sediment to restore storage capacity, commence in mid May with a completion of September 1, 2023. Additional plantings will occur in November 2023.

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

Skyview Drive Watermain Replacement

This project was awarded by the Cleveland Water Department in late 2022. Design is underway and the cost of the project will be funded by Cleveland Water Department.

The City has been awarded another watermain replacement project by the Cleveland Water Department in Spring 2023. The City has 3 years to complete this project, and all costs are covered by Cleveland Water Department.

Throughout any given year, the Engineering Department receives applications from various entities (cable, phone, gas, and electric) to improve their facilities. These improvements may be above ground or below ground, or a combination of the two. In any case, an application for permit is reviewed by the Engineering Department for these entities to perform the work within the City's public right of way or within an easement designated for the utility. Certain conditions are stipulated upon issuing a permit, some of which include fully restoring any disturbed areas after construction is completed. As a condition of issuing a permit, each contractor has to be licensed AND bonded with the City in an amount of \$50,000 to ensure that compliance to the conditions is attained.

If there is such a project in your area, you may contact the Engineering Department to learn more as indicated below.

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.



**FREE
ADMISSION**

CITY OF SEVEN HILLS

OKTOBERFEST

**SEPTEMBER 23, 2023 @ 1PM
CITY HALL PAVILION**



**HAY RIDES • BOUNCE HOUSE • FOOD TRUCK
BEER • LIVE POLKA MUSIC • PETTING ZOO**

Council Quarterly



Greetings Seven Hills and Ward 1 Residents,

Welcome to the Home Days edition of Seven Hills newsletter. This year's Home Days celebration will commence the weekend of July 21st and as in previous years, will be located behind City Hall. The much anticipated fireworks display can be seen on Friday, July 21st and Saturday, July 22nd at 10:00pm

In addition, the Seven Hills Farmers Market will begin on Thursdays (4:00 -7:00pm) and run from July through September. The Market is located in the open area adjacent to the Gazebo at the corner of Hillside and Broadview Roads. Moreover, the Oktoberfest is planned for September 23rd at 1pm at City Hall Pavilion / Summitview Commons area.

Lastly, if any questions or concerns may arise, please do not hesitate to contact me. I can be reached by phone at (440 -547-6832) or by email at pkiriazis@sevenhillsohio.org.

Best Regards,

Phillip Kiriazis

City Council President



Residents of Seven Hills,

There is nothing like Summer in Seven Hills! It is truly an exciting time to be a resident, with all the events and activities going on throughout the city. If you haven't already, I strongly encourage everyone to check out some of the new additions/renovations to our great city parks. With so much already available, it is hard to believe there is even more on the way!

The Seven Hills Summer Concert Series is a fantastic way to get out and enjoy the city, all while listening to great music with friends and family – oh, and it's always free admission. See the city website's "events" page to check dates and musicians that will be playing. And of course, everyone should be looking forward to 2023 Home Days the weekend of July 21-23rd. Our resident-led Home Days Committee has been working very hard to bring you a fun-packed weekend!

Since being appointed in January, I have had such a great time being able to help the residents of this great city. You all are what makes the city a great place to live, I look forward to meeting more and more of you throughout the summer. If you are ever in need of assistance, please do not hesitate to contact me by phone at (216) 769-3973 and by email at mmorrow@sevenhillsohio.org. Or if you're in the neighborhood just knock on my door... but watch out for my Goldendoodle, Saint... he likes to give kisses.

I wish you and your families a great summer!

Michael Morrow

Councilman, Ward 4

Hello Ward 2 Neighbors!



It is already the start of summer! Where does the time go?

Roads

The following roadways in Ward 2 are getting resurfaced this year:

1. St. Francis Drive
2. Greenlawn Drive
3. Somerset Lane

Bryant Lane has significant deterioration to the base and curbs, and that road will be completely rebuilt.



Taxes

Like you, I pay my share of taxes and it can be a burden, but necessary. Did you know that for every tax dollar you and I pay in property taxes, **only 12 cents is collected by the City of Seven Hills?** The rest of the tax collections go to the county (24 cents), and to the Parma School district at (64 cents). So...it is crucial that those 12 cents from each tax dollar collected by the city are used effectively and efficiently.

How do we do that? The mayor and city council approve reasonable budgets to get the city's business done effectively. More importantly, how do we make our local dollars go further? The Seven Hills Mayor and his administration have aggressively obtained more grant money in the past three years than at any other time in the city's history.

Grants and rewards = \$3,563,941

Partnerships = \$3,153,259

Sponsorships = \$201,500



Add the savings achieved through additional joint partnerships with other communities doing roadway work along with partnerships with local businesses, and it is apparent that our tax dollars are working overtime! So much so, that there has not been a net tax increase over the past 7 years.

Investing in the Future...\$\$\$

The good news is that not only does the city have a balanced budget, but that the city is putting money in the bank over the past several years. The city is very much financially healthy to the tune of \$19 million of unexpended monies in the bank as compared to \$3.1 million in 2017. A large portion of this money is generating interest (currently at 4.76%) to help fund future projects and to minimize the need to ask for additional property taxes from you and my family. Being fiscally proactive keeps our city financially secure.

All of that hard work, reorganizing, streamlining, and just being fiscally savvy by the administration (in cooperation with the city council) has resulted in the city banking \$1,100,000 dollars in surplus last year. This surplus will allow continued improvements of the city's infrastructure (think: roads, sewer, drainage) and equipment needs going forward. **The city must continue to invest in its future.**

The city cannot fix every problem that was ignored over the past 30 years in one, two or three years, but there is a firm plan to continue to build on our city's recent success and good management. The city has high quality roadways, police protection, fire and paramedic protection, parks and recreation, leaf pickup, and snow plowing.

We as a city are doing well. We are also poised for continued success. Please know you can contact me with questions related to city matters. I will do my best to work with others keep those quality services coming for Ward 2. My bio and contact information is on the city's website (www.sevenhillsohio.org) if you ever need to contact me. You will also find contact information and news for our various city departments.

Don't forget: **Let's keep Seven Hills "Neat and Tidy!"**

Regards,

Norm Martin, Ward 2 Councilman



Springtime (at last) - Even though it was a mild winter it still does the soul good to see the gray sky go away. The blooming of the tulips, the azalais and the rhododendrons indicate renewal and rebirth. My late father use to say that he could hear the crocuses under the ground clawing their way to the surface. But along with the renewal comes the allergies; highlighted by all the yellow oak tree pollen covering my car.

Another indication of spring is the scheduling of all the numerous community social events. Starting with the Memorial Day Parade, Friday Night Concerts at City Hall, the Thursday Farmers Market at the Gazebo, and of course Home Days. We are becoming a true regional draw because of all our community events. And, as I have mentioned in the past, these are the type of gatherings that truly make a vibrant community.

Also a shout out to our service department. Another sign of spring is when they clean the winter debris off the Seven Hills Blvd walkway. This has now become a yearly activity that was rarely done in the past before I brought it to Jack Johnsons attention. I am impressed with how well prepared our public spaces are for the summer gathering season.

Can't wait to see you all at all these above events in the next few months!

Tom Snitzky
Councilman City of Seven Hills
Ward 3



I'm Justin Costanzo and current Councilman at Large for Seven Hills, OH. Being a resident of Seven Hills for the past 28 years I've become deeply invested in the success and prosperity of my community. Attending Parma City Schools and Cleveland State University I've grown very fond of my neighborhoods. My years of professional experience have equipped me with skills to lead a community effectively. When I'm not working at Remax, Motto Mortgage or Truck Park, I enjoy spending time with my wife Tammy and daughter Gabriella.

Although I am new to Council, I chair Public Works as well as sit on Police and Fire and Community Services. Being a part of the community for so long I'm excited to take on my role and help any changes being made. I plan to look at the city's goals and help accomplish them as a team. I plan to continue the growth of businesses in our city while building new foundations and friendships for years to come.

Respectfully,

Justin Costanzo
Councilman at Large



2023 Seven Hills City Council Representatives

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

Michael Morrow
216-769-3973
mmorrow@sevenhillsohio.org

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

Justin Costanzo
216-408-2314
jcostanzo@sevenhillsohio.org



FINANCE DEPARTMENT NEWS

2022 Unaudited Financial Report

The unaudited annual financial report for the year ending December 31, 2022, has been completed and is available for public inspection, upon request.

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!

CPR / AED FIRST AID TRAINING

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TO REGISTER:

- Online at sevenhillsohio.org
- At the Front Desk
- Scan the QR Code



In-Memoriam

In memory of Seven Hills residents:

Frank F. Martin

Bill Zenisek

Pauline Yersky

Andy Yersky

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

2023 Home Days Celebration!



The Historical Society Room will be open for all to share memories and historical facts about Seven Hills. Don't forget to bring the kids! Come and meet your neighbors! Located inside City Hall, Opposite Council Offices.



Friday, July 21st 6:00pm - 8:00pm
Saturday, July 22nd 3:00pm - 8:00pm

HISTORY OF HOME DAYS IN AMERICA

"Old Home Week" originated in the New England region of America, similar to a holiday or festival. In its beginning in the 19th Century, it involved a community effort to invite former residents of a village, town, or city; usually individuals who grew up in the community as children and moved elsewhere in adulthood... to visit their old house and home town.

In the late 20th and early 21st centuries, the practice spread to other parts of America and has become a broader celebration with the emphasis on local culture and history, including the gathering of residents, old and new, to the celebration with Fun, Food, and Rides!

Visit us at the Seven Hills Farmers Market Mark Your Calendars:

Seven Hills Farmers Market
Seven Hills Farmers Market
Seven Hills Farmers Market

Thursday, July 6
Thursday, August 3
Thursday, September 7

from 4 to 7pm
from 4 to 7 pm
from 4 to 7 pm



The Seven Hills Historical Society Meets the 1st Wednesday of the Month from 12:00pm to 2:00pm.

We look forward to meeting new people interested in Seven Hills historical information

If you have any questions, or request an appointment, please contact our President, Kathy Patterson at 216-548-9753 or email: kjp@toycar.net.



Farmer's Market

The 2023 Seven Hills Farmer's Market will open for its ninth season on Thursday, July 6, 2023, 4:00 – 7:00 PM. With our sponsor partnerships, our fabulous vendors and their passion for the market, our amazing musicians, and weekly food trucks secured, we have been busy preparing to welcome you! The Seven Hills Farmers Market is a weekly open-air market located at 7221 Broadview Road, Seven Hills, Ohio (adjacent to Fire Station).

2023 Food Truck and Musical Line-up:

July 6:	Barrio Tacos	Wayne Tomsic Combo
July 13:	Cheesy Dave's	Riley Perry
July 20:	Smash Time	Cleveland's Backstreet Blues Band
July 27:	Boss Chick N'Beer	The Barlow Boys
August 3:	The Cedar Grill	Kennedy & Daine
August 10:	The Manna Truck	Small Craft Advisory
August 17:	Pork In The Road	Hip To That
August 24:	Empanadas On Wheels	Gemstone
August 31:	Blasian Fusion	Cleveland's Backstreet Blues Band
September 7:	Cheezylicious	Wayne Tomsic Combo
September 14:	Bearden's	The Baker's Basement
September 21:	Barrio Tacos	The Barlow Boys
September 28:	Slyman's Tavern	Gemstone

The market is sponsored by The Loan Gal Team, Ohio's #1 Lender Partner for Homes for Heroes at CrossCountry Mortgage, Taleris Credit Union, Inc., Vince Hrobat Insurance Agency, Inc. Thank you for patronizing our sponsors and supporting the local, small businesses that make up the Seven Hills Farmers Market, who would not exist without you!

For more information, contact Kathy, 216-525-6227, kholland@sevenhillsohio.org
Happy, Healthy, Homegrown; the Seven Hills Farmers Market, growing community by inspiring healthy, sustainable, abundant living!



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14-1296



Kulick Dental

216-236-6300

(across the street from Giant Eagle)
7393 Broadview Road, Suite G
Seven Hills, OH 44131
staff@kulickdds.com
www.kulickdental.com



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Resident of Seven Hills

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John Cymbal, Parma resident
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7893 Broadview Road,
Seven Hills, Ohio 44131

Family owned in
Seven Hills since 2006! ASE

Brad Sussman Insurance, Ltd.

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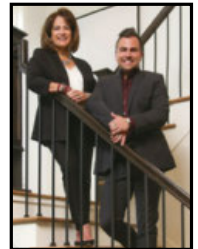
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The Cities of Broadview Heights & Seven Hills
The Nights in the Heights & Thrills in the Hills

SUMMER CONCERT Series

5/26

BRIAN PAPESH BAND

Slovenian Polka, Classic Rock, Today's Hits

6-8 PM

Seven Hills Summitview Pavilion
Food Trucks

6/2

ACE MOLAR

High Octane hits from the 60's-90's!

7-10 PM

Broadview Hts. Amphitheater
Cruise-in / Food Trucks / Adult Beverages

6/16

FUNKOLOGY

Funk, Pop, & Motown from 60's to today!

6-8 PM

Seven Hills Summitview Pavilion
Food Trucks

8/4

KEY WEST EXPRESS

Jimmy Buffett Tribute Band

7-10 PM

Broadview Hts. Amphitheater
Cruise-in / Food Trucks / Adult Beverages

8/18

OUT OF EDEN

Eagles Tribute Band

6-8 PM

Seven Hills Summitview Pavilion
Food Trucks

9/1

GRUNGE DNA

FIREWORKS!

90's Alternative Rock & Grunge cover band

7-10 PM

Broadview Hts. Amphitheater
Cruise-in / Food Trucks / Adult Beverages

9/15

FRANK & DEAN

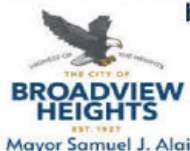
Great music and comedy of the Rat Pack

6-8 PM

Seven Hills Summitview Pavilion
Food Trucks

Seven Hills Summitview Pavilion
7325 Summitview Dr.
sevenhillsohio.org

Broadview Hts. Amphitheater / 9543 Broadview Rd.
broadview-heights.org



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 or ID 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.

**Daily Drop In: Resident: \$5 with Valid ID • Parma Resident: \$10 Valid ID Required
Effective 6/1/2023 Non-Resident (Outside Seven Hills & Parma) \$15 Valid ID Required**

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:

1 ROOM - \$40 / HOUR

2 ROOMS - \$70 / HOUR

3 ROOMS UP - \$100 / HOUR

NON-MEMBERS:

1 ROOM - \$65 / HOUR

2 ROOMS - \$100 / HOUR

3 ROOMS - \$130 / HOUR

TO BOOK A ROOM AT THE RECREATION CENTER PLEASE CONTACT HOLLY ZAK AT 216-524-6262 EXT. 400 OR BY E-MAIL AT HZAK@SEVENHILLSOHIO.ORG

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 AT THE CITY HALL COMMUNITY ROOMS PLEASE CONTACT TAYLOR TOMECKO AT 216-524-4421.

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.



TOTALLY TONED PERSONAL TRAINING

GET YOUR BEACH BODY READY FOR SUMMER 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 GOALS THIS 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!

• DIET • CARDIO • EXERCISE

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



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SilverSneakers® Classic. Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.



SilverSneakers® Circuit. Experience standing, low-impact choreography alternated with standing upper-body strength work. This class is suitable for nearly every fitness level, and your instructor can adapt the exercises depending on your skill.



SilverSneakers® Yoga. Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Finish with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity.



SilverSneakers® Splash. In this fun, shallow-water exercise class you'll use a signature splash-board to increase strength and endurance. Splash is suitable for all skill levels and is safe for non-swimmers.



SilverSneakers® Stability. Get stronger and improve your balance through exercises that strengthen the ankle, knee and hip joints, all in a fun and social setting. This class is designed specifically to help prevent falls.



SilverSneakers BOOM™ MIND. The best from yoga and Pilates are combined into one fusion class designed to relax your body and mind. The focus is on core muscles, lower-body strength and balance.



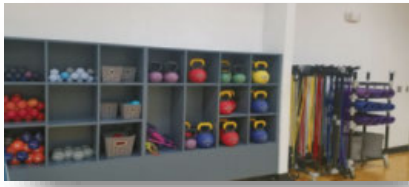
SilverSneakers BOOM™ MUSCLE. This class incorporates athletic exercises that boost your overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill.



SilverSneakers BOOM™ MOVE. This fun, dance-inspired workout improves your cardio fitness with easy-to-follow moves set to energizing music.

**Stop in today to see if you are eligible for a free or discounted
Rec Center Membership!**

**Monthly Schedules for Inclusive Programming are available at
sevenhillsohio.org**



ADULT PROGRAMS

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

SUMMER 2: JULY 30TH – SEPTEMBER 2ND (REGISTRATION OPENS 7/16)

FALL 1: SEPTEMBER 10TH – OCTOBER 21ST (REGISTRATION OPENS 9/1)

FIT HAPPENS WITH DEBBIE JOIN US FOR A FULL BODY WORK OUT USING WEIGHTS, RESISTANCE BANDS, YOUR OWN BODY WEIGHT, AND EXERCISE BALLS TO SCULPT AND STRENGTHEN YOUR BODY. THIS WORK OUT TARGETS ALL MUSCLES GROUPS TO TONE AND DEVELOP YOUR ENTIRE BODY, INCLUDING YOUR ABDOMINALS AND MID-SECTION. MODIFICATIONS ARE TAUGHT TO MAKE THIS AN EFFECTIVE CLASS FOR BEGINNERS TO ADVANCED FITNESS LEVELS. DEBBIE IS ALSO A CERTIFIED NUTRITIONIST WHO PROVIDES TIPS AND STRATEGIES TO ENHANCE YOUR OVERALL HEALTH AND WELL BEING. JOIN IN AND SEE HOW GREAT YOU CAN FEEL!

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 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!

INSTRUCTOR: 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!

INSTRUCTOR: 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



PARKINSON 'S FITNESS WITH JESSICA

ENABLES PEOPLE WITH PARKINSON 'S DISEASE TO FIGHT THEIR DISEASE BY PROVIDING NON-CONTACT BOXING-STYLE FITNESS PROGRAMS THAT IMPROVE THEIR QUALITY-OF-LIFE AND SENSE OF EFFICACY AND SELF-WORTH. JESSICA PROVIDES ENCOURAGEMENT THROUGH A "TOUGH LOVE" APPROACH, INSPIRING MAXIMUM EFFORT, SPEED, STRENGTH, BALANCE, AND FLEXIBILITY. BOXING WORKS BY MOVING YOUR BODY IN ALL PLANES OF MOTION WHILE CONTINUOUSLY CHANGING THE ROUTINE AS YOU PROGRESS THROUGH THE WORKOUT. THESE CLASSES HAVE PROVEN THAT ANYONE, AT ANY LEVEL OF PARKINSON 'S, CAN ACTUALLY LESSEN THEIR SYMPTOMS AND LEAD A HEALTHIER/HAPPIER LIFE.



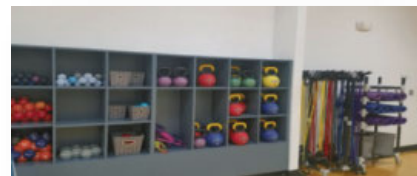
INSTRUCTOR: JESSICA NADZAM **DAYS:** MONDAYS & THURSDAYS : 11AM – 12NOON

FEES: 5-CLASS PUNCH CARD: MEMBERS: \$40 NON-MEMBERS: \$45

10-CLASS PUNCH CARD: MEMBERS: \$70 NON-MEMBERS: 75

DROP IN: \$10

ADULT PROGRAMS



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

SUMMER 2: JULY 30TH – SEPTEMBER 2ND (REGISTRATION OPENS 7/16)

FALL 1: SEPTEMBER 10TH – OCTOBER 21ST (REGISTRATION OPENS 9/1)

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



TRIM & TONE WITH TANYA

A UNIQUE, HEAD TO TOE, FEEL GOOD WORKOUT COMBINING CARDIO MOVES WITH RESISTANCE TRAINING AND CORE WORK LED BY AN AFAA CERTIFIED INSTRUCTOR. EVERY MUSCLE GROUP WILL BE TARGETED AND TONED, EVEN SOME YOU DIDN'T EVEN KNOW YOU HAVE! MODIFICATIONS ARE TAUGHT SO EVERY "BODY" CAN ENJOY THIS FUN AND INNOVATIVE CLASS.

WEDNESDAYS - FRIDAYS 9:30AM – 10:30AM



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! PILATES, YOGA AND KICKBOXING MOVEMENTS ARE INCORPORATED TOO. SESSIONS AND REGISTRATIONS ARE CONTINUOUS (DOES NOT FOLLOW REG 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

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



LEAGUE PLAY



OUTDOOR REC VOLLEYBALL LEAGUE PLAY!

GAMES PLAYED MONDAY / TUESDAY EVENINGS @ CITY HALL / MEIJER OR NORTH PARK COURTS STARTING JULY 17TH

\$250 PER TEAM CONTACT DAVE AT [DILUZIO@COX.NET](mailto:diluzio@cox.net) TODAY FOR MORE INFO!

FALL ADULT FLAG FOOTBALL!

PLAYS SATURDAY MORNINGS AT SUMMITVIEW COMMONS (BEHIND CITY HALL)

GET YOUR TEAMS TOGETHER! GAMES BEGIN LATE AUGUST 2022.

CONTACT MICHAEL AT [MKLUBNIK@SEVENHILLSOHIO.ORG](mailto:mklubnik@sevenhillsohio.org) WITH QUESTIONS!

REGISTRATION BEGINS JULY 15TH!



SUMMER / FALL BOCCE LEAGUE

WARM UP YOUR PALLINO! BOCCE IS HOT AT SUMMITVIEW COMMONS BOCCE COURTS (NEAR CITY HALL PAVILION) . LEAGUE ORGANIZATION AND REGISTRATION WILL BEGIN LATE-JUNE. TENTATIVE START OF LEAGUE PLAY IS MID TO LATE SUMMER. LOOK FOR UPCOMING INFORMATION ON OUR WEBSITE AND FACEBOOK PAGE! AS LONG AS NO LEAGUE GAMES ARE BEING PLAYED, COURTS ARE OPEN TO THE PUBLIC. ANY GENERAL QUESTIONS AT THIS TIME CAN BE DIRECTED TO MICHAEL KLUBNIK AT [MKLUBNIK@SEVENHILLSOHIO.ORG](mailto:mklubnik@sevenhillsohio.org) OR 216-525-6273

SEVEN HILLS BASKETBALL FEDERATION

3-ON-3 TOURNAMENT

HOME DAYS WEEKEND

MORE INFO

COMING SOON!



 Seven Hills Basketball Federation www.sevenhillsbasketball.com

CO-ED Softball

REGISTER BY AUGUST 11th
GAMES BEGIN ON AUGUST 25th

COST: \$280/TEAM + GAME FEES (\$25/gm)

NO TEAM? NO PROBLEM! Register TODAY as a Free Agent

For More Information:
See our website <https://sites.google.com/view/7hills-fall-coed-softball/home>
Or contact Michael Klubnik-
mklubnik@sevenhillsohio.org



Seven Hills Youth Soccer Federation

Registration for the Fall 2023 Seven Hills Youth Soccer Program will run July 15th – August 15th (or until the team is full) for ages 7 – 15 years old. Registration covers Fall 2023 and Spring 2024. Contact Dave at diluzio@cox.net with questions!

Fall Soccer begins September 9th, 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: \$60 NON-RESIDENTS: \$70
\$10 Late Fee will apply for those that register after August 15th.



Seven Hills Basketball Federation

Signups will begin in late August/early September, watch www.sevenhillsbasketball.com for update season information as well as on-line sign-ups!

Contact Dave at diluzio@cox.net with questions!



SEVEN HILLS BEFORE AND AFTER SCHOOL PROGRAM 2023– 2024

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 CAMP@SEVENHILLSOHIO.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



ROOKIE ATHLETICS



FLAG FOOTBALL SKILLS

We play different skill drills and games getting a good fundamental knowledge of the sport while growing ability and building towards game play. Focusing on Running with the ball, Throwing, Catching, Route Running, Defense, & Game Play. 5 class program - \$50

Day and Time: *Friday*

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

Ages 5-6: 5:15 pm - 6:00 pm

Ages 7-8: 6:15 pm - 7:00 pm

SUMMER 1 STARTS JUNE 23RD REGISTRATION NOW OPEN

SUMMER 2 STARTS AUGUST 11TH REGISTRATION OPENS JULY 9TH

FALL STARTS SEPTEMBER 29TH REGISTRATION OPENS AUG. 27TH



SOCCER SKILLS



Soccer introduces beginners to team play, along with building coordination and motor skills. Rookie Athletics will begin with teaching the basic skills such as ball control, defense, passing, and finishing through a series of fun skill drills and games that build towards game play!

5 class program - \$50

Day and Time: *Monday*

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

Ages 5-6: 5:15 pm - 6:00 pm

Ages 7-8: 6:15 pm - 7:00 pm

SUMMER 1 STARTS JUNE 19TH REGISTRATION NOW OPEN

SUMMER 2 STARTS AUGUST 7TH REGISTRATION OPENS JULY 9TH

FALL STARTS SEPTEMBER 25TH REGISTRATION OPENS AUG. 27TH

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



DODGEBALL

We use light foam balls making any impact pain free. After some warmup drills & rule review we dive into game play in a fast paced, ball-flying, dippin n' dodgin exciting time. 5 class program - \$50

Day and Time: *Monday*

Ages 5-6: 6:15 pm - 7:00 pm

Ages 7-8: 7:15 pm - 8:00 pm

SUMMER 1 STARTS JUNE 19TH REGISTRATION NOW OPEN

SUMMER 2 STARTS AUGUST 7TH REGISTRATION OPENS JULY 9TH

FALL STARTS SEPTEMBER 25TH REGISTRATION OPENS AUG. 27TH

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

Day and Time: Tuesdays
Ages 3-4: 4:30pm - 5pm
Ages 5-6: 5:15pm - 6pm
Ages 7-8: 6:15pm - 7pm
Grade 3&4: 7:15pm - 8pm

SUMMER 1 STARTS JUNE 20TH REGISTRATION OPENS MAY 14TH

SUMMER 2 STARTS AUGUST 8TH REGISTRATION OPENS JULY 9TH

FALL STARTS SEPTEMBER 26TH REGISTRATION OPENS AUG. 27TH

T-Ball League

Week 1 will teach the basics of hitting, base running, fielding and throwing. From there we will continually review the basics while playing a two - three inning game where everybody bats. Each class goes for about 45 minutes. *Games will be played Saturdays between 9am-12pm.* You will be contacted via email prior to week 1 with exact times. 6 class program. *Ages 3&4. Beginner 5 year olds are welcome!* - \$75

SUMMER STARTS JULY 15TH REGISTRATION NOW OPEN

**FALL STARTS SEPTEMBER 23RD REGISTRATION OPENS
AUG. 27TH**

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 9am - 2pm Saturdays.* You will be emailed prior to Week 1. - \$75

SUMMER 1 STARTS JUNE 17TH REGISTRATION NOW OPEN

SUMMER 2 STARTS AUG. 5TH REGISTRATION OPENS JULY 9TH

FALL STARTS SEPT. 23RD REGISTRATION OPENS AUG. 27TH

PickUp Basketball

Just want to play basketball? Pick up is a perfect way to ramp up for the basketball season. 120 minutes of game after game after game. 5 class program. - \$100

SUMMER 1 STARTS JUNE 24TH REGISTRATION NOW OPEN

SUMMER 2 STARTS AUG. 12TH REGISTRATION OPENS JULY 9TH

FALL STARTS SEPT. 30TH REGISTRATION OPENS AUG. 27TH

SATURDAYS

3&4 Grade: 2pm - 4pm

5&6 Grade: 4pm - 6pm

**Ask About 7th&8th Pickup.
Thursdays 6pm-8pm**

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



2023 Summer/Fall Aquatic Programs

Group Learn-To-Swim

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

For ages 6 months and up.

Summer Session

Monday-Thursday AM Lessons

Session #2: July 10th to 20th

Registration begins June 15th

Session #3: TBD

Fall #1 Session

Registration Begins August 1st

Mon. PM Only: Sep 18th to Oct 23rd

Wed. PM Only: Sep 20th to Oct 25th

Sat. AM Only: Sep 23rd to Oct 28th

Groups 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
mgallagher@sevenhillsohio.org



Group Descriptions

- **Cuttlefish:** For ages 6 months to 3 years, the parent/guardian and participant will participate together in fun activities to help your child adjust to the water.
- **Newt (Pre-School #1):** For ages 3 and up, the goal of this group is to have the child learn to use their arms and legs with a floatation device, enter/exit the pool independently, and float, jump in, and exit the pool with or without assistance.
- **Salamander (Preschool #2):** For ages 3 and up, the goal of this group is to have the child improve their arm and leg strength, and float, jump in, and exit the pool with very little or without assistance.
- **Seahorse (Preschool #3):** For ages 3 and up, the goal of this group is to the float, jump in, and swim with their face in to the instructor without assistance.
- **Sea Dragon (Preschool #4):** For ages 4 to 7, the goal of this group is to improve on swimming skills, incorporate rhythmic breathing, and swimming farther than the previous levels.
- **Jellyfish (Level #1):** For ages 5 and up, the goal of this group is learn freestyle with rotary breathing and backstroke without assistance.
- **Sea Lion (Level #2):** For ages 5 and up, the goal of this group is improve on their freestyle swimming and swim backstroke farther with their body at the surface.
- **Otter (Level #3):** For ages 5 and up, this group is to improve freestyle and backstroke swimming and introduce breaststroke.
- **Polar Bear (Level #4):** For ages 5 and up, this group will improve technique, strength, endurance with freestyle, backstroke, and breaststroke, and introduce butterfly.

Become Part of the Seven Hills Aquatic Team!

Flexible Scheduling! We can train you as a lifeguard and/or swim lessons instructor!

Contact Mike for more details and bonus information.

216-524-6262 | mgallagher@sevenhillsohio.org

Seahawks Recreation Swim Team: We offer an inclusive year round competitive swimming program for all ability levels ages 5 and up. If your child can swim 25-yards/meters freestyle and 25-yards/meters backstroke non-stop, they can participate in this program. Contact the aquatics supervisor to schedule an evaluation to see if this program is right for your child.



Members \$50 | Non-Members \$60

Mondays and Wednesdays

September 18th to October 18th

10 & Under from 5-6 pm | 11 & Over from 6-7 pm

Saturdays Only

September 16th to November 18th

9:30 to 10:30 am (All Age Groups)

Kraken Pre-Swim Team Group: Not ready for the swim team yet? We can get your child ready. Contact the aquatics supervisor/swim lessons coordinator to schedule an evaluation to see if this program is right for your child.

Members \$50 | Non-Members \$60

Saturdays Only

Sep 16th to Nov 18th from 10:30 to 11:15 am

Competitive Swimming Clinic Series: These clinics are for **COMPETITIVE SWIMMERS ONLY** ages 10 to 16 years of age. Each clinic will emphasize the proper technique for all of the four competitive strokes and turns. Contact the aquatics supervisor for more information.

Per Clinic Fees – Members: \$20 per clinic | Non-Members: \$30 per clinic

All Four Clinics Fees – Members: \$60 | Non-Members: \$90

From 11:15 am to 12:30 pm

September 16th - Breast/Fly Open Turns

September 30th - Breast/Fly Technique

October 14th - Free/Back Flip Turns

October 28th - Free/Back Technique

Private Swimming Lessons: This program offers one-on-one or semi-private (2-3 swimmers of equal ability level) swim lessons for children 16 & under. The emphasis can be on learning to swim or improving stroke technique. Contact the Aquatics Supervisor for more information.

Future Aquatic Safety Team (FAST): For ages 11 to 14 years of age, in this program participants will be taught aquatic lifesaving skills and Adult, Child, and Infant CPR/AED and First Aid Skills. *This is not a certification course.* Contact the aquatics supervisor for more information.

American Red Cross Lifeguard Training Courses: For ages 15 and up, this **program** 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!* Contact the aquatics supervisor for more information.

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. MONDAYS, 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 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.

WEDNESDAYS 8:00AM – 8:45AM & FRIDAYS: 9:00AM – 9:45AM – SUMMER

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: 9:00AM – 9:45AM / FRIDAYS 10:00AM – 10:45AM – SUMMER (SUMMER SCHEDULE BEGINS 6/4/2023)

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: \$10



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



RECREATION CENTER HOLIDAY HOURS:

TUESDAY, JULY 4TH - INDEPENDENCE DAY - CLOSED

CITY HALL HOLIDAY HOURS:

TUESDAY, JULY 4TH - INDEPENDENCE DAY - CLOSED

DELAYS IN TRASH PICK UP

INDEPENDENCE DAY: TUESDAY JULY 4TH - DELAYED ONE DAY

LABOR DAY: MONDAY SEPTEMBER 4TH - DELAYED ONE DAY

DOCUMENT SHRED DATES

AUGUST 15TH 1PM - 7PM

HOUSEHOLD HAZARDOUS WASTE ROUNDUP

SEPTEMBER 19TH 8AM - 6PM

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

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