

CITY OF SEVEN HILLS COMMUNITY NEWSLETTER WINTER 2023



Dear Residents,

Welcome to the Winter edition of our quarterly newsletter – our first for 2023. I want to start this edition by wishing everyone a healthy and happy new year. Next, I would like to share with you a quote from Benjamin Franklin – **“Be at war with your vices, at peace with your neighbors, and let every new year find you a better [person].”** I thought this quote was applicable to our community as we find ourselves saying goodbye to a very productive 2022 and look forward to an even better 2023.

May Ballot Issue

City Council will be placing a refuse disposal levy renewal on the May ballot. **This renewal will not increase taxes.** The funds generated from this levy, plus the current balance in our refuse fund will completely cover our recently passed 5-year contract with Waste Management. The contract with Waste Management will run from 2023-2027 and the levy will run from 2024-2028.

Finance

Financially speaking, we once again finished the year in good shape. We wrapped up the year with an approximate \$1,000,000 general fund surplus that was ultimately transferred to our capital fund. We most likely will put these funds towards our 2023 road program.

Moody’s continues to assign us a rating of Aa3. The rating indicates the City’s debt obligations are of high quality and subject to very low credit risk. The higher the rating, the lower interest rates on new debt issues, which helps save taxpayer dollars. Think of it as an individual’s credit score.

I will take a deeper dive into our finances in this year’s State of City, to be mailed out in late spring.

Parks and Recreation

Our master plan continues to move forward. Our volleyball courts have been renovated and improved. Playground equipment was added to Cricket Park. Bocce Courts were completed in Summitview Commons (City Hall by the pavilion). These courts can also serve our upcoming cornhole leagues. If you are interested in joining our spring / summer bocce leagues, please check out the League Play page of this newsletter and stay tuned for cornhole info later this spring. Outdoor fitness equipment is being added to North Park and lighting was restored to our horseshoe pits at Calvin.

Phase 1 of the Parks Master Plan is nearly complete. ADA accessible bathrooms have been added to Meijer, Summitview Commons, Calvin, and John Glenn Parks. An outdoor pavilion was also added to John Glenn Park as well. The major component of Phase 1B, the Lodge at North Park (all season pavilion), will break ground this winter. Phase 2, which includes the Splash Pad at Calvin, should break ground in the spring with the final phase, Phase 3 to commence in late summer/ early fall. These improvements represent only an approximate 40% of the overall plan. I will use the State of the City address to get further into all the detail.



John Glenn
Restroom and Pavilion

Economic Development

Unfortunately, we were informed by the private property owner on Rockside Rd., LSB Seven Hills LLC., that they, yet again, are looking for a new development partner. The developer, Industrial Commercial Properties, in a note to the property owner blamed inflation and high interest rates as the reason for their decision not to move forward. The property owner has notified the City that they will continue negotiations with other developers. I will keep you posted as the owners share more information about their plans.

On a positive note, Raising Cane’s is scheduled to break ground in winter 2023. In 2022, we welcomed the opening of the new Dairy Queen Grill N Chill, Boss ChickN Beer, Charleys Cheesesteaks and Wings, and Erie Bank’s district offices.

Partnerships and Progress

We continue to be highly successful in our partnership’s efforts. Since we last spoke, **Cuyahoga County Council awarded Seven Hills a \$250,000 grant.** This grant was funded through the American Rescue Plan Act (ARPA). These funds were specifically granted to be applied to our new all-seasons pavilion.



MAYOR'S MESSAGE (CONTINUED)



Infrastructure

Our water task force continues to work on multiple upgrades. Next up is further drainage improvements along the eastern edge of Calvin Park, and then the dredging of Driftwood Basin.

Our 2023 Road Resurfacing Program is already in motion. Streets to be resurfaced this year include Bryant Lane, St. Francis Drive, Applewood Drive, Cricket Lane (north of Jasmine Drive), Somerset Lane, E. Parkhaven Drive, Greenlawn Drive, Lotus Lane, Justo Lane, S. Cricket Lane, and Jasmine Drive. This represents another \$2.2 million investment in our roads.

In addition, several roads will receive repairs performed by our Service Department: Alla Drive, E. Dawnwood Drive, Pleasant Run Drive, Winchester Drive, Wynde Tree Drive and Bonroi Drive.

I'm going to wrap up with a popular new year's toast "Here's to a bright New Year and a fond farewell to the old; here's to the things that are yet to come, and to the memories that we hold."



Sincerely,

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



POLICE DEPARTMENT-EMERGENCY: 9-1-1

POLICE NON-EMERGENCY: 216.524.3911

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.

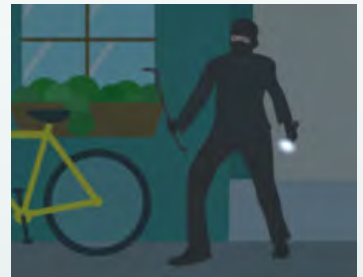


Some children will resort to walking down one of Seven Hills very busy streets because the sidewalks aren't cleared. This is very dangerous. For this reason we are asking all residents to do what they can to ensure the safety of our children.

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 – PLEASE KEEP YOUR VEHICLES LOCKED

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



2022

By The Numbers

1858
TOTAL CALLS

★ **240 MORE CALLS THAN 2020**

★ **15% INCREASE FROM OUR PREVIOUS BUSIEST YEAR (2021)**

★ **36 TIMES WE RECEIVED AID FROM OTHER DEPARTMENTS**

★ **63 TIMES WE AIDED OTHER DEPARTMENTS**

★ **1543 WERE EMS CALLS (83%)**

★ **317 WERE FIRE CALLS (17%)**

★ **307 CALLS OVERLAPPED ONE ANOTHER (17%)**

★ **19 CALLS FOR STRUCTURE FIRES BOTH IN SEVEN HILLS AND MUTUAL AID**

★ **34 CALLS FOR HAZARDOUS MATERIALS RESPONSES (SPILLS, LEAKS, ETC)**

★ **6 MINUTES: AVERAGE RESPONSE TIME (DISPATCH TO ARRIVAL)**

We continue to serve our residents due to your support of our department. Thank you, and Happy New Year!



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



On December 31, 2022 Captain Joe Lecznar completed a 38 year career in the fire service. Joe began his public service career with the Newburgh Heights Fire Department in 1984. He became a member of the Seven Hills Fire Department on October 23, 1988. At that time our department members responded to emergency calls from home. As an incredibly dedicated member of the Seven Hills Fire Department Joe was promoted to the position of Lieutenant on July 1, 1994. Joe was promoted to Fire Captain on August 1, 2006. Joe would also become our department's Fire Prevention Officer in November of 2012.

Captain Lecznar retires as a well-respected member of the firefighting community throughout Northeast Ohio. This was shown with the outpouring of respect and well wishes that were sent his way during his final shift and the days that followed.

BUILDING DEPARTMENT

WASTE AND GARBAGE CONTAINER REQUIREMENTS

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

SNOW FENCES & SNOW REMOVAL

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

Please remember to keep sidewalks clear of snow and ice for the safety of everyone. Snow removal must be kept on your own property.

If you are a contractor doing snow removal in the City for our residents on their property. Please be sure to have your company registered with the Building Department prior to snow plow season.



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 – NEW LIMIT

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.

NEW LIMIT - WM will pick up no more than 2 bulk items on your regular trash collection day. Please schedule your bulk pick to ensure it is collected.

Please visit www.wm.com/us/en/home/bulk-trash-pickup to schedule your pickup.

Bulk items include:

- Carpet - please cut, roll and tie in lengths no greater than 4 ft.
- Appliances - remove appliance doors and Freon (Freon must be removed or WM will not collect)
- Large screen TVs - 42" and up
- Furniture, mattresses and/or box springs - must be wrapped in plastic with duct tape
- Lumber - bundle and tie wood products in lengths no longer than 3 feet and 40 pounds. Lumber such as 2 x 4 to be bundled and tied in lengths or 36 inches and 40 pounds
- If the truck picking up your trash leaves the bulk item, a separate truck will be sent to collect it.
- Bulky Construction debris is limited to 2 bundles of 40 pounds x 48 inches or two items such as 2 cabinet fixtures.

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 18th, and August 15th 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 16th from 8AM – 6PM and September 19th from 8AM-6PM behind City Hall. For more 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 19th from 8am - 6pm behind City Hall. Tires must be off the rim.

Waste Management Holiday Schedule

Memorial Day: Monday, May 29th, 2023—Delayed One Day

Independence Day: Tuesday, July 4th, 2023—Delayed One Day

Labor Day: Monday, September 4th, 2023—Delayed One Day

Thanksgiving Day: Thursday, November 23rd, 2023—Thursday Picked Up on Friday

Christmas Day: Monday, December 25th, 2023—Delayed One Day



Please submit Memorial Wall
Applications
no later than May 1st, 2023



Seven Hills Veterans Memorial Park

Application for Sponsorship

Type of Sponsorship:

Veterans Memorial Wall: \$200.00

1. Must have resided in Seven Hills.
2. Please Circle one: USMC USARMY USN USAF USCG USMM

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

First Name – PLEASE PRINT

--

Middle Initial

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Last Name – PLEASE PRINT

						-			
--	--	--	--	--	--	---	--	--	--

Years of Service – example 1968-74

Applications will be accepted until enough sponsorship is raised to pay for the initial order, construction and engraving of the wall. Future applicants will be collected each year and added at one time in order to rededicate the Wall for each Memorial Day.

Veterans Memorial Park – Landscaped Area: \$500.00 – (8 areas available)

1. Reserved for residents and business partners of Seven Hills.
2. One (1) specific landscaped area will be dedicated in memory or honor of a specific individual or group (ex. “Dedicated in Honor of All Iraq War Veterans” or ex. “In Memory of James A. Williams, USMC 1968-74”), or a family, individual or business may choose to sponsor with their name alone.
3. Plaque will be constructed and displayed in each area reflecting the sponsor or area.
4. Landscaped Areas sponsorships are good for life. Plaques will be presented to the sponsor at the end of their term.

Veterans Memorial Flagpoles: 3@ \$5,000.00 ea

1. Reserved for residents and business partners of Seven Hills.
2. (1) Larger American Flag flagpole is available for sponsorship \$10K and (2) slightly shorter POW/MIA and Seven Hills Flag flagpoles are available \$5K ea.
3. One (1) specific flagpole will be dedicated in memory or honor of a specific individual or group (ex. “Dedicated in Honor of All Iraq War Veterans” or ex. “In Memory of James A. Williams, USMC 1968-74”)
4. Plaque will be constructed and displayed on flagpole reflecting the sponsor.
5. Flagpole sponsorships are good for life.

Contact information:

Name: _____ Phone _____

email: _____

Please make checks payable to “City of Seven Hills” and return to Seven Hills City Hall, 7325 Summitview Dr, Seven Hills, Ohio 44131



ENGINEERING & FINANCE DEPARTMENTS

ENGINEERING DEPARTMENT

Work for 2022 has been wrapped up and we are beginning work for 2023. The following projects were successfully completed in 2022:

2022 City Road Program

2022 Pavement Markings Program

2022 Street Ratings Program

City Gazebo & Site Amenities

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

Calvin Park Drainage Improvements (Phase 2)

The City received a grant from the Ohio Department of natural Resources in the amount of \$150,000 towards this estimated \$676,000 improvement project.

2023 City Road Program

(Applewood Drive, Bryant Lane, Cricket Lane, E. Parkhaven Drive, Greenlawn Drive, Jasmine Drive, Justo Lane, Lotus Lane, Somerset Lane, S. Cricket Lane & St. Francis Drive)

2023 Pavement Markings Program

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

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

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

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

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

FINANCE DEPARTMENT NEWS

Tax Year 2022 Municipal Income Taxes Filing Deadline

The filing deadline for 2022 municipal income tax returns is April 18, 2023. Tax forms and filing information can be found on the Regional Income Tax Agency's (RITA) website: www.ritaohio.com.

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 year of giving for our city. With so much going on in the world, 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 some of our biggest programs, Seven Hills Food Pantry, Bell Ringing for the Salvation Army and our thirty-ninth annual Yuletide program.

The year 2022 was an extremely generous one for our food pantry. We received \$8680 in donations from various residents, businesses, and non-profits. Our pantry distributed \$7,500 to aid 46 Seven Hills families throughout the year. Some of the ways we were able to help included groceries, gas cards, holiday meals, utilities assistance and more!

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 \$8,240 for the Salvation Army's "Christmas Kettle Campaign". All these funds will help keep electricity and natural gas on for our qualifying low-income neighbors facing shutoff. I would like to thank you all again for your efforts

Lastly, our thirty ninth annual Yuletide program was a massive success. Yet again, our city partnered with Brecksville, Broadview Heights, and Independence to bring in funding. Our city had the opportunity to help 37 families from our community and as a group we serviced a combined 130 total families. Each family received food, gift certificates to Aldi's, Meijer, and 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

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!**

Mind Challenge for the New Majority— A Trivia Competition

Represent Seven Hills in The Mind Challenge for the New Majority from **May 18th - June 6th, 2023!** 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 2023 Mind Challenge!

If you are interested in being part of the Seven Hills Team - call Tony at 216-525-6230.



Surgical Treatment for Atrial Fibrillation Restores UH Patient's Energy

Joe Timko of Broadview Heights figured he was just growing old, with a persistent heaviness in his chest that left him feeling sluggish. He didn't realize he had atrial fibrillation (AFib), the most common heart rhythm disorder and one experienced unknowingly by millions of Americans.

After a surgical ablation at University Hospitals Parma Medical Center, Timko has newfound energy.

AFib is caused by disorganized electrical impulses in the chambers of the heart. These uneven and often rapid impulses cause "quivering" in the atria and can leave a patient feeling like their heart is racing or even slowed down – and some people, like Joe, don't feel it at all. This abnormality in the atria, or upper chambers of the heart, may prevent it from pushing enough blood into the ventricles, or lower chambers of the heart. Such sluggish blood flow means the heart isn't pumping effectively, and can cause heart failure over time or blood clots that lead to stroke.

"AFib just wears your heart out," says UH cardiac surgeon, Gregory Rushing, MD, who offers surgical ablation for patients with long-standing, persistent AFib that has lasted more than one year and who have failed other treatments.

AFib can present in a variety of ways. While irregular heart rhythms may be persistent or permanent for some patients, others may experience intermittent AFib, which can occur suddenly, last seconds, minutes or even hours, and may resolve on its own. But it is no less concerning and can be dizzying and scary for a person unaware of what's happening.

The majority of people with AFib don't even know their heart is malfunctioning this way. Timko learned about his AFib during a routine physician office visit.

"Actually, when heart palpitations are not present, the majority of patients' symptoms are not attributed to the heart," Dr. Rushing said. "They show up at their doctor's office for a cholesterol evaluation, or to get ready for a colonoscopy, and AFib is an incidental finding."

Surgical ablation uses either heat or cold energy to electrically isolate the tissue of a small part of the heart to stop its quivering. Surgery takes two forms: either traditional open heart surgery, or a newer minimally invasive approach, in which a cardiac surgeon uses special cameras and catheters to ablate or correct AFib using small incisions.

This procedure, which involves only an overnight stay in the hospital and a few weeks of recovery, has an 85 percent success rate, Dr. Rushing said. As long as the patient has not undergone previous cardiac surgery, they may be a candidate.

"I run up and down the steps now," said Timko, who had his surgical ablation at UH Parma Medical Center. "I feel I can do almost anything again."

"I had felt old, like this was the way I was going to be the rest of my days, sitting in my recliner watching TV. Now, if you ask me to do something, I'll say, 'Let's go.' I have energy I didn't even realize I was missing."

COUNCIL QUARTERLY



Greetings Seven Hills Residents,

Happy New Year to all of you as we embark on 2023 and welcome to the winter edition of the city's quarterly newsletter.

It's hard to believe how fast my time served on council has gone by. Looking back, it seems as if I was just elected to serve but it has already been three years. On December 13, 2022, my fellow council members re-elected me to serve a second term as City Council President. In fulfilling this obligation, I will continue to productively work alongside council, Mayor Biasiotta, and the administration to maintain and advance the city's upward swing.

In doing so, I recently introduced an ordinance on October 25th that terminates the billing of residents for ambulance fees not covered by their insurance provider. This ordinance is something that Fire Chief Meklamburg and I diligently worked on to bring to fruition. I am pleased to announce that ordinance 84-2022 was approved by council on November 29th.

As we move forward into 2023, Seven Hills Council will continue to focus our attention on the city's budget, infrastructure, parks & recreation, as well as economic development. Moreover, throughout the past several years our administration has been instrumental in securing numerous grants that have been extremely beneficial to our city. Moving forward, this practice will remain in the forefront as a steadfast goal focusing on the continual improvement and upgrades to our city.

In closing, I would like to extend my sincere thanks to the residents of Seven Hills 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. I can be reached at (440) 547-6832 or at pkiriazis@sevenhillsohio.org.

Sincerely,

Phillip Kiriazis
City Council President
Ward 1 Representative



Ward 1

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

Ward 2

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

Ward 3

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

Ward 4

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

Council-At-Large

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

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

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

2023 Seven Hills City Council Representatives

Hello Seven Hills Residents and Happy New Year 2023!!

I typically discuss Council issues and all the great things going on in our city but this article will be a bit different. My Christmas and New Year's gathering was affected by that evil devil Covid which caused our family to postpone our holiday festivities. This actually turned out to be a blessing in disguise. This is my holiday reflection from a 50+ year old....

As a kid going to my Grandparents house (in Seven Hills) it was something I always looked forward to. The 100 ft+ driveway was lined with cars all the way to the street and sometimes in the street. I could smell the food cooking before I walked in the door. That was Grandma's house. A place where I found nothing but love and comfort my whole life. It brought a family together often talking for hours around the dinner table long after the meal was done. As I sat at the "kids" table with my brother and all my cousins, I remember wishing I could sit at the "big" table where all the excitement was going on, not knowing what that would mean as I got older.

As the years passed and I grew older, I found myself at the "big" table only to find that many of my family members were missing and knowing that somehow the holidays were not the same. The food was the same, awesome as always, but in my heart, I knew that things were changing.

When my Grandfather died, my Grandma stood tall, proud and carried on those family traditions that my family still remembers to this day. She worked endless hours making dinner for 15+ people and made so many cookies that when she ran out of Tupperware she put the cookies in gift boxes.

When I turned 16 and received my driver's license, I took Grandma shopping every weekend. We came home and then cooked. I followed her around the kitchen writing down her recipes and watching exactly how she did it. It's funny because Grandma didn't use measuring spoons/cups so it was a great challenge to someone like me who had very little knowledge about cooking.

As time moved on it became too much for her. Not only the holidays but her house as well. In 2002, I purchased the house from my Grandma. I felt like I won the lottery. I thought to myself that I just purchased a home that made me feel safe, loved and a home filled with nothing but memories and tradition. How lucky was I???

My Grandma passed three years after I purchased her home. I vowed to carry on her memory and tradition by hosting the same holidays and the same meals in her home....which I still do to this day.

To the next generation, it is our duty to share the stories, memories and pass down the recipes. The best way to honor someone is through memory and tradition.

One thing I have learned is that as we grow older our Christmas list becomes smaller and the things you want for Christmas can't be bought. If your young and reading this, please read it again. If you are my age or older, you get it.

My message to all is to never forget what those before you did and why they did it. There is nothing more precious and greater than the sense of family and all the joy it brings. Hold on to the holiday traditions and celebrate not only your family that is here and now, but those who have passed before us. May this find you in good will and blessings for healthy and safe 2023.

If you have any questions, concerns or complaints, please contact me at: 216-642-3722 or e-mail at: slk7hills@gmail.com. If I miss your call, I **WILL** return it. Be sure to leave your name and phone number. Thank you again and God Bless.



Stacey L. Kelly
President of Council Pro Tem
City of Seven Hills, Ohio



“Let it Snow, Let it Snow, Let it Snow” Seven Hills Ward 2 Residents are ready!

Hello residents of Ward 2. We are all in the middle of winter! So...do you prefer the **Dean Martin** or the **Frank Sinatra** version of the song “Let it Snow?” Snow clearing can be a challenge, but for those first few hours—when the snow is falling and has just settled, gently, onto the ground, you won’t find a more beautiful sight.



Snow Plowing - Investing for Today and the Future in the City of Seven Hills

Why paint a house or fix a roof? It’s worth it because it pays benefits for years and years. It is an investment in your home. It’s easy to not fix something and go buy a pizza, but it is not the responsible thing to do.

Removing snow from the city’s four wards, (including ward 2) is an expensive process and a top investment priority for the City of Seven Hills. Without snow plowing of our 58 miles of streets, you and I as residents are potentially at risk. How about driving the curve and hill on Chestnut in snow conditions? Or the long sloping hill on Crossview, or the heavily travelled Ridgewood? That risk can come in the form of:

EMS and fire can’t get to a neighborhood unless the roads are clear of snow and fallen trees

Police can’t respond quickly unless those same roadways are clear.

You and I can’t get to work or possibly to get to a medical appointment.

Planning to Succeed

Providing quality snow plowing of our city’s streets requires planning when the sun is shining at the beginning of summer. The City of Seven Hills administration and this council has invested heavily into updating our roadways by using an engineering review to prioritize which roadways will see asphalt overlays each year. Upon the recommendation of the Mayor, and the approval of city council, over \$1,200,000 has been recently transferred into the capital improvement budget due to a fortunate budget surplus during fiscal year 2022. The roadways with the greatest repair needs are identified and improved. Smoother roads reduce plow-blade damage and road surface damage. Future newsletter articles will outline this summer’s road improvement program.

Planning for Equipment

Purchasing equipment can be a multiyear process. A fully equipped plow-truck-and blade can cost upward of \$360,000 (each). The city has placed its newest plow-truck into operation that was ordered in 2021 and city council is supporting acquiring another plow-truck in 2023. The trucks cannot salt the streets without salt. It takes procurement of salt at the best consortium market price available. It requires an enclosure to protect the salt from moisture. Most importantly it requires functioning heavy duty front-end loaders (\$122,000) and backhoes (\$80,000) to pick the salt up and transfer it to the plow truck quickly and reliably in the middle of the storm.

It takes more than trucks. It requires planning. Cleaning ditches and culverts in the fall ensures melt water can be carried away from the road surface effectively. Planning means having back-up fuel supplies and generators to ensure the pumps can get fuel to the equipment when there is a widespread power outage. Plowing snow is rough on equipment and on our 13 CDL certified drivers. Our crews and equipment maintenance employees are our number one asset. They work in frigid temperatures, difficult visibility, and long hours. We all thank them for their dedication of leaving their families to ensure our Ward 2 resident’s safety and for the safety of the entire city.

Clearing snow is neither cheap nor easy. It requires getting things done and done well ahead of the falling snow-flakes. So our road department says “let it snow, let it snow”.... they are ready to **GO GO GO!**

What Can You Do?

Have patience. Drive safely, if you must drive at all. Get your car and truck off the street! Finally, please keep the snow from your driveway off the street.

So...Who sang it best, Dean or Frank? I say Dean, but others may say the contemporary stylings of singers such as Michael Bublé, Rod Stewart, Billy Idol, Blake Shelton, or Jessica Simpson may be more their style. Regardless, enjoy the snows of winter!

Regards,

Norm Martin
Ward 2 Councilman

IN-MEMORIAM

In memory of Seven Hills residents:

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

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.

BEGINNING OF SEVEN HILLS

On February 26, 1927, the Village of Seven Hills officially came in existence as an independence municipality. On January 4, 1961 the Village was proclaimed a City. This area including Cleveland itself was part of the territory called the Western Reserve of Northern Ohio. It was designated for exploration and development by the Connecticut Land company of the State of Connecticut in 1795. The Western Reserve was divided into a number of townships, one of which was Independence Township.

As the area became more settled, sections in the eastern part broke away from Independence Township and became Garfield Heights and Valley View. Then in 1914 Independence moved to become incorporated as a village itself. However, not all the residents were in favor of the idea. The split in opinion led to a split in the township, so that only the eastern area, center around the Independence town square and town hall became incorporated as the Village of Independence Township.

Speculation has it that the farming residents of the area were wary of the municipal incorporation, fearing that it would change the nature of their rural community, but in the years following, this line of thoughts began to change.

Finally, on June 12, 1926 area residents presented a petition to the County Commissioners requesting incorporation as the Village of Seven Hills. The request was granted on September 1, 1926, and became effective on February 26, 1927. Henry Froehlich, who had been a Township Trustee, became the first Mayor. A school house at Broadview and Hillside, built in 1861, became the village hall. A new front was built onto it in 1931, and then a fire house was added to the northside of the building in 1937, as a Public Works Administration Project.

The Seven Hills Historical Society Room is open to the public the 1st Wednesday of each month from 12:00 pm—2:00 pm. If you have any questions, or to request an appointment, contact our President, Kathy Patterson at 216-548-9758 or by e-mail at KJP@toycar.net.

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

FARMERS' MARKET

Farmer's markets have deep roots in American history dating back to the 1700s. That they still exist today is a testament to their longevity; giving people the chance to shop for local products and engage with their community. Currently, there are over 8,600 markets registered with their respective states' agriculture departments in the US! These markets are a weekly highlight for many customers who browse the vendor offerings and purchase the freshest, just-picked, quality produce and local products that can not be found anywhere else.

Our Seven Hills Farmers Market grew out of the desire for a local market and exists solely because of support from the community together with farmers, food producers, and other small businesses, who provide access to fresh, Ohio-grown, and locally produced foods and products that we all enjoy. Our dedicated, and hardworking team behind the scenes obtains sponsorships, creates the vendor application, revises our policy and procedures guide, updates our insurance company, curates our Instagram (@sevenhillsfarmersmarket) and books food trucks and musicians.

The Seven Hills Farmers Market is "producer-only" which means that everything at the market has been grown, raised, or made by the seller, within fifty miles of Seven Hills. Residents and neighbors can expect to find vegetables and fruits but also baked goods, meat, handmade artisan products, confections, and other products. We host a weekly food truck as well as live musical entertainment! Shopping at the Seven Hills Farmers Market, July thru September Thursdays from 4:00 – 7:00 PM, is a great way to spend an afternoon. Thank you to our sponsor, **The Loan Gals at Cross Country Mortgage**. Remember your reusable bag!

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!



 **LOAN GAL TEAM**
CROSSCOUNTRY MORTGAGE™
877-336-5220

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized Provider

SafeStreets

833-287-3502

truehold

✗ MYTH

Refinancing is the smartest option to access your home equity.

✓ TRUTH

Truehold's Sale-Leaseback is the most cost-effective way to access the equity in your home.

Looking to unlock your equity?

Mike Joyce, your Cleveland Market Manager, is here to answer your questions today!

mike@truehold.com (216) 533-5022

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM



4-E-5-5

For ad info. call 1-800-477-4574 • www.lpicommunities.com

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



SOUTH WEST FLOORS

- Hardwood
- Carpet
- Vinyl Plank
- Tile
- Professional Installation

216-447-0066 • www.swfloors.com



TONY'S PLUMBING WORKS

Complete Home Plumbing Services
Remodeling • Hot Water Tanks
(216) 299-3276
Tony DiMaria, Owner
Resident of Seven Hills

FREE ESTIMATES Lic #17408



Siding
Repairs

KEN'S HOME IMPROVEMENT

Chimneys

FLAT ROOFS BY KEN

→ Licensed Home: **(216) 661-3505**
→ Bonded
→ Insured Cell: **(216) 407-8252**

BIG LOU'S ELECTRIC

LOU SIMONYI, ELECTRICIAN

COMPLETE RESIDENTIAL ELECTRICAL SERVICES

LICENSED • BONDED • INSURED
OHIO LICENSE #EL45444



SEVEN HILLS
RESIDENT

216-374-6090

PANEL UPGRADES • NEW CIRCUITS • FREE ESTIMATES
Replace Unsafe "Federal Pacific" Panels & Settled Meter Bases

Riczo

FUNERAL HOME

Fourth Generation of Service
7462 State Rd. • Parma
(440) 842-4080

Traditional • Cremation • Pre Need
Community Room - Luncheon Facilities
John Riczo, Jr.

ISH'S LAWN CARE

Let us take care of your lawn so you don't have to
Chris - Entrepreneur

440-667-5799 FREE QUOTES
VETERANS & SENIOR DISCOUNTS

Lawns, Mulching, Snow Removal,
Hardscaping, Tree Removal,
Fall and Spring Clean Ups



Only an Allstate agent can give you a fast, free Good Hands Coverage Checkup. You'll see what coverage you may need and what discounts you deserve. Are you saving all you can?

A-All American Insurance
John Cymbal, Parma resident
440-888-8884



440-740-0700

7893 Broadview Road,
Seven Hills, Ohio 44131

Family owned in
Seven Hills since 2006!

Brad Sussman Insurance, Ltd.

844-200-4800

InsureMeBrad.net

Serving Seven Hills, Broadview Heights,
Brecksville, and all of Ohio.

Best Protection
Superior Service
Impressive Rates



Auto, Home, Life & Commercial

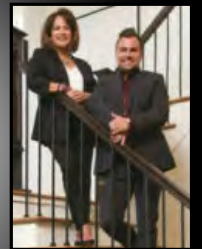


KW ELEVATE

KELLERWILLIAMS.

Diane and Justin Weseloh
ABR, CRS, SRES, RRS

216.440.0432
diane@dianeweseloh.com
www.dianeweseloh.com



#1 AGENT IN 44131 ZIP CODE SINCE 2010 PER MLS!

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Jayne Pandy

jpandy@lpicommunities.com

(800) 477-4574 x6401



Firehawk
AUTOMOTIVE

If it has a motor, we can fix it!
5700 Broadview Road
216-351-4295
www.firehawkautomotive.com
For all your automotive needs!

Parma Dental

Vladimir Belikov, D.D.S

America's Top Dentist Award 2019
We accept all major insurances including
Medicaid, Care Source, Buckeye,
Molina, United Healthcare

Parma Office:
(440) 885-1111

5500 Ridge Rd, Ste 135 • Parma, OH
Highland Hts Office: **(440) 995-9999**
6151 Wilson Mills Rd, Ste 250 • Highland Hts, OH

We Install Grab Bars!

ADA Compliant



Safety
Security
Stability

Grout Perfect/Perfect Services
440-602-6012
www.perfectservices.net

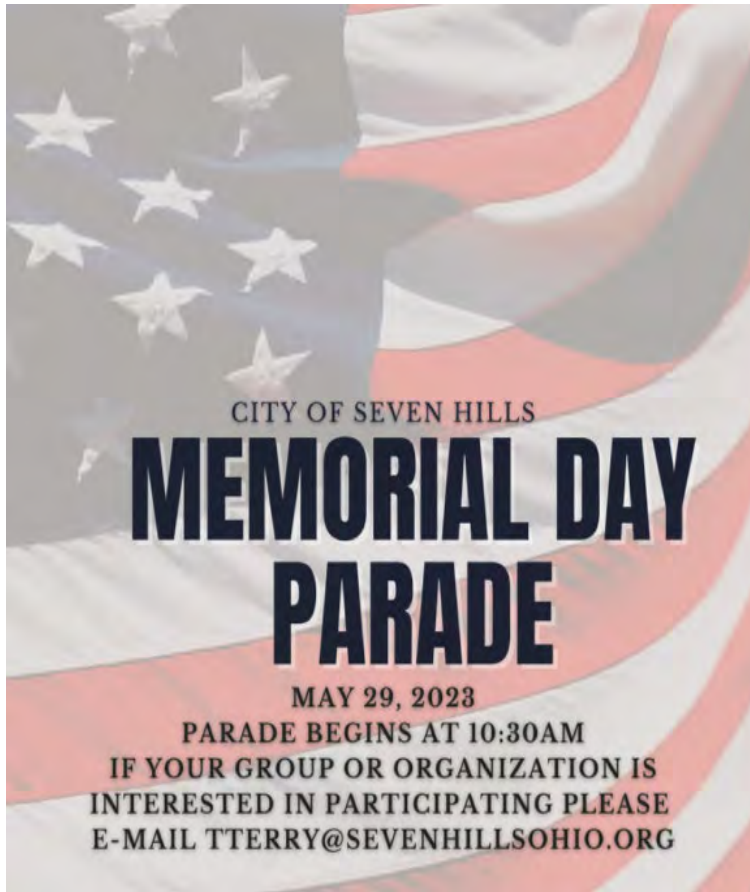


4-E-5-5

For ad info. call 1-800-477-4574 • www.lpicommunities.com

14-1296

UPCOMING EVENTS



CITY OF SEVEN HILLS
**MEMORIAL DAY
PARADE**
MAY 29, 2023
PARADE BEGINS AT 10:30AM
IF YOUR GROUP OR ORGANIZATION IS
INTERESTED IN PARTICIPATING PLEASE
E-MAIL TTERRY@SEVENHILLSOHIO.ORG



Seven Hills Baseball Federation
Serving the youth of the Seven Hills community

**Registration is open
for the 2023
Seven Hills Baseball
Federation Season!**

REGISTER ONLINE AT
www.leaguelineup.com/shbf

We Love Our Parks!

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

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

216-524-6262
sbalint@sevenhillsohio.org

Ball Field Rental Rates

Rentals Per Day	10 Pack Pricing
2-Hour Unprepped: \$50	2-Hour Unprepped: \$300
2-Hour Prepped: \$70	2-Hour Prepped: \$400
3-Hour Unprepped: \$75	3-Hour Unprepped: \$400
3-Hour Prepped: \$100	3-Hour Prepped: \$500

Contact Spencer for more info!
SBalint@sevenhillsohio.org



COMMUNITY RECREATION CENTER HOURS:

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

SATURDAYS: 8AM – 8PM



**The Fitness Center will be closed temporarily while we install new strength equipment.
Pending 1/28-2/10/2023**



**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.

Daily Drop In: Resident: \$5 with Valid ID • Non-Resident: \$10 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

CITY HALL COMMUNITY ROOMS

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

CONTACT & ADDITIONAL INFORMATION

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

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

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



TOTALLY TONED PERSONAL TRAINING

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

* GIFT CERTIFICATES ARE AVAILABLE *

* WWW.TOTALLYTONEDPERSONALTRAINING.COM *

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

CONTACT MIKE AT 216-548-5383 TODAY!

• DIET • CARDIO • EXERCISE

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



RenewActive™

Silver&Fit.



AARP | Medicare Supplement Plans
insured by UnitedHealthcare
Insurance Company



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.



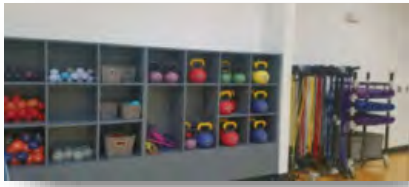
SilverSneakers BOOM™ MUSCLE. This class incorporates athletic exercises that boost your overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill.



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!

WINTER 1: JANUARY 9TH – FEBRUARY 18TH (REGISTRATION OPENS DECEMBER 11TH)

WINTER 2: FEBRUARY 26TH – APRIL 8TH (REGISTRATION OPENS FEBRUARY 12TH)

SPRING: APRIL 16TH – MAY 27TH (REGISTRATION OPENS APRIL 7TH)

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 – ON HIATUS UNTIL APRIL 4TH!!

JOIN US FOR A LOW IMPACT, FULL BODY WORK OUT COMBINING PILATES, BARRE, AND YOGA USING YOUR OWN BODY WEIGHT, EXERCISE BALLS, AND RESISTANCE BANDS. THIS WORK OUT TARGETS ALL MUSCLES GROUPS TO TONE AND STRENGTHEN YOUR ENTIRE BODY, INCLUDING YOUR ABDOMINALS AND MIDSECTION. MODIFICATIONS ARE TAUGHT TO MAKE THIS AN EFFECTIVE CLASS FOR BEGINNERS TO ADVANCED FITNESS LEVELS. ENJOY AN UPLIFTING POWER HOUR! NO ONE EVER REGRETS WORKING OUT!

INSTRUCTOR: DEBBIE MAKOWSKI

DAYS: TUESDAY EVENINGS: 6:30PM – 7:30PM

FEES: 6-CLASS PUNCH CARD: \$42 12-CLASS PUNCH CARD: \$82 OR DROP-IN \$10



BEGINNER'S YOGA WITH HEATHER

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

INSTUCTOR: HEATHER HANCHUK-RYT 200 HOURS / CYT 500

DAYS: MONDAY EVENINGS: 5:30PM – 6:30PM

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

10-CLASS PUNCH CARD: MEMBERS: \$70 NON-MEMBERS: 80 OR DROP-IN \$10



ALL LEVELS POWER YOGA WITH HEATHER

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

INSTUCTOR: HEATHER HANCHUK-RYT 200 HOURS / CYT 500

DAYS: MONDAY EVENINGS: 7PM – 8PM

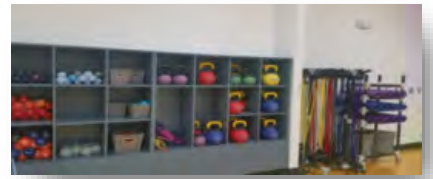
FEES: 5-CLASS PUNCH CARD: MEMBERS: \$40 NON-MEMBERS: \$45

10-CLASS PUNCH CARD: MEMBERS: \$70 NON-MEMBERS: 80 OR DROP-IN \$10



**The Fitness Center will be closed temporarily while we install new strength equipment.
Pending 1/28-2/10/2023**

ADULT PROGRAMS



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

WINTER 1: JANUARY 9TH – FEBRUARY 18TH (REGISTRATION OPENS DECEMBER 11TH)

WINTER 2: FEBRUARY 26TH – APRIL 8TH (REGISTRATION OPENS FEBRUARY 12TH)

SPRING: APRIL 16TH – MAY 27TH (REGISTRATION OPENS APRIL 7TH)

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

**The Fitness Center will be closed temporarily while we install new strength equipment.
Pending 1/28-2/10/2023**

LEAGUE PLAY

SEVEN HILLS BASEBALL FEDERATION



REGISTRATION IS NOW OPEN FOR THE 2023 SEVEN HILLS BASEBALL FEDERATION SEASON! PLEASE VISIT LEAGUELINEUP.COM/SHBF. FOLLOW SHBF ONLINE AT WWW.FACEBOOK.COM/SEVENHILLSBASEBALLFEDERATION FOR UPDATES AND INFORMATION THROUGHOUT THE SEASON!

SEVEN HILLS YOUTH SOCCER FEDERATION

REGISTRATION FOR THE SPRING 2023 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 2023. IF YOU REGISTERED IN FALL 2022, YOUR PAYMENT COVERED BOTH FALL AND SPRING! CONTACT DAVE AT DILUZIO@COX.NET WITH QUESTIONS! SPRING SOCCER BEGINS APRIL 15TH, 2023. FOR ADDITIONAL LEAGUE INFORMATION, PLEASE VISIT THE SUBURBAN RECREATIONAL SOCCER LEAGUE'S WEBSITE AT WWW.SRSLONLINE.ORG.



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



INDOOR SPRING VOLLEYBALL LEAGUE PLAY!

THIS SPRING GET YOUR TEAM READY FOR A 6-WEEK INDOOR VOLLEYBALL LEAGUE. GAMES PLAYED TUESDAY EVENINGS @ REC CENTER. REGISTRATION WILL BE OPENING SOON! CONTACT DAVE AT DILUZIO@COX.NET TODAY FOR MORE INFO!

ADULT MEN'S HOOPS

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



SPRING BOCCE LEAGUE

WARM UP YOUR PALLINO! BOCCE WILL BE RETURNING THIS SPRING AT SUMMIT VIEW COMMONS BOCCE COURTS (BEHIND CITY HALL TO THE LEFT OF THE PAVILION). LEAGUE ORGANIZATION AND REGISTRATION WILL BEGIN IN MARCH. TENTATIVE START OF LEAGUE PLAY IS EARLY TO MID-MAY. 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 OR 216-525-6273

SEVEN HILLS HORSESHOE CLUB

THE SEVEN HILLS HORSESHOE CLUB IS NOW ACCEPTING NEW MEMBERS! THE CLUB MEETS TUESDAY, WEDNESDAY AND THURSDAY EVENINGS AT CALVIN PARK THROUGHOUT THE SUMMER! ANYONE INTERESTED IN MORE INFORMATION OR JOINING THE HORSESHOE CLUB CAN CONTACT JOHN AT 216.401.0197.



TAX SEASON DISCOUNT!

SAVE ON YOUR RECREATION CENTER MEMBERSHIP
FEBRUARY 14 - APRIL 30TH



SAVE 15%

SUMMER CAMP '23

REGISTRATION BEGINS APRIL 10TH!

PRESCHOOL - DAY - TEEN CAMPS!

WEEKLY PART TIME & FULL TIME OPTIONS!
NEW FIELD TRIPS!

CONTACT CAMPS@SEVENHILLSOHIO.ORG



**CAMPING IS
S'MORE
FUN!**

Our Family Caring for Yours

- Physical, Occupational and Speech Therapy
- Skilled Nursing and Rehabilitation
- Physician-led clinical specialty programs
- Tracheostomy care with a respiratory therapist
- On-site hemodialysis in collaboration with Davita Kidney Care
- Psychiatry and Wound Care services available
- Long Term Care
- Medicaid Liaison on-site to assist with Medicaid pending admits



**Broadview
Multi-Care Center**

Part of the Legacy Health Services Family

5520 Broadview Rd. · Parma, OH 44134 · 216-749-4010

www.lhshealth.com

SEVEN HILLS BEFORE AND AFTER SCHOOL PROGRAM 2022– 2023

FULL & PART TIME RATES AVAILABLE!

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

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

PROGRAM CALENDAR FOLLOWS THE PARMA CITY SCHOOLS SCHEDULE

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

CONTACT CAMPS@SEVENHILLSSOHIO.ORG FOR MORE INFO!

BEFORE CARE PART TIME (1–3 DAYS):

MEMBERS: \$22 PER WEEK

NON-MEMBERS: \$27 PER WEEK

FULL TIME (4 OR MORE DAYS):

MEMBERS: \$30 PER WEEK

NON-MEMBERS: \$40 PER WEEK



AFTER CARE PART TIME (1–3 DAYS)

MEMBERS: \$28 PER WEEK

NON-MEMBERS: \$34 PER WEEK

FULL TIME (4 OR MORE DAYS):

MEMBERS: \$40 PER WEEK

NON-MEMBERS: \$50 PER WEEK

Kids Day Off Program – \$45 per student

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

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

CONTACT CAMP STAFF WITH QUESTIONS – CAMPS@SEVENHILLSSOHIO.ORG

2023 KIDS DAYS OFF:

FRIDAY MONDAY, FEBRUARY 20TH FRIDAY, MARCH 17TH

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@SEVENHILLSSOHIO.ORG FOR MORE INFO!

CAMP DATES: APRIL 3RD – APRIL 7TH, 2023 GET HERE AS EARLY 6:30AM AND STAY UNTIL 6PM – WITH NO EXTRA FEES!

WEEKLY FEE: MEMBERS: \$160 NON-MEMBERS: \$190

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

FIELD TRIP – BOWLING! \$20





SCAN CODE FOR
MORE INFORMATION
& TO REGISTER FOR
THE CURRENT
SESSION



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

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

WINTER 1 STARTS JANUARY 17TH
REGISTRATION OPENS 12/17

WINTER 2 STARTS FEBRUARY 21ST
REGISTRATION OPENS 2/5

DODGEBALL

After a brief rule review we dive directly into game play in a fast paced, ball-flying, dippin n' dodgin exciting time. Ages 9&Up

Mondays 7:30pm - 8:30pm 5 class program - \$50

WINTER 1 STARTS JANUARY 16TH
REGISTRATION OPENS 12/17

WINTER 2 STARTS FEBRUARY 20TH
REGISTRATION OPENS 2/5

Basketball League

For Ages 5-8. Your young athlete will have a great time learning the fundamentals while becoming game ready. Week one will be a skill introduction and review, followed by five weeks of games. 6 class program. *Games will start between 10am - 2pm Saturdays.* You will be emailed prior to Week 1. - \$75

WINTER 1 STARTS JANUARY 14TH
REGISTRATION OPENS 12/17

WINTER 2 STARTS FEBRUARY 25TH
REGISTRATION OPENS 2/5

Rookie PhysEd

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

WINTER 1 STARTS JANUARY 16TH
REGISTRATION OPENS 12/17

WINTER 2 STARTS FEBRUARY 20TH
REGISTRATION OPENS 2/5

PickUp Basketball

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

THURSDAYS
7&8 Grade: 5pm - 7pm

WINTER 2 REGISTRATION OPENS 2/5
(Saturday) Starts February 25th
(Thursday) Starts March 2nd

SATURDAYS
3&4 Grade: 2pm - 4pm
5&6 Grade: 4pm - 6pm

2023 Winter Aquatic Programs

Group Learn-To-Swim

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

This program is designed for ages 6 months and up.

Winter #2 Session

Mon. PM Only: Mar 6th to Apr 10th
Registration begins Feb 20th

Wed. PM Only: Mar 8th to Mar 12th
Registration Begins Feb 22nd

Sat. AM Only: Mar 4th to Apr 8th
Registration Begins Feb 18th

Spring Session

Mon. PM Only: Apr 17th - May 22nd
Registration begins Apr 10th

Wed. PM Only: Apr 19th - May 24th
Registration Begins Mar 12th

Sat. AM Only: Apr 15th - May 20th
Registration Begins Apr 8th

Groups Days and Times
will be posted at sevenhillsohio.org.



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

Group Descriptions

- **Starfish:** For ages 6 months to 3 years old, this level builds readiness by emphasizing fun in the water. The Parent/Guardian and children will participate together in several guided sessions which help children adjust to the water and learn basic water skills.
- **Tadpole (Pre-School #1):** For ages 3 and up, this group is for children who are being introduced to the swimming pool without the parent/guardian for the first time. The goal of this level is for the participants to become comfortable in the swimming pool.
- **Frog (Preschool #2):** For ages 3 and up, this group is for swimmers who have completed group TADPOLE (or equivalent). The goal of this level is for the participants to go underwater independently and improve floating skills.
- **Stingray (Preschool #3):** For ages 3 and up, this group is for swimmers who have either completed group FROG (or equivalent) or have a recommendation from a swim instructor. The goal of this level is for the participants to become more independent by jumping in, swimming to the instructor, and back to the wall.
- **Turtle (Level #1):** For ages 4 and up (or anyone 6 and up just starting to learn how to swim), this group is for swimmers who have completed group STINGRAY (or equivalent) or can float unassisted and swim rudimentary freestyle. The goal of this level is for the participants to be comfortable swimming freestyle and backstroke in deep water.
- **Penguin (Level #2):** For ages 4 and up, this group is for swimmers who have completed group TURTLE (or equivalent). The goal of this group is for the participants to improve their freestyle with rotary breathing, backstroke, and introduce breaststroke.
- **Sea Otter (Level #3):** For ages 4 and up, this group is for swimmers who have completed group Penguin (or equivalent). The goal of this group is for the participants to start building endurance in freestyle, backstroke, breaststroke, and introduce the butterfly stroke.
- **Dolphin (Level #4 - 6):** For ages 5 and up, this group is for swimmers who have completed group SEA OTTER (or equivalent). The goal of this group is for participants looking to strengthen their swimming skills and learn the fundamentals of the swim team.

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

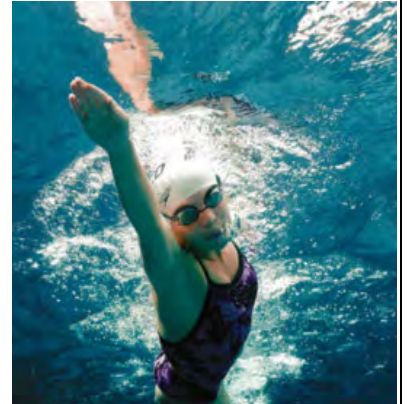
We offer an inclusive competitive swimming program for all ability levels ages five and up. If your child can swim 25-yards/meters freestyle and 25-yards/meters backstroke non-stop, they can participate in this program. Contact Mike to schedule an evaluation to see if this program is right for your child.

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

Winter #2 Session
Mondays and Wednesdays
Feb 20th to Mar 22nd
10 & Under from 5 to 6 pm
11 & Over from 6 to 7 pm
or
Saturdays
Mar 18th to May 20th
10 to 11 am

Spring #1 Session
Mondays and Wednesdays
April 3rd - May 3rd
10 & Under from 5 to 6 pm
11 & Over from 6 to 7 pm

Spring #2 dates TBD



Competitive Clinic Series

These clinics are for **COMPETITIVE SWIMMERS ONLY** between ages 10 and 14 and will emphasize the proper technique for all of the four competitive strokes and turns.

Per Clinic Fee - Members: \$20 | Non-Members: \$30
All 4 Clinics Fee - Members: \$60 | Non-Members \$90
All Clinics Are From 11:15 am to 12:45 pm

Feb 18th - Free/Back Flip Turns
Mar 18th - Free/Back Technique

Apr 15th - Breast/Fly Open Turns
May 20th - Breast/Fly 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 for learning to swim or improving stroke technique. Contact the Aquatics Supervisor for more information at aquatics@sevenhillsohio.org or 216-524-6262 ext. 404.



American Red Cross Junior Lifeguard Training Course

For ages 11 to 14 years, the American Red Cross Junior Lifeguarding is designed to guide youth what it takes to be a lifeguard in the future.

Will be offered in the Summer of 2023! | Dates and Times TBD.

American Red Cross Lifeguard Training Courses

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

Register and learn more at FastLaneSwimming.net.



WATER EXERCISE



HIIT CLASS WITH LAURA

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

CARDIO & TONING:

CHANGE-UP YOUR WORKOUTS AT THE POOL! THIS CLASS IS A COMBINATION OF CARDIO INTERVALS ALONG WITH STRENGTHENING AND TONING MOVES. GREAT FOR BEGINNERS OR THOSE WITH EXPERIENCE – A FUN TIME FOR EVERYONE!

TAUGHT BY CERTIFIED INSTRUCTORS AROUND THE 4-FOOT DEPTH.

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

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

LOW IMPACT WATER EXERCISE WITH RENEE:

GET A GREAT WORK-OUT WITHOUT THE PAIN! WATER AEROBICS OFFERS GREAT RESULTS WHILE YOU ENJOY THE WATER. LOW-IMPACT, HIGH INTENSITY! ALL CLASSES TAUGHT BY CERTIFIED INSTRUCTORS – CLASS MEETS AROUND THE 4-FOOT DEPTH.

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

ARTHRITIS FOUNDATION AQUATIC PROGRAM WITH LEIGH:

THIS PROGRAM IS SPECIFICALLY GEARED TOWARDS ADULTS LIVING WITH ARTHRITIS. PARTICIPANTS ARE PROVIDED WITH GENTLE AQUATIC ACTIVITIES WITH THE GUIDANCE OF A CERTIFIED ARTHRITIS FOUNDATION INSTRUCTOR. ALL EXERCISES ARE LOW-IMPACT AND DONE AROUND THE 4-FT. DEPTH.

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

AQUA BARRE WITH KATIE:

AQUA BARRE IS A FITNESS CLASS THAT COMBINES ALL THE COMPONENTS OF CARDIO, STRENGTH, AND FLEXIBILITY FOUND IN A BALLET BARRE CLASS WITH THE BENEFITS AND FUN OF AQUATIC STRENGTH AND CONDITIONING. BALLET BARRE COMBINES PRINCIPLES OF BALLET, YOGA, AND PILATES, AND GENERAL CALISTHENICS WITH A STRONG EMPHASIS ON POSTURE, CORE STRENGTH, AND PROPER TECHNIQUE. INSTEAD OF THE CLASSIC BARRE AND LIGHT DUMBBELLS, GRAVITY AND BUOYANCY ARE BOTH USED TO PROVIDE RESISTANCE AND TONING FOR THE LOWER BODY, CORE, AND UPPER BODY. NO DANCE EXPERIENCE IS NECESSARY, AND MODIFICATIONS CAN BE PROVIDED TO APPEAL TO BOTH BEGINNERS AND EXPERIENCED AQUATIC ENTHUSIASTS!

MONDAYS: 7:45PM – 8:45PM (THIS PUNCH CARD ONLY GOOD FOR KATIE 'S CLASS)

**ALL WATER EXERCISE CLASSES ARE OFFERED THROUGH OUR PUNCH CARD SYSTEM
PUNCH CARDS ARE GOOD FOR 12 WATER CLASSES. (CARDS EXPIRE AFTER 8 MONTHS)**

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



optometric
ASSOCIATES



Drs. Glosik, Glosik, Andler & Cerny
(216) 642-7373
www.drsglosik.com
7305 Broadview Rd • Seven Hills

Bring in your glasses prescription or call for an eye exam!

CHURCHILL TOWERS

Comfortable Peaceful 55+ living
9333 North Church Drive
Parma Heights
440-843-2392
**Free Heat, Water, Sewer
and Garage Parking**

HOPKO FUNERAL HOME

6020 Broadview Rd.
Parma, OH 44134

216-661-0033

**OUR FAMILY SERVING
YOUR FAMILY FOR
OVER 100 YEARS**

Demetrios

Family Restaurant

Family Owned and Operated

**Home Cooking -
at prices you can afford**

7851 Broadview Rd • Seven Hills

216-447-4444

Mon-Thurs 7am-3pm • Fri 7am-8pm • Sat-Sun 7am-3pm
Demetriosrestaurant.com



**Locally
raised meat
and local
products.**

740-802-0337

7529 Broadview Rd • Seven Hills
www.sharehappy cows.com



FREE
AD DESIGN
with purchase
of this space

CALL 800-477-4574



Vince Hrobat Insurance Agency, Inc.
Personalized attention for all your insurance needs

216-524-2007

Serving the local Seven Hills
community for over 50 years

**7252 Broadview Rd
Parma, OH 44134**

www.hrobatinsurance.com



"Above and Beyond Industry Standard"

Insurance Restoration Specialist

Resident of Seven Hills

Your Local Roofing Expert for over 15 years

216-394-7663 • ModernRoof.net

SUPPORT THE ADVERTISERS

that Support our Community!



4-E-5-5

For ad info. call 1-800-477-4574 • www.lpicommunities.com

14-1296

City of Seven Hills
7325 Summitview Drive
Seven Hills, OH 44131

Presort Standard
US Postage
PAID
Cleveland, OH
Permit No. 1132

*****ECRWSEDDM****

Postal Customer
Seven Hills, OH 44131

TO SCHEDULE AN APPOINTMENT WITH MAYOR BIASIOTTA, CONTACT KATHY
AT 216-525-6227 / KHOLLAND@SEVENHILLSOHIO.ORG



RECREATION CENTER HOLIDAY HOURS:

SUNDAY, APRIL 9TH – EASTER SUNDAY – CLOSED
MONDAY, MAY 29TH – MEMORIAL DAY – 5:30AM – 12:PM

The Fitness Center will be closed temporarily while we install new strength equipment.
Pending 1/28-2/10/2023

CITY HALL HOLIDAY HOURS:

MONDAY, FEBRUARY 20TH – PRESIDENTS DAY – CLOSED
MONDAY, MAY 29TH – MEMORIAL DAY – CLOSED

DELAYS IN TRASH PICK UP

2023

PRESIDENTS' DAY – FEBRUARY 20TH – NO DELAY
MEMORIAL DAY – MAY 29TH – DELAYED ONE DAY

DOCUMENT SHRED DATES

APRIL 18TH – 1PM – 7PM

BEHIND CITY HALL

HOUSEHOLD HAZARDOUS WASTE ROUNDUP

MAY 16TH – 8AM – 6PM

BEHIND CITY HALL

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

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