



City of Seven Hills Community Newsletter Spring - Summer 2020

A Message from Mayor Tony Biasiotta -

I hope this newsletter finds everyone safe and healthy. These last several weeks have been very trying times for us as a society. The world definitely looks very different and our priorities as a community have changed dramatically. As Mayor, my focus has quickly changed to protecting our residents and employees from COVID-19. I have instituted numerous emergency measures to navigate these uncharted waters. Some of the measures were detailed in 2 letters that have been mailed to every household.

I'm proud of how fast our residents and employees have adjusted to these emergency measures. In fact, the Cuyahoga County Board of Health recently visited City Hall to review our policy and procedures related to protecting our employees and the agent described our work place as a model for all essential businesses.

Our grandparents and parents have all met significant challenges during the course of their lives. Without fail they rose to the test each and every time. Today, our generation is confronted with the spread of a deadly virus. We, in your local government, take confidence and a measure of courage in knowing that those before us conquered their foes and we too will rise up to "flatten the curve". The sacrifices we make today will benefit all of us in the near future. Longer term, I believe that American resolve and ingenuity will untimely prevail over this faceless enemy.

I want to insure you that our fire and police protection have remained at full operational strength during this crisis.

Many residents have reached out wanting to help. For now, the best way one can contribute to the cause is by staying at home as much as possible, increasing your sanitization practices, and checking in on loved ones, friends and neighbors over the phone, electronically, or across the yard (while observing social distancing of 6 ft. or more). Please call Community Services at (216) 525-6230, if you find a resident to be in need.

I would like to take an additional moment to remind everyone that one of the best ways to combat fear is knowledge. Sadly, I come across so much false information, some regarding COVID-19 and much regarding the happenings within the City (unrelated to COVID-19). The internet is a wonderful tool (especially this year with social distancing) but also can be a place to share inaccurate information. I ask that you first consider the source of what you read on the internet. Second, if there is ever a question or concern that may arise regarding City operations, please feel free to reach out to either myself personally, or anyone on my administration.

Note: the best place to check for frequent updates are the official city Website www.sevenhillsohio.org, the official Facebook/CityofSevenHills page and <https://www.cdc.gov/> for additional updates for COVID-19.

Despite all the negative news, I'm happy to report that we welcomed Konica Minolta to Seven Hills on March 2nd. That same day, we watched the razing of the old K-Mart begin. I am pleased to share that the demolition is now complete and the Meijer project is still on schedule for a spring 2021 opening!

I have been in frequent contact with Fairmont Properties regarding the mixed-use project planned for Rockside. The impact (if any) of the pandemic and resulting economic crisis on the project has yet to be determined.

On March 26th, we were notified that the Cuyahoga County Council has approved the City of Seven Hills for a Community Development Supplemental Grant of \$50,000. Winning this grant will allow us to build a large gazebo on the empty lot at the corner of Hillside and Broadview Rd. for all to enjoy.

At NO COST TO SEVEN HILLS, our Firefighters will take delivery of \$125,000 of new state-of-the-art portable radios. The was made possible by a grant from Cuyahoga County for \$42,136 and \$77,864 from the Federal Government. I would like to thank Parma Fire Chief Mike Lasky for his partnership during the grant process.

Last but not least, please be on the lookout for 2 new programs that will be run by our dedicated Recreation Center staff while the center is closed and the Stay at Home Order remains in effect: #SevenHillsStaysHome and #SevenHillsStaysHealthy. The first program will focus on resident outreach and the latter will feature fitness videos and tips posted to our City's social media.

Even in dark times, my motto of "Partnerships and Progress" continues to be a bright light for our City. I look forward to the days ahead, and I'm committed to sustaining my engagement with the most important partners of all - the residents of Seven Hills.

Sincerely,

Mayor Tony Biasiotta



CITY DIRECTORY

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

Police / Fire Emergency 911

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

Utilities Contact Information

Water Department: 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

Community Updates due to COVID-19:

Playgrounds Closed ● All Programs and Classes at Recreation Center and City Hall ● April 21st Shred Day ●
April Garage Sales ● April 25th - Community Parks Clean Up ● April 30th - Taste of Seven Hills ●
May 20th - Senior Health Fair ● June 13th - Baseball Opening Day ● City Hall Offices by Appt. Only

COVID-19: PHYSICAL DISTANCING IN PUBLIC PARKS AND TRAILS





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

HOW TO AVOID TELEPHONE SCAMS

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

HOW TO AVOID TELEPHONE FRAUD

1. Donate only to recognized charities. Ask the caller to send more information.
 2. Reject high pressure sales methods. Ask the caller to send more information.
 3. Do not do business with anyone who offers to send a delivery service to collect your donation or payment for something you have not yet ordered or received.
 4. Be careful making a donation or buying a service in exchange for the promise of a guaranteed sweepstakes winning.
- Be careful of phone calls or email saying that a friend or relative is in a faraway place and needs money to help him. This is a scam. Check with the friend or relative first before sending money.

HOW TO AVOID PRIZE AND SWEEPSTAKES FRAUD

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

SOLICITORS

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

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

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

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



HELP US TO HELP YOU. Please be sure to have your home, properly marked with an address so we can view it from the street. Many homes in our community have small or no address visible. This makes responding to an incident even more complicated during night time hours. Below are safety tips recommended by the National Safety Council.

WELCOME TO SPRING 2020

We hope all of our readers, find themselves in the best of health during these very difficult times. Please remember to follow the orders by medical professionals, and our elected officials who have the most up to date information to assist you.

www.cdc.gov/COVID19 is also a great source of information regarding this worldwide pandemic.

On February 11, 2020, Mayor Anthony Biasiotta swore in the new Fire Chief. Chief Jamie Meklemburg became the first full time employee of the 42 member department. The Chief's prior experience includes experience from the Valley View, and Brooklyn Heights Fire Departments. He is very humbled to take over the department and will provide excellent leadership to advance and improve the Division of Fire and Emergency Medical Services.

We also are proud to announce new appointments of the new Firefighter/Paramedics to our team.

On February 18, 2020, Mayor Anthony Biasiotta swore in Matthew Gubanich, Owen Lynch, and David Haffner. We welcome these fine men to the Seven Hills Fire Department, and wish them all a safe and rewarding career.



Dave Haffner, Matt Gubanich,
Chief Meklemburg, Owen Lynch, and
Mayor Biasiotta.



Chief Meklemburg's son Jimmy
pinning the Chief's badge.



Captain Lecznar, Dave Haffner,
Matt Gubanich, Chief Meklemburg,
Owen Lynch, and Lieutenant Thozeski



ENGINEERING DEPARTMENT

***** Hemlock Creek Watershed Utility Improvement Project – Are you getting ready to connect? *****

Attention affected property owners / residents on Hillside Drive, Cherry Lane, Nemet Drive, Twilight Drive, Shady Lane, North Mary Lane, Mary Lane, South Mary Lane, Seven Hills Boulevard, and Oak Lane:

The Contractor, Fabrizi Trucking & Paving Co., will be returning in the Spring to ensure that restoration (minor grade touch-up and grass germination) is fully completed.

Thank you to all residents and/or property owners who attended the Hemlock Creek Project meeting held on Saturday, February 29th at City Hall. The City Council and the City Administration both hope that this meeting was informative and productive in moving forward on the sanitary sewer lateral connection process.

As a reminder, the information packet (“SANITARY SEWER - SERVICE LINE INSTALLATION INFORMATION”) provided at the February 29th meeting is available online at <http://www.sevenhillsohio.org/en-US/Hemlock-Creek.aspx>. Since this packet provides permit requirements and details, you are encouraged to let your Contractor know that the information packets are available online.

It is anticipated that mid-to-late April, 2020 will be the approximate date when property owners/residents can begin connecting. Please be aware that this date is ONLY approximate at this time as there is a formal process involved regarding the assessment procedures that are governed by state law. All property owners will be notified via U.S. Mail by the Cuyahoga County Board of Health when the public sanitary sewer is available for connecting to. At this time, your Contractor can apply for the required City Building Permit.

The City will also be letting the residents/property owners know when the sewer is available for connecting. Please note, as a reminder, final assessment costs will be determined after the entire construction is 100% completed and accepted by the City.

Friendly reminders:

For ongoing and continual Project updates, feel free to visit the City’s website at:
<http://www.sevenhillsohio.org/en-US/Engineering.aspx>.

As always, thank you for your continued utmost patience, cooperation and understanding.

***** East Sprague Road Resurfacing Project (County ID No. 1241) *****

The East Sprague Road Resurfacing Project is in collaboration and partnerships with the Cuyahoga County Department of Public Works, through its County Road Operations Resurfacing Program, the City of Broadview Heights and the City of Seven Hills. Cuyahoga County is providing 80% of project cost, while the Cities of Seven Hills and Broadview Heights are each contributing 10% of the project cost. Additional information is as follows:

- The City of Seven Hills Mayor’s office and Engineering Department have been working closely with the City of Broadview Heights on moving this Project forward into this year’s construction season.
 - The estimated \$1,298,000.00 East Sprague Road Resurfacing Project is expected to commence with paving operations in Summer 2020.
 - Full road closure is not anticipated at this time. Traffic will be maintained during the construction efforts.
- Project updates will be made available on the City’s website at: <http://www.sevenhillsohio.org/en-US/Engineering.aspx>.

***** Broadview Road Traffic Signal (for new Meijer Project, former K-Mart site) *****

The City of Seven Hills through the Engineering Department, will be publicly advertising bids for the proposed traffic signal warranted from the new Meijer retail project currently under construction.

Advertisement for public bidding should occur around May 2020 with construction anticipated in Summer/Fall 2020.

Continued on next page....

ENGINEERING DEPARTMENT



*** 2020 Pavement Markings Program ***

The Engineering Department will be preparing specifications and bid packets for seeking public bids for the 2020 Pavement Markings. The following streets are anticipated for new pavement markings: Broadview Road, Chestnut Road, Civic Drive, Crossview Road, East Pleasant Valley Road, East Ridgewood Drive, Hillside Road, McCreary Road, and Rockside Road.

- Pavement markings installation is anticipated to commence in early Summer 2020. Nightly work is anticipated to occur on this Project in order to help minimize traffic disturbance during installation and drying periods.

*** 2019 City of Seven Hills Road Program ***

Remaining punchlist items for the following three (3) asphalt streets will be addressed in the Spring when weather permits:

1. McCreary Road (from East Sprague Road to East Pleasant Valley Road)
 2. Evelyn Avenue (from Broadview Road to Elmhurst Drive)
- Mapleview Drive (from Broadview Road to Calvin Park Parking Lot)

*** Skyview Drive Storm Sewer Outfall Improvement ***

The Engineering Department has investigated the deteriorated/failed storm sewer outfall located East of the Skyview Drive cul-de-sac.

A redesign of the storm sewer outfall is necessary to prevent further deterioration of the storm sewer and to prevent further erosion of the outfall channel.

- Final design is complete. Bid booklets are soon forthcoming.
- Public bidding is anticipated between April and May, 2020.
- Construction is anticipated for Spring/Summer 2020.

Construction is anticipated to last up to 60 days.

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

Be well and stay well City of Seven Hills!

City of Seven Hills Residential Lock-Box Program

This is recommended for Senior Citizens & Disabled Residents.

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

\$35 each and installed by Seven Hills Fire Department.
Contact Tony Terry at 216-525-6230 for more info!



SERVICE DEPARTMENT

SERVICE DEPARTMENT - Jack Johnson – Service Director

PH: 216-525-6225 / jjohnson@sevenhillsohio.org

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

Rubbish Pickup – Effective April 1st 2020

In order for Waste Management to maintain its focus on municipal solid waste collection and disposal, and due to the reduced number of employees in the field, effective Wednesday, April 1, 2020, Waste Management is temporarily suspending the performance of the following services, which are non-essential during this period of emergency:

- Any extra trash bags or any items that do not fit safely inside the WM container
- Bulk Collection – furniture, carpet, mattresses, appliances, etc.
- Yard Waste Collection – grass clippings, brush, tree limbs, etc.

When the Declarations of Emergency and social distancing recommendations have been eased and Waste Management's work force returns to pre-pandemic levels, these services will be restarted. Waste Management will provide notice when the services will resume.

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

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

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

Document Shredding – The next scheduled date will be June 16th 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 May 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

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

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

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

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

Simple Recycling – Orange bag curb side collection of clothing and home goods.

Due to the State of Ohio's Stay-at-home Executive Order, Effective Immediately, ALL Simple Recycling collection operations in the Cleveland market are temporarily suspended. This will remain in effect until further notice. Check the City website for updates or call the Service Department at 216-525-6225. This is for orange bag curb side collection of clothing and home goods.

Partnerships and Progress in Action



From left, Konica Minolta Market Vice President John Farbinak III, Seven Hills Mayor Anthony D. Biasiotta, Councilman Pro Tem Pat Elliott, Ward 1 Councilman Phil Kiriazis and Konica Minolta Business Solutions Consultant Carmen D. Pescatrice on March 2 at the company's new office inside the Genesis Office Building.

On March 2nd, Mayor Anthony D. Biasiotta attended the grand opening ceremony along with City Council members and Parma Area Chamber of Commerce representatives.

Konica Minolta coming to Seven Hills is yet another example of how a public-private partnership can benefit our city said Mayor Biasiotta.

#SevenHillsStaysHome

- Tag us on Twitter/Facebook/Instagram using #SevenHillsStaysHome and show us how your family is helping to flatten the curve
- Check in on your neighbors while maintaining social distancing
 - Remember social distancing doesn't mean social isolation
- Enjoy the Spring weather and fresh air from your yard
- If a neighbor needs help (non-emergency) please reach out to Community Services or Recreation Center Staff
- City Hall can be reached at 216.525.4421
- In the event of emergency, please call 9-1-1!
 - Remember - EMS and Police will be treating every call with extreme caution and PPE (Personal Protective Equipment)

2020 Seven Hills City Council Representatives

Ward 1**Phillip Kiriazis**

440.547.6832

pkiriazis@sevenhillsohio.org

Ward 3**Thomas J. Snitzky**

216.236.6322

tsnitzky@sevenhillsohio.org

Council-At-Large:**Patrick Elliott President Pro Tem**

216.990.8725

Pelliott@sevenhillsohio.org

Ward 2**Norman Martin**

216.317.4600

nmartin@sevenhillsohio.org

Ward 4**Richard Dell'Aquila**

216.375.4002

rdellaquila@sevenhillsohio.org

Council President**Stacey L. Kelly**

216.642.3722

Skelly@sevenhillsohio.org

John Kulju

440.879.6323

jkulju@sevenhillsohio.org

Hello Seven Hills Residents:

Happy Spring! As our Community pulls together to focus on our health and the well-being of others, it is difficult to maintain a positive and upbeat attitude considering the events around us. It is a time to be thankful and focus on what is truly important to each of us.

As you know, many things have changed with the COVID-19 pandemic. As a Council, we have made changes to the way our meetings are conducted based on the guidelines established by the Ohio Attorney General, Dave Yost and our Governor, Mike DeWine. Currently, ALL meetings are closed to public attendance. However, in keeping with the Ohio Sunshine Laws, all meetings will be live streamed, whether audio, visual or both and will be available via YouTube. This will ensure the safety of our residents, Council and Administration. As a Council we look forward to resident input on items we will be discussing and voting on. If you would like to sign up to receive the Council Agenda 24 hours prior to our scheduled meeting, please contact: CSekerak@sevenhillsohio.org This will enable our residents to reach out to their Council representative prior to our meeting to address any questions or concerns they may have.

As a Council we pride ourselves on complete transparency to our residents while keeping with the guidelines established by our Ohio Attorney General. This procedure will continue until the restrictions related to COVID-19 are relaxed or removed.

Based on the above, our Spring Ward Meetings will be cancelled for April. It is my hope this will be re-scheduled for early Fall so we can update our residents on all the great things happening within our City.

Until then, please maintain social distancing, check on your neighbors and travel out only as needed. Together we will get back to the normalcy that we know. May you stay safe and healthy.

As always, 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
City of Seven Hills, Ohio





I WANT YOU...

To follow the Federal and State of Ohio health orders and guidelines related to doing your part in fighting the Corvid -19 virus.

I want you to support our local business and employees during these difficult time.

I also want you to be kind to your neighbors. Look out for each other. Have faith in yourself and others and stay safe and secure.

Regards,

Norman Martin
Ward 2 Council Person



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.

Yet another year has gone by. The Seven Hills Historical Society asks you to become a Member or to Renew your membership. Annual dues are Single \$5.00, Family \$10.00, Couples \$7.00. You have seen the Seven Hills Historical Society in action at the Health Fair in May, Home Days in July, at the Fall Fest and Chili Cook-off in October, Christmas Open House, and in the Seven Hills quarterly

In 2020 we hope to complete inventory of textiles and our many new (welcomed) donations. *We have new display cases and new donations added to our collection just waiting to be inventoried and displayed.* Can you imagine being a part of all that. Sometimes work is a four letter word spelled P L A Y.

Come and Join us the First Wednesday of the Month , 11:00 A.M. to 2:00 P.M. in the Seven Hills Historical Society Room at Seven Hills City Hall, 7325 Summitview Drive, Seven Hills OH.

If you have any questions, or request an appointment, contact our President, Kathy Patterson at 216-548-9758 or email: kip@toyca.net.

The Society is sending prayers and good wishes for a fast recovery for all of the people during the Corona Virus Pandemic.



2020 Seven Hills Farmers Market

As of this writing even though we are "on pause" as we all work together to flatten the curve and beat COVID-19, planning for the 2020 Farmers Market is continuing. We will be celebrating our six-year anniversary this summer, a significant milestone, but what is a truer cause for celebration is the community support that got us to this point!

Ohio is currently under a "Director's Order that All Persons Stay at Home Unless Engaged in Essential Work or Activity" issued by Dr. Amy Acton MD, MPH, Director of the Ohio Department of Health. Thankfully, farmers markets have been designated as essential under section 12.b. of this order.

However, as long as the Coronavirus continues to hold a high level of risk, farmers markets must operate under modified conditions. In addition to the policies and procedures we have in place at the market, we are proactively prepared to set additional precautions and new procedures to protect our vendors, customers and staff. We are hopeful that by the Market's Opening Day, **Thursday, July 2, at 4:00 p.m.**, our nation will be back on track for business as usual.

We are thankful for our farmers that are still planting crops, tending to livestock, repairing machinery, pruning orchards, tapping trees and more, rain or shine, virus or not, to bring food to our table. We appreciate our vendors that are even now planning for the market and the special items they will be creating for us to enjoy. We love all the time and energy our vendors put into their products. We are indebted to our customers that support the market through their weekly purchases, sharing a post, or telling a friend about us. And we acknowledge the foresight of our sponsors who believed in our mission and have provided the funds for advertising, music and upgrades and continue to do so for 2020! Thank you Taleris Credit Union, Inc. and Vince Hrobat Insurance Company, Inc.!

If you have yet to stop at the market, please consider this an invitation to join us beginning the first Thursday in July; a community of people committed to local businesses, local food, local agriculture, and local talent. You are the reason we exist and you are the reason that the Seven Hills Farmers Market will continue. We are all in this together and we will overcome the challenges we are currently facing. Hope to see you this summer!

If you are interested in becoming a vendor, applications are available at <http://www.sevenhillsohio.org/en-US/farmers-market.aspx>

Open Call for Musicians to play at the Market.

Please contact Kathy at kholland@sevenhillsohio.org or 216.525.6227



Sharon LaBuda

YOU Have the Home Our Buyers Want!

Call me for a free market analysis of your home.



Real Estate Mortgage Title Insurance

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sharonlabuda@howardhanna.com



Proud Sponsor of Seven Hills Baseball Fields!



Health Insurance Questions?

Call Romina Alesci

Licensed Medicare Agent

1-216-687-7479



MEDICAL MUTUAL

Stay Connected!

Sign up for E-Mail updates & news at our website!

www.sevenhillsohio.org

Register for ReadyNotify at

<https://ready.cuyahogacounty.us>

Contact Sue Oyster at 216.525.6258 to be
put on the robo call list!



Download our app!
Seven Hills Recreation Center

Follow us on social media!



City of Seven Hills



@SevenHillsCity



@CityofSevenHills

COMMUNITY SERVICES



Save The Date & Stay Tuned for More info on

Seven Hills Home Days!

Friday July 24th · Saturday July 25th · Sunday July 26th



Seven Hills Veterans Memorial Wall

IF YOU ARE INTERESTED IN ADDING YOUR LOVED ONE TO THE WALL,
PLEASE PICK UP AN APPLICATION AT CITY HALL OR
AT WWW.SEVENHILLSOHIO.ORG UNDER "CITY FORMS"-"SENIOR SERVICES"

Veterans Memorial Wall Additions will be acknowledged on Monday, May 25th in honor of Memorial Day. If you or a loved one wishes to be added to the wall, please contact Jennifer Burger at 216.525.6272 or submit an application no later than May 20th.

Senior Lawn Program

**Contact
Tony Terry
216.525.6230**

Seven Hills Community Services FOOD PANTRY



If you are in need of
food pantry assistance,
Please Call Tony Terry
@ 216-525-6230.

COMMUNITY RENTALS



Gathering Rooms are available for Members & Non-Members

All Rental Rates are Per Hour

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

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

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

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



Get exclusive pricing on Dairy Queen cakes and cupcakes when you rent at Seven Hills Rec Center!

Seven Hills Dairy Queen -
7475 Broadview Road

#SevenHillsDQ

- We Love Our Parks -
Please remember -
Field Use is by Permit Only!

Contact Spencer Abbott to
utilize any
City of Seven Hills Field
(including Baseball Diamonds, Soccer
Fields, Pavilions, etc...)
216.525.6227
sabbott@sevenhillsohio.org

*Change your address...
not your lifestyle!*



Exercise. Dance. Bake. Create. Bowl.

Life Happens Here! At Jennings at Brecksville, choose an engaging, worry-free residence designed for your lifestyle and interests. Jennings at Brecksville combines Western Reserve architecture with modern style, individualized comforts and exceptional amenities.

**Call Margery today to learn more
and find out about our exclusive Staycations!**

Honored as a top employer and caregiver:
learn more at jenningsohio.org/honors



Jennings at Brecksville

8736 Brecksville Road | Brecksville, Ohio 44141
(216) 581-2900 | jenningsohio.org

Facebook | Instagram | Twitter : @JenningsOhio

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newsletter emailed to you at
www.ourseniorcenter.com



Health Insurance Questions?

Call Eli Harper
1-216-687-7373



Kulick Dental

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14-1296

Recreation Center Hours:

Sundays: 12pm - 6pm ● Mondays- Fridays: 5:30am - 9pm ●

Saturdays: 8am - 8pm

Schedule and programming to resume once COVID-19 orders have been lifted



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

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

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

Non-Resident Membership Info - Annual / Upfront Payment

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

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



ADULT SPORTS

Schedule and programming to resume once COVID-19 orders have been lifted

Contact Joe at jbass@sevenhillsohio.org with questions on any of programs below!

Kickball:

Feeling nostalgic? Get your team together and lets play some KICKBALL! Relive your schoolyard glory days and join the fun with our spring Adult Co-Ed Kickball League.

Registration Open now thru June 5th / \$250/team + weekly umpire fees

Games begin June 12th @ 6pm (Friday evenings)

Ages 18+

Double Header league play / End of Season Tournament



Co-Ed Softball: Fall Season

Dust off those bats and get ready for some fall softball! 18+ to play.

Registration begins July 15th / \$325/team + weekly umpire fees

Games begin in September.



Flag Football: Fall Season

Join us for a high-quality flag football experience—competitive or recreational! Grab some friends and put together a team.

Registration begins July 15th

\$325/team + weekly ref fees

Games begin in September!

7 v 7 league



Group & Corporate Team Building (year round offering)

Discover the power of teamwork and uncover your team's strengths, all through the magic of play. Join our experienced crew while we work together to unite your team leaders and teammates through a customized and unforgettable experience that is designed to foster teamwork, communication and trust amongst your staff and is certain to make a lasting impact. Teambuilding program is designed for teams of 10-40 people. Each program is customized to fit your team needs and lasts anywhere from 1-3 hours



Open Pickleball

Open pickleball will be held Gym 1 on Tuesdays & Thursdays from 9a-12p.

Great for all ages and anyone can play!



Adult Men's Hoops

2020 Basketball Contact Phil at rookieathletics@gmail.com -

For Summer League registration information!



CLEVELAND
HOTLIST

*Schedule and programming to resume once
COVID-19 orders have been lifted*

Totally Toned Personal Training

Let TTPT show you how to recover from a stressful lockdown and prepare for a healthy summer! We offer a variety of packages to fit every budget and a knowledgeable staff to assist every fitness level.

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Contact Mike at 216-548-5383 TODAY!

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- Tag us on Twitter/Facebook/Instagram using #SevenHillsStaysHealthy and show us how your family is staying healthy and active while at home
- Follow us on Facebook, Instagram, and Twitter for videos and tips on home workouts
- Share your favorite at home workouts using #SevenHillsStaysHealthy for others to see



Schedule and programming to resume once COVID-19 orders have been lifted

**Monthly Senior Class Schedules are available at the Front Desk
and online at www.sevenhillsohio.org**



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



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



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



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



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



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



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



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



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

SENIOR PROGRAMS

Schedule and programming to resume once COVID-19 orders have been lifted



BOOM (Tuesdays - BOOM Muscle / Thursdays - BOOM Mind) WITH TANYA

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

Days: Tuesdays & Thursdays - 11:00am - 11:45am in Gym 2.

Fees: Members: \$2 Non-Members: \$3

FREE to SilverSneakers, Silver & Fit, and Renew Active



SENIOR CHAIR YOGA WITH JOANN

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

Days: Mondays - 10:30am - 11:15am, Wednesdays & Fridays 9am - 9:45am in Gym 2

Fees: Members: \$2 Non-Members: \$3

FREE to SilverSneakers, Renew Active, and Silver&Fit



TAI CHI STEPS WITH JACKIE

Tai chi is an ancient Chinese movement practice that offers a number of health benefits. For seniors in particular, it can have significant benefits. That's because it focuses on muscle control, stability, balance, and flexibility. The movements are also very gentle.

May - Tai Chi Steps in Gathering Rooms - Fridays 10am - 11am

June / July - Tai Chi Steps in Gym 2 - 9am - 9:45

Fee: \$2 per class

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



LINE DANCE WITH JACKIE

Bring a pair of dress shoes. Come to exercise your heart, lungs, and muscles! Great for improving your memory and making new friends!

June / July - Line Dancing in Gym 2 - Fridays 10am - 11am

Fee: \$2 per class

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



Monthly Senior Class Schedules are available at the Front Desk and online at www.sevenhillsohio.org



ADULT PROGRAMS

Schedule and programming to resume once COVID-19 orders have been lifted

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

Winter 2 / Spring: May 4th - May 23rd (Continuation from Winter 2 Session)

Summer 1: June 1st - July 25th - 8 Weeks! (Registration Begins May 15th)

Summer 2: July 27th - September 19th - 8 Weeks! (Registration Begins July 10th)

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 7:00pm - 8:00pm

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

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



FIT HAPPENS WITH DEBBIE

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

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

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



EVENING YOGA WITH SUSAN

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

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

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

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



BODY SCULPTING

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

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



ADULT PROGRAMS

Schedule and programming to resume once COVID-19 orders have been lifted



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

Winter 2 / Spring: May 4th - May 23rd (Continuation from Winter 2 Session)

Summer 1: June 1st - July 25th - 8 Weeks! (Registration Begins May 15th)

Summer 2: July 27th - September 19th - 8 Weeks! (Registration Begins July 10th)

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

MORNING YOGA WITH JOANN

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

Days: Mondays 9:00am - 10:00am in the Aerobics Studio

Fees: Member Card: \$28 (6 Classes) or \$6 Drop In Non-Member Card: \$36 (6 Classes) or \$8 Drop In

JAZZERCISE

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

Classes meet in Rec. Center Gathering Rooms!

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

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

Fees: 1 Month: \$45 (EFT) 2 Months: \$86 (At the Door) Drop-In \$15



Seven Hills Adventure Camp

*Fill your child's summer with adventure at
this year's summer camp!*

Camp will run daily from 6:30am - 6pm.
Before & After Care are included!

Our camp runs for 10 weeks,
beginning June 8th
running through August 14th!

Preschool Camp - 3 to 5 Years - Our summer camp will give your preschooler a change to make new friends, play games, and take nature hikes. Preschool camp is designed for the young ones who are potty-trained. Swimming is daily. This year there will be 3 off-site field trips open to preschoolers.

LIMIT - 10 Campers

Day Camp - 6 to 10 Years - Day camp is a great way to have fun this summer, as the day is filled with activities such as swimming, gym time, outdoor play, and more! Weekly field trips are planned for an additional charge.

LIMIT - 80 Campers

Teen Camp - 11 to 13 Years - Teen Camp is separate from the other camps as this camp gives teens the opportunity to develop leadership skills and work with service projects within our community. At the end of camp we will be happy to provide a letter attesting to their community service hours performed.

LIMIT - 16 Campers

Weekly Pricing:

Register April 1st - April 30th:

FULL TIME: Members: \$150 / Non-Members: \$180 (Weekly Rate!)

PART TIME: Members: \$130 / Non-Members: \$145 (Weekly Rate!)

May 1st and after: Members:

FULL TIME: Members: \$160 / Non-Members: \$190 (Weekly Rate!)

PART TIME: Members: \$150 / Non-Members: \$155 (Weekly Rate!)

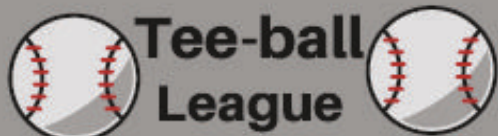
SPACE IS LIMITED! FIRST COME, FIRST SERVE!
DUE TO STAFFING AND SCHEDULING DEMANDS,
THERE WILL BE NO REFUNDS!

Check out www.sevenhillsohio.org for detailed flyers and field trip information or contact Jackie Corrigan at camps@sevenhillsohio.org





****Due to Covid-19 Restrictions days and times may change. Visit RookieAthletics.org for most up to date dates & times****



Week 1 will teach the basics of hitting, base running, fielding and throwing. From there we will continually review the basics while playing a two to three inning game where everybody bats. Each class goes for about 45 minutes.

Ages 3&4 Price: \$75

New Day: Saturday Mornings

Summer: July 11th - Aug 22nd

Location: Behind City Hall

Time: You will be contacted prior to your first class via email for exact time (Possible 9, 10, 11 am start times.)



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

Ages 3&4

New Day and Time: Price: \$50

Saturday Afternoons 12:30 pm - 1:00 pm

Summer: July 11th - August 22nd

Youth Programs



For ages 3-8. We do different skill drills and games getting a good fundamental knowledge of football while growing ability and building towards game play. Focusing on Running, Throwing, Catching, Route Running, Blocking, Defense, & Game Play.

Day and Time: Friday Nights

Price: \$50

Summer: July 10th - August 21st

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

Place: Seven Hills Recreation Center

Ages 5&6: 5:45pm - 6:30pm

Ages 7&8: 6:45pm - 7:30pm



Soccer is vastly known as a great starter sport for children as young as three. 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!

Day and Time: Monday Evenings

Price: \$50

Summer: July 6th - August 10th

Ages 3&4: 5:30 pm - 6pm

Location: Seven Hills Recreation Center

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

To Register Visit:

www.RookieAthletics.org

Dodgeball

Ages 9&up

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

Date and Time: Monday Evenings 6:15-7pm
Price: \$50
Summer: July 6th - August 10th

Hoops Camp

This is a week long camp focusing on developing basketball ability. First hour is skills and drills - developing basketball timing, balance and fundamentals. Second hour is individual and team competition. Last hour is game play.

Dates and Times: **Price:** \$100.00
3rd & 4th Grade: June 8th - 12th
Time: 12pm - 3pm
5th & 6th Grade: June 15th - 19th
Time: 12pm - 3pm
Ages 5&6: June 22nd - 26th
Time: 12pm - 3pm
Ages 7&8: June 22nd - 26th
Time: 3:30pm - 6:30pm
Location: Seven Hills Rec Center
Additional Information: Each camper should bring a water bottle and a snack.

Register Today:
RookieAthletics.org



SNAG Golf Skills Class

SNAG Golf (Starting New At Golf) is a first touch program to effectively teach the game of golf to people of all ages and ability levels. SNAG contains all of the elements of golf but in a modified form, making it an easy and fun way to learn and play golf. For ages 5 -8

Day and Time: Saturday Afternoons
Price: \$50
Summer: July 11th - August 22nd
Location: Seven Hills Rec Center
Ages 5&6: 1:30pm - 2:15pm
Ages 7&8: 2:15pm - 3pm

Basketball Skills Class

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

Date and Time: Tuesday or Thursday Evenings
Price: \$50
Ages 3-4: Tuesdays 5:30 pm - 6:00 pm
Location: Seven Hills Rec
Ages 5-6: Tuesdays 6:15 pm - 7:00 pm
Ages 7-8: Thursdays 5:30 pm - 6:15 pm
Ages 9-11: Thursdays 6:15 pm - 7:00 pm
Tuesday Dates: Summer: July 7th - August 11th
Thursday Dates: Summer: July 9th - June 13th

Basketball Training

Train effectively & efficiently with the newest shooting machine in the world! Get over 100 shots up every ten minutes

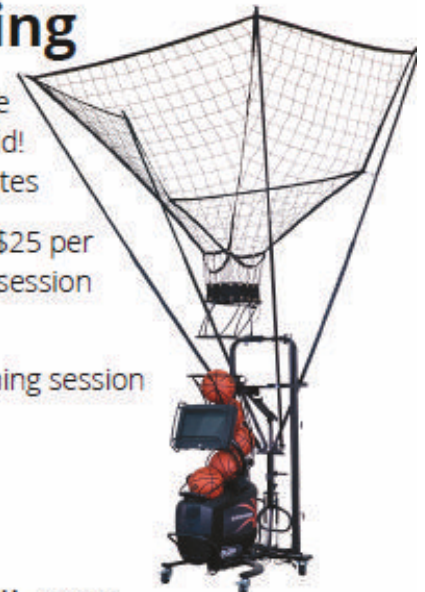
Individual or small group training available **Price:** \$25 per 30min session

Ages: 9&up

For more details or to schedule a training session contact Coach Phil

Coach Phil:
 216-502-0805

RookieAthletics@gmail.com



2020 SPRING/SUMMER AQUATICS PROGRAMS*

Register and More Info at WWW.SEVENHILLSOHIO.ORG

Mike Gallagher (Aquatics Supervisor) | mgallagher@sevenhillsohio.org | 216.524.6262 ext. 404

Schedule and programming to resume once COVID-19 orders have been lifted



Private/Adapted Swimming Lessons

- **\$30 per half hour (Prices may vary per instructor.)**
- One-on-One or Semi-Private.
- Learn-to-swim or Improve Stroke Technique.
- Contact the Aquatics Supervisor to schedule lessons.

Seahawks Swim Team

Spring Monday & Wednesday (Session Runs May 4-27)

- **Members \$27.50/Non-Members \$37.50**
- **Practice Times:** 10 & under 5-6 pm and 11 & over 6-7 pm

Saturday Stroke Clinics (Session Runs May 9-30)

- **Members \$27.50/Non-Members \$37.50**
- **All Ages:** 10-11 am

Summer Monday-Thursday (Session Runs June 8-August 1)

- **Members \$80/Non-Members \$95**
- **Practice Times:**
 - **10 & under:** Mon/Wed 5-6 pm & Tue/Thur 10:30-11:30 am
 - **11 & over:** Mon/Wed 6-7 pm & Tue/Thur 10-11:30 am

Pool Party Rentals

- To reserve the pool or for more info, contact Spencer at SAbbott@sevenhillsohio.org.

Lifeguarding and WSI Training

- For more information or to register for any of our upcoming course, go to fastlaneswimming.net.

Water Exercise Classes

- We offer low impact and arthritis classes which are conducted by Aquatic Exercise Association certified instructors. **Contact the Aquatics Supervisor for more Infor.**

Infant Swim Rescue

- Protect your children with the Self-Rescue training they need to survive in the water. **To learn more, go to jdeike.infantswim.com/instructor/.**

SwimSations

- SwimSations is a new and unique play-based aquatic therapy program for children with sensory processing challenges. For questions contact Kristen Pataki at 440.567.3648/kristen.pataki@gmail.com.

Boy/Girl Scout Merit Badge Water Safety

- Contact the aquatics supervisor for more info.

Group Learn-to-Swim

Members \$50/Non-Members \$60

Monday and Wednesday PM

Spring 2	May 4-27 (No lesson on 5/25)
Summer 1	June 1-24
Summer 2	July 6-29
Summer 3	August 10-September 2

Monday-Thursday AM

Summer 1	June 8-18
Summer 2	July 6-16
Summer 3	July 27-August 6

Saturdays Only AM

Spring	May 9-June 27
Summer	July 11-August 29

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

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

Seven Hills Recreation Center Aquatic Program Descriptions**

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

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

WATER EXERCISE / SWIMSATIONS

Schedule and programming to resume once COVID-19 orders have been lifted



CARDIO & TONING WITH KAREN:

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

Taught by certified instructors around the 4-foot depth.

Tuesdays & Thursdays: 6:00pm - 7:00pm

LOW IMPACT WATER EXERCISE WITH RENEE:

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

Spring: Mondays, Wednesdays, & Fridays: 9:00am - 9:45am (Until May 29th)

Summer: Mondays, Wednesdays, & Fridays: 8:00am - 8:45am (June 1st - August 14th)

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-foot depth.

Spring: Mondays, Wednesdays & Fridays: 10am - 10:45am (Until May 29th)

Summer ~ Mondays, Wednesdays, & Fridays: 9:00am - 9:45am (June 1st - August 14th)

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

SwimSations is a new and unique play-based aquatic therapy program for children with sensory processing challenges. For questions contact Kristen Pataki at [440.567.3648/kristen.pataki@gmail.com](mailto:kristen.pataki@gmail.com).

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OUR HOURS
Monday - Closed
Tuesday - 10am-4pm
Wednesday - 10am-2pm
Thursday - 2pm-6pm
Friday - 2pm-6pm
Saturday - 9am-12pm

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at 216-525-6227 / kholland@sevenhillsohio.org



Delayed Trash Pick Up Schedule:

Memorial Day – May 25th
Pick up delayed one day

Independence Day – July 4th
No delay

Labor Day – September 7th
Pick up delayed one day

Thanksgiving – November 26th
Thursday will be picked up on Friday

Christmas – December 25th
No Delay

City Hall Holiday Hours:

Monday, May 25th - Closed

Recreation Center Holiday Hours

Sunday, April 12th - Closed

Monday, May 25th - 5:30am - 12 noon

Saturday, July 4th - Closed