



City of Seven Hills Community Newsletter

Winter - Spring 2020

A Message from Mayor Biasiotta –

Happy New Year! It's hard to believe that we are here in 2020. I want to personally take a moment to thank you for the overwhelming support shown for me this past November at the election polls. I am honored to serve the residents of Seven Hills and will not let you down!

As ever, I plan to dive right into business. Right out of the gate, we are working on the 2020 budget. This has been the key fiscal tool for us in recent years – starting with reasonable goals and actively managing the budget throughout the year have been key factors in our improved financial condition. After several years of significant street and sewer improvements, I hope to dedicate more of this year's budget to our city's parks. Once we plot out short term goals during the 2020 budget process, we will turn our attention to developing a five-year plan to address our capital needs. For example, our recreation center is 16 years old and, just like our homes, will need investment going forward; our service garage is need of repair, and many other long-term projects approach.

Throughout my first term, you can expect more **"Partnerships and Progress"** updates. With that being said, we have already applied for several grants. The first being the Cuyahoga County Supplemental Grant, in hopes of putting a gazebo for the community to enjoy at the corner of Hillside and Broadview Roads. At the state level, we submitted requests for three projects for 2020 Capital – the first being a total rebuild of North Park, the second being new restrooms and a concession stand for Calvin Park, followed by our third request of playground equipment for the Cricket Park Area. These are competitive requests that most cities chase, and we won't know the outcome until later in the year. Having leaders and staff properly in place will improve our chances of developing even more partnerships and winning grants in the future.

The Inaugural Ceremony on January 4th was a truly historic evening – having so many dignitaries in the audience of almost 300 guests was truly an honor. Amongst the dignitaries who graciously spoke were Cuyahoga County Executive, Armond Budish, and State Senator, Matt Dolan. They both spoke to the importance of the continued partnership with Seven Hills in 2020 and beyond.

I was fortunate to be surrounded by family and supportive residents that evening. Having my father, Anthony C. Biasiotta, administer the oath of office is a moment in my life for which I will be forever grateful. Family is everything to me. I am the person I am today because of the constant love, support, and guidance given to me by my parents.

I look forward to a very productive beginning of 2020 and will continue to engage with the most important partners of all – the residents of Seven Hills.

Respectfully,
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
Illuminating Company: Emergency Only:	800.589.3101 888.544.4877
Dominion East Ohio Gas: Emergency Only:	800.362.7557 877.542.2630

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

VOLUNTEERS NEEDED! Earth Day Clean Up Saturday, April 25th, 2020

If you have a teen in need of service hours or are just looking to get involved in the community, sign-up now to be part of the volunteer park clean up crew! Work with the Parks & Recreation Department to get your parks and baseball fields summer ready!

Contact Joe Bass at 216.524.6262 for more info or to sign-up!

Lunch & T-shirt to be provided!



POLICE - EMERGENCY 9-1-1

NON-EMERGENCY: 216.524.3911

SNOW REMOVAL

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



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

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

THEFTS FROM VEHICLES

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



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

PARKING HOURS

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



The Seven Hills Police Department has partnered with the Cuyahoga County Sheriff's Department in the prescription (Rx) drug drop off initiative.

Proper disposal of expired prescriptions reduces the likelihood of abuse by family, friends, or visitors.

Further, disposal of prescription drugs in an RX Drop Box reduces the environmental impact on citizen drinking water and natural waterways, by providing citizens with an alternative to flushing drugs down the toilet. The Rx Drug Drop box is located in the Seven Hills Police Department's lobby.

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.

Spring Forward and Review Your Safety Checklist!

Time to Change the Clocks -

Daylight Saving Time begins every year on the second Sunday in March. We "lose" an hour when the clocks are set forward (except in Hawaii and most of Arizona), and for many, that means a tired couple of days as our bodies adjust. The consequences of fatigue can be serious, so plan accordingly.

Daylight Savings Time, which in 2020 begins Sunday, March 8th, means it's also a good time to review your spring safety checklist.

Smoke Alarms -

Three out of every five home fire deaths result from fires in homes with no smoke alarms, according to the National Fire Protection Association. Test your smoke alarms every month and replace the battery at least once a year. If the alarm makes a "chirping" sound, replace the battery immediately.

Smoke alarms should be in every bedroom and in the common areas on each floor of a home. Mount them at least 10 feet from the stove to reduce false alarms, less than 12 inches from the ceiling and away from windows, doors and ducts.

Smoke alarms can be interconnected wirelessly. That means, when one sounds, they all sound. A Consumer Product Safety Commission survey found this is the best way to notify everyone in a home if there is a fire. Be sure to purchase smoke alarms with the label of a reputable testing agency, like Underwriters Laboratories (UL).

Carbon Monoxide Detectors -

Anything that burns fuel can potentially become a source of carbon monoxide, an invisible, odorless gas that can kill. CO alarms should be installed in a central location outside each bedroom and on every level of the home. The safety tips for CO detectors mirror those of smoke alarms: change the batteries, test them and interconnect them, if possible. Also, make sure vents for your gas appliances (fireplace, dryer, stove and furnace) are free and clear of snow or debris.

Family Emergency Plan -

The National Safety Council recommends every family have an emergency plan in place in the event of a natural disaster or other catastrophic event. Spring is a great time to review that plan with family members. Have a home and car emergency kit. The Federal Emergency Management Agency says an emergency kit should include one gallon of water per day for each person, at least a three-day supply of food, flashlight and batteries, first aid kit, filter mask, plastic sheeting and duct tape, and medicines. Visit the FEMA website for a complete list. The emergency plan also should include: A communications plan to outline how your family members will contact one another and where to meet if it's safe to go outside. A shelter-in-place plan if outside air is contaminated; FEMA recommends sealing windows, doors and air vents with plastic sheeting. A get-away plan including various routes and destinations in different directions.

Also, make sure your first aid kit is updated. Get rid of unwanted or expired medicines.

NSC recommends you take unwanted or expired medicines to a prescription drop box or take-back event near you. NSC offers free Stericycle Seal & Send envelopes, so you can send your unwanted medication to be safely destroyed.

Getting the Urge to Clean?

With the warm weather comes a desire to shine and polish your home. But when warning labels are ignored or chemicals fall into the wrong hands, disaster can occur. Learn what you can do to keep you family safe around poisons in the home.

Window Safety -

With warmer temperatures arriving, it's important to practice window safety – especially in homes with young children. Always keep an eye on the young ones, they are quick to move.



ENGINEERING DEPARTMENT

**** Hemlock Creek Watershed Utility Improvement Project – Construction is nearing completion! ****

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:**

Most punch list items have been addressed. The Contractor will be returning in the Spring to ensure that restoration (minor grade touch-up and grass germination) is fully completed.

As of January 9th, the only pending item for the Project was the sanitary lift station on North Mary Lane becoming fully operational.

Final lift station work was scheduled by the Contractor for commencement on or near January 15th, contingent upon the weather.

All affected property owners / residents will be notified in the near future as to when the new sanitary sewer can be connected to. It is anticipated that March, 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.

Please note, as a reminder, final assessment costs will be determined after the entire construction is 100% completed and accepted by the City.

In the near future, the City will be providing a helpful "*SANITARY SEWER - SERVICE LINE INSTALLATION INFORMATION*" packet to all property owners / residents for the purpose of guiding and assisting you through the sewer connection process. This packet will also be made available on-line on the City's website Engineering Department section.

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>.

Thank you for your continued utmost patience, cooperation and understanding during the construction of this Project.

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

Remaining punch list 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)
3. 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 February and April 2020.

Construction is anticipated for Winter/Spring 2020, weather contingent.

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.

Have a safe, happy, and healthy New Year Seven Hills residents!

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.***

Mailboxes

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

Snow Removal

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

Rubbish Pickup

Rubbish should be placed on the tree lawn by 7:00AM on the scheduled day of collection and shall not be placed earlier than 4:00PM on the day prior to the scheduled date of collection.

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 21st from 1PM to 7PM and August 18th 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 19th from 8AM – 6PM and September 15th from 8AM-6PM behind City Hall. For information please contact the Service Department at 216-525-6225 or check the Cuyahoga County Solid Waste District Website: www.cuyahogarecycles.org

Community Services Upcoming Events

Bingo & Breakfast Dates

February 3rd - Bingo - 10:30 AM
February 12th - Breakfast & Bingo - 8:30 AM
March 2nd - Bingo - 10:30 AM
March 11th - Breakfast & Bingo - 8:30 AM
April 8th - Breakfast & Bingo - 8:30 AM
April 20th - Bingo - 10:30 AM

Special Events

March 18th - St. Patrick's Day Senior Luncheon - 11 AM
April 30th - Taste of Seven Hills - 6 PM

Please contact Tony Terry at 216.525.6230 for more information on any of these programs!

Seven Hills Community Services FOOD PANTRY

If you are in need of
food pantry assistance,

Please Call Tony Terry

@ 216-525-6230.



HAVE YOU DOWNLOADED
THE CITY'S APP?
AVAILABLE FOR FREE:
JUST SEARCH 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!**

Sharon LaBuda

Proud Sponsor of City of Seven Hills Baseball Fields

Sharonlabuda@howardhanna.com

216.906.9047



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- **Residential Relocation Specialist**
- **Serving Northeast Ohio**
- **Top 5% of Realtors Nationwide**
- **Top Rated Zillow Agent**



Health Insurance Questions?

Call Romina Alesci

Licensed Medicare Agent

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MEDICAL MUTUAL

The Seven Hills Hall of Fame is proud to announce our George Chandick Scholarship applications are available for graduating seniors in the class of 2021. Applicants must live in Seven Hills. Applications will be emailed to those interested by contacting alaina316@yahoo.com or may be obtained at the Seven Hills Recreation Center, home of the Seven Hills Hall of Fame.

In November 2020, our Induction Ceremony for Arts and Humanities honorees will occur. If you would like to nominate an individual for this honor please download the application from our website or email alaina316@yahoo.com. Categories include Architecture, Art, Dance, Film, Media, Music, Philanthropy, Science, Theater, and Writing, as well as other arts and humanities areas not mentioned. There will be a selection committee that will meet in May to review the applicants and make the final selections. The honorees will be announced at the Seven Hills Home Days in July.

The Seven Hills Hall of Fame Resident of the Month has been such a positive and uplifting experience for all those involved. We have so many talented, interesting and inspiring residents in our city and would like to have input from our residents to suggest other residents to be recognized. We have a growing list and would like involvement from our community.

The Seven Hills Hall of Fame has been active supporting other activities within our City and will continue to do so. Thank you for your support and we encourage you to check out our Hall of Fame in the Seven Hills Recreation Center and on our website. Join us at our Induction Ceremony in November! The Seven Hills Hall of Fame has no political affiliation but appreciates the support from our Mayor and City Council.

<https://sevenhillshof.wixsite.com/sevenhills>

VII HILLS HALL OF FAME

Council Quarterly Section

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:

As we approach Spring, I am hoping it is not as rainy as 2019 was. But with another new year upon us, I am hopeful that great things will happen within our City.

On December 10, 2019, our Council Members and new Mayor, Anthony Biasiotta were sworn in. I am very humbled and proud to say that my fellow Councilmen elected me as their Council President. With that being said, I plan to work together with Council, the Mayor and his Administration to move our City forward with the same sense of purpose, integrity and transparency as we did the previous two years.

My first act as Council President was to enlist the help of my fellow Councilmen under a program called "Council Christmas Give-Back". This seasonal campaign is geared towards residents that are alone, whether it be a resident that is widowed, no family and home-bound. We wanted to do something to make the holidays brighter for those who are alone or in need. The thought behind this was to help make the holidays more manageable and enjoyable. It is a proven fact that many people, especially those who are alone, experience depression and anxiety throughout the holiday season. This program is completely voluntary, and differs greatly from what our Community Services Director, Tony Terry does. Mr. Terry reaches out to families in need. This program is specifically for our senior individuals. I am proud to report that all Council members participated and the feedback has been wonderful.

As we move forward in 2020, Council will be focused on the budget and will begin to look at ways to enhance our parks while continuing to partner with the Mayor on our economic development projects. Our Administration has applied for several Grants to help with various projects that can potentially help our City to finance areas of needed improvement.

As I begin my second term as your Council at Large Representative, I am very thankful and humbled by the show of support and confidence that our residents placed in me. I truly love what I do and I am grateful to represent the residents of our great City.

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
Council President
City of Seven Hills, Ohio



Council Quarterly Section

Happy 2020 to all Seven Hills residents! May God bless you with health, happiness and prosperity. I'd like to take this opportunity to introduce myself; my name is John Kulju and I live in Ward 4 on the south side of Pleasant Valley Road. I have been a Seven Hills resident for a little over 4 years now. Although I've been a resident for a short time, I've felt very welcomed by everybody I've spoken with.

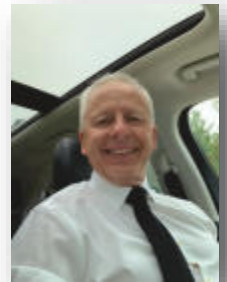
I have been in the construction industry for over 40 years. I'm a drywall finisher/painter by trade and I do some light carpentry as well. I've been a Union member for over 20 years with Local 505 in Strongsville, Ohio. I've been in the business rep for Local 505 for the past 5 years and I will use my expertise in construction as an advantage to Seven Hills on the upcoming construction projects.

Seven Hills is very fortunate to have 2 very nice construction projects slated for 2020 - The Meijer Store and Rockside Crossings of Seven Hills. I will be very involved with these projects. I'm on 3 committees; Public Works, Police, and Community Services. I am the Chairman of Public Works. I am looking forward to and am thankful for the opportunity to help push Seven Hills in a positive direction.

If you'd like to contact me, my cell number is 440-346-2081 or my email address is jkulju@sevenhillsohio.org.

Thank you.

Regards, John Kulju



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 Newsletter.

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 third Wednesday of the month, 12:00 p.m. at City Hall in the Seven Hills Historical Society Room.

Thank you for your continued support. Your donations will help fund the upcoming Society Events and Activities.



2020 Seven Hills Farmers Market

The Seven Hills Farmers Market will be celebrating the start of its 6th year on Thursday, July 2, 2020. The market will run through Thursday, October 1, 2020. 4:00 - 7:00 PM.

It takes a community to build a market and it cannot be done without continued support.

Thank you to all of our vendors, our customers, and to all our sponsors who provide the funds for advertising, music and upgrades. You are the reason we have the market and you are the reason that it will continue.



GOLD & SILVER EVENT

Wednesday, April 22nd

9am-1pm

Seven Hills Recreation Center

Sell your unwanted jewelry -
Gold, Silver & Diamonds and
get the best price!

Gold
& Silver
EVENTS

Proud Supporters of the Seven Hills Recreation Department

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• Invisalign

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SMILES**
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7983 Broadview Rd, Broadview Heights, OH 44147

(440).546.9333

SENIOR HEALTH & FITNESS DAY IS BACK AT THE REC CENTER!



Wednesday, May 20th, 2020 ~ 9am-12pm

Hosted by:



UH Parma Medical Center – Featured Events:

Unless otherwise noted, call 440-743-4932 to register.

Heart Disease & Calcium Scoring Test

Learn about coronary calcium scoring and its value in the early diagnosis of coronary artery disease.

Presented by interventional cardiologist, Farshad Forouzandeh, MD, PhD, FACC. This will be a great Opportunity to ask questions about heart health and heart disease. You will be able to schedule your FREE Calcium scoring test that evening for a future date.

Thursday, February 13

5pm

Held at UH Parma Medical Center Auditorium

Light refreshments provided.

Diabetes Management Group

Wednesday, February 19

4:30 – 5:30 p.m.

Learn how diet affects diabetes. You will be able to schedule a private consultation with a dietitian. UH Parma Medical Center Cafeteria, 7007 Powers Blvd. Physician referral required. The Program may be billable through your insurance.

Balance and Fall Prevention

Tuesday, February 25 | 5 p.m

Therese Lord | Doctor of Physical Therapy UH Parma Medical Center. Hear about prevention and treatment and learn a few basic exercises to help maintain balance and avoid falls.

Peripheral Artery Disease (PAD)

Carotid Artery Disease (CAD)

Saturday, March 7 | 9 a.m. – 1 p.m. PAD | Are you 50 years of age or older? Have you ever smoked? Do you have diabetes, high blood pressure or high cholesterol? If so, you may be at risk for Peripheral Artery Disease. CAD | Are you 40 years of age? Do you have diabetes, family history of stroke, heart attack, high cholesterol or PAD? Have you ever smoked? This screening is not for people who have had carotid surgery in the past or are currently under the care of a doctor for carotid disease.

UH Parma Medical Center Cardiovascular Services, First Floor, 7007 Powers Blvd.

To schedule a pad or cad screening, call: 1-800-883-3674.



University
Hospitals

SEVEN HILLS SPRING SOCCER FEDERATION

Registration for the Spring 2019 Seven Hills Youth Soccer Program will run **February 15th – March 15th** (or until the team is full) for ages 7 – 15 years old. Registration Covers Spring 2020.

If you registered in Fall 2019, your payment covered both Fall and Spring!

Contact Jen at jburger@sevenhillsohio.org with questions!

Spring Soccer begins April 4th, 2020

For additional league information, please visit the Suburban Recreational Soccer League's website at www.srslonline.org.



PARENTS – we are always looking for volunteers to help with coaching and other activities involving the soccer program. Please designate your interest on your child's registration form!

Fees: RESIDENTS: \$40 NON-RESIDENTS: \$50
\$10 Late Fee will apply for those that register after March 15th

Summer Baseball Open Registration Dates:

Saturday February 8th, 2020 at the Rec Center 9am-11am

Saturday February 22nd, 2020 at the Rec Center 9am-11am

Saturday March 14th, 2020 at the Rec Center 9am-11am



Look to The Seven Hills Baseball Federation Facebook page for any other upcoming info.

Feel free to contact Noelle (330) 592-9176 or Brian (216) 299-7900 with any questions.



Seven Hills Girl Power Yoga (Grades 1 -5)

Through yoga we facilitate a fun and engaging atmosphere for young girls to understand the physical needs of their body, while also receiving crucial emotional and mentally focused training. This program provides benefits in every aspect of development and promotes healthy relationships between the collective of young girls who learn they can do anything when they work together. We encourage a fun and healthy lifestyle through activities that create a team of unstoppable young women!

Fridays, 4/10 - 5/1, 5:45 - 7:00 p.m. Location: Aerobics Room

Fee: \$80 (includes yoga mat and yoga mat bag for first time participants). \$60 for returning students

Seven Hills Girl Power Mentorship Program (Grades 6-12)

Through yoga and teaching mentorship we facilitate a fun and rewarding opportunity for Middle School and High School girls to learn lifelong skills that teach healthy mind, body connection along with expression and communication skills that will empower their friends & family life. These young women will be responsible for helping to mentor our Elementary School girls assisting throughout their girl power journey each class day.

Fridays, 4/10 - 5/1, 5:45 - 7:00 p.m. Location: Aerobics Room

Fee: \$80 (includes yoga mat and yoga mat bag for first time participants). \$60 for returning students

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

Special Thank You to the **Seven Hills Garden Club** for their donation of 2 Beautiful Live Christmas Trees for the Recreation Center Christmas Season!

These trees have been replanted outside the building to enjoy for years to come.





10TH ANNUAL

TASTE OF SEVEN HILLS

20+ local restaurants for you to sample!

\$30 DONATION PER PERSON

Ticket Price includes food, beer, wine, and
non-alcoholic beverages.

APRIL 30TH - 6PM - 9PM

SEVEN HILLS COMMUNITY RECREATION CENTER

7777 SUMMITVIEW DRIVE

Purchase & Register your table of 8 for \$200!

Call Tony now at 216.525.6230

****PLEASE NOTE THIS EVENT IS 21+ ONLY****

NEVER MISS A NEWSLETTER !

Sign up to have our
newsletter emailed to you at
www.ourseniorcenter.com



Health Insurance Questions?

Call Eli Harper
1-216-687-7373



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

Sharon LaBuda

TOP 5% OF REALTORS
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Recreation Center Hours:

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

Saturdays: 8am - 8pm

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.



United States Military Veteran Membership: Resident: \$100 Non-Resident: \$150

(Proof of Honorary Discharge via DD-214 required)

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



ADULT SPORTS

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 begins February 1st / \$250/team + weekly umpire fees

Games begin May 21st @ 6pm (Thursday evenings)

Ages 18+

Double Header league play / End of Season Tournament



Co-Ed Softball:

Dust off those bats and get ready for some spring softball! Games are played on Tuesday evenings and the league is double header format. 18+ to play.

Registration begins February 1st / \$325/team + weekly umpire fees

Games begin on May 12th (Tuesday evenings)

Double header league play & end of season tournament



Flag Football:

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

Registration begins February 1st

\$325/team + weekly ref fees

Games begin on April 19th (Sundays)

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 -

Summer League registration Begins April 15th!



Summer Camp

Registration begins April 1st!

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



Contact Jackie with questions at camps@sevenhillsohio.org

Kids Day Off Program - \$40 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 Jackie with questions - camps@sevenhillsohio.org



Program Offered: 2/17 & 3/10

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New Year's Resolutions? Let TTPT show you how to get through the holiday season without compromising your health and fitness goals! 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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- Education
- Accountability

Gift Certificate Packages Available!





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

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 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 - 9am - 9:45am in the Aerobics Studio

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

FREE to SilverSneakers, Renew Active, and Silver&Fit



LINE DANCE / TAI CHI STEPS WITH JACKIE

Bring a pair of dress shoes. Come to exercise your heart, lungs and muscles! Help your long and short term memory! Make new friends! Fridays 10am - 11am - Feb / March - Line Dancing in Gym 2. April / May - Tai Chi in Gathering Rooms

Fee: \$2 per class

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



LUNCH - LEARN - AND LIBRARY COMBO - NEW!

Thursday, March 12th ~11am - 1pm - Rec Center Gathering Rooms

\$5 Per Participant - Register at the Recreation Center by March 10th

Cost covers a light, healthy lunch!

Call Jen at 216.524.5262 for details.



Cuyahoga County
Public Library

Get the Facts About Colon Cancer

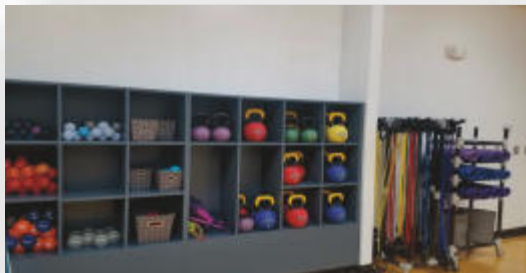
Colon cancer is among the most preventable forms of cancer when routine colonoscopy screenings are done.

During Colon Cancer Awareness Month, learn about the screening guidelines, diagnosis and treatment for this disease that affects men and women equally. Dany Raad, MD, Medical Director of the UH Digestive Health Institute at UH Parma Medical Center will discuss diagnosis, surgery and treatment for the third most commonly diagnosed type of cancer.

What's New at Our Library!

Cuyahoga County Public Library has Adult and Senior Library Services - have you heard all of the details?

Join Becky Buryanek from the Parma Snow Branch to see what you have been missing!



ADULT PROGRAMS

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

Winter 1: January 6th - February 15th (Registration begins December 13th)

Winter 2: February 24th - April 4th (Registration Begins February 10th)

Spring: April 13th - May 23rd (Registration Begins March 23rd)

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



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: \$37 (EFT) 2 Months: \$82 (At the Door) Drop-In \$12



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



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

Winter 1: January 6th - February 15th (Registration begins December 13th)

Winter 2: February 24th - April 4th (Registration Begins February 10th)

Spring: April 13th - May 23rd (Registration Begins March 23rd)

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



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**

YOGA PILATES FUSION WITH TANYA

Increase your strength and flexibility with a combination of Yoga poses and Pilates exercises. Focusing on breath and movement, you will challenge your upper body, lower body and torso. All Levels Welcome! **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

TANYA'S PRIVATE LESSONS

Specializing in women's health and senior fitness, Tanya will design a workout specific to your needs and will suggest lifestyle changes to accomplish overall well being. She is an AFAA certified 10+ year Fitness Professional and holds many teaching certifications in Strength Training, Pilates, Yoga, and Senior Fitness.

Rates: Member: one hour \$35, 1/2 hour \$20 Non-member: one hour \$40, 1/2 hour \$25

One-Hour Small Group Pricing is available as well!

Contact Tanya at tanya_verderber@yahoo.com to set up an appointment or for more info!

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 bring a lunch, snack and swim gear each day! Contact Jackie Corrigan at 216.524.6262 or camps@sevenhillsohio.org for more info! Please be prepared to go outside every day- depending on the weather!

Camp Dates: March 23, 24, 25, 26, 27, 2020

Get here as early 6:30am and stay until 6pm - with no extra fees!

Weekly Fee: Members: \$150 Non-Members: \$180

NO REFUNDS DUE TO STAFFING CONSIDERATIONS

Walking Field Trip 3/26/2020 - Seven Hills Bowling Lanes!

Includes Lunch & Bowling - \$15



SEVEN HILLS BEFORE AND AFTER SCHOOL PROGRAM 2019- 2020

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 – 7th, so sign up early to avoid being shut out!

Parma Bussing provided for children attending Green Valley, Dentzler, Hillside and Normandy!

Program calendar follows the Parma City Schools schedule.

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

Rosters are sent on Friday Mornings for busing!

Contact Jackie Corrigan at 216.524.6262 ext. 408 -OR camps@sevenhillsohio.org for more details!

Part-Time (up to 3 days per week):

Before School – Member: \$18 Non-Member: \$23

After School – Member: \$26 Non-Member: \$32

(after school cost covers daily snack too!)

Full Time (at least 4 days per week):

Before School – Member: \$27 Non-Member: \$37

After School – Member: \$40 Non-Member: \$50

(after school cost covers daily snack too!)



RookieAthletics@gmail.com
or Call 216-524-6262

Registration for:
Winter II - Feb. 1st

DODGEBALL

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

New Day & Time:
Monday Evenings

Ages 6-9, 5:30pm - 6:15pm
Ages 10-12, 6:15pm-7pm

Price: \$50

Winter II : Mar. 2nd - Apr. 6th

Upcoming Youth Programs

YOUTH BASKETBALL LEAGUE

Through specialized skill drills and games, 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.

Day & Time:

Price: \$75

- Ages 5-6, Week 1: 11am-12; Game schedules will be passed out. Weeks 2-6: will have game times between 10am-12pm
- Ages 7-8, Week 1: 12pm-1; Game schedules will be passed out. Weeks 2-6: will have game times between 12pm-2pm

Winter II : Mar. 7th - Apr. 11th

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.

Day and Time:

Price: \$50

- Ages 3-4: Tuesdays 5:30 pm - 6:00 pm
- Ages 5-6: Tuesdays 6:15 pm - 7:00 pm
- Ages 7-8: Thursdays 5:30 pm - 6:15pm
- Ages 9-11: Thursdays 6:15 pm - 7:00 pm

Tues Sessions:

Thur Sessions:

Winter II : Mar. 3rd - Apr. 7th

Mar. 5th - Apr. 9th



Summer Programs begin in early May:

- Tee Ball
- SNAG Golf
- Flag Football skills
- All Sports Camp
- Basketball Camp
- Small Group
- Basketball Trainings
- Grade Specific Pick-Up
Ball

Want to know more about Summer Programs? Please email or text! Info Below

Upcoming Youth Programs

Sports of all Sorts

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 experience what sports have to offer through fun skill drills and games.

Day & Time:

Price: \$50

Wednesday Evenings

Sessions:

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

Winter II : Mar. 4th - Apr. 8th

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

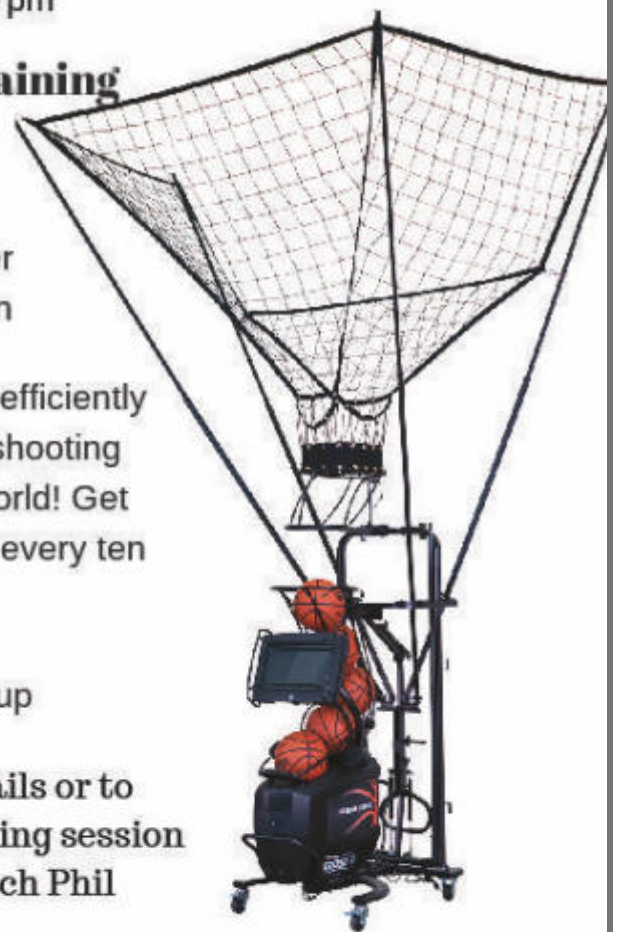
Basketball Training

Price: \$25 per
30min session

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

Ages: 10&up

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



**All Programs located at the Seven Hills Community Recreation Center
7777 Summit View Dr., Seven Hills, Ohio 44131**

Website: www.sevenhillsohio.org | Phone: 216-524-6262

QUESTIONS?

CONTACT COACH PHIL AT: 216-502-0805 OR ROOKIEATHLETICS@GMAIL.COM

2020 WINTER/SPRING AQUATICS PROGRAMS*

Register and More Info at WWW.SEVENHILLSOHIO.ORG

Mike Gallagher (Aquatics Supervisor) | mgallagher@sevenhillsohio.org | 216-524-6262 ext. 404



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

Winter Monday & Wednesday (Session runs 3/16-5/6)

- **Members \$50/Non-Members \$60**
- **Practice Times:** 10 & under 5-6 pm and 11 & over 6-7 pm

Winter Saturdays Only Session (Session Runs 3/28-5/16)

- **Members \$45/Non-Members \$55**
- **Practice Time:** 10-11 am

Beginner Seahawks Swim Team

Winter Saturdays Only Session (Session Runs 3/28-5/16)

- **Members \$45/Non-Members \$55**
- **Practice Time:** 10-11 am

Pool Party Rentals

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

Lifeguard, WSI, and CPR/First Aid 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 information.**

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/.**

Group Learn-to-Swim

Members \$45/Non-Members \$55

Monday and Wednesday PM

Winter 1	1/6-1/29 (Registration Runs 12/18-1/2)
Winter 2	2/10-3/4 (Registration Runs 1/29-2/6)
Spring 1	3/16-4/8 (Registration Runs 3/4-3/12)
Spring 2	4/20-5/13 (Registration Runs 4/8-4/16)

Saturdays Only AM

Spring	3/28-5/16 (Registration Runs 2/29-3/23)
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Level	Mon/Wed PM	Saturday AM
Starfish	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
Frog (Pre 2)	5:45-6:15 6:30-7:00	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
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
Penguin (L 2)	5:00-5:45 5:45-6:30	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
Dolphin (L 4-6)	5:45-6:30	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

CARDIO & TONING WITH KAREN:

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

Taught by certified instructors around the 4-foot depth.

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

LOW IMPACT WATER EXERCISE WITH RENEE:

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

Mondays, Wednesdays, & Fridays: 9:00am - 9:45am

ARTHRITIS FOUNDATION AQUATIC PROGRAM WITH LEIGH:

This program is specifically geared towards adults living with Arthritis. Participants are provided with gentle aquatic activities with the guidance of a certified Arthritis Foundation Instructor. All exercises are low-impact and done around the 4-foot depth.

Mondays, Wednesdays & Fridays: 10am - 10:45am

AQUA BARRE WITH KATIE:

Aqua Barre is a fitness class that combines all the components of cardio, strength, and flexibility found in a ballet barre class with the benefits and fun of aquatic strength and conditioning. Ballet barre combines principles of Ballet, Yoga, and Pilates, and general calisthenics with a strong emphasis on posture, core strength, and proper technique. Instead of the classic barre and light dumbbells, gravity and buoyancy are both used to provide resistance and toning for the lower body, core, and upper body. No dance experience is necessary, and modifications can be provided to appeal to both beginners and experienced aquatic enthusiasts!

Mondays: 7:45pm - 8:45pm (This Punch Card Only Good for Katie's Class)

All Water Exercise Classes are offered through our Punch Card System

Punch Cards are good for 12 water classes. (Cards Expire after 8 Months)

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Thursday - 2pm-6pm
Friday - 2pm-6pm
Saturday - 9am-12pm

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Also, visit our second location St. Columbkille Federal Credit Union / Assumption Branch, which is located at 9183 Broadview Road, on Thursdays from 4 to 6 p.m. and on Saturdays from 9 a.m. to 12 p.m.

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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, January 20th - Closed

Monday, February 17th - Closed

Monday, May 25th - Closed

Recreation Center Holiday Hours

Sunday, April 12th - Closed

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