

CITY OF SEVEN HILLS COMMUNITY NEWSLETTER



FALL 2016 -
WINTER

SEVEN HILLS CITY HALL • 7325 SUMMITVIEW DRIVE • SEVEN HILLS, OH 44131
PHONE: 216-524-4421 • WEBSITE: WWW.SEVENHILLSOHIO.ORG

Seven Hills Mayor

Richard Dell'Aquila

216.524.4421 Mayor7Hills@yahoo.com

Seven Hills City Council

Council-At-Large:

Edward S. Bicker

440.561.7696 councilmanbicker@yahoo.com

Thomas A. Kraynak

440.526.7338 tomkraynak@cox.net

Council President Matt Trafis

216.410.4062 matt@trafis.com

Ward Councilmen:

Ward 1 - Tony Biasiotta

216.459.9312 TonyBfor1@gmail.com

Ward 2 / Council President Pro Tem

Timothy Fraundorf

216.339.8845 tim_fraundorf@yahoo.com

Ward 3 - Jim Kukral

216.272.4383 jim@votekukral.com

Ward 4 - Frank J. Petro

440.343.0348 frankp1012@yahoo.com

Don't Forget!

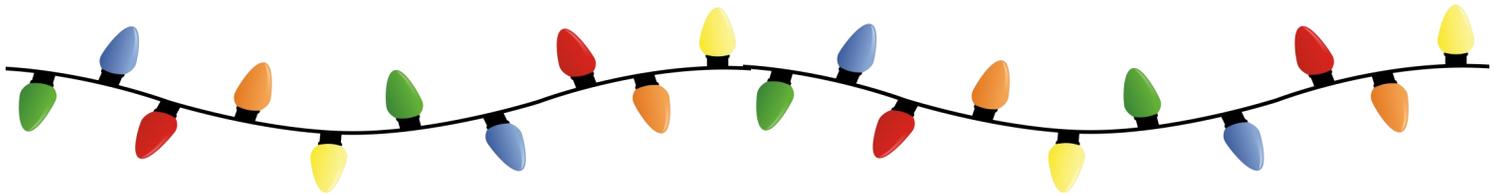
Important Dates:

Election Day
Tuesday, November 8th

ELECTION
2016



Recreation Center Black Friday
Membership Discount
Friday, November 25th



12-DAYS OF FITNESS DEALS
DECEMBER 4TH - DECEMBER 15TH



VFW Christmas Party -
Sunday, December 4th
1pm - 4pm @
Rec. Center

City Directory

Police / Fire Emergency 911

Seven Hills City Hall 216-524-4421

Police NON-Emergency 216-524-3911

Fire NON-Emergency 216-524-3321

Mayor's Office -
Kathy Holland 216-525-6227

Recreation Center -
Front Desk 216-524-6262

Senior & Community Services -
Tony Terry 216-525-6230

Mayor's Court 216-524-4421

Building Department 216-524-4427

Council Clerk -
Carol Sekerak 216-525-6235

Finance Department 216-525-6249

Law Department 216-525-6237

Service Department- 216-525-6225

Engineering Department 216-525-6226



Follow the City of Seven Hills on Facebook!

<https://www.facebook.com/cityofsevenhills>

Seven Hills Food Pantry

Canned-food donations came from all across Seven Hills to stock the shelves of the City's Food Pantry.

It's all for residents who are in a time of need. One senior resident said "If it wasn't here I'd have no idea where to go". Seven Hills Food Pantry serves over 30 families through its location at City Hall. Director of Senior and Community Services Tony Terry has led this year's food drive and says "It's the giving spirit and sense of community that defines this city. Our residents and business partners have rallied around this and helped to get this project going".

The Food Drive for 2016 has taken off to a great start with drop locations at City Hall and the Community Recreation Center. We are now in need of paper goods such as toilet paper, paper towels, personal hygiene products (tooth paste, toothbrushes, shampoo, etc...), condiments (ketchup, mayo & salad dressings). Remember - every little thing can help someone in need!

If you would like to contribute to the efforts please contact Tony Terry at 216-525-6230 or at

tterry@sevenhillsohio.org

General City of Seven Hills Information

- Please remember codified ordinance now requires trash cans shall be stored in a building or outside behind the front setback line and not visible from the street.
- Be considerate of your neighbors during snow season. Your snow must be plowed, blown, or shoveled onto your property. Not across or in the street. Maintain your sidewalks for everyone's benefit. Please clear around the fire hydrant if you have one.
- Use heavy duty cords in good repair for holiday lighting. Protect the connections from the entrance of water or snow. Cords should be protected by a Ground Fault Circuit Interrupter either in the outlet or at the electrical panel.
- Building Department staff is available from 8:00 – 4:15 Mon – Fri. to answer questions or obtain permits. Applications are available online. www.sevenhillsohio.org/en-US/City-Forms.aspx. 216.524.4427

DO NOT KNOCK

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.

Recently, solicitors are approaching residents and asking them about their property line. The scam goes something like this: Hello Sir/Maim we have been contracted by your neighbor to put up a fence in the backyard or cut down some trees and we would like you to show us your property line. The very friendly nice guy asks you to go to the backyard and point out where your property line starts, so you do. He may ask you questions such as: is anybody home or even try to solicit some family information like the name of your wife or kids in attempt to keep you talking and further gain your trust.

The nice man that is talking to you in the backyard communicates with someone else using a cell phone. When you ask who it is, he tells you it is one of his workers. The conversation into the cell phone is constant throughout your conversation. While you are in the backyard, a second person enters your house and steals your valuables. The nice man tells you that he has to go and walks with you out of your backyard and he gets into his vehicle and leaves.

You go into your house and discover that someone went through your jewelry and valuables and you were robbed. This scam happens each and every year in every community and we need your help to catch these people.

Remember, you should never let anyone into your house or backyard that you do not know. If approached by someone asking you to go in your backyard or downstairs to turn the water on, tell them no and call the police. If possible get a license plate number and description of the person. The Seven Hills Police can be reached at 216-524-3911 or in emergencies dial 911.





FIRE - EMERGENCY 9-1-1

NON-EMERGENCY: 216.524.3321

As the cooler weather of fall approaches, the Seven Hills Fire Department would like to offer some valuable safety tips for your family.

INSTALL SMOKE ALARMS

Test them often to make sure they work. If the detector has a regular 9 volt battery, replace the batteries at least twice a year when you change your clock for daylight savings time. Newer detectors may have 10 year lithium batteries, but there is still the need to test and replace when necessary. Be sure to purchase a dual mode detector, one that is photo electric as well ionization. Your home will be best protected using a dual mode detector. Install one on every floor and each bedroom for extra protection

HAVE A HOME FIRE ESCAPE PLAN

Develop a home escape plan with your family in case of a fire. Practice and have a pre-arranged meeting place somewhere outside of your home.

HOME SAFETY INSPECTION

Conduct a safety inspection of potential fire hazards in your home. Eliminate them and make every room fire safe. Keep matches and lighters out of the reach and sight of children at all times. Never use an extension cord for appliances that draw high current such as air conditioners or refrigerators. Never leave burning candles unattended.

We hope you find this information useful and thank you for the many comments regarding our articles. YOUR SEVEN HILLS FIREFIGHTERS ARE HERE FOR YOU 24/7 365 DAYS A YEAR should you need our services. THANK YOU for your past and continued support.

City of Seven Hills Residential Lock-Box Program

This is recommended for Senior Citizens & Disabled Residents.

The resident may be unable to open the door for EMS/Fire in the event of an emergency. We adopted a program that other cities already use, the affordable **Roper Lock Box**. When you or the victim dial **911**, most times you or a victim can't unlock the door or open it for EMS/Fire. Our only way of getting into the resident's home is to break a window or the door causing hundreds of dollars in damage. **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
- Keys not duplicated and will only be on securely locked fire vehicles
- Seven Hills Fire Department will keep a database and the dispatch will know who has them and their location

Contact Tony at 216-525-6230 for more info!

POLICE - EMERGENCY 9-1-1

NON-EMERGENCY: 216.524.3911



Obstacles to Personal Safety:

Attitude of Complacency:

"It can't happen to me." • "Nothing like this happens in my neighborhood." • "If it's going to happen, it's going to happen."

A criminal attack against you or your family can take place anywhere, as can fire or other disaster. YOU CAN influence what happens to you by assuming more responsibility for your own security.

Steps to Prevention

Is your address clearly visible from the street during the day and night?

- Necessary for proper response of police and fire personnel.

Remove hiding places:

- Shrubs and/or bushes cut to the lower edge of windows
- Trees cut 6 to 7 feet above ground

Is the property well maintained?

- Appears that you care what happens here

Lighting; Interior and Exterior

- Continuous -vs- motion sensor
- Out of reach from the ground
- Timers while away

Get rid of "Hidden" keys

- Better left with a trusted neighbor
- Sealed envelope

Secured openings (windows & doors)

- Able to open only a specific amount
- Equipped with quality locks
- Doors locked while you are home

Alarms

- Alarm signs clearly visible

Pets: BEWARE OF DOG

- Even if you don't have one

Corded phone

- Cordless won't work in a power outage

Vary daily routines

Know where family members are at all times.

Know your neighbors.

- Develop a rapport with them and offer to keep an eye on each other's property.
- Retrieve each others mail
- Allow them to use your driveway while you're away

**If you observe suspicious activity,
report it immediately to your local police.
Detail as much information as possible.
Be the best witness possible.**

Don't take action on your own.

Members of the Seven Hills Police Department continually strive to make the protection of our citizens and their property a top priority. To further this cause, we rely on the people of this great community to be vigilant to the activities within their neighborhoods. Obviously, this includes keeping an eye out for your neighbors and taking the necessary steps to secure your belongings, ie., the appropriate use of lighting, locking your car doors / homes, and notifying the Police Department in the event that you observe suspicious activity.

Other tips:

Make sure all personal and home insurance policies are up-to-date and you have adequate coverage.

Be alert to changes within your own neighborhood.

Meet and know your neighbors.

Report suspicious activity
IMMEDIATELY!!

Seven Hills Community
Recreation Center
7777 Summitview Drive
Seven Hills, Ohio 44131
216-524-6262



Recreation Center Hours:

Sundays: 12pm - 6pm • Mondays- Fridays: 5:30am - 9pm • Saturdays: 8am - 8pm

(Pool Closes Sat. at 5:45pm beginning November 1st)

**Pool Closes 15-minutes prior to rest of building (Sunday - Friday) .*

THE MISSION OF THE SEVEN HILLS COMMUNITY RECREATION CENTER

The City of Seven Hills Community Recreation Center is dedicated to creating a healthy, fun and educational environment where safety is paramount. Our year-round programming is offered to all ages and skill levels, helping to create exactly what each member or participant needs to achieve his or her personal goals.

We strive to enhance physical, emotional and social development of our Community while providing a safe and healthy atmosphere. - Jen Burger, Recreation Director

Totally Toned Personal Training has several packages available to accommodate your specific needs, and rates start as low as \$25 per session! Visit us on the web at www.totallytonedpersonaltraining.com, find us on Facebook, or call 216-548-5383 today to schedule your free 30-minute consultation and workout!

- Cardio - How to use your heart rate to achieve your desired result.
- Nutrition - Which foods will help or hinder your progress and long-term results.
- Weight Training - Gain lean muscle mass helping to burn more calories-even at rest.

Contact Trainer Mike at 216-548-5383 TODAY!



Discover the benefits of a healthy and active lifestyle



ANNUAL MEMBERSHIP INFORMATION

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.



NEW! 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. Monthly payment options are available as well for the duration of one full year. All memberships are non-refundable and non-transferrable.

Youth Sport Programs with

*All Programs take place at Seven Hills Community Recreation Center
7777 Summit View Drive, Seven Hills, Ohio 44131*



Basketball Skill Classes

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.

Price: \$45.00

Date and Time: Tuesday or Thursday Evenings

Ages 3-4: Tuesdays 5:30 pm - 6:15 pm

Ages 5-8: Tuesdays 6:15 pm - 7:00 pm

Ages 9-11: Thursdays 5:30 pm - 6:15 pm

Ages 12-14: Thursdays 6:15 pm - 7:00 pm

Winter Session I:

Nov 1st - Dec 15th (ages 3-5 and 5-8) *No class Nov 22nd

Nov 3rd - Dec 17th (ages 9-11 and 12-14) *No class Nov 24th

Winter Session II:

Jan 10th - Feb 14th (ages 3-5 and 5-8)

Jan 12th - Feb 16th (ages 9-11 and 12-14)



For Questions or More Information?

Email questions to rookieathletics@gmail.com or visit our website at www.RookieAthletics.org.

All Programs take place at the Seven Hills Community Recreation Center

SIGN UP TODAY AT
www.SevenHillsOhio.org

Basketball Leagues

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.

Price: \$70.00

Date and Time: Saturday Mornings

Ages 3-4: 9-9:45 am

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

Ages 7-8: Week 1: 12 pm - 1; Game schedules will be passed out. Weeks 2-6 will have games between 12 pm - 2 pm.

Winter Session I: Nov 5th - Dec 17th *No class Nov 26th

Winter Session II: Jan 14th - Feb 18th

Questions about these programs and more? Email RookieAthletics@gmail.com

Rookie Dodgeball

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

Price: \$45.00

Date and Time: Sunday Mornings

Ages 6-9: 11:15 am - 12 pm

Ages 10-14: 12 pm - 12:45 pm

Winter Session I: Nov 6th - Dec 18th

**No class Nov 26th*

Winter Session II: Jan 15th - Feb 19th

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. With a new sport every class, each athlete will have the opportunity to experience what each of the major sports have to offer through fun skill drills and games.

Price: \$45.00

Day and Time: Wednesday Evenings

Ages 3-4, 5:30 pm - 6:15 pm

Ages 5-8, 6:15 pm - 7:00 pm

Winter Session I: Nov 2nd - Dec 14th

**No Class Nov 23*

Winter Session II: Jan 11th - Feb 15th

ABOUT ROOKIE ATHLETICS

Rookie Athletics is youth programming with heart. We care for each child and want them to grow and develop to the best of their abilities in a relaxed and fun environment. We put less emphasis on competition and focus more on making learning and growing fun, while cultivating a love of each sport. Learn more about us and our programs at www.rookieathletics.org or follow us on Facebook to get updates on upcoming programs.



CHRISTMAS BREAK CAMP!

Our Christmas 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 Christmas Break filled with games, activities, arts and crafts, a field trip and so much more! New pricing INCLUDES Before & After Care! Please pack a lunch, a snack and swim gear each day!

Contact Jo Ann Rencz at 216.524.6262 for more info!

Camp Runs December 19, 20, 21, 22, 23, 26, 27, 28, 29 & 30 2016.

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

Full Time Fee (4 or More Days): Members: \$140 Non-Members: \$170 Per Week

Part Time Fee (3 Days or Less): Members: \$120 Non-Members: \$135 Per Week

Single Day Drop In Fee (Max 1 Day Per Week): Members: \$30 Non-Members: \$37

Field Trip 12/29/2016- Seven Hills Bowling Lanes (includes lunch and bowling)! \$15



SilverSneakers Fitness Program

The SilverSneakers® Fitness Program is an innovative health, exercise and wellness program helping older adults live healthy, active lifestyles. Get fit, have fun, make friends!

Individuals 65 & over who have Medicare coverage through their insurance company are eligible to take SilverSneakers' fitness classes for FREE.

Non-SilverSneakers members who are members of the center pay \$4 per class. Punch Cards are available as well to purchase in advance.

Classes are limited to 30 participants - Pick up a monthly schedule at the front desk today!

SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

SilverSneakers® Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

SilverSneakers® CardioFit

SilverSneakers CardioFit is an advanced group exercise class designed for active adults who desire a safe and effective low-impact cardiovascular workout. Energizing and easy-to-follow movements promote heart-healthy, total-body conditioning to increase cardiovascular and muscular endurance. In addition, a variety of strength training options are offered to provide a well-rounded workout. Tanya's Tuesday Classes include Zumba Gold and Tone!

SilverSneakers® Yoga

SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

SilverSneakers® Splash

Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required, and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.

Silver&Fit Fitness Program

Silver&Fit is designed specifically to help older adults achieve better health through regular exercise and health education. Silver&Fit provides eligible members with no-cost or low cost fitness memberships and older adult-oriented group exercise classes, through arrangements with certain health plans. Silver&Fit is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated.

If your health plan offers Silver&Fit and you would like more information about classes, please contact Seven Hills Community Recreation Center at 216-524-6262.

You may also visit www.silverandfit.com

ADULT PROGRAMS



Session Dates:

Fall 2: October 31st - December 17th (Registration Begins 10/15/16)
Winter 1: January 9th - February 18th (Registration Begins 12/10/16)
Winter 2: February 27th - April 8th (Registration Begins 2/1/17)

ZUMBA WITH CARMEN

Try this super-popular new program! Instructors fuse Latin rhythms and easy-to-follow moves to help create a one-of-a-kind fitness program! Have a blast in this one hour of calorie-burning, body energizing, awe-inspiring movements meant to engage and captivate life! **Instructor: Carmen Quintana**

Days: Thursday Evenings: 7:35pm - 8:35pm with Carmen

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

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



INSANITY WITH LYNN

INSANITY live classes will bring the workout we have all seen on DVD to a live group setting. Using max interval training with explosive cardio and plyometric drills combined with your own power and strength. No weights needed, your own body weight will tone and sculpt your body. All levels welcome!

Instructor: Lynn Johnson

Days: Monday Evenings 7:30pm - 8:00pm

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

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



INTERVAL FITNESS TRAINING CLASS WITH TONY TOTH

New to working out? Intimidated by machines and weights and muscle-bound people? Don't know where to start? Then this is the class for you!! NASM Certified Trainer Tony Toth will guide you through your start as you "Create Ur Nu Life". Join this BEGINNER'S class that will work both cardio and muscle toning. Don't delay, space IS limited! In the Aerobics Studio.

Instructor: Tony Toth

Days: Thursdays 5:15pm-6:15pm & Saturdays 8:30am - 9:30am

Fees: Member Punch Card: \$25 or Drop In: \$5 (Cards are good for 8 classes)

Non-Member Punch Card: \$30 or Drop In: \$6

EVENING YOGA

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 six classes.

Instructor: Susan Laurenzi, MA Ed

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

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





ADULT PROGRAMS

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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: \$26 (6 Classes) or \$6 Drop In Non-Member Card: \$36 (6 Classes) or \$8 Drop In
Tanya's 12-Class Punch Card - Members: \$50 Non-Members: \$70**

PiYo LIVE WITH MELISSA

Introducing PiYo Live! Define yourself and look long and lean with no weights and no jumps. Combines the muscle sculpting, core firming benefits of Pilates with the strength and flexibility of yoga. Crank up the music and the fun with this calorie burning workout. All levels welcome.

Days: Wednesday Evenings 7:30-8:30pm and NOW Saturday Mornings 11am - 12noon

Fees: Member Punch Card: \$27 or \$6 drop in Non Member Punch Card: \$37 or \$8 drop in



WERK! WITH MELISSA

WERQ(R) is a fiercely fun dance fitness workout class based on pop, rock, and hip hop music taught by Certified Fitness Professionals. The WERQ warmup previews the dance steps used in class and the WERQ cooldown includes balance and yoga-inspired poses. Get ready to WERQ!

Days: Tuesday Evenings 7:45pm - 8:30pm & Thursday Mornings 10:45am - 11:30am

Fees: Member Punch Card: \$27 or \$6 Drop In, Non-Member Punch Card: \$37 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: \$37 (EFT)

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





ALL NEW ADULT PROGRAMS!!

Session Dates:

Fall 2: October 31st - December 17th (Registration Begins 10/15/16)
Winter 1: January 9th - February 18th (Registration Begins 12/10/16)
Winter 2: February 27th - April 8th (Registration Begins 2/1/17)

NEW! SENIOR-FIT 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 flexibility, core strength and balance. **Classes Begin 1/16/2017**

Days: Tuesdays & Thursdays - 11:00am - 11:30am in Gym 2.

Fees: Members: \$2 Non-Members: \$3 - Punch Cards Available!

NEW! EARLY 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! **Classes Begin 1/16/2017**

Days: Mondays - 6:15am - 7:00am in the Aerobics Studio

Fees: Member Card: \$26 (6 Classes) or \$6 Drop In Non-Member Card: \$36 (6 Classes) or \$8 Drop In

NEW! 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 - 8am - 9am in the Aerobics Studio

Fees: Members: \$2 Non-Members: \$3 - Punch Cards Available!

NEW! ONE-ON-ONE WITH TANYA

Specializing in women's health, Tanya will design a workout specific to your needs. She is AFAA certified and holds many certifications in Strength Training, Pilates, Yoga, and Senior Fitness. A mother of three, Tanya could certainly help you bounce back after baby! **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 for info!

NEW! ALL LEVELS BALLET BARRE WITH LAURA

Full Body Workout that incorporates not only ballet barre technique, but also yoga and Pilates variations. For Intermediate barre students the workout will include light cardio and weight training. For first time or Beginning Level Barre student. Students will be given modifications for the more intense exercises. Class emphasizes stretching and balance exercises. Instructor is C.S.F. Certified for Barre & 1st Class if Free!

Days: Mondays 9:30-10:15am & Wednesdays 10:30-11:15am (Fees Listed Below)

NEW! HIGH INTENSITY BARRE WITH LAURA

This is an Advanced level, High Intensity Class. Barre students will move at a fast pace through the entire workout. Expect high intensity cardio intervals and higher reps during this Barre exercise. Upper body and abdominal exercises are included as well as Yoga positions for core strength, balance & stretching. Students will be offered modifications as needed. Instructor is C.S.F. Certified for Barre & 1st Class if Free!

Days: Wednesday Evenings 6:30 - 7:15 PM

Fees: Member Punch Card: \$27 or \$6 Drop In, Non-Member Punch Card: \$37 or \$8 Drop In (for all Laura's Classes)



2016 - 2017 BEFORE AND AFTER CARE

KIDS DAYS OFF CAMPS

Need a safe, fun place to leave the kids on their random days off school? The Seven Hills Recreation Center Day Camp Staff offers individual camp dates to help! 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! Please pack a brown bag lunch, a snack and your swim gear! Call for info. Choose from the following

10/28 • 11/8 •

1/16 • 1/20 • 2/20 • 3/24

Members: \$30 each day
Non-Members: \$35 each

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



SEVEN HILLS BEFORE AND AFTER SCHOOL PROGRAM 2016 - 2017

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, Yoga Mondays, dedicated time for homework & more!
Open to students in grades K – 6th, so sign up early to avoid being shut out!

Parma Bussing provided for children attending John Muir, Dentzler, Hillside, Green Valley, Pleasant Valley Stem and Saint Columbkille!

Weekly Registration begins August 5th! 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!

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

Before School – Member: \$15 Non-Member: \$20

After School – Member: \$23 Non-Member: \$29

(after school cost covers daily snack tool)

Full Time (at least 4 days per week):

Before School – Member: \$24 Non-Member: \$34

After School – Member: \$37 Non-Member: \$47

(after school cost covers daily snack tool)

**Contact JoAnn Rencz at 216.524.6262 ext. 408 OR
jrencz@sevenhillsohio.org for more details!**

SPORTS LEAGUES & TEAMS



Fall 2016 Men's 6-on-6 Flag Football – League plays Saturday Mornings on the field adjacent to City Hall. Play will be "minimum contact". **Registration opens Feb. 10th - (registration deadline is March 5th)- Games begin mid-March.** Game fees are \$25 per game. Please contact Jamee Gerrick at jgerrick@sevenhillsohio.org for more information.

SEVEN HILLS SPRING SOCCER FEDERATION- Registration Information:

Registration for the Spring 2017 Seven Hills Youth Soccer Program will be going on February 10th - March 11th, 2017 for ages 7 - 15. If you registered in Fall 2016, no need to register for Spring!

For additional league information, please visit the Suburban Recreational Soccer League's website at www.srslonline.org. **NEW AGE GROUPS! PLEASE VISIT WEBSITE FOR INFO!**

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! Contact Jamee Gerrick at jgerrick@sevenhillsohio.org for more info!



Fees: RESIDENTS: \$40 NON-RESIDENTS: \$50

\$10 Late Fee will apply for those that register after March 11th Spring Soccer begins 4/8/17

SEVEN HILLS SEAHAWKS WINTER SWIM TEAM

Members: \$45 / Non-Members: \$65

Session Runs January 9th - March 8th (Registration Opens Dec. 11th)



Ages 10 & Under Practice Monday / Wednesday 5:00pm - 6:00pm

Ages 11 & Up Practice Monday / Wednesday 6:00pm - 7:00pm

Contact Rach at Seahawks7Hills@gmail.com with questions!



Available to all children ages 3-8
For 2016 - 2017 Hockey Season

October - February Ice Times:
Saturdays: 3:15pm - 4:15pm / Sundays: 11:15am - 12:15pm

Cost: \$175 Includes: All Equipment, Bag, Jersey and Ice (except skates, mouth guard and neck guard) \$350 VALUE!

Contact parmahockeyassoc@gmail.com for more info!



LEARN TO SWIM AND PRIVATE SWIM LESSONS

WINTER SATURDAYS

10am -12noon

Session Runs 1/14 - 3/4
Registration Runs 12/19 - 1/22

WINTER EVENINGS

Monday & Wednesday

5:00pm - 7:00pm

Winter Session 1: 1/9 - 2/1
Registration Runs 12/19- 1/8

Winter Session 2: 2/13 - 3/8
Registration Runs 2/1 - 2/12

Members: \$40
Non-Members: \$50
8 Classes!

View the Class on Next Page

	Mon. & Wed. Evening	Saturday
Water Wigglers		10:45-11:15
Preschool 1	5:00-5:30 5:45-6:15 6:30-7:00	10:00-10:30 11:30-12:00
Preschool 2	5:45-6:15 6:30-7:00	10:00-10:30 10:45-11:15 11:30-12:00
Level 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
Level 2	5:00-5:45 6:15-7:00	10:00-10:45 11:15-12:00
Level 3	5:00-5:45 6:15-7:00	10:00-10:45 10:45-11:30
Level 4	5:00-5:45	11:15-12:00
Level 5 & 6		10:45-11:30
Adult		12:00-12:30

Private Swim Lessons

Private Lessons for Children or Adults - One-on-one or Small Group Available. Improve Stroke Technique, Basics, Training, etc....

Visit www.fastlaneswimming.net to Register Now!

Contact Mike Gallagher, Aquatics Director at 216.524.6262 ext. 404 or mgallagher@sevenhillsohio.org



POOL PROGRAMS



LEARN TO SWIM GUIDELINES

Water Wigglers: Build readiness by emphasizing fun in the water. Parents & children will participate in several guided sessions that help children learn basic water skills & adjust to the water. Most importantly, it's fun for parents & kids!

Preschool 1: Helps children adjust safely to the water at their own pace -- Working on going under water, blowing bubbles, floating & kicking. Ages 3-5

Preschool 2: Students will work on becoming more independent in the water -- Floating on their own, swimming on their own & much more! Ages 3-5

Level 1: Students will work on be more comfortable in the water & learn to enjoy it safely while working on independent floating & kicking, underwater exploration, swimming pool safety & more! Ages 5+

Level 2: Students will work on front glides, back glides, front crawl with breathing, back crawl & much more!

Level 3: Students will work on front crawl with rhythmic breathing, back crawl, elementary backstroke & much more!

Level 4: Students will work on refining their current strokes along with learning the breaststroke & sidestroke, while building their endurance. New skills will include butterfly, turns, survival swimming & much more!

Level 5: Skills refined include front crawl, back crawl, elementary backstroke, breaststroke, side stroke, turns & endurance. New skills include surface dives, back skull, & much more!

Level 6: New skills include 500 meter continuous swim, understanding basic water rescue, personal rescues techniques, pool safety, personal fitness skills, etc..... Course choices include *Fitness Swim* and *Personal Water Safety*

Lifeguard / WSI / CPR / First Aid Classes

Certifications will include American Red Cross Lifeguard, First Aid, CPR and AED for the Professional Rescuer OR Water Safety Instructor.

All classes are MANDATORY to be certified! Register Today at

www.fastlaneswimming.net

For any Aquatics needs, Certifications, or Classes,
Contact Mike Gallagher, Aquatics Supervisor at

216.524.6262 ext.404 or mgallagher@sevenhillsohio.org for more info!



INFANT SWIM RESOURCE

Keep your family safe - Give your child the competence, confidence and skills of Aquatic Safety with Infant Swimming Resource's Self-Rescue Program. The safest provider of survival swimming lessons for children 6 Months - 6 Years of age.

Adam Hudak Phone: 216.789.6500

Email: a.hudak@infantswim.com

Website: www.isrcleveland.com

Julia Buddie Phone: 419.376.4636

Email: j.buddie@infantswim.com

Website: <http://isrbuddie.com>





WATER AEROBICS & CHILD WATCH

CARDIO & TONING WITH LEIGH:

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 Forever and Ever, Per Leigh

LOW IMPACT WATER AEROBICS:

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.

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

ARTHRITIS WATER AEROBICS:

This program is specifically geared towards adults 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. **NOW a SILVER & FIT PROGRAM - FREE to SILVER & FIT!**

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

AQUA BARRE - NEW!!

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 with Katie

All Water Aerobics Classes are offered through our Punch Card System

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

Members: \$37 (Drop In \$5) Non-Members: \$49 (Drop In \$7)

Child Watch Room Available While You Work Out!

Now Located in hallway of Family Changing ~

Monday - Friday: 9:00am - 12:00pm

Saturdays: 8:30am - 12:30pm

Monday - Thursday: 5:30pm - 8:30pm

◆ Ages 6 months and older please ◆ 2 Hour stay limit.

◆ For the protection of others, we cannot allow sick children to remain in Child Care Room!

**Payment Options: \$3 per visit per child
or Punch Card: \$30 - good for 10 visits!**





RECREATION CENTER 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 & Room 1)		
Gymnasium		
1 Court	\$60	\$80
2 Courts	\$105	\$140
Aerobic Studio	\$40	\$60

New Pricing In effect as of September 1, 2016

Reservations are not considered final or confirmed until full payment is received and all forms and contracts are completed in full. By signing the contract, the applicant acknowledges that the Renter is responsible for adhering to all rules and regulations.

Credit Card number is required for deposit.

Reservations are not accepted more than 180 days in advance of the event (excluding entire facility rentals) and no less than 14 days before the event, depending on availability. Credit card information serves as security deposit and is due on the date that the application is submitted. Payment is due 30 days prior to rental. Failure to receive payment 30 days prior to event may result in loss of room or charges applied to the credit card provided.

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

SELL YOUR UNWANTED GOLD, SILVER, PLATINUM & DIAMONDS!

Back by popular demand! Gold & Silver Events will be hosting an event at the Rec Center on Tuesday, November 1 from 9 am-1 pm. Bring your items to get a price on jewelry, diamonds or flatware that you no longer want...

Jewelry: earrings, chains, watches, rings, bracelets, necklaces, broken items

Sterling Silver: coffee and tea service, flatware, candlesticks, jewelry, silver coins 1964 and earlier.

Gold: coins, nuggets, ingots, dental gold, jewelry.

Diamonds: any size

Gold & Silver Events is a reputable precious metals dealer that specializes in senior centers, home parties and school fundraisers. There is absolutely no obligation to sell! There is a sign up sheet at the front desk, and walk-ins are welcome.

If you have any questions, please call Sheila Wayne at 440.725.9100. Not sure of what you have, she will help you sort through it. Mark it on your calendar, this is a FUN event and you will be very surprised at what you are offered for your items!!





INAJO DAVIS CHAPPELL JEFF HASTINGS DAVID J. WONDOLOWSKI ROBERT S. FROST PAT MCDONALD ANTHONY W. PERLATTI
CHAIRWOMAN MEMBER MEMBER MEMBER DIRECTOR DEPUTY DIRECTOR

The November 8, 2016 Presidential General Election be Election Ready

On November 8th voters will elect the next President of the United States. There also candidates for the US and Ohio Senate, US Congress and State House Representatives. This Presidential Election also features County Council candidates, judicial seats, the Ohio Supreme Court, and State School Board members. There are also important issues on the ballot.

All Ohio registered voters will be mailed a Vote by Mail ballot application from the Ohio Secretary of State. But voters do not have to wait for this mailing. Vote by Mail ballot applications are available at the Board of Elections website: www.443VOTE.com, by calling the Board of Elections at 216-443-VOTE (8683), and at all public libraries.

The voter registration deadline is October 11th. Voters who have moved or changed their name since they last voted need to complete and return a new Voter Registration Card on, or before this deadline.

Early voting at the Board of Elections begins on October 12th. Early voting dates and hours are available on the Board of Elections website.

It is important for all voters to be prepared to cast their ballots. Sample ballots are available on the Board of Elections website: www.443VOTE.com.

Voters who are interested in serving as poll workers may call 216-443-VOTE (8683) or apply on-line at: www.443VOTE.com.



Community Outreach Division

2925 Euclid Avenue • Cleveland, Ohio 44115-2497 • (216) 443-3200

boe.cuyahogacounty.us • Ohio Relay Service 711

Seven Hills VFW Post 7609



Seven Hills VFW Post 7609 would like to invite you to join them the 3rd Monday of each month at 6:30pm at Seven Hills City Hall located at 7325 Summitview Drive In Seven Hills. For more information, please call Nada Fleming, Vice Commander of the Post at 216-642-0234

★ MARLENE ★
ANIELSKI
State Representative
6th District



Proud Sponsor
of
Seven Hills
Fall Fest

Paid for by Friends of Marlene B. Anielski, Grace L. Drake, Treasurer 5954 Briardale Lane, Solon, OH 44139

SERVICE DEPARTMENT INFO

WATER MAIN BREAKS	STREET LIGHT OUTAGES
<p>Should you notice bubbling or steaming water along the roadway or curb area, please call the Cleveland Water Department at 216-664-3060 to report the break. As a result if you experience brown water, run your cold water in the lowest level of your home until it runs clear. Do not run your hot water until the water is clear. Please understand the City is not allowed to repair CWD lines.</p>	<p>The Illuminating Company has several ways to report a street light outage. You may call their automated outage reporting line at 1-888-544-4877 or access their website at www.firstenergycorp.com. They will need the closest address, the pole number located on a small metal plate, and what the problem is; damaged pole, broken fixture, light flickering or out. Most repairs take several days at a minimum. If you cannot resolve the issue per an above method, contact Susan in the Service Department at 216-525-6225.</p>

<p>Service Director Stewart Lovece PE, PS Office: 216-525-6224 E-Mail: service@sevenhillsohio.org</p>	<p>Rubbish Pickup</p> <p>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.</p>
<p>Emergencies After Hours:</p> <p>Contact Seven Hills Dispatch at 216-524-3911. Dispatch will contact the Service Department to handle City related issues such as snow removal, sewers backing up, flooding, downed trees and dead animals.</p>	<p>Snow Removal</p> <p>One truck is assigned in every ward for snow removal. However, additional trucks may be used depending on snowfall. Main streets and hills are a priority followed by the side streets and subdivisions.</p>
<p>Mailboxes</p> <p>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 winter. Anything loose, broken or rotted needs to be replaced.</p>	<p>Simple Recycling</p> <p>Residents can recycle unwanted clothing, shoes and household items with free, curbside pickup on your regular recycling collection day. Use the specialized green Simple Recycling collection bags provided by calling 866-835-5068. You can also contact the Service Department for additional bags and information regarding this program.</p>
<p>Leaf Pickup</p> <p>Curbside leaf pickup will start in October and continue through December weather permitting. Ditch lined streets will be done first with subdivisions to follow. Leaf pickup signs will be placed one week in advance. Leaves should be raked to the tree lawn. Do not mix yard waste with leaves, such as branches, weeds and grass clippings.</p>	<p>Latex Paint Disposal</p> <p>Remove the lid and let the paint air dry for small amounts or use a drying agent such as cat litter, sawdust, plaster of Paris, oil-dry or "waste paint hardeners" found at home improvement centers. Once thoroughly dry place in a trash bag and put out with your weekly rubbish.</p>



Summer 2016 has drawn to a close and with it the City of Seven Hills Farmers' Market. Thank you to everyone who participated; from our sponsor, Taleris Credit Union, Inc., to all our vendors and customers! The Market opened on Thursday, June 30th and was very successful. The Market culminated with the Fall Festival on October 2, 2016. Our Thursdays were all sunny with the exception of three rainy afternoons. We appreciate all our residents and neighbors who supported the Market and shopped rain (holding their umbrellas) or shine.

The Market, located at the corner of Hillside Road and Broadview Road adjacent to Fire Station No. 1, provided a place for people to gather, listen to music, visit our vendors and purchase amazing produce and artisan products. Weekly entertainment was Music by Gwendolyn. On two occasions, The Barlow's performed and we also had an afternoon with singer/songwriter Georgia, playing some of her original pieces.

Our 2016 vendors included: An Occasional Flavor, Cecilia's Sweet Delights, Cossel Farms, DeCaro Produce, Esther 212, Gyro George Food Truck, Harvest Moon Bakery, Irene Dever's Pierogis, Kernels by Chrissie, Luther's Farm, Mediterra Bakehouse, Nine Spoons, Papou's Pastries, R. Foote Family Farm, Scentsational Soap, The Honeyest One, The Little Green Oasis, Three Sweet Sisters, and Quarter Acre Farm. There was a free weekly raffle with items donated by our vendors, as well as an information table with recipes and nutrition information.

We anticipate the 2017 Market will begin in mid-June. We are always looking for additional vendors. If you know of some good people we need to invite, please contact Kathy kholland@sevenhillsohio.org or Jen jburger@sevenhillsohio.org

*Happy, Healthy, Homegrown; the Seven Hills Farmers' Market,
growing community by inspiring healthy, sustainable, abundant living!*

Follow us on Instagram



sevenhillsfarmersmarket

The 2016 Seven Hills Farmers' Market was sponsored by





Gingerbread House Decorating Competition

Enter at the Recreation Center, 11/28-12/3/16
7777 Summitview Drive, Seven Hills

● Celebrate the holiday season by entering the Seven Hills Family Gingerbread House Decorating Competition! Houses can be as simple as being made out of graham crackers, using store-bought kits or as elaborate as a homemade gingerbread house from scratch. However, the complete house cannot be store-bought.

● Create your family's Gingerbread House and drop it off at the Seven Hills Recreation Center during normal hours of operation beginning November 28th through December 3rd. Your house will be displayed for all to enjoy!

● Community voting will take place at the
Recreation Center, December 3rd and 4th, 2016.
1st, 2nd and 3rd prizes awarded at 2:30 pm on 12/4/16

All entries must be picked up by December 5th or they will be discarded.





VFW Post 7609 Annual Children's Christmas



**EVERYONE
WELCOME!**

**Party
1:00-4:00pm.**

**WONDERFUL
RAFFLE
BASKETS!**



**Seven Hills Recreation Center
Sunday, December 4, 2016**

**Free Photo with Santa!
& LOTS MORE!**



SEVEN HILLS NEWSLETTER DISTRIBUTION LOCATIONS

Giant Eagle at Midtown, Walgreens on Broadview and Rockside, Dairy Deli on Crossview, Mario's Barber Shop, The Store on Broadview, Demetrio's on Broadview, City Hall, Recreation Center, Giant Eagle on Broadview, Sears Hardware on Broadview, The Laundry Bin and Tony's Family Restaurant on Pleasant Valley Road.

Mayor's Office Hours Monday 5:00-6:00 p.m. Contact Kathy to schedule an appointment with Mayor Dell'Aquila. 216-525-6227. kholland@sevenhillsohio.org