

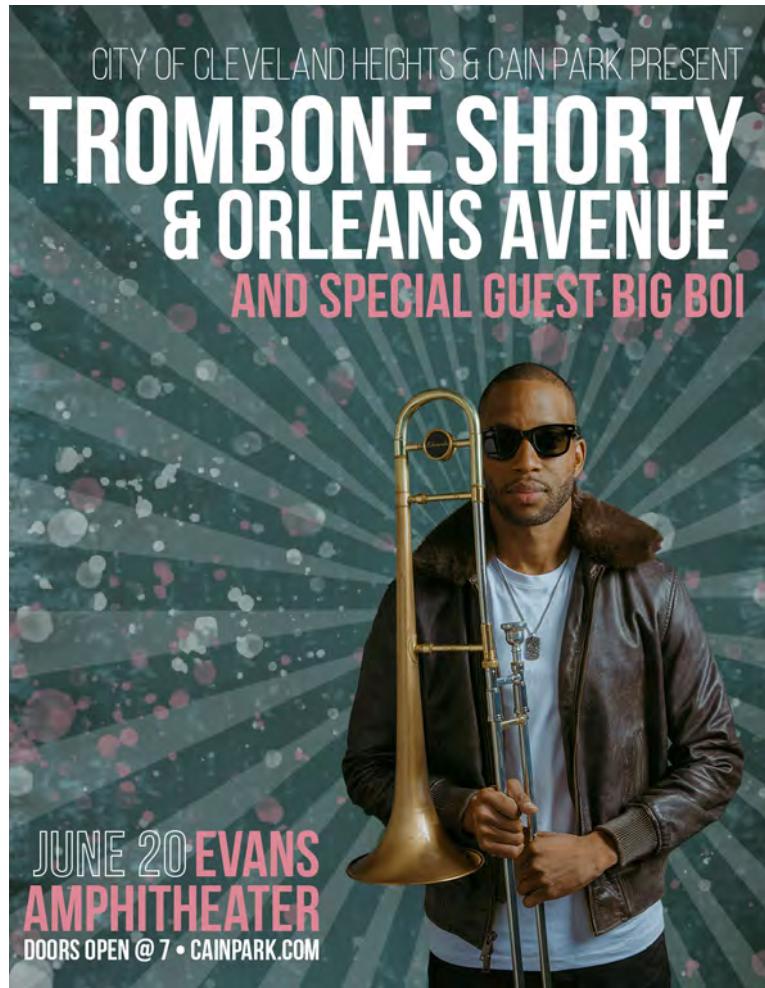
FOCUS

SPRING 2024



CAIN PARK





CITY VOICE

IN THE SPRING 2024 ISSUE OF FOCUS, WE ARE FOCUSING ON NEW BEGINNINGS BY INVITING YOU TO ENJOY THE MANY RECREATIONAL OFFERINGS AVAILABLE HERE IN OUR CITY. AS WE WARM UP TO SPRING AND SUMMER, WE HOPE THAT YOU GET ACTIVE AND INVOLVED IN CLEVELAND HEIGHTS.

**JUNE
TEENTH
SAVE THE DATE JUNE 15**



SAVE THE DATE

PRIDE IN THE PARK

JUNE 29



CLIMATE ACTION &
RESILIENCY PLAN
COMMUNITY ENGAGEMENT SESSION
SAVE THE DATE MAY 8

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Heights-area students offer moving tributes to Dr. Martin Luther King, Jr.

The City of Cleveland Heights' annual Martin Luther King, Jr. Day celebration, held in January at the Cleveland Heights Community Center, demonstrated how a new generation is accessing the legacy of America's preeminent civil rights leader.

Twenty Heights area elementary, middle, and high school students shared poems, essays, and posters reflecting the theme:

How can you use non-violent activism to create a community that is “at peace with itself?”

Mayor Kahil Seren, who emceed the evening along with City Council President Tony Cuda, applauded the students for activating the themes in the slain civil rights activist's pursuit of a more just society.

“Dr. Martin Luther King, Jr. was clearly a massive inspiration and an impactful figure in American history,” the Mayor said, while adding that he was also the target of vitriol from those who resisted a vision of a more equal society.

“The way he chose to respond to that hatred and bigotry and to that violence was to open himself up with love and forgiveness.”

Dr. King was a father and husband whose activism included children, said Cleveland Heights and University Heights Poet Laureate Siarra Freemen, who recited a poem and spoke about her role as a teacher at Cleveland School of the Arts.

“MLK fought for (children), too,” she said. “Children were a big part of his platform.”





ESSAYS

ELI BROOKS, ROXBORO ELEMENTARY
JAMERE JOHNSON, ROXBORO ELEMENTARY
ELOISE LOMNICKY, ROXBORO ELEMENTARY
CAMERON STARR, NOBLE ELEMENTARY
NORA SURRATT, ROXBORO ELEMENTARY
RAI'YONNA WEBSTER, NOBLE ELEMENTARY
ERIN AUSTIN, ROXBORO MIDDLE
CALEB HODGES, ROXBORO MIDDLE
GINGER MCLENNAN, ROXBORO MIDDLE
LAUREEN AHYI, BEAUMONT SCHOOL
MARY ELIZABETH MANNING, BEAUMONT SCHOOL

POETRY

NOVA BROWN-HITCHCOCK, FAIRFAX ELEMENTARY
WINIFRED KRINER-BAKAITIS, FAIRFAX ELEMENTARY
CHARLOTTE SLUZEWSKI, COMMUNION OF SAINTS SCHOOL
BREEYA HORNE, MONTICELLO MIDDLE SCHOOL
MARGALIT SHUCK, MONTICELLO MIDDLE SCHOOL
LAUREEN AHYI, BEAUMONT SCHOOL
A'KAYLA IVORY, BEAUMONT SCHOOL



POSTERS

LANIYAH COLLINS, FAIRFAX ELEMENTARY
ZAIDEE LAMPE, FAIRFAX ELEMENTARY
ALEXANDRIA ZHANG, FAIRFAX ELEMENTARY





SCAN ME TO
SEE THE BLACK
HISTORY MONTH
GALLERY



Senior Activity Center

Becoming a Member in 2024 is free and easy!

The Cleveland Heights Senior Activity Center opened in 2002 and is located within the Cleveland Heights Community Center. The Senior Activity Center is open Monday–Friday from 9:00 am to 4:00 pm.

Senior activities include arts and crafts, line dance, book discussions, card games, Zumba, Accessible Yoga, Strength Training, lectures, wellness programs, and more.

Contact the Senior Activity Center for class dates and registration information. You may also visit www.clevelandheights.gov. A current senior ID is required to participate in all programs/activities.

Membership Information

Senior Activity Center membership is limited to Cleveland Heights residents and non-residents residing in University Heights aged 60 or older with a current Senior ID. IDs may be obtained at the Community Center front desk at no cost through 2023. Proof of residency is required.

Transportation to and from the Senior Activity Center may be scheduled in advance.

Call 216-691-7377 for more information.



FREE PROGRAMS

Book Discussion

Read preselected books and discuss them at the Senior Activity Center in a group setting.

Day: First Thursday of the month
Time: 11:00 am

Genealogy Group

Meet with other genealogy enthusiasts to learn, share information, and have fun.

Day: Second Wednesday of the month
Time: 2:00 pm

JHablemanos!

A Spanish conversation group that meets weekly to help participants better listen, speak, and understand the language. Must be able to speak fluently.

Day: Thursdays
Time: 3:00 pm

Matinee Movie

Join your Senior Center friends for a movie on the Center's big screen. Bring a snack, sit back, relax, and enjoy the show! The movie selection is subject to change based on availability.

Day: Last Friday of each month
Time: 1:00 pm

Meditation and Relaxation

Let go of stress and relax by participating in this meditation group. Limit 12

Day: Mondays
Time: 11:00 am

Meet Greet and Eat

Share lunch with old friends and meet new ones at an area restaurant. **Advance registration is required.**

Day: Third Thursday of each month
Time: 11:30 am
Cost: Participants are responsible for the cost of their meals.

Parkinson's Support Group

This group is for Parkinson's patients and their families to help them cope with the disease and share information and research findings.

Day: First Wednesday of each month
Time: 2:15 pm

Senior Walking

Seniors who do not have a fitness center pass can walk the track. Participants must scan a current Senior ID at the Senior Activity Center desk.

Day: Monday - Friday
Time: 9:00 am-1:00 pm

Tai Chi + Qigong

Tai Chi is a movement activity, while Qigong is an ancient form of breathing skills. Both bring better health & inner peace. All levels are welcome. Limit 12

Day: Tuesdays & Thursdays
Time: 10:00 am (South Atrium)

Stitch Together

Join the Stitch Together group to learn about knitting, work on your own projects, and enjoy good conversation!

Day: Fridays
Time: 1:00 pm

Card Games

Join your Senior Center friends in playing Bid Whist, Bridge, and Pinochle.

Day: Tuesdays
Time: 1:00 pm

Wii Bowling

A fun, interactive, non-competitive, and healthy game of bowling.

Day: Wednesdays
Time: 1:00 pm

Table Tennis

Join in the fun and get a workout too!

Day: Mondays
Time: 10:00 am

PAID PROGRAMS

Accessible Yoga

Modified for seniors, this style of yoga links movement and breath, increasing flexibility and balance. Please wear comfortable clothing and bring a mat with you.

Day: Fridays
Time: 1:00 am–2:30 pm
Cost: \$20 CH-RES/\$25 NON-RES

Drawing

Join our drawing class, where you will work from still lifes, photographs, and personal objects. Explore composition, color, and mark-making using charcoal, graphite, pastels, and colored pencils. A basic list of supplies will be provided upon registration.

Day: Thursdays
Time: 1:00–3:00 pm
Cost: \$50 Resident/\$55 Non-Resident

Senior Strength Training

Exercising with weights increases muscle mass and strength while improving balance, bone density, and overall wellness.

Days: Mondays & Wednesdays

Time: 1:00–2:00 pm

Cost: \$40.00 CH-RES/\$45.00 NON-RES

Fitwalk

This active indoor class includes brisk walking to increase heart rate and strength training exercises to increase the range of motion for the upper body, balance, core control, and flexibility.

Day: Fridays
Time: 10:00–10:45 am
Cost: \$15.00 CH-RES/\$20.00 NON-RES

Quilting

Learn hand piecing and hand quilting techniques, beginning with a simple basic quilt block and moving on to more challenging designs. Beginners and experienced quilters are welcome to the quilt community for lessons and tips (and occasional lessons on machine piecing and quilting). Registrants will be provided a basic list of supplies will be provided upon registration.

Day: Tuesdays
Time: 1:00–2:30 pm
Cost: \$15.00 CH-RES/\$20.00 NON-RES

AARP

THE AARP CLEVELAND HEIGHTS CHAPTER 5018 MEETS MONTHLY AT THE SENIOR ACTIVITY CENTER AND WELCOMES CLEVELAND HEIGHTS RESIDENTS AGE 50+. FOR MORE INFORMATION, PLEASE CONTACT PRESIDENT WANDA OWENS AT AARPCHAPTER5018@GMAIL.COM.

DAY: LAST THURSDAY OF EACH MONTH (NO MEETINGS JULY & AUGUST)

TIME: 1:00 PM

COST: AARP CHAPTER DUES—\$5 PAID ANNUALLY.

Line Dance

Participants will learn some of the latest group dances—and some old ones—through step-by-step directions. Wear comfortable clothing/shoes, bring a water bottle, and get ready to have fun and move to good music. All levels are welcome.

Day: Thursdays

Time: 1:00–2:30 pm

Cost: \$30.00 CH-RES/\$35.00 NON-RES

Zumba® Gold

Get ready to dance and have fun in this Zumba class designed for seniors with instructor Sabrina Kogan. Movements will be modified to your ability.

Day: Tuesdays

Time: 11:00 am–12:00 pm

Cost: \$20.00 CH-RES/\$25.00 NON-RES





OFFICE ON AGING SERVICES

Office on Aging services are available to Cleveland Heights residents aged 60 and older. For more information, please visit our office at 1 Monticello Boulevard or call (216) 691-7377, Monday-Friday from 9:00 am to 4:00 pm.

- Legal Consultations-Daniel P. Seink Co.-Ohio Elder Law Attorneys at (440) 546-0483
- Medicare Counselors-by appointment
- Van Transportation to errands & medical appointments, contact 216-691-7194 to schedule or cancel a ride.
- Meals on Wheels, contact (216) 691-7377
- Applications-living will declarations, power of attorney, HEAP, and Homestead Exemption forms and applications are available.

CARE Project Assistance. The Cleveland Heights Office on Aging is a participating agency in CARE, a membership program that supports homeowners 60 and older with completing projects around their homes and property. There is no cost to those who are income-eligible. For more information, call CARE at 216-970-0599 or visit www.careneo.org

Help with Hardships. Have you suffered a hardship and need a little assistance? The Cuyahoga County Department of Senior and Adult Services (DSAS) can help! For more information, please call (216) 420-6700 or visit dsas.cuyahogacounty.us.

A PROCLAMATION CELEBRATING THE LIFE OF
Earlene Starks-Marshall



Ms. Duck

WHEREAS EARLENE STARKS-MARSHALL WAS A LIFELONG CLEVELANDER; AND,

WHEREAS WHEN SHE MET HER HUSBAND, WHOSE NICKNAME WAS "DUCK," EARLENE BECAME "MS. DUCK," A NICKNAME BY WHICH SHE WOULD BE AFFECTIONATELY KNOWN FOR THE REST OF HER LIFE; AND,

WHEREAS FOR MORE THAN FIFTEEN YEARS, MS. DUCK TAUGHT A WEEKLY EXERCISE CLASS FOR SENIORS AT THE CLEVELAND HEIGHTS SENIOR ACTIVITIES CENTER, WHERE SHE WAS A DEDICATED MEMBER; AND,

WHEREAS DURING THE COVID-19 PANDEMIC, MS. DUCK BROUGHT HER EXERCISE CLASS ONLINE, WHERE SHE WAS JOINED BY HUNDREDS OF PEOPLE TRYING TO STAY ACTIVE WHILE SOCIAL DISTANCING; AND,

WHEREAS MS. DUCK URGED HER STUDENTS TO STAY ACTIVE BECAUSE "WHEN YOU STOP MOVING, YOU STOP MOVING" AND INSPIRED THEM WITH HER HIGH-ENERGY, OUTGOING, AND SASSY SPIRIT; AND,

WHEREAS MS. DUCK MADE EACH CLASS FEEL LIKE A PARTY AND MADE EVERY STUDENT FEEL WELCOME, REGULARLY NAME-CHECKING AND PERSONALLY ENCOURAGING HER STUDENTS; AND,

WHEREAS MS. DUCK PASSED AWAY ON TUESDAY, FEBRUARY 13, 2024, AT THE AGE OF 83;

NOW, THEREFORE, ON BEHALF OF THE CLEVELAND HEIGHTS SENIOR ACTIVITY CENTER, THE CITY OF CLEVELAND HEIGHTS, AND ITS GRATEFUL RESIDENTS, I OFFER CONDOLENCES TO HER FAMILY AND FRIENDS AND ISSUE THIS PROCLAMATION CELEBRATING THE LIFE OF EARLENE "MS. DUCK" STARKS-MARSHALL AND DECLARING FRIDAY, FEBRUARY 23, 2024, AS "MS. DUCK DAY" IN THE CITY OF CLEVELAND HEIGHTS.



MAYOR KAHIL SEREN
FEBRUARY 21, 2024

REGISTER FOR CLASSES ONLINE 24/7.

You can register in person for most programs at the Community Center during the hours listed below. Registration is on a first-come, first-served basis. All fees are due at the time of registration. Families with more than one person enrolled in the same general recreation class will be eligible for a family discount.

Youth Recreation Fund

The Youth Recreation Fund provides financial assistance to those Cleveland Heights children who might otherwise be unable to participate in recreation programs and activities. The Youth Recreation Fund offers reduced rates for those residents who qualify. Applications are available at the Community Center.

Disability Policy

The Cleveland Heights Department of Parks and Recreation is sensitive to the needs of the physically challenged and encourages the participation of all individuals. All of our facilities meet ADA requirements.

Picnic Shelter Reservations

- Shelters are available for general use by Cleveland Heights residents on a first come, first served basis and by pre-authorized reservations.
- Each shelter contains a specified number of grills and picnic tables.
- Only the shelter at Denison Park has electricity.
- Shelters may be reserved from May 1 through October 6, 2024.
- Cleveland Heights residents may reserve shelters at any of the parks listed below. East Cleveland residents may reserve the Barbara H. Boyd Park shel-

ter since the Park includes land in both Cleveland Heights and East Cleveland.

- Eligible individuals may rent one (1) shelter annually. Proof of residency must be provided when making a reservation.
- Reserving a shelter costs \$25 plus a \$50 security deposit. This fee can ONLY be paid by credit or debit card; No checks or cash will be accepted.
- Cancellations must occur 72 hours before the reserved date to receive a refund.
- Contact the Community Center registration desk at 216-691-7373 for additional information.

*Barbara H. Boyd Park
Cumberland Park
Denison Park
Forest Hill Park 1
Forest Hill Park 2A and 2B*

Use of the shelters is subject to City Rules and Regulations, enforceable by the City of Cleveland Heights Parks and Recreation Department and the Cleveland Heights Police Department. Park restrooms are secured at 8:00 pm.

Community Center Hour of Operations

*Monday-Friday 6:00am-8:00pm
Saturday-Sunday 9:00am-5:00pm*

THE FIELD HOUSE

ANNUAL PASSES, 30-DAY PASSES, AND DAILY ADMISSION AVAILABLE.

Residents of Cleveland Heights and K-12 students living within the boundaries of the Cleveland Heights-University Heights City School District may use the Field House which includes the Fitness Center, Track, and Gym at the Cleveland Heights Community Center by purchasing a Recreation ID Card for \$5.00 and then either:

1. Pay \$6.00 per day to use the Field House;
2. Purchase an annual Field House/Fitness Center pass good for one year from the date of purchase for unlimited usage of the Field House*; or,
3. Purchase a 30-day unlimited Field House pass.*

**Resident & Non-resident Field House/Fitness Center pass rates apply*

Fitness Center/Track Policy: You must be age 16 or older to use the Fitness Center and Track. Youths 12 to 15 years of age may use the Fitness Center or Track if accompanied by a paying adult/guardian. Fees apply. Youths under the age of 12 are not permitted in the Fitness Center or Track.

Personal Training Services



We offer one free 30-minute personal training demo for new community center members. Ask about our NEW weight loss and wellness programs! Individualized personal training programs are adapted to fit your goals and needs by certified experts. All of our expert trainers design your individual program to make your goals a reality. All fitness levels are welcome, ages 13 and up. One-on-one, couples, and small group training sessions available for 60-minute and 30-minute sessions.

Together with your trainer, you will develop safe and effective workouts to improve your muscular strength, muscular endurance, cardiovascular endurance, flexibility, and body composition. Our

trainers are able to accommodate many physical and cognitive limitations, such as rehabilitation from injuries or surgeries. All of our personal trainers are certified and insured fitness professionals with years of experience. Our facility has a large variety of training equipment, including a private training room with specialized equipment.

Call or text our head of personal training services Tayna Richardson at 216-694-8414 for a quick phone consultation today!

ROOM RENTALS

The Community Center has several rooms to accommodate your next event, whether big or small. Tables and chairs are available for your specific setup style. Please feel free to visit the Community Center to view any of our indoor facilities. Should you be interested in reserving a room, please contact the front desk at 216-691-7373 and let the Community Center make your event one to remember!

All persons must submit an Indoor Facility Request Form no less than fourteen (14) days before rental (at the Community Center front desk). Payment of 1/2 of the rental fee and the security deposit must be made when the request is submitted. Final payment in full is due no later than the day of the rental before the scheduled event starts (credit card preferred). Failure to make the final payment before the event begins will cause its cancellation.

Activity Room 1A/1B

Maximum Capacity: 50
Cost: \$55.00/hr. CH RES
\$110/hr. Non-RES
Security Deposit: \$110.00

Small Activity Room 2

Maximum Capacity: 25
Cost: \$25.00/hr. CH RES
\$50/hr. Non-RES

Activity Room 7 (kitchen available)

Maximum Capacity: 100
Cost: \$110.00/hr. CH RES
\$220/hr. Non-RES
Security Deposit: \$220.00

South Atrium

Maximum Capacity: 50
Cost: \$35.00/hr. CH RES
\$70/hr. Non-RES

Multi-Purpose Room

Maximum Capacity: 150
Cost: \$150.00/hr. CH RES
\$300/hr. Non-RES
Security Deposit: \$300.00

South Field House

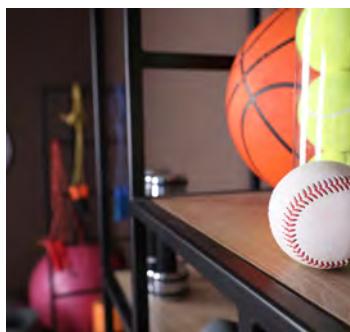
Maximum Capacity: 600
Cost: Fee will be based on usage (*)

Long-term rental: \$50–\$70/hr.
Daily rental: \$150–\$250/hr.
Trade show: \$1,000/day
Security Deposit: \$500.00

Gym

Maximum Capacity: Depends on activity
Cost: \$50/hr.

**An additional after-hours staffing fee of \$20/hr. is required and based on facility operational hours.*



THE NORTH RINK

FOR INFO ON SCHEDULES AND PROGRAMMING

WEBSITE: WWW.CHPARKS.COM • LEARN TO SKATE QUESTIONS: LEARNTOSKATE@CLEVELANDHEIGHTS.GOV



Public Skate Fees:

Preschoolers 5 and under accompanied by an adult are free and only charged for skate rental. (Limit two children per adult)

Students (ages 5-18) with proof of residency \$2

Adult with proof of residency \$3

General Admission/All others \$5

Skate rental \$2

Skate rental book (book of 10) \$16

Guest book (book of 10) \$45

Birthday Parties

For ages 7-12, you may reserve the North Atrium for a private group of a maximum of 20 children to enjoy a birthday celebration while skating in during one of our public sessions. Outside food and refreshments are permitted. The fee includes atrium rental, skating admission, and skate rental. Advance registration is required. Most Saturday and Sunday afternoons are available from March through October.

Cost: \$140 CH RES / \$210 NON-RES

Group and Hourly Rentals:

Please contact Heather Janor at 216-691-7395 or hjanor@clevelandheights.gov.

Interested in taking the ice? Learn to Skate!

The Cleveland Heights Community Center offers beginning hockey, figure skating, and speedskating lessons for all ages. For more information, please visit www.chparks.com, call 216-691-7434, or email learntoskate@clevelandheights.gov.

Private Lessons

In addition to group lessons, our professional skating staff is available for private instruction. A list of professionals is available at the ice rink desk. Please contact the individual instructors directly for their availability and fee structures. Call 216-691-7434 for information.

Learn-to-Skate USA

Our Learn-to-Skate program is geared for ages 3-adult and offers the best skating program in the United States. Learn-to-Skate is a collaboration between U.S. Figure Skating, USA Hockey, and U.S. Speedskating, which provides basic skating concepts and meets the needs of those skaters looking to progress to figure skating, hockey, and speedskating.

Please go to www.chparks.com for a comprehensive schedule or visit the Community Center registration desk. Classes meet once a week for 30 minutes, and we offer a variety of times to fit your needs.

Session Dates:
April 24-June 3

Learn-to-Skate USA Fees:

5 weeks:	\$50 CH RES \$60 NON-RES \$10 skate rental fee if needed
6 weeks:	\$60 CH RES \$72 NON-RES \$12 skate rental fee if needed
7 weeks:	\$70 CH RES \$84 NON-RES \$14 skate rental fee if needed

Baby Blades

This class is for skaters between 18 months and 3 years of age. The class includes off-ice play and an on-ice lesson with a craft or story time. This class is a great way to excite our little skaters about taking the ice. Offered in 4-week sessions.



When:

Fridays, 11:30 am-12:00 pm

Spring 1

April 5, 12, 19 & 26

Spring 2

May 10, 17, 24 & 31

Cost: \$40 CH RES
\$48 NON-RES

How to Register

You may also register for group skating lessons online at www.chparks.com or in person at the Community Center front desk, Monday-Friday, 9 am-8 pm, or Saturday and Sunday, 9 am-5 pm.

Eastside Tigers

eastsidetigershockey@gmail.com

Eastside Tigers is a Cleveland Heights Youth Hockey Association and Cleveland Skating Club partnership founded in 2016. The Eastside Tigers community aims to create a fun, fair, and safe hockey environment that children will cherish for a lifetime. Programming is based on USA Hockey's American Development Model for girls and boys ages 5-14 with prior skating experience. Teams schedule games through the Cleveland Suburban Hockey League. The Eastside Tigers is open to both residents and non-residents of Cleveland Heights.

New to Travel Hockey? Please contact the rink desk at 216-691-7434.

Tot Hockey

This class is for boys and girls ages 4 -8 to continue to learn fundamental skating skills and get their first experience with a hockey stick. Helmets, elbow pads, gloves, and starter sticks are lent to participants. Skates are available for rental. Participants must have passed Snow Plow 3 or Basic 2 before registering. Classes meet once a week for a half hour. Choose either Monday evenings or Saturday Mornings.

Spring 2-Saturdays:

April 27-June 1, from 10:15-10:45 am

*Spring 2-Mondays**

April 29-June 3, from 6:30-7:00 pm
(skip dates for Memorial Day*)

Cost: Saturdays

\$60 CH residents

\$72 non-residents

\$12 skate rental fee if needed.

Mondays

\$50 CH RES

\$60 NON-RES

\$10 skate rental if needed.

High School Hockey

Cleveland Heights High School
www.shutout.com

Benedictine High School
www.cbhs.net

University School
www.us.edu

College Hockey

Case Western Reserve University
cwruhockey@case.edu

Adult Hockey

Cleveland Heights Senior B Hockey League
chshl.sportngin.com

Cleveland Heights Coed Hockey League
funhockey@gmail.com

Cleveland Heights 50+ League
ch50hl@outlook.com

Adult Pick-Up Hockey (Ages 18+)

Lunch Time
Day and Time: Tuesdays from 11:30 am-1:00 pm
Cost: \$5

Sunday Morning
Day and Time: Sunday Mornings from 8:00-10:00 am
Cost: \$10

Adult pick-up hockey participants must wear full equipment. For the schedule or more information, please call 216-691-7434 or visit www.chparks.com.

OTHER SKATING OPPORTUNITIES:

Pavilion Skating Club

www.pavilionfsc.com

The Pavilion Skating Club is a member of U.S. Figure Skating and was developed to provide and enhance skating opportunities for the figure skater. Whether you're interested in achieving Olympic greatness or developing your skills, the Pavilion Skating Club has a program for you! Please contact pscoffice@pavilionfsc.com for more information.

City Freestyle

The City of Cleveland Heights offers additional ice time for skaters interested in learning and developing more advanced skating skills, including jumps and spins. Skaters may purchase ten-hour (10) session cards. Private lessons may also be taught at these times. Call the rink at 216-691-7434 or visit www.chparks.com for a schedule or more information.

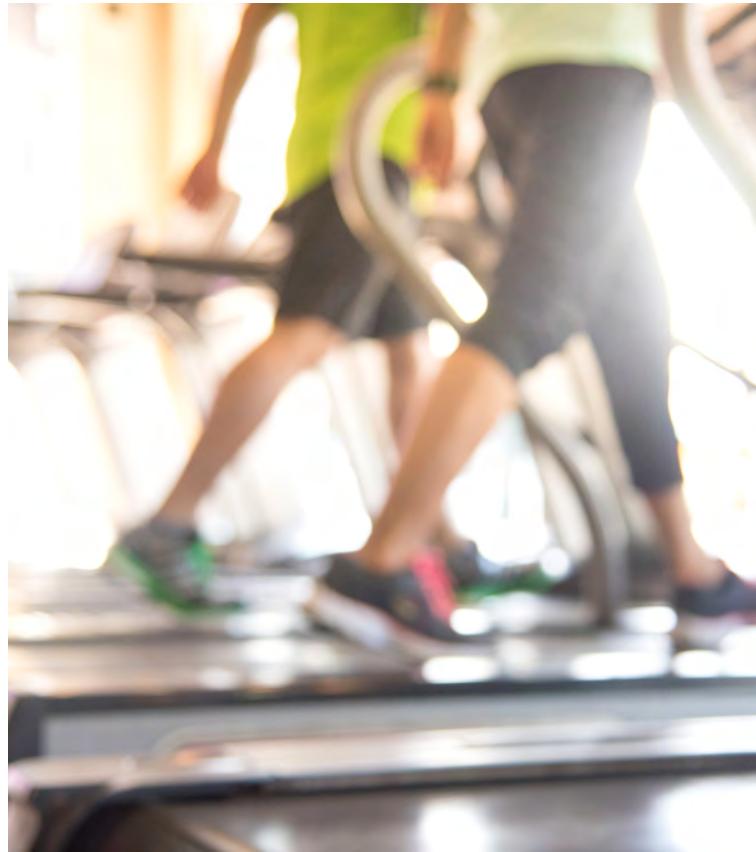
Cleveland Heights Speedskating Club

Speedskating is a sport for all ages, and families are encouraged to skate together. Some additional equipment is required (hard shell helmet, long sleeves, gloves, knee pads, and shin guards), but many speed skaters started out using rental, hockey, or figure skates. If you are interested in learning how to speedskate, please contact Barb Rosenbaum at 216-401-9392 or bkrosenbaum97@gmail.com.



THE FITNESS CENTER

ANNUAL FITNESS CENTER MEMBERSHIP/30-DAY MEMBERSHIP/DAILY ADMISSION



Age Guidelines

Children under 12 are not permitted in the Fitness Center. They are also not allowed on the Track, except for infants and toddlers in strollers or front/backpack carriers.

Youth ages 12 to 15 may purchase admission to use the Fitness Center or Track but must be accompanied by a paying adult/guardian.

Anyone 16 or older may purchase admission to the Fitness Center.

Memberships and Fees

Fitness Center memberships, Ice memberships, and Community Center memberships may be purchased at the Cleveland Heights Community Center, One Monticello Boulevard at Mayfield Road. Please call 216-691-7373 for days and times.

Use of the Fitness Center, Track, and Gym is available to:

- Cleveland Heights resident adults
- Non-resident students 12 or older who have not graduated from high school and who live within

the boundaries of the Cleveland Heights-University Heights City School District

- Non-resident adults with children in the Community Center Ice Programs
- Non-resident adults employed within the boundaries of Cleveland Heights and their families. (Must present a recent pay stub).

Cleveland Heights residents may use the Fitness Center by:

- Paying \$6 per day to use the Fitness Center,
- Purchasing a 30-day or annual membership for unlimited use of the Field House. (See pricing guidelines below.)

CH Resident	1-Year Membership	30-Day Membership
Youth 12 - 18	\$110	\$18
Young Adult 18 - 25	\$180	\$27
Adult 25-59	\$220	\$33
Senior Adults	\$115	\$17
Family*	\$345	\$55

*For the purpose of purchasing Fitness Center memberships, "family" is defined as an adult head of household and their spouse or partner and any dependent children 18 and under who occupy the same household.

Non-residents who meet the criteria defined above may purchase 30-day and annual Fitness Center memberships for the following prices:

NON-Resident	1-Year Membership	30-Day Membership
Youth 12 - 18	\$165	\$27
Young Adult 18 - 25	\$248	\$39
Adult 25-59	\$299	\$45
Senior Adults	\$165	\$25
Family*	\$499	\$79

ADULT FITNESS



Women Out Walking 2024!

The program will run from May 5 through September 1.

Registration opens on Monday, March 18, online at www.chparks.com/WOW. The first 125 Cleveland Heights residents to register will receive a t-shirt. Register by April 12 to reserve your shirt and size.

Argentine Tango Lessons & Practica

This drop-in class will emphasize the fundamentals of the Tango, the dance of Buenos Aires. It will focus on the quality of movement, elegance, musicality, and connection. A dance session (practica) will follow the class. You don't have to have a partner to participate.

Days: Sunday

Time: Lesson from 1:30-2:30 pm

Practica from 2:30-4:30 pm

Cost: \$5 drop-in fee (Covers both sessions)

NEW! 20/20/20

This aerobics class will have 20 minutes each of cardio, strength training, and abdominal work. Wear comfortable workout clothes and bring an exercise mat, towel, and spill-proof water bottle.

Day: Thursday

Dates: April 4-May 9

Time: 10:30-11:30 am

Cost: \$38 CH residents

\$44 non-residents

Fit in 45 Minutes

This class will have 15 minutes each of cardio, strength training, and abdominal work. Wear comfortable workout clothes and bring an exercise mat, towel, and spill-proof water bottle.

Day: Saturday

Dates: April 6-May 11

Time: 9:15-10:00 am

Cost: \$32 CH residents

\$37 non-residents

COMING SOON! Cardio Drumming

Tuesday & Wednesday evenings and Sunday morning. Cardio Drumming is a fun workout for EVERYONE! Come see and feel what wooden drumsticks can do for you!

With the help of music and positive vibes, You'll get an all-body exercise that will seem less like a workout and more like an empowering, encouraging, and overall feel-good experience. Using drumsticks, an exercise ball, a bucket, and a rocking playlist, Nema Saleem-Green will lead the class in practicing wellness and self-care through cardio drumming. ALL ages and fitness levels are welcome!

ADULT FITNESS

Bring a water bottle and an open mind to this class. Wear comfortable clothing and be ready to let out some stress and have some fun!

Please call 440-296-9258 or email beyouwellness831@gmail.com if you have any questions or issues with registering. Sign-up details will be available soon!

Indoor Cycling

This class will have 45 minutes of cycling—including a warm-up and a cool-down—and 15 minutes of abdominal work and stretching. Bring a spill-proof water bottle and exercise mat.

Day: Saturday
Dates: April 6-May 11
Time: 10:30-11:30 am
Cost: \$38 CH residents
\$44 non-residents

Yoga for Any and Every Body

This class covers the fundamentals of yoga for beginners, those returning to yoga, and anyone looking for a gentler approach to yoga. The class will emphasize the basics of poses, breathing, and relaxing the mind and body.

Day: Thursday
Dates: March 7-May 11
Time: 6:30-7:30 pm
Cost: \$38 CH residents
\$44 non-residents



Evening Barre Workout

The barre class is back! Those who have not taken a barre class should know it combines dance with Pilates' principles of strength and safety. This is a barefoot workout. Wear comfortable workout clothes and bring an exercise mat, towel, and spill-proof water bottle. The maximum class size is 12 participants.

Day: Monday
Dates: March 11-April 15
Time: 6:00-7:00 pm
Cost: \$38 CH residents
\$44 non-residents

Mat Pilates

Pilates is a series of targeted exercises that strengthen muscles while improving postural alignment and the flexibility generated from the core. Wear comfortable clothing and bring an exercise mat, towel, and spill-proof water. The maximum class size is 15 participants.

Day: Wednesday
Dates: March 6-April 10
Time: 6:00-7:00 pm
Cost: \$38 CH residents
\$44 non-residents

Jazzercise

Jazzercise is a dance party that fuses cardio, strength, Pilates, hip hop, yoga, and kickboxing. A constant flow of new, easy-to-follow routines will keep you interested and your muscles guessing. This class meets Tuesdays and Thursdays at 6:30 pm and Saturdays and Sundays at 9:30 am. Additional days/times offered off-site.

Burn up to 800 calories in a 1-hour class. NEW CUSTOMERS—try two weeks for only \$22.

Our average customer stays with us for 7 years!

Please contact Mary Beth McCann at (440) 655-5394 or marybethmccnn@gmail.com.

ADULT FITNESS

Indoor Recreational Pickleball*

Pickleball is a combination of tennis, badminton, and ping pong that is designed to be played by all ages. Participants must be 18+ and should wear clothing that allows movement and court or athletic shoes. The community center has six pickleball courts and a few paddles for beginners who don't yet have their own. Water, locker rooms, and restrooms are available.

Days: Mondays, Tuesdays, Thursdays & Fridays

Dates: October-April

Time: 9:00 am-1:30 pm

Daily Cost: **10-Admission**

\$3 CH residents

\$25 CH residents

Punch Pass

\$6 non-residents

\$50 non-residents

**Please note that pickleball courts are available for reservation independently*

Outdoor Recreational Pickleball

Denison Park, 1015 Quarry Road, has six lined pickleball courts, restrooms, and a drinking fountain.

Days: Monday-Friday

Dates: May-September

Time: 9:00 am (weather permitting)

Drop-In Table Tennis

The community center has two tables available for people to enjoy a friendly game of table tennis. Please bring your own paddles and ball(s).

Day: Thursdays

Dates: September-April

Time: 5:00-7:30 pm

Daily Cost: **10-Admission**

\$3 CH residents

\$25 CH residents

Punch Pass

\$6 non-residents

\$50 non-residents

COED SOFTBALL LEAGUE

DAY: MONDAY

DATES: LEAGUE PLAY BEGINS MONDAY, APRIL 22

COST: \$400 CH RESIDENTS

\$475 NON-RESIDENTS*

MEN'S SOFTBALL LEAGUE

DAY: WEDNESDAY & FRIDAY

DATES: LEAGUE PLAY BEGINS WEDNESDAY, APRIL 24

COST: \$650 CH RESIDENTS

\$725 NON-RESIDENTS*

**UMPIRE & SCORE KEEPER FEES SEPARATE*

CLEVELAND GUARDIANS ROLLER DERBY

LIVE FULL-CONTACT ROLLER DERBY ACTION RETURNS TO THE CLEVELAND HEIGHTS COMMUNITY CENTER IN 2024! CLEVELAND HEIGHTS RESIDENTS GET IN FREE WITH PROOF OF RESIDENCY—LIMIT ONE PER ID.

HOME BOUT SCHEDULE

SATURDAY, APRIL 6

3:00 PM V. PITTSBURGH (B) ZOMBIES

SATURDAY, MAY 4

3:00 PM V. FLOUR CITY FEAR

SATURDAY, JUNE 1

5:00 PM V. CHICAGO B-SIDE

DOORS OPEN ONE HOUR BEFORE THE SCHEDULED BOUT TIME. VISIT: WWW.CLEVELANDGUARDIANS.COM FOR COMPLETE DETAILS.

YOUTH FITNESS



2024 Heights Youth Baseball League (ages as of May 1, 2024)

Recreational League

Ages 7-8 South Euclid League
Ages 9-10 South Euclid League

Travel League

Ages 11-12 Quad City League
Ages 13-14 Lyndhurst Dad's Club League
**Player Assessments (ages 9-12) -TBD*

Eligibility

Open to Cleveland Heights residents and all students living within the Cleveland Heights-University Heights School District and neighboring communities.

Fees: \$90 CH RES
\$125 all other eligible youth.

Registration

In-person and online registration is underway. The registration deadline is Saturday, May 4

2024 Heights Girls' Softball League (ages as of May 1, 2024)

Eligibility

Open to Cleveland Heights residents and all students living within the Cleveland Heights-University Heights School District and neighboring communities.

Coach Pitch Recreational League
Ages 7-8 Willoughby League

Fastpitch League

Ages 10U Willoughby League
Ages 12U Willoughby League
Ages 14U Willoughby League

Fees: Coach Pitch
\$65 CH RES
\$85 all other eligible youth

Fastpitch
\$90 CH RES
\$95 all others eligible

Registration

In-person and online registration is underway. The registration deadline is Saturday, April 13, 2024.

YOUTH FITNESS

Heights United Spring Soccer Academy

Spring and Summer 2024 registration is now open for Heights United Soccer Academy (HUSA).

Heights United is a seasonal soccer academy and summer camp tradition in Cleveland Heights that has trained thousands of soccer players and campers over the last 31 years. Forty-six-year Cleveland Heights resident and Heights High Distinguished Hall of Fame inductee, coach, and educator Sean Sullivan leads Heights United. Over the years, it has been recognized at the city, state, regional, and national levels.

Dates: April 13 -May 11

Days: Saturdays

Levels & Times

Tiger Cubs 10:00 to 11:00 am

Ages 2.5 to early 5

Grades K-1 11:15 am -12:30 pm

Grades 2-4 12:45 to 2:00 pm

Grades 5 & up 2:15 to 3:30 pm

Program cost: \$65

To register, please visit:

www.HeightsUnitedSoccer.com

Heights United Summer Camp 2024

Heights United has provided engaging summer camps in Cleveland Heights for 31 years and is a proud partner with the City of Cleveland Heights.

WE HAVE SOLD OUT FOR THE LAST THREE SUMMERS, so we strongly encourage you to register your child early. Campers can choose between our traditional soccer camp, renowned across the state, or our day camp. Most of our campers choose to participate in a hybrid of both camps.

Our Camps include:

- Swimming twice each week at Cumberland Pool (with lifeguards)
- Ice skating once each week on the Community Center's North Rink

- Access to Forest Hill and Cumberland parks and playgrounds
- Access to the Community Center's air-conditioned Field House and activity rooms

Ages: 6-12

Dates: June 3 -July 26 (no camp June 19 & July 4)

Days: Mondays through Fridays

Times: 9:00 am to 3:00 pm

Before care: 8:00–9:00 am

After care: 3:00–5:00 pm

***Available for an additional fee.**

OTHER YOUTH SPORTS OPPORTUNITIES

Jump Start Sports Cleveland Heights T-Birds T-Ball

Dates: June 12-July 17

Days: Wednesdays

Time: 5:30–6:30 pm

Jump Start Sports Cleveland Heights Rookie League Baseball

Dates: June 12-July 17

Days: Wednesdays

Time: 6:30–7:30 pm

The fee for both programs is \$105 and includes a baseball cap and T-shirt. Please visit www.JumpStartSports.com for complete details and registration.

Heights Basketball Academy & D-UP Basketball Academy

Summer Basketball Development Camp, June 10-21. Registration opens May 1 at <https://form.jotform.com/basketball22/2024basketballcamp>

Summer Basketball League, June 24-July 25. Registration opens May 1 at <https://form.jotform.com/basketball22/2024summerleague>

YOUTH FITNESS



Safety Town

Safety Town is a traffic safety program sponsored by the Cleveland Heights Parks and Recreation and Cleveland Heights Police. It is open to children attending kindergarten in the fall and living within the CH-UH School District. Each session will run Monday-Thursday and is limited to 20 children on a first-come basis. The program will be held at the Canterbury Elementary School, 2530 Canterbury Road.

Registration will occur on Wednesday, May 22, from 6:00 to 7:30 pm, in the South Atrium of the Cleveland Heights Community Center, 1 Monticello Boulevard. No early registrations will be accepted.

Safety Town costs \$25. Please contact Dee Marsky at 216-691-7372 for class information.

Session 1: June 10-13, 10:00 am-Noon
Session 2: June 24-27, 1:00-3:00 pm
Session 3: July 8-11, 10:00 am-Noon
Session 4: July 15-18, 1:00-3:00 pm

KUK SOOL WON™(WWSA)

The Traditional Martial Art of Korea David Pritts, 3rd Degree Black Belt and School Owner, instructs both classes.

All classes include etiquette (respectful behavior), rolling and acrobatics, safety falls, meditation practice, hand/foot striking and blocking, forms training (Hyung), and self-defense techniques.

Mini Kids : Ages 5 and 6

Days: Monday and Wednesday
Dates: March 25-May 15 (no class 4/8)
Time: 6:00-6:30 pm
Cost: \$61 CH residents
\$68 non-residents

Youth: Ages 7-13

Days: Monday and Wednesday
Dates: March 25-May 15 (no class 4/8)
Time: 6:30-7:30 pm
Cost: \$120 CH residents
\$125 non-residents

YOUTH FITNESS

Adults: Ages 14-75
Days: Monday and Wednesday
Dates: March 25-May 15 (no class 4/8)
Time: 7:30-8:30 pm
Cost: \$120 CH residents
\$125 non-residents

TAI SHIN DOH

Youth-Beginners Self-Defense

For Ages 6 and older, beginners to yellow belts. In a martial arts environment, children are taught control, discipline, awareness, responsibility, and consideration.

Instructed by: David Jones, 7th Degree Black Belt

Day: Friday
Dates: May 3-July 19 (no class 5/24 & 7/5)
Time: 6:30-8:00 pm
Cost: \$64 CH residents
\$73 non-residents

Men, Women, and Youth-Advanced Self-Defense

This class is for adults wanting to learn self-defense and young people who have achieved a green belt in the Tai Shin Doh program. Participants will learn to master the art of Tai Shin Doh.

Instructed by: Roan Adognravi, 2nd Degree Black Belt

Day: Saturday
Dates: May 4-July 20 (no class 5/25 & 7/6)
Time: 10:30 am-12:00 pm
Cost: \$64 CH residents
\$73 non-residents



WELLNESS PROGRAMS



All programs are open to residents and non-residents. Ty will contact you to schedule your orientation once you have registered. Register at the Community Center during front desk hours or online at chparks.com.

Fitness Assessment with Body Composition

This 30-minute comprehensive assessment will determine your baseline health, wellness status, and disease risk by testing your cardiovascular endurance, muscular endurance, strength, and flexibility, and body fat. Cost: \$45 per person.

Weight Loss and Nutrition Coaching:

Schedule a phone consultation with exercise and fitness specialist Ty Richardson to discuss your eating and lifestyle habits. Together, you will choose a plan to begin establishing better habits and better health. Email www.chccwellness@gmail.com or call or text 216-694-8414 with any questions or to schedule your phone consultation.

The Cleveland Heights Community Center offers four different coaching programs:

7-Day Detox, which includes a 7-day detox grocery list with recipes, Body Mass Index (BMI) assessment, a daily water intake goal, a weekly exercise plan, and a 7-day weight loss goal. Cost: \$49

30-Day Weekly Coaching Plan, which includes a 30-day detox grocery list with recipes, a BMI assessment, a daily water intake goal, a weekly exercise plan, 4 weekly remote or in-person weight check-ins, and a 30 day weight loss goal. Cost:\$99

30-Day Daily Coaching Plan, which includes a 30-day detox grocery list with recipes, a weights loss cookbook, a BMI assessment, a daily water intake goal, a weekly exercise plan, 4 weekly remote or in-person weight check-ins, a 30-day weight loss goal, daily feedback and encouragement, and weekly phone check-ins. Cost: \$199

(You may make a partial, non-refundable payment of \$99.50 down to reserve your spot and then pay the balance two weeks after registration.)

90-Day Big Loser Plan, which includes a 7-day detox grocery list with recipes, a variety of weight loss cookbooks, a variety of meal plans, a BMI assessment, a daily water intake goal, a weekly exercise plan, weekly remote or in-person weight check-ins, a 90-day weight loss goal, daily feedback and encouragement, and weekly phone check-ins. Cost: \$499.

(You may make a partial, non-refundable payment of \$166.33 down to reserve your spot and then pay the balance two weeks after registration.)

WELLNESS PROGRAMS

90-Day Fit Family Challenge

Families can create healthy lifestyle habits through our Fit Family Checklist. This program fosters a supportive environment by involving family, promoting a healthy sense of self, and focusing on health and wellness, not diets or weight loss. The Family Challenge is a 90-day commitment: You start and finish TOGETHER!

Requirements: A family must include at least one child under 18 and one adult over 18.

Cost: \$99 per month per participating family member.

Did you know we offer a FREE 30-minute introductory session to learn the layout of our fitness center and how to use our new fitness equipment? Sign up at the front desk for this 30-minute educational walk-through.

Did you know we offer a FREE Personal Training Demo? Get a great workout and learn a lot in this 30-minute session with one of our certified personal trainers. This demo is FREE for new or renewing community center members. If you decide to register for one of our affordable packages to keep you moving toward your goals, call or text Ty Richardson at 216-694-8414 or sign up at the front desk.

Did you know we offer Personal Training? Hire one of our certified personal trainers to ensure your workouts are safe and effective. Monthly plans start at only \$55, and we offer 30-minute or 60-minute sessions for groups or individuals. Call or text Ty Richardson at 216-694-8414.



Your Elected Officials

The City of Cleveland Heights

Mayor Kahlil Seren
(216) 291-3737
mayor@clevelandheights.gov

Cleveland Heights City Council

President Tony Cuda
(216) 310-1050
tcuda@clevelandheights.gov

Vice President Davida Russell
(216) 333-3137
drussell@clevelandheights.gov

Craig Cobb
(216) 630-8934
ccobb@clevelandheights.gov

Gail Larson
(253) 691-2714
glarson@clevelandheights.gov

Anthony Mattox, Jr.
(216) 466-2850
amattox@clevelandheights.gov

Jim Petras
jpetras@clevelandheights.gov

Cleveland Heights Municipal Court

Judge J.J. Costello
(216) 291-4901
judge@clevelandheights.gov

Cleveland Heights-University Heights Board of Education

Jodi Sourini, President
(216) 906-3556
j_sourini@chuh.org

Malia Lewis, Vice-President
(216) 906-3693
malia_lewis@chuh.org

Gabe Crenshaw - Treasurer
g_crenshaw@chuh.org

Dan Heintz
(216) 633-4249
d_heintz@chuh.org

Phil Trimble
p_trimble@chuh.org

Federal Government

President Joseph R. Biden
Vice President Kamala Harris
(202) 456-1111
www.whitehouse.gov/contact/

United States Congress

Senator Sherrod Brown
(202) 224-2315
(216) 522-7272
www.brown.senate.gov/contact/email

Senator JD Vance
(202) 224-3353
(216) 539-7877
www.vance.senate.gov/contact/

U. S. Representative
Shontell Brown
(202) 225-7032
(216) 522-4900
www.shontelbrown.house.gov

State of Ohio

Governor Mike DeWine
Lt. Governor Jon Husted
(614) 466-3555
www.governor.ohio.gov/contact/contact-us

Attorney General Dave Yost
(800) 282-0515
www.ohioattorneygeneral.gov/About-AG/Contact

Auditor of State Keith Faber
(614) 466-4514
(216) 787-3665
NortheastRegion@ohioauditor.gov

Secretary of State

Frank LaRose

(614) 466-2655

[www.sosforms.ohiosos.gov/
forms/ContactUs/Contact-Us-Agency](http://www.sosforms.ohiosos.gov/forms/ContactUs/Contact-Us-Agency)

Treasurer of State

Robert Sprague

(614) 466-2160

[constituentaffairs@tos.ohio.
gov](mailto:constituentaffairs@tos.ohio.gov)

Ohio General Assembly

State Senator Kent Smith

(614) 466-4857

[www.ohiosenate.gov/members/
kent-smith/contact](http://www.ohiosenate.gov/members/kent-smith/contact)

State Representative

Juanita Brent

(614) 466-1408

[www.ohiohouse.gov/members/
juanita-o-brent/contact](http://www.ohiohouse.gov/members/juanita-o-brent/contact)

State School Board Member

Tom Jackson

[Thomas.Jackson@education.
ohio.gov](mailto:Thomas.Jackson@education.ohio.gov)

Cuyahoga County

Government

Cuyahoga County Executive

Chris Ronayne

(216) 443-7178

[www.cuyahogacounty.us/exec-
utive](http://www.cuyahogacounty.us/executive)

Cuyahoga County Council

District 10

Cheryl Stevens, Vice President

(216) 698-2022

clstephens@cuyahogacounty.us

Get Your City News

Stay up to date with the latest news from your Cleveland Heights City Government.





TREES ARE MORE THAN SIGNALS OF THE CHANGING SEASON. THEY PROVIDE VITAL PROTECTION FOR THE EARTH'S TOPSOIL FROM EROSION, OXYGEN, AND HOMES FOR WILDLIFE. TREES ALSO ARE A RENEWABLE RESOURCE THAT PROVIDES A VARIETY OF MATERIALS FOR BUILDING, FUEL, AND OFFICE SUPPLIES. WHEN WE PLANT TREES IN OUR YARD, WE IMPROVE OUR ENJOYMENT OF OUR OUTDOOR LIVING SPACES AND OUR OVERALL QUALITY OF LIFE. NATIONAL ARBOR DAY CELEBRATES ALL THESE THINGS AND AIMS FOR AMERICAN GENERATIONS TO ENJOY ALL THE BENEFITS TREES HAVE TO OFFER.

**SAVE THE DATE
ARBOR DAY 2024
APRIL 26TH @ 10AM**