

# FOCUS

FALL 2024



A large, solid orange circle is positioned on the left side of the image, partially overlapping the teal background. The text 'CAIN PARK' is written in white, bold, sans-serif capital letters across the middle of the image, with the 'CAIN' portion overlapping the orange circle.

# CAIN PARK

AUGUST • SEPTEMBER • OCTOBER



**TUESDAY, AUGUST 6**

SKERRYVORE — 8 PM

IN ADVANCE: \$30/\$25  
DAY OF SHOW: \$33/\$28



**SATURDAY, AUGUST 10**

GROUNDWORKS DANCETHEATER —  
GRAND FINALE — THE HISTORIC  
CONCLUSION TO 25 YEARS OF MOVING  
POSSIBILITY!

FREE



**THURSDAY, AUGUST 15**

BIG HEAD TODD & THE MONSTERS — 8 PM

IN ADVANCE: \$56.50/\$42/\$35  
DAY OF SHOW: \$59.50/\$45/\$38



**SATURDAY, AUGUST 17**

FLOYD NATION — 8:30 PM

IN ADVANCE: \$40/\$35/\$25  
DAY OF SHOW: \$43/\$38/\$28



**FRIDAY, AUGUST 23**

SAMARA JOY — 8 PM

IN ADVANCE: \$99/\$79/\$59/\$39  
DAY OF SHOW: \$102/\$82/\$62/\$42



**SUNDAY, AUGUST 25**

THE ROBERT CRAY BAND + STEVE EARLE  
— 8 PM

IN ADVANCE: \$99/\$72/\$63/\$45  
DAY OF SHOW: \$102/\$75/\$66/\$48



**THURSDAY, SEPTEMBER 5**

A VIEW FROM THE BRIDGE — 7 PM

PRICING: \$30 - \$35



**FRIDAY, SEPTEMBER 27**

AN EVENING WITH THE STRING CHEESE  
INCIDENT — 7 PM

IN ADVANCE: \$125/\$99/\$79/\$59  
DAY OF SHOW: \$128/\$102/\$82/\$62



**SATURDAY, SEPTEMBER 28**

BROADWAY IN LOVE  
W/ LIBBY SERVAIS AND STEPHAN STUBBINS  
— 7 PM

GOLD CIRCLE TICKETS - \$48/\$30  
RESERVED TICKETS - \$35



**FRIDAY, OCTOBER 4**

MY MORNING JACKET

IN ADVANCE: \$99/\$79/\$69/\$55  
DAY OF SHOW: \$102/\$82/\$72/\$58



**SCAN CODE FOR  
FREE EVENTS**



**SCAN CODE FOR  
ALMA THEATER SEASON**

**BUY TICKETS ONLINE AT [CAINPARK.COM](http://CAINPARK.COM) OR BY CALLING (216) 371-3000**

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**CLEVELAND HEIGHTS**

**HAPPY**



**SAVE THE DATE**

**OCTOBER 6TH**







# REGISTER ONLINE



SCAN ME TO SIGN UP  
FOR ALL THINGS FALL



You can register in person for most programs at the Community Center during the hours listed below.

### 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.
- Cleveland Heights residents may reserve shelters at any of the parks listed below. East Cleveland residents may reserve the Barbara H. Boyd Park shelter 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.
- Shelters may be reserved from May 1 through October 6, 2024.
- After **October 6, 2024** all Park Restrooms are closed until the weather permits in the Spring.
- 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.

### HOUR OF OPERATIONS

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

*After Labor Day, weekday hours  
change to 6:00 am – 9:00 pm*

*Weekend hours remain the same.*

# THE FIELD HOUSE

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

Residents of Cleveland Heights and 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:

1. Paying \$6.00 per day to use the Field House;
2. Purchasing an annual Field House/Fitness Center pass for unlimited usage of the Field House\*; or,
3. Purchasing 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 no matter how big or small. Tables and chairs are available for your specific set-up style. Please feel free to visit the Community Center to view any of our indoor facilities. You can also view room availability by clicking on any of the indoor facilities listed below. 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 reserve the room in person, and submit an Indoor Facility Request Form no less than fourteen (14) days in advance of rental. Payment of 1/2 the rental fee along with the security deposit is due at the time the request is submitted. Final payment in full is due no later than 48 hours prior to the start of the scheduled event, (credit card preferred). Failure to make final payment prior to the start of the event will lead to cancellation.

Please visit [chparks.com](http://chparks.com) for additional facility rental rules and requirements.



## ACTIVITY ROOM 1A/1B

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

## 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.

\*The South Field House and Gym may be rented through the Sports Manager. Please call 216-691-7383 for availability.

# 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](http://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 Senior Center or Community Center front desk at no cost through 2024. Proof of residency is required.

Transportation to and from the Senior Activity Center is available for Cleveland Heights residents only and must be schedule in advance.

Call 216-691-7377 for more information.



# FREE ONGOING PROGRAMS

SENIOR ID REQUIRED TO PARTICIPATE

## TABLE TENNIS

Join in the fun and get a workout too!

Day: Mondays  
Time: 10:00 am

## 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

## ¡HABLEMANOS!

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.

Advance registration is required.

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.

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

## STITCH TOGETHER

Join the Stitch Together group to learn about knitting, crocheting, other needle crafts and 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: 12:30pm-3:30pm

## WII BOWLING

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

Day: Wednesdays  
Time: 1:00 pm

# 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.

### Fall 1

Day: Friday

Dates: October 11 – November 15

Time: 11:30 am–12:30 pm

Cost: \$25.00 CH RES  
\$30 UH-RES

## FITWALK

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

### Fall 1

Day: Friday

Dates: September 6, 13, 20  
October 25

November 8, 15

Time: 10:00–10:45 am

Cost: \$20.00 CH RES  
\$25.00 UH-RES

## QUILTING

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

### Fall 1

Day: Tuesday

Dates: September 10 – October 15

Time: 1:00–3:00 pm

Cost: \$15.00 CH RES  
\$20.00 UH-RES

### Fall 2

Day: Tuesday

Dates: October 29 – December 10

Time: 1:00–3:00 pm

Cost: \$15.00 CH RES  
\$20.00 UH-RES

## LINE DANCE

Participants will learn some of the latest group dances (and some old ones too!) through step-by-step direction. Wear comfortable clothing/shoes, bring a water

# PAID PROGRAMS

bottle and get ready to have fun and get moving to good music. All levels welcome.

## **Fall 1**

Day: Friday  
Dates: September 1 – September 29  
Time: 1:00-2:30 pm  
Cost: \$30.00 CH RES  
\$35.00 UH-RES

## **Fall 2**

Day: Friday  
Dates: October 25 – November 22  
Time: 1:00-2:30 pm  
Cost: \$30.00 CH RES  
\$35.00 UH-RES

## **STRENGTH TRAINING**

Exercising with weights, increasing muscle mass/strength and bone density, improving balance and overall wellness.

## **Fall 1**

Days: Monday & Wednesday  
Dates: October 28 – December 11  
Time: 1:00-2:00 pm  
Cost: \$30.00 CH RES  
\$35.00 UH-RES

## **ZUMBA® GOLD**

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

## **Fall 1**

Day: Tuesday  
Dates: September 24 – October 29  
Time: 11:00 am–12:00 pm  
Cost: \$20.00 CH RES  
\$25.00 UH-RES

## **Fall 2**

Day: Tuesday  
Dates: November 12 – December 17  
Time: 11:00 am–12:00 pm  
Cost: \$20.00 CH RES  
\$25.00 UH-RES

## **DRAWING**

Join our drawing class where you will work from still life's, 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.

## **Fall 1**

Day: Thursday  
Dates: September 12 – October 24  
Time: 1:00 pm–3:00 pm  
Cost: \$50.00 CH RES  
\$55.00 UH-RES

## **Fall 2**

Day: Thursday  
Dates: November 7 – December 19  
Time: 1:00 pm–3:00 pm  
Cost: \$50.00 CH RES  
\$55.00 UH-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](mailto:AARPCHAPTER5018@GMAIL.COM).**

**DAY: LAST THURSDAY OF EACH MONTH (NO MEETINGS JULY & AUGUST)  
TIME: 1:00 PM  
COST: AARP CHAPTER DUES—\$5 PAID ANNUALLY.**



## OFFICE ON AGING SERVICES

Office on Aging services are available to Cleveland Heights residents age 60 or 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. — Elder Law Attorneys at (440) 546-0483

**Medicare Counselors** — by appointment

**Van Transportation** to errands & medical appointments

**Meals on Wheels**

**Benefits** — visit [benefitscheckup.org](https://benefitscheckup.org)

**Applications** — living will declarations, power of attorney, HEAP, and Homestead Exemption forms and applications are available.

CARE is a membership program that supports homeowners, 60 and older, with completing projects around their homes and property. For those who are income eligible there is no cost. The Cleveland Heights Office on Aging is a participating agency. **For more information call CARE at 216-970-0599 or visit: [careneo.org](https://careneo.org)**

***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: [www.dsas.cuyahogacounty.us](https://www.dsas.cuyahogacounty.us)

# TAKE ONLINE CLASSES FROM HOME OR VISIT US AT THE GYM

**WITH SILVERSNEAKERS, YOU'RE FREE TO MOVE.**

**CHECK MY ELIGIBILITY**



**OR CALL NOW TO ACTIVATE  
YOUR ACCOUNT.  
877-871-7020**

**AVAILABLE AT NO COST FOR ADULTS 65+ THROUGH SELECT MEDICARE PLANS.**

# THE NORTH RINK

FOR INFO ON SCHEDULES AND PROGRAMMING  
CHPARKS.COM • LEARN TO SKATE QUESTIONS: [LEARNTO SKATE@CLEVELANDHEIGHTS.GOV](mailto:LEARNTO SKATE@CLEVELANDHEIGHTS.GOV)



## ICE RINK SPECIAL EVENTS

November 28: Closed Thanksgiving  
December 7: Speedskating Meet  
December 24 & 25: Closed Christmas Eve & Christmas  
December 26: Annual Barden-Benner-Carter Alumni Hockey Game  
December 26-28: Heights High School Holiday Tournament  
December 31: Noon Year's Eve Event  
January 1: Closed New Year's Day  
January 17-20: Youth Hockey Tournament  
February 22: Speedskating Event

## 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 (maximum 20 children) to enjoy your birthday celebration while skating in one of our public sessions. Outside food and refreshments are permitted. Fee includes atrium rental, skating admission, and skate rental. Advance registration is required. Most Saturday and Sunday afternoons are available March – October.

Cost: \$140.00 CH RES  
\$210.00 NON-RES

## GROUP AND HOURLY RENTALS

Please contact Heather Janor  
216-691-7395 or [hjanor@clevelandheights.gov](mailto: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 visit [chparks.com](http://chparks.com), call 216-691-7434, or email [learntoskate@clevelandheights.gov](mailto:learntoskate@clevelandheights.gov).

## PRIVATE LESSONS:

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

## LEARN – TO – SKATE USA

Offering the best skating program in the United States, our Learn – to – Skate program is geared for ages 3- adult. Learn – to – Skate is a collaboration between U.S. Figure Skating, USA Hockey, and U.S. Speedskating offering basic skating concepts as well as fitting the needs of those skaters looking to progress to the sports of figure skating, hockey, and speedskating. Please go to [www.chparks.com](http://www.chparks.com) for a comprehensive schedule or visit the Community Center registration desk. Classes meet once a week for 30 minutes. We offer a variety of times to fit your needs.

### SESSION DATES

*Fall 1:* September 11-October 27

*Fall 2:* October 30-December 21 (skip dates 11/27, 11/30 & 12/1 for Thanksgiving)

### 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

Specially designed for those skaters 18 months – 3 years of age. The class is structured with off-ice play, and on-ice lesson with craft or story time. This class is a great way to get our little skaters excited about taking the ice. Offered in 4-week sessions.

When: Fridays 11:30am – 12:00pm

**Fall 1:** September 12-October 4

**Fall 2:** October 11-November 1

**Fall 3:** November 8-December 6 (no class 11/29

Thanksgiving)

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

## REGISTRATION PROCEDURES

To register for group skating lessons in person come to the Community Center front desk Monday – Friday 9am – 8pm, or Saturday and Sunday 9am – 5pm. You may also register online at [chparks.com](http://chparks.com).

## REGISTRATION REMINDERS

You need to present proof of residency in order to receive reduced rates on lessons. Classes cancelled due to inclement weather cannot be rescheduled. Classes with insufficient enrollment may be cancelled or combined with other classes.



## EASTSIDE TIGERS

[eastsidetigershockey@gmail.com](mailto:eastsidetigershockey@gmail.com)

Eastside 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 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 Bob Jacobson at [robertejaacobsonjr@gmail.com](mailto:robertejaacobsonjr@gmail.com) or call the rink desk at 216-691-7434

### TOT HOCKEY

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

#### Fall 1

Mondays, September 9-October 21

Time: 630 – 7:00pm

Saturdays, September 14-October 26

Time: 10:15-10:45am

#### Fall 2

Mondays, October 28-December 16

Time: 6:30-7:00pm (no class 11/25)

Saturdays, November 2-December 21

Time: 10:15-10:45am (no class 30)

Cost: \$70 CH RES

\$84 NON-RES

\$12 skate rental fee

### LEARN – TO – PLAY HOCKEY

This program provides girls and boys ages 6 and up who have passed tot hockey or Basic 2 with the fundamental skills necessary to progress to the Eastside Tigers without being competitive. Equipment is available for rental. For questions or to schedule an equipment fitting contact the rink desk at 216-691-7434 or Bob Jacobson at [robertejaacobsonjr@gmail.com](mailto:robertejaacobsonjr@gmail.com). Classes meet twice a week for an hour on Monday evenings and Saturday Mornings. Monday classes share ice with Eastside Tiger Mites (8U) and Saturday lessons share ice with Learn – to – Skate lessons.

September 9-December 21

(skip dates 11/25 & 11/30 for Thanksgiving)

#### Mondays

Time: 6:30 – 7:30pm

#### Saturdays

Time: 10:15 – 11:15am

Cost: \$224 CH RES

\$280 NON-RES





### **HIGH SCHOOL HOCKEY**

Cleveland Heights High School [shutout.com](http://shutout.com)  
 Benedictine High School [cbhs.net](http://cbhs.net)  
 University School [us.edu](http://us.edu)

### **COLLEGE HOCKEY**

Case Western Reserve University  
[cwruhockey@case.edu](mailto:cwruhockey@case.edu)

### **ADULT HOCKEY**

Cleveland Heights Senior B Hockey League  
[chshl.sportngin.com](http://chshl.sportngin.com)

Cleveland Heights Coed Hockey League  
[funhockey@gmail.com](mailto:funhockey@gmail.com)

Cleveland Heights 50+ League  
[ch50hl@outlook.com](mailto:ch50hl@outlook.com)

### **ADULT LUNCH TIME PICK-UP HOCKEY**

Ages: 18 +  
 Day: Tuesdays  
 Time: 11:30am-1:00pm  
 Cost: \$5.00

### **ADULT SUNDAY MORNING PICK-UP HOCKEY**

Ages: 18+  
 Day: Sundays  
 Time: 8:00-10:00am  
 Cost: \$10.00

Full equipment is required for adult pick-up hockey.  
 For schedule or more information call 216-691-7434  
 or go online to [chparks.com](http://chparks.com)

## **OTHER SKATING OPPORTUNITIES**

### **PAVILION SKATING CLUB**

[pavilionfsc.com](http://pavilionfsc.com)

A member of U.S. Figure Skating, the Pavilion Skating Club is an organization developed to enhance and provide skating opportunities for the figure skater. Whether you're interested in achieving Olympic greatness or just want to develop your skills to achieve your goals, the Pavilion Skating Club has a program for you! Please contact [pscoffice@pavilionfsc.com](mailto:pscoffice@pavilionfsc.com) for more information.

### **CITY FREESTYLE**

The City of Cleveland Heights offers additional ice time geared to those skaters who are interested in learning and developing more advanced skating skills to include jumps and spins. A ten-hour (10) session card may be purchased. Private lessons can also be taught at this time. Call the rink at 216-691-7434 or go online at [chparks.com](http://chparks.com) for more information and schedule.

### **CLEVELAND HEIGHTS SPEEDSKATING CLUB**

This is a sport for all ages and families are encouraged to skate together. Some equipment is required (hard shell helmet, long sleeves, gloves, knee pads, and shin guards), but many skaters have gotten their start 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](mailto:bkrosenbaum97@gmail.com).

# THE FITNESS CENTER

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



### USER REQUIREMENTS

Several Options available:  
Residents pay \$6.00 per day use.  
Purchase a monthly Fitness Center Membership.  
Purchase an annual Fitness Center Membership.

### AGE GUIDELINES

Users must be 16 years or older to use the Fitness Center or Track.

Youth 12 to 15 years of age may use the Fitness Center or Track accompanied by a paying adult/guardian. Fees apply.

Youth under the age of 12 are not permitted in the Fitness Center or Track.

Infants and toddlers are permitted in strollers or in infant front/backpack carriers the Track only.

No infants, toddlers or youth under the age of 12 are permitted in the Fitness Center.

### MEMBERSHIPS AND FEES

Fitness Center memberships, Ice memberships, and Community Center memberships may 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).
- Use of the gym is available to kids under age of 12.

#### *Cleveland Hts. 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 Memebership	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

- \*Family definition is adult head of household and his/her spouse or partner and dependent children age 18 and under occupying household.

*Non-Residents must live within the boundaries of the CH-UH School District; have children in the Community Center Ice Programs ; or are employed within the boundaries of Cleveland Heights (must bring a recent pay stub).*

NON-Resident	1-Year Memebership	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

## ARGENTINE TANGO LESSONS & PRACTICA RETURNS!

This drop-in class will emphasize the fundamentals of the Tango, the dance of Buenos Aires, and will focus on quality of movement, elegance, musicality, and connection.

A dance session (practica) will follow the class. No partner necessary.

Days: Sunday  
Dates: Ongoing  
Time: 1:30-4:30 pm  
Cost: \$5.00 drop in fee (Covers both sessions)  
*Lessons 1:30 – 2:30 pm and Practica 2:30 – 4:30 pm.*

## YOGA FOR ANY AND EVERY BODY

This class covers the fundamentals of Yoga for beginners, those returning to yoga or anyone looking for a gentler approach to yoga. There will be an emphasis on the basics of poses, along with breathing and relaxation of the mind and body.

Day: Thursdays  
Time: 6:30-7:30 pm  
Dates: September 12-October 17  
Cost: \$38 CH RES  
\$44 NON-RES

## FIT IN 45 MINUTES

Fifteen 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: Wednesdays  
Time: 6:00-7:00 pm  
Dates: *Fall 1* – August 25-September 28  
*Fall 2* – October 12-November 23  
(No class 11/16)  
Cost: \$38 CH RES  
\$44 NON-RES

## EVENING BARRE WORKOUT

For those who have not taken a Barre class it has the element of dance with the principles of strength and safety in Pilates. This is a bare foot workout. Wear comfortable workout clothes and bring an exercise mat, towel, and spill-proof water bottle. *Maximum class size is 12 participants.*

Day: Mondays  
Time: 6:00-7:00 pm  
Dates: *Fall 1* – August 12-September 23 (No class 9/2)  
*Fall 2* – October 7-November 18 (No class 11/11)

Cost: \$38 CH RES  
\$44 NON-RES

## MAT PILATES

Pilates is a series of targeted exercises that strengthen muscles while improving postural alignment and flexibility generated from the core. Wear comfortable clothing and bring your own exercise mat, towel and water. *Maximum class size is 15 participants.*

Day: Wednesdays  
Time: 6:00-7:00 pm  
Dates: Fall 1 August 7-September 18  
Fall 2 October 2-November 6  
Cost: \$38 CH RES  
\$44 NON-RES

## JAZZERCISE

We are a dance party that fuses cardio, strength, Pilates, hip hop, yoga and kickboxing. Our average customer stays with us for 7 years!

A constant flow of new, easy to follow routines are introduced in class to keep you interested and to keep your muscles guessing.

Burn up to 800 calories in a 1-hour class. NEW CUSTOMERS: Try 2 weeks for only \$22.  
Mary Beth McCann (440)655-5394  
marybethmccann@gmail.com

## CARDIO DRUMMING

An all-body workout modifiable for all ages and fitness levels. All equipment provided. Limited to 10.

Date: Ongoing from September 8  
Day: Sundays  
Time: 9:30 – 10:30 am  
Cost: Drop-in \$15  
4 Pack \$44

FREE outdoor class August 25 at 9:30 am  
Registration <https://linktr.ee/themindfulmix>

## PERSONAL TRAINING

Personal Training availability: Mon-Fri 6am-7:30 pm/ Sat 9am-1pm. Call or Text Ty Richardson at 216-694-8414 for more information

**MONDAY 8/19 - FRIDAY 8/23**

ADULT LAP SWIM 4 PM-8 PM  
OPEN SWIM 4 PM-5 PM  
FAMILY SWIM 5 PM-8 PM

**SATURDAY 8/24**

ADULT LAP SWIM 9 AM-6 PM  
OPEN SWIM 11 AM-6 PM

**SUNDAY 8/25**

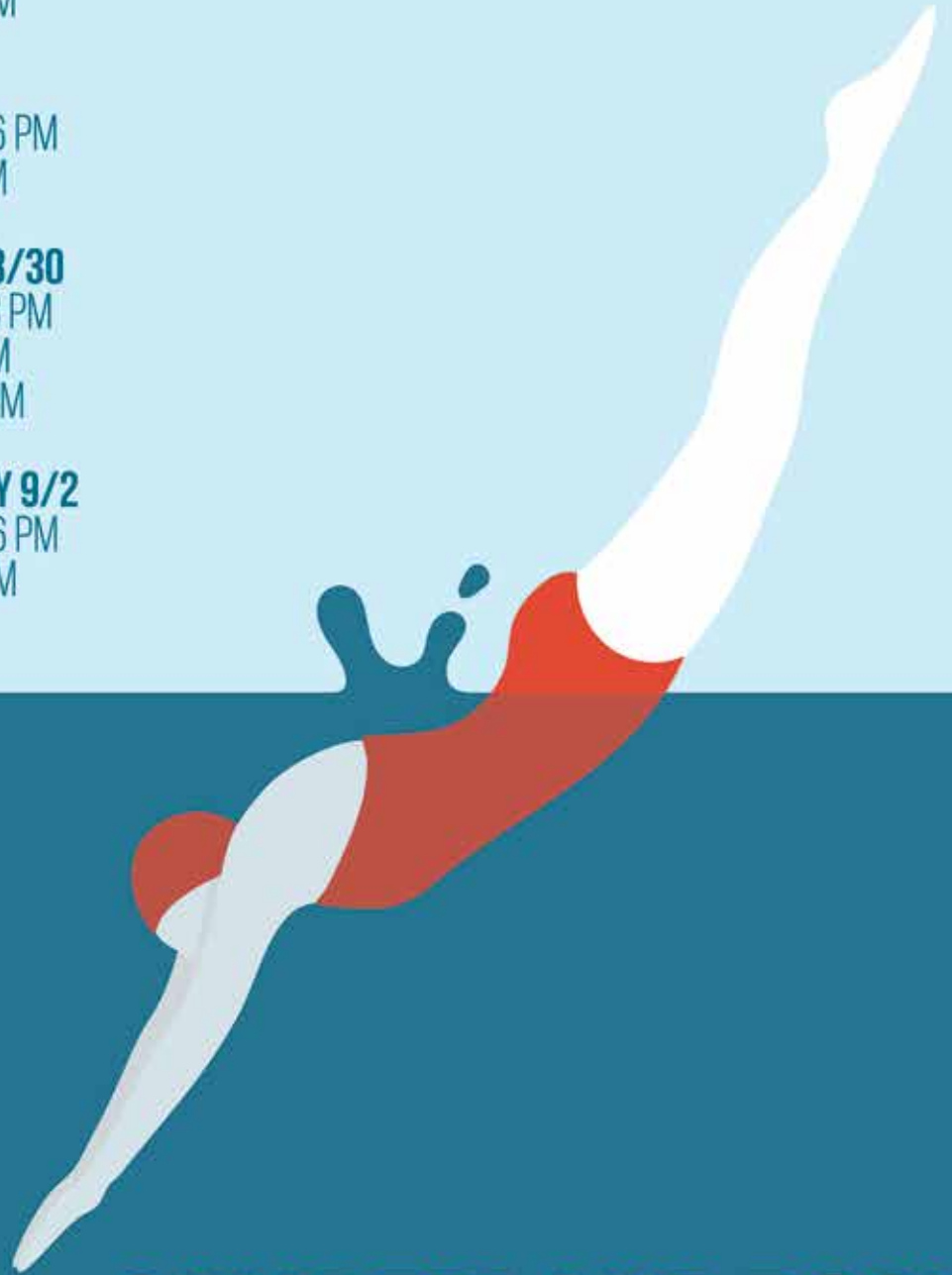
ADULT LAP SWIM 11 AM-6 PM  
OPEN SWIM 1 PM-6 PM

**MONDAY 8/26 - FRIDAY 8/30**

ADULT LAP SWIM 4 PM-8 PM  
OPEN SWIM 4 PM-5 PM  
FAMILY SWIM 5 PM-8 PM

**SATURDAY 8/31 - MONDAY 9/2**

ADULT LAP SWIM 12 PM-6 PM  
OPEN SWIM 12 PM-6 PM



**CUMBERLAND POOL**

**NEW HOURS STARTING AUGUST 19**

\*ALL HOURS ARE SUBJECT TO CHANGE DUE TO STAFFING OR WEATHER

# MARTIAL ARTS

## KUK SOOL WON™(WKSA)

The Traditional Martial Art of Korea. Class includes: Etiquette (Respectful Behavior); Rolling & Acrobatics; Safety Falls; Meditation Practice; Hand/Foot Striking & Blocking; Forms Training (Hyung); and Self Defense Techniques.

Instructor: David Pritts, 3rd Degree Black Belt

### Mini-Kids – Fall

Ages: 5-6

Dates: September 30 – December 9

(No class 10/4, 10/21, 10/23, 11/4 & 11/27)

Days: Monday & Wednesday

Time: 6:00-6:30 pm

Cost: \$61 CH RES

\$68 NON-RES

### Youth – Fall

Ages: 7-13

Dates: September 30 – December 9

(No class 10/4, 10/21, 10/23, 11/4 & 11/27)

Days: Monday & Wednesday

Time: 6:30-7:30pm

Cost: \$120.00 CH RES

\$125.00 NON-RES

### Adult – Fall

Ages: 14-75

Dates: September 30 – December 9

(No class 10/4, 10/21, 10/23, 11/4 & 11/27)

Days: Monday & Wednesday

Time: 7:30-8:30pm

Cost: \$120.00 CH RES

\$125.00 NON-RES

## TAI SHIN DOH

*Note: Men's & Women's Self-Defense/Tai Shin Doh is now combined with the Youth Advanced Self-Defense/Tai Shin Doh class.*

## YOUTH BEGINNER SELF-DEFENSE/TAI SHIN DOH

Children are taught control, discipline, awareness, responsibility and consideration in a martial arts environment. Beginners to yellow belts eligible.

Instructor: David Jones, 7th Degree Black Belt

Ages: 6 & up

Dates: September 13-November 22 (no class 9/20)

Day: Friday

Time: 6:30-8:00pm

Cost: \$64 CH RES

\$73 NON-RES

## MEN'S, WOMEN'S & YOUTH-ADVANCED SELF-DEFENSE/TAI SHIN DOH

For adults wishing to learn self-defense and students who have attend the level of green belt in Tai Shin Doh. Participants will learn to master the art of Tai Shin Doh.

Instructors: David Jones & Roan Adognravi

Dates: September 14-November (no class 9/21)

Day: Saturday

Time: 10:30am-12:00pm

Cost: \$64.00 CH RES

\$73.00 NON-RES



# YOUTH FITNESS



## PRESCHOOL OPEN GYM

Parent and children age 1-5

*Parent/legal guardian must stay with their children*

Dates: October 2, 2024 through March 2025

Day: Wednesdays

Time: 10:00am-12:00pm

Cost: \$5.00 per family daily

\$20 punch pass good for six admissions

## FLAG FOOTBALL

Ages: Coed 5-6 Combined

Coed 7-8 Combined

Dates: September 7-October 12

Day: Saturday

Time: 9:00-10:30am

Cost: \$55 CH RES

\$75 NON-RES

## HEIGHTS UNITED FALL SOCCER

Our program teaches foundational soccer skills and tactics that can be applied at the highest levels.

Dates: September 14-October 12

Day: Saturday

Times: Tiger Cubs (ages 2.5-5) – 10:00-11:00am

Grades K-1 – 11:15am-12:30pm

Grades 2-4 – 12:45-2:00pm

Grade 5 & up – 2:15-3:30pm

Cost: \$65

*Register online at [heightsunitedsoccer.com](https://heightsunitedsoccer.com)*

# BASKETBALL

## 2024-2025 WINTER YOUTH REC. BASKETBALL LEAGUE

Ages: Grades K-1 Coed  
Dates: December 12 through February 13  
Day: Thursdays  
Time: 6:30 - 7:30 p.m.

One skills session / game each Thursday

## GRADES 2-3 COED; GRADES 4-5 BOYS; GRADES 4-6 GIRLS AND GRADES 6-8 BOYS

Monday through Thursday evening (once a week)  
Beginning the week of Monday, December 9  
One game Saturdays, December 14 - February 15

Important Preseason Dates

*(All Players Grades 2-8 Must Attend)*

Player Clinics - Saturday, November 16 & 30

- Grades K to 1 Coed - 10:00 to 11:00am
- Grades 2 to 3 Coed - 11:15am to 12:15pm
- Grades 4 to 5 Boys - 12:30 to 1:30pm
- Grades 4 to 6 Girls - 1:45 to 2:45pm
- Grades 6 to 8 Boys - 3:00 to 4:00 pm

Player Team Selection Day - Saturday, December 7  
*(Coaches Only)*

Eligibility: Open to Cleveland Heights residents and all students who live within the boundaries of the Cleveland Heights-University Heights School District and neighboring communities.

Cost: \$60 CH RES  
\$80 NON-RES

### Registration:

In-person and online beginning Monday, October 7.  
Registration deadline is Friday, November 29.

## YOUTH TRAVEL BASKETBALL

### Girls Tryouts

Ages: Grades 4-6  
Dates: Tue, Oct 1 & Thu, Oct 3  
Times: 6:00-7:30pm  
Dates: Dec 3, 2024-Jan, 28, 2025  
Fees: \$75.00 CH RES  
\$90.00 NON-RES

### Boys Tryouts

Dates: Wed, Oct 2 (grades 3-4)  
Fri, Oct 4 (grades 5-6)  
Times: 6:00-7:30pm  
Dates: Dec 3, 2024-Jan, 28, 2025  
Fees: \$75.00 CH RES  
\$90.00 NON-RES

## MEN'S BASKETBALL LEAGUE

Dates: October 19, 2024 - Sunday, March 29, 2025  
Day: Sunday  
Times: 4:00pm, 5:00pm & 6:00pm  
Cost: \$250 CH RES  
\$375 NON-RES

*\*Referee & Score/Time Keeper Fees separate (\$44/team/game)*

Please contact Darrell Everett, Adult Sports Coordinator at [Darrell.everettsfg@gmail.com](mailto:Darrell.everettsfg@gmail.com)

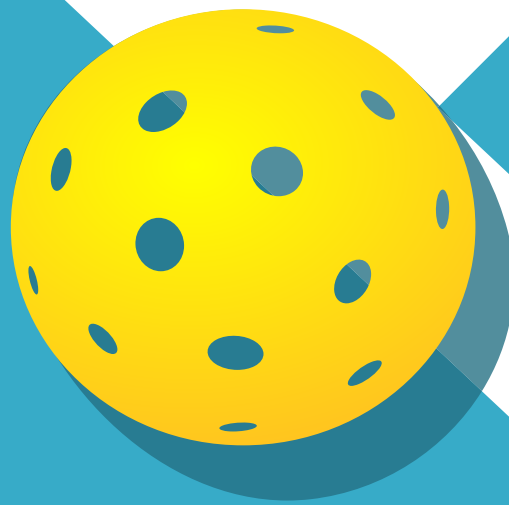
## WOMEN'S BASKETBALL LEAGUE

Day: TBD  
Dates: mid-October 2024 through late-February 2025  
Times: TBD1  
Cost: \$250 CH RES  
\$375 NON-RES

*\*Referee & Score/Time Keeper Fees separate (\$40/team/game)*

Please contact Darrell Everett, Adult Sports Coordinator at [Darrell.everettsfg@gmail.com](mailto:Darrell.everettsfg@gmail.com)





# PICKLEBALL.

## RECREATIONAL INDOOR PICKLEBALL

Pickleball is a combination of tennis, badminton and ping pong and is designed to be played by all ages. This program is for ages 18+. Participants should wear clothing that allows movement and court shoes or athletic shoes. There is water, locker rooms and restrooms available. There are six courts available for play. We have a few beginners Pickleball Paddles for those who do not have their own paddle.

Day: Mondays, Tuesdays, Thursdays & Fridays

Time: 10:00 am-1:30 pm

Location: Gym Courts 1 & 2

Cost: \$3.00 CH RES

\$6.00 NON-RES DAILY

10-admission punch pass

\$25 CH RES

\$50 NON-RES

**OCTOBER-APRIL**

# HOW ARE WE DOING?

TELL US HOW WE ARE DOING.

EMAIL [COMMS@CLEVELANDHEIGHTS.GOV](mailto:COMMS@CLEVELANDHEIGHTS.GOV)



# Your Elected Officials

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## **The City of Cleveland Heights**

Mayor Kahlil Seren  
(216) 291-3737  
[mayor@clevelandheights.gov](mailto:mayor@clevelandheights.gov)

## **Cleveland Heights City Council**

President Tony Cuda  
(216) 310-1050  
[tcuda@clevelandheights.gov](mailto:tcuda@clevelandheights.gov)

Vice President Davida Russell  
(216) 333-3137  
[drussell@clevelandheights.gov](mailto:drussell@clevelandheights.gov)

Craig Cobb  
(216) 630-8934  
[ccobb@clevelandheights.gov](mailto:ccobb@clevelandheights.gov)

Gail Larson  
(253) 691-2714  
[glarson@clevelandheights.gov](mailto:glarson@clevelandheights.gov)

Anthony Mattox, Jr.  
(216) 466-2850  
[amattox@clevelandheights.gov](mailto:amattox@clevelandheights.gov)

Jim Petras  
[jpetras@clevelandheights.gov](mailto:jpetras@clevelandheights.gov)

## **Cleveland Heights Municipal Court**

Judge J.J. Costello  
(216) 291-4901  
[judge@clevelandheights.gov](mailto:judge@clevelandheights.gov)

## **Cleveland Heights-University Heights Board of Education**

Jodi Sourini, President  
(216) 906-3556  
[j\\_sourini@chuh.org](mailto:j_sourini@chuh.org)

Malia Lewis, Vice-President  
(216) 906-3693  
[malia\\_lewis@chuh.org](mailto:malia_lewis@chuh.org)

Gabe Crenshaw - Treasurer  
[g\\_crenshaw@chuh.org](mailto:g_crenshaw@chuh.org)

Dan Heintz  
(216) 633-4249  
[d\\_heintz@chuh.org](mailto:d_heintz@chuh.org)

Phil Trimble  
[p\\_trimble@chuh.org](mailto:p_trimble@chuh.org)

## **Federal Government**

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

## **United States Congress**

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

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

U. S. Representative  
Shontell Brown  
(202) 225-7032  
(216) 522-4900  
[www.shontellbrown.house.gov](http://www.shontellbrown.house.gov)

## **State of Ohio**

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

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

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

Secretary of State  
Frank LaRose  
(614) 466-2655  
[www.sosforms.ohiosos.gov/  
forms/ContactUs/Con-  
tact-Us-Agency](http://www.sosforms.ohiosos.gov/forms/ContactUs/Contact-Us-Agency)

Treasurer of State  
Robert Sprague  
(614) 466-2160  
[constituentsaffairs@tos.ohio.  
gov](mailto:constituentsaffairs@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  
[clstevens@cuyahogacounty.us](mailto:clstevens@cuyahogacounty.us)

# Get Your City News

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



CITY OF CLEVELAND HEIGHTS & CAIN PARK PRESENT

# SAMARA JOY



AUGUST 23 **EVANS**  
**AMPHITHEATER**  
DOORS OPEN @ 7 • [CAINPARK.COM](http://CAINPARK.COM)

THE CITY OF CLEVELAND HEIGHTS & CAIN PARK PRESENT

# THE STRING CHEESE INCIDENT



SEPTEMBER 27  
CAIN PARK  
CLEVELAND HEIGHTS, OH

FALL 2024

TICKETS AT [CAINPARK.COM](http://CAINPARK.COM)



## ATTENTION LOCAL BUSINESSES!

THE HOLIDAY SEASON IS FAST APPROACHING, AND WE WANT TO HELP YOU SPREAD THE WORD ABOUT YOUR EXCITING SALES AND FESTIVE EVENTS! THIS WINTER, FOCUS IS FEATURING A SPECIAL HOLIDAY SECTION, SPOTLIGHTING GREAT LOCAL INDEPENDENT SHOPS IN CLEVELAND HEIGHTS.

IF YOUR BUSINESS IS PLANNING A HOLIDAY SALE EVENT, OR PROMOTION, WE'D LOVE TO INCLUDE IT IN OUR UPCOMING ISSUE. IT'S A FANTASTIC OPPORTUNITY TO SHOWCASE YOUR OFFERINGS TO OUR VIBRANT COMMUNITY AND ATTRACT NEW CUSTOMERS DURING THIS BUSY SEASON. ALL SUBMISSIONS ARE SUBJECT TO APPROVAL.



SCAN & SUBMIT  
BY OCTOBER 1<sup>ST</sup>