

FOCUS

FALL 2024



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

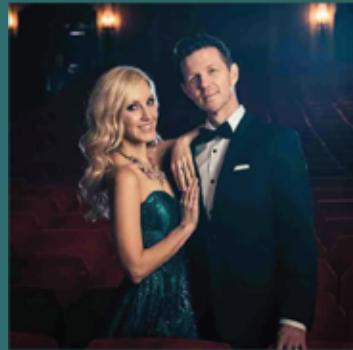
PRICING: \$30 - \$35



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 SERVAINS 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 OR BY CALLING (216) 371-3000

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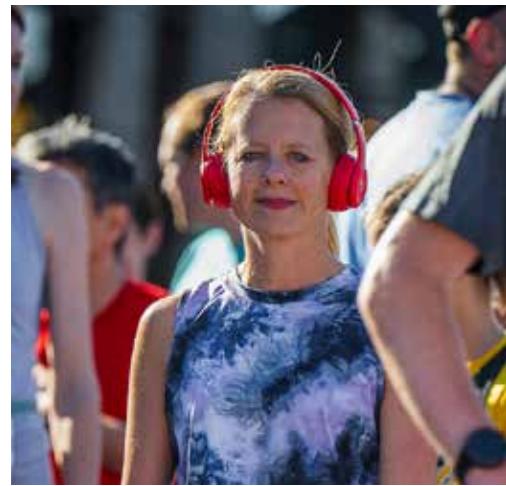
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**SAVE THE DATE
OCTOBER 6TH**







REGISTER ONLINE



SCAN ME TO SIGN UP
FOR ALL THINGS FALL



REGISTER FOR CLASSES ONLINE 24/7.

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 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. 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 scheduled 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.

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

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*

Have you suffered a hardship and need a little assistance?

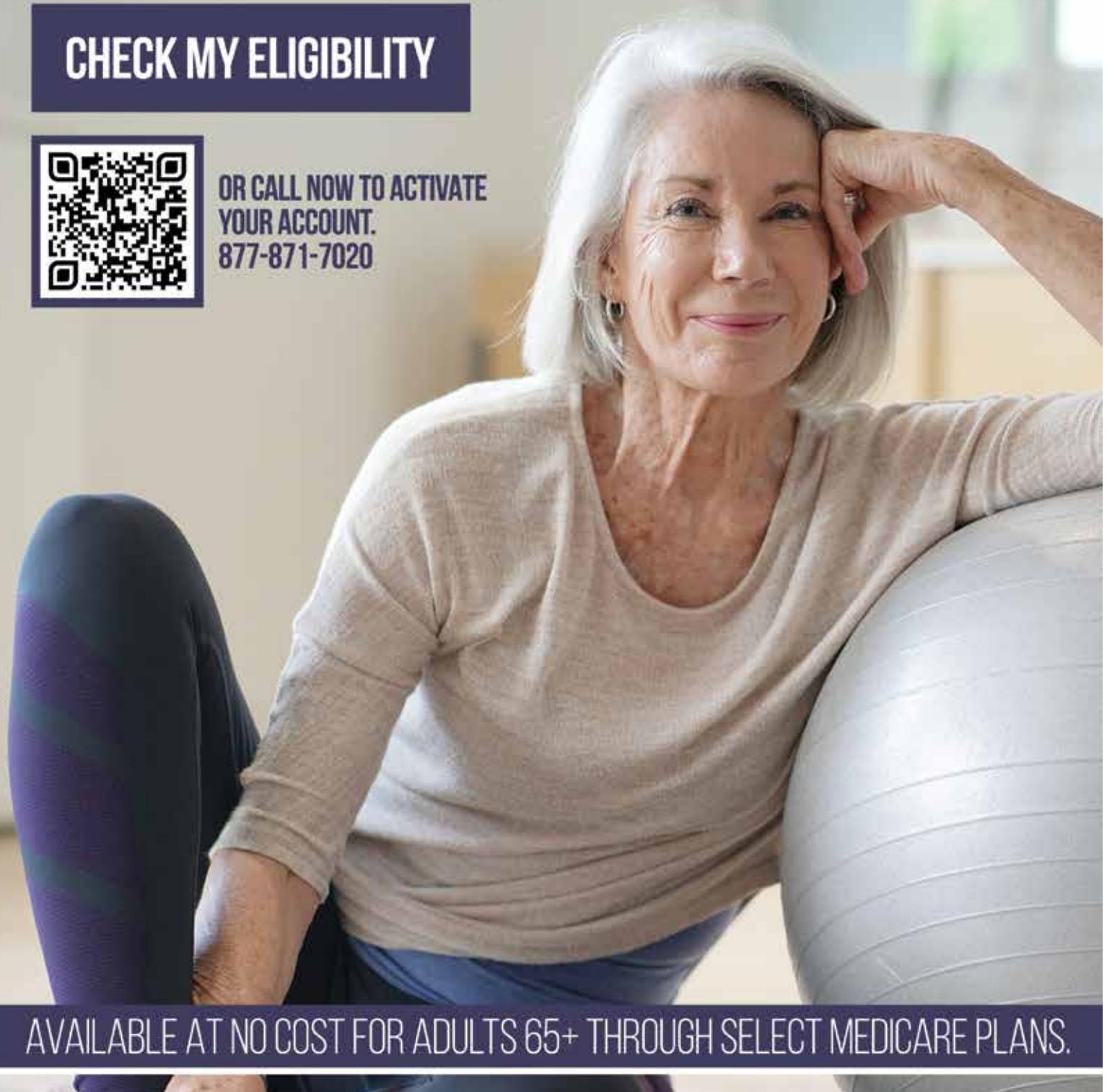
The Cuyahoga County Department of Senior and Adult Services (DSAS) can help! For more information, please call (216) 420-6700 or visit: www.dsas.cuyahogacounty.us

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: [LEARNTOSKATE@clevelandheights.gov](mailto:learntoskate@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

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, call 216-691-7434, or email 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 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.

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

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 robertejacobsonjr@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: 6:30 – 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 robertejacobsonjr@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
Benedictine High School cbhs.net
University School 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 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

OTHER SKATING OPPORTUNITIES

PAVILION SKATING CLUB

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 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 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.

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

ADULT FITNESS

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 cloths 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

marybethmccnn@gmail.com

CARDIO DRUMMING

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

Day: 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

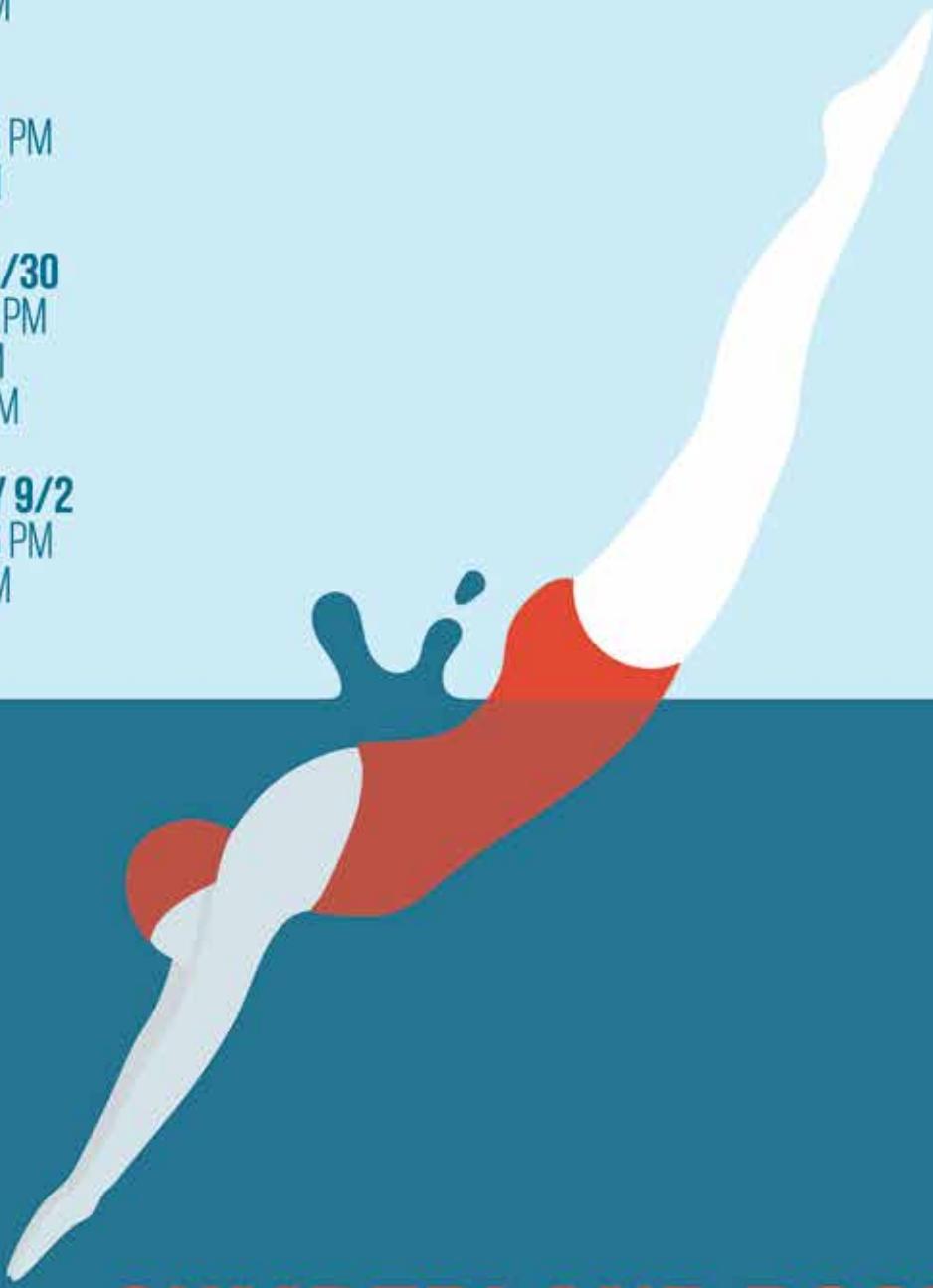
OPEN SWIM 4 PM-5 PM

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™(WPKSA)

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

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

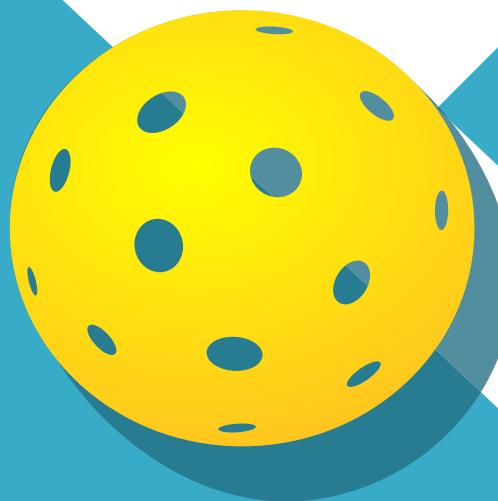
WOMEN'S BASKETBALL LEAGUE

Day: TBD
Dates: mid-October 2024 through late-February 2025
Times: TBD
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





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

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.



CITY OF CLEVELAND HEIGHTS & CAIN PARK PRESENT

SAMARA JOY



AUGUST 23 **EVANS**
AMPHITHEATER
DOORS OPEN @ 7 • CAINPARK.COM

THE CITY OF CLEVELAND HEIGHTS & CAIN PARK PRESENT

The STRING CHEESE INCIDENT



FALL 2024

SEPTEMBER 27
CAIN PARK
CLEVELAND HEIGHTS, OH

TICKETS AT 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 1ST