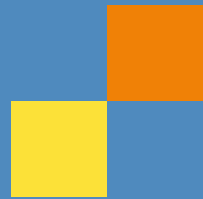
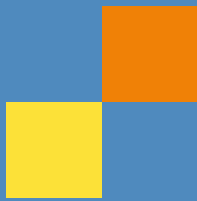


# Recreation



**Summer 2019**



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## Kids n Company I (Ages: 6 months - 2 years)

Location Outdoor Pool

Dates	Day	Time	Activity #
6/3 - 6/26	M/W	6:00 - 6:30 pm	332161 81
6/4 - 6/27	Tu/Th	10:00 - 10:30 am	332161 82

This class is designed to familiarize children between the ages of 6 months and approximately 2 years with the water and teach swimming readiness skills. A responsible adult who is comfortable in the water must accompany each child to every class.

The purpose of this class is to provide a fun, safe, and comfortable environment for the participants. This class will provide instruction to help children to adjust to the water with a trusted adult and to develop skills towards independence. The intent of this class is not to "drown-proof" children or to teach them to swim independent of an adult.

Kids-N-Company uses both the group environment for a social aspect, as well as individual time to work on skills at each child's individual level. The participants will be taught skills that can be developed into swim skills.

- Face to Face Positions: Hug, Chin Support, Shoulder support on Front
- Back to Chest Position: Cuddle
- Side to Side Positions: Hip Straddle, Shoulder Support on Side
- Cuing
- Getting wet: With Toys, Kicking
- Water Entry: Lifting in, Walking in
- Exploring the pool: Out of water exploration, In water exploration
- Water Exit: Lifting out, Walking out, Using a ladder
- Blowing bubbles on the surface
- Blowing Bubbles with mouth and nose submerged
- Submerged mouth, nose and eyes
- Front Glide
- Back Glide
- Back Float
- Rolling over back to front
- Rolling over front to back
- Passing from instructor to parent
- Leg Action on front
- Leg action on back
- Rolling over back to front
- Rolling over front to back

**NOTE** Children who are not potty trained must wear swim diapers in the water at all times. No child suffering from diarrhea will be allowed to participate in the program. Swim diapers are available for purchase at the front desk if needed.

**Registration** Resident May 6 ends 2 days before 1st class.  
Non-Resident May 13 ends 2 days before 1st class.

**Fees:** Community Center Member 40.00  
Brecksville-Broadview Hts. Resident 50.00  
Non-Resident 60.00

## Kids n Company II (Ages: 18 months - 48 months)

Location Outdoor Pool

Dates	Day	Time	Activity #
6/3 - 6/26	M/W	6:00 - 6:30 pm	332162 81
6/4 - 6/27	Tu/Th	10:00 - 10:30 am	332162 82

A responsible adult participant who is comfortable in the water must accompany child(ren) during all class sessions.

The purpose of this class is to provide a fun, safe, and comfortable environment for the participants. This class will provide instruction to help children to adjust to the water with a trusted adult and to develop skills towards independence. The intent of this class is not to "drown-proof" children or to teach them to swim independent of an adult. Water exploration is encouraged, having fun is mandatory!

- Face to Face Positions: Hip support on front
- Back to Chest Position: Hip Support on back, back support, arm stroke
- Cuing
- Water Entry: Seated, seated - rolling over and slide in
- Water Entry: Stepping in, Jumping in, Use steps/ramp independently
- Exploring the pool: In water exploration - independently, in shallow water
- Using side of pool, steps or ramp independently
- Using a ladder independently
- Underwater exploration in shallow water
- Open eyes and retrieve objects below surface
- Open eyes and retrieve submerged objects
- Bobbing - explore, independently
- Front Glide
- Front Glide to the wall
- Front Float
- Back Glide
- Back Float
- Roll over from back to front
- Roll over from front to back
- Passing from instructor to parent
- Drafting with breathing
- Leg action - alternating or simultaneous movements on front
- Arm action - alternating or simultaneous movements on front
- Combined arm and leg action on front with breathing on front
- Leg action - alternating or simultaneous movements on back
- Arm action - alternating or simultaneous movements on back
- Combined arm and leg action on back

**NOTE** Children who are not potty trained must wear swim diapers in the water at all times. No child suffering from diarrhea will be allowed to participate in the program. Swim diapers are available for purchase at the front desk if needed.

**Registration** Resident May 6 ends 2 days before 1st class.  
Non-Resident May 13 ends 2 days before 1st class.

**Fees:** Community Center Member 40.00  
Brecksville-Broadview Hts. Resident 50.00  
Non-Resident 60.00

Aquatics

Summer Learn to Swim Registration Begins May 1



## Preschool I (Ages: 3.5 -4 years)

**Location** Outdoor Pool

Dates	Day	Time	Activity #
6/3 - 6/26	M/W	5:30 - 6:00 pm	332163 81
6/4 - 6/27	Tu/Th	10:30 - 11:00 am	332163 82

The purpose of this class is to familiarize children approximately ages 3.5 -4 years old to the aquatic environment and help them acquire rudimentary basic aquatic skills. It will also help participants begin to develop positive attitudes and safe practices in and around water.

- Enter and exit water safely using ladder, steps or side
- Submerge mouth, nose, and eyes
- Blow bubbles (3 sec.)
- Open eyes underwater and retrieve submerged objects
- Bobbing (3 times)
- Front Glide (2 body lengths)
- Recover from front float to vertical position
- Back glide (2 body lengths)
- Maintain back float position (3 sec.)
- Recover from back float or glide to a vertical position
- Roll over from front to back
- Roll over from back to front
- Arm and hand treading actions (in chest deep water)
- Alternating leg action on front (2 body lengths)
- Simultaneous leg action on front (2 body lengths)
- Alternating arm action on front (2 body lengths)
- Simultaneous arm action on front (2 body lengths)
- Combined arm and leg action on front (2 body lengths)
- Alternating leg action on back (2 body lengths)
- Simultaneous leg action on back (2 body lengths)
- Alternating arm action on back (2 body lengths)
- Simultaneous arm action on back (2 body lengths)
- Combined arm and leg action on back (2 body lengths)

### Exit Skills Assessment

May be done with support

1. Enter independently, using either the ladder, steps or side, travel at least 5 yards, submerge to mouth and blow bubbles for at least 3 seconds then safely exit the water. (Participants can walk, move along gutter or "swim")
2. Glide on front at least 2 body lengths, roll to a back float for 3 seconds and recover to a vertical position

**Registration** Resident May 6 ends 2 days before 1st class.  
Non-Resident May 13 ends 2 days before 1st class.

**Fees:** Community Center Member \$40, Brecksville Resident \$50  
Non-resident \$60.

## Preschool II (Ages: 3.5 -4 years)

**Location** Outdoor Pool

Dates	Day	Time	Activity #
6/3 - 6/26	M/W	5:30 - 6:00 pm	332164 81
6/4 - 6/27	Tu/Th	10:30 - 11:00 am	332164 82

- Enter water by stepping from the deck or low height
- Exit using ladder, steps or side from chest deep water
- Blow Bubbles (3 sec.)
- Bobbing 5 times
- Open eyes under water, retrieve submerged object in chest deep water
- Front float (face in water) (3 sec.)
- Front Glide (2 body lengths)
- Recover from front float or glide to vertical position
- Back float (5 sec.)
- Back Glide (2 body lengths)
- Recover from back float or glide to vertical position
- Roll over front to back
- Roll over back to front
- Tread water using arm and leg actions in shoulder deep water (15 sec.)
- Combined arm and leg actions on front (3 body lengths)
- Finning arm action on back (3 body lengths)
- Combined arm and leg action on back (3 body lengths)

### Exit Skills Assessment

May be done with support

1. Glide on front for at least 2 body lengths, roll to back, float on back for 15 seconds then recover to a vertical position.
2. Glide on back for at least 2 body lengths, roll to front, float on front, then recover to a vertical position.
3. Swim using combined arm and leg actions on front for at least 3 body lengths, roll to back and float for 15 seconds; roll to the front, then continue swimming for 3 body lengths.

**Registration** Resident May 6 ends 2 days before 1st class. Non-Resident  
May 13 ends 2 days before 1st class.

Community Center Member \$40, Brecksville Resident \$50  
Non-resident \$60.



October through May

Age: 3 months - 5 years

Monday's 10 am-1 pm

Thursday's 11 am-2 pm

Call for more details!

# Learn to Swim Levels 1-6

**Location** Brecksville Community Center

**Level 1 - Level 6.1**

## Session A

Dates	Day	Time	Activity #
6/3 - 6/13	M/Tu/W/Th	10:00 - 10:50 am	N/A
6/3 - 6/13	M/Tu/W/Th	11:00 - 11:50 am	N/A

## Session B

6/17 - 6/27	M,Tu,W,Th	10:00 - 10:50 am	N/A
6/17 - 6/27	M,Tu,W,Th	11:00 - 11:50 am	N/A

## Session C

7/8 - 7/18	M,Tu,W,Th	10:00 - 10:50 am	N/A
7/8 - 7/18	M,Tu,W,Th	11:00 - 11:50 am	N/A

## Session D

7/22 - 8/1	M,Tu,W,Th	10:00 - 10:50 am	N/A
7/22 - 8/1	M,Tu,W,Th	11:00 - 11:50 am	N/A

**Registration** begins May 6 for residents and May 13 for non-residents.

**Fees:** Community Center Member \$45, Brecksville-Broadview Hts. Resident \$55  
Non-resident \$65

## Class Descriptions & Exit Skill Assessments

### Level 1

- Enter and exit water safely using ladder, steps or side
- Blow Bubbles (3 sec.)
- Bobbing (5 times)
- Open eyes underwater and retrieve submerged objects (2 times)
- Front float position (5 sec.)
- Front Glide (2 body lengths)
- Recover from front float to a vertical position
- Back float position (5 sec.)
- Back glide (2 body lengths)
- Recover from a back float or glide to standing position
- Roll over from front to back
- Roll over from back to front
- Tread water using arm and hand actions (in chest deep water)
- Alternating leg action on front (2 body lengths)
- Simultaneous leg action on front (2 body lengths)
- Alternating arm action on front (2 body lengths)
- Simultaneous arm action on front (2 body lengths)
- Combined arm and leg action on front (2 body lengths)
- Alternating leg action on back (2 body lengths)
- Simultaneous leg action on back (2 body lengths)
- Alternating arm action on back (2 body lengths)
- Simultaneous arm action on back (2 body lengths)
- Combined arm and leg action on back (2 body lengths)

#### Exit Skills Assessment

1. Enter independently, using either the ladder, steps or side, travel at least 5 yards, bob 5 times then safely exit the water.  
(Participants can walk, move along gutter or "swim")
2. Glide on front at least 2 body lengths, roll to a back float for 5 seconds and recover to a vertical position. (This may be done with support.)

### Level 2

- Enter water by stepping or jumping from the side
- Exit water safely using ladder, steps or side
- Fully submerging and holding breath (10 sec.)
- Bobbing 10 times
- Open eyes under water, retrieve submerged object (3 times)
- Rotary Breathing (5 times)
- Front float (face in water) (10 sec.)

- Jellyfish float (10 seconds)
- Tuck float (10 seconds)
- Front Glide (2 body lengths)
- Recover from front float or glide to vertical position
- Back float (15 sec.)
- Back Glide (2 body lengths)
- Recover from back float or glide to vertical position
- Roll over front to back
- Roll over back to front
- Change direction of travel paddling on front or back
- Tread water using arm and leg actions (15 seconds)
- Combined arm and leg actions on front unsupported (5 body lengths)
- Finning arm action (5 body lengths)
- Combined arm and leg action on back (5 body lengths)
- Alternating leg action on side
- Elementary backstroke kick

#### Exit Skills Assessment

1. Step from side into chest-deep water, push off the bottom, move into a treading or floating position for 15 seconds, swim on front and/or back for 5 body lengths, then exit water
2. Move into a back float for 15 seconds, roll to front, then recover to a vertical position.
3. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back and float for 15 seconds, roll to the front, then continue swimming for at least 5 body lengths.

### Level 3

- Jump into deep water, fully submerge, recover to surface, return to side
- Head-first entry from sitting position (9+ feet of water)
- Head-first entry from kneeling position (9+ feet of water)
- Bobbing while moving toward safety, 15 times
- Rotary breathing (15 times)
- Survival float (30 seconds)
- Back float (1 minute)
- Change from vertical to horizontal position on front
- Change from vertical to horizontal position on back
- While in a vertical position, rotate one full turn
- Tread water (1 minute)
- Push off in streamlined position, then begin flutter kicking (3-5 body lengths)
- Push off in streamlined position, then begin dolphin kicking
- Front crawl (15 yards)
- Breaststroke kick (15 yards)
- Elementary backstroke (15 yards)
- Scissors kick (15 yards)
- Back glide - flutter kick (2 body lengths)
- Back crawl (15 yards)

#### Exit Skills Assessment:

1. Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn if necessary toward exit, swim front crawl and/or elementary backstroke for 25 yards, then exit the water.
2. Push off in a streamlined position, then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water.



**Level 4**

- Dive from compact position
- Dive from stride position
- Swim under water (3-5 body lengths)
- Feet-first surface dive, submerging completely
- Survival swimming in deep water (1 minute)
- Back float in deep water (1 min.)
- Front crawl open turn
- Backstroke open turn
- Tread water using 2 different kicks (2 min.)
- Front crawl (25 yards)
- Breaststroke (15 yards)
- Butterfly (15 yards)
- Back crawl (25 yards)
- Elementary backstroke (25 yards)
- Sidestroke (15 yards)
- Push off, streamline position on back, begin flutter kick (5 body lengths)
- Push off, streamline position on back, begin dolphin kick (5 body lengths)

**Exit Skills Assessment:**

1. Perform a feet-first entry into deep water, swim front crawl for 25 yards, change direction and swim elementary backstroke for 25 yards.
2. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.
3. Submerge and swim a distance of 3-5 body lengths underwater without hyperventilating, return to the surface, then exit the water.

**Level 5**

- Shallow dive from the side
- Shallow dive, glide 2-3 body lengths, begin any front stroke
- Swim underwater (no hyperventilation) (5 body lengths)
- Tuck surface dive, submerge completely
- Pike surface dive, submerge completely
- Survival swimming (2 mins.)
- Back float (2 mins.)
- Front flip turn while swimming
- Backstroke flip turn while swimming
- Tread water (5 mins.)
- Tread water using legs only (2 mins.)
- Front crawl (50 yards)
- Butterfly (25 yards)
- Breaststroke (25 yards)
- Back crawl (25 yards)
- Elementary backstroke (50 yards)
- Standard scull on back (30 sec.)
- Sidestroke (25 yards)

**Exit Skills Assessment:**

1. Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, then swim elementary backstroke for 50 yards using appropriate turning styles.
2. Swim breaststroke for 25 yards, change direction as necessary and swim back crawl for 25 yards using efficient turning styles.

**Level 6.1 Fitness Swimmer and Personal Water Safety**

- Front crawl (100 yards)
- Back crawl (50 yards)
- Breaststroke (50 yards)
- Elementary backstroke (100 yards)
- Sidestroke (50 yards)
- Butterfly (50 yards)
- Front crawl open turn while swimming
- Backstroke open turn while swimming
- Front flip turn while swimming
- Backstroke flip turn while swimming
- Sidestroke open turn while swimming
- Butterfly turn while swimming
- Breaststroke turn while swimming
- Surface dive and retrieve an object from the bottom
- Circle Swimming
- Use a pace clock
- Use a pull buoy while swimming (25 yards)
- Use fins while swimming (25 yards)
- Use paddles while swimming (25 yards)
- Describe how to set up an exercise program
- Demonstrate various training techniques
- Calculate target heart rate
- Aquatics Exercise Personal
- HELP position (2 mins.)
- Huddle position (2 mins.)
- Feet-first surface dive
- Pike surface dive
- Tuck surface dive
- Survival Float (5 mins.)
- Survival swimming (10 mins.)
- Tread water in deep - kicking only (2 mins.)
- Surface dive and retrieve an object from bottom
- Self-rescue techniques while clothes

**Exit Skills Assessment**

1. Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke.
2. Perform the Cooper 12 minute swim test and compare results with the pre-assessment results.
3. Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes.
4. Perform a feet-first surface dive, retrieve an object from the bottom of the pool at a minimum depth of 7-10 feet, return to the surface and return to the starting point.

No classes from Saturday, April 13 - April 22

**Registration** begins 3/1 for residents and 3/8 for non-residents.

**March Class Fees:** Community Center Member \$45, Brecksville-Broadview Hts. Resident \$55

**May Class Fees:** Community Center Member \$22.50, Brecksville-Broadview Hts. Resident \$27.50

\* May register for either Tu/Th or both, price is per day.

# Water Exercises Programs

## Human Services Center Therapy Pool

### Water Exercise for Arthritis

Days	Time	Instructor
Mon & Wed	10:00-11:00am	Darlene
Fri	10:00-11:00am	Charlie

The Arthritis Class is a recreational exercise program developed by the Arthritis Foundation to help individuals with Arthritis and other related conditions. The activities and exercises are designed to encourage self care, social interaction, improve muscle strength and flexibility. Each participant works at his or her own fitness level. Modifications are given for each exercise to help individuals customize the program to fit their needs. This program is an excellent post therapy class or post surgery class as it focuses on muscle strengthening and flexibility.

### Liquid Strength

Days	Time	Instructor
Mon & Wed	9:00-10:00am	Darlene
Fri	9:00-10:00am	Charlie

The Liquid Strength program is to provide participants with water resistance training. Participants will spend 60 minutes working in the water on range of motion activities and resistance training. This class is open to individuals of all ages and varying abilities especially those with mobility impairments.

### Water Exercise with Nora

Days	Time	Instructor
Mon & Wed	6:30-7:30pm	Nora

The Water Exercise with Nora class begins with warm up exercises to get participants acclimated to the water then moves to a more vigorous segment of exercises to work the large muscle groups. Toning exercises and resistance stretches are varied from class to class to keep the exercises fresh and invigorating. The goal is to increase participants' muscle tone, cardio benefits, and to help them achieve their personal health goals. Please call to confirm starting date.

### Sculpt and Splash

Days	Time	Instructor
Tues & Thurs	9:00-10:00am	Charlie/Julie

Sculpt and Splash is a 50 minute class for people of all fitness levels. The participants will use a variety of equipment (noodles, weights, bands etc.) and focus on cardio endurance, muscle strengthening and resistance training, challenging their muscles in new and fun ways.

### Water Yoga

Days	Time	Instructor
Tues	6:30pm	Linda

A low impact class to develop flexibility, breathing, balance, and core strength. Full body workout for all fitness levels, consisting of stretching, strengthening, balancing and core work. Pool noodles, water weights, and bands will be used for added resistance. A very effective class that is also easy on the joints. No mat or yoga experience necessary.

## Brecksville Community Center Pool

### TNT Water Exercise

Days	Time	Instructor
Tues & Thurs	9:00-10:00am	Audrey

TNT- Water Ex was developed to help individuals achieve their personal fitness goals. This class is geared for participants of all ages and fitness levels. Varied exercises and repetitions allow participants to customize the workout to fit their needs. There is a high concentration on cardiovascular endurance and strength training with little to no impact on the joints. Participants will use a variety of equipment including float belts, noodles, stretch cords, and barbells

### Cardio Strength

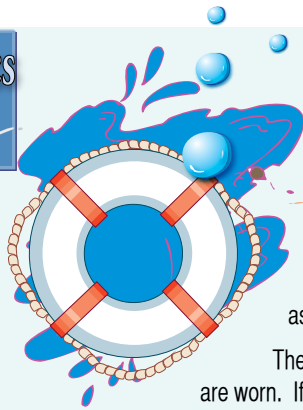
Days	Time	Instructor
Wed	9:00-10:00am	Charlie

Cardio strength aquatics was developed to provide a whole body workout at any fitness level. Intervals of cardio combinations and strength toning exercises will provide you with a head to toe workout. This workout uses the resistance of the water along with barbells, noodles, jogging belts and resistance bands to obtain an effective cardiovascular and strength building workout without added stress on your joints.

### Cost for programs

Walk-in Fee	12 Class Punch Card
\$5 Member	\$40 Member
\$7 Resident	\$45 Resident
\$8 Non-resident	\$55 Non-resident

\* Human Service Pool membership is required for classes conducted in the Therapy Pool.



## Personal Flotation Devices

The Community Center staff is always evaluating the pool area and considering ways to make the swimming more safe and enjoyable. The use of personal flotation devices (PFD) is one item about which many questions are asked.

The Community Center advocates devices that are worn. If a child lets go of a PFD and is unable to retrieve the float, it is not safe.

Please remember that PFDs in a swimming pool environment are to be used as swimming aides, not as a guarantee for your child's safety.

Lifeguards are properly trained to prevent and react to aquatic emergencies. However, it is primarily the parent's responsibility to ensure the safety of their children.

### The following is a guide for the type of permitted flotation devices

- ☉ Parents must always be in the water and within direct contact of the child using flotation devices.
- ☉ Children must not be able to fall off or out of the PFD.
- ☉ The PFD must be properly sized, worn and used.
- ☉ Larger devices are allowed depending on the number of patrons in the pool.

### Pool Usage of PFD are

- ☉ Flotation devices are permitted throughout the outdoor pool.
- ☉ Flotation devices are permitted in the shallow area only of the indoor pool. Children are not permitted in the deep end or in the lap lanes while wearing PFDs.

### Definite No No's

- ☉ Buoy style floats held to the user's back by a belt are not permitted. They are considered unsafe because the swimmer is always forced face down and it is very difficult for the swimmer to right themselves onto their backs.
- ☉ Rings with no saddle devices are not permitted.
- ☉ Children with floats are not permitted in the pool without parents in the water with them

### What Kind of Floats Are Allowed?

Every year there are new PFDs for children. The staff is always evaluating them and considering their safety. The list below is a guide for items that are allowed in our pools:

- ☉ Properly sized Coast Guard approved life jackets.
- ☉ Buoyant swimsuits. These include swimsuits or a garment worn over a swimsuit that provides buoyancy by means of inserted foam or inflatable bladders.
- ☉ Water wings.
- ☉ Ring or toy devices, which provide a secure saddle for the children to sit in and do not tip or roll easily.

### Special Circumstances

- ☉ Kickboards and pull buoys are permitted for lap swimming in the designated lap lanes only.
- ☉ Exercise belts that provide vertical buoyancy are permitted for conditioning and therapeutic use.
- ☉ Foam noodles are permitted ONLY during special times that are posted in the pool area and announced in advance.



### Practice Days

Monday-Friday, beginning June 3 through July 27

Boys Ages	Days	Times	Activity #
7 & 8	M,Tu,W,Th,F	9:45 - 11:00am	332443 08
9 & 10	M,Tu,W,Th,F	9:45 - 11:00am	332443 10
11 & 12	M,Tu,W,Th,F	8:45 - 10:00am	332443 12
13 & 14	M,Tu,W,Th,F	8:45 - 10:00am	332443 14
15 & up	M,Tu,W,Th,F	8:45 - 10:00am	332443 15
Girls Ages	Days	Times	Activity #
7 & 8	M,Tu,W,Th,F	9:45 - 11:00am	332453 08
9 & 10	M,Tu,W,Th,F	9:45 - 11:00am	332453 10
11 & 12	M,Tu,W,Th,F	8:45 - 10:00am	332453 12
13 & 14	M,Tu,W,Th,F	8:45 - 10:00am	332453 14
15 & up	M,Tu,W,Th,F	8:45 - 10:00am	332453 15

Brecksville Beluga Swim is a summer recreational age group swim team. The Brecksville Community Center is a member of the Cuyahoga Valley Swim League (CVSL). Other teams in this league include the cities of Independence, Parma, Parma Heights, Seven Hills, Bedford, Forest Hills, Brooklyn & CSI. The team focuses on introducing children to competitive swimming. The level of



## T-Ball Program



**June 1 - August 1**

League	Age (as of 8/1/19)	Meeting Times	Activity #
Tee Ball	4-6 years old	M,Tu,W,Th,F	311361-81

This program is designed by the Cleveland Indians Youth Development Staff to ignite passion for baseball and make the game more attractive to youth baseball players ages 4-6.

The Goals of the Indians Youth Baseball Rally Cap Program are to:

1. Create a fun, positive and nurturing developmental environment for children and adults.
2. Tech and develop basic fundamentals, rules and strategies to players.
3. Model and teach a competitive spirit with an emphasis on sportsmanship and respect for the game.

4. Promote an **A-C-E** mindset which focuses on controlling 3 elements **Attitude, Concentration, Effort.**

5. Engage and empower parents and new coaches.

**Registration:** Resident begins 3/1, on-Resident 3/8 ends 5/5.

**Cost:**

\$60.00 for Brecksville Community Center Members

\$70.00 for Brecksville residents and Broadview Heights residents

\$80.00 for Non-residents

**General Registration Requirements/Guidelines**

Space is limited, please register early.

Payment is required in full at time of registration.

There is a discount for Brecksville residents who register three or more children from the same family for the same program at the same time.

Special requests for team and player placement will not be guaranteed.

No Refunds. Credits only will be given. A cancellation fee will be assessed if uniforms have already been ordered.

Late Fee. A late fee of \$10.00 will be implemented for anyone registering after the registration deadline. (Late registration dependent upon space availability).

Call the Brecksville Community Center at 546-2300 for additional information.

## Coed Softball

**Ages:** 14 and over

Day	Date	Time
Sun.	June 2-August 18	5:00pm-11:00pm

**Registration:** Residents 3/1, non-residents 3/8, ends 5/18.

**Description:** This is a recreational coed softball league; it will be played on Brecksville City Fields C and F on Sunday nights between the hours of 5:00pm and 11:00pm. It will be a 7 week league, with a tournament to conclude. There will be two divisions this year, Division A will be the competitive division for teams with more experienced players, with an end of the season

tournament. Division B will be the less competitive division, for players looking for a social Sunday evening League, with a tournament to conclude the season. If there are not enough teams registered in either division, the divisions will be combined.

**Cost:** \$350.00 per team

**Additional Costs:** \$60.00 due at the managers meeting for forfeit fee, it will be refunded at the end of the season. \$30.00 due before start of game

**Mandatory Manager Meeting:** There is a manager meeting on Sunday, May 19 at 5:00pm at the Blossom Hill School, Room 9. Teams must be registered to attend.

competition is comparatively low versus other year round programs such as the USA age group program.

**The goals for this team are to:**

\* Ensure the safety of the participants during all practices, meets, and other team related activities.

\* Make the program fun and productive for all participants.

\* Introduce and maintain a mild to medium level of competition for participants to help encourage increased endurance and speed.

\* Provide participants with an introduction to competitive swimming, help in the refinement of strokes, and the introduction of competitive skills.

This program should not be thought of as an extension of, or substitute for the Learn-To-Swim program. Although instruction is provided, the type of instruction is specific to stroke refinement, rather than stroke development. All swimmers should have the solid fundamentals skills for Front Crawl, Backstroke and Breaststroke. Participants need not know Butterfly to participate but it is recommended for the older age groups.

**Prerequisites**

The Beluga's Swim Team requires participants to swim in the lap lanes with approximately 8 other children. Participants should be able to comfortably swim lengths of the pool using Front Crawl, Backstroke, and for the higher levels Breaststroke and Butterfly. Participants should be a minimum of 6 years of age and/or have completed or have been enrolled for a few sessions in Level IV of the Learn to Swim Program.

Please order all swim team logo items directly through Adler Team Sports at <http://www.adlerteamsports.com/TeamStores.aspx> Access Code: beluga

**Parent Meeting:** Tuesday May 21 at 6:15pm

There have been changes to the league so these dates and teams may change.

**Meet schedule to be announced and is subject to change. \*Practices will be held primary in the mornings. Some afternoon practices may be offered.**

Championship swim meet will be held at Independence on Saturday, July 27

Additional fees may be collected during the season for the Championship meet and additional events.

Cancellation fees may apply to withdraw from this program

**Cost:** \$100 for Brecksville Community Center members, \$120 for residents,

Preseason Clinic		
Date	Days	Times
May 6 - May 29	Mon & Wed	6 - 7:15pm

**No Class on Monday May 27 (Make-up May 31)**

**Cost:** \$40 for Brecksville Community Center members, \$50 for residents, \$60 for non-residents.

**Registration:** May 1



## Brecksville Recreation/PEAK Youth Tennis Camp

We have partnered with PEAK Performance Tennis to offer youth tennis lessons through the Brecksville Recreation Department this summer. Classes will be held at the outdoor courts located by City Hall.

Focus will be on hand and eye coordination drills, fundamentals of the volleys, and groundstrokes.

Games based on aiming competitions and distance control. As skills improve, live ball drills will be introduced with the goal in mind to lead to real points and game situations.

### Beginner Camp Session I: June 3-6

Tot Tennis Camp	9am-9:30am	M,T,W,Th	331760-01
7-9 year olds	9:45am-10:45am	M,T,W,Th	331761-81
10-12 year olds	11am-12pm	M,T,W,Th	331762-81
13-18 olds	12pm-1pm	M,T,W,Th	331763-81

### Beginner Camp Session II: June 10-13

Tot Tennis Camp	9am-9:30am	M,T,W,Th	331760-02
7-9 year olds	9:45am-10:45am	M,T,W,Th	331761-82
10-12 year olds	11am-12pm	M,T,W,Th	331762-82
13-18 olds	12pm-1pm	M,T,W,Th	331763-82

### Beginner Camp Session III: June 17-20

Tot Tennis Camp	9am-9:30am	M,T,W,Th	331760-03
7-9 year olds	9:45am-10:45am	M,T,W,Th	331761-83
10-12 year olds	11am-12pm	M,T,W,Th	331762-83
13-18 olds	12pm-1pm	M,T,W,Th	331763-83

### Intermediate Camp Session III: June 17-20

7-9 year olds	9:45am-10:45am	M,T,W,Th	331765-83
10-12 year olds	11am-12pm	M,T,W,Th	331766-83
13-18 olds	12pm-1pm	M,T,W,Th	331767-83

### Beginner Session IV: July 8-11

Tot Tennis Camp	9am-9:30am	M,T,W,Th	331760-04
7-9 year olds	9:45am-10:45am	M,T,W,Th	331761-84
10-12 year olds	11am-12pm	M,T,W,Th	331762-84
13-18 olds	12pm-1pm	M,T,W,Th	331763-84

### Intermediate Camp Session IV: July 8-11

7-9 year olds	9:45am-10:45am	M,T,W,Th	331765-84
10-12 year olds	11am-12pm	M,T,W,Th	331766-84
13-18 olds	12pm-1pm	M,T,W,Th	331767-84

### Beginner Session V: July 15-18

Tot Tennis Camp	9am-9:30am	M,T,W,Th	331760-05
7-9 year olds	9:45am-10:45am	M,T,W,Th	331761-85
10-12 year olds	11am-12pm	M,T,W,Th	331762-85
13-18 olds	12pm-1pm	M,T,W,Th	331763-85

### Intermediate Session V: July 15-18

7-9 year olds	9:45am-10:45am	M,T,W,Th	331765-85
10-12 year olds	11am-12pm	M,T,W,Th	331766-85
13-18 olds	12pm-1pm	M,T,W,Th	331767-85

### Beginner Session VI: July 22-25

Tot Tennis Camp	9am-9:30am	M,T,W,Th	331760-06
7-9 year olds	9:45am-10:45am	M,T,W,Th	331761-86
10-12 year olds	11am-12pm	M,T,W,Th	331762-86
13-18 olds	12pm-1pm	M,T,W,Th	331763-86

### Intermediate Session VI: July 22-25

7-9 year olds	9:45am-10:45am	M,T,W,Th	331765-86
10-12 year olds	11am-12pm	M,T,W,Th	331766-86
13-18 olds	12pm-1pm	M,T,W,Th	331767-86

### Registration:

Resident begins March 1 and ends the Monday before the session begins

Non-Resident begins March 8 and ends the Monday before the session begins

### Cost:

#### Camps for Tennis for Tots

\$35 for BCC members  
 \$45 for residents  
 \$55 for non-residents

#### Camps for Intermediate & Beginner

\$45 for BCC members  
 \$55 for residents  
 \$65 for non-residents

**Location:** Tennis Courts behind Brecksville City Hall.

**Instruction:** Certified PEAK Tennis Staff

For more information, please contact Jim Kolisar at Brecksville Community Center 546-2300.

Athletics

## Adult Bocce League

**Ages:** 18 and over

Day	Date	Time
M-Th	June 2-August 29	6:00-8:00pm

**Registration:** Resident begins 3/1, non-resident begins 3/8, ends 5/21.

**Cost:** \$65.00 registration fee per team.

**Description:** Welcome to the Brecksville Recreation Adult Bocce League. This is a coed league, teams can be female/female,

female/male or male/male. The league will run over 9 weeks, including a single elimination tournament to conclude. You may register your team, at least two people, along with a maximum of two substitutes, at the front desk of the Brecksville Community Center. There will be a mandatory managers meeting on Thursday, May 30 at the Brecksville Community Center in Community Room C at 6:00pm, you must be registered to attend.



# Taekwondo

Spring Session: May 7 - June 29  
Summer Session: July 2 - August 24

## Tiny Tigers Taekwondo (Beginner Class) Boys and Girls ages 4-6

The Tiny Tiger program is a specialized program for children 4 thru 6 years of age. The program is geared to develop: Listening and Awareness Skills, Attention Span and Coordination Skills.

Day	Time
Saturdays	9:00-9:30 am

**Cost** \$20.00 BCC Members, \$25.00 Brecksville Residents, \$35 Non-residents

## Advanced Tiny Tigers Taekwondo Boys and Girls ages 4-6

The Advanced Tiny Tigers Program is a specialized program for children 4-6 years of age whom have taken Tiny Tigers Taekwondo. The program is geared to develop: Listening and Awareness Skills, Attention Span and Coordination Skills. Class is held on Tuesdays and Saturdays.

Days	Time
Tuesdays	5:30-6:00 pm
Saturdays	9:30-10:00 am

**Cost** \$40.00 BCC Members and \$50.00 Brecksville Residents, \$60 Non-residents

## Karate for Kids (includes new students through Purple Belt Rank)

Boys and Girls ages 7-12

The Taekwondo for Kids program is faster paced than the Tiny Tigers program. It shares some of the same goals, which include integrity, perseverance, discipline, honesty, respect, self-control, leadership, self-confidence and self-esteem. These building blocks, along with Songahm Taekwondo are intended to develop a more complete person. Class is held on both Thursdays and Saturdays.

Days	Time
Thursday	6:00-6:30pm
Saturdays	10:00-10:30am

**Cost** \$50.00 BCC Members and \$60.00 Brecksville Residents, \$70 Non-residents

## Advanced Karate for Kids (Blue, Brown, Red & Red/Black Belts)

Boys and Girls ages 7-12 \*Please note new class times

The Advanced Karate for Kids program is for those students who have progressed to a certain belt level. It continues to develop the goals and disciplines of the Karate for Kids program. Class is held on Tuesday, Thursday and Saturday.

Days	Time
Tuesdays	6:45-7:15 pm
Thursdays	6:30-7:15 pm
Saturdays	10:30-11:00 am

**Cost** \$70.00 BCC Members and \$80.00 Brecksville Residents, \$90 Non-residents

## Black Belt Karate All Ages \*Please note new class times

The Black Belt program is for those students who have progressed to the level of black belt. It continues to develop the goals and disciplines of the Advanced Karate for Kids program. Class is held on Tuesday, Wednesday, Thursday and Saturday.

Days	Time	Rank
Tuesday	7:15-8:00 pm	All
Wednesday	7:30-8:00 pm	1st Degree
Thursday	7:15-8:00 pm	2nd & 3rd Degree
Saturdays (All Black Belts)	11:00-11:45 am	All

**Cost** \$80.00 BCC Members and \$90.00 Brecksville Residents, \$100 Non-residents

## Adult Taekwondo \*Please note new class times

Days	Time
Wednesday	8:00-8:45 pm
Thursday	8:00-8:45 pm
Saturdays	11:45am-12:30pm

**Cost** \$80.00 BCC Members and \$90.00 Brecksville Residents, \$100 Non-residents.

Please contact the Community Center for more information 546-2300.

Run For Your Health, Run For Your Happiness

# Run For Your Life!

## Free Spring/Summer Running & Workout Programs

### Summer Cross Training Program

All Ages	Dates	Days	Times	Activity #
	6/17-7/24	M W	9:00 - 10:00 am	336171-81

The Brecksville Recreation Department in collaboration with the Run For Your Life program offers a FREE Spring/Summer Cross-Training Program. This program is designed for speed training, strength training, plyometric training and conditioning. Bring your own water bottle, jump rope and workout mat. We will meet at the Blossom Field House.

### Summer Running Program

All Ages	Dates	Days	Times	Activity #
	6/18-7/25	Tu Th	9:00 - 10:00 am	336172-81

The Brecksville Recreation Department in collaboration with the Run For Your Life offers a Free Run for Fun Program. It is designed with fun running activities for 6-15 year olds. Parents are encouraged to come and participate as well. Attendees are required to bring your own water bottle and running shoes. The program will be held at the Blossom Hill Complex.

**Registration:** Residents 3/1, Non-residents 3/8. Run For Your Life will meet rain or shine. Should weather be questionable for safety, you will be notified by an instructor. Please contact Brian Stucky, 216-390-4950 or brstucky@aol.com with any questions.

# Summer Camp

**Ages** Junior Camp – 6-8 year olds and  
Senior Camp – 9-12 year olds.

Summer Day Camp is a great way for your children to stay active in the summer months with organized activities at the Brecksville Community Center. Our Day Camp program is designed to maximize campers' time outdoors while playing games and sports, swimming, learning, and doing crafts. Our Day Camp program allows you to be confident in the care that your children are getting. NEW activities to include STEM Learning, Nature Walks, Engineering, special guests, and weekly themes listed below. Please feel free to reach out to Corrin Early, Camp Director at camper@brecksville.oh.us with any questions.

**Location** Camp will be located at Brecksville Community Center.

**Cost:** \$90 per week for BCC members, \$100 per week for Brecksville-Broadview Hts. residents and \$110 per week for non-residents

**Additional Costs:** Extended Care is for families who need before and/or after camp supervision for their children. You must register for Extended Care prior to attending each camp Week. Parents/Guardians can pick up their children at any time during these hours:

Before Care: 8:00-9:00am – \$15.00/week

After Care: 4:00-5:00pm – \$15.00/ week

\* Due to the popularity of our Camp Program and issues with many last minute cancellations, there is a new refund policy for camp cancellations! We can charge up to:

If you cancel in March the City will keep \$10

If you cancel between April 1st and 6 weeks before 1st day of camp the City may keep 30%

If you cancel between 6 weeks until 4 days before the City will keep 50%

If you cancel within 4 days your registration fee will be forfeited

## Session One- June 3-7

### “Together is Better”

Junior Camp – Activity # 333161 81

Senior Camp – Activity # 333162 81

Pre Care – Activity # 333163 81

After Care – Activity # 333164 81

\*\*Field Trip: Fun n' Stuff (June 6)

## Session Two- June 10-14

### “Jumping Into Summer”

Junior Camp – Activity # 333161 82

Senior Camp – Activity # 333162 82

Pre Care – Activity # 333163 82

After Care – Activity # 333164 82

\*\*Field Trip: Get Air (June 13)

## Session Three- June 17-21

### “Blast Off”

Junior Camp – Activity # 333161 83

Senior Camp – Activity # 333162 83

Pre Care – Activity # 333163 83

After Care – Activity # 333164 83

\*\*Field Trip: Great Lakes Science

Center

(June 20)

## Session Four- June 24-28

### “Life Shore is Fun”

Junior Camp – Activity # 333161 84

Senior Camp – Activity # 333162 84

Pre Care – Activity # 333163 84

After Care – Activity # 333164 84

\*\*Field trip: Edgewater Beach (June 27)

## No Camp Week of July 2

## Session Five- July 8-12

### “Wild About Camp”

Junior Camp – Activity # 333161 85

Senior Camp – Activity # 333162 85

Pre Care – Activity # 333163 85

After Care – Activity # 333164 85

\*\*Field Trip: Cleveland Zoo (July 11)

## Session Six- July 16-20

### “Just Keep Swimming”

Junior Camp – Activity # 333161 86

Senior Camp – Activity # 333162 86

Pre Care – Activity # 333163 86

After Care – Activity # 333164 86

\*\*Field Trip: Mentor Headlands (July 18)

## Session Seven- July 22-26

### “Fun in the Sun”

Junior Camp – Activity # 333161 87

Senior Camp – Activity # 333162 87

Pre Care – Activity # 333163 87

After Care – Activity # 333164 87

\*\*Field Trip: Pioneer Water Park (July 25)

## Session Eight- July 29– August 4

### “Play Ball”

Junior Camp – Activity # 333161 88

Senior Camp – Activity # 333162 88

Pre Care – Activity # 333163 88

After Care – Activity # 333164 88

\*\*Field Trip: Akron Rubber Ducks (Aug.1)

