

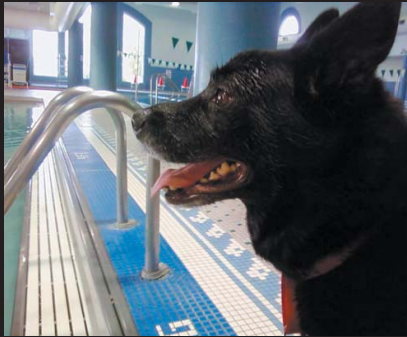
Macedonia

Program & Activity Guide

Spring & Summer 2010



Macedonia Family Recreation Center
2000 - 2010



Spring & Summer Registration

Member Registration

Spring Begins April 19, 2010 @ 8:00 a.m.
Summer Begins May 17, 2010 @ 8:00 a.m.

Resident Registration

Spring Begins April 23, 2010 @ 8:00a.m.
Summer Begins May 21, 2010 @ 8:00 a.m.

Open Registration

Spring Begins April 24, 2010 @ 8:00 a.m.
Summer Begins May 22, 2010 @ 8:00 a.m.

Macedonia Family Recreation Center
Annual Facility Maintenance Closing
August 23 - August 30

The building will be closed Monday, August 23rd and will reopen
Monday, August 30th at 5:30 a.m.

City of Macedonia Family Recreation Center
1494 East Aurora Rd. Macedonia, Ohio 44056
(330) 468-8370 Fax (330) 468-8377
www.MacRec.com

Contents

FAMILY RECREATION CENTER BUILDING HOURS

Monday - Thursday 5:30 a.m. - 9:00 p.m.
 Friday 5:30 a.m. - 8:00 p.m.
 Saturday 8:00 a.m. - 6:00 p.m.
 Sunday 12:00 - 6:00 p.m.

SPECIAL BUILDING CLOSINGS

The Macedonia Family Recreation Center will be closed on Easter, Memorial Day, July 4th, Labor Day, Thanksgiving, Christmas Eve, Christmas Day, New Year's Eve and New Year's Day. Annual Facility Maintenance Aug. 23 - Aug 30

ADMINISTRATION OFFICE HOURS

Monday - Friday 8:00 a.m. - 5:00 p.m.
 Phone (330) 468-8370
 Fax (330) 468-8377

Mayor

Don Kuchta

Macedonia City Council

Shane Barker
 Dave Engle
 Ken Martin
 Mike Miller
 Nick Molnar
 Jan Tulley

Department of Parks and Recreation

Angela Gmerek Director
 John Doyle Aquatics Coordinator
 Cindy Funk Administrative Coordinator
 Chris Griffith Membership/Marketing Coord.
 Alan Hamski Recreation Coordinator
 Robert Maye Building Foreman

Recreation Commission

Joe Biber
 Dan Cegelka
 Daniel Gallagher
 Ken Greer
 Mary Ellen Snyder

Macedonia Parks & Recreation

Mission Statement

The primary purpose of the Macedonia Parks and Recreation Department and its employees is to provide facilities, service, equipment, and supervision to best meet the needs of the people of Macedonia. The Macedonia Recreation Department provides all programs and facilities on a non-discriminatory basis for all citizens, regardless of age, race, sex, creed, or disability. Every effort will be made to accommodate all participants. If you need any special assistance to use our facility, please call us in advance, if possible, to make arrangements.

****OPEN TO THE PUBLIC****
DAILY & ANNUAL
RATES AVAILABLE! - SEE PAGE 4 & 5!

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GET FIT, HAVE FUN, MAKE FRIENDS!
JOIN THE NATION'S LEADING FITNESS PROGRAM
FOR OLDER ADULTS FOR FREE!

SilverSneakers offers an innovative blend of physical activity, healthy lifestyle and socially oriented programming that allows older adults to take greater control of their health. SilverSneakers members receive:

- **A free fitness center membership** at the Macedonia Family Recreation Center with access to conditioning classes, exercise equipment, pool, sauna and other available amenities
- **Customized SilverSneakers classes** designed exclusively for older adults who want to improve their strength, flexibility, balance and endurance
- **Health education seminars** and other events that promote the benefits of a healthy lifestyle
- **A specially trained Senior Advisor** at the fitness center to introduce you to SilverSneakers and acquaint you with their site

The award-winning* SilverSneakers Fitness Program is a proven, results-oriented program that enables older adults, often burdened with chronic conditions, to take charge of their health and maintain an active, independent lifestyle.

*The SilverSneakers Fitness Program is a winner of the 2004 HAN Award from the Healthcare and Aging Network of the American Society on Aging.
® SilverSneakers is a registered mark of Healthways, Inc.

SILVERSNEAKER ORIENTATION EVERY TUESDAY 11:00 A.M.

SOCIAL EVENTS FOR SILVERSNEAKER MEMBERS:
CHECK WWW.MACREC.COM OR THE SILVERSNEAKERS INFORMATION BOARD FOR SCHEDULE OF EVENTS!

Membership Information

Membership packages are available to Macedonia residents/Macedonia commercial property owners and the general public. In addition to being able to use the entire facility during open hours, members enjoy priority registration, discounted prices for programs and facility rental, and a New Rec. Center PERKS card. (Summer Monthly, College Student Winter and Military Memberships are excluded.)

Please keep these passes/coupons in a safe place. They are non-replaceable.

Memberships are non-transferable and non-refundable.

Come join the excitement! Become a member today!

| Membership Package | Macedonia Resident | General Public | Macedonia Business |
|---|---|----------------|--------------------|
| Individual – Youth (10 – 14 yrs.) | \$158/yr. | \$254/yr. | N/A |
| Individual – Junior (15-18 yrs.) | \$172/yr. | \$275/yr. | N/A |
| Individual – Adult (19-61 yrs.) | \$207/yr. | \$330/yr. | \$248/yr. |
| Family 2 | \$275/yr. | \$440/yr. | \$330/yr. |
| Family 3 or more | \$344/yr. | \$550/yr. | \$413/yr. |
| Senior – Single (62 yrs. +) | \$117/yr. | \$193/yr. | \$144/yr. |
| Senior – Couple (62 yrs. +) | \$172/yr. | \$275/yr. | \$207/yr. |
| College Student Winter Break (Full- time/19-23 yrs.) | \$45 | \$67 | N/A |
| Summer Monthly(30 days consecutive starting May 1 and ending no later then Sept 30) | \$45 | \$67 | N/A |
| Military(Active Duty) | <i>No cost for a period up to 4 weeks per year.</i> | | |
| Nordonia Hills Safety Forces | <i>Annual membership discount of \$100.00. See package description for details.</i> | | |

Attention Current Members! Renew your membership without delay! Current members will pay their 2009 membership rate when renewal membership package is purchased **on or prior to the day of their current membership expiration date.** This offer is not available after current membership expiration date.

Pricing Policy

It is the policy of the Parks and Recreation Department to provide our residents and members with a discount for programs for which they are already making significant contributions through property tax, income tax or membership fees. This policy is designed to help equalize fees among members and Macedonia residents versus residents of other communities. Prices are set to cover the cost to operate the individual program and to contribute to the overall financing of the department. It is our goal to price programs fairly and competitively, and to operate in a fiscally responsible fashion. Prices are subject to change without notice.

Identification is required when purchasing a membership:

1. Photo ID: Driver's License, state ID or school ID
2. Proof of Residency: Current utility bill: gas, cable, electric, landline telephone, car registration, water or sewer. Envelopes with addresses displayed will not be accepted.
3. Birth certificate or Marriage License: Upon request.
4. Full time college: Class schedule with 12 hours for current quarter/semester, student name and official college schedule.
5. Macedonia commercial property owners: Deed and current tax bill. Commercial property owners will receive resident rate for membership packages
6. Military: Active duty Military identification.
7. Same household proof: Upon request.
8. Nordonia Hills Safety Forces: Employment verification letter required on their Township or Village letterhead stating that they are with twp. or village Police, Fire or EMS in the Nordonia Hills School District.

Membership Information

Individual – Youth Individual is considered 10-14 years of age. Standard proof of residency required from parent. Age verification required from birth certificate or valid photo ID.

Individual – Junior Individual is considered 15-18 years of age. Standard proof of residency required from parent. Age verification required from birth certificate or valid photo ID.

Individual – Adult Individual is considered 19-61 years of age. Standard proof of residency and ID required.

Family 2 Consists of 2 adults living in the same household or 1 adult and 1 legally dependent child between the ages of 3-18 living in the same household. Children 2 and under are free. Standard proof of residency and ID required for both adults. Age verification of child required from birth certificate or valid photo ID.

Family 3 or More Consists of 2 adults living in the same household and any legally dependent children 3 - 18 years of age and/or children 19 - 23 who are full-time college students living in the same household. Full-time college verification (class schedule with 12 hours for current quarter/semester, student name and official college schedule.) Children 2 and under are free. Standard proof of residency and ID required for both adults & full-time college student. Age verification of children required from birth certificate or valid photo ID.

Senior Single A senior is considered 62 years of age and older. No other senior discounts apply. Standard proof of residency and ID required. Age verification required.

Senior Couple Consists of 2 senior adults 62 years of age and older living in the same household. No other senior discounts apply. Standard proof of residency and ID required for both adults. Age verification required.

College Student Winter Break
Any consecutive 6-week period Nov. 1 – Jan. 31 (membership cannot extend beyond Jan. 31). Membership is for full-time college students ages 19-23. Full-time college verification (class schedule with 12 hours for current quarter/semester, student name and official college schedule) is required. Standard proof of residency and ID required. Age verification required from birth certificate or valid photo ID. An alternative is to add the student to the Family Membership.

Business Membership
Requires a pay stub from a Macedonia business showing a Macedonia City Tax. Businesses in the JEDD subject to review by the Administrative Staff.

Summer Monthly Membership
Monthly Membership package available May 1 – September 30 (any consecutive 30 day period).
Membership cannot extend beyond September 30.
Standard proof of residency and ID required.

Military Membership An individual membership for all active duty United States Armed Forces that are on an authorized leave will receive this membership at no cost for a period of up to four weeks per year. Must provide military identification.

Nordonia Hills Safety Forces
Annual membership discount of \$100.00 is given to all current Safety Forces employees that work for a Township or Village in the Nordonia Hills School District. This will be available for Police, Fire and EMS employees only. Employment verification letter required on their Township or Village letterhead stating that they are with Police, Fire or EMS in the Nordonia Hills School District. Not available for the Sheriff's Department. *Safety Forces memberships must be paid in full.* Standard proof of residency and ID required.

Healthway's "Silversneakers" Program
Seniors may be eligible for a free membership to the Macedonia Family Recreation Center at no cost through participating insurance companies. To see if you are eligible, call 330-468-8375.

Corporate Memberships
Available to companies located inside or outside of Macedonia. Minimum number of participating employees required. For more details call (330) 468-8375.

Returned Check Policy
A returned check from the bank will be charged a \$12.50 fee.

Payment Plan
For your convenience, a Payment Plan Program is available for annual memberships. First payment is due at time of sign-up along with a \$40.00 processing fee. Additional payments will be electronically withdrawn quarterly from your checking/savings account. When signing up for this program, please bring a voided check and a valid credit card (debit cards not accepted).

Daily Pass

The daily pass is made available to anyone not wishing to purchase a membership. (Residency verification required).
Children 2 years and under are free when accompanied by an adult.

| | |
|---|--------|
| Macedonia Resident Adult | \$7.00 |
| Macedonia Resident Child/Senior (12 yrs. & under or 62+) | \$5.00 |
| General Public Adult | \$9.00 |
| General Public Child/Senior (12 yrs. & under or 62+) | \$7.00 |

Facility Policies

The City of Macedonia is dedicated to providing safe facilities and equipment for all participants, as well as qualified staff. Every effort is made to ensure the safety of the participants and to provide them with first-class recreational activities, facilities and parks. Participants must recognize that all programs of a physical nature involve some risk and by registering for a program of this nature, there is an assumption of risk by the participant. In the event of a serious accident or illness, it is the policy of the City to contact the Macedonia Fire Department to perform first aid and, when necessary, recommend transport of the victim to a hospital; and reach the parent or guardian as soon as the situation allows.

Use of the facilities by families and citizens of all ages is strongly encouraged. The following rules and policies have been established to help operate and maintain the Macedonia Family Recreation Center. Please feel free to bring comments or your suggestions to the attention of any staff member, or simply use our suggestion box conveniently located at the front desk.

1. Follow Rec. Center Staff instructions at all times.
2. Everyone must check in at the front desk.
3. Current membership, daily pass, or enrollment in a program is required to gain access to the Macedonia Family Recreation Center. Misuse of membership privileges can result in immediate suspension of membership with no refund.
4. The Macedonia Family Recreation Center is a tobacco-free and alcohol free facility.
5. No pets allowed except those assisting a person with a disability or if a special program (i.e. obedience class, dog show) is scheduled.
6. Monday through Thursday, during the school year the Macedonia Family Recreation Center will not be open to those under the age of 15 years after 8 p.m. unless enrolled in a program activity or accompanied by a parent or adult (18 years or older).
7. Children 9 years of age and younger must have a paying adult/parent in the building at all times. Children 6 years of age and younger must be accompanied by an adult at all times throughout the building. Children in strollers cannot be left unattended and must be within arm's reach of a responsible adult at all times.
8. Pay phones are available for the convenience of the patrons.
9. Vandalism and defacing of property will not be tolerated. Vandals will be prosecuted.
10. Loitering or use of profanity in the facility or outside the building will not be tolerated.
11. Proper attire will be required when using the building. Members and guests are asked to keep in mind that the facility is a family oriented public facility.
12. Outside of the pool area, swimsuits must be covered with top and bottoms. Shoes must be worn.
13. The staff at the Macedonia Family Recreation Center will collect and hold lost and found items for a two-week period. After that time items will be donated to a charitable organization.
14. The use of the sauna, steam room and spa is restricted to those 15 years or older.

15. The track will have designated "Family Track Hours," when children 12 and under may be on the track with an adult. At all other times it is restricted to those 13 years and older.
16. Public display of amorous affection is not permitted and will not be tolerated.
17. Eating and drinking permitted in designated areas only.
18. No spitting, chewing tobacco, or gum is permitted.
19. Each area has individual policies for your safety and enjoyment, please follow these policies.
20. The following activities are not permitted and will result in suspension, expulsion or termination of membership: Fighting, Stealing, Property Damage/Vandalism, Loitering (inside or outside of facility), Disorderly Conduct, Horseplay, Littering, & Verbal Abuse of Staff and/or Patrons.
21. We recommend that any individual involved in strenuous activity carry appropriate identification in case of any emergency.
22. Hair dye or hair color products are not permitted in restrooms or the locker rooms.
23. The Macedonia Family Recreation Center staff reserves the right to add, amend or delete rules as necessary.

Fitness Center Guidelines

1. New patrons should request a fitness orientation during the posted hours to acquaint themselves with the proper use of the equipment.
2. Fitness center users must be a minimum of 15 years old to be on the floor. 12 - 14 year olds can workout on equipment if they have received their certification card from taking a Teen Training or a Personal Training session. 12 & 13 year olds must have an adult present at all times. Your certification card must be with you at all times or you cannot use the equipment.
3. Please clean equipment after use.
4. Water bottles only will be permitted in this area. No other beverage or food please.
5. Please do not bang or slam the weights.
6. Be courteous to others who are waiting. Do not rest on equipment.
7. The buddy system of training is highly recommended.
8. Spotters will be required when working with free weights.
9. Appropriate attire is required at all times.
10. Lockers must be used for storage of gym bags and personal items.
11. During peak hours there may be time restrictions on the cardiovascular equipment.
12. Do not operate any equipment with damaged or loose parts. Notify staff if problems exist.
13. Clean non-marking athletic footwear required.
14. During wet weather please bring an additional pair of dry, clean shoes.
15. If you need help, please see the fitness attendant for assistance (evenings after 5pm or on weekends).

Facility Policies

Natatorium Guidelines

The Natatorium will have posted hours of operation for each pool. Check at the front desk monthly for the current schedule.

1. Follow the Lifeguard's instructions at all times.
2. Children 6 years and younger must be accompanied by an adult who must be present in the pool area.
3. Children 4 years and younger must have an adult in the water with them at all times.
4. Everyone must shower before entering the pool, whirlpool, sauna, or steam room.
5. The use of the sauna, steam room, and spa is restricted to those 15 years or older.
6. The following floatation devices are permitted in the lap and activity pool: noodles, baby seat floaters, water wings and coast guard approved jackets. Any child using a floatation device must have an adult in the water with them at all times. If the pool is at the maximum limit the pool staff may require patrons to remove all floatation devices.
7. Food, gum, and drinks are prohibited in the pool area.
8. Water diapers are to be worn by anyone who is not toilet trained.
9. Swimsuits are required-No cut offs or jean shorts permitted. Exceptions may apply.
10. Persons with infectious conditions such as colds, open sores or eye infections are not permitted in the pool.
11. No running on pool deck or vending area.
12. Circle swimming will be expected during times of heavy lap lane use.
13. The starting blocks are only for swim team and swim lesson use during organized practice, lessons, and swim meets.
14. No glass containers will be permitted on the pool deck.
15. We ask that you please do not wear street shoes into the pool area.
16. One person at a time on the board.
17. Wait for the person ahead of you to reach the ladder or wall before approaching the board.
18. Jump straight in front of the board, not off to the side.
19. Only forward jumps, dives, and flips are permitted.
20. Pool will close 15 minutes before the building closes. Please plan to be out of the building by closing time.
21. Please report all accident, incidents & problems to the Aquatic Staff.
22. Swim test may be required before swimming.
23. Any person having a fecal or vomit accident will be asked to leave the Natatorium for the remainder of the day.
24. The Parks & Recreation Department reserves the right to close facilities or pools in the Natatorium under any circumstance.

Steam Room & Sauna Guidelines

The Steam Room and Sauna will have posted hours of operation each month. Check at the front desk monthly for the current schedule.

1. Must be 15 years or older to use steam room or sauna.
2. Observe reasonable time limits (10 – 15 minutes) long exposure may result in illness or fainting.
3. Everyone must shower before using.

4. Pregnant women, elderly persons, and persons suffering from; heart disease, diabetes, high or low blood pressure should not use the steam room/sauna with out first consulting a doctor.
5. Swimsuits are required-No cut offs or jean shorts permitted. Exceptions may apply.

Whirlpool Guidelines

The Whirlpool will have posted hours of operation each month. Check at the front desk monthly for the current schedule.

1. Must be 15 years of age or older to use whirlpool.
2. Everyone must shower before using.
3. Pregnant women, elderly persons, and persons suffering from; heart disease, diabetes, high or low blood pressure should not use the whirlpool without first consulting a doctor.
4. Do not enter whirlpool while under the influence of alcohol, tranquilizers or other drugs that cause drowsiness or that raise or lower blood pressure.
5. Observe reasonable time limits (10 – 15 minutes) then leave the water and cool down before returning for another brief stay.
6. Long exposure may result in nausea, dizziness, or fainting.
7. Do not use alone.
8. Do not use at water temperatures greater than 104 degrees Fahrenheit.

Locker Room Guidelines

1. Locker Rooms are available for those using the Macedonia Family Recreation Center.
2. Children 7 years and older should use the appropriate gender locker room.
3. A Family Changing Room is provided for families with small children. Parents must be present.
4. All users must provide their own locks during their stay at the center.
5. All locks must be removed at the end of the day. Any locks left after closing will be removed and all contents placed in the "lost and found".
6. All children should be supervised when using the locker rooms.
7. The Macedonia Family Recreation Center is not responsible for lost or stolen articles. Please do not bring valuables into the facility.
8. Cell phones and photographic devices not permitted in the locker rooms, bathrooms or Family Changing Room.
9. Food, gum and drinks are prohibited in the locker room area.

Check-In Process

Enjoy our express check in process. To enter the facility as a member, you must stop at the Front Desk and enter your membership number into a keypad. A staff member will then verify your picture. Each member visit will be recorded in the computer.

Facility Policies

Family Changing Room Guidelines

1. The Family Changing Area is available for people with children under 7, and for those with special needs.
2. The main doors to this area will no longer be locked. This way all users will have free access to their belongings when needed.
3. This area now has two private areas for changing, the bathroom and the curtained area. The bathroom should be locked when in use. Please limit your time in these areas to 5 minutes, as others may be waiting. Do not store any personal belongings in these areas.
4. The common area contains lockers for storing belongings and a diaper changing station for infants and toddlers.
5. Cell phones and photographic devices not permitted in the locker rooms, bathrooms or Family Changing Room.

If you need assistance please ask the front desk or pool staff.

Track Guidelines

1. The running track is for those 13 years and older (12 years with certification card and parent present). The track has designated "Family Track Hours," when children 12 and under may be on the track with an adult.

FAMILY TRACK HOURS:

| | |
|----------|------------------------|
| Tuesday | 3:30 p.m. - 5:30 p.m. |
| Friday | 6:00 p.m. - 9:00 p.m. |
| Saturday | 11:30 a.m. - 2:30 p.m. |
| Sunday | 11:00 a.m. - 6:00 p.m. |

2. Strollers and bunting seats are not permitted upstairs. Hands free, front or backpack infant carriers are permitted on the track only.
3. Everyone must follow the designated signs, which indicate the direction to run/walk. The direction will be changed daily.
4. Walkers please stay to the inside of the track and runners to the outside.
5. Children ages 12 years and under are not permitted upstairs unless they are enrolled in a program or are here for Family Track Hours.
6. Clean non-marking athletic footwear required.
7. During wet weather please bring an additional pair of dry, clean shoes.

Nautilus Total Body Circuit Guidelines

The idea behind circuit training is to provide a resistance training workout for your entire body, while providing cardiovascular training at the same time. In order to accomplish this goal, users must utilize the equipment in order, and according to the prescribed time interval. Please observe the following guidelines to maximize the benefits of the circuit, and to keep it running smoothly.

1. Follow the digital clock on the wall set for 90 seconds. The clock will count down to zero and a tone will sound. This is your signal to begin.
2. Begin with the leg press station and work each piece in clockwise (numerical) order.
3. As always, clean each piece of equipment after use.

4. Between each piece of equipment do 90 seconds of cardiovascular exercise. Cycling, walking/jogging in place or some other cardio activity is fine. The track is a convenient option.
5. Notice the Rear Delt/Pec Fly machine is for performing two separate exercises. Space permitting, you may treat it as two stations and do a cardio interval in between each exercise.
6. Do not rest on equipment.
7. At each station perform one (1) set of 8-12 repetitions. You can do more reps as time allows.
8. Use controlled movement speed, (2 seconds lifting and 4 seconds lowering) and full range of motion.
9. You may skip machines, but only if you are not interfering with another user.
10. If you wish to enter the circuit, please wait until a time change interval and do not interfere with those already using the circuit.
11. You may do the circuit as many times as you wish, but please limit yourself to one time through when this area is busy.

Fee Information

Fees must be paid at the time of registration. Only receipt of payment reserves registration. Members of the Macedonia Family Recreation Center will receive a discount on classes that take place at the Recreation Center. Classes have limited enrollment. Fees for programs may be paid by cash, check, Visa or MasterCard.

Checks may be made payable to:
City of Macedonia

Refund Policy

Activity, program, or class refund or credit: Participant will receive a full refund or credit if the Parks & Recreation Department cancels an activity. Participant cancels 5 business days prior to first day of activity, a full refund or credit will be issued minus an \$5.00 administration fee. If participant cancels less than 5 business days prior to first day of activity, participant will receive prorated refund or credit minus \$5.00 an administration fee from date of notification.

Special Refund: Refund for bus trips will be issued if spot can be filled. If expenditure has been made on behalf of a participant, that amount will be deducted from the total refund. Any refund of \$5 or less will be credited to an account at the Rec. Center. Department supervisors reserve the right to adjust the policy and request documentation, depending upon the circumstances and the severity of the situation. Department supervisors reserve the right not to grant all refund requests. Participants should recognize and understand that activities of a physical nature involve some level or risk, and by registering for the class/program/activity the participant (or participant's guardian) has assumed responsibility for that risk. Memberships and daily passes are non-refundable or non-transferable.

Returned Check Policy

A returned check from the bank will be charged a \$12.50 fee.

Registration Information

Registration Guidelines

All registration is done at the Macedonia Family Recreation Center. Priority is given to members first. Register promptly to ensure your position in the program and to prevent possible cancellation due to low enrollment. We reserve the right to cancel classes due to insufficient enrollment prior to the start of the class. We accept registrations until the class is full or as noted:

Swim Lessons: Because of the progressive nature of swim lessons no registration will be accepted after the second class begins.

Fitness Classes: (Land & Water): Registration is accepted throughout the entire session. No prorated fees available. Drop ins welcome for some classes; see course description for details.

Youth Sports Organizations:

Registration dates are published as available for these programs. Call for current information.

Drop In Fee Guidelines

A drop in fee is available for some programs (see program description for drop in availability and pricing). When classes are full, dropping in will not be possible. All classes require a minimum number of pre-registered participants to operate. If minimum enrollment is not met, classes will be cancelled. The best way to ensure a spot in a class is to pre-register. All drop in registrations must be done in person at the front desk before entering the class.

Waiting Lists

Waiting lists are available for popular programs. If a class is full please leave your name and phone number for the waiting list. You will be contacted if a space becomes available.

Special Services

Birthday Party Package

Have your child's next birthday party at the Macedonia Family Recreation Center! Children (ages 12 & under) will enjoy 1 hour of swimming, followed by 1 hour in our Activity Room for cake & presents. We will provide the party table set up complete with balloons! **Party package pricing includes all adults and chaperones.** Note: Chaperones must be in the swimming pool area for children 6 years & younger and in the water with children 4 years & younger. Reservations for Birthday Party Packages begin during the program registration week. Please see front desk for additional details. Refunds will not be issued for cancellations made within two weeks of the party date. All refunds are subject to administrative fees. Party dates available on: Fridays, Saturdays and Sundays only.

| | Program Fee | Mac. Res. Fee | Member Fee |
|-----------|-------------|---------------|------------|
| Up to 20 | \$95 | \$85 | \$75 |
| 21-30 | \$145 | \$130 | \$115 |
| 31-40 max | \$190 | \$170 | \$150 |

Special Services

Tot Room

Hours of Operation:

Monday – Friday 9:00 a.m. – 1:00 p.m.
Monday - Thursday 5:00 p.m. – 8:00 p.m.

Service is not available on Friday evenings, weekends or holidays.

Open to ages 1½ to 8 years old.

1. The Tot Room will be available for babysitting services for anyone using the facility. Enrollment in a program does not guarantee a Tot Room reservation.
2. Parents must remain in the center during the child's visit to the Tot Room.
3. The fee is \$2.00 per hour reservation with a maximum of 2 hours per visit/day. Reservations can be made in the following time increments:
1 hour; 1½ hours; 2 hours. A maximum number of 8 children will be accepted per hour in the Tot Room.
4. It is recommended that reservations be made at least 24 hours in advance.
5. Cancellations must be made 24 hours in advance.
6. Members that are enrolled in a class can register their child in the Tot Room for the current class session and all others will be allowed to register their child for a maximum of 3 weeks at a time.
7. Reservations can be made at the front desk or by phone with a credit card (MC/Visa/Debit).
8. The Tot Room staff will not be able to feed, diaper or supply medicine to the children.
9. No sick children will be accepted.
10. All belongings should be labeled.
11. Please do not send your child with food or beverages.
12. A current Tot Room Medical Information Form must be on file.
13. The Tot Room area has a slide bolt located on the outside of the half door.
For more information see front desk staff.

Attention:

Payment will be required when making Tot Room reservations. If reservations are made over the phone, a credit card number will be required. The card will not be charged until the time of the reservation. It will also be charged in the event of a "no show." To avoid being charged, all cancellations must be made at least 24 hours in advance. If cancellation is not made within that time due to a child's illness, a doctor's note must be provided to avoid being charged.

Facility Rental Information

All rental applications must be in writing. The Recreation Department reserves the right to deny any rental application. All rentals subject to availability. For complete information on facility rental please call the Macedonia Family Recreation Center at (330) 468-8370 between the hours of 8:00 a.m. – 5:00 p.m.

Class 1: City of Macedonia Departments and Organizations established by the City and current annual members of the Macedonia Family Recreation Center.

Class 2: Macedonia based, Non profit, tax exempt corporations as established by the IRS (examples: civic organizations, churches, fraternal bodies) not charging admissions.

Class 3: Any organization, institution, agency, group or individual not included in Class 1 – 2; or anyone in Class 2 charging admission.

5. **SECURITY DEPOSIT** – A \$50.00 Security Deposit is required for all rentals. The Security Deposit will be refunded (a check to be mailed from the City of Macedonia within 4 weeks) unless:
 - a. You cancel the rental with less than 2 weeks notice.
 - b. The facility is left dirty.
 - c. Any damage has occurred to City property as a result of your rental
 - d. You or your party violates the terms of the Rental Agreement.
6. Macedonia Family Recreation Center lifeguards will supervise all activities in the natatorium. Please have an accurate estimate of attendance at the time of the rental so we may plan accordingly. The rental fee includes up to 25 people. There will be an additional fee of \$35.00 per hour for each additional 25 persons, or portion there of, in attendance.
7. Any time the Colorado Timing system is in use, Macedonia Family Recreation Center staff will set-up, run and remove the system. The fee is an additional \$25.00 per hour.

Shelter Reservation Policy

1. Shelters may be reserved by Macedonia Residents beginning January 1st for that current year. Non-residents may reserve shelters after February 1st for that current year. Proof of residency required.
2. Shelters available to reserve on a first come first serve basis.
3. Electrical Outlets are available at Longwood only. Sanitary facilities are also available. Water is now available at Longwood, and features a sand volleyball court, hiking trails, softball fields, and playgrounds. Sugarbush offers a basketball court, softball field, playground, and hiking trails.
4. Alcoholic Beverages are Prohibited.
5. The Shelter reservation will not exempt you from the rules of the park or the City of Macedonia. Park hours are from 8:00am to 8:00pm. Shelters are reserved for the entire day. (Dawn to Dusk)
7. Cost of reserving shelters: \$20.00 Monday-Friday (no holidays)
\$40.00 Saturday, Sunday and holidays
8. Refunds will be issued only when shelter is deemed unusable by the Parks and Recreation Administrative Staff or when a request for a refund is made 30 days before the event.

Longwood 1- accommodates up to 100 people and has 10 tables.
 Longwood 2 - accommodates up to 100 people and has 10 tables.
 Longwood 3 - accommodates up to 65 people and has 6 tables.
 Sugarbush - accommodates up to 85 people and has 8 tables.

| Hourly Rental Rates | | | | |
|---------------------------|-------------------|------------------|------------------|------------------|
| Room/Area | Maximum Occupancy | Class 1 per hour | Class 2 per hour | Class 3 per hour |
| Activity Room | 40 | \$20 | \$30 | \$35 |
| Rotunda - Section | 40 | \$20 | \$30 | \$35 |
| Natatorium – Whole* | 200 | \$150 | \$200 | \$300 |
| Natatorium – Lap pool | 100 | \$90 | \$100 | \$120 |
| Natatorium- Activity Pool | 75 | \$90 | \$100 | \$120 |
| Natatorium – Lap Lane | 10 | \$16 | \$20 | \$24 |

**The entire natatorium can only be rented outside of the regular hours of operation.*

Rental Policies and Fees

1. The application for use of areas within the Macedonia Family Recreation Center shall be in writing and submitted to the Macedonia Family Recreation Center Staff. All areas of the application must be filled out completely and must be signed by a responsible representative of the requesting organization or party.
2. Rental requests will be accepted on a quarterly basis to correspond with program registration dates. Requests must be received a minimum of 2 weeks in advance.
3. Your rental fee payment and completed Rental Agreement must be received prior to approval and confirmation.
4. When events are scheduled outside of the normal business day, a fee of \$25.00 per hour will be assessed. A minimum of two hours will be charged.

Aquatics Division

The facility offers many Water Fitness Activities to fit your schedule. The minimum age for classes is 12. Depending on the swimming ability of the child, the parent may be required to attend class with the child. Participants ages 12 to 17 must have a parent or guardian sign a waiver form for them to participate in class. If you need assistance in choosing the appropriate water fitness class for yourself, please feel free to call (330) 468-8372.

Water Fitness Activities

Arthritis Foundation

Aquatic Exercise Program

Instructor: Debbie Pekar & Joan Krantz

This class is designed for individuals with arthritis. It is not intended to replace a prescribed regimen of therapeutic exercises. The warmth and buoyancy of the water can help decrease pain and/or stiffness and help improve or maintain joint flexibility. The Activity Pool is kept at 86 - 87 degrees and allows for easy access. The class takes place in shallow water. You need to be comfortable in the pool but do not need to know how to swim in deep water.

Drop ins welcome. Coupon accepted.

| Session | Date (s) | Time | Day |
|---------|----------|------|-----|
|---------|----------|------|-----|

Spring (7 weeks/20 classes) No Class May 31

April 26 - June 11 10:30-11:30 a.m. M/W/F

Fee: Program \$70/ Resident \$60 / Member \$50

Spring (7 weeks/14 classes)

April 27 - June 10 11:15 a.m.-12:15 p.m. T/TH

Fee: Program \$49/Resident \$42/Member \$35

Summer I (5 weeks/15 classes)

June 14 - July 16 10:30-11:30 a.m. M/W/F

Fee: Program \$53/ Resident \$45/ Member \$38

Summer I (5 weeks/10 classes)

June 15 - July 15 11:15 a.m.-12:15 p.m. T/TH

Fee: Program \$35/Resident \$30/Member \$25

Summer II (5 weeks/15 classes)

July 19 - Aug. 20 10:30-11:30 a.m. M/W/F

Fee: Program \$53/ Resident \$45/ Member \$38

Summer II (5 weeks/10 classes)

July 20 - Aug. 19 11:15 a.m.-12:15 p.m. T/TH

Fee: Program \$35/Resident \$30/Member \$25

Water Works

Instructor: Roberta Bandfield

This shallow water aerobic workout uses every muscle in your body. Combine weight resistance, aerobic activity and flexibility in a great 1-hour, total body workout. Use this workout to cross train for any sport.

Drop ins welcome. Coupon accepted.

| Session | Date (s) | Time | Day |
|---------|----------|------|-----|
|---------|----------|------|-----|

Spring (7 weeks/7 classes) No Class May 29

May 1 - June 12 8:15-9:15 a.m. Sat

Fee: Program \$42 / Resident \$35 / Member \$28

Summer I (5 weeks/5 classes)

June 19 - July 17 8:15-9:15 a.m. Sat

Fee: Program \$30 / Resident \$25 / Member \$20

Summer II (5 weeks/5 classes)

July 24 - Aug. 21 8:15-9:15 a.m. Sat

Fee: Program \$30 / Resident \$25 / Member \$20

Drop In Fee

When space is available you may pay per class.

| Program Fee | Mac. Res. Fee | Member Fee |
|-------------|---------------|------------|
| \$7.00 | \$6.00 | \$5.00 |

Aqua Shape N Tone

Instructor: Debbie Pekar & Joan Krantz

Try a new twist to the traditional water work out! This class is designed to keep you moving while you enjoy socializing with friends at the rec. center. Our water exercise instructors will help you gain cardiovascular endurance, muscular strength, and improve your range of motion with less joint impact in our 84 degree lap pool.

Drop ins welcome. Coupon accepted.

| Session | Date (s) | Time | Day |
|---------|----------|------|-----|
|---------|----------|------|-----|

Spring (7 weeks/20 classes) No Class May 31

April 26 - June 11 9:00-10:00 a.m. M/W/F

Fee: Program \$105/ Resident \$85/ Member \$65

Spring (7 weeks/14 classes)

April 27 - June 10 10:00-11:00 a.m. T/TH

Fee: Program \$74/Resident \$60/Member \$46

Summer I (5 weeks/15 classes)

June 14 - July 16 9:00-10:00 a.m. M/W/F

Fee: Program \$79/ Resident \$64/ Member \$49

Summer I (5 weeks/10 classes)

June 15 - July 15 10:00-11:00 a.m. T/TH

Fee: Program \$53/Resident \$43/Member \$33

Summer II (5 weeks/15 classes)

July 19 - Aug. 20 9:00-10:00 a.m. M/W/F

Fee: Program \$79/ Resident \$64/ Member \$49

Summer II (5 weeks/10 classes)

July 20 - Aug. 19 10:00-11:00 a.m. T/TH

Fee: Program \$53/Resident \$43/Member \$33

NEW! Aqua Fitness Fusion

Instructor: Kris Kearns

This Fitness Fusion Class will help you achieve your fitness goals - Definitely a fun class! A low impact, high energy class using a combination of exercises designed to improve your cardiovascular system and muscle tone without the traditional wear and tear on your body. Integrated stretching exercises that seamlessly flow from one to the next helping to create long lean muscles during the recovery period and cool down portion of the class.

Drop ins welcome. Coupon accepted.

| Session | Date (s) | Time | Day |
|---------|----------|------|-----|
|---------|----------|------|-----|

Spring (7 weeks/14 classes)

April 27 - June 10 6:30-7:30 p.m. T/TH

Fee: Program \$84/Resident \$70/Member \$56

Water Fitness Activities

SilverSneakers® SilverSplash®

FREE CLASS FOR SILVERSNEAKERS MEMBERS

Instructor: Debbie Pekar

Activate your aqua exercise urge for variety! SilverSplash® offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.

Drop ins welcome. Coupon accepted.

| Session | Date (s) | Time | Day |
|---------------------------------------|--|-----------------|------|
| Spring (7 weeks/14 classes) | April 27 - June 10 | 9:00-10:00 a.m. | T/TH |
| | Fee: Program \$74/Resident \$60/Member \$46 | | |
| Summer I (5 weeks/10 classes) | June 15 - July 15 | 9:00-10:00 a.m. | T/TH |
| | Fee: Program \$53/Resident \$43/Member \$33 | | |
| Summer II (5 weeks/10 classes) | July 20 - Aug. 19 | 9:00-10:00 a.m. | T/TH |
| | Fee: Program \$53/Resident \$43/Member \$33 | | |

Deep Water Aerobics

Instructors: Debbie Pekar

Experience the training intensity of deep-water exercise. This class will incorporate aerobic training, strengthening, stretching, muscle conditioning, range of motion, interval training and circuit training. Participants will wear a water belt for the deep-water portion of this class.

Drop ins welcome. Coupon accepted.

| Session | Date (s) | Time | Day |
|---------------------------------------|---|----------------|-------|
| Spring (7 weeks/20 classes) | April 26 - June 11 | 8:00-9:00 a.m. | M/W/F |
| | Fee: Program \$105/ Resident \$85/ Member \$65 | | |
| Summer I (5 weeks/15 classes) | June 14 - July 16 | 8:00-9:00 a.m. | M/W/F |
| | Fee: Program \$79/ Resident \$64/ Member \$49 | | |
| Summer II (5 weeks/15 classes) | July 19 - Aug. 20 | 8:00-9:00 a.m. | M/W/F |
| | Fee: Program \$79/ Resident \$64/ Member \$49 | | |

4th Annual Dog Swim & Parade

Sunday, August 22

Celebrate the dog days of summer at the Macedonia Rec's annual Dog Swim! Spot and Rover can frolic to their heart's content in our pool on Sunday, August 22 from 3:30-5:45 p.m. Bring your best friend and his or her favorite retrievable toy and spend a fun afternoon with fellow dog lovers.

Drop ins welcome. No coupon.

Dogs under 30 lbs. 3:30-4:30 p.m.

| | |
|------------------------|---------|
| Program Fee | \$ 5.00 |
| Macedonia Resident Fee | \$ 4.00 |
| Member Fee | \$ 3.00 |

Dogs over 30 lbs. 4:45-5:45 p.m.

| | |
|------------------------|---------|
| Program Fee | \$ 5.00 |
| Macedonia Resident Fee | \$ 4.00 |
| Member Fee | \$ 3.00 |



Aquatic Programs

When choosing a class for your child it is important to look at both the age and skill level. Improper placement can lead to frustration for the parent, instructor and child. Because this is a motor skill activity, every child will progress at their own pace. In swimming lessons, the child must master basic skills for each stroke prior to moving to the next level. In many cases, children will repeat a level in order to perfect these skills. If you have questions regarding placement, please do not hesitate to ask the staff for assistance.

All swim classes have limited space available. No make-up lessons for missed lessons. Participants will receive a full refund or credit if the Parks & Recreation Department cancels a lesson.

No drop ins. Coupon accepted.

How to Get Started?

1. Select Appropriate Program
 - Parent and Child Aquatics 6 months - 5 years
 - Aqua Tots Program 3 - 5 years
 - Jr. Swimmers Program 5 - 12 years
 - Adult Swimming Program 18 years and older
2. Select Appropriate Level (see course descriptions)
3. Select the Days and Times that you are available.
4. Sign up and pay for class at the front desk.
5. Enjoy your class!

Session Dates and Times

(See swim lessons schedules for specific day and times.)

Spring Session

Saturdays: May 1 – June 5 (**No lessons May 29**)

Evenings: Mondays - April 26 - May 24 (**No lessons May 31**)

Wednesdays – April 28 - June 2

Days: Tuesdays - April 27 - June 1

Thursdays – April 29 - June 3

Summer Sessions

Saturdays: Session I: June 19 - July 17

Session II: July 24 - Aug. 21

Day Session 1: June 14 - June 25 M - TH (2 weeks, 8 classes)

Day Session 2: June 28 - July 8 M - TH (2 weeks, 8 classes)

Day Session 3: July 12 - July 22 M - TH (2 weeks, 8 classes)

Day Session 4: July 26 - Aug. 5 M - TH (2 weeks, 8 classes)

Day Session 5: Aug. 9 - Aug. 19 M - TH (2 weeks, 8 classes)

Parent and Child Aquatics

The foundation of American Red Cross Parent and Child Aquatics is a set of basic skills that prepares young children to become comfortable in the water so they can be ready to learn how to swim. These basic skills include getting adjusted to the water environment, showing comfort while maintaining a front or back position in the water and demonstrating breathe control. These classes will not make your child an independent swimmer, instead, these classes will prepare your child to enter our Learn to Swim program when they are more mature.

Little Splashers

The Little Splashers class is for children who are 6 months to 2 years old and have either no water experience or one previous session of water adjustment lessons. The goals of Little Splashers are to provide experiences and activities for parents and children to: Learn how to enter and exit the water in a safe manner, feel comfortable in the water, submerge, explore buoyancy in a front and back position, change body position in the water, and learn about choosing and using life jackets.

Big Waves

The Big Waves class is for children: 18 months to 4 years old and have had two or more previous sessions of water adjustment lessons, submerge only reluctantly or not at all, or require flotation support at all times, OR are up to 5 years old and have little or no previous experience in water adjustment lessons, are reluctant to enter the water or submerge, requires flotation support at all times, or may benefit from parental presence and support in the water. The Big Waves class builds upon the skills learned in Little Splashers. The goals of the Big Waves class are to provide experiences and activities for parents and children to: Learn how to enter and exit the water in a safe manner, feel comfortable in the water, submerge in a rhythmic pattern, explore buoyancy in a front and back position, perform combined stroke on front and back, change body position in the water, and learn about choosing and using life jackets.

Aquatic Programs

Aqua Tots Program

The Aqua Tots Program is for those 3 to 5 years old. The American Red Cross Learn-to-Swim program teaches aquatic and safety skills in a logical progression. It is composed of six levels. The objective is to teach people to swim and to be safe in, on, and around the water. Skills are categorized in the following way in levels 1 through 5: Water entry and exit, breath control and underwater swimming, buoyancy, changing direction and position, treading, swimming on front, back, and side, general and personal water safety, and helping others. Level 6 focuses on refining strokes and turns, and building endurance. The parent is not in the water with the child and will be asked to leave the immediate pool area. The children must be able to trust the instructor completely. Once the child turns 6 years of age, they will be required to move to the Junior Swimmers Program, and will not be permitted to register for the Aqua Tots Program. The two programs are exactly the same. The only difference is age. Please see class descriptions.

Jr. Swimmers Program

The Junior Swimmers Program is for those 5 to 12 years old. The American Red Cross Learn-to-Swim program teaches aquatic and safety skills in a logical progression. It is composed of six levels. The objective is to teach people to swim and to be safe in, on, and around the water. Skills are categorized in the following way in levels 1 through 5: Water entry and exit, breath control and underwater swimming, buoyancy, changing direction and position, treading, swimming on front, back, and side, general and personal water safety, and helping others. Level 6 focuses on refining strokes and turns, and building endurance. Parents will be asked to leave the immediate pool area. Please see class descriptions.

Aqua Tot 1/Level 1 Introduction to Water Skills

There are no prerequisites for this course. The objective of Level 1 is to help students feel comfortable in the water and to enjoy the water safely.

Aqua Tot 2/Level 2 Fundamental Aquatic Skills

Students entering this course must have a Level 1 certificate or must be able to demonstrate all the completion requirements in Level 1. The objective of Level 2 is to give students success with fundamental skills. Students learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills. Students explore simultaneous and alternating arm and leg actions on the front and back to lay the foundation for future strokes. Level 2 adds to the self-help and basic rescue skills begun in Level 1.

Aqua Tot 3/Level 3 Stroke Development

Students entering this course must have a Level 2 certificate or must be able to demonstrate all the completion requirements in Level 2. The objective of Level 3 is to build on the skills in Level 2 by providing additional guided practice. The students will be taught to coordinate the front crawl and back crawl. Elements of the butterfly and treading water will be introduced. Students will also learn rules for headfirst entries and will begin to learn to enter the water headfirst from the side of the pool. As in all levels, additional safety skills will be presented.

Aqua Tot4/Level 4 Stroke Improvement

Students entering this course must have a Level 3 certificate or must be able to demonstrate all the completion requirements in Level 3. The objective of Level 4 is to develop confidence in the strokes learned thus far and to improve other aquatic skills. Students can expect to improve their skills and increase their endurance by swimming familiar strokes (front crawl and back crawl) for greater distances. Students will continue to build on the butterfly and introduce the elementary backstroke, breaststroke, and elements of the sidestroke. Basics of turning at a wall are also introduced.

Aqua Tot 5/Level 5 Stroke Refinement

Students entering this course must have a Level 4 certificate or must be able to demonstrate all the course requirements in Level 4. The objective of Level 5 is coordination and refinement of strokes. Participants refine their performance of all the strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke) and increase their distances. Flip turns on the front and back are also introduced.

Aqua Tot 6/Level 6 Swimming and Skill Proficiency

Students entering this course must have a Level 5 certificate or must be able to demonstrate all the skills required to complete Level 5. The objective of Level 6 is to refine strokes so students swim them with more ease, efficiency, power, and smoothness over greater distances.

Aquatic Programs

Adult Swimming Program

This swimming program has a little bit for everyone. Did you always wish that you had learned how to swim as a child? Well it's never too late to get started. The purpose of this program is what YOU want to get out of it. For some of you that may mean personal safety, "I want to be able to save myself." For others it may be learning to swim the basic strokes so that you can later use them for fitness swimming. Your needs will be discussed at the beginning of the class, and the class will be geared towards meeting your personal goals.

Private Swim Lessons

If your swimming skills aren't ready for public viewing, or if our group lessons don't fit your schedule, we can provide one on one sessions with experienced instructors tailored to meet your needs. Whether you've never learned to swim or just want to improve your technique, we can match you with the appropriate level of instruction. Call today for an appointment. No coupon.

| | |
|------------------------|--------------------------------|
| Program Fee | \$30.00/ half hr./ per student |
| Macedonia Resident Fee | \$25.00/ half hr./per student |
| Member Fee | \$20.00/ half hr./per student |

Semi-Private Lessons

Receive the benefits of a private lesson with a friend or family member. The following fees are in addition to the private lesson fee. By appointment only. (Maximum of 4 participants in a semi-private lesson.) No coupon.

| | |
|------------------------|--------------------------------|
| Program Fee | \$15.00/ half hr./ per student |
| Macedonia Resident Fee | \$13.00/ half hr./per student |
| Member Fee | \$10.00/ half hr./per student |

CPR/AED for the Professional Rescuer Challenge

Renew your American Red Cross CPR for the Professional Rescuer certification. Recertification available by appointment only. Call 330-468-8372 to schedule an appointment. No drop ins. No coupon.

| | |
|------------------------|----------|
| Program Fee | \$ 50.00 |
| Macedonia Resident Fee | \$ 45.00 |
| Member Fee | \$ 40.00 |

Lifeguard Challenge

Renew your American Red Cross Lifeguard Training and First Aid certification. Recertification available by appointment only. Call 330-468-8372 to schedule an appointment. No drop ins. No coupon.

| | |
|------------------------|----------|
| Program Fee | \$100.00 |
| Macedonia Resident Fee | \$ 90.00 |
| Member Fee | \$ 75.00 |

Scout Troop Aquatic Badges

If your Scout Troop would like to fulfill some aquatic merit badge requirements, let us help you reach your goals. Time is available Saturday afternoons. A maximum of 10 scouts per session please, due to equipment and space restrictions. Dates are set by appointment only. Troops must pre-register after dates have been reserved through the Aquatics Coordinator. Refunds for troop cancellations will not be given unless a one-week notice is given. Please specify which badge your troop is interested in. Troops are allowed two chaperones with package, any additional people will be charged daily admission rate.

No drop ins. No coupon.

| | |
|------------------|---|
| Boy Scouts: | Swimming Badge, or Snorkeling Badge (1st and 2nd class swimming requirement) |
| Cub Scouts: | Aquanaut Pin |
| Jr. Girl Scouts: | Swimming Badge, Water Fun Badge |
| Girl Scouts: | Water Sports Interest Project |

Scout Troop Package \$80.00/ per troop

Call (330) 468-8372 to reserve your date.

The Annual Verizon Wireless Swim for Diabetes

This annual event will take place Sunday, May 16 from 12–3:00 p.m. at the Macedonia Family Recreation Center. For more information, contact the Diabetes Association of Greater Cleveland at 216-591-0800. Anyone interested in participating in this event must pre-register with the Diabetes Association of Greater Cleveland (www.SwimForDiabetes.com). Registration packets will be available at the Macedonia Family Recreation Center.

Aquatic Programs

Scuba

Have you always wanted to learn how to scuba dive? Macedonia Family Recreation Center has teamed up with Buckeye Diving School to offer you the opportunity to participate in this exciting sport. Orientation is held at Buckeye Diving in the first night of class. Course materials and special equipment packages will be available at the orientation.

Call 440-439-3677 to register for orientation.

No drop ins. No coupon.

| Session | Date (s) | Time | Day |
|----------------------------------|---|----------------|-----|
| Spring (7 week/7 classes) | | | |
| | Apr. 27(orientation) - June 8 | 6:00-8:45 p.m. | Tue |
| | Fee: Program \$220/Resident\$200/Member\$180 | | |

Annual Facility Maintenance Closing Aug 22 - 30

The pool, spa, sauna and steam room will close at 3:00 p.m. on Sunday, August 22 for annual facility maintenance. The Recreation Center will close at 6:00 p.m Sunday, August 22 and we will reopen Monday, August 30 at 5:30 a.m.

Thank you for your cooperation!

Competitive Stroke/ Conditioning Clinic

Interested in improving your swimming strokes? Want to prepare for the summer swim team? Don't let all your hard work on winter swim team go to waste-stay in the water! Spring conditioning will help you maintain your competitive edge with two coached workouts each week. Ages 6-18.

No drop ins. No coupon.

Dates Tuesday and Thursday
Apr 27-Jun 10
Time 7:00 - 8:00 p.m.

| | First Child | Additional Siblings |
|-------------------------------|-------------|---------------------|
| Program Fee | \$95.00 | \$ 85.00 |
| Macedonia Resident Fee | \$75.00 | \$ 65.00 |
| Member Fee | \$55.00 | \$ 45.00 |

Manta Rays Recreational Swim Team

A continuation of our winter swim team, the summer team will begin its eighth season in June. Children who have at least a basic knowledge of the competitive strokes will train twice a week to develop their strokes and compete in dual meets throughout the season. The summer swim program will keep children active during the summer months. The practices will be broken up into groups based on age and swimming ability. Practices will be on Tuesdays and Thursdays between 5:30 -8:30 p.m. Actual practice time will be determined by group placement.
No drop ins. No coupon.

Age: 6 – 18 years

Date: Tuesday and Thursday

June 15 - July 22

6 Weeks, 18 practices

Practice: M/W/F 4:30 - 6:00 p.m.

Meets: Tuesday/Thursday

First Child

Program \$190/Resident \$155/Member \$130

Second Sibling

Program \$170/Resident \$135/Member \$110

CHECK THE MACEDONIA FAMILY RECREATION CENTER WEBSITE PERIODICALLY! NEW PROGRAMS OR CLASSES WIL BE POSTED.

WWW.MACREC.COM

Swim Charts

Spring Swim Lesson Schedule

April 26 - June 5, 2010

(6 weeks / 6 classes)
Mon. & Sat. (6 weeks / 5 classes)

| | | | |
|--------------------|--|---|---|
| Spring Fees | <p>Program Fee</p> <p>\$42.00</p> <p>(\$35.00 for Monday and Saturday)</p> | <p>Macedonia Resident Fee</p> <p>\$36.00</p> <p>(\$30.00 for Monday and Saturday)</p> | <p>Member Fee</p> <p>\$30.00</p> <p>(\$25.00 for Monday and Saturday)</p> |
|--------------------|--|---|---|

| AGE | CLASS | No Class 5/31 MON | TUE | WED | THU | No Class 5/29 SAT |
|-------------------|-------------|--------------------------------|----------------|----------------|----------------|--------------------------------|
| 6 mos- 5 years | Little | 6:10-6:40 pm | 9:00-9:30 am | | | 11:25-11:55 am |
| | Splashers | | | | | |
| | Big Waves | 6:45-7:15 pm | 9:35-10:05 am | | | 12:00-12:30 pm |
| 3-5 years | Aqua Tot 1 | 5:00-5:30 pm | 9:00-9:30 am | | 9:00-9:30 am | 8:45-9:15 am |
| | | 5:35-6:05 pm | 9:35-10:05 am | | 9:35-10:05 am | 9:25-9:55 am |
| | | 6:10-6:40 pm | | | | |
| | Aqua Tot 2 | 5:35-6:05 pm | 10:10-10:40 am | | 9:35-10:05 am | 8:45-9:15 am |
| | | 6:10-6:40 pm | 12:00-12:30 pm | | | 9:25-9:55 am |
| | | 6:45-7:15 pm | | | | 11:25-11:55 am |
| | | | | | | 12:30-1:00 pm |
| | | | | | | 12:30-1:00 pm |
| | Aqua Tot 3 | 6:45-7:15 pm | 10:10-10:40 am | | 10:10-10:40 am | 8:45-9:15 am |
| | | 7:20-7:50 pm | | | 11:20-11:50 am | 9:25-9:55 am |
| | | | | | | |
| | Aquat Tot 4 | 5:00-5:30 pm | 12:00-12:30 pm | | 10:45-11:15 am | 9:25-9:55 am |
| 7:20-7:50 pm | | | | 11:20-11:50 am | | |
| 5-12 years | Level 1 | 5:00-5:30 pm | 10:45-11:15 am | 6:05-6:35 pm | 9:00-9:30 am | 10:05-10:35 am |
| | | 7:20-7:50 pm | | 7:15-7:45 pm | 10:10-10:40 am | 10:45-11:15 am |
| | | | | | | 12:00-12:30 pm |
| | Level 2 | 5:35-6:05 pm | 10:45-11:15 am | 5:30-6:00 pm | 10:45-11:15 am | 10:05-10:35 am |
| | | | 11:20-11:50 am | 6:40-7:10 pm | | 10:45-11:15 am |
| | | | | 7:15-7:45 pm | | 11:25-11:55 am |
| | Level 3 | | 11:20-11:50 am | 5:30-6:00 pm | | 10:45-11:15 am |
| | | | | 6:40-7:10 pm | | 11:25-11:55 am |
| | | | | 7:15-7:45 pm | | |
| | Level 4 | | | 5:30-6:00 pm | | 10:05-10:35 am |
| | | | | 6:05-6:35 pm | | 10:45-11:15 am |
| | Level 5 | | | 6:05-6:35 pm | | 10:05-10:35 am |
| Level 6 | | | 6:40-7:10 pm | | 12:00-12:30 pm | |
| Adult | Adult | | 12:00-12:30 pm | | | 12:00-12:30 pm |

Swim Charts

Summer Swim Lesson Schedule

June 14 - August 21, 2010

Monday - Thursday

| | | | |
|--------------------|-------------|------------------------|------------|
| Summer Fees | Program Fee | Macedonia Resident Fee | Member Fee |
| | \$56.00 | \$48.00 | \$40.00 |

Week Day Session 1 : June 14 - June 25 M-Th (2 weeks, 8 classes)

Week Day Session 2 : June 28 - July 8 M-Th (2 weeks, 8 classes)

Week Day Session 3 : July 12 - July 22 M-Th (2 weeks, 8 classes)

Week Day Session 4 : July 26 - August 5 M-Th (2 weeks, 8 classes)

Week Day Session 5 : August 9 - August 19 M-Th (2 weeks, 8 classes)

| AGE | CLASS | Day Sessions | | | | Have a Great Summer! |
|-------------------|------------------|----------------|----------------|----------------|----------------|----------------------|
| | | MON | TUE | WED | THU | |
| 6 mos- 5 years | Little Splashers | 9:20-9:50 am | 9:20-9:50 am | 9:20-9:50 am | 9:20-9:50 am | |
| | Big Waves | 10:00-10:30 am | 10:00-10:30 am | 10:00-10:30 am | 10:00-10:30 am | |
| 3-5 years | Aqua Tot 1 | 8:00-8:30 am | 8:00-8:30 am | 8:00-8:30 am | 8:00-8:30 am | |
| | | 8:40-9:10 am | 8:40-9:10 am | 8:40-9:10 am | 8:40-9:10 am | |
| | Aqua Tot 2 | 8:00-8:30 am | 8:00-8:30 am | 8:00-8:30 am | 8:00-8:30 am | |
| | | 8:40-9:10 am | 8:40-9:10 am | 8:40-9:10 am | 8:40-9:10 am | |
| | Aqua Tot 3 | 8:00-8:30 am | 8:00-8:30 am | 8:00-8:30 am | 8:00-8:30 am | |
| | | 8:40-9:10 am | 8:40-9:10 am | 8:40-9:10 am | 8:40-9:10 am | |
| Aqua Tot 4 | 8:40-9:10 am | 8:40-9:10 am | 8:40-9:10 am | 8:40-9:10 am | | |
| 5-12 years | Level 1 | 9:20-9:50 am | 9:20-9:50 am | 9:20-9:50 am | 9:20-9:50 am | |
| | | 10:00-10:30 am | 10:00-10:30 am | 10:00-10:30 am | 10:00-10:30 am | |
| | Level 2 | 9:20-9:50 am | 9:20-9:50 am | 9:20-9:50 am | 9:20-9:50 am | |
| | | 10:00-10:30 am | 10:00-10:30 am | 10:00-10:30 am | 10:00-10:30 am | |
| | Level 3 | 10:40-11:10 am | 10:40-11:10 am | 10:40-11:10 am | 10:40-11:10 am | |
| | | 11:20-11:50 am | 11:20-11:50 am | 11:20-11:50 am | 11:20-11:50 am | |
| | Level 4 | 10:40-11:10 am | 10:40-11:10 am | 10:40-11:10 am | 10:40-11:10 am | |
| | | 11:20-11:50 am | 11:20-11:50 am | 11:20-11:50 am | 11:20-11:50 am | |
| | Level 5 | 10:40-11:10 am | 10:40-11:10 am | 10:40-11:10 am | 10:40-11:10 am | |
| | Level 6 | 11:20-11:50 am | 11:20-11:50 am | 11:20-11:50 am | 11:20-11:50 am | |

Swim Charts

Summer - Saturday Swim Lesson Schedule

June 19 - August 21, 2010

| | | | |
|--------------------|---|------------------------|----------------------|
| Summer Fees | Session I : June 19 - July 17 | | |
| | (5 weeks, 5 classes) | | |
| | Session II : July 24 - August 21 | | |
| | | | (5 weeks, 5 classes) |
| | Program Fee | Macedonia Resident Fee | Member Fee |
| | \$35.00 | \$30.00 | \$25.00 |

| AGE | CLASS | Session 1 June 19 - July 17 | Session 2 July 24 - August 21 |
|-------------------|------------------|--------------------------------|----------------------------------|
| | | Saturday | Saturday |
| 6 mos- 5 years | Little Splashers | 11:15 - 11:45 am | 11:15 - 11:45 am |
| | Big Waves | 9:45 - 10:15 am | 9:45 - 10:15 am |
| 3 - 5 years | Aqua Tot 1 | 9:00 - 9:30 am | 9:00 - 9:30 am |
| | | 12:00 - 12:30 pm | 12:00 - 12:30 pm |
| | Aqua Tot 2 | 10:30 - 11:00 am | 10:30 - 11:00 am |
| | | 11:15 - 11:45 am | 11:15 - 11:45 am |
| | Aqua Tot 3 | 9:00 - 9:30 am | 9:00 - 9:30 am |
| 5-12 years | Aquat Tot 4 | 9:00 - 9:30 am | 9:00 - 9:30 am |
| | Level 1 | 9:45 - 10:15 am | 9:45 - 10:15 am |
| | | 10:30 - 11:00 am | 10:30 - 11:00 am |
| | Level 2 | 9:45 - 10:15 am | 9:45 - 10:15 am |
| | Level 3 | 9:00 - 9:30 am | 9:00 - 9:30 am |
| | | 11:15 - 11:45 am | 11:15 - 11:45 am |
| | Level 4 | 9:45 - 10:15 am | 9:45 - 10:15 am |
| | | 10:30 - 11:00 am | 10:30 - 11:00 am |
| Adult | Level 5 | 10:30 - 11:00 am | 10:30 - 11:00 am |
| | | 11:15 - 11:45 am | 11:15 - 11:45 am |
| | Level 6 | 12:00 - 12:30 pm | 12:00 - 12:30 pm |
| | Adult | 12:00 - 12:30 pm | 12:00 - 12:30 pm |

Land & Water Fitness Charts

Aquatic Fitness Class Schedule

| Sun. | Monday | Tuesday | Wednesday | Thursday | Friday | Sat. |
|------|--|---|--|--|--|-----------------------------------|
| | Deep Water Aerobics 8:00-9:00 am | SilverSneakers Silversplash 9:00-10:00 am | Deep Water Aerobics 8:00-9:00 am | SilverSneakers Silvesplash 9:00-10:00 am | Deep Water Aerobics 8:00-9:00 am | Water Works 8:15-9:15 am |
| | Aqua Shape N Tone 9:00-10:00 am | Aqua Shape N Tone 10:00-11:00 am | Aqua Shape N Tone 9:00-10:00 am | Aqua Shape N Tone 10:00-11:00 am | Aqua Shape N Tone 9:00-10:00 am | |
| | Arthritis Exercise 10:30-11:30 am | Arthritis Exercise 11:15-12:15 pm | Arthritis Exercise 10:30-11:30 am | Arthritis Exercise 11:15-12:15 pm | Arthritis Exercise 10:30-11:30 am | |
| | | Aqua Fusion 6:30-7:30pm Spring Only | | Aqua Fusion 6:30-7:30pm Spring Only | | |

Land Fitness Class Schedule

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|---|--|---|--------------------------|---|
| | | Group Cycling* 6:00-7:00 am | | Group Cycling* 6:00-7:00 am | | Rock Hard Abs 8:15-9:00 am |
| | Low Impact 9:30 - 10:15 am | Tighten N Tone 9:15-10:00 am | Low Impact 9:30 - 10:15 am | Tighten N Tone 9:15-10:00 am | Pilates 9:15-10:00 am | Group Cycling* 8:30-9:30 am |
| | Arthritis Tai Chi 10:30-11:15 am | SilverSneakers Range of Motion 10:15-11:00 am | | SilverSneakers Range of Motion 10:15-11:00 am | | Morning Bootcamp 9:15-10:00 am |
| | SilverSneakers Cardio Circuit 11:30am-12:30 pm | | SilverSneakers Cardio Circuit 11:30am-12:30 pm | | | Cardio Kickboxing 10:30 – 11:30am |
| | | | | | | Beginner Karate 11:45am – 12:30 pm |
| | | | Group Cycling* 5:30 - 6:30 pm | | | Tiny Tigers 12:45 – 1:15 pm |
| | Low impact 5:30 – 6:15 pm | | Low impact 5:30 – 6:15 pm | Cardio Kickboxing 7:00 – 7:45pm | | Little Kickers 12:45 - 1:15 pm |
| | Sculpt & Tone 6:30-7:15 pm | Group Cycling* 7:30-8:30 pm | Sculpt & Tone 6:30-7:15 pm | Group Cycling* 7:30-8:30 pm | | |
| | Zumba 7:30 - 8:30pm | Yoga 7:30-8:30 pm Spring Only | Zumba 7:30-8:30pm | Pilates 8:00- 8:45pm | | |

*Classes will be held in the 2nd Floor Cycling Area.
SilverSneakers classes are shaded in blue.

Land Fitness Activities

There are a variety of ways to focus on your health and fitness at the Family Recreation Center. Our facility offers a comprehensive class schedule. Land Fitness group activities are in the Aerobics/Dance Room unless otherwise stated in the description of the class. We have a great staff of certified, experienced, and dedicated fitness professionals to instruct, assist and motivate you. Participants ages 12 to 17 must have a parent or guardian sign a waiver form for them to participate in class. If you need assistance choosing the appropriate class for your fitness level and/or goals, please feel free to call (330) 468-8370.

Drop In Fee

When space is available you may pay per class.

| | | |
|-------------|---------------|------------|
| Program Fee | Mac. Res. Fee | Member Fee |
| \$7.00 | \$6.00 | \$5.00 |

SilverSneakers® Muscular Strength & Range of Movement

FREE CLASS FOR SilverSneakers Members!

Instructor: Linda Skrbn

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

No drop ins. Coupon accepted.

| Session | Date (s) | Time | Day |
|---------------------------------------|--|--------------------|------|
| Spring (7 weeks/14 classes) | Apr. 27 - June 10 | 10:15 – 11:00 a.m. | T/TH |
| | Fee: Program \$74/Resident \$60/Member \$46 | | |
| Summer I (5 weeks/10 classes) | June 15 - July 15 | 10:15 – 11:00 a.m. | T/TH |
| | Fee: Program \$53/Resident \$43/Member \$33 | | |
| Summer II (5 weeks/10 classes) | July 20 - Aug. 19 | 10:15 – 11:00 a.m. | T/TH |
| | Fee: Program \$53/Resident \$43/Member \$33 | | |

Pilates

Instructor: Linda Skrbn

This class will focus on conditioning the body from the inside out. Learn the importance of core stabilization, muscle balance, proper alignment, strength and flexibility. Bring a sticky mat.

Drop ins welcome. Coupon accepted.

| Session | Date (s) | Time | Day |
|---------------------------------------|--|------------------|-----|
| Spring (7 weeks/7 classes) | Apr. 30 - June 11 | 9:15- 10:00 a.m. | Fri |
| | Fee: Program \$44/Resident \$37/Member \$30 | | |
| Summer I (5 weeks/ 5 classes) | June 18 - July 16 | 9:15- 10:00 a.m. | Fri |
| | Fee: Program \$31/Resident \$26/Member \$21 | | |
| Summer II (5 weeks/ 5 classes) | July 23 - Aug. 20 | 9:15- 10:00 a.m. | Fri |
| | Fee: Program \$31/Resident \$26/Member \$21 | | |

Zumba

Instructor: Katie Pylypiak

ZUMBA is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps.

Drop ins welcome. Coupon accepted.

| Session | Date (s) | Time | Day |
|--|--|------------------|-----|
| Spring (7 weeks/13 classes) | Apr. 26 - June 9 | 7:30 - 8:30 p.m. | M/W |
| | Fee: Program \$78/Resident \$65/Member \$52 | | |
| Summer I (5 weeks/ 10 classes) | June 14 - July 14 | 7:30 - 8:30 p.m. | M/W |
| | Fee: Program \$60/Resident \$50/Member \$40 | | |
| Summer II (5 weeks/ 10 classes) | July 19 - Aug. 18 | 7:30 - 8:30 p.m. | M/W |
| | Fee: Program \$60/Resident \$50/Member \$40 | | |

SilverSneakers® Muscular Strength & Cardio Circuit

Instructor: Shirl Zehner-Schafer

Cardio Circuit is the advanced class for participants who desire and are ready for a SilverSneakers “cardio” workout. The workshop includes standing non-impact choreography designed to increase cardiovascular and muscular endurance alternated with standing upper body conditioning and coordination work with hand-held weights, elastic tubing with handles and the SilverSneakers ball. Choreography with the chair is included for cool-down options, additional flexibility training and relaxation techniques

Drop ins welcome. Coupon accepted.

| Session | Date (s) | Time | Day |
|--|--|-------------------------|-----|
| Spring (7 weeks/13 classes) | Apr. 26 - June 9 | 11:30 a.m. - 12:30 p.m. | M/W |
| | Fee: Program \$69/Resident \$56/Member \$43 | | |
| Summer I (5 weeks/ 10 classes) | June 14 - July 14 | 11:30 a.m. - 12:30 p.m. | M/W |
| | Fee: Program \$53/Resident \$43/Member \$33 | | |
| Summer II (5 weeks/ 10 classes) | July 19 - Aug. 18 | 11:30 a.m. - 12:30 p.m. | M/W |
| | Fee: Program \$53/Resident \$43/Member \$33 | | |

Land Fitness Activities

Cardio Kickboxing

Instructor: Daniel Depenbrok

This program is a fusion of basic to intermediate martial arts techniques and includes cardio exercises with the wave master bags. This class incorporates bag drills, body conditioning, aerobic exercises and calisthenics. This class will give you a full body workout!

Drops ins welcome. Coupon accepted.

| Session | Date (s) | Time | Day |
|--------------------------------------|--|------------------|-----|
| Spring (7 weeks/7 classes) | | | |
| | Apr. 29- June 10 | 7:00 - 7:45 p.m. | TH |
| | May 1 - June 12 | 10:30-11:30 a.m. | Sat |
| | Fee: Program \$44/Resident \$37/Member \$30 | | |
| Summer I (5 weeks/5 classes) | | | |
| | June 17 - July 15 | 7:00 - 7:45 p.m. | TH |
| | June 19 - July 17 | 10:30-11:30 a.m. | Sat |
| | Fee: Program \$31/Resident \$26/Member \$21 | | |
| Summer II (5 weeks/5 classes) | | | |
| | July 22 - Aug. 19 | 7:00 - 7:45 p.m. | TH |
| | July 24 - Aug. 21 | 10:30-11:30 a.m. | Sat |
| | Fee: Program \$31/Resident \$26/Member \$21 | | |

Sculpt & Tone

Instructor: Jill Barry

This fast paced sculpting class will strengthen, tone and improve body endurance through the use of body resistance, body bars, fitness balls, weights and more! All major muscle groups will be challenged! Bring a mat, resistance tubes and a bottle of water.

Drop ins welcome. Coupon accepted.

| Session | Date (s) | Time | Day |
|---------------------------------------|--|----------------|-----|
| Spring (7 weeks/13 classes) | | | |
| | No Class May 31 | | |
| | Apr. 26 - June 9 | 6:30-7:15 p.m. | M/W |
| | Fee: Program \$82/Resident \$69/Member \$56 | | |
| Summer I (5 weeks/10 classes) | | | |
| | June 14 - July 14 | 6:30-7:15 p.m. | M/W |
| | Fee: Program \$63/Resident \$53/Member \$43 | | |
| Summer II (5 weeks/10 classes) | | | |
| | July 19 - Aug. 18 | 6:30-7:15 p.m. | M/W |
| | Fee: Program \$63/Resident \$53/Member \$43 | | |

Morning Bootcamp

Instructor: Jill Barry

Want to change your body? This class will build incredible strength and endurance by using a constantly changing format. By incorporating a variety of equipment, the body will continue to feel challenged, helping you overcome plateaus and reach your goals. you will us weight, medicine balls, etc.

Drop ins welcome. Coupon accepted.

| Session | Date (s) | Time | Day |
|--------------------------------------|--|-----------------|-----|
| Spring (7 weeks/7 classes) | | | |
| | May 1 - June 12 | 9:15-10:00 a.m. | Sat |
| | Fee: Program \$44/Resident \$37/Member \$30 | | |
| Summer I (5 weeks/5 classes) | | | |
| | June 19 - July 17 | 9:15-10:00 a.m. | Sat |
| | Fee: Program \$31/Resident \$26/Member \$21 | | |
| Summer II (5 weeks/5 classes) | | | |
| | July 24 - Aug. 21 | 9:15-10:00 a.m. | Sat |
| | Fee: Program \$31/Resident \$26/Member \$21 | | |

Tighten N Tone (T.N.T.)

Instructor: Linda Skrbini

This is group personal training! Learn proper body placement while using resistance. Your endurance, range of motion, flexibility, posture, muscle strength and bone density will improve. Weights and resistance tubing are used in this class. Bring a mat and a bottle of water.

Drop ins welcome. Coupon accepted.

| Session | Date (s) | Time | Day |
|---------------------------------------|--|-----------------|------|
| Spring (7 weeks/14 classes) | | | |
| | Apr. 27 - June 10 | 9:15-10:00 a.m. | T/TH |
| | Fee: Program \$88/Resident \$74/Member \$60 | | |
| Summer I (5 weeks/10 classes) | | | |
| | June 15 - July 15 | 9:15-10:00 a.m. | T/TH |
| | Fee: Program \$63/Resident \$53/Member \$43 | | |
| Summer II (5 weeks/10 classes) | | | |
| | July 20 - Aug. 19 | 9:15-10:00 a.m. | T/TH |
| | Fee: Program \$63/Resident \$53/Member \$43 | | |

Personal Training

By appointment only.

Receive assistance from one of our trainers who will design an exercise program tailored specifically toward achieving your individual goals. Trainers will also teach you how to use the equipment properly and effectively while incorporating free weights into your workout as well. Workouts can be designed for the fitness center, home, travel, and per individual request. Registration and/or cancellation must be 24 hours in advance of appointment. No coupon.

Call (330) 468-8370 to schedule an appointment.

Fee per hour:

Program \$65 / Resident \$55 / Member \$45

If you choose to bring your own personal trainer to the Rec Center, a \$15 per student facility fee will be charged to the trainer.

If a trainer is not a member, a daily admission fee will also be charged.

Land Fitness Activities

Indoor Cycling

Instructor: Evenings: John Hornyak
Mornings: Tanya Cady
Location: 2nd Floor Cycling Area

Let our instructors lead you through a fun and challenging cardio strength workout. Cycling indoors will simulate cycling outdoors with sprints, climbs and cadence drills. The music and instructor will motivate you to get your legs to pedal. This workout is ideal for both the beginner and the experienced rider because you choose your own level of intensity. Be sure to bring a towel and a bottle of water.

Drop ins welcome. Coupon accepted.

| Session | Date (s) | Time | Day |
|-----------------------------------|-------------------|--|-----|
| Spring (7 weeks/7 classes) | | | |
| | Apr. 27 - June 8 | 6:00 - 7:00 a.m. Tues 7:30-8:30 p.m. Tues | |
| | Apr. 28 - June 9 | 5:30-6:30 pm. Wed | |
| | Apr. 29 - June 10 | 6:00 - 7:00 a.m. Thurs 7:30-8:30 p.m. Thurs | |

Fee: Program \$44/Resident \$37/Member \$30

Summer I (5 weeks/5 classes)

| | | | |
|--|-------------------|--|--|
| | June 15 - July 13 | 6:00 - 7:00 a.m. Tues 7:30-8:30 p.m. Tues | |
| | June 16 - July 14 | 5:30-6:30 pm. Wed | |
| | June 17 - July 15 | 6:00 - 7:00 a.m. Thurs 7:30-8:30 p.m. Thurs | |

Fee: Program \$31/Resident \$26/Member \$21

Summer II (5 weeks/5 classes)

| | | | |
|--|-------------------|--|--|
| | July 20 - Aug. 17 | 6:00 - 7:00 a.m. Tues 7:30-8:30 p.m. Tues | |
| | July 21 - Aug. 18 | 5:30-6:30 pm. Wed | |
| | July 22 - Aug. 19 | 6:00 - 7:00 a.m. Thurs 7:30-8:30 p.m. Thurs | |

Fee: Program \$31/Resident \$26/Member \$21

Line Dancing

Love to dance but don't have a partner? Need some exercise but keep putting it off? You can do both as we do familiar dances that you know such as the electric slid and country western dances. No Drop ins. No Coupons.

| Session | Date (s) | Time | Day |
|----------------------------|----------------|-----------------------|-----|
| (4 weeks/4 classes) | | | |
| | May 4 - June 4 | 10:15 -11:00 a.m. Fri | |

Fee: Program \$46/Resident \$44/Member \$42

CHECK THE MACEDONIA FAMILY RECREATION CENTER WEBSITE PERIODICALLY! NEW PROGRAMS OR CLASSES WILL BE POSTED.
WWW.MACREC.COM

Rock Hard Abs

Instructor: Jill Barry

This 45 minute class will get you on your way to looking like a rock star! Class will focus on toning the abdominals and will incorporate the use of weights and stability balls. Lower back work will be included as well.

Drop ins welcome. Coupon accepted.

| Session | Date (s) | Time | Day |
|-----------------------------------|-----------------|----------------------|-----|
| Spring (7 weeks/7 classes) | | | |
| | May 1 - June 12 | 8:15 - 9:00 a.m. Sat | |

Fee: Program \$44/Resident \$37/Member \$30

Summer I (5 weeks/5 classes)

| | | | |
|--|-------------------|----------------------|--|
| | June 19 - July 17 | 8:15 - 9:00 a.m. Sat | |
|--|-------------------|----------------------|--|

Fee: Program \$31/Resident \$26/Member \$21

Summer II (5 weeks/5 classes)

| | | | |
|--|-------------------|----------------------|--|
| | July 24 - Aug. 21 | 8:15 - 9:00 a.m. Sat | |
|--|-------------------|----------------------|--|

Fee: Program \$31/Resident \$26/Member \$21

Relaxation Massage

Massage practitioner: Deborah Stack,
Member ABMP

We offer one-hour or half-hour relaxation massage. Massage after exercise feels wonderful. A relaxing massage helps relieve stress and tension! Treat yourself to an experience that feels great. Register and make your appointment at the front desk. Take the time to enjoy! No drop ins. No coupon.

THE FOLLOWING IS BY APPOINTMENT ONLY
Call (330) 468-8370 to schedule an appointment.

One-hour massage:

| Program Fee | Mac. Res. Fee | Member Fee |
|-------------|---------------|------------|
| \$55.00 | \$52.00 | \$50.00 |

Half-hour massage:

| Program Fee | Mac. Res. Fee | Member Fee |
|-------------|---------------|------------|
| \$35.00 | \$32.00 | \$30.00 |

Saturday Indoor Cycling

Instructor: John Hornyak
Location: 2nd Floor Cycling Area

A stimulating and challenging ride while achieving both a cardio and strength workout on the bike. We simulate sprints, climbs and cadence drills as we ride along to motivating music. This workout is ideal for both the beginner and the experienced rider because you choose your own level of intensity. This is a great way to cross train and maintain your biking strength during the winter months. Be sure to bring a towel and a bottle of water. Drop ins welcome. Coupon accepted.

| Session | Date (s) | Time | Day |
|-----------------------------------|-----------------|--------------------|-----|
| Spring (7 weeks/7 classes) | | | |
| | May 1 - June 12 | 8:30-9:30 a.m. Sat | |

Fee: Program \$44/Resident \$37/Member \$30

Summer I (5 weeks/5 classes)

| | | | |
|--|-------------------|--------------------|--|
| | June 19 - July 17 | 8:30-9:30 a.m. Sat | |
|--|-------------------|--------------------|--|

Fee: Program \$31/Resident \$26/Member \$21

Summer II (5 weeks/5 classes)

| | | | |
|--|-------------------|--------------------|--|
| | July 24 - Aug. 21 | 8:30-9:30 a.m. Sat | |
|--|-------------------|--------------------|--|

Fee: Program \$36/Resident \$26/Member \$21

Land Fitness Activities

Yoga

Instructor: April DeCarlo

Experience the benefits of Yoga while bringing balance to your body and increasing flexibility and strength. Breathing techniques will be integrated into the class to relieve tension, quiet the mind and achieve deep relaxation. All levels are welcome. Dress comfortably; bring a mat and/or blanket. Drop ins welcome. No coupon.

| Session | Date (s) | Time | Day |
|-----------------------------------|--|----------------|------|
| Spring (7 weeks/7 classes) | | | |
| | Apr. 27 - June 8 | 7:30-8:30 p.m. | Tues |
| | Fee: Program \$77/Resident \$63/Member \$49 | | |

Special Yoga Drop In Fee:

| Program Fee | Mac. Res. Fee | Member Fee |
|-------------|---------------|------------|
| \$12.00 | \$10.00 | \$8.00 |

T'ai Chi for Arthritis

Instructor: Ken Owen

Created and backed by the Arthritis Foundation, this program simplifies some of the more demanding movements of traditional Tai Chi. This program focuses on improving range of motion, flexibility and balance. Try a new way of exercise - all that is needed are 45 minutes of your time and an open mind! Drop ins welcome. Coupon accepted.

| Session | Date (s) | Time | Day |
|--------------------------------------|--|------------------------|-----|
| Spring (7 weeks/6 classes) | | No Class May 31 | |
| | Apr. 26 - June 7 | 10:30-11:15 a.m. | Mon |
| | Fee: Program \$36/Resident \$30/Member \$24 | | |
| Summer I (5 weeks/5 classes) | | | |
| | June 14 - July 12 | 10:30-11:15 a.m. | Mon |
| | Fee: Program \$30/Resident \$25/Member \$20 | | |
| Summer II (5 weeks/5 classes) | | | |
| | July 19 - Aug. 16 | 10:30-11:15 a.m. | Mon |
| | Fee: Program \$30/Resident \$25/Member \$20 | | |

OOPS! WE CANCELED A CLASS BECAUSE WE DIDN'T KNOW YOU WERE COMING! SOMETIMES GREAT CLASSES GET CANCELED WHEN TOO MANY PEOPLE WAIT UNTIL THE LAST MINUTE TO REGISTER. PLEASE AVOID DISAPPOINTMENT AND REGISTER EARLY!

Low Impact Cardio

Instructor: Shirl Zehner-Schafer

This 45-minute workout consists of toning, firming, stretching and low-impact aerobics. This class will teach the basics of cardio and get you geared up for the challenges of more advanced classes. Routines will be easy to follow. Fitness balls, resistance bands or a walk around the track will keep this class from becoming anything but routine!

Drop ins welcome. Coupon accepted.

| Session | Date (s) | Time | Day |
|---------------------------------------|--|------------------------|-----|
| Spring (7 weeks/13 classes) | | No Class May 31 | |
| | Apr. 26 - June 9 | 9:30 - 10:15 a.m. | M/W |
| | | 5:30 - 6:15 p.m. | |
| | Fee: Program \$78/Resident \$65/Member \$52 | | |
| Summer I (5 weeks/10 classes) | | | |
| | June 14 - July 14 | 9:30 - 10:15 a.m. | M/W |
| | | 5:30 - 6:15 p.m. | |
| | Fee: Program \$60/Resident \$50/Member \$40 | | |
| Summer II (5 weeks/10 classes) | | | |
| | July 19 - Aug. 18 | 9:30 - 10:15 a.m. | M/W |
| | | 5:30 - 6:15 p.m. | |
| | Fee: Program \$60/Resident \$50/Member \$40 | | |

Pilates

Instructor: Chrissy Walters

Pilates exercises are fluid movements primarily targeting your core muscle group (abs and lower back) while also working your entire body. Pilates strengthens the small (intrinsic) muscle groups that support the larger muscles which creates longer, leaner muscles as opposed to bulky muscles. This class is ideal for all levels because there are modifications to make each move easier or advanced. Week after week, these targeted muscles will get stronger and you will be able to progress to the more advanced variations. Drop-ins welcome. Coupon accepted.

| Session | Date (s) | Time | Day |
|---------------------------------------|--|-----------------|-------|
| Spring (7 weeks/7 classes) | | | |
| | Apr. 29 - June 10 | 8:00- 8:45 p.m. | Thurs |
| | Fee: Program \$44/Resident \$37/Member \$30 | | |
| Summer I (5 weeks/ 5 classes) | | | |
| | June 17 - July 15 | 8:00- 8:45 p.m. | Thurs |
| | Fee: Program \$31/Resident \$26/Member \$21 | | |
| Summer II (5 weeks/ 5 classes) | | | |
| | July 22 - Aug. 19 | 8:00- 8:45 p.m. | Thurs |
| | Fee: Program \$31/Resident \$26/Member \$21 | | |

Youth Fitness Activities

Beginner Karate

Instructor: American Academy of Martial Arts
Teaches blocking, striking and kicking techniques as well as strength training, calisthenics and self-control.

No drop ins. No coupon accepted.

| Session | Date (s) | Time | Day |
|---------|----------|------|-----|
|---------|----------|------|-----|

Spring (7 weeks/7 classes)

| | | |
|---|------------------------|-----|
| May 1 - June 12 | 11:45 a.m. -12:30 p.m. | Sat |
| Fee: Program \$63 / Resident \$56/ Member \$49 | | |

Summer I (5 weeks/5 classes)

| | | |
|---|------------------------|-----|
| June 19 - July 17 | 11:45 a.m. -12:30 p.m. | Sat |
| Fee: Program \$45/ Resident \$40 / Member \$35 | | |

NEW! Groove with Me Parent/Child

Parent assisted Movement and Tumbling class. Children (2-3 years old) will delight in this age appropriate music, Come join in the fun as Move and Groove in this movement and tumble class that will assist the development of coordination, strength, flexibility, balance and spatial awareness. .

No drop ins. No coupon accepted.

| Session | Date (s) | Time | Day |
|---------|----------|------|-----|
|---------|----------|------|-----|

(4 weeks/4 classes)

| | | |
|--|------------------|-----|
| May 14 - June 4 | 11:15-11:45 a.m. | Fri |
| Fee: Program \$38/Resident \$36/Member \$34 | | |

Tiny Tigers (4-5 yrs. old)

Little Kicker (6-7 yrs. old)

Instructor: American Academy of Martial Arts
Teaches basic Karate techniques in a fun but controlled environment. Following directions, focusing, social skills, self-control and self-confidence are stressed.

No drop ins. No coupon accepted.

| Session | Date (s) | Time | Day |
|---------|----------|------|-----|
|---------|----------|------|-----|

Spring (7 weeks/7 classes)

| | | |
|---|-------------------|-----|
| May 1 - June 12 | 12:45 - 1:15 p.m. | Sat |
| Fee: Program \$56 / Resident \$49/ Member \$42 | | |

Summer I (5 weeks/5 classes)

| | | |
|---|-------------------|-----|
| June 19 - July 17 | 12:45 - 1:15 p.m. | Sat |
| Fee: Program \$40/ Resident \$35 / Member \$30 | | |

NEW! Just Tumble

This class will consist of conditioning skills as well as beginner thru intermediate tumbling movements such as backward rolls, handstands and cartwheels. This type of class is beneficial because the skills worked on assist the development of coordination, strength, flexibility, balance and spatial awareness. Students will learn new tumbling skills. Performace at the end of each session for family and friends.

No drop ins. No coupon accepted.

(4 weeks/4 classes)

| | | | |
|--|-----------------|-----------------|-----|
| Ages 3-5 | May 12 - June 2 | 3:30- 4:15 p.m. | Wed |
| Ages 6-9 | May 12 - June 2 | 4:15- 5:00 p.m. | Wed |
| Fee: Program \$54/Resident \$49/Member \$44 | | | |

NEW! Tap and Ballet Class

Wednesdays, June 16 - July 21

10:00 - 10:30 a.m.

Come and join the fun with the All About Dance Program! Let your child discover they type of dance they like best with the combination ballet and tap class. The class will offer 3 weeks of ballet and 3 weeks of tap. Children will become familiar with first and second positions, plie, eleve, shuffles, heel drops and much more! Class wil help children with coordination, musical timing, posture, flexibility and balance. A short dance routine will be intructed for each style of dance.

No drop ins. No coupon accepted.

Deadline to register is June 10

No drop ins. No coupons.

Fee per participant:

Program \$40.00 Resident \$36.00 Member \$30.00

Teen Training

By appointment only.

Our trainer will familiarize you with the fitness equipment in the weight area of the Rec. Center. We will concentrate on proper use with good form. 12, 13, and 14 year old teens that complete this training will be given a special card allowing them to workout regularly on equipment. 12 and 13 year olds must be accompanied by an adult (18 years and older) when in the fitness areas after completing the training. 14 year olds can work out on their own once completing the Teen Training.

No coupon.

Call (330) 468-8370 to schedule an appointment.

Fee: Program \$25/ Resident \$20/
Member \$15

Youth Programs

Fun in the Kitchen

Fridays, May 7 - 28

6:30 p.m.

Ages 4-6

Children will enjoy making non-bake culinary delights and doing hands on creative activities. A children's cookbook will be developed throughout the session as a keepsake with all new recipes. Parents/Guardians: Certain allergies may require parents/guardians to provide food substitutions.

Deadline to register is May 1

No drop ins. No coupons.

Fee per participant:

Program \$35 Resident \$32 Member \$30

Tie Dye Day

Thursday, June 17

6:30 p.m.

Get ready for a fun and exciting tie die experience! Children can bring whit clothing or pillow case and we will supply the dye and other items. One item per child. For ages 5 yrs. and up. Young children must be accompanied by an adult. Kids may get messy!

Deadline to register is June 10

No drop ins. No coupons.

Fee: Per participant

Program \$10.00 Resident \$7.00 Member \$5.00

Tot T-Ball

Session 1: Tuesdays, June 1 - July 6 - 5:00 - 6:00 p.m.

Session 2: Saturdays, July 17 - Aug. 21

An instruction league for boys and girls ages 4-6 yrs. old. Children are placed onto teams and will have two weeks of practice followed by 4 games. Children meet with their team once a week. Volunteer coaches needed!

Deadline to register is one week prior to start date

No drop ins. No coupons.

Fee per participant:

Program \$40 Resident \$35

Flag Football Registration

July 5 - August 16

Season: August 30 - October 16

League play for kids ages 5 - 11 yrs. old who want to learn or enhance football skills. Kids will be divided into divisions based on age groups. Practices are determined by the coach. Once seasons begins practices are limited to one night a week with a game on the week-end. Rookie and Pro league games start at 2:00 p.m. an All Star league games start at 10:00 a.m.

Rookie: 5 & 6 yrs. old

Pro: 7 & 8 yrs. old

All Star: 9, 10 & 11 yrs. old

No drop ins. No coupons.

Fee per participant:

Program \$45 Resident \$40

radKids

Mon - Fri Aug. 16 - 20

9:00 - 11:00 a.m.

Ages 8 - 12

Give your child the tools and techniques to recognize and deal with dangerous situations they may encounter. Through the nationally acclaimed radKIDS Program, kids are empowered with the skills to do just that. Hands-on exercises teach students physical techniques to escape abduction, AND promote children's self-confidence in using them. Don't just TELL your kids to be safe. TEACH them, or how will they know?

No drop ins. No coupons.

Deadline to Register is August 9

Fee: Per participant

Program \$80.00 Resident \$70.00 Member \$60.00

Candy Workshop

Wednesday, May 19

6:30 p.m.

Learn how to make a variety of different candy treats. Using a chocolate fountain and different dipping materials, kids will have a chocolaty good time. Plenty of candy treats one can eat or give to someone special.

No drop ins. No coupons.

Deadline to Register is May 14

Fee: Per participant

Program \$11.00 Resident \$9.00 Member \$7.00

Youth & Community Programs

Fall Soccer

Registration June 21 - August 7
League play for boys and girls age 4-14 years to start late August ending in late October. Children must be born before August 1, 2006 to play. All boys' and girls' league U10 to U14 will travel to area communities. The U6 and U8 league will play in-house. Most games played on Saturdays with practices on weekdays. Shinguards and socks covering them required, soccer cleats recommended.

Please keep requests to carpools & practice reasons.

No drop ins. No coupons.

Fee per participant: _____

Program \$60.00 Resident \$50.00

Additional Sibling: Program \$45.00 Resident \$35.00

Wii Sports League

Thursdays

May 20 - June 17

Start time 5:00 p.m.

Ages 7-12

Bowling without a ball and shoes! Join the MFRC Bowling League. Teams of two will compete against others each week. Sign up with a partner or as individual! Using the Wii, bowlers will play 3 games per meeting. Prizes to the top team based on total series score. Each bowler will be given a schedule with times of their match.

Matches held between 5:00 and 8:00 p.m.

Deadline to register is May 14

No drop ins. No coupons.

Fee per participant: _____

Program \$21.00 Resident \$18.00 Member \$15.00

Adult Soccer

"Open Field"

Fridays, During the Month of May
6:30 p.m.

For adults ages 18 and up that are interested in playing in pick-up format soccer. Participants must bring both black and white t-shirts. Team will be picked on the day of each game. **FREE, FUN and a GREAT TIME!**

Tot Soccer

Tuesdays

September 14 - October 12

5:30 - 6:15 p.m.

Kids ages 3 to 4 will learn soccer fundamentals at an early age in a non-league environment. Kids will be prepared for U6 soccer by learning soccer terminology and skills. Kids will be divided into small groups and practice once a week for 45 minutes. Emphasis will be based on learning skills.

Deadline to register is Sept. 7

No drop ins. No coupons.

Fee per participant: _____

Program \$30.00 Resident \$25.00

Community Garage Sale

Saturday, June 26

9:00 a.m. - 1:00 p.m.

Parks and Recreation Departments hosts community garage sales that are opportunities for families to bring their items to put on sale flea market style. Pre-registration is required. All registrants will be assigned to a particular space when registering. All registrants are expected to follow guidelines handout given at time of registration. **Rain Date: Sunday, June 27 12:00-4:00 p.m.**

Deadline to register is June 19

No drop ins. No coupons. No Requests

Fee per space: _____

Program \$15.00 Resident \$10.00

3 vs. 3 Macedonia Cup & Skills Competition

Saturday, June 12

Start time 10:00 a.m.

Age Divisions: 6 - 8 yrs. old

9 - 11 yrs. old

12 - 14 yrs. old

The City of Macedonia will host a competitive 3 vs. 3 soccer knockout tournament and skill competition. Teams of 3-6 players will compete in an all out elimination tournament. Guaranteed 4 games. Compete in skill competitions when not playing. **Rain date June 19.**

Deadline to register is June 5

No drop ins. No coupons.

Fee per team: _____

Program \$36.00 Resident \$30.00

Special Programs

Bus Trip

Wheeling Island Casino

Monday, May 17

Depart 7:30 a.m.

Return 7:30 p.m. (approx.)

Wheeling Island Casino in West Virginia is greater than ever! Enjoy 2,000 slots including lots of new, lower denomination titles, and many more. Wheeling also has live greyhound racing.

Deadline to register is May 1, or until full No drop ins. No coupons.

Program \$35.00 Resident \$32.00 Member \$30.00

CHECK THE MACEDONIA
FAMILY RECREATION
CENTER WEBSITE
PERIODICALLY! NEW
PROGRAMS OR CLASSES
WILL BE POSTED.
WWW.MACREC.COM

Texas Hold'em Lessons

Friday, May 14

1:00 p.m. - 3:00 p.m.

Don't miss out on the poker game that is sweeping the nation! Players interested in learning the game may register for this instructional workshop. Learn the game or just sharpen your skills. Workshop includes friendly play.

Deadline to register is May 7

No drop ins. No coupons.

Fee per person: \$5.00

British Challenger Soccer Camp

August 9-13

British Soccer Camps provide players of all ages and abilities with the rare opportunity to receive high-level soccer coaching from a team of international experts. Each day includes individual foot skills, technical drills, tactical practices, small-sided games, coached scrimmages, and a daily tournament. Equally important, the Challenger coaching staff provides your child with lessons in respect, responsibility, integrity, sportsmanship and leadership. With each week-long camp, your child will get a Challenger soccer ball, camp shirt and camp award. Plus, a camp certificate, daily individual skill development, coached scrimmages, daily World Cup Tournament, daily Camp break activities, and a graduation party. Each participant will receive their own soccer ball and t-shirt during camp. They can also get a Free jersey worth \$40 when they sign up online 45 days before camp at www.challengersports.com

First Kicks - A friendly, low key introduction to the basics of the game through games, stories and fun.

Mini Soccer - Fun games, competitions and challenging skill-building activities will captivate and enlighten your young players.

Half-Day Player Development Camps - Gain technical and tactical instruction in all areas of the game. Emphasis is placed upon individual skill development and fundamental tactical awareness through our coaching mix of maximum participation, progressive practices and small-sided games.

Full-Day Advanced Camp - A more advanced camp for serious players, Full-Day camps focus on game-related techniques, tactical development and coached match play.

| League | Age | Time | Price |
|-------------|---------------|--|----------|
| First Kicks | 3-4 yrs. old | 9:00 - 10:00 a.m. | \$77.00 |
| First Kicks | 3-4 yrs. old | 5:00 - 6:00 p.m. | \$77.00 |
| Mini Soccer | 4-6 yrs. old | 10:30 a.m. - 12:00 p.m. | \$92.00 |
| Mini Soccer | 4-6 yrs. old | 6:30 - 8:00 p.m. | \$92.00 |
| Half Day | 6-16 yrs. old | 9:00 a.m. - 12:00 p.m. | \$128.00 |
| Half Day | 6-16 yrs. old | 5:00 - 8:00 p.m. | \$128.00 |
| Full Day | 8-18 yrs. old | 9:00 a.m. - 12:00 p.m. 5:00 - 8:00 p.m. | \$179.00 |

Sign up online at www.challengersports.com and receive your great free online jersey within just 3 weeks!*

Camp Programs

Camp Macedonia June 14 – August 13

Registration for camp begins April 21

Macedonia Parks & Recreation offers a 9-week summer day camp beginning in June. Camp Macedonia is packed with a variety of activities and non-stop excitement to keep kids ages 6 through 12 active and engaged. Children can develop new skills, interests, and hobbies while building life long memories and friendships as they participate in many activities and games. Camp Macedonia campers receive swim lessons twice a week while swimming at the Macedonia Family Recreation Center. Each week a special field trip adds to the adventures of the campers. Camp is a great way for one to learn leadership, socialization, and teamwork skills. Weekly themes will be established and posted before camp starts and each Friday campers can enjoy a cookout. Camp Macedonia Summer Day Camp offers you the opportunity to enroll your kids for the entire summer or pick the weeks that work best for you. Camp will begin at 9am and end at 3pm. Parents also have the option to purchase Before Care and/or After Care as an AM/PM extender. Our Camp Counselors and staff are carefully selected, trained, screened and have outgoing and caring personalities. Join us as we create lifetime memories and lasting friendships!

Drop-off and pick-up will take place at the Longwood Park Pavilions. In the case of inclement weather, pick-up and drop-off will be at The Macedonia Family Recreation Center. Please call the Recreation Hotline at 330-468-8369 if you are not sure where to drop off your camper. Campers can sign up for one of our 3-week sessions or for the full 9-week session or certain weeks.

Camp fee includes swimming lessons, weekly field trips costs, and one T-shirt for the summer. **Registration for camp begins April 21.**

Special note: For the safety and benefit of campers, registration by the day is not permitted. To maintain accurate rosters and keep track of campers, a minimum of one full week registration is required. Due to the progressive nature of our camp programming, campers need to attend a minimum of one complete week to be comfortable and get the full benefit of the camp curriculum. Please bring a Photo ID when picking up your child. The deadline to register is the Wednesday before each week to allow for proper planning for the following week. If circumstances permit an addition after the deadline, a \$15 late fee will be assessed.

| | |
|----------|-------------------|
| Time | 9:00 am – 3:00 pm |
| Ages | 6 – 12 yrs |
| Max. | 80 campers |
| Location | Longwood Park |

Register By the Session

| Session # | Dates | Length | Program Fee | Macedonia Res. Fee | Deadline to Register |
|---------------------|--------------------------------|---------|-------------|--------------------|----------------------|
| Session 1: | June 14 – July 2 | 3 weeks | \$255.00 | \$210.00 | June 9 |
| Session 2: | July 5 – July 23 | 3 weeks | \$255.00 | \$210.00 | June 30 |
| Session 3: | July 26 – August 13 | 3 weeks | \$255.00 | \$210.00 | July 21 |
| Sessions 1, 2, & 3: | June 14 – Aug 13 | 9 weeks | \$755.00 | \$620.00 | June 4 |
| Sessions 1, 2, & 3: | June 14 – Aug 13 (add'l Child) | 9 weeks | \$735.00 | \$600.00 | June 4 |

Register By the Week

| | Dates | Program Fee | Macedonia Res. Fee | Deadline to Register |
|--------|-------------------|-------------|--------------------|----------------------|
| Week 1 | June 14- June 18 | \$90.00 | \$75.00 | June 9 |
| Week 2 | June 21- June 25 | \$90.00 | \$75.00 | June 16 |
| Week 3 | June 28- July 2 | \$90.00 | \$75.00 | June 23 |
| Week 4 | July 5- July 9 | \$90.00 | \$75.00 | June 30 |
| Week 5 | July 12- July 16 | \$90.00 | \$75.00 | July 7 |
| Week 6 | July 19- July 23 | \$90.00 | \$75.00 | July 14 |
| Week 7 | July 26 - July 30 | \$90.00 | \$75.00 | July 21 |
| Week 8 | Aug. 2- Aug. 6 | \$90.00 | \$75.00 | July 28 |
| Week 9 | Aug. 9- Aug. 13 | \$90.00 | \$75.00 | Aug. 4 |

Camp Programs

EXTEND-A-CAMP

We offer Before and After Care if dropping off your camper at 9:00 a.m. or picking up your camper up at 3:00 p.m. does not fit your schedule. Your campers have the option to come earlier and stay later in our Extend-a-Camp program. Before Care runs from 7:30 to 9:00 a.m. and After Camp runs from 3:00 p.m. until 6:00 p.m. each day, as long as you pre-register. Registration deadline is the Wednesday before each Extend-a-Camp week. If circumstances permit an addition after the deadline, a \$15 late fee will be assessed. In order to use this program you must register for a full week, and be registered for camp that same full week. Pick-up and drop-off for this program is at the Longwood Park Pavilions. Please pick up your child promptly to avoid late pick up charges. Limit is 30 campers. **No drop ins. No coupon.**

Dates Monday – Friday
 Times 7:30 a.m. – 9:00 a.m.
 3:00 p.m. – 6:00 p.m.
 Ages 6 – 12 years

Location: Longwood Pavilions

Deadline to register is the Wednesday before each camp week.

Register by Week Before Care (7:30 - 9:00 a.m.)

| | Dates | Program Fee | Macedonia Res. Fee | Deadline to Register |
|--------|-------------------|-------------|--------------------|----------------------|
| Week 1 | June 15- June19 | \$35.00 | \$25.00 | June 9 |
| Week 2 | June 22- June26 | \$35.00 | \$25.00 | June 16 |
| Week 3 | June 29- July 3 | \$35.00 | \$25.00 | June 23 |
| Week 4 | July 6- July 10 | \$35.00 | \$25.00 | June 30 |
| Week 5 | July 13- July 17 | \$35.00 | \$25.00 | July 7 |
| Week 6 | July 20- July 24 | \$35.00 | \$25.00 | July 14 |
| Week 7 | July 27 - July 31 | \$35.00 | \$25.00 | July 21 |
| Week 8 | Aug. 3- Aug. 7 | \$35.00 | \$25.00 | July 28 |
| Week 9 | Aug. 10- Aug. 14 | \$35.00 | \$25.00 | Aug. 4 |

Register by Week After Care (3:00 - 6:00 p.m.)

| | Dates | Program Fee | Macedonia Res. Fee | Deadline to Register |
|--------|-------------------|-------------|--------------------|----------------------|
| Week 1 | June 15- June19 | \$55.00 | \$45.00 | June 9 |
| Week 2 | June 22- June26 | \$55.00 | \$45.00 | June 16 |
| Week 3 | June 29- July 3 | \$55.00 | \$45.00 | June 23 |
| Week 4 | July 6- July 10 | \$55.00 | \$45.00 | June 30 |
| Week 5 | July 13- July 17 | \$55.00 | \$45.00 | July 7 |
| Week 6 | July 20- July 24 | \$55.00 | \$45.00 | July 14 |
| Week 7 | July 27 - July 31 | \$55.00 | \$45.00 | July 21 |
| Week 8 | Aug. 3- Aug. 7 | \$55.00 | \$45.00 | July 28 |
| Week 9 | Aug. 10- Aug. 14 | \$55.00 | \$45.00 | Aug. 4 |

The Camp Macedonia Counselor-In-Training

Program is a 3-week program for teens 13-15 years old. Teens will learn valuable job training and leadership skills by working side by side with Counselors of the Camp Macedonia. A CIT assists the Camp Macedonia staff with activities, arts and crafts, games, meals, cleaning, and in general, making the camp run! A CIT is someone who is good role model, dependable, and willing to work hard while having a great time! You will be helping staff oversee campers from ages 6-12 years. It is up to you as a CIT to be a good role model to these campers. To learn more contact (330) 468- 8370 or pick an application and brochure at the Macedonia Rec Center. Due to the high numbers of applications, not all applicants will be accepted.

Session I: (M-F, June 14 – July 2, 9am-3pm)

Session II: (M-F, July 5 – July 23, 9am-3pm)

Session III: (M-F, July 26 – August 13, 9am-3pm)

Fee: Non-Resident \$240.00 Resident \$195.00

Camp Programs

All-Pro Football Camp

July 19 - July 23
9:00 a.m. - 12:00 p.m.
Longwood Park
Grades 1-6

The All-Pro Football Fun Camp will teach campers the basic fundamentals of football in an atmosphere which emphasizes sportsmanship, teamwork, and the joy of sports. Fun football drills, flag football games, "NFL Fast Football" games, contests in punting, passing and kicking, and other fun activities will be used to teach basic fundamentals, techniques and strategies of the game. This program is ideal for children who have never played organized football, as well as for those who have played youth football for several years and would like to get ready for the upcoming season by improving their conditioning, speed, and skills.

No drop ins. No coupon.
Registration Deadline July 12

Fee per participant:

Non-Resident \$90.00 Resident \$85.00

Cheerleading Camp

July 19 - July 23
9:00 a.m. - 12:00 p.m.
Longwood Park
Grades 1-6

Campers will learn a variety of cheers, jumps, kicks and movements. We'll also play fun cheerleading games and decorate crazy uniforms to wear at an exhibition on the last day of camp. Parents are invited to attend the exhibition on Friday, July 24. "Three Cheers" camps have been developed by Jump Start Sports with the assistance of area cheerleading programs. They provide children a highly active endeavor in a non-competitive environment that fosters fun and the development of friendships.

No drop ins. No coupon.
Registration Deadline July 12

Fee per participant:

Non-Resident \$90.00 Resident \$85.00

Olympics Camp

July 26 - July 30
9:00 a.m. - 12:00 p.m.
Longwood Park
Grades 1-6

Olympics camp is a wonderful combination of sports, culture and crafts. Campers learn the fundamentals of each event in track and field and participate in a fun mock "Olympics". Campers are grouped into "countries" and each make a team flag and team uniform and learn about the culture of that country. They also compete in each track and field event and swimming events. The emphasis of the competition is on participation and the the team uniform they made.

No drop ins. No coupon.
Registration Deadline July 19

Fee per participant:

Non-Resident \$90.00 Resident \$85.00

Special Programs

2010 Scorchin' Summer Classic

The City of Macedonia Parks and Recreation Department has teamed up with Volleyfreak.com to present the 2010 Scorchin' Summer Classic. We encourage all levels of players, from beginners and competitive to corporate teams, to participate in a fun-filled day of volleyball. This is an opportunity to foster team building skills amongst co-workers, family, or friends and have a blast doing it! All participants will receive an official tournament t-shirt!

No drop ins. No coupon.

Date: Saturday, July 17 - First serve at 10 am

In case of severe weather, rain date: Sunday, July 18

Volleyfreak.com

Levels: Coed Power 4's - minimum 2 females - \$80 per team

Coed Recreational 6's - minimum 3 females - \$120 per team

Registration: Sign-up online at www.Volleyfreak.com or pick-up registration forms at the Macedonia Family Recreation Center

Nordonia Hills Community Getaway



Friday, November 12, 2010 - Just \$108 for family of 4! Take a break and getaway, without going too far! Have a BLAST at AMERICA'S LARGEST indoor waterpark! This rare weekend special is available to all Macedonia and Nordonia Hills area residents, families and friends. (Rates to the public reg. \$259!) Price also includes 4 waterpark passes valid all day Sunday & Monday to both indoor AND outdoor parks! To make your reservation, call the number below and ask for the "Macedonia Community Getaway".

KalahariResorts.com/ 1-877-Kalahari/ Sandusky, Ohio
Located on Rt. 250, just north of I-80, exit 118

Standard room sleeps 4-6, and includes admission for 4 to America's Largest Indoor & Outdoor Waterpark! Up to 2 additional guests may be added to sofa bed for \$20 per person. Limited number of rooms available for this promotion.

Rate subject to 11.5% tax.