

January, 2019

The Middleburg Hts. Recreation Department

# “Heights Highlights”

A monthly update of recreational programs, activities & special events in our city!



MIDDLEBURG HEIGHTS  
COMMUNITY CENTER

7582 members

## Happy New Year from the Rec. Dept.!

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Start the New Year off right by joining one of our many fitness-related programs on land or in the water. We can help with that resolution to get healthy or help you keep the health/fitness level you already have!

Our exercise classes for all fitness levels, are held every day of the week!. Go to SilverSneakers.com (esp. if you are over 65) to see if your insurance will provide a FREE membership and FREE exercise classes! You can also work-out on your own in our indoor pool (with a steam room, sauna & whirlpool) in the Fitness Area (with cardio & strength training equipment and a 1/12 mile track) or in the gym.

Room Reservations for 2019 and 2020 are being accepted now by our Sales & Events team.

Email either Karol at [kgermany@middleburgheights.com](mailto:kgermany@middleburgheights.com) or Sandy at [smusa@middleburgheights.com](mailto:smusa@middleburgheights.com) or call 440-234-2255. Don't wait to book your date for your meeting, shower, wedding, party or special event!



**When Berea Schools are cancelled due to weather, the 9 am & 2 pm Water Exercise Classes and all morning Silver-Sneaker land fitness classes will also be cancelled as roads are probably unsafe to drive on!**

### Daily Guest Passes

Daily guest passes are available to the general public every day of the week (except Thursday). Proof of residency and age must be provided to qualify for resident and resident senior rates. Anyone 16 years of age or older is required to provide a valid driver's license or state ID card. Daily guests ages 18 & over will

be scanned by the LobbyGuard system against the National Sex Offenders Registry. Rates are as follows:  
Toddler (under 3 years of age) - FREE  
Resident (3-59 years of age) - \$5  
Resident Senior (60 and older) - \$4  
Non-Resident (3 yrs of age & older)- \$15 until April 30 (\$10 from 5/1-10/31)

News & Notes

Looking for personal training to jump start your New Year's Resolution?

Maureen Hausler  
(216-978-1602)  
&  
Hubert Caves  
(440-826-9037)

are approved personal trainers for the community center. Call for special pricing to set up a time to get/stay healthy!

**DID YOU KNOW?**

The MH Library conducts a "Check It Out" program at the center on the 1st Monday of the month from 9:30 am-11 am. A wide variety of books can be borrowed. Now you can exercise your mind as well as your body in 2019! Please bring your library card!

Seniors Helping Seniors partners with us to provide services to those in need. Their mission is to provide seniors with the ability to choose an independent lifestyle in their own homes for as long as possible. Call 440-759-0319 for details.

Save time and money in 2019 by purchasing a Water Exercise Punch Card! This card is good for 11 visits and are valid for one year from the date of purchase. (It's getting one class for FREE!) You may buy them at the front desk.

The drop in rate for non-SilverSneaker members who wish to attend our SilverSneaker fitness classes is \$3 per class for members. We offer over 30 classes per week. Thank you for your patronage.

"Perk up" your business or corporate exposure thru a program at the community center! Sponsor a "coffee & conversation" for just \$45 (we even provide the coffee, cups, etc.) and you can hand out flyers, brochures, coupons, imprinted

& goodies that advertise your business to hundreds of people! Call us at 440-234-2255 for information!

The Suburban Umpires Association School is looking for men and women who want to make some great part-time money working high school and summer baseball/fastpitch softball outdoors this spring, summer and fall!

Baseball classes begin in January at Cossett Creek Golf Course in Brunswick. Email Mike at mdame98@gmail.com for details. Fastpitch softball classes start in February at Lakewood High School. Email Carl at superref36@yahoo.com for more info. You can also go to the Suburban Umpires Association Facebook or Twitter pages.

Our Kidszone childcare costs \$3 per hour for members and paid guests for newborns thru 9 year olds. We do not offer sibling discounts or 50¢ increments. A parent/guardian must be physically in the center while the child is in the Kidszone.

Adult Dance Schedule for Winter / Spring 2019



Dances are held from 1-3 pm on the 1st & 3rd Tuesday of each month. There is an admission fee of \$5 for members & \$7 for non-members (includes free coffee and a donut) for each dance:

Tue., Jan. 1	No Dance	Tue., April 2	Al Battistelli
Tue., Jan. 15	Wayne Tomsic	Tue., April 16	Wayne Tomsic

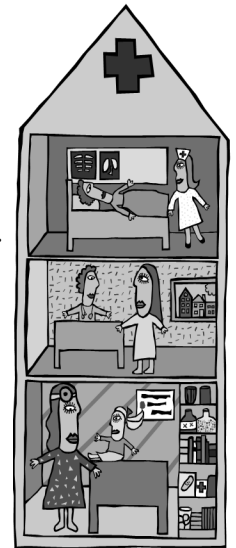
Tue., Feb. 5	Al Battistelli
Tue., Feb. 19	Wayne Tomsic
Tue., March 5	Al Battistelli
Tue., March 19	Wayne Tomsic

Community Health Awareness Programs this Month

The Rec. Dept. partners with local health organizations to provide our community at various times throughout the month.

- Mon., Jan. 7 Blood Pressure Screening (9-11 am)
- Mo., Jan. 14 Blood Pressure/Glucose Screening (8 am-12 pm)  
Memory Screening (9-11 am) Call 440-816-4037 to make an appt.
- Wed., Jan. 16 Blood Pressure Screening (8 am-12 pm)
- Wed., Jan. 23 Blood Pressure Screening (9-11 am)
- Mon., Jan. 29 Blood Pressure/Glucose Screening (8-10:30 am))

\*All of the above programs are **FREE** except where noted  
*Red Cross Bloodmobile on Monday, January 21 from 1-7 pm*



Resolve to Buy an MHCC Membership for 2019

A great way to start the new year is to get or stay healthy and fit. You can do that with a membership to the MHCC! We offer 6 month passes in addition to our yearly passes for residents and non-residents alike! Memberships are non-refundable & non-transferable.

Here are the 12 month packages:

	Residents	Full Time Employees	Part Time Employees	Non-Residents
Youth (3-18)	\$80	NA	NA	NA
Adult (19-59)	\$155	\$255	\$345	\$430
Senior (60+)	\$50	\$150	\$190	\$230
*Family	\$265	\$370	\$515	\$660

.....and the 6 month rates:

	Residents	Full Time Employees	Part Time Employees	Non-Residents
Youth (3-18)	\$45	NA	NA	NA
Adult (19-59)	\$85	\$140	\$190	\$235
Senior (60+)	\$30	\$85	\$105	\$125
*Family	\$145	\$205	\$285	\$365

\*Family packages are limited to 5 individuals (2 adults and up to 5 dependent children who are ages 23 or younger. All individuals must reside at the same address.

Toddlers (ages 2 & under) are admitted FREE

**DID YOU KNOW?**

The Friendly Walkers Breakfast Club meets at 9:00 am on the first Friday of the month here at the center to discuss exercise tips, plans for future meetings/special events & socializing! Breakfast follows at a nearby restaurant. If you're looking for the camaraderie of fellow walkers, please contact Laurie in the Fitness Area or leave your name at the front desk.

Extended Stay Guest passes are a courtesy provided to our members who may have family/friends staying with them for an extended period of time. Passes can be purchased in 1 week increments, up to 24 weeks with any stay over 3 days being considered one week. No refunds for unused days.

16000 Bagley Rd.  
Midd. Hts., Ohio 44130

Phone: 440-234-2255

Fax: 440-234-3228

Email:

[sdockman@middleburgheights.com](mailto:sdockman@middleburgheights.com)



Looking for a great place to have your child's birthday party that's close to home, inexpensive and fun ?

Try the  
**Birthday Party Package**

at the Community Center



Use the pool and/or party room. Parents are permitted to bring carry-out type food and drink. There are no kitchen facilities available! Pick up a flyer in the lobby, go to our city web site or contact Karol at [kgermany@middleburgheights.com](mailto:kgermany@middleburgheights.com) or call 440-234-2255 to reserve your date!

**WE'RE ALSO ONLINE AT  
[MIDDLEBURGHEIGHTS.COM](http://MIDDLEBURGHEIGHTS.COM)**

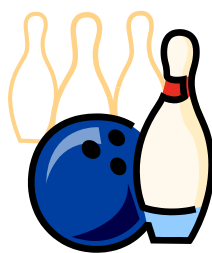
*More Activities & Programs*

Why not make a "resolution" to have some indoor fun this winter by joining one of these activities at the center:

Open Table Tennis  
(Mon., from 12-3 pm)

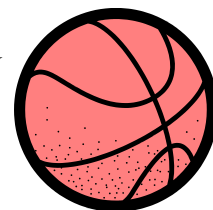
Open Pickleball  
(Mon. & Wed. mornings from 9 am-12 pm)

The Kidszone Saturday Sitters program starts back up on Saturday, Jan. 19 for 3-8 yr. olds from 4-8 pm! There are fees for this program that is held every 3rd Saturday during the school year and you must pre-register. Drop the kids off and have a night out with your mate!



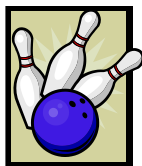
Adapted Bowling is on Saturdays at 2 pm beginning Jan. 5 thru Feb. 9, 2019 at Brookgate Lanes in Brook Park for ages 10-18. There is NO sign-up fee---just pay \$7 each week at the bowling alley! Covers ball & shoes plus 2 games or 1 hour!

Adapted Basketball is on Tuesdays at 7:00 pm at the community center beginning January 8, 2019 thru February 12, 2019  
There is NO sign-up fee!



Call the MHCC at 440-234-2255 for details!

A Red Cross Lifeguarding Review Course will be offered at the center on Jan. 5 & Sun. from Jan. 6 from 7 am-4 pm. The short course is for current lifeguards whose certification is expiring soon or has expired within the last 30 days. Successful completion will receive a certificate for lifeguarding/first aid/CPR/AED for 2 years. The cost is \$75 for members, \$100 for residents & \$125 for non-res/non-mem



The Brookgate Lanes Tri-City Bumper Bowling League (\$7/week for ages 4-7), Jr. A League (ages 8-12) & Jr. B League (ages 13-18) costs \$9/week & are still accepting registrations for their 2019 season. This 10 week program is on Sundays at 1 pm starting Jan. 6, 2019 at Brookgate Lanes in Brook Park. Call 216-676-4325 for more information.

Adapted Learn to Swim Classes will be held for ages 2-16+ on Mondays from Mon., Jan. 7-Feb. 25. This is a FREE program to all registered participants. Activities for those with Special Needs are held throughout the year by the Rec. Dept. Contact Sandy Balzer, Adapted Recreation Coordinator, at 440-234-2255 or at [sbalzer@middleburgheights.com](mailto:sbalzer@middleburgheights.com) for more information.