

"Heights Highlights"

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



MIDDLEBURG HEIGHTS
COMMUNITY CENTER

Fall Programs Are Ready to Kick-off!

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If you are an outdoor fitness enthusiast, this is probably the best time of year for activities! There is so much to choose from before the weather turns cold and sends us indoors!

We have learn-to-swim classes, tackle football leagues, cheerleading, soccer & volleyball programs that are getting ready to start! Our indoor pool is finishing with repairs, cleaning & painting and set to re-open soon!

So take that walk, run and/or ride through Big Creek Parkway or watch your favorite athlete on the football field, the soccer pitch, the pool or volleyball court & enjoy the final weeks of summer with us!

The Community Center will be closed on **Monday, Sept. 2** in observance of **Labor Day**. The MHCC will re-open on **Tuesday, Sept. 3** at **6 am**



The Outdoor Pool regular summer hours will close for the season on Sunday, September 8 at 7:50 pm! It will be open on Sat. 9/14 & 9/21 from 10 am-8:50 pm & Sun. 9/15 & 9/22 from 10 am-7:50 pm ONLY (weather permitting).

Fall Fest Plans are Underway

The Rec. Dept./Mayor & City Council are making plans to bring you a **FREE, FAMILY, FALL FESTIVAL** to the city of Midd. Hts on Saturday, October 19! This event will replace "Boo in the

Burg" but will still include candy give-a-ways by local businesses. Details will be announced soon but this will be a great time with games, activities & entertainment for children and their families!



The next Household Hazardous Waste Round-

up will be held on Friday, Oct. 11 from 8 am-3 pm at the MH Service Center (7375 Engle Rd.). The next Shred It Day will be held on Saturday, Oct. 12 from 9 am-12 pm at the MH Service Center. For more details, go to the city web site at middleburgheights.com

DID YOU KNOW?
Our Youth & Adult Learn to Swim classes are very reasonably priced at \$40 for members, \$55 for residents & \$70 for nonresidents for an 8 class session this fall. Don't delay--sign up today!



News & Notes

The Dolphin Room will be available for swim parties on weekends starting in early Oct., 2019 thru mid-May, 2020! Pavilion rentals end on Sun., Oct. 13, 2019. Call our Sales & Events team at 440-234-2255 to reserve your date & time!

The SilverSplash classes will resume on Monday, Sept. 9 in the indoor pool. The class is held every weekday afternoon from 2-2:50 pm! The class is FREE to SilverSneaker members and \$3 for non-SilverSneaker members who are also MHCC members.

Would you like to “perk up” your organization/business exposure at the Midd. Hts. Community Center? Why not host a morning “Coffee & Conversation” here? Reach over 8,000 members and over 1,500 daily guests! The cost is \$75 and we’ll provide the coffee setup, table and chair. You can display products, advertise services and handout out goodies. Call us at 440-234-2255 to reserve the day/time that works best for you!

The Middleburg Hts. Women’s Club is celebrating their 70th anniversary in 2019. Congratulations, Ladies! At their next meeting on Thursday, Sept. 5th at 6 pm, the group will pay tribute to those who contributed to this historic milestone year! Past presidents and longtime members will be present. Mayor Matt Castelli will speak about the plans he has for 2020!

The annual Senior Clambake in the Park will be held on Thursday, Sept. 12 at 11:30 am at the pavilions! The cost is \$17 and includes clams, chicken, potatoes, corn, coleslaw, dessert, drinks and lots of FUN. Sign up at the front desk to attend before Tuesday, Sept. 10.

We hope you like the renovations to the free weight area upstairs (to be completed in 2020) and the new software system we have installed in our center (RecDesk) which allows us to offer ONLINE registration for programs for the FIRST TIME in our history. You can still register for classes in person at the front desk. Memberships must be purchased in person

Adult Indoor Dance Schedule!

The following dances are held on Tuesdays from 1-3 pm
 Admission is \$5 per member/\$7 per non member & includes coffee & a donut:

Oct. 1	Al Battistelli
Oct. 15	Wayne Tomsic
Nov. 5	Al Battistelli
Nov. 19	Wayne Tomsic
Sept. 3	Al Battistelli
Sept. 17	Wayne Tomsic
Dec. 3	Al Battistelli
Dec. 17	Wayne Tomsic

Community Health Awareness Programs this Month

Local organizations provide health services to our community at various times throughout the month. The schedule is as follows:

Tue., Sept. 3	Blood Pressure Screening (8-10 am)
Wed., Sept. 4	Cholesterol Screening (9-11 am)
Mon., Sept. 9	Blood Pressure Screening (8-11:30 am)
Mon., Sept. 16	Blood Pressure Screening (8-11:30 am)
Mon., Sept. 23	Blood Pressure & Glucose Screening (8-11:30 am)



*All of the above programs are **FREE** except where noted

Family Fishing Day

Come show off your angler skills at the MHCC outdoor pool on Saturday, Sept. 28 from 10-11:30 am, 11:45 am-1:15 pm, 1:30-3 pm and Sunday, Sept. 29 from 11 am-12:30 pm, 12:45-2:15 pm & 2:30-4 pm. The Cleveland MetroParks will partner with the Rec. Dept. to fill the pool with blue gill, bass & catfish. Participants can catch fish and release them back into the pool! Prizes will be given. There will be a limited number of fishing rods, reels and bait. Sign up **NOW** at the front desk or online. The cost is \$5 for members/residents and \$10 for non-residents. Pre-registration is required. Thanks to Fin, Feather & Fur & the Cleveland Metroparks for their support.

More Local Health Screenings

**FREE
HEALTH
SCREENINGS**



Southwest General Health Center will conduct a number of free health screenings in the area this month! Feel free to stop in at these locations/times.

Thursday, Sept. 5 from 9-11 am at Southpark Mall (Vision Screening)

Wednesday, Sept. 11 from 9-11 am at Brook Park Rec Center (Hearing Screening)

Thursday, Sept. 19 from 9-11 am at Brook Park Library (Memory Screening)

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 & of course, walking! If you're looking for fun & the camaraderie of fellow walkers, please contact Laurie at 440-665-7325 if you're interested in joining!

If you would like to receive twice-a-month updates on everything that's happening in the Rec. Dept. via email, send an email message to Steve at **sdockman@middleburgheights.com**, type in the word "newsletter" in the subject line & we'll link you up!

16000 Bagley Rd.
Middleburg Hts., Ohio 44130

Phone: 440-234-2255

Fax: 440-234-3228

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

Try our
Birthday Party Packages

at the Community Center!

Pick up a flyer in the lobby for more info and then call our

Sales & Events team at 440-234-2255 or email kgermany@middleburgheights.com to reserve your date, time & room!!



CHECK US OUT AT
WWW.MIDDLEBURGHEIGHTS.COM

More Programs & Activities

Our Little Stars Gymnastics Program begins on Friday, Sept. 6 & Sat., Sept. 7 for ages 18 months to 10 years old! Learn gymnastics basic skills & have fun. Contact Sophia at SAPorter911@gmail.com or at 216-410-7637.

We have many Adult Water exercise classes available this fall!

Water Fitness is Mon., Wed. & Thur. from 9-9:50 am, Sat. from 9:10-10 am & Tue. & Thur. from 5:45-6:35 pm. **Range of Motion** is on Tue., Thur. from 9-9:50 am & on Fri. from 8-8:50 am.

Aqua Zumba on Sat. from 8:10-9 am, **Water Aerobics** on Mon. from 5:45-6:35 pm. **Making Waves** on Friday from 12-12:50 pm & Silver-Sneakers **SilverSplash** Mon.-Fri. from 2-2:50.

Our Kidszone has a number of activities for boys & girls this fall! There are morning classes for pre-schoolers from Mon.-Thur. to help them get a "jump" on things, Saturday & weekday evening child care if mom & dad want to go out (remember those days?) & much more including our very popular Saturday Sitters (4-8 pm on 9/21) & Kids Korner (Tuesdays 9/10-12/12). Sign up ONLINE or at the front desk .

Adult Learn to Swim classes will be held on Wednesdays from 7:15-8 pm (New to the Pool) & (Novice) from October 2-November 20. Classes for Special Olympians (ages 8 & up) are on Mondays from 8:15-8:45 pm.

Sign up ONLINE or at the front desk.

The Midd. Hts. Women's Club sponsors two Adapted Aquatic programs to teach swimming skills on Mondays from Sept. 30-Nov. 18. "Bubble Buddies" is for kids 2-5 from 6:15-6:45 pm and for ages 6-9 from 6:45-7:15 pm. "Aquatic Achievers" is for 10-15 yr. olds from 7:15-7:45 pm and for 16 yr. olds-Adult from 7:45-8:15 pm. There is NO FEE for these programs.

We will be starting new dance classes for kids at the Community Center later this month! Dance To EvOLVE will host free trial classes in the MP Gym on Tuesday, Sept. 24 for ages 2-3 from 3:30-4:15 pm, for ages 3-5 from 4:20-5:15 pm & for ages 4-6 from 5:20-6:15 pm. Call 440-379-0682 or go to danceto evolve.com/Cleveland to register or to get details!

October Sports Registrations are a month away & include:

- Youth & HS 4x4 Basketball Leagues
- Clinic Basketball
- Adult Indoor Bocce
- Adult Coed Indoor Cornhole
- Adult Coed Indoor Volleyball.