

# NORTH RIDGEVILLE PARKS & RECREATION

## 2023 Fall Program Guide

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Registration  
Begins  
August 14



**SCAN QR CODE**

USE YOUR SMART PHONE TO ACCESS OUR ONLINE PROGRAM GUIDE AND WEBSITE TO REGISTER.

## General Information

Message From The Mayor	Page 3
Meet Your Team	Page 4
Office Information	Page 5
Refund Policy	Page 5
Photo Policy	Page 5
Program Cancellation	Page 5
How To Register	Page 5

## Tot Programs

Interactive Irish Dance Class	Page 6
Gym and Story Time	Page 6
Pre-Star Shiners Tap & Ballet	Page 6
Junior Pony Camp	Page 6
Hummingbirds Soccer	Page 6

## Youth Programs

Kids Irish Dance	Page 6
Beginning Art	Page 6
Advanced Fencing	Page 6
Beat Breakers Hip Hop	Page 6
Pony Camp	Page 7
Heart & Sole Sweet Treat Cooking Class	Page 7
Nerf Battle	Page 7
Family & Friends CPR	Page 7
AHA CPR/BLS Certification	Page 7

## Youth Sports

Baseball Hitting Clinic	Page 7
1st & 2nd Grade Youth Basketball	Page 7
3rd & 4th Grade Youth Basketball	Page 7
5th & 6th Grade Youth Basketball	Page 7
7th & 8th Grade Youth Basketball	Page 8
7th-9th Grade Youth Basketball	Page 8
9th-12th Grade Youth Basketball	Page 8

## Adult Sports

Adult Tennis Lessons	Page 8
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## Fitness Programs

All Levels Yoga	Page 8
Gentle Yoga	Page 8
HIIT Yoga	Page 8
Mindful Yoga	Page 8
Spinning	Page 9
Stroller Strong	Page 9
Turkey Day Zumba	Page 9
Zumba Fitness	Page 9
13th Annual Black Light Zumba	Page 9

## Adult Ed

Standard-Beginner Dog Training	Page 9
Intermediate Dog Training	Page 9
Nuts & Bolts of Trusts	Page 10
Estate Planning Essentials	Page 10
How To Avoid Nursing Home Poverty	Page 10
Overcome Self-Sabotaging Habits	Page 10

## Special Events

NRFD Fire Safety & Health Fair	Page 10
Fall Fest	Page 10
Holiday Food & Toy Drive	Page 10
Pumpkin Decorating	Page 10
Tots Trick-or-Treat	Page 10
Cleveland Stache Dash	Page 10
Santa's Calling	Page 10



# MAYOR'S MESSAGE



Dear Residents,

As we move into the fall season, our Parks & Recreation Department staff has been busy planning a packed-full schedule of programs and events. After the hot summer we've had, I'm looking forward to the cooler temperatures that the fall season brings.

Our master plan process, Ridgeville Ready, continues to move forward and our steering committee is now exploring the potential of a future town center. We believe a strong town center could create a destination within the city, with a mix of uses and a vibrant public realm. Please visit [RidgevilleReady.com](http://RidgevilleReady.com) for more information.

The City and our partner agencies are working on numerous capital projects, ensuring our roadway network is meeting the needs of our community. Several projects have been completed, such as the Barres Road realignment and the Center Ridge Road urban paving project. Other projects continue to progress towards construction, including utility work at the future Stoney Ridge Road-Avalon Drive-Mills Road "peanut" roundabout and finalizing bid documents for the Cypress Avenue extension. On the subject of paving, our Service Department this year will pave 12 streets in addition to Pop Schultz Lane at South Central Park with an additional six concrete streets that will be repaired or replaced by an outside contractor.

Stay informed about our projects and initiatives in the City of North Ridgeville by visiting our website at [nridgeville.org](http://nridgeville.org) or by following our city on social media. Keep an eye out for my weekly videos reporting the latest and greatest city news. Also, I invite you to stop by City Hall for one of my monthly Coffee and Conversations where I provide project updates and answer your questions. Upcoming dates are Thursday, September 14; Friday, October 13; Monday, November 13; and Wednesday, December 13 at 8:30 a.m. at City Hall in Council Chambers. If you are unable to attend and have questions, please don't hesitate to call my office at (440) 353-0811.

Sincerely,

*Mayor Kevin Corcoran*



# MEET YOUR TEAM

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**Kevin Fougousse**

*Parks and Recreation Director*

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☎ (440) 353-0825

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*Recreation Supervisor*

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☎ (440) 353-0880

# GENERAL INFORMATION

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## Office Information

North Ridgeville Parks & Recreation  
7327 Avon Belden Road  
North Ridgeville, Ohio 44039

Phone: (440) 353-0860  
Fax: (440) 353-0845  
Weather Hotline: (440) 210-6226  
Website: [www.nridgeville.org/parksandrec](http://www.nridgeville.org/parksandrec)

Office Hours:  
8:00AM-4:30PM Monday-Friday  
Closed Saturdays & Sundays

## Refund Policy

View the NRPRD Refund Policy at [www.nridgeville.org/parksandrec](http://www.nridgeville.org/parksandrec). Click on policy tab to view the department's policy.

## Photo Policy

The North Ridgeville Parks & Recreation Department reserves the right to take photos of participants enrolled in programs or those attending a Parks & Recreation event. These photos are to be used strictly by the Parks & Recreation Department for the purpose of advertising in future program guides, catalogs, pamphlets, flyers and on the department website. Organizations, including media relations, must have permission from the Parks & Recreation Director or Recreation Supervisor prior to taking photographs.

## Program Cancellation

The North Ridgeville Parks & Recreation Department reserves the right to cancel any activity, program or event based on insufficient registrations, supervision or facilities. All activities, programs or events will either be rescheduled or fees refunded.

All classes require a minimum number of participants in order to be conducted. If the class minimum is not met by the deadline date, the activity is cancelled. Please register at least 5 days prior to the beginning of the activity.

## How To Register

### Online

Visit [www.nridgeville.org/parksandrec](http://www.nridgeville.org/parksandrec). Login or create your account to register.

### By Mail

Mail in a completed registration form with payment to:

North Ridgeville Parks & Recreation  
7307 Avon Belden Road  
North Ridgeville, Ohio 44039

### In-Person

Drop off completed registration form with payment at the Parks & Recreation Department Monday-Friday between 8:00AM-4:30PM.

### Drop Box

Can't make it during the hours of operation? Place your registration form and check payment (NO CASH) in an envelope and place in our secure drop box on our office door, 24/7. Make checks payable to NR PARKS & REC.

## Tot Programs

### Interactive Irish Dance Class

Story time, games, dolls and more are incorporated in class to provide an interactive fun experience for children as they learn Irish Dance. The class teaches proper technique for Traditional Irish Dances. In addition, dancers will learn coordination, poise, movement and rhythm with emphasis on the basic style and characteristics which make Irish Dance a unique art form. Irish Dance is full of energy with jumps, kicks and skips. This dance style uses rapid footwork with crossed feet keeping to the rhythm of Irish music. Dancers will benefit from the many wonderful health benefits of Irish Dance.

**Instructor:** Peggy Cannon

**Ages:** 5-10 year olds

**Class Size:** 04 minimum/10 maximum

**Fee:** 45 Resident/55 Non-Resident

**Location:** Safetyville Bldg. 35753 Bainbridge Rd.

Session	Day	Date	Time
Ses I	WED	09.13-10.04	5:00-5:45PM
Ses II	WED	10.11-11.01	5:00-5:45PM
Ses III	WED	11.08-12.06	5:00-5:45PM

**No class 11.22.23**

### Gym and Story Time

Come join us with North Ridgeville Branch Library for a story and some movement to burn off some energy. Children can come and have some fun while making new friends. Your child will experience gross motor movements and social skills, with stories and a snack.

**Instructors:** NR Branch Library & Michelle Carey

**Ages:** 2-5 year olds

**Class Size:** 04 minimum/15 maximum

**Fee:** 5 Resident/6 Non-Resident

**Drop-In Fee:** 6 Resident /7 Non-Resident

**Location:** Shady Dr. Batting Cage 37077 Shady Dr.

Session	Day	Date	Time
Ses I	FRI	09.15	10:00-11:00AM
Ses II	FRI	10.06	10:00-11:00AM
Ses III	FRI	11.03	10:00-11:00AM
Ses IV	FRI	12.01	10:00-11:00AM

### Pre-Star Shiners Tap & Ballet

A combination dance class of tap, ballet and dance games for kids. This energetic and expressive class will have your Pre-Star Shiner learning age-appropriate dance and motor skills, musicality and rhythm to reach class goals in fun creative ways. Great for boys and girls!

**Instructor:** Dance To EvOLvE

**Ages:** 3-6 year olds

**Class Size:** 06 minimum/16 maximum

**Fee:** 99 Resident/109 Non-Resident

**Location:** Safetyville Bldg. 35753 Bainbridge Rd.

Session	Day	Date	Time
Ses I	MON	09.18-10.23	4:30-5:25PM
Ses II	MON	10.30-12.18	4:30-5:25PM

**No class 11.20.23**



### Junior Pony Camp

You will play games, have story time, groom and play with the ponies and then ride them. Participants must wear long pants, flat shoes and a helmet. There is a 65 lb. weight limit. For more info call Lorraine Schaffner at (440) 891-9992.

**Instructor:** Pony Tale Farms Staff

**Ages:** 2-6 year olds

**Class Size:** 04 minimum/10 maximum

**Fee:** 45 Resident/55 Non-Resident

**Location:** Pony Tale Farms 13360 Cowley Rd.

Session	Day	Date	Time
Ses I	TUES	09.05 & 09.12	4:00-4:45PM
Ses II	THUR	10.19 & 10.26	4:00-4:45PM
Ses III	THUR	11.02 & 11.09	4:00-4:45PM

### Hummingbirds Soccer Presented By:

#### Jump Start Sports

Children will have fun while learning the basics of soccer, dribbling, passing, trapping, shooting and positioning. Each session consists of instruction in each aspect of the game, participation in fun drills that are designed to teach skills in a low-key, non-competitive game. All participants will receive a team shirt and a participation medal.

**Instructor:** Jump Start Sports

**Ages:** 3-4 & 5-6 year olds

**Class Size:** 04 minimum/42 maximum

**Fee:** 95 Resident/Non-Resident

**Location:** Shady Drive Complex 37077 Shady Dr.

Day	Date	Time	Ages
WED	09.06-10.11	5:30-6:30PM	3-4
WED	09.06-10.11	6:30-7:30PM	5-6



## Youth Programs

### Kids Irish Dance

The class teaches proper technique for Traditional Irish Dances. In addition, dancers will learn coordination, poise, movement and rhythm with emphasis on the basic style and characteristics which make Irish Dance a unique art form. Irish Dance is full of energy with jumps, kicks and skips. This dance style uses rapid footwork with crossed feet keeping to the rhythm of Irish music. Age-appropriate activities are included to engage the dancers. Dancers will benefit from the many wonderful health benefits of Irish Dance.

**Instructor:** Peggy Cannon

**Ages:** 5-10 year olds

**Class Size:** 04 minimum/10 maximum

**Fee:** 45 Resident/55 Non-Resident

**Location:** Safetyville Bldg. 35753 Bainbridge Rd.

Session	Day	Date	Time
Ses I	WED	09.13-10.04	5:00-5:45PM
Ses II	WED	10.11-11.01	5:00-5:45PM
Ses III	WED	11.08-12.06	5:00-5:45PM

**No class 11.22.23**

### Beginning Art

Kids will begin to develop a love for art! We will start to learn different techniques and explore different mediums. Each week the children will create a unique piece of art, all of which will be displayed during an art show on the last day. Please wear clothes that can get dirty.

**Instructor:** Amanda Hamilton

**Ages:** 5-10 year olds

**Class Size:** 05 minimum/10 maximum

**Fee:** 45 Resident/55 Non-Resident

**Location:** Community Cabin 35717 Bainbridge Rd.

Session	Day	Date	Time
Ses I	SAT	08.26-09.16	11:00AM-NOON
Ses II	SAT	09.23-10.21	11:00AM-NOON

**No class 10.14.23**

Ses III	SAT	10.28-11.18	11:00AM-NOON
Ses IV	SAT	11.25-12.16	11:00AM-NOON

### Advanced Fencing

The art of swordsmanship has been practiced for centuries. First, it was to train for deadly combat—the duel. Now, it is fun and safe for boys and girls, men and women. Join instructor Tom Nagy and the On Target Fencing Team as they teach you Foil and Epee in an advanced setting. For more info contact Tom Nagy at (440) 327-0808.

**Instructor:** Tom Nagy

**Ages:** 8 and Up

**Class Size:** 04 minimum/36 maximum

**Fee:** 85 Resident/95 Non-Resident (eqpt. included)

**Location:**

THUR: Shady Dr. Batting Cage 37077 Shady Dr.

SAT: Senior Center 7327 Avon Belden Rd.

Session	Day	Date	Time
Ses I	TH/SAT	09.02-09.30	8:00-9:30PM (TH) 9:00AM-12:30PM (S)
Ses II	TH/SAT	10.05-10.28	8:00-9:30PM (TH) 9:00AM-12:30PM (S)
Ses III	TH/SAT	11.02-11.30	8:00-9:30PM (TH) 9:00AM-12:30PM (S)
Ses IV	TH/SAT	12.02-12.30	8:00-9:30PM (TH) 9:00AM-12:30PM (S)

### Beat Breakers Hip Hop

This fun, high-energy kid's dance class enables boys and girls to let loose while developing creativity, coordination, musicality, and listening skills. Activities include hip hop, and dance games in a non-stop action-packed class that will have you movin' to the beats! All music and moves are age appropriate.

**Instructor:** DanceTo EvOLvE

**Ages:** 4-7 year olds

**Class Size:** 06 minimum/16 maximum

**Fee:** 99 Resident/109 Non-Resident

**Location:** Safetyville Bldg. 35753 Bainbridge Rd.

Session	Day	Date	Time
Ses I	MON	09.18-10.23	5:30-6:25PM
Ses II	MON	10.30-12.18	5:30-6:25PM

**No class 11.20.23**

### Pony Camp

Children will learn introductory riding skills, safety issues and general pony care. Participants must wear long pants, flat shoes and helmet. There is a 125 lb. weight limit. For more info call Lorraine Schaffner at (440) 891-9992.

**Instructor:** Pony Tale Farms Staff  
**Ages:** 7-12 year olds  
**Class Size:** 04 minimum/10 maximum  
**Fee:** 100 Resident/110 Non-Resident  
**Location:** Pony Tale Farms 13360 Cowley Rd.

Session	Day	Date	Time
Ses I	TUES	09.05-09.26	5:00-6:00PM
Ses II	THUR	10.05-10.26	5:00-6:00PM

### Heart & Sole Sweet Treat Cooking Class

Come learn to make fresh, healthy, sweet treats all while having fun. Recipes are sampled in class and can be taken home. Parents are welcome to join their child during this sweet and exciting class.

**Instructor:** Christie Ollerton  
**Ages:** 6-12 year olds  
**Class Size:** 04 minimum/20 maximum  
**Fee:** 30 Resident/40 Non-Resident  
**Location:** Senior Center 7327 Avon Belden Rd.

Day	Date	Time
WED	10.18	6:00-8:00PM

### Nerf Battle

Get ready for a competitive, action-packed night with NRPRD Nerf Battle! Age groups will be split into two teams and will play three games. Games include Capture the Flag, Team Battle Royale and Group Choice. Safety goggles will be provided if the child does not have any. You must bring your own Nerf gun, bullets will be provided by the Parks and Recreation Department. For rules and information, please check out the "FORMS" tab with Nerf Battle Rules. Parents can join in the last half hour of each age group.

**Instructor:** NRPRD Staff  
**Ages:** 6-12 year olds  
**Class Size:** 08 minimum/36 maximum  
**Fee:** 30 Resident/40 Non-Resident  
**Location:** Shady Drive Batting Cage 37077 Shady Dr.

Day	Date	Time	Ages
FRI	11.17	6:00-7:30PM	6-8
FRI	11.17	7:45-9:15PM	9-12

### Family & Friends CPR

The Family & Friends CPR Course teaches the lifesaving skills of adult Hands-Only CPR, adult CPR with breaths, child CPR with breaths, adult and child AED use, infant CPR, and mild and severe airway block for adults, children, and infants. Skills are taught in a dynamic group environment using the AHA's research-proven practice-while-watching technique, which provides students with the most hands-on CPR practice time possible. Cost covers booklet for you to keep. A CPR certificate is not given upon completion of this class.

**Instructor:** North Ridgeville Fire Department  
**Ages:** 13 and Up  
**Class Size:** 04 minimum/20 maximum  
**Fee:** 3 Resident/5 Non-Resident  
**Location:** NR Fire Station 1 7000 Ranger Way

Day	Date	Time
SAT	10.28	9:00-11:00AM

### American Heart Association CPR/Basic Life Support (BLS) Certification

This class is designed for healthcare professionals and other personnel who need to know how to perform CPR and other basic cardiovascular life support skills in a wide variety of in-facility and prehospital settings. Participants will learn high-quality CPR for adults, children, and infants, AHA Chain of Survival (BLS components), important early use of an AED. Effective ventilations using a barrier device, importance of teams in multi-rescuer resuscitation and performance as an effective, team member during multi-rescuer CPR, and relief of foreign-body airway obstruction (choking) for adults and infants. CPR certificate will be received upon completion of this course. Cost covers CPR certificate and materials.

**Instructor:** North Ridgeville Fire Department  
**Ages:** 13 and Up  
**Class Size:** 04 minimum/20 maximum  
**Fee:** 10 Resident/15 Non-Resident  
**Location:** NR Fire Station 1 7000 Ranger Way

Day	Date	Time
SAT	09.02	9:00AM-1:00PM
SAT	11.04	9:00AM-1:00PM
SAT	12.02	9:00AM-1:00PM



### 1st & 2nd Grade

#### Jr. Ranger Basketball Program

North Ridgeville Parks & Recreation offers a fun and friendly basketball program to 1st & 2nd grade children. This recreational league focuses on basic fundamentals. We will have a boys & girls division. If not enough girls register it will be coed. Teams practice/play games 1-2 times per week. Practice days/times are picked by the coach and what works best for their schedule. Practices generally start in November/December. League play tentatively starts in January. Teams will play 6 regular season games, no tournament. Uniforms are provided by North Ridgeville Parks & Recreation. **Sign up online or in-person before October 13 to receive our early bird rate. After October 13 the program fee increases by \$10.**

**Ages:** Grades 1st & 2nd  
**Fee:** 65 Resident/75 Non-Resident  
**Location:** NR High School 34620 Bainbridge Rd.

Day	Date	Time
SUN	JAN-FEB	9:00-NOON

### 3rd & 4th / 5th & 6th Grade

#### Jr. Ranger Basketball Program

The focus of the 3rd & 4th and 5th & 6th Grade Jr. Ranger Basketball League is to develop the player's skills, experience, and knowledge of basketball. Fundamentals and basics are the cornerstone of this league with emphasis on fun, sportsmanship, teamwork, skills and equal playing time. Teams practice/play games 1-2 times per week. Practice days/times are picked by the coach and what works best for their schedule. Practices generally start in November. League play tentatively starts in December. Games are played on Saturdays with potential games on Sundays. The league partners with surrounding communities. **Sign up online or in-person before October 13 to receive our early bird rate. After October 13 the program fee increases by \$10.**

**Ages:** Grades 3rd & 4th / 5th & 6th  
**Fee:** 75 Resident/85 Non-Resident  
**Location:** N.Ridgeville & Surrounding Communities

Day	Date	Time
SAT/SUN	DEC-MAR	8:00AM-5:00PM

## Youth Sports

### Baseball Hitting Clinic With Mike Byrne

Our baseball hitting clinic is designed to improve one's skills while participating in a number of drills/exercises geared towards enhancing the player's performance. These drills will be done under the supervision of Mike Byrne. Mike is a youth baseball coach with over 10 years of experience running hitting clinics and coaching high school and travel baseball programs.

**Instructor:** Mike Byrne & Staff  
**Ages:** 6-14 year olds  
**Fee:** 80 Resident/90 Non-Resident  
**Location:** Shady Drive Batting Cage 37077 Shady Dr.

Day	Date	Time	Ages
SUN	09.10-10.01	9:00-10:00AM	6-8
SUN	09.10-10.01	10:00-11:00AM	9-11
SUN	09.10-10.01	11:00AM-NOON	12-14

### Scorekeepers Wanted:

Interested in making some money this winter? Look no further than NRPRD. We are looking for individuals to keep score for our 1st-12th grade Jr. Ranger Youth Basketball Program.

Interested candidates should contact Mike Hrusch at (440) 353-0880 or mhrusch@nridgeville.org.

Must be 14 years old and up to work.

## 7th & 8th Grade

### Jr. Ranger Basketball Program

The focus of the 7th & 8th Grade Jr. Ranger Basketball League is to develop the player's skills, experience, and knowledge of basketball. Fundamentals and basics are the cornerstone of this league with emphasis on fun, sportsmanship, teamwork, skills and equal playing time. Teams practice/play games 1-2 times per week. Practice days/times are picked by the coach and what works best for their schedule. Practices generally start in November. League play tentatively starts in December. Games are played on Saturdays with potential games on Sundays. The league partners with surrounding communities. **Sign up online or in-person before October 13 to receive our early bird rate. After October 13 the program fee increases by \$10.**

**Ages:** Grades 7th & 8th

**Fee:** 75 Resident/85 Non-Resident

**Location:** N. Ridgeville & Surrounding Communities

Day	Date	Time
SAT/SUN	DEC-MAR	8:00AM-5:00PM

## 7th-9th Grade

### Jr. Ranger Girls Basketball Program

The focus of the 7th-9th Grade Jr. Ranger Girls Basketball League is to develop the player's skills, experience, and knowledge of basketball. Fundamentals and basics are the cornerstone of this league with emphasis on fun, sportsmanship, teamwork, skills and equal playing time. Teams practice/play games 1-2 times per week. Practice days/times are picked by the coach and what works best for their schedule. Practices generally start in November. League play tentatively starts in December. Games are played on Saturdays with potential games on Sundays. The league partners with surrounding communities. **Sign up online or in-person before October 13 to receive our early bird rate. After October 13 the program fee increases by \$10.**

**Ages:** Grades 7th-9th

**Fee:** 75 Resident/85 Non-Resident

**Location:** N. Ridgeville & Surrounding Communities

Day	Date	Time
SAT/SUN	DEC-MAR	8:00AM-5:00PM

## 9th-12th Grade

### Jr. Ranger Intramural Basketball Program

The 9th-12th Grade Basketball Program is intramural based. No coaches, students are captains of their team. We will try to schedule one practice per week but practices are not guaranteed. Games begin in January and played on Sundays. **Sign up online or in-person before November 17 to receive our early bird rate. After November 17 the program fee increases by \$10.**

**Ages:** Grades 9th-12th

**Fee:** 65 Resident/75 Non-Resident

**Location:** NR High School 34600 Bainbridge Rd.

Day	Date	Time
SUN	JAN-MAR	NOON-2:00PM



## Adult Sports

### Adult Tennis Lessons

Join us for an hour of tennis instruction, game-play and FUN! Our sessions will be geared towards adults 18+ who have little or no tennis experience (beginner/intermediate). Racquets will be available to borrow. Please bring water, sunscreen and athletic shoes.

**Instructor:** Michelle Dukeman-Carey

**Ages:** 18 and Up

**Class Size:** 04 minimum/10 maximum

**Fee:** 50 Resident/60 Non-Resident

**Location:** South Central Park 7565 Avon Belden Rd.

Day	Date	Time
WED	09.06-09.27	6:00-7:00PM

## Fitness

### All Levels Yoga

Our class, beginners to experienced students, will do poses focusing on alignment, focus-point and breath. The class is a low-to-medium paced flow of movement. You will receive personalized instruction in this 6-week course that shows the fundamentals of yoga. You will explore classic yoga poses, learn healthy body alignment, experiment with modifications and props, and become comfortable with the nature of yoga.

**Instructor:** Danielle Smith

**Ages:** 15 and Up

**Class Size:** 04 minimum/15 maximum

**Fee:** 50 Resident/60 Non-Resident

**Location:** Safetyville Bldg. 35753 Bainbridge Rd.

Session	Day	Date	Time
Ses I	THUR	10.05-11.09	7:30-8:30PM
Ses II	THUR	11.16-12.28	7:30-8:30PM
<b>No class 11.23.23</b>			
Ses III	THUR	01.04-02.08	7:30-8:30PM

### Gentle Yoga

A calming stress-relieving yoga class designed to stretch and strengthen the body gradually. Emphasis is on building awareness of the body and breathing techniques. Yoga poses are practiced at a slow pace with attention to alignment and detail. Props, such as chairs, straps, and blocks, are used to assist the participant in the yoga postures. Seniors also welcome.

**Instructor:** Kip Cronk

**Ages:** 15 and Up

**Class Size:** 06 minimum/15 maximum

**Fee:** 50 Resident/60 Non-Resident

**Location:** Safetyville Bldg. 35753 Bainbridge Rd.

Session	Day	Date	Time
Ses I	TUES	09.12-10.17	6:00-7:00PM
Ses II	TUES	11.07-12.12	6:00-7:00PM

### HIIT Yoga

A blend of yoga with HIIT (High Intensity Interval Training), with low-intensity options, is a workout designed for all levels wanting to develop their fitness & yoga practice. HIIT is alternating intervals of high intensity workout with rest (2:1 ratio-40 seconds of HIIT to 20 seconds in a resting pose). The portions of the class are: 5 minutes centering, 10 minutes yoga warm-up flow, 30 minutes yoga HIIT, 10 minutes cool-down yoga flow & ending with a 5 minutes savasana. Receiving the benefits both a HIIT (cardio) & Yoga (balance & flexibility) have to offer!

**Instructor:** Danielle Smith

**Ages:** 15 and Up

**Class Size:** 04 minimum/15 maximum

**Fee:** 50 Resident/60 Non-Resident

**Location:** Safetyville Bldg. 35753 Bainbridge Rd.

Session	Day	Date	Time
Ses I	MON	09.25-10.30	6:30-7:30PM
Ses II	MON	11.06-12.11	6:30-7:30PM
Ses III	MON	12.18-01.29	6:30-7:30PM

**No class 12.25.23**

### Mindful Yoga

Join us for a 90-minute yoga experience that combines gentle and restorative styles. This event may help with strength, balance, range of motion and relaxation. Poses will include those on our backs, stomachs, hands & knees, and standing. Modifications may be made for those in need. No yoga experience is necessary and everyone is invited. If you have never tried yoga this is a perfect first class. Please dress comfortably and bring a yoga mat, blanket and pillow.

**Instructor:** Kip Cronk

**Ages:** 15 and Up

**Class Size:** 06 minimum/15 maximum

**Fee:** 10 Resident/15 Non-Resident

**Location:** Safetyville Bldg. 35753 Bainbridge Rd.

Day	Date	Time
WED	09.06	6:00-7:30PM
TUES	10.24	6:00-7:30PM
WED	11.15	6:00-7:30PM
TUES	12.19	6:00-7:30PM



## Spinning

When in need of a challenging workout, innovative equipment, or a flat-out fun experience, look to Spinning and start enjoying the benefits of indoor cycling. This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. An indoor cycling class set to exciting music tracks and choreographed to provide an excellent workout and improve cardiovascular conditioning. Please bring a water bottle and towel.

**Instructors:** Ralph Mlady & Carlie Jones  
**Ages:** 15 and Up  
**Class Size:** 04 minimum/12 maximum  
**Fee:** 50 Resident/60 Non-Resident  
**Location:** Shady Drive Batting Cage 37077 Shady Dr.

Session	Day	Date	Time
Ses I	WED	09.20-10.25	6:30-7:30PM
Ses II	WED	11.01-12.06	6:30-7:30PM
Ses III	WED	12.13-01.17	6:30-7:30PM
Ses I	SAT	09.23-10.28	8:00-9:00AM
Ses II	SAT	11.04-12.09	8:00-9:00AM
Ses III	SAT	12.16-01.20	8:00-9:00AM



## Stroller Strong

Stroller Strong is an energetic, total-body workout designed for moms with kids in tow! Each 60-minute workout focuses on strength training, basic cardio, and core restoration, all while entertaining little ones with songs, activities, and fun! The Stroller Strong instructor is skilled to meet you where you are mentally and physically by providing motivation and modifications in a judgment free zone so you get the best workout possible! You'll leave class feeling connected, successful, and energized. No mommy guilt here! This class is all about self-care in a supportive and encouraging environment.

**Instructors:** Danielle Stribula  
**Ages:** 15 and Up  
**Class Size:** 04 minimum/15 maximum  
**Fee:** 50 Resident/60 Non-Resident  
**Location:** Shady Drive Batting Cage 37077 Shady Dr.

Session	Day	Date	Time
Ses I	WED	10.18-11.22	10:00-11:00AM
Ses II	WED	11.29-01.03	10:00-11:00AM

## Turkey Day Zumba

Burn your Thanksgiving calories before you eat them and do something good for the community! Bring a donation of two (2) non-perishable food items or new toys in original packaging to be donated to Community Care. Class fee is \$5.00 for residents & non-residents with a donation or \$7.00 without a donation. This is a Drop-in only event.

**Instructor:** Michelle Carey  
**Ages:** 15 and Up  
**Class Size:** 04 minimum/40 maximum  
**Fee:**  
**With Donation:** 5 Resident/6 Non-Resident  
**Without Donation:** 6 Resident/7 Non-Resident  
**Location:** Shady Drive Batting Cage 37077 Shady Dr.

Day	Date	Time
THUR	11.23	9:00-10:00AM

## Zumba Fitness

Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health. Class is an hour and offered year-round.

**Instructors:** Isa Serra & Michelle Carey  
**Ages:** 15 and Up  
**Class Size:** 04 minimum/40 maximum  
**Pre-Registration Fee:** 5 Resident/6 Non-Resident  
**Drop-In Fee:** 6 Resident/7 Non-Resident  
**Location:** Shady Drive Batting Cage 37077 Shady Dr.

Session	Day	Date	Time
Ses I	TUES	09.05-09.26	6:30-7:30PM
Ses II	TUES	10.03-10.31	6:30-7:30PM
Ses III	TUES	11.07-11.28	6:30-7:30PM
Ses IV	TUES	12.05-12.26	6:30-7:30PM
Ses I	THUR	09.07-09.28	6:30-7:30PM
Ses II	THUR	10.05-10.26	6:30-7:30PM
Ses III	THUR	11.02-11.30	6:30-7:30PM
Ses IV	THUR	12.07-12.28	6:30-7:30PM
Ses I	SAT	09.09 & 09.23	9:00-10:00AM
Ses II	SAT	10.07 & 10.21	9:00-10:00AM
Ses III	SAT	11.04 & 11.18	9:00-10:00AM
Ses IV	SAT	12.02 & 12.16	9:00-10:00AM

## 13th Annual Black Light Zumba

Light up the night in white and bright at the 13th Annual Black Light Zumba® Party! Enjoy a fun and exciting Zumba® fitness dance workout with instructor Isa Serra! It will be 60 minutes of hot and spicy fun! Everyone can Zumba®! White and neon colors will glow in the black light. Help spread the word and invite someone you know to try Zumba® - - the most fun dance-fitness workout on the planet!

**Instructors:** Isa Serra & Michelle Carey  
**Ages:** 15 and Up  
**Class Size:** 04 minimum/40 maximum  
**Pre-Registration Fee:** 5 Resident/6 Non-Resident  
**Drop-In Fee:** 6 Resident/7 Non-Resident  
**Location:** Shady Drive Batting Cage 37077 Shady Dr.

Day	Date	Time
TUES	10.24	6:30-7:30PM

## Adult Ed

### Standard-Beginner Dog Training

Did you just bring home a new dog from the local shelter? Decided, "I'd like to communicate with my dog better?" Or simply looking for something new and fun to experience with your furry friend? Then this is the class for you!

Over these 6 weeks you and your dog will learn the basics of obedience/manners, covering such behaviors as sit, down, stay, recall (come when called) and more! Not only will we make sure to cover the basics of obedience but also work on common behavior problems such as - counter surfing, dumpster diving, jumping on guests to greet them - and more!

Pet owners must produce proof of vaccinations at 1st class.

**Instructors:** Lindsey Norton, Hype Dog Training  
**Ages:** 18 and Up  
**Class Size:** 04 minimum/10 maximum  
**Fee:** 130 Resident/140 Non-Resident  
**Location:** Senior Center 7327 Avon Belden Rd.

Session	Day	Date	Time
Ses I	TUES	09.19-10.24	7:00-8:00PM
Ses II	TUES	10.31-12.12	7:00-8:00PM
<b>No class 11.07.23</b>			
Ses III	TUES	12.19-01.30	7:00-8:00PM
<b>No class 12.26.23</b>			

### Intermediate Dog Training

Time to take our training to the next level! We've got our basic cues down - like sit, stay, recall, down, etc. Now it's time for us to sharpen our skills with our best friends and get quicker responses, longer stays, and even work our Free Lead Walking into a Heel for times when we will want our dogs walking right by us!

Over these 6 weeks we will learn heel, how to get longer and further stays, build better more solid responses in highly distracting environments to all of our cues learned in beginner course, and continue strengthening our relationship with our canine companions! It's time to begin fading our reliance on treats for our solid cues and use our rewards for more difficult behaviors.

Everything taught through this course is to lead to the ability to complete the AKC CGC (Canine Good Citizen) test.

Everything taught in this class is building on what was learned in beginner course - prerequisites are required: sit, down, stay, recall, leave it and drop it.

You do not have to be an expert in these cues - I ask for a beginner level response and the basic foundation to be built in order for us to continue making them stronger. An introductory understanding of place cue will also be helpful as we will be adding distance in this course.

Pet owners must produce proof of vaccinations at 1st class.

**Instructors:** Lindsey Norton, Hype Dog Training  
**Ages:** 18 and Up  
**Class Size:** 04 minimum/10 maximum  
**Fee:** 130 Resident/140 Non-Resident  
**Location:** Senior Center 7327 Avon Belden Rd.

Session	Day	Date	Time
Ses I	TUES	09.19-10.24	6:00-7:00PM
Ses II	TUES	10.31-12.12	6:00-7:00PM
<b>No class 11.07.23</b>			
Ses III	TUES	12.19-01.30	6:00-7:00PM
<b>No class 12.26.23</b>			

### Nuts & Bolts of Trusts

Trusts can be one of the most useful and cost-effective legal tools to help people maintain control over their assets during good health, illness and at death – without court costs or delays. Unfortunately, most people, including financial advisors, only think of trust in terms of saving estate taxes.

This workshop gives an overview of how trusts work, the pros and cons and costs, when to consider using trusts and what should be included in the trust provision.

**Instructors:** Candace M. Pollock  
**Ages:** 18 and Up  
**Class Size:** 04 minimum/25 maximum  
**Fee:** 25 Resident/ 30 Non-Resident  
**Location:** Council Chambers 7307 Avon Belden Rd.

Day	Date	Time
THUR	11.09	6:30-8:00PM

### Estate Planning Essentials

Attendees will learn about the core directives every person should have to protect themselves. They will get an overview of the various legal directives used in estate planning and the role each plays in an overall estate plan - whether the plan is geared toward protecting minors, avoiding nursing home costs or saving estate taxes. They will leave with a worksheet that helps rate their existing plan for effectiveness.

**Instructors:** Candace M. Pollock  
**Ages:** 18 and Up  
**Class Size:** 04 minimum/25 maximum  
**Fee:** 25 Resident/ 30 Non-Resident  
**Location:** Council Chambers 7307 Avon Belden Rd.

Day	Date	Time
THUR	09.14	6:30-8:00PM

### How To Avoid Nursing Home Poverty

Much attention is given to estate taxes as a threat to what can be passed on to beneficiaries and, over the last several years, most families are less concerned about estate taxes due to the higher exemptions on federal estate taxes.

What many families fail to see is that, with average annual costs between \$60,000 to \$75,000, long term care costs have always been a larger threat to their lifetime security and to the estate they leave for beneficiaries at death. These costs will increase over time as the cost of care increases with inflation. Few families can cover such costs out of disposable income and resources.

This workshop covers the main methods of covering long term care costs, the strategies to maximize private and public resources and the directives every family should have in place to make sure they can act if a disability or death should strike.

**Instructors:** Candace M. Pollock  
**Ages:** 18 and Up  
**Class Size:** 04 minimum/25 maximum  
**Fee:** 25 Resident/ 30 Non-Resident  
**Location:** Council Chambers 7307 Avon Belden Rd.

Day	Date	Time
THUR	12.14	6:30-8:00PM

### Overcome Self-Sabotaging Habits

“Mental Fitness” is your capacity to respond to life challenges with a positive versus negative mindset. Research shows it is the best predictor of how well humans perform to their true potential and personal fulfillment. Research also shows that 80% of people score below the mental fitness level needed to reach and sustain full potential. This interactive and fun personal development program shares evidence-based Positive Intelligence™ principles designed to help you identify your specific self-sabotaging thought-habits and grow your mental fitness skills so you can reach your definition of peak performance and experience more peace and calm, and better relationships.

**Instructors:** Candace M. Pollock  
**Ages:** 18 and Up  
**Class Size:** 04 minimum/25 maximum  
**Fee:** 25 Resident/30 Non-Resident  
**Location:** Council Chambers 7307 Avon Belden Rd.

Day	Date	Time
MON	12.11	6:30-8:00PM

## Special Events

### NRFD Fire Safety & Health Fair

Come kick off Fire Safety Week with the North Ridgeville Fire Department! There will be food, bounce houses, face painting and other fun activities for kids. Informational tables on hand with fire safety and health tips for adults and children. Fire trucks and ambulances, police cars and street department trucks will be on hand to tour and touch. Area medical helicopters are also planned to visit, weather and emergencies permitting.

**Fee:** FREE to the general public  
**Location:** NR Fire Station 1 7000 Ranger Way

Day	Date	Time
SAT	10.07	10:00AM-2:00PM

### NRPRD Annual Fall Fest Sponsored By:

Legacy Roofing & Keller Williams Citywide  
Come enjoy a fun fall day with the Parks & Recreation Department. Families will experience fun games, food vendors, face & pumpkin painting, balloon animals, pumpkin bowling, photo booth and hay rides (weather permitting). We buy a limited number of pumpkins to give out so come early so your child is guaranteed one.

**Fee:** FREE to the general public  
**Location:** South Central Park 7565 Avon Belden Rd.

Day	Date	Time
SAT	10.14	4:00-6:00PM

### Holiday Food & Toy Drive

Non-perishable food items and new toys in original packaging are needed to help benefit Community Care for the holidays. Drop off boxes will be located at City Hall, Parks & Recreation, and Senior Center.

**Items can be dropped off October 30-December 1, Monday-Friday 8:00AM-4:30PM.** We appreciate your donations and thank you for making the holidays brighter for families in need.

### Pumpkin Decorating

Looking to decorate a pumpkin this Halloween? North Ridgeville Parks & Recreation and Senior Center have got you covered! We will have glitter, stickers, paint and other craft supplies to make sure you have the best pumpkin in town. Come create something beautiful, scary or zany- the possibilities only end when your creativity does!

This is an inter-generational program with older adults. All supplies will be provided. Please preregister for this event so that we can have enough supplies for everyone. One pumpkin will be provided to each person preregistered. We will also have a contest to show off your skills and snacks will be provided.

**Ages:** K-5th Grade  
**Class Size:** 04 minimum/30 maximum  
**Fee:** FREE (pre-registration is required)  
**Location:** Senior Center 7327 Avon Belden Rd.

Day	Date	Time
FRI	10.13	10:00AM-NOON

### Tots Trick or Treat

BOO!!! Bring out your little witches and goblins to City Hall to march in a parade and receive some ghoulish treats. Please pre-register for the event so we have plenty of treats for all to enjoy.

**Ages:** Up to 5 years old  
**Fee:** FREE (pre-registration is required)  
**Location:** NR City Hall 7307 Avon Belden Rd.

Day	Date	Time
FRI	10.27	1:00PM

### 10th Annual Stache Dash

5K / 1 Mile Fun Run-Walk  
Join us for Northeast Ohio's Premiere Celebration of the Stache-where your upper lip finally gets the attention it deserves. Can you think of a better excuse to stop shaving? Race bags will be provided to the first 300 that pre-register for the event. Post-race refreshments will be provided. This is a family-friendly event with all proceeds raised benefitting the North Ridgeville Parks & Recreation Department. **Online registration ends on Monday, October 30.** We hope to see you and your stache on Saturday, November 4.

**Fee:**  
5K Race: 40 Pre-registration/45 Race Day  
5K Race: 35 Pre-registration/40 Race Day (14 & under);  
1 Mile: 30 Pre-registration/35 Race Day

Day	Date	Time	Race
SAT	11.04	8:45AM	1 Mile Fun Run-Walk
SAT	11.04	9:00AM	5K Race

### Santa's Calling

The North Ridgeville Lions Club is assisting Mr. & Mrs. Claus this holiday season by providing them with a direct phone line into our community. Parents who would like their children to receive a phone call from Santa must register online or at the Parks & Recreation Department. Since this is the busiest time of the year for the Clauses, they'll have time for only one call to each family. It's very important that you're home during the time your call is scheduled! For more information contact Tyler Newkirk.

**Ages:** 3-6 year olds  
**Fee:** FREE, residents ONLY

Day	Date	Time
WED	12.13	6:00-8:00PM
THUR	12.14	6:00-8:00PM