

NORTH RIDGEVILLE PARKS & RECREATION

2023 Spring-Summer Program Guide



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

Preschool Interactive Irish Dance Class.....	Page 6
Gym and Story Time.....	Page 6
Pre-Star Shiners Tap & Ballet.....	Page 6
Calling All Superheroes.....	Page 6
Junior Pony Camp.....	Page 6
Safetyville.....	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 7
Princess Party-Good Manners.....	Page 7
Superhero Party-Good Manners.....	Page 7
Anime & Manga Drawing Workshop.....	Page 7
Sketch & Friends-Spy Detective.....	Page 7
Pony Camp.....	Page 7
Nerf Battle.....	Page 7
Family & Friends CPR.....	Page 7
AHA CPR/BLS Certification.....	Page 7
Total Focus: Hero's Journey.....	Page 7
Summer Adventure Camp.....	Page 8

Youth Sports

K-2nd Grade Flag Football.....	Page 8
3rd & 4th Grade Flag Football.....	Page 8
9th-12th Grade Flag Football.....	Page 8
Jr. Ranger Tackle Football.....	Page 8
Youth Tennis	Page 8
Juniors Group Golf Lessons.....	Page 8

Adult Sports

Men's Basketball League.....	Page 8
Adult Tennis Lessons.....	Page 8
Adult Group Golf Lessons.....	Page 8

Fitness Programs

All Levels Yoga.....	Page 9
HIIT Yoga.....	Page 9
Mindful Yoga.....	Page 9
Sound Bath.....	Page 9
Spinning.....	Page 9
Stroller Strong.....	Page 9
Summer Solstice Restorative Sound Bath.....	Page 9
Tai Chi Balance.....	Page 9
Walking With Sole.....	Page 9
Zumba Fitness.....	Page 10

Adult Ed

Intermediate Dog Training.....	Page 10
Standard-Beginner Dog Training.....	Page 10
Nuts & Bolts of Trusts.....	Page 10
How To Avoid Nursing Home Poverty.....	Page 10

Special Events

Fishing Derby.....	Page 10
Lorain County Beautiful Day.....	Page 10
Touch-A-Truck.....	Page 10
Summer Concert Series.....	Page 10



Dear Residents,

With warmer temperatures on the way and sunshine on the horizon, I know I'm looking forward to getting outside and enjoying our parks and all of the activities that are planned for this year! Our Parks & Recreation Department staff work extremely hard to offer programming and activities for all ages. If you have a suggestion, please call their office at (440) 353-0860. They would love to hear from you!

As the snow melts, we can look around at the positive changes and improvements in our community. Each month, we're welcoming more new businesses to town, from retail and restaurants to a major trucking terminal

for Dayton Freight which will start construction in a few months. On the city side, capital projects are gearing up to include the Barres Road Realignment at Stoney Ridge Road in early April. The Cypress Avenue Extension will be bid this spring and construction will commence this summer along with our annual streets and catch basin rehab programs. Progress continues on the Mills Creek Conservation and Flood Control Project and the peanut-shaped roundabout at Mills, Stoney Ridge and Avalon. Some of our projects this year will have long-term community benefit. These major projects have involved years of planning and coordination, and for me, these changes cannot come quickly enough.

Please join me at one of my upcoming monthly Coffee and Conversation in Council Chambers at City Hall on the following dates: Wednesday, April 12; Tuesday, May 2; Monday, June 12; Tuesday, July 18; and, Wednesday, August 2. The coffees are from 8:30-9:30 a.m. for the exception of July 18, which will be held in the evening from 6-7:00 p.m. This provides you with an opportunity to hear first-hand about current and upcoming projects and to ask any questions you may have.

I hope to see you soon over coffee, at our parks or at one of the events!

Sincerely,

Mayor Kevin Corcoran

MAYOR'S MESSAGE



MEET YOUR TEAM



Kevin Fougrousse

Parks and Recreation Director

✉ kfougrousse@nridgeville.org

☎ (440) 353-0825

Tyler Newkirk

Recreation Supervisor

✉ tnewkirk@nridgeville.org

☎ (440) 353-1503



Michael Hrusch

Recreation Supervisor

✉ mhrusch@nridgeville.org

☎ (440) 353-0880

GENERAL INFORMATION

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

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

Refund Policy

View the NRPRD Refund Policy at 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. 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

Preschool 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: 3-5 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	SAT	05.13-06.10	2:00-2:45PM
No class 05.27.23			
Ses II	SAT	07.01-07.22	2:00--2:45PM

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	05.05	10:00-11:00AM
Ses II	FRI	06.02	10:00-11:00AM
Ses III	FRI	07.07	10:00-11:00AM
Ses IV	FRI	08.04	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	TUES	04.04-05.02	4:00-4:55PM
Ses II	TUES	05.09-06.13	4:00-4:55PM
Ses III	TUES	06.20-07.25	4:00-4:55PM
Ses IV	TUES	08.01-08.22	4:00-4:55PM

Calling All Superheroes! Dance Camp

It's a bird, it's a plane, it's a dancing Superhero! This non-stop, hip-hop inspired summer camp is catered towards the unmatched energy of a hero or heroine. Superheroes will get to show off their hip-hop dancing powers in this summer dance camp that includes dance class, art projects, a Superhero skit, and games like scavenger hunts and obstacle courses. Here is your Superhero's chance to save the day! Families are invited to the Family Friday show the last 30 min of camp.

Instructor: Dance To EvOLvE

Ages: 3-7 year olds

Class Size: 08 minimum/18 maximum

Fee: 165 Resident/175 Non-Resident

Location: Safetyville Bldg. 35753 Bainbridge Rd.

Day	Date	Time
M-FRI	07.17-07.21	9:00AM-NOON

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 65lb. 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	THUR	05.04 & 05.11	4:00-4:45PM
Ses II	TUES	06.20 & 06.27	4:00-4:45PM
Ses III	WED	07.05 & 07.12	11:30AM-12:15PM
Ses IV	TUES	08.01 & 08.08	4:00-4:45PM

Safetyville

The North Ridgeville Police Department is sponsoring its annual Safetyville program. The program provides an educational setting in which children are exposed to various safety topics related to traffic, school bus, stranger danger, 911, fire safety, and more. The children receive their lessons inside an enclosed classroom and then practice these lessons outside within a realistic miniature village. Each session is one week. The Safetyville program is for kids entering kindergarten in the fall of 2023, but is not a prerequisite for kindergarten. **For more information contact Somer Oliva at (440) 353-0799.**

Instructor: North Ridgeville Police Department

Ages: Boys/Girls entering Kindergarten in Fall 2023

Class Size: 04 minimum/42 maximum

Fee: 40 Resident/45 Non-Resident

Location: Safetyville Bldg. 35753 Bainbridge Rd.

Session	Day	Date	Time
Ses I	M-FRI	06.05-06.09	8:00-9:45AM
Ses II	M-FRI	06.05-06.09	10:00-11:45AM
Ses III	M-FRI	06.05-06.09	NOON-1:45PM
Ses IV	M-FRI	06.12-06.16	8:00-9:45AM
Ses V	M-FRI	06.12-06.16	10:00-11:45AM
Ses VI	M-FRI	06.12-06.16	NOON-1:45PM

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 Football Fld. 37077 Shady Dr.

Day	Date	Time	Age
THUR	06.15-07.20	5:30-6:30PM	3-4
THUR	06.15-07.20	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: 3-5 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	SAT	05.13-06.10	1:00-1:45PM
No class 05.27.23			
Ses II	SAT	07.01-07.22	1:00-1:45PM

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	05.06-05.27	11:00AM-NOON
Ses II	SAT	06.03-06.24	11:00AM-NOON
Ses III	SAT	07.01-07.22	11:00AM-NOON
Ses IV	SAT	07.29-08.19	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	05.04-05.27	8:00-9:30PM (TH) 9:00AM-NOON (S)
Ses II	TH/SAT	06.01-06.29	8:00-9:30PM (TH) 9:00AM-NOON (S)
Ses III	TH/SAT	07.06-07.29	8:00-9:30PM (TH) 9:00AM-NOON (S)
Ses IV	TH/SAT	08.03-08.31	8:00-9:30PM (TH) 9:00AM-NOON (S)

Beat Breakers Hip Hop

This fun, high-energy kid's dance class enables boys to be 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	TUES	04.04-05.02	5:00-5:55PM
Ses II	TUES	05.09-06.13	5:00-5:55PM
Ses III	TUES	06.20-07.25	5:00-5:55PM
Ses IV	TUES	08.01-08.22	5:00-5:55PM

Princess Party-Good Manners

Wear your favorite Princess Party Attire! Learn how to become a Princess by using your magic words, by knowing your dining manners, and how to properly introduce others. Enjoy a Princess craft and music!

Instructor: Kimberlee Franz

Ages: 4-8 year olds

Class Size: 05 minimum/10 maximum

Fee: 20 Resident/25 Non-Resident

Location: Senior Center 7327 Avon Belden Rd.

Day	Date	Time
SAT	06.03	11:00AM-NOON

Superhero Party-Good Manners

Wear your favorite Superhero attire! Learn how to be a Superhero by using your magic words, by knowing your dining manners, and how to give proper introductions. Enjoy a Superhero craft and music!

Instructor: Kimberlee Franz

Ages: 4-8 year olds

Class Size: 05 minimum/10 maximum

Fee: 20 Resident/25 Non-Resident

Location: Senior Center 7327 Avon Belden Rd.

Day	Date	Time
SAT	06.03	11:00AM-NOON

Anime & Manga Drawing Workshop

Why sit in front of the TV and watch cartoons when you can draw amazing characters and awesome scenes of your very own? Join us for five, action-packed days as Young Rembrandts hosts a wonderful Anime and Manga Drawing Workshop. Our students will create dazzling illustrations that are influenced by popular Japanese anime and manga themes. Colorful characters with expressive personalities jump off of the page. Our students will be delighted as we create drawings that emulate the popular anime and manga art styles. Don't miss out on an exciting opportunity to produce wonderful artwork.

Instructor: Young Rembrandt Instructor

Ages: 6-12 year olds

Class Size: 08 minimum/15 maximum

Fee: 150 Resident/160 Non-Resident

Location: Community Cabin 35717 Bainbridge Rd.

Session	Day	Date	Time
Ses I	M-FRI	06.05-06.09	10:00AM-NOON
Ses II	M-FRI	07.10-07.14	1:00-3:00PM

Sketch & Friends-Spy Detective

Operation Creativity is in full effect! Join Young Rembrandts for a 5-day drawing workshop; we'll be drawing and coloring all things SPIES! Artists will learn to draw cartoon characters with all the trappings of super-secret spies and daring detectives. Each day is a new mission and students will complete multiple drawings like spy outfits, detective gadgets, a secret hideout and more legendary art.

Instructor: Young Rembrandt Instructor

Ages: 6-12 year olds

Class Size: 08 minimum/15 maximum

Fee: 150 Resident/160 Non-Resident

Location: Community Cabin 35717 Bainbridge Rd.

Session	Day	Date	Time
Ses I	M-FRI	07.10-07.14	10:00AM-NOON
Ses II	M-FRI	07.31-08.04	1:00-3:00PM

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 125lb 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	THUR	05.04-05.25	5:00-6:00PM
Ses II	TUES	06.06-06.27	5:00-6:00PM
Ses III	WED	07.05-07.26	10:00-11:00AM
Ses IV	TUES	08.01-08.22	5:00-6:00PM

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	08.11	6:00-7:30PM	6-8
FRI	08.11	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: 8 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	06.24	9:00-11:00AM
SAT	08.26	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: 11 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	05.06	9:00AM-1:00PM
SAT	06.03	9:00AM-1:00PM
SAT	07.01	9:00AM-1:00PM
SAT	08.05	9:00AM-1:00PM

Total Focus: Hero's Journey

iN Education's Hero's Journey is a transformation change program. It challenges and enables ordinary youth to reflect on their story through journaling activities, self-reflection, art expression, among other self-discovery tools. They will discover and identify areas of change and start their transformation from within.

Instructor: iN Education

Ages: 9-12 year olds

Class Size: 08 minimum/20 maximum

Fee: 150 Resident/160 Non-Resident

Location: Community Cabin 35717 Bainbridge Rd.

Session	Day	Date	Time
Ses I	M-FRI	06.19-06.23	9:00AM-NOON
Ses II	M-FRI	06.26-06.30	9:00AM-NOON
Ses III	M-FRI	07.03-07.07	9:00AM-NOON

No class 07.04.2023

Summer Adventure Camp

Summer break is just around the corner and you don't have a babysitter. What are you going to do? North Ridgeville Summer Adventure Camp is the perfect place for your child. Camp will provide your child with opportunities to make new friends, play games, make art projects, and enjoy a small snack. Emergency medical forms must be completed and turned in prior. Be sure to pack a non-perishable lunch and drink, bring a bathing suit, towel, sunscreen, and tennis shoes each day! We will be going on a field trip each week and have special guests throughout the summer.

A parent packet with details can be found online under the "forms" tab with details. A calendar of activities will be provided in the parent packet.

A 5.00 down payment is due immediately upon registration. The week must be paid in full each Wednesday before your child attends camp.

Ages: Entering 1-6 grade in fall of 2023

Class Size: 10 minimum/40 maximum

Fee:

1st Child Weekly: 160 Resident/170 Non-Resident

2nd Child Weekly: 150 Resident/160 Non-Resident

3rd Child Weekly: 140 Resident/150 Non-Resident

Fee is per registrant/per week

Week	Day	Date	Time
WK1	M-FRI	06.05-06.09	7:30AM-5:30PM
WK2	M-FRI	06.12-06.16	7:30AM-5:30PM
WK3	M-FRI	06.19-06.23	7:30AM-5:30PM
WK4	M-FRI	06.26-06.30	7:30AM-5:30PM
WK5	M-FRI	07.03-07.07	7:30AM-5:30PM
No camp 07.04.23, 20 discount this week only			
WK6	M-FRI	07.10-07.14	7:30AM-5:30PM
WK7	M-FRI	07.17-07.21	7:30AM-5:30PM
WK8	M-FRI	07.24-07.28	7:30AM-5:30PM
WK9	M-FRI	07.31-08.04	7:30AM-5:30PM
WK10	M-FRI	08.07-08.11	7:30AM-5:30PM

Youth Sports

K-2nd Grade Junior Browns Flag Football

In Partnership with NFL Flag

Our flag football league partners with the Cleveland Browns and NFL Flag. All teams will receive an official NFL team-branded jerseys and flag belts. Teams will compete against each other at Shady Drive Sports Complex. Teams practice during the week with games being played on Saturdays. **Sign up online or in-person before July 1 to receive our early bird rate. After July 1 the program fee increases by \$10.**

Ages: Boys/Girls Entering Kindergarten-2nd Grade

Date: August-October

Fee: 90 Resident / 100 Non-Resident

Location: Shady Drive Complex 37077 Shady Dr.

3rd & 4th Grade Junior Browns Flag Football

In Partnership with NFL Flag

Our flag football league will partner with the Cleveland Browns and NFL Flag. All teams will receive an official NFL team-branded jerseys and flag belts. Teams will compete in the Little Southwest Conference. Games are played on Saturdays with practices being held during the week. **Sign up online or in-person before July 1 to receive our early bird rate. After July 1 the program fee increases by \$10.**

Ages: Boys/Girls Entering 3rd & 4th Grade

Date: August-October

Fee: 90 Resident/100 Non-Resident

Location: Various Locations



9th-12th Grade Flag Football

The 9th-12th grade Flag Football Program is intramural based. No coaches, students are captains of their team. Teams will compete in a local league with North Olmsted Parks & Recreation. There will be no practices. Games are played on Sunday mornings starting in August. **Sign up online or in-person before July 1 to receive our early bird rate. After July 1 the program fee increases by \$10.**

Ages: Boys/Girls Entering 9th-12th Grade

Date: August-October

Fee: 60 Resident/70 Non-Resident

Location: Various Locations

Junior Ranger Tackle Football Program

The program is designed to teach the fundamentals of football while participating in the Little Southwest Conference. Games are played on Saturdays with practices being held during the week. Rookie Tackle for 3rd & 4th graders is 7 v 7 with the 5th & 6th grade program being 11 v 11. **Sign up online or in-person before July 1 to receive our early bird rate. After July 1 the program fee increases by \$10.**

Ages: Boys/Girls Entering 3 & 4 / 5 & 6 grades

Date: August-October

Fee: 155 Resident/165 Non-Resident

Location: Various Locations

Youth Tennis with Force Sports

Are you looking for a new sports experience for your child? Then how about a professionally run introduction to a sport of a life time? Eric Hodge has been certified USPTR Professional and the Head Tennis Pro at Force Sports Rocky River for the past 8 years. As a graduate and resident of North Ridgeville he is looking forward to working with the youth of the community. All participants should bring water, sunscreen, and a racquet.

Instructor: Eric Hodge, USPTR Professional

Ages: 4-6 / 7-9 / 10-14 year olds

Class Size: 04 minimum/15 maximum

Fee:

Ages 4-6: 36 Resident/46 Non-Resident

Ages 7-14: 68 Resident/78 Non-Resident

Location: South Central Park 7565 Avon Belden Rd.

Session	Day	Date	Time	Age
Ses I	M/W	06.05-06.21	9:00-9:30AM	4-6
			9:30-10:30AM	7-9
			10:30-11:30AM	10-14
Ses II	M/W	06.26-07.19	9:00-9:30AM	4-6
			9:30-10:30AM	7-9
			10:30-11:30AM	10-14

Juniors Group Golf Lessons

This instructional junior golf program is designed to introduce the FUNdamental golf knowledge needed for your junior to begin his/her journey in the game. We will be putting a focus on fun, instructional ways to make golf more enjoyable. Fun competitions and games will be featured throughout. By making golf more enjoyable and learning key fundamentals while doing it, your junior golfer will ultimately finish this course with knowledge and desire to play golf at a course near you.

After the 6 weeks, PGA Associate Scott Siler will organize a PGA supervised group golf day at a local golf course!

Instructor: Scott Siler, PGA Golf Coach

Ages: 8-14 year olds

Class Size: 08 minimum/12 maximum

Fee: 200 Resident/210 Non-Resident

Location: SportsVille 37500 Center Ridge Rd.

Day	Date	Time
SAT	05.06-06.17	NOON-1:00PM
No class 05.13.23		

Adult Sports

Adult Men's Basketball League

Looking to stay active this summer? Register today for our 5 v 5 adult basketball open recreation league. Teams will play an 8 game regular season, followed by a single elimination tournament. League & tournament champions will receive awards. Team uniforms required for game play.

Ages: 18 and Up

Fee: 275 per team

30 per team, per game official fee paid onsite

Location: NR High School 34600 Bainbridge Rd.

Day	Date	Time
MON	06.05-08.21	6:00-9:00PM

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.

Session	Day	Date	Time
Ses I	SUN	06.04-07.16	3:00-4:00PM
No class 07.02.23			

Adult Group Golf Lessons

This instructional course will focus on the golfer who seeks to find more enjoyment and more success with his/her golf game, our course will cover the key fundamentals needed to build a strong foundation to enjoy golf more.

During the 6-week course, we will break it down into 3 simple segments. Segment 1 (weeks 1-2) will cover all essential fundamentals and beginner knowledge. Segment 2 (weeks 3-4) will cover hitting the driver longer and straighter and hitting better iron shots. Segment 3 (weeks 5-6) will have a focus on the short game, and how to chip the ball closer, more often!

Instructor: Scott Siler, PGA Golf Coach

Ages: 18 and Up

Class Size: 08 minimum/12 maximum

Fee: 200 Resident/210 Non-Resident

Location: SportsVille 37500 Center Ridge Rd.

Day	Date	Time
SAT	05.06-06.17	10:30-11:30AM
No class 05.13.23		

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: 20 Resident/30 Non-Resident

Location: Safetyville Bldg. 35753 Bainbridge Rd.

Session	Day	Date	Time
Ses I	THUR	06.01-07.06	7:30-8:30PM
Ses II	THUR	07.13-08.17	7:30-8:30PM
Ses III	THUR	08.24-09.28	7:30-8:30PM

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 & flexibly) 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	05.01-06.05	6:30-7:30PM
Ses II	MON	06.12-07.17	6:30-7:30PM
Ses III	MON	07.24-08.28	6:30-7:30PM

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
THUR	06.22	6:00-7:30PM
WED	07.19	6:00-7:30PM



Sound Bath

Join Becky Hopp from With a Grateful Heart Wellness, as she takes you on a relaxing journey using the highest grade Crystal Alchemy Singing Bowls. This full body relaxation experience will help with stress, tension, sleeplessness, anxiety, depression, grief, physical pain, addiction and more. Based on ancient healing techniques, this occurs through the sound wave vibrations which calm the nervous system and balance the subtle body. Are you ready to let go of stress & worry? Be prepared to leave the session feeling refreshed, radiant, and glowing from the inside out. Come be bathed in the healing vibrations of sound, all from the comfort of your own yoga mat.

Instructor: Becky Smith

Ages: 15 and Up

Class Size: 04 minimum/20 maximum

Fee: 20 Resident/30 Non-Resident

Location: Senior Center 7327 Avon Belden Rd.

Session	Day	Date	Time
Ses I	MON	05.08	6:30-7:30PM
Ses II	MON	06.12	6:30-7:30PM
Ses III	MON	07.10	6:30-7:30PM
Ses IV	MON	08.14	6:30-7:30PM

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

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	05.17-06.21	6:30-7:30PM
Ses II	WED	06.28-08.02	6:30-7:30PM
Ses III	WED	08.09-09.13	6:30-7:30PM

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	THUR	06.01-07.06	10:00-11:00AM
Ses II	THUR	07.13-08.17	10:00-11:00AM
Ses III	THUR	08.24-09.28	10:00-11:00AM



Tai Chi Balance

Good balance is essential for our daily life activity, and Tai chi can help improve your balance and confidence at any age. This class focuses on the basic movements of Tai chi to improve balance, flexibility, and coordination while strengthening muscles of the ankles, knees, hips, and legs. No previous Tai chi experience is needed.

Instructor: Mary Cordray

Ages: 15 and Up

Class Size: 04 minimum/10 maximum

Fee: 20 Resident/30 Non-Resident

Location: Safetyville Bldg. 35753 Bainbridge Rd.

Session	Day	Date	Time
Ses I	TUES	05.02-06.06	NOON-1:00PM
Ses II	TUES	06.13-07.25	NOON-1:00PM
No class 07.04.23			
Ses III	TUES	08.01-09.05	NOON-1:00PM

Walking With Sole

All members of the community are welcome! Combines a casual 30-minute walk, preceded by a brief informative talk by local health professionals and city officials. Consider coming to stay active and promote physical fitness, allowing yourself to physically and mentally recharge. Program is free to attend with no pre-registration needed. In case of inclement weather walks will be canceled for the evening. Cancellations will be posted on our website, department Facebook® page and Rainout Line (440)210-6226. Program will run for 12 consecutive Thursdays.

Ages: Open to All Ages

Fee: Program is FREE

Location:

South Central Park Pav. 1 7565 Avon Belden Rd.

Day	Date	Time
THUR	06.08-08.24	6:00-7:00PM



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:

T/TH: Shady Drive Batting Cage 37077 Shady Dr.

SAT: Safetyville Bldg. 35753 Bainbridge Rd.

Session	Day	Date	Time
Ses I	TUES	05.02-05.30	6:30-7:30PM
Ses II	TUES	06.06-06.27	6:30-7:30PM
Ses III	TUES	07.11-07.25	6:30-7:30PM
Ses IV	TUES	08.01-08.29	6:30-7:30PM
Ses I	THUR	05.04-05.25	6:30-7:30PM
Ses II	THUR	06.01-06.29	6:30-7:30PM
Ses III	THUR	07.06-07.27	6:30-7:30PM
Ses IV	THUR	08.03-08.31	6:30-7:30PM
Ses I	SAT	05.06	9:00-10:00AM
Ses II	SAT	06.03	9:00-10:00AM
Ses III	SAT	08.05	9:00-10:00AM

Adult Ed

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	05.02-06.06	6:00-7:00PM
Ses II	TUES	06.13-07.25	6:00-7:00PM
No class 07.04.23			
Ses III	TUES	08.01-09.05	6:00-7:00PM

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	05.02-06.06	7:00-8:00PM
Ses II	TUES	06.13-07.25	7:00-8:00PM
No class 07.04.23			
Ses III	TUES	08.01-09.05	7:00-8:00PM

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/ Non-Resident

Location: Council Chambers 7307 Avon Belden Rd.

Day	Date	Time
THUR	06.08	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/Non-Resident

Location: Council Chambers 7307 Avon Belden Rd.

Day	Date	Time
THUR	07.06	6:30-8:00PM

Special Events

Fishing Derby

Sponsored By: NRPRD & NRFD

Can you tell fish stories? Want bragging rights for a year? Then come join us for a fun-filled morning of fishing. Bring your own bait & fishing rod, if you don't have one we will provide one. **For more info please contact Michael Hrusch.**

Ages: 3-18 year olds

Fee: FREE to the general public

5 donation for Aluminum Cans For Burned Children

Location: South Central Park 7565 Avon Belden Rd.

Day	Date	Time
SAT	05.06	7:30AM-NOON

Lorain County Beautiful Day

A great opportunity to play an active role in improving our community and parks. Residents are encouraged to clean up, fix up, paint & spruce up our community. **Interested organizations & individuals should contact Kevin Fougousse.**

Day	Date	Time
SAT	05.20	9:00AM-NOON

Touch-A-Truck

Sponsored By: Legacy Roofing, Angelina's Pizza, Mootown Creamery & Mayor Kevin Corcoran

Get up close and personal with all kinds of big trucks! This unique event encourages children (and adults!) to touch vehicles, ask questions and even climb inside to take in the view from the driver's seat.

North Ridgeville Parks and Recreation will have a sensory friendly version of the popular event. The first 2 hours of this event we will be sensory friendly. Climb in and check out your favorite trucks & emergency vehicles without the lights, sirens and horns! Organized for children that are sensitive and people with Autism Spectrum Disorder in mind. This way, everyone can enjoy the cool diggers, dumpers, and emergency vehicles without upsetting lights and noises. **Contact Tyler Newkirk for more information.**

Ages: 2-10 year olds

Fee: FREE to the general public

Location: Shady Drive Complex 37077 Shady Dr.

Day	Date	Time
SAT	06.03	10:00AM-2:00PM
10:00AM-NOON Sensory Friendly		

Summer Concert Series

Sponsored By: Legacy Roofing, Angelina's Pizza, Lake Ridge Academy, Mootown Creamery & Mayor Kevin Corcoran

On Sunday evenings sweet sounds of music and friendly greetings fill the air at the South Central Park Gazebo with the City of North Ridgeville Summer Concert Series. The FREE concerts have a variety of performers appropriate for all age groups. All are invited to bring a lawn chair or blanket and enjoy this traditional summer pastime.

Fee: FREE to the general public

Location: S. Central Park Gazebo 7565 Avon Belden Rd.

Day	Date	Band	Time
SUN	06.11	The Michael Weber Show	6:00-8:00PM
SUN	06.25	The Liverpool Lads	6:00-8:00PM
SUN	07.02	Disco Inferno	5:00-8:00PM
SUN	08.06	Funkology	6:00-8:00PM