

NORTH RIDGEVILLE PARKS & RECREATION

2024 Winter Program Guide



**Registration
Begins
December 11**



SCAN QR CODE

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

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Dear Residents,

As we turn the last page of the calendar, I marvel how quickly the year has passed! Despite my wish for time to slow down, December leads us into the holiday season, which is my favorite time of year - spending quality time with my family and friends!

With Christmas just around the corner, let's not forget those that are less fortunate than us. North Ridgeville Community Care is a great resource for individuals and families that are in need of assistance. Community Care draws predominantly on volunteers and private donations to provide goods and services including food, clothing,

rent and utility assistance, counseling and holiday programs for those less fortunate. As you are doing your holiday shopping or making out your Christmas list, consider Community Care. If you would like to volunteer or make a donation, please call Community Care at (440) 353-9716.

One of my favorite ways to get into the holiday spirit is to participate in our local Holiday on the Ridge, sponsored by the North Ridgeville Visitors Bureau. Come join in the fun with your friends and neighbors on Saturday, December 2. There will be a variety of craft shows and open houses at our local businesses decorated for the season. At 5:00 p.m., we'll meet up at South Central Park Gazebo for our annual Tree Lighting Ceremony. I'll be lighting up our community Christmas tree and we will enjoy a performance by the North Ridgeville High School Choir. More information about Holiday on the Ridge is available on the city's website at nridgeville.org and the North Ridgeville Visitors Bureau website at nrchamber.com.

To find out more about upcoming projects, ask a question or just hear what fellow residents are asking, please join me at one of my upcoming coffee and conversations in Council Chambers at City Hall from 8:30 a.m. until 9:30 a.m. on Wednesday, December 13; Tuesday, January 16; Monday, February 12; then on Thursday, March 7 an evening coffee will be held in Council Chambers from 6:00 p.m. until 7:00 p.m. If you are unable to attend and have questions, please don't hesitate to call my office at (440) 353-0811.

Wishing you a fun-filled Christmas season and best wishes for a Happy New Year!

Sincerely,

Mayor Kevin Corcoran

MAYOR'S MESSAGE



MEET YOUR TEAM



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Parks and Recreation Director

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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

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	01.05	10:00-11:00AM
Ses II	FRI	02.02	10:00-11:00AM
Ses III	FRI	03.01	10:00-11:00AM
Ses IV	FRI	04.05	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/15 maximum
Fee: 116 Resident/126 Non-Resident
Location: Safetyville Bldg. 35753 Bainbridge Rd.

Session	Day	Date	Time
Ses I	MON	01.08-02.19	4:30-5:25PM
Ses II	MON	02.26-04.08	4:30-5:25PM

Magical Munchkins

This is a gentle introductory dance class that includes tap, ballet and dance games. It is energetic, expressive, and fun and will have your magical dancer learning the dance basics in an age-appropriate way. Classes start with tap and then transition into ballet each week. Parent (or caregivers) presence required as adults participate as needed. Please save snacks for before or after class for a successful and safe learning environment. Dancers must be at least 24 months prior to the session starting.

Instructor: Dance To EvOLvE
Ages: 2-3 year olds
Class Size: 06 minimum/15 maximum
Fee: 116 Resident/126 Non-Resident
Location: Safetyville Bldg. 35753 Bainbridge Rd.

Session	Day	Date	Time
Ses I	SAT	01.13-02.24	9:15-9:55AM
Ses II	SAT	03.02-04.13	9:15-9:55AM



Tiny Movers Tap & Ballet

A combination class of tap and ballet and dance games for kids. This energetic and expressive class will have your Tiny Mover learning basic dance and motor skills, musicality and rhythm to reach class goals in fun creative ways. Classes start with tap and then transition into ballet each week.

Instructor: Dance To EvOLvE
Ages: 3-4 year olds
Class Size: 06 minimum/15 maximum
Fee: 116 Resident/126 Non-Resident
Location: Safetyville Bldg. 35753 Bainbridge Rd.

Session	Day	Date	Time
Ses I	SAT	01.13-02.24	10:00-10:55AM
Ses II	SAT	03.02-04.13	10:00-10:55AM

Mommy & Me Art

In Mommy & Me Art, you and your child will explore a variety of art materials, experience new textures, improve fine motor skills, and enjoy being creative in a group setting. Each lesson is planned to expose the children to an element of art, new art material, and basic art skills.

Instructor: Amanda Hamilton
Ages: 2-4 year olds
Class Size: 05 minimum/10 maximum
Fee: 35 Resident/45 Non-Resident
Location: Community Cabin 35717 Bainbridge Rd.

Day	Date	Time
SAT	04.06-04.27	10:00-10:45AM

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 Staff
Ages: 3-4 & 5-6 year olds
Fee: 95 Resident/Non-Resident
Registration taken at: www.jumpstartsports.com
Location: Shady Drive Complex 37077 Shady Dr.

Day	Date	Time	Age
WED	04.10-05.15	5:30-6:30PM	3-4
WED	04.10-05.15	6:30-7:30PM	5-6

Tots T-Ball Program

This five-week program is designed to teach boys and girls the basic fundamentals such as throwing, catching and hitting. The kids will have fun while learning the fundamentals of baseball through basic stations and mom-competitive ball games. **Sign up online or in-person before April 12 to receive our early bird rate. After April 12 the program fee will be increased by \$10.**

Ages: 3 year olds
Fee: 40 Resident/50 Non-Resident
Location: Shady Drive Complex 37077 Shady Dr.

Day	Date	Time
FRI	05.31-06.28	6:00-7:00PM

Little Rangers Instructional Basketball

NRHS Girls Varsity Head Coach Amy Esser along with her staff and HS players will lead the Little Rangers Program this spring for students in grades Pre-K to 2nd Grade. Players will learn fundamental basketball skills that include but are not limited to: dribbling, shooting, passing, and defensive principles. These will be instructional sessions that will include drill work and games to help improve their basketball skills. We ask that all players bring their own basketball. Jr. Size (25.5) for PreK-K and youth size (27.5) for 1st & 2nd grade.

Instructor: NRHS Girls Varsity Head Coach Amy Esser & Staff
Ages: Pre-K-2nd Grade
Fee: 60 Resident/70 Non-Resident
Location: NRHS Main Gym 34600 Bainbridge Rd.

Day	Date	Time	Grade
WED	04.10-05.15	5:30-6:30PM	Pre-K/K
WED	04.10-05.15	6:30-7:30PM	1st & 2nd

Youth Programs

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 a serious setting open to beginners and experienced fencers. 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	01.04-01.27	8:00-9:30PM (TH) 9:00AM-12:30PM (S)
Ses II	TH/SAT	02.01-02.29	8:00-9:30PM (TH) 9:00AM-12:30PM (S)
Ses III	TH/SAT	03.02-03.30	8:00-9:30PM (TH) 9:00AM-12:30PM (S)
Ses IV	TH/SAT	04.04-04.27	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: Dance To EvOLvE
Ages: 4-7 year olds
Class Size: 06 minimum/16 maximum
Fee: 116 Resident/126 Non-Resident
Location: Safetyville Bldg. 35753 Bainbridge Rd.

Session	Day	Date	Time
Ses I	MON	01.08-02.19	5:30-6:25PM
Ses II	MON	02.26-04.08	5:30-6:25PM

Youth Sports

Baseball Hitting Clinic With Mike Byrne

These baseball camps are 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. Byrne 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	Age
SUN	03.03-03.24	9:00-10:00AM	6-7
SUN	03.03-03.24	10:00-11:00AM	8-10
SUN	03.03-03.24	11:00AM-NOON	11-14

2024 Youth Baseball & Softball Program

Have a son or daughter that is ready to play ball? Here is your chance to sign them up. Make sure that your son or daughter has a spot in this year's leagues by signing them up early. Teams are drawn in late March with practices beginning in April. First games are scheduled for late May and the last games are scheduled for July. We partner with surrounding communities to improve the quality of our baseball/softball program. **Sign up online or in-person before March 1 to receive our early bird rate. After March 1 the program fee will be increased by 10.**

Ages: PreK-12th Grade

Fee (T-Ball):

80 Resident/90 Non-Resident

Fee (Remaining Leagues):

90 Resident/100 Non-Resident

Resident Family Discount: First 2 children full price (2 most expensive). Each additional child 10.

Baseball	Grade
T-Ball (coed)	PreK-K
Coach Pitch	1st & 2nd
Minors	3rd & 4th
Majors	5th & 6th
Jr.Thurman	7th & 8th
Sr.Thurman	9th-12th

Softball	Grade
Coach Pitch	1st & 2nd
Minors	3rd-5th
Majors	6th-8th
Senior	9th-12th

K-2nd Grade Junior Browns Flag Football In Partnership with NFL Flag

This flag football league will partner with the Cleveland Browns and NFL Flag. All teams will receive an official NFL team-branded jersey and flag belt. Teams will compete in a 6-week league with surrounding communities. **Sign up online or in-person before February 23 to receive our early bird rate. After February 23 the program fee increases by 10.**

Ages: K-2nd Grade

Date: April-May

Fee: 90 Resident/100 Non-Resident

Location: Various Locations

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	01.06	9:00AM-1:00PM
SAT	02.03	9:00AM-1:00PM
SAT	03.02	9:00AM-1:00PM
SAT	04.06	9:00AM-1:00PM

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: NR Senior Center 7327 Avon Belden Rd.

Day	Date	Time
WED	02.07	6:00-8:00PM

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. **Try it before you buy it on Wednesday, January 24.**

Instructor: Peggy Cannon

Ages: 6-12 year olds

Class Size: 04 minimum/10 maximum

Fee: 45 Resident/55 Non-Resident

Location: Safetyville Building 35753 Bainbridge Rd.

Session	Day	Date	Time
Ses I	WED	01.24	5:00-5:45PM
Ses II	WED	02.07-02.28	5:00-5:45PM
Ses III	WED	04.03-04.24	5:00-5:45PM



Star Shiners Hip Hop/Ballet

Keep your Star Shiner moving in this hip hop and ballet combination class. This progressive class introduces curriculum goals through fun movement allowing your dancer to be challenged while expressing themselves. Classes start with hip hop and then transition into ballet each week. Dancers develop dance, listening, and coordination skills, including an emphasis on ballet terminology and technique.

Instructor: Dance To EvOLvE

Ages: 4-6 year olds

Class Size: 06 minimum/16 maximum

Fee: 116 Resident/126 Non-Resident

Location: Safetyville Bldg. 35753 Bainbridge Rd.

Session	Day	Date	Time
Ses I	SAT	01.13-02.24	11:00-11:55AM
Ses II	SAT	03.02-04.13	11:00-11:55AM

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.

Day	Date	Time
SAT	04.06-04.27	11:00AM-NOON

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 Nerf Battle rules and information visit the website and click on "Forms Tab". 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
FRI	02.16	7:00-8:30PM

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	01.20	9:00-11:00AM
SAT	04.20	9:00-11:00AM

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 jersey and flag belt. 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 February 23 to receive our early bird rate. After February 23 the program fee increases by 10.**

Ages: 3rd & 4th Grade
Date: April-May
Fee: 90 Resident/100 Non-Resident
Location: Various Locations

5th & 6th 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 jersey and flag belt. 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 February 23 to receive our early bird rate. After February 23 the program fee increases by 10.**

Ages: 5th & 6th Grade
Date: April-May
Fee: 90 Resident/100 Non-Resident
Location: Various Locations

Junior 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 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. Join PGA Associate Scott Siler for this fun golf program.

Instructor: Scott Siler, PGA Golf Coach
Ages: 3rd-8th Grade
Class Size: 10 minimum/20 maximum
Fee: 200 Resident/210 Non-Resident
Location: SportsVile 37500 Center Ridge Rd.

Day	Date	Time
TUES	01.16-02.20	6:00-7:00PM

NR Youth Lacrosse Program
The N. Ridgeville Lacrosse Program is dedicated to promoting the game of lacrosse to the residents of North Ridgeville and its surrounding communities who do not currently have their own community-based lacrosse program. The program provides an opportunity for its members to learn the fundamentals of the game while promoting sportsmanship in a positive and inclusive environment.

N. Ridgeville Lacrosse is a member of the Northern Ohio Lacrosse League (NOLL). Teams play 8-10 games against other NOLL member teams from surrounding communities and possibly communities up to 45 minutes radius from North Ridgeville. Teams will also play in two tournaments. Indoor preseason training will run from mid-January through mid-March. Outdoor practices start in March. The season will run from late March through the end of May. **Players are responsible for their own eqpt. (sticks, protective gear, etc.). Uniforms are provided and kept by player.**

Ages: Grades 3rd-8th
Date: January-May
Fee: 225 Resident/235 Non-Resident
Location: Various Locations

League	Grade
Bantam	3rd & 4th
Youth	5th & 6th
Middle School	7th & 8th

NR High School Lacrosse Program
The N. Ridgeville Lacrosse Program is dedicated to promoting the game of lacrosse to the residents of North Ridgeville and its surrounding communities who do not currently have their own community-based lacrosse program. The program provides an opportunity for its members to learn the fundamentals of the game while promoting sportsmanship in a positive and inclusive environment.

Our high school team is considered a club team and is not affiliated with North Ridgeville High School. We are a JV level team and compete against mostly other JV teams in the area. Travel can be up to 60+ minutes radius from North Ridgeville. Players are responsible for their own transportation. The team will play between ten and twelve games this upcoming season. Since we are a club team, we can add players from other school districts. Outdoor practice starts in February and can be up to five days per week depending on the game schedule and the weather. The season runs from March through mid-May. **Players are responsible for their own eqpt. (sticks, protective gear, etc.). Uniforms are provided and kept by player**

Ages: Grades 9th-12th
Date: February-May
Fee: 225 Resident/235 Non-Resident
Location: Various Locations

League	Grade
High School	9th-12th

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	02.15-03.21	7:30-8:30PM
Ses II	THUR	03.28-05.02	7:30-8:30PM

Ashtanga Yoga
Ashtanga is a set sequence of postures linked together with vinyasa, or flow of movement, in order to build heat in the body. The aim is for every breath taken to be a conscious one, creating a moving meditation. The set sequence is a consistent flow of dynamic movement designed to stretch and strengthen your body and to allow breath and energy to flow through your body easily. The Ashtanga yoga sequence is set, it never changes. So, you can go to any Ashtanga class in the world and be guided through the exact same postures. The benefit of this is that you will start to see the progress in your practice as your body begins to find ease in the postures that you once found difficult.

Instructor: Kip Cronk
Ages: 15 and Up
Class Size: 06 minimum/15 maximum
Fee: 70 Resident/80 Non-Resident
Location: Safetyville Bldg. 35753 Bainbridge Rd.

Day	Date	Time
TUES	01.09-02.27	6:00-7:00PM

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: 70 Resident/80 Non-Resident
Location: Safetyville Bldg. 35753 Bainbridge Rd.

Day	Date	Time
TUES	03.19-05.07	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 5 minutes of 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	02.05-03.11	6:45-7:45PM
Ses II	MON	03.18-04.22	6:45-7:45PM

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	01.17	6:00-7:30PM
WED	02.21	6:00-7:30PM
WED	03.13	6:00-7:30PM
WED	04.17	6:00-7:30PM
WED	05.15	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
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	01.24-02.28	6:30-7:30PM
Ses II	WED	03.06-04.10	6:30-7:30PM
Ses III	WED	04.17-05.22	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	WED	01.10-02.14	10:00-11:00AM
Ses II	WED	02.21-03.27	10:00-11:00AM

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.

Instructors: Becky Hopp
Ages: 15 and Up
Class Size: 04 minimum/20 maximum
Fee: 20 Resident/30 Non-Resident
Location: Senior Center 7327 Avon Belden Rd.

Day	Date	Time
MON	01.08	6:30-7:30PM
MON	02.12	6:30-7:30PM
MON	03.11	6:30-7:30PM
MON	04.08	6:30-7:30PM

Restorative Sound Bath

Take a 90-minute relaxation journey with 60 minutes of easy restorative yoga and an extended 30-minute Savasana. During the entire journey crystal bowls and an eclectic mix of music will be played. The combination of yoga and crystal bowls will lead you into a deep state of peaceful relaxation. Bring a yoga mat, comfortable clothing and/or your favorite blanket and pillow.

Instructors: Kip Cronk & Becky Hopp
Ages: 15 and Up
Class Size: 04 minimum/20 maximum
Fee: 25 Resident/30 Non-Resident
Location: Senior Center 7327 Avon Belden Rd.

Day	Date	Time
MON	01.22	6:00-7:30PM
MON	03.18	6:00-7:30PM

Restorative Yoga

Restorative yoga is a restful practice that is all about slowing down and opening your body through passive stretching. If you take a restorative class, you may hardly move at all, doing just a few postures over the course of an hour. Restorative yoga is suitable for practitioners of all levels. By definition, restorative yoga is a restful practice that holds yoga poses (asanas) for a longer duration using props like yoga blocks, blankets and bolsters. It is a practice of deep relaxation that emphasizes the meditative aspect of yoga—the union of body and mind. Through the use of props for support, many of the postures are held almost effortlessly.

Instructors: Kip Cronk
Ages: 15 and Up
Class Size: 04 minimum/15 maximum
Fee: 70 Resident/80 Non-Resident
Location: Safetyville Bldg. 35753 Bainbridge Rd.

Day	Date	Time
TUES	01.09-02.27	7:15-8:15PM

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	01.02-01.30	6:30-7:30PM
Ses II	TUES	02.06-02.27	6:30-7:30PM
Ses III	TUES	03.05-03.26	6:30-7:30PM
Ses IV	TUES	04.02-04.30	6:30-7:30PM
Ses I	THUR	01.04-01.25	6:30-7:30PM
Ses II	THUR	02.01-02.29	6:30-7:30PM
Ses III	THUR	03.07-03.28	6:30-7:30PM
Ses IV	THUR	04.04-04.25	6:30-7:30PM
Ses I	SAT	01.06-01.20	9:00-10:00AM
Ses II	SAT	02.03-02.17	9:00-10:00AM
Ses III	SAT	03.02-03.16	9:00-10:00AM
Ses IV	SAT	04.06-04.20	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	02.06-03.12	6:00-7:00PM
Ses II	TUES	03.19-04.23	6:00-7:00PM
Ses III	TUES	04.30-06.04	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	02.06-03.12	7:00-8:00PM
Ses II	TUES	03.19-04.23	7:00-8:00PM
Ses III	TUES	04.30-06.04	7:00-8:00PM



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	05.04	7:30AM-NOON

Daddy Daughter Dance

Come out and enjoy an evening all dressed up with your special little girl. Have fun dancing and playing games with our DJ. Light refreshments will be served and there will be plenty of dancing and a photographer to capture the evening full of memories. Register early there is limited space. This event is for children in grades Kindergarten through 5th grade.

THERE ARE NO WALK-INS AVAILABLE FOR THIS EVENT. YOU MUST BE PRE-REGISTERED TO ATTEND.

Ages: K-5th Grade

Size: maximum of 100 couples (total: 200)

Fee: 35 Resident/45 Non-Resident

Fee is per couple; each additional child is 10

Location: NRAC Cafetorium 34620 Bainbridge Rd.

Day	Date	Time
SAT	02.03	7:00-9:00PM



Reservation

Pavilion & Gazebo Reservations

Interested in holding a birthday party in South Central Park for your son or daughter? Look no further than the NRPRD! South Central Park Pavilions and Gazebo are rented out April 1 through October 31.

Reservations can now be made ONLINE through the NRPRD website under the "FACILITIES" tab.

Rental fees and application can be found on our department website at: nridgeville.org/parksandrec under the FORMS tab.

For more information please do not hesitate to contact our reservationist Tyler Newkirk.

PARKS & FACILITIES GUIDE

Basketball Courts	Disc Golf	Jogging/Walking Trails	Restrooms	Pavilions	Fishing
Play Structures	Pickleball	Tennis Courts	Splash Pad	Gazebo	Fitness Area
Multi-Purpose Field	Soccer Fields	Baseball/Softball Fields	Batting Cage	Concession Stand	

FACILITY:	LOCATION:
Safetyville Building	35753 Bainbridge Road
Community Cabin	35751 Bainbridge Road
Indoor Batting Cage	37077 Shady Drive
Concession Stands 1 & 2	37077 Shady Drive
Concession Stand	8949 Root Road
Concession Stand	5463 Mills Creek

The City of North Ridgeville is home to 4 community parks and over 113 acres of park land. Parks range in size and provide a mix of features and amenities to meet a variety of needs. The list below highlights four types of parks found throughout the City, along with facilities operated and maintained by the Parks & Recreation Department.

All parks are open dawn to dusk.
Lighted facilities open until 11:00PM (Restrictions may apply)

PARKS:	LOCATION:	ACRES:	AMENITIES:																	
South Central Park	7565 Avon Belden Rd.	28.98																		
Root Road Park	8949 Root Road	12.32																		
Frontier Park	5463 Mills Creek Lane	12.54																		
Shady Drive Complex	37077 Shady Drive	59.39																		