

NORTH RIDGEVILLE PARKS & RECREATION

2024 Fall Program Guide



Registration
Begins
August 12



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

Great news for our city parks! We received state funding and was awarded \$500,000 for the Root Road Park Improvements Project, which will help to fund parking, stormwater management, landscaping and other enhancements to this community park. The project is anticipated to be completed in time for the 2025 season.

Another park benefit is EV charging stations are coming soon to the City Hall campus. Funded by the Northeast Ohio Areawide Coordinating Agency, North Ridgeville is one of numerous area communities that will have electric vehicle charging stations installed at no cost to the city. The stations will be installed along Bainbridge Road near the Senior Center entrance drive across from South Central Park.

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 continue to progress towards construction including the Stoney Ridge Road, Avalon Drive and Mills Road roundabout; the SR 83 and Chestnut Ridge Road roundabout; and the Cypress Avenue extension project. On the subject of paving, our Public Works Streets Division paved 10 asphalt streets with an additional seven concrete streets that will be repaired or replaced by an outside contractor.

Stay informed about our projects and initiatives in the city by visiting our website at nridgeville.org, signing up to receive our monthly eNewsletter that will be delivered right to your email inbox and by following us on social media. Also, keep an eye out for my weekly videos reporting the latest city news and events.

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 12; Friday, October 11; Monday, November 18; and Wednesday, December 11 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) 490-2042.

I hope to see you at one of the upcoming events!

Mayor Kevin Corcoran



MEET YOUR TEAM

Kevin Fougousse

Parks and Recreation Director

✉ kfougousse@nridgeville.org

☎ (440) 490-2051



Matthew Murphy

Recreation Services Administrator

✉ mmurphy@nridgeville.org

☎ (440) 490-2053



Tyler Newkirk

Recreation Supervisor

✉ tnewkirk@nridgeville.org

☎ (440) 490-2054



PARKS & FACILITIES GUIDE



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 down 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	

GENERAL INFORMATION

Office Information

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

Phone: (440) 490-2052
Fax: (440) 490-2051
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. Indoor MP Facility 37077 Shady Dr.

Session	Day	Date	Time
Ses I	FRI	09.06	10:00-11:00AM
Ses II	FRI	10.04	10:00-11:00AM
Ses III	FRI	11.01	10:00-11:00AM
Ses IV	FRI	12.06	10:00-11:00AM

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: 04 minimum/12 maximum
Fee:
Ses I: 119 Resident/129 Non-Resident
Ses II: 136/146 Non-Resident
Location: Community Cabin 35717 Bainbridge Rd.

Session	Day	Date	Time
Ses I	MON	09.09-10.21	3:45-4:25PM
Ses II	MON	10.28-12.16	3:45-4:25PM

Petite Stars Tap & Ballet

Step into our enchanting introductory dance class where rhythm, grace, and boundless fun await! Our dynamic sessions seamlessly blend tap + ballet, and engaging dance games, creating an energetic and expressive atmosphere where every child can shine. Classes are continuous and progressive each session, guiding your dancer toward a dazzling on-stage performance in the spring. Parents (or caregivers), your presence is required as you support your child's journey, joining in as needed to make this experience truly special. Come join our warm and inviting dance family, where every class is a step toward something truly magical.

Instructor: Dance To EvOLvE
Ages: 3-5 year olds
Class Size: 04 minimum/15 maximum
Fee:
Ses I: 119 Resident/129 Non-Resident
Ses II: 136 Resident/146 Non-Resident
Location: Community Cabin 35717 Bainbridge Rd.

Session	Day	Date	Time
Ses I	MON	09.09-10.21	4:30-5:25PM
Ses II	MON	10.28-12.16	4:30-5:25PM

Parents Night Out-Elves In Training

Zip! Zap! Santa's elves are working hard in his workshop and need your help! During this holiday pop-up event, dancers will hammer down some awesome hip-hop moves, create a clever winter craft and sing and dance to their favorite seasonal songs! Give Santa time to do holiday preparation (or take much needed downtime) and register your dancers today! Dancers will do a special performance at the end of the evening to show off all of their elf grooves. Cheese pizza will be served (please feel free to bring a packed dinner if your child does not eat pizza).

Instructor: Dance To EvOLvE
Ages: 3-8 year olds
Class Size: 06 minimum/20 maximum
Fee: 60 Resident/70 Non-Resident
Location: Community Cabin 35717 Bainbridge Rd.

Day	Date	Time
FRI	12.06	4:30-8:00PM

Blue Boogie Bash

Immerse your little ones in a day filled with laughter, creativity, and boundless imagination inspired by the beloved animated series, Bluey. Our camp offers a joyful blend of games, crafts, and activities, all centered around the lovable Blue Heeler pup and her family. From imaginative storytelling to interactive games that mirror the show's spirit, our experienced staff will guide the children through an evening of fun, fostering friendships, and sparking the magic of dance. It's a day of boundless joy and endless smiles and families are invited to watch the end of evening show! Cheese pizza will be served (please feel free to bring a packed dinner if your child does not eat pizza).

Instructor: Dance To EvOLvE
Ages: 3-8 year olds
Class Size: 06 minimum/20 maximum
Fee: 60 Resident/70 Non-Resident
Location: Community Cabin 35717 Bainbridge Rd.

Day	Date	Time
FRI	10.11	4:30-8:00PM

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	TUES	09.03 & 09.10	4:00-4:45PM
Ses II	TUES	09.17 & 09.24	10:45-11:30AM
Ses III	THUR	10.03 & 10.10	4:00-4:45PM
Ses IV	THUR	10.17 & 10.24	10:45-11:30AM

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.

Session	Day	Date	Time
Ses I	SAT	09.07-09.28	10:00-10:45AM
Ses II	SAT	11.09-11.30	10:00-10:45AM
Ses III	SAT	12.07-12.28	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
Ages: 3-4 & 5-6 year olds
Class Size: 04 minimum/42 maximum
Fee: 105 Resident/Non-Resident
Location: Shady Drive Field No. 5 37077 Shady Dr.

Day	Date	Time
WED	09.04-10.09	5:30-6:30PM
WED	09.04-10.09	6:30-7:30PM

T-Birds T-Ball Presented By: Jump Start Sports

A fun and highly instructional introduction to baseball for 3 and 4 year old boys and girls. Players learn the basics of throwing, catching, fielding, batting, and base running. They then apply what they have learned in fun, non-competitive games. Sessions are one hour long, one day per week, and include all instruction and game play in one outing. Instruction is conducted by Jump Start Sports staff coaches. Players receive a hat, team tee shirt, and baseball medal. Volunteer coaches may also participate in a detailed coaches training program provided by Jump Start Sports.

Instructor: Jump Start Sports
Ages: 3-4 year olds
Class Size: 04 minimum/48 maximum
Fee: 105 Resident/Non-Resident
Location: Shady Drive Complex 37077 Shady Dr.

Day	Date	Time
FRI	09.06-10.11	5:30-6:30PM

Youth Programs

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	09.07-09.28	11:00AM-NOON
Ses II	SAT	11.09-11.30	11:00AM-NOON
Ses III	SAT	12.07-12.28	11:00AM-NOON

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	09.03-09.24	5:00-6:00PM
Ses II	THUR	10.03-10.31	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	10.30	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 Dr. Indoor MP Facility 37077 Shady Dr.

Day	Date	Time	Ages
FRI	11.15	7:00-8:30PM	6-12

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

Session	Day	Date	Time
Ses I	SAT	10.19	9:00-11:00AM
Ses II	SAT	12.21	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	09.07	9:00AM-1:00PM
SAT	10.05	9:00AM-1:00PM
SAT	11.02	9:00AM-1:00PM

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. Indoor MP Facility 37077 Shady Dr.
SAT: Senior Center 7327 Avon Belden Rd.

Session	Day	Date	Time
Ses I	TH/SAT	09.05-09.28	8:00-9:30PM (TH) 9:00AM-12:30PM (S)
Ses II	TH/SAT	10.03-10.31	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)
No class 11.28.24			
Ses IV	TH/SAT	12.05-12.28	8:00-9:30PM (TH) 9:00AM-12:30PM (S)

Beat Busters Hip Hop

Welcome to Beat Busters, where the rhythm never stops and the energy is always high! Designed for boys and girls ready to unleash their inner dance superstar, our dynamic class is all about having fun while honing creativity, coordination, musicality, and listening skills. From hip hop grooves to exhilarating dance games, every moment is packed with non-stop action that will have you movin' to the beats! Rest assured, all music and moves are age-appropriate, ensuring a safe and enjoyable experience for all. As dancers groove and grow, they're encouraged to join us on an exciting journey towards our annual Spring showcase, where they'll have the chance to shine on stage and showcase their newfound skills to the world.

Instructor: DanceTo EvOLvE
Ages: 4-7 year olds
Class Size: 04 minimum/15 maximum
Fee: Ses I: 119 Resident/129 Non-Resident
Ses II: 136 Resident/146 Non-Resident
Location: Community Cabin 35717 Bainbridge Rd.

Session	Day	Date	Time
Ses I	MON	09.09-10.21	5:30-6:25PM
Ses II	MON	10.28-12.16	5:30-6:25PM

Youth Sports

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 Matthew Murphy at (440) 490-2053 or mmurphy@nridgeville.org.

Must be 14 years old and up to work.

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. League play tentatively starts in December. Teams will play 8 regular season games, no tournament. Uniforms are provided by North Ridgeville Parks & Recreation. **Sign up online or in-person before October 11 to receive our early bird rate. After October 11 the program fee increases by \$10.**

Ages: Grades 1st & 2nd
Fee: 70 Resident/80 Non-Resident
Location: NR High School 34620 Bainbridge Rd.

Day	Date	Time
SUN	DEC-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 11 to receive our early bird rate. After October 11 the program fee increases by \$10.**

Ages: Grades 3rd & 4th / 5th & 6th
Fee: 80 Resident/90 Non-Resident
Location: N.Ridgeville & Surrounding Communities

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

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 11 to receive our early bird rate. After October 11 the program fee increases by \$10.**

Ages: Grades 7th & 8th

Fee: 80 Resident/90 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 11 to receive our early bird rate. After October 11 the program fee increases by \$10.**

Ages: Grades 7th-9th

Fee: 80 Resident/90 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 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 October 11 to receive our early bird rate. After October 11 the program fee increases by \$10.**

Ages: Grades 9th-12th

Fee: 70 Resident/80 Non-Resident

Location: NR High School 34600 Bainbridge Rd.

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

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: 6-12 year olds

Fee: 80 Resident/90 Non-Resident

Location:

Shady Dr. Indoor MP Facility 37077 Shady Dr.

Day	Date	Time	Ages
SUN	09.08-09.29	9:00-10:00AM	6-9
SUN	09.08-09.29	10:00-11:00AM	10-12



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 4-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: 34 Resident/40 Non-Resident

Location: Safetyville Bldg. 35753 Bainbridge Rd.

Session	Day	Date	Time
Ses I	THUR	09.26-10.17	7:30-8:30PM
Ses II	THUR	10.24-11.14	7:30-8:30PM
Ses III	THUR	11.21-12.19	7:30-8:30PM

No class 11.28.24

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	09.10-10.15	6:00-7:00PM
Ses II	TUES	11.05-12.10	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: 34 Resident/40 Non-Resident

Location: Safetyville Bldg. 35753 Bainbridge Rd.

Session	Day	Date	Time
Ses I	MON	09.09-09.30	6:30-7:30PM
Ses II	MON	10.07-10.28	6:30-7:30PM
Ses III	MON	11.04-11.25	6:30-7:30PM
Ses IV	MON	12.02-12.23	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/35 Non-Resident

Location: Senior Center 7327 Avon Belden Rd.

Day	Date	Time
MON	09.16	6:00-7:30PM
MON	12.16	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 Hopp

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	09.09	6:30-7:30PM
Ses II	MON	10.14	6:30-7:30PM
Ses III	MON	11.11	6:30-7:30PM
Ses IV	MON	12.09	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 & Holly Haputa
Ages: 15 and Up
Class Size: 04 minimum/12 maximum
Fee: 50 Resident/60 Non-Resident
Location: Shady Dr. Indoor MP Facility 37077 Shady Dr.

Session	Day	Date	Time
Ses I	MON	10.07-11.11	6:30-7:30PM
Ses II	MON	11.18-12.23	6:30-7:30PM
Ses I	WED	10.02-11.06	6:30-7:30PM
Ses II	WED	11.13-12.18	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 Bating Cage 37077 Shady Dr.

Session	Day	Date	Time
Ses I	WED	09.11-10.16	10:00-11:00AM
Ses II	WED	10.23-11.27	10:00-11:00AM
Ses III	WED	12.04-01.22	10:00-11:00AM

No class 12.25.24 & 01.01.25

Total Body Tone

The class will focus on improving muscular strength and toning utilizing various resistance equipment, such as weights, bands, and stability balls. Class will target on increasing energy, toning muscles, and stretching.

Instructor: Kathy Hungerman
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	WED	09.25-10.30	9:00-10:00AM
Ses II	WED	11.06-12.11	9:00-10:00AM

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.

Instructors: 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 Dr. Indoor MP Facility 37077 Shady Dr.

Day	Date	Time
THUR	11.28	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 Dr. Indoor MP Facility 37077 Shady Dr.

Session	Day	Date	Time
Ses I	TUES	09.03-09.24	6:30-7:30PM
Ses II	TUES	10.01-10.29	6:30-7:30PM
Ses III	TUES	11.05-11.26	6:30-7:30PM
Ses IV	TUES	12.03-12.17	6:30-7:30PM

No class 12.24.24 & 12.31.24

Ses I	THUR	09.05-09.26	6:30-7:30PM
Ses II	THUR	10.03-10.31	6:30-7:30PM
Ses III	THUR	11.07-11.21	6:30-7:30PM
Ses IV	THUR	12.05-12.26	6:30-7:30PM

14th 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 Dr. Indoor MP Facility 37077 Shady Dr.

Day	Date	Time
TUES	11.12	6:30-7:30PM

Adult Ed

Dog Basics-Life With Your Canine

This course is to help all dog owners to refine and improve their life with their dogs. As all of my training is, this is about relationship building and getting either your training journey off on the right paw and sorting out all the basics of your daily life with your dog. This course will include training and topics on:

- Mental Stimulation - why is this important and how do we achieve this - fun activities, games and boredom busters that will help you achieve your dogs needs and begin training them without even knowing it!
- Preventing problem behaviors such as resource guarding, separation anxiety, barking, begging for food at dinner time, jumping on guests in home, etc.
- Potty training (as needed per course)
- Handling and grooming basics as well as understanding socialization and what it means
- First steps into Positive Reinforcement training and basic cues including - Sit, Touch, and Focus

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	09.10-10.15	7:00-8:00PM
Ses II	TUES	10.22-12.03	7:00-8:00PM

No class 11.05.24

Beginner Training-Manners 101

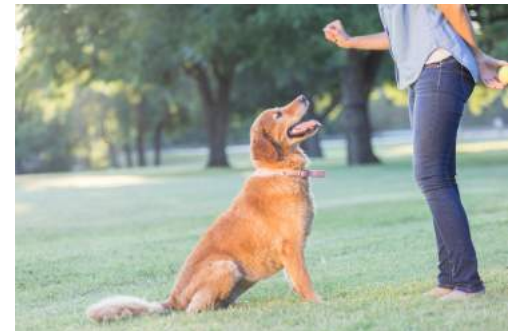
Let's get your training journey started with the ultimate beginner training course! All breeds, age and experience levels welcome! This course is designed to help you and your dog learn all the basic cues to help you live with a positive relationship of trust and understanding. You will learn cues such as:

- Down, Stay and Place
- Recall (come when called) - One of the most important behaviors you can teach your dog
- Leave It and Drop It
- Walking on a leash and leash handling skills
- Out in public - how to be polite greeting other dogs and humans
- And More!

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	09.10-10.15	6:00-7:00PM
Ses II	TUES	10.22-12.03	6:00-7:00PM

No class 11.05.24



Caregiver Children & Their Elder Parents

Longer life spans mean that, statistically, adult children will spend as much time caring for aging parents as they do for their own children. They both face many challenges as they deal with the emotional, financial and legal aspects of long-term care decisions. These decisions straddle several different arenas that have competing rules and families can face unnecessary emotional and financial costs when they make the “wrong” decision because they did not understand their options. This workshop provides an overview of the factors families should consider for the care and safety of their parent and their assets while protecting the child from parental debts. It covers the essential directives families should have in place to ensure agents are authorized to act for the parent and addresses Medicare and Medicaid rules, care management, guardianship and other factors that can arise when a parent declines mentally or physically.

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	10.10	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	11.14	6:30-8:00PM



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 trusts in terms of saving estate taxes. While this is one benefit of trusts, trusts can also provide many more protections such as shielding inheritances for beneficiaries with failed marriages, bad judgment, creditors, or special needs or those with business interests. 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 provisions. It covers the Trust Protections Spectrum™ and various asset protection options trust can provide during the trustmaker's and beneficiaries' lifetimes.

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	12.12	6:30-8:00PM

Community Events

NFRD 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	10.05	11:00AM-2:00PM

NRPRD Annual Fall Fest

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	10.12	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 28-November 29, 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	10.11	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	10.25	1:00PM

11th Annual CLE 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 28.** We hope to see you and your stache on Saturday, November 2.

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

Day	Date	Time	Race
SAT	11.02	8:45AM	1 Mile Fun Run-Walk
SAT	11.02	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	12.04	6:00-8:00PM
THUR	12.05	6:00-8:00PM