

NORTH RIDGEVILLE PARKS & RECREATION

2025 Winter Program Guide



Registration
Begins
December 9



SCAN QR CODE

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

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Dear Residents,

Welcome to the Winter Edition of the North Ridgeville Parks & Recreation Program Guide!

Our mission at North Ridgeville Parks and Recreation is to provide a wide variety of opportunities for all ages and abilities in a safe and well-maintained environment. Our dedicated staff works hard to facilitate programs and events that meet the diverse interests and needs of our community. I am excited to share the lineup of activities they've put together for you this winter, running from January through April.

I'm also thrilled to introduce two new team members to the Parks & Recreation staff: Matthew Murphy (Recreation Services Administrator) and Hannah Barkhurst (Program Supervisor). They are eager to bring fresh ideas and energy to our programs. If you have any suggestions for new activities or programs, please feel free to reach out to their office at (440) 490-2052.

Our city is home to four beautiful community parks - South Central Park, Root Road Park, Frontier Park and Shady Drive Complex - each offering a range of amenities for you to enjoy. This guide highlights a variety of programs designed to bring our community together through sports, fitness, education and fun for tots, youth and adults alike. No matter your interests, there is something for everyone. We hope you'll take part in the programs that interest you and make the most of what our parks and community have to offer.

There are also many other opportunities to stay connected with your city. As always, I invite you to join me for monthly Coffee and Conversations. The first quarter dates are January 23 and February 12 at 8:30 a.m. and March 6 at 6:00 p.m. in Council Chambers. Don't forget to check out my weekly video updates on the city website at nridgeville.org where you can also sign up to receive our monthly eNewsletter. Be sure to follow us on Facebook at [NorthRidgevilleGovernment](https://www.facebook.com/NorthRidgevilleGovernment) for the latest news and events.

I look forward to seeing you at one of the upcoming events this winter.

Mayor Kevin Corcoran

MAYOR'S MESSAGE



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



Hannah Barkhurst

Program Supervisor

✉ hbarkhurst@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 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																	

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, Recreation Services Administrator and Program 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	01.03	10:00-11:00AM
Ses II	FRI	01.17	10:00-11:00AM
Ses III	FRI	02.07	10:00-11:00AM
Ses IV	FRI	02.21	10:00-11:00AM
Ses V	FRI	03.07	10:00-11:00AM
Ses VI	FRI	03.21	10:00-11:00AM
Ses VII	FRI	04.04	10:00-11:00AM
Ses VIII	FRI	04.18	10:00-11:00AM

Magical Munchkins Tap & Ballet

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. Parents (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/12 maximum
Fee: Ses I: 85 Resident/95 Non-Resident
Ses II: 119 Resident/129 Non-Resident
Location: Community Cabin 35717 Bainbridge Rd.

Session	Day	Date	Time
Ses I	MON	01.06-02.03	3:45-4:25PM
Ses II	MON	02.10-03.24	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: 06 minimum/16 maximum
Fee: Ses I: 85 Resident/95 Non-Resident
Ses II: 119 Resident/129 Non-Resident
Location: Community Cabin 35717 Bainbridge Rd.

Session	Day	Date	Time
Ses I	MON	01.06-02.03	4:30-5:25PM
Ses II	MON	02.10-03.24	4:30-5:25PM

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. Your child will receive a program t-shirt and basketball.

Instructor: NRHS Girls Varsity Head Coach Amy Esser & Staff
Ages: Pre-K-2nd Grade
Fee: 70 Resident/80 Non-Resident
Location: NRAC Gymnasium 34620 Bainbridge Rd.

Day	Date	Time	Grade
WED	04.02-04.30	5:30-6:30PM	Pre-K/K
WED	04.02-04.30	6:30-7:30PM	1st & 2nd

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: 105 Resident/Non-Resident
Registration taken at: www.jumpstartsports.com
Location: Shady Drive Complex 37077 Shady Dr.

Day	Date	Time	Age
WED	04.09-05.14	5:30-6:30PM	3-4
WED	04.09-05.14	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 11 to receive our early bird rate. After April 11 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	05.30-06.27	6:00-7:00PM

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.

Day	Date	Time
SAT	04.05-04.26	11:00AM-NOON

Beginning Figure Drawing

In Beginning Figure Drawing, the children will learn the basic techniques of how to draw people and practice the things they learn to create their own sketch of a person of their choosing.

Instructor: Amanda Hamilton
Ages: 8-12 year olds
Class Size: 05 minimum/10 maximum
Fee: 35 Resident/45 Non-Resident
Location: Community Cabin 35717 Bainbridge Rd.

Day	Date	Time
SAT	04.05-04.26	10:00-10:45AM

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: Dance To EvOLvE
Ages: 4-7 year olds
Class Size: 06 minimum/16 maximum
Fee: Ses I: 85 Resident/95 Non-Resident
Ses II: 119 Resident/129 Non-Resident
Location: Safetyville Bldg. 35753 Bainbridge Rd.

Session	Day	Date	Time
Ses I	MON	01.06-02.03	5:30-6:25PM
Ses II	MON	02.10-03.24	5:30-6:25PM

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	02.21	6:00-9:00PM	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.

Instructors: 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	02.15	9:00-11:00AM
Ses II	SAT	04.19	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 multirescuer resuscitation and performance as an effective team member during multirescuer 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	01.04	9:00AM-1:00PM
SAT	02.01	9:00AM-1:00PM
SAT	03.01	9:00AM-1:00PM
SAT	04.05	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	01.02-01.30	8:00-9:30PM (TH) 9:00AM-12:30PM (S)
Ses II	TH/SAT	02.01-02.27	8:00-9:30PM (TH) 9:00AM-12:30PM (S)
Ses III	TH/SAT	03.01-03.29	8:00-9:30PM (TH) 9:00AM-12:30PM (S)
Ses IV	TH/SAT	04.03-04.26	8:00-9:30PM (TH) 9:00AM-12:30PM (S)

Spread The Love

Intergenerational Valentine's Party

Join us for a special Intergenerational Valentine's Day celebration that brings together the wisdom, creativity, and joy of all ages! Whether you're young or young at heart, this event is designed to celebrate love, friendship, and connection across generations. Come create heartfelt crafts, share stories, and build lasting memories with family, friends, and community members in a fun and engaging environment. We will make some crafts for our friends at O'Neill Healthcare. Snack and juice will be available.

Instructors: NRPRD & Senior Center Staff
Ages: K-5th Grade
Class Size: 05 minimum/30 maximum
Fee: Program is FREE
Location: Senior Center 7327 Avon Belden Rd.

Day	Date	Time
MON	02.10	2:00-4:00PM

An Intergenerational Spring Planting Celebration

Celebrate the arrival of spring with a special intergenerational event that brings together people of all ages to plant, nurture, and grow! "Growing Together" is a fun, hands-on planting event where children, adults, and seniors can connect through the joy of gardening and share in the beauty of nature's renewal. Whether you're a seasoned gardener or a first timer, this event is designed to foster community, encourage learning, and cultivate lasting bonds across generations. Snack and juice provided.

Instructors: NRPRD & Senior Center Staff
Ages: K-5th Grade
Class Size: 05 minimum/30 maximum
Fee: Program is FREE
Location: Senior Center 7327 Avon Belden Rd.

Day	Date	Time
FRI	03.21	2:00-4:00PM

Adult Sports

Adult Men's Basketball League

Looking to stay active this spring? 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. Games will be played on Monday evenings. T-shirts provided to the regular season and tournament champions. Team uniforms required for game play.

Ages: 18 and Up
Fee: 325 per team
40 per team, per game official fee paid onsite
Location: NR High School 34600 Bainbridge Rd.

Day	Date	Time
MON	03.24-06.09	6:00-9:00PM

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.

Instructors: Mike Byrne & Staff
Ages: 6-12 year olds
Fee: 80 Resident/90 Non-Resident
Location: Shady Drive Batting Cage 37077 Shady Dr.

Day	Date	Time	Age
SUN	03.02-03.23	9:00-10:00AM	6-7
SUN	03.02-03.23	10:00-11:00AM	8-9
SUN	03.02-03.23	11:00AM-NOON	10-12

2025 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/early April with practices beginning in mid-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 7 to receive our early bird rate. After March 7 the program fee will be increased by \$10.**

Ages: PreK-12th Grade
Fee (T-Ball):
80 Resident/90 Non-Resident
Fee (Remaining Leagues):
100 Resident/110 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



Gridiron Girls Flag Football League
The Cleveland Browns are working throughout Northeast Ohio to promote girls flag football. The goal is to have the sport fully sanctioned as a high school sport by OHSAA in the near future. This youth league will hopefully generate interest for high schools to add the sport at their schools. We will partner with surrounding communities Berea, Avon Lake, Fairview, North Olmsted and Olmsted Falls. Teams will compete in a 6-week league. Teams will practice during the week (practice day/time chosen by coach) with games being played on Sundays.

Sign up online or in person before March 7 to receive our early bird rate. After March 7 the program fee increases by \$10.

Ages: 1st & 2nd/3rd & 4th/5th & 6th Grade
Date: April-June
Fee: 90 Resident/100 Non-Resident
Location: Various Locations

Kindergarten 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 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 28 to receive our early bird rate. After February 28 the program fee increases by \$10.**

Ages: Kindergarten
Date: March-May
Fee: 90 Resident/100 Non-Resident
Location: Various Locations

1st & 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 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 28 to receive our early bird rate. After February 28 the program fee increases by \$10.**

Ages: 1st & 2nd Grade
Date: March-May
Fee: 100 Resident/110 Non-Resident
Location: Various Locations

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 February 28 to receive our early bird rate. After February 28 the program fee increases by \$10.**

Ages: 3rd & 4th Grade
Date: March-May
Fee: 100 Resident/110 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 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 February 28 to receive our early bird rate. After February 28 the program fee increases by \$10.**

Ages: 5th & 6th Grade
Date: March-May
Fee: 100 Resident/110 Non-Resident
Location: Various Locations

North Ridgeville Youth Lacrosse Program
The North 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.

North 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

North Ridgeville High School Lacrosse Program
The North 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 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	01.09-01.30	7:30-8:30PM
Ses II	THUR	02.06-02.27	7:30-8:30PM
Ses III	THUR	03.06-03.27	7:30-8:30PM
Ses IV	THUR	04.03-04.24	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 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: 34 Resident/40 Non-Resident
Location: Safetyville Bldg. 35753 Bainbridge Rd.

Session	Day	Date	Time
Ses I	MON	01.06-02.03	6:30-7:30PM
No class 01.20.25			
Ses II	MON	02.10-03.10	6:30-7:30PM
No class 02.17.25			
Ses III	MON	03.17-04.07	6:30-7:30PM
Ses IV	MON	04.14-05.05	6:30-7:30PM

Restorative Yoga

Designed to provide you mental and physical relaxation. Rather than move quickly from one pose to the next or through a series of repetitive motions, restorative yoga sessions are built around fewer yoga poses that you hold for three to five minutes at a time or longer. The goal is to deepen your stretch, clear your mind and sink into your body while you focus on your breath.

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	01.14-02.18	6:00-7:00PM
Ses II	TUES	03.04-04.15	6:00-7:00PM
No class 03.18.25			
Ses III	TUES	04.22-05.27	6:00-7:00PM

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 dog's 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.

Instructor: 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	01.21-02.25	7:00-8:00PM
Ses II	TUES	03.04-04.08	7:00-8:00PM

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!

Instructor: 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	01.21-02.25	6:00-7:00PM
Ses II	TUES	03.04-04.08	6:00-7:00PM



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.

Instructor: 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	02.05-03.12	10:00-11:00AM
Ses II	WED	03.19-04.23	10:00-11:00AM

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	01.08-02.12	8:30-9:30AM
Ses II	WED	02.19-03.26	8:30-9:30AM
Ses III	WED	04.02-05.07	8:30-9:30AM

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	01.07-01.28	6:30-7:30PM
Ses II	TUES	02.04-02.25	6:30-7:30PM
Ses III	TUES	03.04-03.25	6:30-7:30PM
Ses IV	TUES	04.01-04.29	6:30-7:30PM
Ses I	THUR	01.09-01.30	6:30-7:30PM
Ses II	THUR	02.06-02.27	6:30-7:30PM
Ses III	THUR	03.06-03.27	6:30-7:30PM
Ses IV	THUR	04.03-04.24	6:30-7:30PM
Ses I	SAT	01.04-01.25	9:00-10:00AM
Ses II	SAT	02.01-02.22	9:00-10:00AM

Restorative Sound Bath

Take a 90-minute relaxation journey with 60 minutes of easy restorative yoga and an extended 30-minute Savasana. 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/25 maximum

Fee: 35 Resident/45 Non-Resident

Location: Senior Center 7327 Avon Belden Rd.

Day	Date	Time
MON	01.27	6:00-7:30PM
MON	03.24	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: 30 Resident/40 Non-Resident

Location: Senior Center 7327 Avon Belden Rd.

Session	Day	Date	Time
Ses I	MON	01.13	6:30-7:30PM
Ses II	MON	02.10	6:30-7:30PM
Ses III	MON	03.10	6:30-7:30PM
Ses IV	MON	04.14	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 & 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	01.06-02.24	6:30-7:30PM
No class 01.20.25 & 02.17.25			
Ses II	MON	03.03-04.07	6:30-7:30PM
Ses III	MON	04.14-05.19	6:30-7:30PM
Ses I	WED	01.08-02.12	6:30-7:30PM
Ses II	WED	02.19-03.26	6:30-7:30PM
Ses III	WED	04.02-05.07	6:30-7:30PM

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	02.13	6:30-8:00PM

How To Avoid Nursing Home Poverty

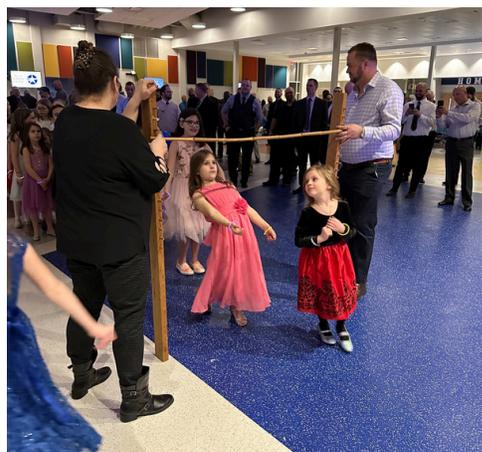
Much attention is given to estate taxes as a threat to what can be passed on to beneficiaries and, over the last several years, most families are less concerned about estate taxes due to the higher exemptions on federal estate taxes.

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.

Instructor: 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	03.13	6:30-8:00PM



Val's Cookie Corner Class

Join us for a sweet and whimsical Valentine's cookie decorating class, featuring adorable gnome designs! Whether you're celebrating love, friendship, or just a love for cookies, this class is perfect for beginners and experienced decorators alike. We'll guide you step-by-step to create six beautifully decorated gnome-themed sugar cookies with charming Valentine's details.

Each person will decorate and take home 6 vanilla-almond sugar cookies.

All materials will be provided, including pre-baked cookies, icing, and decorating tools. Just bring your creativity and get ready for a fun and relaxing time! These cookies will make the perfect gift or a sweet treat to enjoy yourself.

Instructor: Valerie Roth, Val's Cookie Corner
Ages: 16 and Up
Class Size: 10 minimum/30 maximum
Fee: 50 Resident/ 60 Non-Resident
Location: Shady Dr. Indoor MP Facility 37077 Shady Dr.

Day	Date	Time
SAT	02.01	10:00AM-NOON

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.

Instructor: 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	04.10	6:30-8:00PM

Community Events

Daddy Daughter Dance - Hollywood Stars

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
FRI	02.28	7:00-9:00PM

Fishing Derby

Sponsored By: NRPRD & NRPD

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 Matthew Murphy.**

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	05.03	7:30AM-NOON

Parents Night Out

Take a load off and let us do the work! Parents can enjoy an evening to themselves while the kids play games with friends, watch a movie, create a craft and enjoy pizza, snack & drink- all under the watchful supervision of the NRPRD staff.

Ages: K-6th Grade
Class Size: 10 minimum/30 maximum
Fee: 45 Resident / 55 Non-Resident
\$15 each additional sibling
Location: Shady Dr. Indoor MP Facility 37077 Shady Dr.

Session	Day	Date	Time
Ses I	FRI	01.31	6:00-9:00PM
Ses II	FRI	03.21	6:00-9:00PM
Ses III	FRI	04.25	6:00-9:00PM

Pink PJ Party With Barbie

This one-day pop-up camp is crafted to celebrate the strength, resilience, and boundless potential of every young dreamer. From engaging hands-on crafts that spark creativity to a dance party with Barbie's favorite tunes, this day is a joyful celebration of limitless possibilities. Encouraging anyone to dance to their own beat and make memories that resonate with the spirit of inner power, our Pink Pajama Party invites everyone to come dressed in their favorite pajamas for an added dose of fun. Families are invited to watch the end of day show as campers show off their Barbie dance moves, new friendships, and the unbridled joy of embracing the extraordinary within!

Instructor: Dance To EvOLvE
Ages: 3-8 years old
Class Size: 05 minimum/20 maximum
Fee: 60 Resident/70 Non-Resident
Location: Community Cabin 35717 Bainbridge Rd.

Day	Date	Time
FRI	02.07	4:30-8:00PM

Reservation

Pavilion & Gazebo Reservations

Interested in holding a gathering at South Central Park? 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 Hannah Barkhurst at (440) 490-2054 or via email at hbarkhurst@nridgeville.org.