CITY OF CLEVELAND
Mayor Frank G. Jackson

2019 Winter Programs and Services

Neighborhood Resource & Recreation Center Guide

Free Programs

Registration begins November 1st

Program begins December 2, 2019 through February 21, 2020

(No programming December 24, 2019 – January 6, 2020)

ARTS • PARKS • RECREATION • SENIORS • SPECIAL EVENTS

Winter FUN

“It’s your place in the world; it’s your life. Go on and do all you can with it, and make it the life you want to live.”

— Mae Jemison, American Engineer, Physician and former NASA Astronaut

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Neighborhood Resource & Recreation Center Guide

WINTER | Dec. 2 - Feb. 21

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Special Winter Sports Programs

For Winter Program Updates Visit:
www.clevelandohio.gov/NRRCactivities

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Winter Program Registration Form

CITY OF CLEVELAND
Mayor Frank G. Jackson

Welcome!

Dear residents,

Beginning this past summer, you may have seen a series of new program offerings at the City of Cleveland's rebranded Neighborhood Resource & Recreation Centers. This is more than just a name change. We are expanding programming to more holistically serve local families.

We are moving away from traditional recreation center programming because sports alone – although they serve an important purpose – are not sufficient to properly prepare our children to be successful adults. Real intervention and opportunities can help our young people, help build stronger families and develop healthy neighborhoods. The changes are part of my strategic plan to address the root causes of violence and toxic stress by promoting wellness and resiliency, especially for young people.

What do these changes mean for you? In this program guide, you will see a wider variety of offerings from traditional favorites like football and basketball to new programs like ACT/SAT prep, STEM workshops and job readiness programs. Some programs will require registration and some will not.

In 2018, the City of Cleveland began to equip Neighborhood Resource & Recreation Centers with trained Trauma-Informed Care staff and social workers who provide year-round center-based resources, programs and activities. In addition, the city is completing an assessment of all recreation centers. This will mean renovations at existing centers and construction of new facilities to replace aging infrastructure. The first new construction will be the John F. Kennedy Neighborhood Resource & Recreation Center.

The goal of all of these changes is to provide better intergenerational programming that strengthens our neighborhoods. One of the many ways my administration is able to support that goal is by expanding the scope of opportunities to our residents, especially our youth and young adults.

We hope to see you at your Neighborhood Resource & Recreation Center soon!

Sincerely,

Frank G. Jackson
Mayor, City of Cleveland

Welcome from the Mayor

Mission Statement

We are committed to improving the quality of life in the City of Cleveland by strengthening our neighborhoods, delivering superior services, embracing the diversity of our citizens, and making Cleveland a desirable, safe city in which to live, work, raise a family, shop, study, play and grow old.

CITY OF CLEVELAND
Mayor Frank G. Jackson

WELCOME

FROM THE MAYOR'S OFFICE

My office has been tasked with carrying out the Mayor's vision to provide our residents – especially our youth and young adults – with access to opportunities that will strengthen our neighborhoods as a whole. The newly introduced array of programs listed in this guide are one of the important first steps in that direction.

In this guide, you'll see offerings that demonstrate a greater focus on providing residents with access to resources to holistically better themselves and, as a result, their neighborhoods. Whether that is by exposing youth to performing arts or teens to post-secondary education options or helping the formerly incarcerated with career counseling, this marks a big shift in the mission and function of our recreation centers.

We hope to see you soon at your local Neighborhood Resource & Recreation Center!

Sincerely,

Tracy Martin-Thompson
Chief, Mayor's Office of Prevention, Intervention and Opportunity for Youth and Young Adults

FROM THE DIRECTOR

For years, the City of Cleveland's Division of Recreation has provided recreational facilities for residents of all ages. Part of our mission includes offering our youth a safe space outside of school, as well as a place for seniors to stay physically active. With the exciting transition to Neighborhood Resource & Recreation Centers and the addition of new and expanded programs, we look forward to better serving the overall wellness of our residents.

Our centers will provide programs and resources in youth & adult education; job & career readiness; health & wellness; and youth development, mentorship, leadership & community service. This is in addition to popular activities in sports, recreation and the arts.

The Department of Public Works, which oversees the Division of Recreation, is proud to help facilitate Mayor Frank G. Jackson's goal to improve the quality of life in our neighborhoods through this comprehensive approach. As we continue to improve our service and our facilities, we look forward to serving even more of our residents.

Sincerely,

Michael Cox, Director
City of Cleveland, Public Works

"I was once afraid of people saying, 'Who does she think she is?' Now I have the courage to stand and say 'This is who I am.'"

— Oprah Winfrey, Media Executive, Actress and Talk Show Host

NRRC LOCATIONS AND CLUSTERS

Camp Forbes
25440 Harvard Ave.
(216) 263-5325

Clark
5706 Clark Ave.
(216) 664-4657

Central
2526 Central Ave.
(216) 664-4241

Collinwood
16300 Lakeshore Blvd.
(216) 420-8323

Cory
10510 Drexel Ave.
(216) 664-3389

Cudell Fine Arts
10013 Detroit Ave.
(216) 664-4183

Cudell Recreation
1910 West Blvd.
(216) 664-4137

Earle B. Turner
11300 Miles Rd.
(216) 420-8358

EJ Kovacic
6250 St. Clair Ave.
(216) 664-4140

Estabrook
4125 Fulton Ave.
(216) 664-4149

Fairfax
2335 East 82nd St.
(216) 664-4142

Glenville
680 East 113th St.
(216) 664-2516

Gunning
16700 Puritas Ave.
(216) 420-7900

Halloran Park
3550 West 117th St.
(216) 664-4187

Hamilton
13200 Kinsman Rd.
(216) 664-4121

John F. Kennedy
17300 Harvard Ave.
(216) 664-2572

Kenneth L. Johnson
9206 Woodland Ave.
(216) 664-4124

Lonnie Burten
2511 East 46th St.
(216) 664-4139

Michael Zone
6301 Lorain Rd.
(216) 664-3373

Stella Walsh
7245 Broadway Ave.
(216) 664-4658

Sterling
1380 East 32nd St.
(216) 664-2573

Thurgood Marshall
8611 Hough Ave.
(216) 664-4045

Zelma George
3155 MLK Jr. Blvd.
(216) 420-8800

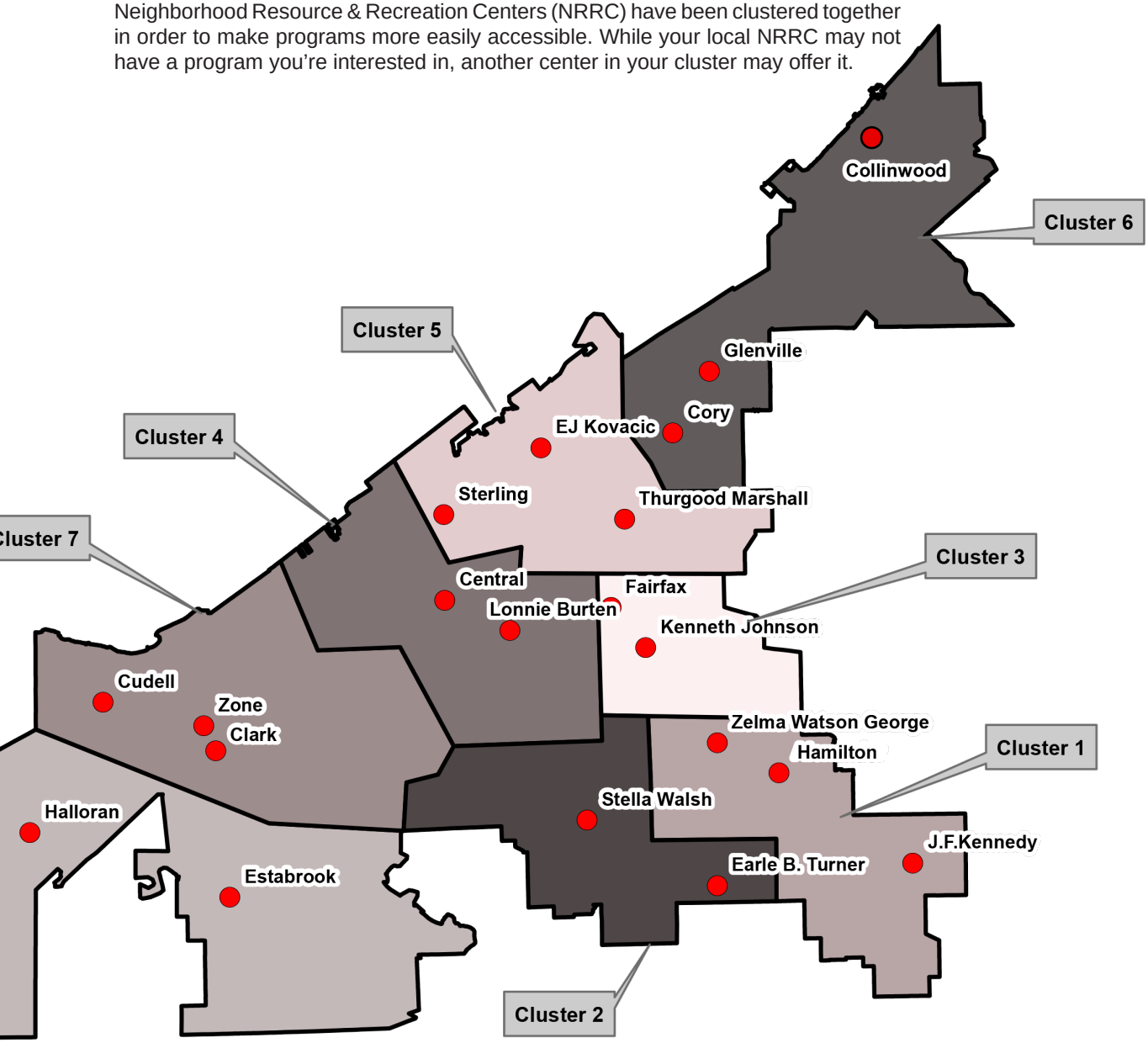
NRRC HOURS OF OPERATION

Most centers are open Monday through Friday, 11:30 A.M. to 8:00 P.M. and Saturday, 9:30 A.M. to 6:00 P.M. Please contact your local NRRC for specific dates and times.

Special Note: Children must be 8 years of age or older to participate in activities at the recreation centers without a parent or guardian present. **Please note that if you are registering a child under age 8 for a program, the parent or guardian must attend with the child.**

WHAT IS A CLUSTER?

Neighborhood Resource & Recreation Centers (NRRC) have been clustered together in order to make programs more easily accessible. While your local NRRC may not have a program you're interested in, another center in your cluster may offer it.



TRANSPORTATION SERVICE: *Free!*

Round-trip transportation is available between centers for all programs **within your cluster**. Children under age eight (8) must be accompanied by an adult. Transportation services are available on a first-come, first served basis.

Van Conduct Rules: No fighting, swearing, or abusive behavior while entering, exiting or riding on the bus. Children must remain properly seated with seat belts (when available) at all times. Children must not have any part of their bodies out of the vehicle. No eating or drinking on the vehicles. Potentially dangerous actions will not be tolerated. Permission slip is mandatory to be transported by city vehicle.

ENRICHMENT THROUGH *Education*

> "Education is the passport to the future, for tomorrow belongs to those who prepare for it today."
> *— Malcolm X , Human Rights Activist*

EDUCATION PROGRAM HIGHLIGHTS

The Mayor's Office of Prevention, Intervention and Opportunities for Youth & Young Adults and the Division of Recreation are committed to providing our youth with the tools they need to succeed. Since Summer 2017, we've offered non-traditional services that better serve a young person's wide range of needs when school is out.

Do you have child(ren) in grade(s) K-8 that are drawn to science, technology, engineering and mathematics (STEM)? They now have the opportunity to take part in a weeklong STEM workshop at the Great Lakes Science Center. Interested in natural history? The Cleveland Museum of Natural History offers an interesting program that explores eco-systems.

High school students in grades 10–12 have the opportunity to engage in intensive ACT/SAT test preparation to better prepare them to meet the demands of the standard college entrance requirements.

Not only will we be offering test prep services, we will host college and career exploration opportunities. Youth in grades 6–12 will have the opportunity to learn about different colleges, post-secondary career technical education, financial aid and financial literacy.

EDUCATION PROGRAMS

After School Cafe *(Tutoring, Homework Assistance, Sports and Community Service Projects)*

(YMCA of Greater Cleveland)

The Café provides tutoring, cultural experiences and opportunities for personal growth through mentoring, asset building and health and wellness programming for youth ages 11 - 18.

Location	Day(s)	Time	Weeks	Course #	Reg. Required
Collinwood	TH, S	TH: 4 P.M. - 7 P.M. S: 1 P.M. - 4 P.M.	10	CWD-ASC-01	Registration Req.

After-School All-Stars *(Tutoring, Sports & Recreation and STEM Activities)*

(After-School All-Stars)

This exciting program provides out-of-school time activities for 1st-12th grade youth including: academic assistance, sports and recreation, field trips, guest speakers, STEM focused hands-on activities and classes that broaden students' individual interests. Participants are grouped according to grades: Grades 1-4 and Grades 5-10.

Location	Day(s)	Time	Weeks	Course #	Reg. Required
Fairfax *(Grade 1-10)*	M, T, W, TH	3 P.M.- 5:30 P.M.	10	FX-AS-01	Registration Req.

Chess

(Progress with Chess)

Learn the game of chess while enhancing your critical thinking and problem-solving skills. Youth, ages 5 and above, will thrive as they become independent thinkers and strategists.

Location	Day(s)	Time	Weeks	Course #	Reg. Required
Hamilton	T, TH	6 P.M. - 7:30 P.M.	10	HLT-CHS-01	Registration Req.
Stella Walsh	M, W	5 P.M. - 6:30 P.M.	10	SW-CHS-02	Registration Req.
Cory	T, TH	5 P.M. - 6:30 P.M.	10	CRY-CHS-03	Registration Req.
Clark	T, TH	5:30 P.M. - 7 P.M.	10	CLK-CHS-04	Registration Req.

IConnect

(Greater Cleveland Neighborhood Centers Association)

Older adults (55+) who would like to reduce social isolation and better understand the growing tech and digital device world are encouraged to enroll in this exciting class. Adults will learn to connect with an array of content that includes health related topics, education, cultural experiences, exercise, music and games.

Location	Day(s)	Time	Weeks	Course #	Reg. Required
Collinwood	W	10 A.M. - 11 A.M.	10	CWD-GCNCA-01	Registration Req.

Life on Earth

(Cleveland Museum of Natural History)

Youth will analyze how living things are best adapted to survive within particular ecosystems. Through hands-on experiments, participants in grades 6-8 will investigate the different ways that humans produce power. They will compare and contrast renewable and nonrenewable resources. Participants will visit the museum week 5 and week 10.

Location	Day(s)	Time	Weeks	Course #	Reg. Required
Thurgood Marshall	W	4 P.M. - 5 P.M.	10	TM-LE-01	Registration Req.

EDUCATION PROGRAMS

Reach Success *(Homework Help, Personal Success Coaching)*

(Reach Success, Inc.)

Youth will receive tutoring based on their individual needs for current homework and any testing challenges. Reach Success will administer learning assessments and address primary personal and educational barriers. Students will engage with their personal success coach, utilizing individualized learning. Focused attention will be paid to 504 plans or IEP's.

Location	Day(s)	Time	Weeks	Course #	Reg. Required
Gunning	TH	4:00 P.M. - 5:00 P.M.	10	GNG-RS-01	Registration Req.
Gunning	TH	5:00 P.M. - 6:00 P.M.	10	GNG-RS-02	Registration Req.
Gunning	T	4:00 P.M. - 5:00 P.M.	10	GNG-RS-03	Registration Req.
Gunning	T	5:00 P.M. - 6:00 P.M.	10	GNG-RS-04	Registration Req.

STEAM

(Greater Cleveland Neighborhood Centers Association)

This program will introduce youth in grades 5–8 to concepts focused on science, technology, engineering, arts and mathematics through project-based learning activities. Youth will work as a team to develop projects and then compete against the other teams.

Location	Day(s)	Time	Weeks	Course #	Reg. Required
Michael Zone	F	5 P.M. - 6 P.M.	10	MZ-GCNCA-01	Registration Req.

STEM Workshops

(Great Lakes Science Center)

Participants in grades K-8 will engage in multiple hands-on activities related to science, technology, engineering and mathematics. Activities are designed to encourage creativity and self-efficacy. Program includes a Saturday visit to the museum. Date and Saturday time to be determined.

Revolving Family Passes - one pass will be housed at each of the 22 recreation centers that will enable youth and their families to visit the Great Lakes Science Center free of charge.

Location	Day(s)	Time	Weeks	Course #	Reg. Required
Estabrook	M, T, W, TH	6:30 P.M. - 7:30 P.M.	1	ESB-GLSC-01	Registration Req.

Sylvan Ace It! *(Reading Intervention)*

(Dishavi Ventures, LLC dba Sylvan Learning Center)

This is an engaging, effective and efficient reading intervention program to help students in grades 3 - 5 catch up, keep up, and get ahead. The program utilizes research-based methodologies that have been proven effective in addressing the needs of students who are struggling academically, including an instructional approach that combines small groups, differentiated instruction, cooperative learning, a student motivation system and parent involvement.

Location	Day(s)	Time	Weeks	Course #	Reg. Required
Lonnie Burten	T, TH	4 P.M.- 6 P.M.	10	LB-SAIR-01	Registration Req.

EDUCATION PROGRAMS

Sylvan Boot Camp! *(Algebra Prep)*

(Dishavi Ventures, LLC dba Sylvan Learning Center)

Algebra EDGE is a mathematics mastery program that helps youth in grades 6-12 build the critical skills needed for higher level math. The program utilizes gamification and brain-boosting activities to help students solve math problems in engaging ways.

Location	Day(s)	Time	Weeks	Course #	Reg. Required
John F. Kennedy	W	4:30 P.M. - 6:30 P.M.	10	JFK-SABC-01	Registration Req.

Therapeutic Tutoring *(Reading)*

(Beech Brook)

Is your K-3 child struggling with reading and behavior challenges? This tutoring program provides intensive tutoring using a fun, comprehensive and highly effective curriculum. The program uses cards, colors, patterns, memory and association to teach reading and writing as well as behavior intervention strategies.

Location	Day(s)	Time	Weeks	Course #	Reg. Required
Clark	T, TH	4:30 P.M. - 5:30 P.M.	10	CLK-TT-01	Registration Req.

ACT/SAT Prep

(Huntington Learning Center)

Youth in grades 10-12 will engage in intensive ACT/SAT test prep tutoring to better prepare them to meet the demands of college entrance and Ohio graduation requirements. The program for Earle B. Turner (EBT) will run from 1/20/20 - 2/21/20 and Glenville 12/2/19 - 1/14/20.

Location	Day(s)	Time	Weeks	Course #	Reg. Required
EBT *Pre-Assessment Sat., Jan. 18; 10 a.m. - 2 p.m.*	T, TH	4 P.M. - 6 P.M.	5	EBT-ACT-01	Registration Req.
Glenville *Pre-Assessment Sat., Dec. 7; 10 a.m. - 2 p.m.*	M, T	4 P.M. - 6 P.M.	5	GLN-ACT-02	Registration Req.

College and Career Exploration

(College Now)

Interested in college? Wondering how to pay for it? Youth in grades 6-12 will engage in the following activities:

- Assistance understanding and completing the college and Career Technical Education (CTE) application processes.
- Financial guidance including assistance completing FAFSA forms and financial literacy.
- College and career exploration activities including college tours and post-secondary CTE enrollment assistance.

The program for Earle B. Turner (EBT) will run from 1/20/20 - 2/20/20 and Glenville 12/2/19 - 1/14/20.

Location	Day(s)	Time	Weeks	Course #	Reg. Required
EBT	T, TH	6 P.M. - 7:30 P.M.	5	EBT-CCE-01	Registration Req.
Glenville	M, T	6 P.M. - 7:30 P.M.	5	GLN-CCE-02	Registration Req.

CREATIVITY THROUGH *Art*

> "If there is a book that you want to read, but it hasn't been written yet, you must be the one to write it."
> *— Toni Morrison, Novelist, Editor and College Professor*

ART PROGRAMS

Bucket Drumming
(Eleanor B. Rainey Memorial Institute)

Bucket Drumming participants will learn fundamental techniques and comprehensive rhythms through call and response training. The program will culminate in a performance for friends, family and the NRRC community. Participants will be scheduled in two groups: ages 8-11 and 12-18.

Location	Day(s)	Time	Weeks	Course #	Reg. Required
Fairfax *(Ages 8-11)*	T	4 P.M. - 4:45 P.M.	10	FX-BD-01	Registration Req.
Fairfax *(Ages 12-18)*	F	4 P.M. - 4:45 P.M.	10	FX-BD-02	Registration Req.
Cory *(Ages 8-11)*	M	4 P.M. - 4:45 P.M.	10	CRY-BD-101	Registration Req.
Collinwood *(Ages 12-18)*	TH	5 P.M. - 5:45 P.M.	10	CWD-BD-102	Registration Req.

Cleveland Play House Matinee *(Theater)*
(Cleveland Play House)

Watch for future announcements.

Location	Day(s)	Time	Weeks	Course #	Reg. Required
City-Wide	TBD	TBD	2 Days	REC-PHM-01	Registration Req.

Club Create *(Create through Writing)*
(Lake Erie Ink)

Activities encouraging creative expression allow youth to explore a range of literary arts. Participants will write poetry, plays, comics, 'Zines and puppet shows. A culminating event will showcase and celebrate their work. Participants are grouped in two sections: grades 3-5 and grades 6-8.

Location	Day(s)	Time	Weeks	Course #	Reg. Required
Clark *(Grades 3-5)*	M, W	5 P.M.- 6 P.M.	10	CLK-CC-01	Registration Req.
Michael Zone *(Grades 6-8)*	T, TH	5 P.M.- 6 P.M.	10	MZ-CC-02	Registration Req.
Sterling *(Grade 3-8)*	M, W	4 P.M. - 5:30 P.M.	10	STL-CC-03	Registration Req.

Cultural Exploration through Art
(Art House, Inc.)

These workshops celebrate the cultural diversity of Cleveland through the visual arts. The first 3 weeks, participants will learn about the seven core principles of Kwanzaa and create projects such as weaving a mat (Mkeka) on which other symbols are placed. The next seven weeks will be devoted to learning about Chinese New Year celebrations. Participants will work collaboratively on art projects related to this holiday.

Location	Day(s)	Time	Weeks	Course #	Reg. Required
Clark	F	4:30 P.M. - 6 P.M.	10	CLK-CETA-01	Registration Req.
Central	F	5:30 P.M. - 7 P.M.	10	CTL-CETA-02	Registration Req.

ART PROGRAMS

Dance for the Community
(Eleanor B. Rainey Memorial Institute)

This high-energy dance class will teach participants a mix of hip-hop, modern, social and African dance forms. The program will culminate in a performance for friends, family and the NRRC community. Dancers are grouped into two sections: ages 8-11 and 12-18.

Location	Day(s)	Time	Weeks	Course #	Reg. Required
Hamilton *(Ages 8-11)*	M	4 P.M. - 4:45 P.M.	10	HLT-DC-01	Registration Req.
Hamilton *(Ages 12-18)*	W	4 P.M. - 4:45 P.M.	10	HLT-DC-02	Registration Req.
Michael Zone *(Ages 8-11)*	T	4 P.M. - 4:45 P.M.	10	MZ-DC-101	Registration Req.
Michael Zone *(Ages 12-18)*	TH	4 P.M. - 4:45 P.M.	10	MZ-DC-102	Registration Req.

Dance
(Dancing Wheels)

Fierce, fun and energized, this class blends jazz dance and various other popular dance styles! Dancing Wheels is equipped to support youth with cognitive and physical disabilities.

Location	Day(s)	Time	Weeks	Course #	Reg. Required
JFK	TH	4:30 P.M. - 5:30 P.M.	10	JFK-DW-01	Registration Req.
Central	W	5 P.M. - 6 P.M.	10	CTL-DW-03	Registration Req.
Cudell	F	5 P.M. - 6 P.M.	10	CDL-DW-04	Registration Req.
Estabrook	TH	5 P.M. - 6 P.M.	10	ESB-DW-02	Registration Req.

El Sistema (Violin)
(Eleanor B. Rainey Memorial Institute)

Youth, ages 8-11, with a serious interest in learning to play the violin will participate in an intensive series of violin lessons. Daily lessons will prepare them for the variety of public performances they will experience. Violins are provided for in-class use.

Location	Day(s)	Time	Weeks	Course #	Reg. Required
Estabrook	M,T,W,TH,F	4 P.M. - 5:30 P.M.	10	ESB-ESM-01	Registration Req.

Get That Groove On! *(Poetry, Art and Dance)*
(City Music Cleveland)

The modern performance duo, IN2ATIVE, will be joined by a hip-hop dancer who, together, will engage participants in innovative performance design techniques through a mixture of musical genres and styles. Participants will work in two groups (grades 3-5 and grades 6-7) to create their own poetry and art to accompany a musical selection that incorporates hip-hop dance into their performance.

Location	Day(s)	Time	Weeks	Course #	Reg. Required
Lonnie Burten	T	6 P.M. - 7 P.M.	10	LB-GTGO-01	Registration Req.

Learn to Play Guitar
(Play It Forward Cleveland)

Lessons will be provided to students in grades 6-8. Instruments will be provided. Youth who attend 95% of the sessions held during a seasonal session will be able to keep their instruments.

Location	Day(s)	Time	Weeks	Course #	Reg. Required
Cudell	W	5 P.M. - 6:30 P.M.	10	CDL-G-01	Registration Req.

ART PROGRAMS

Learn to Play Trombone

(Play It Forward Cleveland)

Lessons with Gary Adams will be provided to students in grades 6-8. Instruments will be provided. Youth who attend 95% of the sessions held during a seasonal session will be able to keep their instruments.

Location	Day(s)	Time	Weeks	Course #	Reg. Required
Glenville	F	4 P.M. - 5:30 P.M.	10	GLN-T-01	Registration Req.

Performing and Visual Arts *(Spoken Word, Multi-Media Art and Theater)*

(Center for Arts Inspired Learning)

Earle B. Turner & Thurgood Marshall: *Multi-Media Arts Workshop* – Each week participants will explore a different art material: ceramics, painting, upcycling, stenciling, t-shirt design and jewelry making.

Stella Walsh: *Spoken Word Workshop* – Participants will focus on the power of self-expression through writing and performance with a concentration on animation. Participants will study and discuss their favorite cartoon or comic characters while learning poetic forms and creating a spoken word piece of their own.

Fairfax: *Theater Workshop* – Participants will learn to create their own theater pieces and bring their own unique voice to playwrights and poets of the past. This workshop is designed for grades 4-8.

Location	Day(s)	Time	Weeks	Course #	Reg. Required
EBT	W	5 P.M. - 6 P.M.	10	EBT-CIAL-01	Registration Req.
Stella Walsh	T	5:30 P.M. - 6:30 P.M.	10	SW-CAIL-02	Registration Req.
Fairfax	M	5:30 P.M. - 6:30 P.M.	10	FX-CAIL-03	Registration Req.
Thurgood Marshall	TH	4 P.M. - 5 P.M.	10	TM-CAIL-04	Registration Req.

Pink Tutu Ballet

(Pink Tutu Ballet)

Youth in grades K-12 will study and learn ballet. Classes will include ballet instruction, rehearsals, and wellness workshops for healthy habits. The program also includes an exploration of the connection between classic literature and ballet.

Location	Day(s)	Time	Weeks	Course #	Reg. Required
Collinwood	M	5 P.M. - 6 P.M.	10	CWD-PTB-02	Registration Req.
Estabrook	T	5 P.M. - 6 P.M.	10	ESB-PTB-02	Registration Req.
Gunning	W	5 P.M. - 6 P.M.	10	GNG-PTB-04	Registration Req.
Lonnie Burten	TH	4 P.M. - 5 P.M.	10	LB-PTB-01	Registration Req.

Photography

(Greater Cleveland Neighborhood Centers Association)

This introductory program will provide youth in grades 6-12 basic instruction in photography. Participants will learn basic camera operation, lighting, special techniques and image editing in Photoshop.

Location	Day(s)	Time	Weeks	Course #	Reg. Required
Fairfax	F	5 P.M. - 6 P.M.	10	FX-GCNCA-101	Registration Req.
Halloran	T	5 P.M. - 6 P.M.	10	HLN-GCNCA-102	Registration Req.

SUCCESS THROUGH Leadership

Exploring Entrepreneurship

(Teen Enterprise, LLC.)

Interested in learning how to start a business? From ideation to implementation, participants, ages 13-17, go through the process of creating a product and promoting their concept during Young Enterpreneur Pop-Up Shop!

Location	Day(s)	Time	Weeks	Course #	Reg. Required
Glenville	W, TH	5 P.M. - 7 P.M.	10	GLN-EE-01	Registration Req.

STRENGTHENING THROUGH Health & Wellness

"Life is like riding a bicycle. To keep your balance, you must keep moving."
— Albert Einstein, Theoretical Physicist

HEALTH & WELLNESS PROGRAMS

Circuit Training

(Cray Consulting Group, Inc.)

Get into shape by participating in one of the most efficient, beneficial forms of exercise, powered by Fit Circuit. Adult participants, age 18+, will be instructed through 8-10 different exercise stations which will work various muscle groups, completing four circuits in each training session.

Location	Day(s)	Time	Weeks	Course #	Reg. Required
Glenville	T	5 P.M. - 6 P.M.	10	GLN-CT-01	Registration Req.
Clark	TH	6:30 P.M.- 7:30 P.M.	10	CLK-CT-02	Registration Req.

Grief & Toxic Stress Group Counseling

(Beech Brook)

Grief and toxic stress group counseling support will be offered to youth who have experienced trauma and loss in their lives. Counseling services will be offered according to age groups: 8-12 and 13-17.

Location	Day(s)	Time	Weeks	Course #	Reg. Required
Zelma George	T	5 P.M. - 6:30 P.M.	10	ZG-GTS-01	Registration Req.

Chronic Disease Management

(Beech Brook)

Are you ready to reclaim your health and kick the smoking habit? This evidence-based program will utilize video and audio aids to help participants in their quest to quit smoking.

Location	Day(s)	Time	Weeks	Course #	Reg. Required
Lonnie Burten	F	12 P.M. - 2 P.M.	10	LB-SC-01	Registration Req.

ACHIEVING THROUGH Job & Career Readiness

> "The only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle."
> *— Steve Jobs, Co-Founder of Apple, Entrepreneur and Industrial Designer*

Aspire ESL, Aspire GED

(Cuyahoga Community College)

Tri-C Aspire provides high-quality free adult education to individuals who need:

- Adult skills refresher courses
- High School Equivalency (GED) preparations courses
- English for Speakers of Other Languages (ESOL)
- Digital and financial literacy skills

Location	Day(s)	Time	Weeks	Course #	Reg. Required
Clark - ESL	T, TH	12 P.M. - 2:30 P.M.	10	CLK-AESL-01	Registration Req.
Stella Walsh - GED	T, TH	5 P.M. - 7:30 P.M.	10	SW-AESL-02	Registration Req.
Clark - GED	M, W	12 P.M. - 2:30 P.M.	10	CLK-AESL-03	Registration Req.

Job and Career Readiness Training and Placement

(Ohio MeansJobs/Towards Employment)

Youth and young adults, ages 16-24, will be afforded job and career readiness training, assistance with job placement and coaching support. The program will also include job retention and career advancement coaching services with possible opportunities for work experience and technical training. Job readiness workshops will be two weeks in length and require registration.

Anyone over the age of 16 who is in need of employment and/or job training will have access to OMJ/CC staff two days per week. Staff will be available from 11:30 a.m. - 7:30 p.m. for drop-in individual job counseling and matching on Tuesdays and Thursdays.

Location	Day(s)	Time	Weeks	Course #	Reg. Required
Stella Walsh	M, T, W, TH, F	1 P.M. - 4 P.M.	2	SW-JCR-01	Registration Req.
Stella Walsh	M, T, W, TH, F	1 P.M. - 4 P.M.	2	SW-JCR-02	Registration Req.
Michael Zone	M, T, W, TH, F	5 P.M. - 7:30 P.M.	2	MZ-JCR-12	Registration Req.
Michael Zone	M, T, W, TH, F	5 P.M. - 7:30 P.M.	2	MZ-JCR-13	Registration Req.

Cultural Arts

SPECIAL CULTURAL ARTS PROGRAM SCHEDULE

Registration not required. For more information on any of the programs listed below, contact Ms. Rosa Casiano at Cudell Fine Arts, 216-664-4183.

Location	Program	Description	Ages or Grades	Times	Days
City-Wide Activity at Earle B. Turner (M&W) & Estabrook (T&TH)	Theatre of Life	Participate in acting and singing classes, improvisation, skits and plays. Participants will perform at various events.	All Ages	4:00 p.m. – 7:30 p.m.	M, T, W, TH
City-Wide Activity at various locations	Youth Choir	Youth 18 and under are invited to help form the first city-wide choir. Participants will perform at various events.	18 and under	4:30 p.m. – 7:30 p.m.	F
City-Wide Activity at Cudell Fine Arts	Youth Poetry Slam	Participants will study the elements of poetry, identify poetry in songs, write poetry and learn to recite poetry.	18 and under	4:30 p.m. – 7:30 p.m.	F
Clark	Crafts	Create a variety of arts projects: crafting, painting, drawing, and sculpting.	Youth	4:00 p.m. – 6:00 p.m.	T, TH
Clark	Double Dutch	Learn the basics of Double Dutch.	Youth	6:30 p.m. – 7:30 p.m.	T
Collinwood	Adult Clay	Open studio ceramics	Adults	9:30 a.m. – 11:30 a.m.	M
Collinwood	Kids Mixed Media	Create a variety of arts projects: crafting, painting, drawing, and sculpting.	Youth	5:30 p.m. – 7:30 p.m.	TH
Collinwood	Adult Ceramics	Explore clay on the potter's wheel.	Adults	12:00 p.m. – 2:30 p.m.	M,W
Cory	Slip Casting	Learn slip casting, a ceramic forming technique to form hollow ceramic pieces made out of a plaster mold.	Adults	12:00 p.m. – 2:00 p.m.	T, TH
Cudell Fine Arts	Photography Art	Learn different styles of instant photos.	All Ages	4:00 p.m. – 6:00 p.m.	TH
Cudell Fine Arts	Winter Arts	Learn the skills necessary to create projects that pertain to Winter Season	All Ages	4:00 p.m. – 5:15 p.m.	M
Cudell Fine Arts	Beginning Hand Sewing	Introduction to sewing by hand.	Adults	5:30 p.m. – 7:30 p.m.	M
Cudell Fine Arts	Creative Crafts	Create a variety of art projects: crafting, painting, drawing, sculpting	All Ages	4:00 p.m. – 5:15 p.m.	TH
Cudell Fine Arts	Book Art	Create art projects based on a variety of books	All Ages	4:00 p.m. – 5:15 p.m.	W
Cudell Fine Arts	Holiday Arts	Create a variety of art projects inspired by the Holiday Season	All ages	4:00 p.m. – 5:15 p.m.	TH

SPECIAL CULTURAL ARTS PROGRAM SCHEDULE

Registration not required. For more information on any of the programs listed below, contact Ms. Rosa Casiano at Cudell Fine Arts, 216-664-4183.

Location	Program	Description	Ages or Grades	Times	Days
Cudell Fine Arts	Adult Clay	Open studio for ceramics	Adults	5:30 p.m. – 7:30 p.m.	M, W, F
Cudell Fine Arts	Family Instructional Clay	Parents and children create ceramics/ pottery.	Families	5:30 p.m. – 7:30 p.m.	T
Cudell Fine Arts	Ceramics for Seniors	Open studio for ceramics.	Adults 55+	12:00 p.m. – 2:00 p.m.	M
Cudell Fine Arts	Youth Clay	Open studio for ceramics	Ages 8 – 17	4:00 p.m. – 5:15 p.m.	W
Cudell Fine Arts	Kids Painting	Use your imagination to create art paintings on canvas	Youth	4:00 p.m. – 5:15 p.m.	T
Cudell Fine Arts	Ink & Paper	Story inspired art projects that will be transferred to paper using ink	All Ages	4:00 p.m. – 5:15 p.m.	F
Cudell Fine Arts	Specialty Art Projects	Create a variety of arts and crafts projects designed for adults.	Adults	5:30 p.m. – 7:30 p.m.	TH
Cudell Fine Arts	Adult Beginners Wheel	Learn techniques on the potter's wheel to make creative ceramic pieces	Adults	5:30 p.m. – 7:30 p.m.	T
Cudell Fine Arts	Wheel Throwing	Explore clay on the potter's wheel.	Adults	12:00 p.m. – 2:30 p.m.	TH
Earle B. Turner	Afterschool Crafts	Create a variety of arts projects: crafting, painting, drawing, and sculpting.	Youth	4:00 p.m. – 6:00 p.m.	M
Earle B. Turner	Double Dutch	Learn the basics of Double Dutch.	Youth	6:30 p.m. – 7:30 p.m.	M
Fairfax	STEM ART	Create art projects that incorporate science, technology, engineering and math concepts.	All Ages	4:00 p.m. – 5:30 p.m.	F
Fairfax	Arts & Crafts	Create a variety of arts projects: craft-ing, painting, drawing, and sculpting.	Ages 18+	6:00 p.m. – 7:30 p.m.	F
Glenville	Crafts	Learn/create a variety of specialized projects such as party planning, cake decorating, knitting, weaving, jewelry making, and flower making.	Senior Adults	12:00 p.m. – 3:00 p.m.	T, TH
Glenville	Youth Crafts	Create a variety of arts projects: crafting, painting, drawing, and sculpting.	Youth	4:30 p.m. – 6:30 p.m.	T, TH
Glenville	Double Dutch	Learn the basics of Double Dutch.	Youth	6:30 p.m. – 7:30 p.m.	T

SPECIAL CULTURAL ARTS PROGRAM SCHEDULE

Registration not required. For more information on any of the programs listed below, contact Ms. Rosa Casiano at Cudell Fine Arts, 216-664-4183.

Location	Program	Description	Ages or Grades	Times	Days
Halloran	Afterschool Crafts	Create a variety of arts projects: crafting, painting, drawing, and sculpting.	Youth	4:00 p.m. – 6:00 p.m.	F
Halloran	Double Dutch	Learn the basics of Double Dutch.	Youth	6:30 p.m. – 7:30 p.m.	F
Kovacic	Afterschool Crafts	Create a variety of arts projects: crafting, painting, drawing, and sculpting.	Ages 8 – 17	4:00 p.m. – 5:30 p.m.	F
Kovacic	Arts & Crafts	Create a variety of arts projects: crafting, painting, drawing, and sculpting.	Ages 18+	6:00 p.m. – 7:30 p.m.	F
Lonnie Burten	Slip Casting	Learn slip casting, a ceramic forming technique to form hollow ceramic pieces made out of a plaster mold.	Adults	12:00 p.m. – 2:30 p.m.	M, F
Lonnie Burten	Afterschool Crafts	Create a variety of arts projects: crafting, painting, drawing, and sculpting.	Ages 8 – 17	4:00 p.m. – 5:30 p.m.	M
Lonnie Burten	Arts & Crafts	Create a variety of arts projects: crafting, painting, drawing, and sculpting.	Ages 18+	6:00 p.m. – 7:30 p.m.	M
Michael Zone	Family Arts and Crafts	Families work together to create art projects.	Families	6:15 p.m. – 7:30 p.m.	T
Michael Zone	Afterschool Crafts	Create a variety of arts projects: crafting, painting, drawing, and sculpting.	Youth	4:00 p.m. – 5:30 p.m.	T
Stella Walsh	Crafts	Learn/create a variety of specialized projects such as party planning, cake decorating, knitting, weaving, jewelry making, and flower making.	Senior Adults	12:00 p.m. – 2:30 p.m.	F
Stella Walsh	Youth Crafts	Create a variety of arts projects: crafting, painting, drawing, and sculpting.	Youth	3:45 p.m. – 5:30 p.m.	F
Zelma George	Double Dutch	Learn the basics of Double Dutch.	Youth	6:30 p.m. – 7:30 p.m.	M
Zelma George	Drama Classes	Learn the basics of drama, improvisation, stage presence, acting and singing.	Adults	11:30 a.m. – 1:00 p.m.	T, TH

AFTER-SCHOOL MEAL PROGRAM

Youth, ages 18 and under, can visit any of the Neighborhood Resource and Recreation Centers for free meals after 3:30 p.m., Monday through Friday. Call you nearest NRRC for serving times.

Sports

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SPECIAL WINTER SPORTS PROGRAMS

Program	Description	Ages or Grades	Location	Dates	Times	Registration Instructions
Youth Girls Basketball Instruction	Fundamentals of basketball, drills, and scrimmage	Ages 8-11	JFK, Sterling, Zone	Jan-Feb	5:30 p.m. 7:30 pm	Call participating NRRC
Junior Girls Basketball Travel League	Basketball games between NRRC teams	Ages 12-14	Cudell, Earle B. Turner, Thurgood Marshall	March-April	5:30 pm-7:30 pm	Call participating NRRC
Senior Girls Basketball Tournament	Single elimination tournament between rec center teams	Ages 15-17, 18 if in school	TBD	April	5:30 pm-7:30 pm	Call your local NRRC
Youth Boys Basketball Tournament	Single elimination tournament between rec center teams	Ages 8-11	TBD	Feb-March	Varies by NRRC	Call your local NRRC
Junior Boys Basketball Tournament	Single elimination tournament between rec center teams	Ages 12-14	TBD	March-April	Varies by NRRC	Call your local NRRC
Senior Boys Basketball Tournament	Single elimination tournament between rec center teams	Ages 15-17, 18 if in school	TBD	March-April	Varies by NRRC	Call your local NRRC

ADDITIONAL NRRC PROGRAM OFFERINGS

NRRC	Activity	Ages Group	Days	Times	Contact Information
Central	A youth organization for girls. Earn badges, go camping, sell cookies and participate in community projects that help improve neighborhoods.	Ages 8 - 14	TH	5:00 pm - 5:30 pm	Call Central NRRC
Central	Learn about developing film, picture quality and taking photos.	Ages 12 - 18	T	5:30 pm - 6:30 pm	Call Central NRRC
Clark	Latin aerobic exercise class.	Ages 16+	F	6:00 pm- 7:15 pm	Call Clark NRRC
Clark	Arts and crafts program youth can make and take home	Ages 8 to 17	T	4:15 pm- 7:15 pm	Call Clark NRRC
Clark	Cooking program where youth learn to make nutritious meals.	Ages 8 to 17	F	5:30 pm- 7:30 pm	Call Clark NRRC
Clark	Family Art	All Ages	TH	6:00 pm- 7:30 pm	Call Clark NRRC
Clark	Youth craft projects	Ages 8 to 17	TH	4:00 pm- 6:00 pm	Call Clark NRRC
Collinwood	Chair exercise class for our seniors to keep them active and involved. Very low impact cardio and little weight lifting.	Ages 50+	M, W and F	7:30 am- 9:00 am	Call Collinwood NRRC
Collinwood	Core strengthening class	Ages 50+	M, W and F	9:10 am- 9:30 am	Call Collinwood NRRC
Collinwood	Fitness class using weighted hula hoops to build core strength.	Ages 50+	M, W and F	9:30 am- 10:00 am	Call Collinwood NRRC
Collinwood	Sponsor by local councilman encouraging seniors to walk number of miles in a day and rewards for most improved.	Ages 50+	M, W and F	7:00 am- 10:00 am	Call Collinwood NRRC
Collinwood	Asian system of unarmed combat using the hands and feet to deliver and block blows, widely practiced as a sport with a colored belt indicating the level of skill, and involves mental as well as physical training.	Ages 8+	Sa	1:00 pm- 4:00 pm	Call Collinwood NRRC
Collinwood	Fitness through various dance styles; medium cardio impact, building endurance, strength, and learning cool new dance moves!	Ages 18+	M	6:00 pm- 7:30 pm	Call Collinwood NRRC

ADDITIONAL NRRC PROGRAM OFFERINGS

NRRC	Activity	Ages Group	Days	Times	Contact Information
Collinwood	Classes including ceramics, jewelry making, paper origami, and open studio	Ages 8+	M/W	12:00 pm-2:30 pm/ 9:30 am-5:00 pm	Call Collinwood NRRC
Collinwood	High cardio impact class that focuses on strength training, yoga, breathing techniques, and balance	Ages 18+	T/Sa	6:00 pm-7:30 pm/ 11:00 am-12:00 pm	Call Collinwood NRRC
Collinwood	Dance in which dancers line up in a row without partners and follow a choreographed pattern of steps to music.	Ages 50+	M	11:00 pm-12:30 pm	Call Collinwood NRRC
Collinwood	Walking club using aerobic exercises while walking.	Ages 50+	M, W and F	8:00 am-9:00 am	Call Collinwood NRRC
Collinwood	Basic computer skills; learning the components of the computer and internet access.	Ages 50+	T, W and TH	10:00 am-12 noon	Call Collinwood NRRC
Collinwood	Learn about wellness and nutrition.	Ages 50+	M	9:00 am-10:00 am	Call Collinwood NRRC
Collinwood	High cardio impact class that focuses on endurance and breathing techniques.	Adult 18+	T	6:00 pm-7:00 pm	Call Collinwood NRRC
Collinwood	Exercise to help with balance and toning.	Adult 18+	W	6:00 pm-7:00 pm	Call Collinwood NRRC
Collinwood	Basic sewing class for beginners; teaching how to sew fabrics and use a sewing machine	Ages 8+	W	6:00 pm-7:00 pm	Call Collinwood NRRC
Collinwood	Low impact exercises with intensive stretching exercises.	Adult 18+	Sa	10:00 am-11:00 am	Call Collinwood NRRC
Collinwood	Mentoring group that teaches leadership, social skills, community services, and having a voice.	Ages 11-14	M, T and TH	4:00 pm-7:00 pm	Call Collinwood NRRC
Collinwood	Competitive cheer team, displays stunts and performances at games.	Ages 3-18	M, W and Sa	6:00 pm-7:30 pm/ 10:00 am-12:00 pm	Call Collinwood NRRC
Collinwood	Expressive writing and creative writing skills for teen girls.	Ages 13-18	T, W	5:00 pm-6:00 pm	Call Collinwood NRRC

ADDITIONAL NRRC PROGRAM OFFERINGS

NRRC	Activity	Ages Group	Days	Times	Contact Information
Cory	Participants will learn the general fundamentals of dribbling, shooting, passing and defensive skills.	Ages 8 - 12	Sa	10:00 am-12:00 pm	Call Cory NRRC
Cudell	Martial Arts Program	Ages 8 to 17	Jan-March; M and W	6:00 pm-7:30 pm	Call Cudell NRRC
Cudell	Martial Arts Program	Adults	Jan-March; T and TH	6:00 pm-7:30 pm	Call Cudell NRRC
Cudell	Learn how to Box.	Ages 5-18	Jan-March; M - F	5:30 pm-7:30 pm	Call Cudell NRRC
Cudell	Cardio and weight workout in the water.	Adults	Jan-March; M and W	5:30 pm-6:30 pm	Call Cudell NRRC
Cudell	Fitness workout in the water.	Adults	Jan-March; M and W	6:30 pm-7:30 pm	Call Cudell NRRC
Earle B Turner	Tutors assist kids with completing homework assignments.	Ages 8 & up	M - TH	4:30 pm-6:00 pm	Call Earle B. Turner NRRC
Earle B Turner	Seniors learn line dancing.	Senior Program	Sa	12:00 pm	Call Earle B. Turner NRRC
Earle B Turner	Training in boxing skills and techniques.	Ages 8 & up	M - TH	5:00 pm-7:00 pm	Call Earle B. Turner NRRC
Earle B Turner	A variety of activities involving making things with your hands.	Ages 8 & up	M and W	5:00 pm	Call Earle B. Turner NRRC
Earle B Turner	Youth receive awards for their participation in sports and other activities.	All Ages	TBD	TBD	Call Earle B. Turner NRRC
Earle B Turner	Intensive ACT/SAT prep tutoring.	Grades 9 - 12	T and TH	4:00 pm-6:00 pm	Call Earle B. Turner NRRC
Earle B Turner	Learn about various opportunities to assist with college and career pursuits.	Grades 9 - 12	T and TH	6:00 pm-7:30 pm	Call Earle B. Turner NRRC
Estabrook	Learn the fundamentals of basketball.	Ages 4 to 8	F, Beginning in January	TBD	Call Estabrook NRRC
Estabrook	Become a Girl Scout.	Ages 8 & up	M	5:30 pm - 7:30 pm	Call Estabrook NRRC

ADDITIONAL NRRC PROGRAM OFFERINGS

NRRC	Activity	Ages Group	Days	Times	Contact Information
Fairfax	Learn how to dance.	Ages 8-17	W, TH, Sa	5:30 pm-7:30 pm/ 10:00 am-12:00 pm	Call Fairfax NRRC
Fairfax	Training in boxing skills and techniques.	Ages 8-17	M - TH	5:30 pm-7:30 pm	Call Fairfax NRRC
Fairfax	Tutoring and learning activities.	Ages 8-17	M - TH	3:00 pm-5:30 pm	Call Fairfax NRRC
Fairfax	Learn drumming techniques.	Ages 8-17	T and F	4:00 pm-4:45 pm	Call Fairfax NRRC
Fairfax	Unites art and education to change lives.	Ages 8-17	M	5:00 pm-6:00 pm	Call Fairfax NRRC
Fairfax	Learn how to cook.	Ages 8-17	M and W	4:00 pm-6:30 pm	Call Fairfax NRRC
Fairfax	Compete in swim meets.	Ages 8-17	F	5:00 pm-7:30 pm	Call Fairfax NRRC
Glenville	Aerobics, Indoor & Outdoor Waling, Theater, Social Gatherings, Field Trips and much more.	Seniors	T & TH	9:30 am-11:00 am	Call Glenville NRRC
Glenville	Line-Dancing to various songs.	Seniors	TH	11:00 am - 12:00 pm	Call Glenville NRRC
Glenville	Swimming lessons for youth.	Ages 8 thru 17	TH and F	5:00 pm - 6:30 pm	Call Glenville NRRC
Glenville	Swimming lessons for adults.	Ages 18+	TH	12:00 pm - 1:45 pm	Call Glenville NRRC
Glenville & Estabrook	Learn the sport of Boxing.	Ages 8 & up	M thru F	4:30 pm - 7:30 pm	Call Glenville or Estabrook NRRC
Gunning	Pool exercise.	Adults	M, T, TH, F	12:00 pm - 12:45 pm	Call Gunning NRRC
Gunning	Pool exercise.	Adults	Sa	10:00 am - 10:45 am	Call Gunning NRRC
Gunning	Cardio using Kick-Boxing techniques.	Adults	TBD	TBD	Call Gunning NRRC
Gunning	Cardio to Latin infused rhythm and dance	Adults	TBD	TBD	Call Gunning NRRC

ADDITIONAL NRRC PROGRAM OFFERINGS

NRRC	Activity	Ages Group	Days	Times	Contact Information
Gunning	Cardio to Latin infused rhythm and dance	Adults	TBD	TBD	Call Gunning NRRC
Halloran Skating Rink	Co-ed Youth Hockey	Ages 8 to 17	Nov-March; M and TH	6:00 pm-7:30 pm	Call Halloran NRRC
Halloran Skating Rink	Co-ed Youth Hockey	Ages 8 to 17	Nov-March; Sa	1:00 pm-3:00 pm	Call Halloran NRRC
Halloran Skating Rink	Open Skate Rental $1.00	All Ages	Nov-March; M - F	3:00 pm-5:30 pm	Call Halloran NRRC
Halloran Skating Rink	Open Skate Rental $1.00	All Ages	Nov-March; W and F	6:00 pm-7:30 pm	Call Halloran NRRC
Halloran Skating Rink	Ice Skating Lessons	Ages 4-17	Nov-March; T	6:00 pm-7:30 pm	Call Halloran NRRC
Halloran Skating Rink	Ice Skating Lessons	Ages 4-17	Nov-March; Sa	10:00 am-12:30 pm	Call Halloran NRRC
Halloran Skating Rink	Participants from our ice skating lessons and hockey program perform in a spectacular show to highlight their skills and ability.	Ages 4-17	February 21, 2020; F	6:00 pm-7:30 pm	Call Halloran NRRC
Hamilton	Training in Karate skills and techniques.	Ages 8 - Adults	M, W and F	5:00 pm-7:00 pm	Call Hamilton NRRC
Hamilton	Training to defend yourself.	Adults	Sa	11:00 pm-2:00 pm	Call Hamilton NRRC
Hamilton	Learn routines based on precision dance movements.	Ages 12-17	T - F	2:00 pm-5:00 pm	Call Hamilton NRRC
Hamilton	Dance for competition.	All Ages	T - TH	5:00 pm-6:00 pm	Call Hamilton NRRC
Hamilton	Youth learn how to play chess.	All Ages	T - TH	5:00 pm	Call Hamilton NRRC
John F Kennedy	A variety of body movements performed in a slow, focused manner that works on deep breathing.	Adults	TH	1:00 pm-2:00 pm	Call JFK NRRC

ADDITIONAL NRRC PROGRAM OFFERINGS

NRRC	Activity	Ages Group	Days	Times	Contact Information
John F Kennedy	Learn various dance moves and routines.	Ages 8-17	W - F	6:00 pm-7:30 pm	Call JFK NRRC
John F Kennedy	Program to teach the latest dance steps for seniors.	Adults	F	12:00 pm-1:00 pm	Call JFK NRRC
John F Kennedy	Program to teach the game of table tennis/ping pong.	All Ages	TH - Sa	6:00 pm; 3:00 pm	Call JFK NRRC
John F Kennedy	Low impact fitness training.	Adults	W - F	10:00 am-11:00 am	Call JFK NRRC
JFK, Sterling, Zone	Fundamentals of basketball, drills, and scrimmage.	Ages 8-11	Jan-Feb	5:30 pm-7:30 pm	Call your nearest NRRC where the program is offered.
Ken Johnson	Learn how to praise dance.	Ages 12-17	Sa	10:00 am-12:00 pm	Call Ken Johnson NRRC
Kovacic	Fun and challenging game for youth of all ages.	Ages 8 & up	W	4:30 pm - 6:00 pm	Call Kovacic NRRC
Lonnie Burten	Training in boxing skills and techniques.	Ages 8 - Adults	Mon-Fri	3:30 pm-7:00 pm	Call your local NRRC
Lonnie Burten	Lead the fans in cheers for basketball and football.	Ages 10 -18/ Grades 3 - 12	Mon-Fri	5:30 pm-7:30 pm	Call your local NRRC
Lonnie Burten	Seniors play bingo for household products.	55 up	T	12:00 pm-2:00 pm	Call your local NRRC
Lonnie Burten	Learn competitive dance routines.	Ages 10 -18/ Grades 3 - 12	W	5:30 pm-7:30 pm	Call your local NRRC
Lonnie Burten	Learn how to crochet.	Adults	TH	5:00 pm	Call your local NRRC
Michael Zone	Youth make arts and crafts projects to take home.	All Ages	Jan-March	5:00 pm-7:30 pm	Call Michael Zone NRRC
Michael Zone	A cooking program where youth learn to make nutritious meals.	Ages 10-17	Jan-March	5:00 pm-7:30 pm	Call Michael Zone NRRC
Michael Zone	Aerobic exercise program in the water.	Ages 16+	Jan-March	6:30 pm-7:15 pm	Call Michael Zone NRRC
Michael Zone	Latin aerobic exercise class.	Ages 16+	Jan-March	6:30 pm-7:30 pm	Call Michael Zone NRRC

ADDITIONAL NRRC PROGRAM OFFERINGS

NRRC	Activity	Ages Group	Days	Times	Contact Information
Michael Zone	Learn the art of boxing and self-defense.	Ages 8+	Jan-March	5:15 pm-7:15 pm	Call Michael Zone NRRC
Michael Zone	Dance thru the art of spiritual expression.	All ages	Jan-March	10:00 am-12:00 pm	Call Michael Zone NRRC
Stella Walsh	Seniors play bingo for small prizes.	55 up	W	1:00 pm - 2:30 pm	Call Stella Walsh NRRC
Sterling	Swimming lessons for youth.	All ages	T and TH	4:30 pm - 5:00 pm	Call Sterling NRRC
Sterling	Swimming lessons for adults.	Adults	F	5:15 pm - 6:00 pm	Call Sterling NRRC
Sterling, Gunning, Estabrook, Glenville	Learn to be a Life-Guard.	Ages 15+	February thru April	4:30 pm - 7:30 pm	Call your nearest NRRC where the program is offered.
Thurgood Marshall	Choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines in or rows.	Adults	M	5:30 pm - 7:30 pm	Call Thurgood Marshall NRRC
Thurgood Marshall	High and Low Impact exercises to increase metabolism	Adults	M and W	6:00 pm - 7:00 pm	Call Thurgood Marshall NRRC
Thurgood Marshall	High and Low Impact exercises to increase metabolism	Adults	Sa	10:00 am - 11:00 am	Call Thurgood Marshall NRRC
Thurgood Marshall	Training/skills and fighting	Ages 8 - Adults	Mon - Fri	4:00 pm - 7:00 pm	Call Thurgood Marshall NRRC
Thurgood Marshall	Dance team for competition	Ages 8 - 14	F	4:30 pm - 7:00 pm	Call Thurgood Marshall NRRC
Thurgood Marshall	Dance team for competition	Ages 8 - 14	Sa	11:00 am - 4:00 pm	Call Thurgood Marshall NRRC
Thurgood Marshall	Exercise that concentrates on a group of physical, mental and spiritual practices.	Adults	T and TH	TBD	Call Thurgood Marshall NRRC

ADDITIONAL NRRC PROGRAM OFFERINGS

NRRC	Activity	Ages Group	Days	Times	Contact Information
Zelma George	Adult Exercise	Ages 18 +	M	6:00 pm-7:00 pm	Call Zelma George NRRC
Zelma George	Adult Exercise	Ages 18 +	W	6:30 pm-7:30 pm	Call Zelma George NRRC
Zelma George	Adult Exercise	Ages 18 +	T	6:00 pm-7:00 pm	Call Zelma George NRRC
Zelma George	Adult Exercise	Ages 18 +	M - F	6:00 am-7:30 pm	Call Zelma George NRRC
Zelma George	Healthy cooking and teaching demonstrations.	Ages 10-14	M and W	5:00 pm-6:00 pm	Call Zelma George NRRC
Zelma George	Girls mentoring group.	Ages 8-18	M	6:00 pm-7:00 pm	Call Zelma George NRRC
Zelma George	Girls mentoring group.	Ages 8-15	F	5:00 pm-7:00 pm	Call Zelma George NRRC
Zelma George	Teaching the youth science as well as safety	Ages 9-12	T and TH	5:00 pm-6:00 pm	Call Zelma George NRRC
Zelma George	Boxing	Ages 8-17	M - F	5:00 pm-7:00 pm	Call Zelma George NRRC
Zelma George	Free Skate	Ages 8-17	TH	4:00 pm-5:30 pm	Call Zelma George NRRC
Zelma George	Teaching youth photography	Ages 11-14	TH	5:00 pm-6:30 pm	Call Zelma George NRRC
Zelma George	Teaching coping skills and dealing with grief.	Ages 8-17	T	5:00 pm-6:00 pm	Call Zelma George NRRC
Zelma George	Open game room for youth.	Ages 8+	F	5:00 pm-7:00 pm	Call Zelma George NRRC
Zelma George	Card Sharks	Senior Program	M and F	1:00 pm-4:00 pm	Call Zelma George NRRC
Zelma George	Senior Exercise	Senior Program	M - F	6:00 am	Call Zelma George NRRC

ADDITIONAL NRRC PROGRAM OFFERINGS

NRRC	Activity	Ages Group	Days	Times	Contact Information
Zelma George	Arts & drama for seniors.	Senior Program	T	11:30 am-1:30 pm	Call Zelma George NRRC
Zelma George	Senior Exercise	Senior Program	T and TH	9:00 am-10:00 am	Call Zelma George NRRC
Zelma George	Senior Exercise	Senior Program	T and TH	10:00 am-11:00 am	Call Zelma George NRRC
Zelma George	Healthy cooking and teaching demonstrations.	Senior Program	W	10:00 am-11:30 am	Call Zelma George NRRC
Zelma George	Free Blood Pressure testing.	Senior Program	Every 4th T	9:00 am-11:00 am	Call Zelma George NRRC

AQUATICS PROGRAMS

Program	Description	Ages or Grades	Location	Dates	Times	Registration Instructions
Learn To Swim Classes	Learn how to swim and safety techniques.	Tots and older	Various Centers	January March; M-S	5:00 pm-7:30 pm	Visit nearby Center to sign up
Lifeguarding Training	Learn lifeguarding skills.	Ages 15+	Various Centers	January April; M-S	5:00 pm-7:30 pm	Visit nearby Center to sign up
Rowing Program	Foundry Center brings rowing equipment to identified centers to teach youth how to row.	Ages 8 - 17	Various Centers	January March; M-TH	6:00 pm-7:30 pm	Visit nearby Center to sign up

CITY OF CLEVELAND DIRECTORY

Need to contact a City of Cleveland department about city services? Check out the numbers below to get started.

City Hall – Main Line – (216) 644-2000
Department of Aging – (216) 664-2833
Division of Animal Care & Control – (216) 664-3069
Department of Building & Housing – (216) 664-2282
Department of Community Development – (216) 664-4000
Community Relations Board – (216) 664-3290
Emergency Medical Service – (216) 664-2555
Division of Fire – (216) 664-6800
Division of Police Non Emergency Line – (216) 621-1234
Mayor's Action Center – (216) 664-2900
Division of Water – (216) 664-2444
Division of Waste Collection and Disposal – (216) 664-3711
Division of Streets – (216) 664-2510
Department of Economic Development – (216) 664-2406
Department of Public Health – (216) 664-6256
Citizens can report concerns or give feedback by calling 311.

Connect With Us On Social Media:

cityofcleveland
cityofcleveland
cityofcleveland
MyCLErec

Division of Recreation
216-664-2570

Cleveland City Council, the legislative branch of the City of Cleveland, serves citizens by monitoring city departments, approving budgets, and enacting legislation to improve the quality of life in an effective and financially responsible way.

Council members serve two roles in their duties: to draft and enact legislation for the city of Cleveland and act as ombudsmen for their constituents. For more information about Cleveland City Council call (216) 664-2840 or visit www.clevelandcitycouncil.org.

Joseph T. Jones, Ward 1
Kevin L. Bishop, Ward 2
Kerry McCormack, Ward 3
Kenneth Johnson, Ward 4
Phyllis Cleveland, Ward 5
Blaine A. Griffin, Ward 6
Basheer S. Jones, Ward 7
Michael Polensek, Ward 8
Kevin Conwell, Ward 9
Anthony T. Hairston, Ward 10
Dona Brady, Ward 11
Anthony Brancatelli, Ward 12
Kevin J. Kelley, Ward 13
Jasmin Santana, Ward 14
Matt Zone, Ward 15
Brian Kazy, Ward 16
Martin Keane, Ward 17

GENERAL INFORMATION

Registration

Registration is on a first-come, first-served basis. Some classes have a maximum enrollment so please be certain to register as soon as possible. Program dates and times are subject to change. Please check the website **www.clevelandohio.gov/NRRCactivities** for updates.

Two Ways to Register:

Online
Visit **www.clevelandohio.gov/NRRCReg** to register for activities, download required documents and more. Registration is available online 24 hours

In Person
Stop by any of our City of Cleveland Neighborhood Resource & Recreation Centers to register.

Standards of Behavior

For the enjoyment and safety of everyone, the City of Cleveland expects all participants and spectators to treat the people and facilities connected with the programs with respect and abide by all rules and directions from the staff. We reserve the right to refuse service to anyone for failure to abide by these standards.

Transportation Service: *Free!*

Round-trip transportation is available between centers for all programs **within your cluster**. Children under age eight (8) must be accompanied by an adult. Transportation services are available on a first-come, first served basis.

Bus Conduct Rules: No fighting, swearing, or abusive behavior while entering, exiting or riding on the bus. Children must remain properly seated with seat belts (when available) at all times. Children must not have any part of their bodies out of the vehicle. No eating or drinking on the vehicles. Potentially dangerous actions will not be tolerated.

Questions?

Please contact our office at (216) 664-2241 or email us at Recinfo@clevelandohio.gov.

CITY OF CLEVELAND
Mayor Frank G. Jackson

Neighborhood Resource & Recreation Center
Expanded Programs Registration Form

Important Instructions

Thank you for registering for the Neighborhood Resource & Recreation Center (NRRC) expanded programs. The following are directions for electronically submitting your registration form. If you have any questions about this program or need assistance with this registration form, please contact the registration hotline at 216-664-2241 or email your questions to Recinfo@clevelandohio.gov.

On Your Desktop

This document has been published in portable document format (pdf). This requires the one time downloading of a free "plug-in" or "reader" called the Adobe Acrobat Reader. If you need the Adobe Reader, you can download it here at no charge:

https://acrobat.adobe.com/us/en/acrobat/pdf-reader.html

After downloading the Adobe reader, please download/save this form to your desktop, and then open the form on your desktop using Adobe reader. After you complete the form, please save the document for your future records and email it to NRRC_registration@clevelandohio.gov. Make sure you add "NRRC registration form" to the subject line of your email.

Please note, Adobe fillable forms might not work properly in Chrome, Firefox, and Edge. We recommend only using Internet Explorer 10 or 11.

On Your Smart Phone

If you are using your iphone, you can download Adobe Acrobat Reader from the App Store at no charge.

When you open the Registration form, at the bottom of your browser select the share icon ( ) and from the options, select *Copy to Acrobat*. This will reopen the page as a fillable PDF. A box will come up that says open as a web document – select yes. When you have completed the form, select the Submit button at the top of the page and it will email your registration.

Android and other smart phones may require other applications to view and fill Adobe forms.

If you are unable to complete the form electronically, fill out the form and bring it to your nearest NRRC. Our friendly staff will accept your handwritten copy and submit it electronically for you.

CITY OF CLEVELAND
Mayor Frank G. Jackson

Neighborhood Resource & Recreation Center
Expanded Programs Registration Form

Type of participant: ☐ Child ☐ Adult

Participant Full Name:_____ ☐ Male ☐ Female Age: _____

Grade Level:_____DOB:_____Race: (Optional) _____

School Name *(if applicable)* _____

Select

Type of participant: ☐ Child ☐ Adult

Participant Full Name:_____ ☐ Male ☐ Female Age: _____

Grade Level:_____DOB:_____Race: (Optional) _____

School Name *(if applicable)* _____

Select

Type of participant: ☐ Child ☐ Adult

Participant Full Name:_____ ☐ Male ☐ Female Age: _____

Grade Level:_____DOB:_____Race: (Optional) _____

School Name *(if applicable)* _____

Select

Transportation Requested: ☐ Yes ☐ No *You are eligible for transportation if your neighborhood recreation center is located within the cluster in which the program is offered.*

Do you currently have a rec center number? ☐ Yes ☐ No ☐ Unsure

If yes,indicate your home Rec Center: Select

Parent/Guardian Contact Information

Name:_____Phone: _____

Address:_____ ZIP: _____Email:_____

Sign me up for the Mayor's Office newsletter: ☐ Yes ☐ No

Authorization: WAIVER OF LIABILITY (If under 18, parent/guardian must complete)
I consent to the above person's participation in the activities and agree on behalf of myself, or minor child, that I assume the risk of accident, injuries or property damage sustained from any cause in connection with my (or my child's) participation in the activities. I voluntarily release and hold harmless the City (including its officers, agents, employees and volunteers) from any liability for an accident, injury or property damage (except to the extent cause by the City's active negligence or willful misconduct). I understand that I am responsible for the registration policies and procedures outlined in the brochure.

_____

Parent/Guardian's Printed Full Name Add Signature (if printed) Date

NOTES

CITY OF CLEVELAND

CITY OF CLEVELAND
Mayor Frank G. Jackson

www.clevelandohio.gov
www.clevelandohio.gov/NRRCactivities