

CITY OF MENTOR

winter - spring program guide 2025 - 2026



Mentor Chill Out! ICE SCULPTING

See page 4 for details!

photo credit: Randy Barrell

registration begins DECEMBER 1 *for residents/MCRC members*
& DECEMBER 2 *for non-residents/MCRC non-members*

Mentor Parks & Recreation

cityofmentor.com/parks-recreation | 440.974.5720

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Registration

resident registration begins
DECEMBER 1, 2025

non-resident registration begins
DECEMBER 2, 2025

register online at: cityofmentor.com

Classes that take place at the Mentor Community Recreation center follow registration dates based on MCRC Member/Non-Member. MCRC Members can register for MCRC programs on December 1. MCRC Non-Members registration for MCRC programs is December 2. All other programs and courses follow Resident/Non-Resident registration dates.

Mentor City Council

Sean P. Blake	President of Council, Councilperson, Ward 1
John A. Krueger	Vice President of Council, Councilperson, Ward 4
Matthew E. Donovan	Councilperson, Ward 2
Scott J. Marn	Councilperson-at-Large
Charles E. Pinkerman	Councilperson, Ward 3
Janet A. Dowling	Councilperson-at-Large
Ray Kirchner	Councilperson-at-Large

FIRST TIME ONLINE REGISTERING WITH US?
CALL ONE OF OUR FACILITIES SO WE CAN SET UP A NEW ACCOUNT FOR YOU.

City Of Mentor Staff

Kenneth J. Filipiak	City Manager
Robert Fowler	Assistant City Manager
Kenn Kaminski	Parks, Recreation & Public Facilities Director
Nita Justice	Recreation Superintendent
Tim Ausperk	Black Brook Golf Course Golf Professional & Manager
Bill Furman	Arena Manager
Renee Ochaya	Senior Center Manager
Nick Standerling	Mentor Community Recreation Center Manager
Tom Vermilye	Mentor Lagoons Manager
Linda Wintersteller	Wildwood Cultural Center Manager

Program Locations:

Edward R. Walsh Park	7221 Bellflower Rd.
Black Brook Golf Course	8900 Lakeshore Blvd.
Civic Center Park	8600 Munson Rd.
Civic Center Waterpark	8600 Munson Rd.
Civic Center Amphitheatre	8550 Munson Rd.
Community Center	8600 Munson Rd.
Eleanor B. Garfield Park	7967 Mentor Ave.
Krueger Park	7556 Chillicothe Rd.
Mentor Beach Park	7779 Lakeshore Blvd.
Mentor Civic Arena	8600 Munson Rd.
Mentor Community Recreation Center	6000 Heisley Rd.
Mentor Dog Park	6647 Hopkins Rd.
Mentor High School Stadium	6477 Center St.
Mentor Lagoons Nature Preserve & Marina	8365 Harbor Dr.
Mentor Municipal Center	8500 Civic Center Blvd.
Mentor Senior Center	8484 Munson Rd.
Morton Pool & Park	9325 Rosemary Ln.
Old Council Hall	7250 Jackson St.
Springbrook Garden Park	6776 Heisley Rd.
Wildwood Cultural Center	7645 Little Mountain Rd

Facility Numbers and Office Hours

Recreation	440-974-5720 (M-F 8am-5pm)
Blackbrook	440-951-0010 (M-Su 6:30am-dark)
Marina	440-205-3625 (M-F 8am-4:30pm)
Senior Center	440-974-5725 (M-F 8am-5pm)
Ice Arena	440-974-5730 (M-F 8:30am-4:30pm)
Wildwood	440-974-5735 (M-F 9am-5pm)
MCRC	440-205-3608 (M-F 8am-5pm)

Email

Parks: parks@cityofmentor.com
Recreation: recreation@cityofmentor.com
Marina: marina@cityofmentor.com
Natural Resources: naturalresources@cityofmentor.com
MCRC: RecCenter@cityofmentor.com

Connect | Share | Get Involved

Check out all the exciting ways to stay connected with the City of Mentor & Parks & Recreation. Whether you're at home or on the go, you can keep up with the city's latest news, events and information.

Like us on Facebook

Mentor Parks & Recreation

440.974.5720

Registration

2 easy ways to register

Online Registration

Mentor Parks & Recreation is excited to provide you with a new, easy to use Customer Portal which will allow for fast, safe and secure online registration and a view of your registration history. Be sure to call our office at 440-974-5720, the Ice Arena at 440-974-5730, Wildwood Cultural Center at 440- 974-5735 or the Senior Center at 440-974-5725 to set up your new account.

Phone-In / or In-Person

Cash, Check, Visa/Mastercard/Discover accepted
Recreation Main Office:

Monday - Friday 8:00a.m. - 5:00p.m. 440-974-5720

Senior Center:

Monday - Friday 8:00a.m. - 5:00p.m. 440-974-5725

Ice Arena:

Monday - Friday 8:00a.m. - 5:00p.m. 440-974-5730

Wildwood Cultural Center:

Monday - Friday 9:00a.m. - 5:00p.m. 440-974-5735

Policies/Procedures

Confirmations and Cancellations

A receipt and/or course confirmation will be emailed to you following registration. If a course is canceled by the City of Mentor, you will be notified by phone or email. If the City cancels a course, we welcome you to transfer to another class within the same season, or receive a full refund. It takes two to three weeks to process a refund check. Credit card payees will receive credit on their account within a few days.

General Refund Policy

Please choose your classes carefully. Refunds will only be considered for medical reasons and will require a doctor's note. No refunds will be granted less than 1 week prior to the start of the programs. **An administrative fee of \$10 will be assessed per person per class for any changes made to the registration.** Changes will include participant cancellations, refund requests and/or transfers. Participants assume the risk of change in personal affairs or health.

Camp Refunds

Please choose your classes carefully. Refunds will only be considered for medical reasons and will require a doctor's note. No refunds will be granted less than 1 month prior to the start of the camp. **An Administrative Fee of \$25 will be assessed per person per camp for any changes made to camp registrations.** Changes will include participant cancellations, refund requests and/or transfers. Camp changes and partial cancellations cannot be applied to the Full 9 Week Camp option. Participants assume the risk of change in personal affairs or health.

Senior Center Registration

Membership is required to participate in Senior Center activities, including classes, clubs, and programs. Anyone aged 55 and older is eligible to join, and you do not need to be a resident of Mentor to become a member. For more information on how to join, please contact the Senior Center.

Overnight Bus Trip Refunds

Please choose your trips carefully. Trip deposits are Non-Refundable for Overnight Bus Trips. **An administration fee of \$25 will be assessed per person for any changes made to Day Trip registrations.** Changes will include participant cancellations, refund requests, transfers and/or room changes. No refunds will be granted and no changes will be made after the advertised Deadline. Refunds will only be considered for medical reasons and will require a doctor's note. Participants assume the risk of change in personal affairs or health. For overnight trips, travel insurance is available and recommended.

People with Disabilities

We encourage persons with disabilities to participate in all programs offered by the Parks & Recreation Department. Please notify us in advance if special arrangements should be arranged in order to make participation possible. TDD available.

Wildwood Members

Current Wildwood members may take a 10% discount off the regularly charged fee (resident rate) on programs offered at Wildwood Cultural Center. Membership cannot be applied to camps or private music lessons.

Mentor Residency

Mentor residents live within the corporate limits of the City of Mentor. Proof of residency is a current utility bill with both name and address on it along with photo identification. Not all 44060 zip codes are Mentor resident addresses. Mentor School District and the City of Mentor corporate limits are not the same. Mentor residents receive priority in registration and discounted fees.

Inclement Weather Cancellations

We make every attempt to hold classes when scheduled. Contact the Recreation Department at (440) 974-5720 before 5 p.m. to inquire concerning inclement weather. Email blasts and twitter posts are also used to inform the public of changes in course schedules. In case of "Act of God" cancellations, the Recreation Dept. reserves the right to terminate any class/activity that results in less than the scheduled number of sessions, without issuing a refund.

Photo Policy

We often take photos of our programs, special events, camps and general activities. These photos are used exclusively by the City of Mentor and may appear in any of our publications, both electronic and print, and our website. If you wish not to be photographed, please tell the photographer.

Special Events



Community Tree Lighting Ceremony

Tuesday, December 2, 6:00 - 7:30 p.m.
Location: Mentor City Hall

The City of Mentor invites you and your family to join us for commemorative tree lighting as we light our stunning Norwegian spruce and City Hall campus. Santa will arrive in his horse drawn carriage and will be available for photos while choirs from Mentor School's sing. Refreshments will be served.

Jingle Jamboree Winter Carnival

Ages 5 - 10

Sunday, December 7, 1:00 p.m.
Location: Mentor Community Recreation Center

Step inside and escape the cold for a day of holiday magic! Kids can enjoy carnival-style games, festive crafts, prizes, and sweet treats – all with a merry winter twist. With holiday music, cheerful activities, and plenty of fun around every corner, it's the perfect way to celebrate the season without bundling up.

MCRC Member: \$10 |
MCRC Non-Member: \$15 per child



0.5K Donut Race

Ages 3+

Saturday, January 17, 1:00 - 1:15 p.m.
Coordinator: Recreation Staff
Location: Mentor Civic Center Park

No training is required for this race. This family-friendly event is not timed, and the goal is to not spill your drink and to finish that donut! Participants will complete one lap on a closed course near City Hall. Afterwards, take part in the Mentor Chill Out. Costumes are optional. Entry fee includes a medal, cup of hot chocolate and a donut.

Fee: \$15 per person



Mentor Chill Out!

Saturday, January 17, 1:00 - 6:00 p.m.
Location: Mentor Civic Center Amphitheater

If you missed it last year, be sure to mark your calendar, call your friends, bundle up the family and head out to Mentor Chill Out! There will be something for everyone, Food Trucks, Bourbon Tastings, Outdoor Ice Skating, Ice Sculptors, Chili Cook Off, Fireworks, and much more!

Shamrock Shootout Racquetball Tournament

Ages 14+

Saturday, March 14, 8:00 a.m. - 6:00 p.m.
Coordinator: MCRC Staff
Location: Mentor Community Recreation Center

Open to players of skill levels A - C, this competition will feature singles and doubles matches across multiple divisions. Test your skills, compete for prizes, and enjoy the camaraderie of racquetball enthusiasts in a friendly yet competitive environment. Players are encouraged to bring their own racquets and goggles, but game balls and refreshments will be provided. Prizes awarded to 1st and 2nd winners. Price is per person. The number of participants determines the schedule.

MCRC Member: \$25 |
MCRC Non-Member: \$30 (one event)

Baby Crawl Race

Infant - 18 months

Saturday, May 2, 10:00 - 11:00 a.m.
Coordinator: MCRC Staff
Location: Mentor Community Recreation Center

Celebrate National Baby Day by having your little one(s) participate in the inaugural Baby Crawl Race. Babies will race half-court on the basketball court in a double-elimination tournament. All participants must be crawling. One adult/guardian will be holding the baby at the starting line and the other will persuade the baby to come to them at the finish line. Prizes awarded to the winners. Number of registrations determines the schedule.

MCRC Member: \$10 | MCRC Non-Member: \$12

Family Nerf Olympics

Ages 6+

Friday, December 12, 7:00 p.m.

Location: Mentor Community Recreation Center

Grab your goggles and your game face – it's time to go for the gold! Bring the whole family for an action-packed evening of Nerf challenges, relays, and games that will test your speed, aim, and teamwork. From obstacle courses to target trials, each event earns your family points toward that gold medal! While the judges tally up the winners enjoy some delicious snacks. Register today and let the Nerf Games begin! Price is per family up to 6 members.

MCRC Member: \$40 |

MCRC Non-Member: \$50 per team

Piece by Piece Challenge

Friday, January 16, 7:00 - 9:00 p.m.

Location: Mentor Community Recreation Center

Put your puzzling skills to the test! Teams with two to four members will race against the clock to see who can complete their jigsaw puzzle the fastest. Gather your family or friends, piece by piece, and join the fun for prizes, snacks, bragging rights, and plenty of laughs! We supply the puzzle that is yours at the end! Price is per team.

MCRC Member: \$25 | MCRC Non-Member: \$35



Valentine's Day BINGO

Ages 3+ with Parent

Sunday, February 8, 1:00 p.m.

Location: Mentor Community Recreation Center

Love is in the air—and so is the excitement of Bingo! Put on your fanciest Valentine's attire and join us for an afternoon of fun and celebration! Enjoy sweet refreshments, hands-on craft activities, lively dancing, and exciting rounds of B-I-N-G-O with prizes for every winner. Don't forget to try your luck in the Candy Heart Guess Game for a chance to win a special surprise. A perfect day of love, laughter, and friendship awaits!

MCRC Member: \$10 |

MCRC Non-Member: \$15 per person

Little Princess Valentine's Dance

Dads & Daughters age 4+

Friday, February 6, 7:00 - 9:00 p.m.

Location: Springbrook Gardenhouse

Calling all Princesses - you are invited to a special, royal dance! At our Little Princess Valentine's Dance, you will have a regal evening of dance, music, snacks, a craft and memorable fun. Treat your daughter, granddaughter or little princess to a very majestic Valentine's Day memory she will never forget. Live DJ entertainment and photo booth will be provided by Jesse Webb Entertainment. This event is supported by the City of Mentor's Community Arts Commission. Space is limited, register early! NEW THIS YEAR! Ultimate Candy Stand!

Resident: \$20 | Non-Resident: \$25

Leprechaun Traps

Ages 5 - 10

Sunday, March 15, 1:00 - 2:30 p.m.

Location: Mentor Community Recreation Center

Will you catch Liam the Leprechaun this St. Patrick's Day? Join the Kid's Corner Staff and build a trap to try to catch your very own leprechaun! Bring a box, and we'll provide all the materials you need to decorate it. Be creative, have fun, and don't let that sneaky leprechaun get away! We'll also enjoy a snack and play some festive games. This is one St. Patrick's Day event you won't want to miss!

MCRC Member: \$10 |

MCRC Non-Member: \$15 per child



Breakfast with the Easter Bunny!

Sunday, March 29, 10:00 a.m.

Location: Mentor Community Recreation Center

Hop on over for a festive morning of family fun! Enjoy a cold breakfast buffet, snap a photo with the Easter Bunny, and get creative with a special craft activity. Bring your smiles and your cameras—this is the perfect way to celebrate Easter with the whole family! Price is per person.

MCRC Member: \$10 | MCRC Non-Member: \$15

[unveiled] Lake County Student Showcase

March 13 through April 24

Artist Reception March 25 from 6:30 - 8:00 p.m.

Located at the Mentor Municipal Center,
8500 Civic Center Blvd.

Wildwood Cultural Center and the City of Mentor Community Arts Commission are calling all youth Lake County artists this Spring, to feature their artwork in this year's Lake County Student Exhibition at Mentor's City Hall. This exhibit is exclusively for Lake County students grade 6th through 12th. There is no fee for artwork submission. Four awards will be given out exclusively to exhibitors to further their future in the Arts. A public reception will be held on Wednesday, March 25th, at Mentor Municipal Center, from 6:30p.m. to 8p.m. Artwork will be on display for public view at the Mentor City Hall March 13th through April 24th Monday through Friday 9 a.m. to 5 p.m. **For more information call Wildwood Cultural Center (440) 974-5735.**

[unveiled] ART EXHIBITION

SAVE THE DATE!!! May 1 through June 30

Artist Reception May 1 from 7:00 - 8:30 pm.

Located at the Mentor Municipal Building,
8500 Civic Center Blvd.

Formerly the Lake County Art Contest, this new and exciting contest is open to all artists ages 16 years of age and older. Artist can submit all medias including, photography, drawing, painting, 2D, 3D, digital, needlework, jewelry, and mixed media. Over \$2,000 in prizes may be awarded to winning participants. Grand Prize winner will receive a monetary award and a solo exhibition at the City of Mentor Municipal Center for the 2026 year. **Artist can submit up to two pieces of artwork for \$20 total.**

Enchanted Easter Egg Hunt in the Woods

Ages 2 - 12 plus adult

Saturday, March 21, 10:00 - 11:30 a.m.

Saturday, March 21, 12:00 - 1:30 p.m.

Saturday, March 21, 2:30 - 4:00 p.m.

Location: Wildwood Cultural Center

Join us for this one-of-a-kind Enchanted Easter Egg Hunt in the whimsical woods of the Wildwood Cultural Center. This magical event will capture the imagination of both children and adults alike. Each child receives an easter basket and map, intricately designed to guide them on their quest. The map hints at the numerous hidden spots where colorful eggs, each filled with delightful surprises, await discovery. Adding to the enchantment, the eggs in the Wildwood Cultural Center are not just ordinary; some contain special golden tickets that offer additional rewards. Participants will also get a chance to meet the Easter Bunny and participate in special story time with Mother Goose.

Resident: \$20 | Non-Resident: \$24

Books in the Woods Fair

Saturday, March 28, noon - 4:00 p.m.

Location: Wildwood Cultural Center

Do you love books? Enjoy this one-of-a-kind book and author event inside the beautiful historical Wildwood Cultural Center. This four-floor FREE event will showcase multiple authors and storytellers from around Northeast Ohio and surrounding areas along with 25+ unique vendors.

Admission: FREE

Float - N - Flick

min 10 / max 35

Location: Mentor Community Recreation Center

Looking for some Family Movie Night Fun? Come spend your Friday nights with us at the MCRC pool enjoying a popular movie while floating in your favorite intertube. Please bring a float! Popcorn, cookies, and glowsticks will be provided. Space is limited. Be sure to sign up early. ***Nonswimmers must have an adult swimming with them.**

dates	day/time	movie
January 9	Fri: 7 - 9 p.m.	Inside Out
February 13	Fri: 7 - 9 p.m.	Just Go With It (PG 13)
February 27	Fri: 7 - 9 p.m.	Up
March 13	Fri: 7 - 9 p.m.	Encanto

MCRC Member: \$5 | MCRC Non-Member: \$10

SAVE THE DATE!

Splash into Easter Fun! Underwater Easter Egg Hunt

Saturday, April 4

Location: Mentor Community Recreation Center

Bring your goggles and a bucket and help our Scuba Bunny find all the eggs that were dropped in the pool! Marked Eggs will be turned in for Prizes! Contests, Games and Cookie decorating available when it's not your turn for the egg hunt. Don't Delay! Only 30 spots available per age group! **Registration begins March 2nd.**

ages	time
6-10	10:00 - 11:00 a.m.
11-15	11:00 a.m. - 12:00 p.m.
6-10	12:00 - 1:00 p.m.
3-5	1:00 - 2:00 p.m.
Adapted	2:00 - 3:00 p.m.

MCRC Member: \$15 |

MCRC Non-Member: \$20 per child

Splash N Spike

Location: Mentor Community Recreation Center

Jump into the fun at our Water Volleyball Night, where splashes, music and sports come together! Whether you're a seasoned volleyball player or just in it for the laughs, this exciting night is perfect way to enjoy a Friday evening. Gather your squad, bring your game face and join us for some friendly competition!

dates	day	time
January 16	Friday	7:00 - 9:00 p.m.
February 20	Friday	7:00 - 9:00 p.m.
April 17	Friday	7:00 - 9:00 p.m.

\$10 per team of 2-4 players

Still Waters

Location: Mentor Community Recreation Center

Immerse yourself in tranquility at Still Waters, a serene poolside event where relaxation and mindfulness take center stage. Bring your favorite float and let the gentle ripples of the water guide you into a peaceful state of mind. Whether you're seeking a moment of calm, a deep meditation, or simply a way to unwind, this event offers the perfect space to float away the stress and reconnect with your inner peace. Let the stillness of the water calm your thoughts as you meditate –no experience required, just an open heart and the desire to relax. Come, float, and find your center at Still Waters.

dates	day	time
January 23	Friday	7:00 - 8:00 p.m.
March 27	Friday	7:00 - 8:00 p.m.

MCRC Members: \$5 | MCRC Non-Members: \$10

Garage Sale

Saturday, April 25, 9:00 a.m. - 3:00 p.m.

Location: Senior Center

Don't miss our HUGE annual garage sale – a fantastic opportunity to discover hidden treasures and one-of-a-kind finds! Interested in selling? Vendor spaces are available for just \$25 for a 6-foot table and \$20 for a 5-foot table. Registration begins December 1 for resident senior center members, and opens on December 2 for nonresident members. If space allows, non-members may begin registering on January 5. To reserve your table, please call the Mentor Senior Center at 440-974-5725.

Mentor Skate Day

Saturday, January 3, 1:00 - 4:00 p.m.

Free Public Skate

Join us for an exciting day of Olympic-themed fun as all three ice surfaces open for a variety of winter activities. Whether you're an experienced skater or a first timer, there's something for everyone to enjoy. Highlights include, Free ice-skating lessons, hockey demonstrations, Olympic style games on ice, figure skating performances and a chance to stand on the podium as a gold medalist! Bring your friends and family and experience the thrill of the Winter Olympics—right here at Mentor Ice Arena!

Earth Day!

All Ages!

Sunday, April 19, 10:00 a.m. - 2:00 p.m.

Location: Springbrook Gardens Park

Celebrate Earth Day 2026 with the Natural Resources Division at Springbrook Gardens Park! Enjoy this annual festival that includes nature-focused crafts and activities, a clothing swap, park cleanup, scavenger hunt, nonprofit info tables, vendors, food trucks, and more! Join in nature walks, bird walks, presentations, and a dedicated tree planting. Help us encourage environmental stewardship and inspire sustainable action at this event that is sure to be fun for the whole family!

Resident: | Non-Resident: FREE, no registration required



Lake County Chili Open

GOLFERS - SAVE THE DATE!

Saturday, January 24, Tee Times Begin At 9:00 a.m.

Location: Black Brook Golf Course

Don't miss the biggest winter golf event of the season! Trade summer greens for a snowy 9-hole course this January, with holes ranging from 65-100 yards. Tee off with orange balls, drive across frozen fairways, and putt through icy greens. After the round, warm up with chili, hot dogs, and hot chocolate. Over 200 golfers joined last year—register early! Entry is \$20 and includes golf, food, and drinks. Prizes: 18-hole gift certificates for the top three teams. Snow or not, we play—so bring your full set of clubs.

Register by January 20, 2026.

Presented by the City of Mentor. Proceeds benefit United Way of Lake County.

Flashlight Dash

Adults only 21+

Saturday, March 28, 7:30 p.m.

Location: Black Brook Golf Course

Sure to be the best hour of fun in 2026. *The Adult Flashlight Dash is a fast-paced, competitive all-out -sprint of an egg hunt just for adults 21 and over!* We'll gather in the club house then head to the practice center (can you hear the Chariots of Fire music playing in the background?) then on the word GO, you'll take off, flashlights in hand, to find as many of the 4,000 eggs hidden on the practice range as possible. More than 100 of those eggs will have really great prizes! This event fills up quickly, so register early! Snacks are included and adult beverages are available for purchase. Pre-registration is required. No on-site registration will be accepted. Call (440) 974-5720 to register. **Activity Level - Very Strenuous**
Resident: \$20 | Non-Resident: \$25

Free Golf Clinic & Open House

Sunday, April 26, 11:00 a.m. - 12:30 p.m.

Location: Black Brook Golf Course

Get some professional help from P.G.A. Professional Tim Ausperk and Director of Instruction Jay Schiffbauer. They will put on a 1.5-hour demonstration featuring full swing technique like driver and iron swings as well as some short game along with some helpful information about our facility. This clinic is very beneficial to all skill levels, and we believe that every golfer can benefit from learning more about the game. Open to golfers of all ages and skill levels. Note taking is recommended and pre-registration is required. Call the course at (440) 951-0010 to register.

Ice Arena



8600 Munson Road, Mentor, Ohio 44060
440.974.5730 - www.mentoricearena.com



Public Skate Schedule

Public Skates

January 4 - April 26, 2026

***Closed March 6 - 8 for Ice of March
and April 5 for Easter***

Weekly Public Skate Schedule

Friday 10:30 a.m. - 12:00 p.m. (Homeschool Skate)
Friday 12:15 - 1:45 p.m. (Luncheon Skate)
Saturday 1:30 - 3:00 p.m.
Sunday 1:30 - 3:00 p.m.

Family Cosmic Public Skates

January 10 1:30 - 3:00 p.m.
February 14 1:30 - 3:00 p.m.
March 14 1:30 - 3:00 p.m.
March 27 6:30 - 8:00 p.m. (Teen Night)

Holiday Public Skate Schedule

January 1 - 2

11:00 a.m. - 12:30 p.m. (not on 1/1/26)
1:30 - 3:00 p.m.
4:00 - 5:30 p.m.

Spring Break Schedule

March 16 - 19

1:30 - 3:00 p.m.

March 20

12:15 - 1:45 p.m.

FIRST TIME ONLINE REGISTERING WITH US?

CALL ONE OF OUR FACILITIES SO WE CAN
SET UP A NEW ACCOUNT FOR YOU.

Public Skate Admission Rates

Adults	\$9
Youth (age 17 & under)	\$7
Homeschool (Friday)	\$6
Skate Rental	\$4

Studio Rink Public Skates - Skate Aids

Join us on the Studio Rink for a delightful ice-skating experience designed for children 8 and under, alongside their parents. Our studio rink welcomes families to glide together during our weekend public skates. Skate aids are provided on a first-come, first-served basis to assist young skaters, ensuring a safe and enjoyable time on the ice. Please note that skate aids are not permitted on the large rink. Come make memories and enjoy the magic of skating with your little ones on our Studio Rink!

Homeschool Public Skate

Join us Fridays from 10:30 AM to 12:00 PM for our exclusive homeschool public skates. Homeschool public skate is a designated skating session tailored for children who are homeschooled and do not follow a traditional school schedule. This program caters to those seeking physical exercise and provides an opportunity for participants to potentially earn gym credits. It's important to note that homeschool credentials are not checked, ensuring accessibility to all homeschooled individuals, and adults are welcome to join in the skating activities alongside their children. Skate aids will not be permitted on the large ice surface, but our studio rink will now be open with skate aids available for children 8 and under with parent.

General Public Skate Information

Please note that the ice arena reserves the right to cancel any public skate and studio rink time. For the most up-to-date schedule, please visit www.mentoricearena.com/calendar. Additionally, for safety reasons, all children under 11 years old are required to wear a helmet while on the ice. Rental skates ranging from size 8 youth to adult 14 are available for your convenience. Kindly be informed that no refunds will be issued for public skates. Thank you for your understanding, and we look forward to welcoming you to our rink!

ARENA EVENTS

Mentor Skate Day

Saturday, January 3, 1:00 - 4:00 p.m.

Free Public Skate

Join us for a fun-filled Mentor Skate Day where everyone is welcome to lace up their skates and hit the ice! This free public skate event offers complimentary skate rentals and features a lively atmosphere with a DJ spinning tunes to keep the energy high. While skating enthusiasts of all ages are invited to join in the excitement, we prioritize safety, requiring skaters under 11 to wear helmets. Bike helmets are permitted. Throughout the event, enjoy intermittent performances from talented local skaters. There will be an ice cut halfway through the event, providing a refreshing break before you glide back into the fun. Skate sizes range from youth 8 to adult 14 and are available on a first-come, first-served basis. Don't miss out on this opportunity to glide, spin, and twirl on the ice with friends and family!

Olympic Day

Saturday, February 21, 1:10 - 4:00 p.m.
Free Public Skate

Join us for an exciting day of Olympic-themed fun as all three ice surfaces open for a variety of winter activities. Whether you're an experienced skater or a first timer, there's something for everyone to enjoy. Highlights include, Free ice-skating lessons, hockey demonstrations, Olympic style games on ice, figure skating performances and a chance to stand on the podium as a gold medalist!

Bring your friends and family and experience the thrill of the Winter Olympics—right here at Mentor Ice Arena!

Mentor Ice Arena Party Options

Birthday Party General Information:

- On-ice parties are available from October through April.
- Renters may bring their own decorations. No decorations permitted on the ice
- Any deliveries must be made during rented hours. (pizza, cake, etc.)
- We do not put any holds on parties until payment is made
- Skate rental is available at \$2 per skater. Paid the day of party
- Children under 11 are required to wear a helmet while on the ice

How to Book:

- All parties must be booked in person by appointment.
- Parties must be booked at least two weeks in advance.
- Contact the Arena Monday-Friday between 8:30 a.m. - 4:30 p.m. to set up an appointment.
- All parties must be paid in full at the time of the appointment.

Studio Rink Parties

Resident \$160 | Non-Resident \$190
\$2 skate rental, per skater, paid day of party

Times Available to Rent

Saturday 4:00 - 6:00 p.m. or 6:30 - 8:30 p.m.
Sunday 4:00 - 6:00 p.m.

Great for children ten and under! Experience the ultimate in ice-skating party in our Studio Rink! Your celebration comes complete with skate aids, a private room, and two hours of exclusive skating. With a guest limit of 25, you can invite all your friends and family to join in the fun. You're free to bring your own scrumptious treats to satisfy your cravings.

Public Skate Birthday Parties

Resident \$160 | Non-Resident \$190
\$2 skate rental, per skater, paid day of party

Times Available to Rent

Saturday or Sunday
Room available 1:00 - 3:30 p.m.
Public Skate 1:30 - 3:00 p.m.

Get ready for an exciting celebration with our Public Skating Parties! You'll have your very own private room amidst the enchanting atmosphere of our public skating sessions, accommodating up to 25 guests. Please note that skate aids won't be available on the west rink, only on the studio rink. Parties are allowed to bring their own delicious snacks to keep the energy high, and decorations.

Large Rink Parties

\$250 per hour
\$2 skate rental per skater paid day of party.

Time availability based on Arena schedule.

Elevate your celebration with our large rink rental option, offering a private skating experience. This is perfect for accommodating large groups. Price includes ice time only.



Learn-to-Skate

The Learn to Skate program advances skaters on a natural progression: children ages 3 to 5 will begin in the Tot Program; children ages 6 to 12 begin with the Basic Program. Teens 13+ and Adults of all ages are welcome to participate in a basic class for Teens and Adults. Tot lessons are 30 minutes long and held once a week for seven weeks. All other Learn-to-Skate classes are 45 minutes long and are also held once a week for seven weeks. **New skaters** begin in either Tot 1 or Basic 1, or Adult 1 depending on their age.

Tot Classes: Ages 3 - 5

30 minutes once a week for 7 weeks

Basic Classes: Ages 6 - 12

45 minutes once a week for 7 weeks

Teen/Adult Classes: Ages 13+

45 minutes once a week for 7 weeks

Skating Progression

Hockey: Skaters who have successfully completed Tot 1 or Basic 1 levels are eligible to enroll in our Hockey skating skills classes, Learn to Play hockey program or ADM, followed by our youth travel hockey program. Explore further details below.

Figure Skating: As skaters progress through the Learn to Skate program, they'll have access to various opportunities including specialty classes, private lessons, special events, and deeper insights into the world of skating beyond the program itself.

Learn to Skate USA Membership

To be part of our Learn to Skate program your skater is required to be a member of Learn to Skate USA. There is a yearly membership fee separate from the class fee. The membership is valid from July 1st- June 30th. Registration can be complete at www.learntoskateusa.com. When registering for classes you will be asked your membership number. Please, have this number handy. If you have questions, please give us a call (440) 974-5730 Monday-Friday between 8:30 a.m. - 4:30 p.m.

Winter: January 5- February 21

Registration opens:

December 1 Mentor Residents

December 2 Non-Residents

Spring: March 2- April 25

Registration opens:

February 9 Mentor Residents

February 10 Non-Residents

*Saturday classes begin 2/28 on studio rink and 3/14 for classes on the East rink

Learn To Skate Schedule

Ages 2 - 3: Parent Child Class

Parent must have basic skating experience.

Resident: \$70 | Non-Resident: \$85

day	time
Saturday	9:45 - 10:15 a.m.

Ages 3 - 5:

Tot 1

Resident: \$70 | Non-Resident: \$85

days	time
Monday	5:00 - 5:30 p.m.
Tuesday	5:30 - 6:00 p.m.
Thursday	5:30 - 6:00 p.m.
Thursday	6:00 - 6:30 p.m.
Saturday	10:20 - 10:50 a.m.

Tot 2 - Must pass Tot 1

Resident: \$70 | Non-Resident: \$85

days	time
Monday	5:30 - 6:00 p.m.
Tuesday	5:30 - 6:00 p.m.
Thursday	6:00 - 6:30 p.m.
Saturday	10:20 - 10:50 a.m.

Tot 3 - Must pass Tot 2

Resident: \$70 | Non-Resident: \$85

days	time
Monday	5:30 - 6:00 p.m.
Tuesday	5:30 - 6:00 p.m.
Thursday	6:00 - 6:30 p.m.
Saturday	10:20 - 10:50 a.m.

Tot Hockey - Must pass Tot 1

Resident: \$70 | Non-Resident: \$85

days	time
Wednesday	5:00 - 5:30 p.m.

Ages 6 - 12:

Basic 1

Resident: \$80 | Non-Resident: \$95

days	time
Tuesday	6:05 - 6:50 p.m.
Wednesday	6:05 - 6:50 p.m.
Thursday	6:35 - 7:20 p.m.
Saturday	10:55 - 11:40 a.m.

Basic 2 - Must pass Basic 1

Resident: \$80 | Non-Resident: \$95

days	time
Tuesday	6:05 - 6:50 p.m.
Thursday	6:35 - 7:20 p.m.
Saturday	10:55 - 11:40 a.m.

Basic 3 - Must pass Basic 2

Resident: \$80 | Non-Resident: \$95

days	time
Thursday	6:35 - 7:20 p.m.
Saturday	11:45 a.m. - 12:30 p.m.

Basic 4 - Must pass Basic 3

Resident: \$80 | Non-Resident: \$95

days	time
Thursday	6:35 - 7:20 p.m.
Saturday	11:45 a.m. - 12:30 p.m.

Basic 5 - Must pass Basic 4

Resident: \$80 | Non-Resident: \$95

days	time
Thursday	6:35 - 7:20 p.m.

Basic 6 - Must pass Basic 5

Resident: \$80 | Non-Resident: \$95

days	time
Thursday	6:35 - 7:20 p.m.

Pre-Aspire - Must pass Basic 6

Resident: \$80 | Non-Resident: \$95

days	time
Thursday	6:35 - 7:20 p.m.

Aspire 1 - Must pass Pre-Aspire

Resident: \$80 | Non-Resident: \$95

days	time
Thursday	6:35 - 7:20 p.m.

Aspire Academy - Must pass Pre-Aspire

Resident: \$80 | Non-Resident: \$95

days	time
Saturday	8:30 - 10:15 a.m.

Ages 13+:

Teen and Adult

Resident: \$80 | Non-Resident: \$95

days	level	time
Tuesday	1	6:50 - 7:35 p.m.
Saturday	2+	8:30 - 9:15 a.m.

Specialty Learn to Skate Classes

Call for more information: 440-974-5730

Competition Class: is part of the Learn to Skate Program and is open to any skater who has passed Tot 1 or Basic 1. Your skater will learn a program to music and have an opportunity to compete at a local LTS competition at the end of the session. The program will incorporate skills that your skater has mastered in their previous Learn to Skate Class.

Inspire Synchronized Skating: Skating is part of our Learn to Skate Program, and is open to skaters who have passed Tot 1 or Basic 1. This team teaches the fundamentals of synchronized skating, focusing on teamwork, precision, and performance. Throughout the season, skaters learn a dynamic routine choreographed by our experienced coaches, with opportunities to perform and compete at local events. Tryouts are held each spring, offering skaters the chance to join a community of passionate athletes dedicated to personal growth and teamwork on the ice.

Hockey

Mighty Mites 1 and 2 (ages 3-5)

Skaters must have passed Tot 1 in the Learn to Skate Program to be eligible. This program is perfect for young beginners ready to hit the ice. This class starts the hockey progression for young skaters, offering essential skills and knowledge as they advance in their hockey journey. After completing Mini Mites 1 there is a Mini Mites 2 class. Full equipment is required for this level and beyond.

Mighty Mites (ages 6-8)

Skaters must have passed Basic 1 in our Learn to Skate Program to be eligible. Players meet two times a week prioritizing skill development, fundamental training, and enjoyable experiences. They are grouped by skill level and play in-house games. Full equipment is required for this level and beyond.

ADM Blue (ages 6-8)

The ADM Blue is a full hockey season commitment September through March. Players must have passed Mini Mites 2 or Mighty Mites. Teams will have in-house games along with some travel games starting the second half of the season. Full equipment required. This program is part of the American Development Model and the Cleveland Suburban Hockey League.

For more information about registration for these more advanced hockey programs or synchronized skating please call 440-974-5730 with questions.



After School Bus Program

Registration: for this program begins 8AM Dec 1st

DUE TO A CHANGE IN SCHOOL POLICY THERE WILL BE NO FLYERS SENT HOME FROM SCHOOL

Price: Bellflower/Fairfax \$130 (10 weeks)
Orchard/Sterling/Ridge/Hopkins \$169 (13 weeks)
Lake \$130 (13 weeks 1 hour skate time)

Program starts the week of January 12th and ends the week of April 13th

The bus program does not take place on days when school is not in session.

Our exclusive After School Bus Program, available only to Mentor Public Schools. Skate rental is included. Students are transported from school to the Arena by city bus, where they are greeted by dedicated Arena Staff. Attendance is recorded by school and Arena staff. Arena Staff assist with skate tying, helmet fitting, and any other needs. Continuous supervision ensures safety from bus boarding to program end. Parents/Guardians must show ID to sign out their skater. Free skating time and a cash-only concession stand are available. **Please note: formal lessons are not included.**

Monday Bellflower/Fairfax

Pick up 4:45 p.m. No Skating 1/19, 2/16, 3/16, 4/6

Tuesday Sterling/Hopkins

Pick up 5:30 p.m. No Skating 3/17

Wednesday Orchard/Lake

Pick up 4:45 p.m. No Skating 3/18

Thursday Ridge

Pick up 5:30 p.m. No Skating 3/19

MCRC Introduction

Mentor Community Recreation Center (MCRC)



6000 Heisley Road, Mentor, Ohio 44060
440.205.3608 - www.mentorrec.com

HOURS OF OPERATION:

Monday - Friday 5:30 a.m. - 10:00 p.m.
Saturday 7:00 a.m. - 9:00 p.m.
Sunday 8:00 a.m. - 6:00 p.m.

Contact Information:

440-205-3608 - Email: reccenter@cityofmentor.com

2026 MEMBERSHIP RATES

	Residents	Non-Residents
Youth (under 18)	\$250	\$315
Senior (60+)	\$250	\$315
Adult	\$350	\$440
2-Person	\$450	\$565
Family of 4	\$550	\$690
Extra Family Member	\$50	\$50

(Classes sold separately)

AMENITIES

Indoor Soccer Field (1)	TRX Room
Pickleball Courts (4)	Indoor Track
Tennis Courts (3)	Indoor Swimming Pool
Racquetball Courts (4)	Outdoor Swimming Pool
Basketball Courts (3)	Whirlpool
Golf Simulators (2)**	Women's Sauna
Fitness Room	Men's Sauna
Cycle Room	Steam Room
Yoga Studio	Women's Locker Rooms
	Men's Locker Rooms
Circuit Training Room	Family Changing Room
Free Weights	Community Room**
Aerobics Rooms (2)	Kids Corner**

****Additional fees apply. Some restrictions may apply.**

FIRST TIME ONLINE REGISTERING WITH US?

CALL ONE OF OUR FACILITIES SO WE CAN
SET UP A NEW ACCOUNT FOR YOU.

Group Fitness

Get in shape at the MCRC and have fun doing it! We offer a variety of classes to keep you motivated and keep you moving.

Guidelines for all Group Fitness Classes

1. Ages 14+
2. All classes are 50 minutes in length.
3. Schedule is subject to change.

Class Registration

For the full class schedule visit <https://mentor-rec.com/programs-activities/group-fitness-classes/>. Each class is available for registration on a monthly basis. Rates only apply to MCRC Group Fitness classes.

Four Class Sessions - Member \$20 | Non-Member \$28

Five Class Sessions - Member \$25 | Non-Member \$35

Drop-In Fees per class (If class space is available)

Member \$8

Non-Member \$10

Unlimited Monthly Fitness Pass \$50*

**(Limited quantities available)*

Group Fitness Class Descriptions

For the full class schedule visit <https://mentor-rec.com/programs-activities/group-fitness-classes/>

TRX

Suspension Training uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. The best thing is that all fitness levels can participate because you're in control of how much you want to challenge yourself on each exercise. Simply change your body position to add or decrease resistance.

Location: TRX Room (Upstairs)

Weights

Weights uses strength building exercises that will help increase muscular endurance and muscle tone while using a variety of equipment. Hand weights, ankle weights, resistance bands, resistance tubing, exercise balls, along with some floor exercises are used in this class. There will be a variety of core movements and abdominal work involved.

Location: Aerobics Room #1 (Downstairs)

Boot Camp

This advanced class is designed to challenge participants. Classes will incorporate body weight exercises, calisthenics, free weights, High Intensity Interval Training (HIIT), running, and other training aids. This course will help improve your cardio fitness, increase your stamina, and add strength and muscle.

Cycling

A high intensity exercise class utilizing a cycling bike. This class combines basic cycling movements to create different energy zones including endurance, strength, interval, and race day zones. The classes combine inspiring music, visualization, and breathing for a true mind body experience.

Yoga

Vinyasa yoga is a creative form of yoga where poses are linked together with a flowing sequence. Classes include breath and movement, a range of standing, seated, twists, balance postures, flexibility work, and targeted core training.

Anything Goes

Each class is different but always includes strength and cardiovascular conditioning. Classes will range from HIIT, functional training, circuit training, mobility work, kickboxing and anything in between. Classes can be challenging but options and modifications are always offered.

Zumba

Zumba is a fusion of Latin and international music/dance themes that create an exciting, dynamic class based on the principal that a workout should be "Fun and Easy to Do." The routines feature an aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Dance your way to a fitter and healthier you!

Barre

Barre incorporates low-impact, high-intensity and dynamic movements inspired by elements of aerobics, yoga and Pilates. Focus will be on improving balance, flexibility and muscle strength and endurance.

Strength Training

This class incorporates barbells, dumbbells, and kettlebells to increase the level of resistance to help develop muscular strength and increase endurance. Classes will include body weight training, different agility and balance drills, as well as interval and resistance training. Some Cross Fit and High Intensity Interval Training (HIIT) components are incorporated to help push beyond your individual comfort zone.

Balance & Burn

Using light weights and bodyweight, this weight training class will focus on strengthening the body through balance and mobility work. These workouts can be adjusted for extremely fit to novice participants.

Drum & Pump

Drum & Pump consists of an amazing full body cardio drumming mixed with strength training using light weight dumbbells in between songs. Drum & Pump will consist of 8 cardio songs and 8 light dumbbell exercises; this could vary depending on the exercises.

Cardio Drumming

Cardio Drumming is a low-impact workout that people of all fitness levels can do. This class combines an aerobic workout with drumming movements that help increase strength and endurance and improves coordination.

Pilates Strength

Pilates Strength is a whole-body workout with controlled movements targeting specific muscle groups. Very effective to trim the waistline, sculpt the abdominal muscles, while developing a slimmer, stronger physique.

MCRC Athletics

RACQUETBALL & GOLF

Introduction to Racquetball

Ages 10+

The Introduction to Racquetball Class is designed to help beginners efficiently learn the basics of racquetball and to get started in a safe and fun manner! The class will cover equipment, rules of the game, game strategy, and court positioning. Participants are encouraged to bring a racquetball racquet and safety goggles. Price is per occurrence. **Registration required.**

Coordinator: Mark Ruth

Location: Mentor Community Recreation Center

Saturday(s), 9:00 - 10:30 a.m.

MCRC Member: \$8 | MCRC Non-Member: \$10

Indoor Golf League

Adults 18+

Swing away in this indoor recreational league that consists of one game per week for 8 weeks followed by a 1-week, single-elimination, playoff tournament. Games are played 2 vs. 2, 9-hole best ball scoring. Each week will feature a different golf course on our Foresight golf simulators. The top 4 teams compete in the playoff tournament. The playoff championship team receives a prize. All skill levels are welcome. Players must bring their own clubs and balls. Rubber tees are provided. Price and registration are per team. **No games March 16.**

Coordinator: MCRC Staff

Location: Mentor Community Recreation Center

dates	day	time
Jan 26 - Mar 30	Monday	5:30 - 9:30 p.m.

Fee: \$270

FIRST TIME ONLINE REGISTERING WITH US?

CALL ONE OF OUR FACILITIES SO WE CAN
SET UP A NEW ACCOUNT FOR YOU.

PRESCHOOL SPORTS

Discover Sports

Ages 3 & 4

Designed to introduce preschoolers to a variety of sports including soccer, basketball, football, baseball and more. Players are encouraged to bring a water bottle to each class. All equipment is provided.

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

dates	day	time
Jan 5 - Feb 2	Mon	4:00 - 4:45 p.m. (age 3)
Jan 5 - Feb 2	Mon	5:00 - 5:45 p.m. (age 4)
Jan 7 - Feb 4	Wed	9:00 - 9:45 a.m. (ages 3&4)
Feb 9 - Mar 9	Mon	4:00 - 4:45 p.m. (age 3)
Feb 9 - Mar 9	Mon	5:00 - 5:45 p.m. (age 4)
Feb 11 - Mar 11	Wed	9:00 - 9:45 a.m. (ages 3&4)
Mar 23 - Apr 20	Mon	4:00 - 4:45 p.m. (age 3)
Mar 23 - Apr 20	Mon	5:00 - 5:45 p.m. (age 4)
Mar 25 - Apr 22	Wed	9:00 - 9:45 a.m. (ages 3&4)

MCRC Member: \$40 | MCRC Non-Member: \$48

Discover Football

Ages 3 & 4

This class is designed to introduce preschoolers to skills used in flag football such as passing, catching, defensive techniques and ball handling as well as participate in speed/agility drills. Players are encouraged to bring a football (pee wee size) and water bottle to each class.

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

dates	day	time
Jan 6 - Feb 3	Tues	4:00 - 4:45 p.m. (age 3)
Jan 6 - Feb 3	Tues	5:00 - 5:45 p.m. (age 4)
Feb 10 - Mar 10	Tues	4:00 - 4:45 p.m. (age 3)
Feb 10 - Mar 10	Tues	5:00 - 5:45 p.m. (age 4)
Mar 24 - Apr 21	Tues	4:00 - 4:45 p.m. (age 3)
Mar 24 - Apr 21	Tues	5:00 - 5:45 p.m. (age 4)

MCRC Member: \$40 | MCRC Non-Member: \$48

Discover Soccer

Ages 3 & 4

Players learn the fundamentals of soccer including dribbling, passing, goal keeping, trapping and shooting in this fun and interactive class. Players are encouraged to bring a soccer ball (size 3) and water bottle to each class.

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

dates	day	time
Jan 7 - Feb 4	Wed	10:00 - 10:45 a.m. (age 3&4)
Jan 7 - Feb 4	Wed	4:00 - 4:45 p.m. (age 3)
Jan 7 - Feb 4	Wed	5:00 - 5:45 p.m. (age 4)
Feb 11 - Mar 11	Wed	10:00 - 10:45 a.m. (age 3&4)
Feb 11 - Mar 11	Wed	4:00 - 4:45 p.m. (age 3)
Feb 11 - Mar 11	Wed	5:00 - 5:45 p.m. (age 4)
Mar 25 - Apr 22	Wed	10:00 - 10:45 a.m. (age 3&4)
Mar 25 - Apr 22	Wed	4:00 - 4:45 p.m. (age 3)
Mar 25 - Apr 22	Wed	5:00 - 5:45 p.m. (age 4)

MCRC Member: \$40 | MCRC Non-Member: \$48

Discover Basketball

Ages 3 & 4

A fun way to introduce preschoolers to the basics of basketball. Through interactive games, players learn dribbling, passing, shooting and defensive techniques. Players are encouraged to bring a miniature basketball (size 25.5") and water bottle to each class.

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

dates	day	time
Jan 8 - Feb 5	Thurs	4:00 - 4:45 p.m. (age 3)
Jan 8 - Feb 5	Thurs	5:00 - 5:45 p.m. (age 4)
Feb 12 - Mar 12	Thurs	4:00 - 4:45 p.m. (age 3)
Feb 12 - Mar 12	Thurs	5:00 - 5:45 p.m. (age 4)
Mar 26 - Apr 23	Thurs	4:00 - 4:45 p.m. (age 3)
Mar 26 - Apr 23	Thurs	5:00 - 5:45 p.m. (age 4)

MCRC Member: \$40 | MCRC Non-Member: \$48

Discover Baseball

Ages 3 & 4

Designed to introduce preschoolers to the basics of baseball. Through interactive activities including kickball, players learn hitting, catching, throwing, base running and more. Wiffle ball and kickball equipment will be used. Players are encouraged to bring a water bottle to each class.

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

dates	day	time
Jan 8 - Feb 5	Thurs	6:00 - 6:45 p.m.
Feb 12 - Mar 12	Thurs	6:00 - 6:45 p.m.
Mar 26 - Apr 23	Thurs	6:00 - 6:45 p.m.

MCRC Member: \$40 | MCRC Non-Member: \$48

Preschool Playtime

Ages 6 months - 5 years

Burn off some energy and have fun playing games with your little one in this self-regulated program. Our gym will be filled with a variety of sports equipment and tumbling mats. Adult supervision is required. Price is per child, per occurrence. Pre-registration is preferred.

Location: MCRC - Gymnasium

days	day	time
Jan 6 - Apr 28	Tuesdays	9:00 - 11:00 a.m.

MCRC Member: \$2 | MCRC Non-Member: \$3

TENNIS

Tiny Tennis

Ages 4 - 5

The purpose of the Ages 4-5 Tennis Program is to expose children to the skills of tennis in a fun and enjoyable way through the use of skill builders, games and basic technique. This is a perfect introduction for your young one. Players are encouraged to bring a racquet and water bottle to each class. Recommended racquet size: 19" - 21". **No Class March 17.**

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

dates	day	time
Jan 6 - Feb 10	Tuesday	4:00 - 4:45 p.m.
Mar 3 - Apr 14	Tuesday	4:00 - 4:45 p.m.

MCRC Member: \$72 | MCRC Non-Member: \$86

Little Stars Tennis

Ages 6 - 8

The purpose of the Ages 6-8 Tennis Program is to expose children to the skills of tennis in a fun and enjoyable way. Beginner: This class teaches techniques, pre-rallying, and movement needed to move to the next level. Intermediate: focuses on improving footwork, developing consistent hitting, and practicing serving; for players that have taken lessons. Players are encouraged to bring a racquet and water bottle to each class. Athletic attire is required. Recommended racquet size: 19" - 23". **No Class March 16 & 17.**

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

dates	day	time
Jan 5 - Feb 9	Mon	4:00 - 4:45 p.m. (Beginner)
Jan 6 - Feb 10	Tue	5:00 - 5:45 p.m. (Beginner)
Jan 6 - Feb 10	Tue	6:00 - 6:45 p.m. (Intermediate)
Jan 10 - Jan 31	Sat	10:00 - 10:45 a.m.
Feb 7 - Feb 28	Sat	10:00 - 10:45 a.m.
Mar 2 - Apr 13	Mon	4:00 - 4:45 p.m. (Beginner)
Mar 3 - Apr 14	Tue	5:00 - 5:45 p.m. (Beginner)
Mar 3 - Apr 14	Tue	6:00 - 6:45 p.m. (Intermediate)
Mar 7 - Mar 28	Sat	10:00 - 10:45 a.m.
Apr 4 - Apr 25	Sat	10:00 - 10:45 a.m.

MCRC Mem: \$72 | MCRC Non-Mem: \$86 (Tue)

MCRC Mem: \$80 | MCRC Non-Mem: \$96 (Sat)

Junior Aces Tennis

Ages 9 - 12

The purpose of the Ages 9 - 12 Tennis Program is to expose children to the skills of tennis in a fun and enjoyable way. Beginner: teaches court positioning, serving techniques and movement needed for the development of match play. Intermediate: skills focused on are shot variations, placement of serves, and maintaining rallies with control; for players that have taken lessons. Players are encouraged to bring a racquet and water bottle to each class. Athletic attire is required. Recommended racquet size: 23" - 25". **No Class March 19.**

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

dates	day	time
Jan 5 - Feb 9	Mon	5:00 - 5:45 p.m. (Beginner)
Jan 5 - Feb 9	Mon	6:00 - 6:45 p.m. (Intermediate)
Jan 8 - Feb 12	Thu	4:00 - 4:45 p.m. (Beginner)
Jan 8 - Feb 12	Thu	5:00 - 5:45 p.m. (Beginner)
Jan 8 - Feb 12	Thu	6:00 - 6:45 p.m. (Intermediate)
Jan 10 - Jan 31	Sat	10:45 - 11:30 a.m.
Feb 7 - Feb 28	Sat	10:45 - 11:30 a.m.
Mar 2 - Apr 13	Mon	5:00 - 5:45 p.m. (Beginner)
Mar 2 - Apr 13	Mon	6:00 - 6:45 p.m. (Intermediate)
Mar 5 - Apr 16	Thu	4:00 - 4:45 p.m. (Beginner)
Mar 5 - Apr 16	Thu	5:00 - 5:45 p.m. (Beginner)
Mar 5 - Apr 16	Thu	6:00 - 6:45 p.m. (Intermediate)
Mar 7 - Mar 28	Sat	10:45 - 11:30 a.m.
Apr 4 - Apr 25	Sat	10:45 - 11:30 a.m.

MCRC Mem: \$72 | MCRC Non-Mem: \$86 (Thur)

MCRC Mem: \$80 | MCRC Non-Mem: \$96 (Mon & Sat)

Teens/High School Tennis

Ages 13 - 17

Focus is on developing fundamentals, improving skills, and preparing for competitive play, including high school and tournament play. This program may cater to different skill levels, from beginners learning basic strokes to advanced players honing their game for competition. Emphasis is placed on game-based drills and cooperative play. Athletic attire is required.

Instructor: Mike Miheli

Location: Mentor Community Recreation Center

dates	day	time
Jan 5 - Jan 26	Mon	7:00 - 7:45 p.m.
Jan 7 - Jan 28	Wed	7:00 - 7:45 p.m.
Jan 10 - Jan 31	Sat	11:30 a.m. - 12:15 p.m.
Feb 2 - Feb 23	Mon	7:00 - 7:45 p.m.
Feb 4 - Feb 25	Wed	7:00 - 7:45 p.m.
Feb 7 - Feb 28	Sat	11:30 a.m. - 12:15 p.m.
Mar 2 - Mar 23	Mon	7:00 - 7:45 p.m.
Mar 4 - Mar 25	Wed	7:00 - 7:45 p.m.
Mar 7 - Mar 28	Sat	11:30 a.m. - 12:15 p.m.
Apr 4 - Apr 25	Sat	11:30 a.m. - 12:15 p.m.
Apr 6 - Apr 27	Mon	7:00 - 7:45 p.m.
Apr 8 - Apr 29	Wed	7:00 - 7:45 p.m.

MCRC Member: \$80 | MCRC Non-Member: \$96

Adult Tennis

Ages 18+

Players will be introduced to the basic skills for play including ground strokes, serving and volleys with the incorporation of rallying and basic point play. Ask a friend to register with you! Designed for players with a National Tennis Rating Program (NTRP) of 1.0 - 3.5. Players are encouraged to bring a racquet and water bottle to each class. Athletic attire is required.

Instructor: Mike Miheli

Location: Mentor Community Recreation Center

dates	day	time
Jan 5 - Jan 26	Mon	6:00 - 7:00 p.m.
Jan 7 - Jan 28	Wed	6:00 - 7:00 p.m.
Jan 8 - Jan 29	Thu	6:00 - 7:00 p.m.
Feb 2 - Feb 23	Mon	6:00 - 7:00 p.m.
Feb 4 - Feb 25	Wed	6:00 - 7:00 p.m.
Feb 5 - Feb 26	Thu	6:00 - 7:00 p.m.
Mar 2 - Mar 23	Mon	6:00 - 7:00 p.m.
Mar 4 - Mar 25	Wed	6:00 - 7:00 p.m.
Mar 5 - Mar 26	Thu	6:00 - 7:00 p.m.
Apr 6 - Apr 27	Mon	6:00 - 7:00 p.m.
Apr 8 - Apr 29	Wed	6:00 - 7:00 p.m.
Apr 9 - Apr 30	Thu	6:00 - 7:00 p.m.

MCRC Member: \$100 | MCRC Non-Member: \$120

FIRST TIME ONLINE REGISTERING WITH US?

CALL ONE OF OUR FACILITIES SO WE CAN
SET UP A NEW ACCOUNT FOR YOU.

PICKLEBALL

Introduction to Pickleball

Adults 18+

Come learn the fastest growing sport in America! This class is for the novice player (USA Pickleball rating of 1.0 - 2.5) and covers the basics of pickleball including rules, terminology, fundamentals and introduces match play. Players are encouraged to bring a paddle and water bottle to each class. **No class March 18.**

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

Wednesday(s), 5:30 - 6:30 p.m.

dates: Jan 7 - Jan 28, Feb 4 - Feb 25

Mar 4 - Apr 1, Apr 8 - Apr 29

MCRC Member: \$48 | MCRC Non-Member: \$58

Intermediate Pickleball

Adults 18+

This intermediate class (USA Pickleball rating of 3.0 - 3.5) covers the fundamentals of pickleball including serving, rallying, keeping score, dinking, and match play. Players are encouraged to bring a paddle and water bottle to each class. **No class March 18.**

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

Wednesday(s), 6:30 - 7:30 p.m.

dates: Jan 7 - Jan 28, Feb 4 - Feb 25

Mar 4 - Apr 1, Apr 8 - Apr 29

MCRC Member: \$48 | MCRC Non-Member: \$58

Beginner Pickleball For Seniors

Adults 55+

Come learn the fastest growing sport in America! This class is for the novice player (USA Pickleball rating of 1.0 - 2.5) and covers the basics of pickleball including rules, terminology, fundamentals and introduces match play. Players are encouraged to bring a paddle and water bottle to each class. **No class March 17.**

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

Tuesday(s), 11:30 a.m. - 12:30 p.m.

dates: Jan 6 - Jan 27, Feb 3 - Feb 24

Mar 3 - Mar 31, Apr 7 - Apr 28

MCRC Member: \$48 | MCRC Non-Member: \$58

Intermediate Pickleball For Seniors

Adults 55+

This intermediate class (USA Pickleball rating of 3.0 - 3.5) covers the fundamentals of pickleball including serving, rallying, keeping score, dinking, and match play. Players are encouraged to bring a paddle and water bottle to each class. **No class March 17.**

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

Tuesday(s), 12:30 - 1:30 p.m.

dates: Jan 6 - Jan 27, Feb 3 - Feb 24

Mar 3 - Mar 31, Apr 7 - Apr 28

MCRC Member: \$48 | MCRC Non-Member: \$58

Pickleball Open Play

Adults 18+

Gather up some friends and work on your game. This member exclusive format, with no instructor, allows athletes to play at their own pace. Registration is required. All skill levels are welcome.

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

January 2 - April 29

Sunday(s) 3:00 - 5:00 p.m. (ages 6+)

Monday(s) 9:00 - 11:00 a.m.

Wednesday(s) 9:00 - 11:00 a.m.

Wednesday(s) 7:30 - 9:30 p.m.

Friday(s) 9:00 - 11:00 a.m.

Friday(s) 6:30 - 8:30 p.m.

Saturday(s) 9:00 - 11:00 a.m.

Fee: \$0 (MCRC Members Only)

Any Doubles Beginner Pickleball League

Adults 18+

Designed for those with a USA Pickleball rating of 2.0 - 2.5, this indoor league consists of 5 games per week for 8 weeks followed by a 1-week, single-elimination, playoff tournament. Games are played to 11 points, win by 2 and are played 2 vs. 2 (any doubles combination), self-officiated. The top 12 teams compete in the playoff tournament. The playoff championship team receives a prize. Players are encouraged to bring their own paddles, balls are provided. Price and registration are per team.

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

Tuesday(s), 6:00 - 8:30 p.m.

dates: Jan 13 - Mar 10, Mar 24 - May 19

Fee: \$108



Any Doubles Low Intermediate Pickleball League

Adults 18+

Designed for those with a USA Pickleball rating of 3.0 - 3.4, this indoor league consists of 5 games per week for 8 weeks followed by a 1-week, single-elimination, playoff tournament. Games are played to 11 points, win by 2 and are played 2 vs. 2 (any doubles combination), self-officiated. The top 12 teams compete in the playoff tournament. The playoff championship team receives a prize. Players are encouraged to bring their own paddles, balls are provided. Price and registration are per team.

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

Monday(s), 6:00 - 8:30 p.m.

dates: Jan 12 - Mar 9, Mar 23 - May 18

Fee: \$108

Any Doubles High Intermediate - Advanced Pickleball League

Adults 18+

Designed for those with a USA Pickleball rating of 3.5+, this indoor league consists of 5 games per week for 8 weeks followed by a 1-week, single-elimination, playoff tournament. Games are played to 11 points, win by 2 and are played 2 vs. 2 (any doubles combination), self-officiated. The top 12 teams compete in the playoff tournament. The playoff championship team receives a prize. Players are encouraged to bring their own paddles, balls are provided. Price and registration are per team.

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

Thursday(s), 6:00 - 8:30 p.m.

dates: Jan 8 - Mar 5, Mar 26 - May 21

Fee: \$108

YOUTH ATHLETICS

Speed School

Ages 13 - 17

This 8-week program is built for athletes that want to improve linear speed, agility / change of direction, and lower body power. The focus will be on running mechanics, mind-body connection, and the use of targeted drills with the intention of improving speed / power. Athletes are encouraged to wear athletic clothing and bring a water bottle. **No class March 19.**

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

Thursday(s), 2:30 - 3:30 p.m.

dates: Jan 8 - Feb 26, Mar 12 - May 7

MCRC Member: \$96 | **MCRC Non-Member:** \$115

Rec Sports

Ages 10 - 14

Rec Sports introduces athletes to a variety of sports including dodgeball, pickleball, lacrosse, volleyball, kickball and more! Each week, participants will receive basic speed and agility training, learn the fundamentals / rules, and compete in structured games. Participants are encouraged to bring a water bottle to each class. Equipment is provided.

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

Monday(s), 6:00 - 6:45 p.m.

dates: Jan 5 - Feb 2, Feb 9 - Mar 9, Mar 23 - Apr 20

MCRC Member: \$40 | **MCRC Non-Member:** \$48

Rookie Flag Football

Ages 5 - 7

In this active class, athletes receive training on skills used in flag football such as passing, route running, defensive techniques and ball handling, as well as participate in speed/agility drills. The last class concludes with a scrimmage. Athletes are encouraged to bring a football (peewee size) and a water bottle to each class.

Instructor: MCRC Staff

Location: MCRC - Soccer Center

Tuesday(s), 6:00 - 6:45 p.m.

dates: Jan 6 - Feb 3, Feb 10 - Mar 10, Mar 24 - Apr 21

MCRC Member: \$40 | **MCRC Non-Member:** \$48

Junior Flag Football

Ages 8 - 12

In this active class, athletes receive training on skills used in flag football such as passing, route running, defensive techniques and ball handling as well as participate in speed/agility drills. Athletes are encouraged to bring a football (youth size) and a water bottle to each class.

Instructor: MCRC Staff

Location: MCRC - Soccer Center

Tuesday(s), 7:00 - 7:45 p.m.

dates: Jan 6 - Feb 3, Feb 10 - Mar 10, Mar 24 - Apr 21

MCRC Member: \$40 | **MCRC Non-Member:** \$48

Rookie Basketball

Ages 5 - 7

This class is intended to increase a player's skill level through a fun and exciting atmosphere. Players are taught basketball fundamentals including ball handling, shooting, passing, defensive techniques, and more. Players are encouraged to wear athletic clothing and bring a basketball and water bottle.

Instructor: The National Basketball Academy (TNBA)

Location: Mentor Community Recreation Center

Tuesday(s) and Thursday(s), 4:45 - 5:30 p.m.

dates: Jan 6 - Jan 29, Feb 3 - Feb 26

Mar 3 - Mar 26, Apr 7 - Apr 30

MCRC Member: \$120 | **MCRC Non-Member:** \$144

Junior Basketball

Ages 8 - 12

This class is intended to increase a player's skill level through a fun and exciting atmosphere. Players are taught basketball fundamentals including ball handling, shooting, passing, defensive techniques, and more. Players are encouraged to wear athletic clothing and bring a basketball and water bottle.

Instructor: The National Basketball Academy (TNBA)

Location: Mentor Community Recreation Center

Tuesday(s) and Thursday(s), 5:30 - 6:30 p.m.

dates: Jan 6 - Jan 29, Feb 3 - Feb 26

Mar 3 - Mar 26, Apr 7 - Apr 30

MCRC Member: \$120 | **MCRC Non-Member:** \$144

Spring Break Basketball Camp

Ages 7 - 13

Join the National Basketball Academy and learn the game through specialized drills and games that will help your athlete take their game to the next level. Skills taught include ball handling, finishing at the rim, shooting, defense and transition play, passing, and more. Players will showcase their skills through camp competitions including 3-on-3, 5-on-5, and shooting challenges. Athletes are encouraged to wear athletic clothing and bring a basketball and water bottle.

Instructor: The National Basketball Academy (TNBA)

Location: Mentor Community Recreation Center

dates **day** **time**

Mar 16 - Mar 20 Mon - Fri 9:00 a.m. - 12:00 p.m.

MCRC Member: \$225 | **MCRC Non-Member:** \$270

Holiday Basketball Clinic

Ages 7 - 13

Players will work through high-energy stations designed to improve their game then participate in 3-on-3 and/or 5-on-5 games. Players will be separated by skill level. Skills taught include ball handling, shooting, defensive techniques, footwork, finishing at the rim, and more. Athletes are encouraged to wear athletic clothing and bring a basketball and water bottle.

Instructor: The National Basketball Academy (TNBA)

Location: Mentor Community Recreation Center

Monday(s), 9:00 a.m. - 12:00 p.m.

dates: Jan 19 & Feb 16

MCRC Member: \$45 | MCRC Non-Member: \$54



Basketball Drills & Scrimmages

Ages 8 - 13

This co-ed class is designed to improve players' basketball skills through structured drills and game-like experiences. Each week includes a half hour of drills and half hour of scrimmages, with teams switching each week. Participants will work on fundamental techniques such as dribbling, passing, shooting, and defense and apply what they learn in a game setting. Each player will receive a jersey that they keep. Athletes are encouraged to wear athletic clothing and bring a basketball and water bottle.

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

dates **day** **time**

Mar 28 - May 2 Sat 11:00 a.m. - 12:00 p.m.

MCRC Member: \$100 | MCRC Non-Member: \$120

Soccer

Ages 5 - 8

This beginner program focuses on dribbling, passing, shooting, agility, and ball control. Athletes are encouraged to bring a soccer ball (size 3) and a water bottle to each class.

Instructor: MCRC Staff

Location: MCRC - Basketball Court

Wednesday(s), 5:45 - 6:30 p.m.

dates: Jan 7 - Feb 4, Feb 11 - Mar 11, Mar 25 - Apr 22

MCRC Member: \$60 | MCRC Non-Member: \$72

Beginner Fencing

Ages 8+

Learn the fundamentals of modern foil fencing in this class with instruction that includes stretching, footwork, lunges, attack, parry-riposte, strategy, tactics and bout-ing in this 6-week course. Fun and safety are emphasized while developing hand-eye coordination, agility, dexterity and stamina as well as social skills and manners. And you'll have a skill not many others share! All equipment is provided, so come out and try something new. This class is designed for youth and adult!

Instructor: Tom Nagy

Location: MCRC - Community Room

Tuesday(s), 6:00 - 7:15 p.m.

dates: Jan 6 - Feb 10, Feb 24 - Mar 31, Apr 14 - May 19

MCRC Member: \$64 | MCRC Non-Member: \$80

Intermediate Fencing

Ages 8+

Learn the fundamentals of modern foil fencing in this class with instruction that includes stretching, footwork, lunges, attack, parry-riposte, strategy, tactics and bout-ing in this 6-week course. Fun and safety are emphasized while developing hand-eye coordination, agility, dexterity and stamina as well as social skills and manners. And you'll have a skill not many others share! All equipment is provided, so come out and try something new. This class is designed for youth and adult!

Instructor: Tom Nagy

Location: MCRC - Community Room

Tuesday(s), 7:16 - 8:30 p.m.

dates: Jan 6 - Feb 10, Feb 24 - Mar 31, Apr 14 - May 19

MCRC Member: \$64 | MCRC Non-Member: \$80



Hip-Hop and Tumble

Ages 3 - 5

A high-energy class combining sassy hip-hop moves with the fundamentals of tumbling! Kids will build strength, learn proper technique, and have a blast dancing and flipping their way through class. **No class April 6.**

Instructor: Communities in Motion

Location: MCRC - Fitness Room D

Monday(s), 5:00 - 5:30 p.m.

dates: Jan 5 - Jan 26, Feb 9 - Mar 2, Mar 16 - Apr 13

MCRC Member: \$65 | MCRC Non-Member: \$78

Move and Groove

Ages 2 - 4

Designed to get your little one moving and comfortable in a group setting! This class incorporates interactive movements and fun props to keep kids engaged and active. **No class April 6.**

Instructor: Communities in Motion

Location: MCRC - Fitness Room D

Monday(s), 5:30 - 6:00 p.m.

dates: Jan 5 - Jan 26, Feb 9 - Mar 2, Mar 16 - Apr 13

MCRC Member: \$65 | MCRC Non-Member: \$78

Princess Ballet

Ages 3 - 5

A magical introduction to ballet! Dancers will learn basic ballet movements and fun routines set to kid-friendly songs from beloved Disney movies. This class focuses on balance, coordination, and creative expression. **No class April 6.**

Instructor: Communities in Motion

Location: MCRC - Fitness Room D

Monday(s), 6:00 - 6:30 p.m.

dates: Jan 5 - Jan 26, Feb 9 - Mar 2, Mar 16 - Apr 13

MCRC Member: \$65 | MCRC Non-Member: \$78

Cheer & Hip-Hop

Ages 6 - 9

Get ready to move! This energetic class teaches a hip-hop routine set to upbeat, kid-friendly music while also introducing cheers, chants, jumps, and motions to build coordination and spirit. **No class April 6.**

Instructor: Communities in Motion

Location: MCRC - Fitness Room D

Monday(s), 6:30 - 7:00 p.m.

dates: Jan 5 - Jan 26, Feb 9 - Mar 2, Mar 16 - Apr 13

MCRC Member: \$65 | MCRC Non-Member: \$78

Karate

Ages 7 - 12

Self-confidence, balance, focus, discipline, strike combinations, self-defense and coordination are taught during this active program. Athletes are encouraged to wear athletic clothing and bring a water bottle to each class. Karate uniforms are not required but are available from the instructor for an additional fee. Each session concludes with belt testing; testing fee is included with registration.

Instructor: Joseph Duczman

Location: MCRC - Fitness Room B

Wednesday(s), 6:00 - 6:45 p.m.

dates: Jan 14 - Mar 11, Mar 25 - May 20

MCRC Member: \$169 | MCRC Non-Member: \$203

Dodgeball Open Gym

Ages 8+

Gather up some friends and participate in some good 'ol fashion dodgeball. Open to both youth and adults, all games are self-officiated, and foam balls are used. Registration is required. All skill levels are welcome. Price is per session.

Location: MCRC - Basketball Court #3

Friday(s), 6:00 - 8:00 p.m.

dates: Jan 9 - Apr 24

MCRC Member: \$5 | MCRC Non-Member: \$10

FIRST TIME ONLINE REGISTERING WITH US?
CALL ONE OF OUR FACILITIES SO WE CAN
SET UP A NEW ACCOUNT FOR YOU.

FITNESS

GROUP FITNESS SCHEDULE:



Personal Training by Butler Fitness

Butler Fitness is proud to be the certified personal training team at the Mentor Community Recreation Center. We offer science-based training and personalized coaching to help you build strength, boost endurance, and improve overall wellness. No matter your fitness level, we're here to support your goals—every step of the way. *Let us help you strengthen your life!*



Indoor Walking Club

Ages 55+

Stay active and meet new people by participating in this free club open to members. Meet in the main lobby and walk the indoor track. Refreshments will be served after each session.

Location: Mentor Community Recreation Center

2nd and 4th Monday of the month, 10:00 - 11:00 a.m.

MCRC Member: \$0 |

MCRC Non-Member: \$10 (guest pass)

Tai-Chi for Health

Ages 14+

Tai-Chi has been described as moving meditation. This gentle, continuously moving exercise and mind-body practice is based upon ancient Chinese martial arts. More recently it was adapted for improvements in health such as balance, flexibility and pain and stress reduction. Martial artist Denise Molesch will guide you through warmups, Qi Gong and practice in the Sun style forms and exercises for adults of all ages and capabilities. Please wear loose, comfortable clothing and tennis shoes.

Instructor: Denise Molesch

Location: Mentor Community Recreation Center

Wednesday(s), 11:00 - 11:50 a.m.

dates: Jan 7 - Jan 28, Feb 4 - Feb 25

Apr 8 - Apr 29, May 6 - May 27

MCRC Member: \$20 | MCRC Non-Member: \$28

Chair Volleyball

Ages 55+

Join us for chair volleyball which is much like regular volleyball but is played in a seated position. It is played on a smaller court with taped lines and a lower net. A fun alternative way to play volleyball and stay in shape!
Location: Mentor Community Recreation Center
2nd and 4th Thursday of the month, 10:00 - 11:00 a.m.
MCRC Member | Non-Member: \$10 (guest pass)

YOUTH INDOOR SOCCER LEAGUES

Co-ed U8 Soccer League

Ages 6 - 7

Take the pitch in this indoor recreational league that consists of one game per week. Games are played 7 vs. 7 (includes a goalie) and consist of two, 25-minute halves. **Each team is responsible for paying a \$16 referee fee before each game.** Teams need to provide their own uniforms. The number of teams determines the schedule. All skill levels are welcome. Game balls (size 3) are provided. Price and registration are per team, practices not included. **No games April 5.**

Instructor: MCRC Staff

Location: Mentor Community Recreation Center
Sunday - Saturday, TBD

dates: Jan 3 - Feb 22, Feb 28 - Apr 12

Fee: \$750 (Jan - Feb) 8 week | \$575 (Mar - Apr) 6 week

Girls U10 Soccer League

Ages 8 - 9

Take the pitch in this indoor recreational league that consists of one game per week. Games are played 7 vs. 7 (includes a goalie) and consist of two, 25-minute halves. **Each team is responsible for paying a \$16 referee fee before each game.** Teams need to provide their own uniforms. The number of teams determines the schedule. All skill levels are welcome. Game balls (size 4) are provided. Price and registration are per team, practices not included. **No games April 5.**

Instructor: MCRC Staff

Location: Mentor Community Recreation Center
Sunday - Saturday, TBD

dates: Jan 3 - Feb 22, Feb 28 - Apr 12

Fee: \$750 (Jan - Feb) 8 week | \$575 (Mar - Apr) 6 week

Boys U10 Soccer League

Ages 8 - 9

Take the pitch in this indoor recreational league that consists of one game per week. Games are played 7 vs. 7 (includes a goalie) and consist of two, 25-minute halves. **Each team is responsible for paying a \$16 referee fee before each game.** Teams need to provide their own uniforms. The number of teams determines the schedule. All skill levels are welcome. Game balls (size 4) are provided. Price and registration are per team, practices not included. **No games April 5.**

Instructor: MCRC Staff

Location: Mentor Community Recreation Center
Sunday - Saturday, TBD

dates: Jan 3 - Feb 22, Feb 28 - Apr 12

Fee: \$750 (Jan - Feb) 8 week | \$575 (Mar - Apr) 6 week

Girls U12 Soccer League

Ages 10 - 11

Take the pitch in this indoor recreational league that consists of one game per week. Games are played 7 vs. 7 (includes a goalie) and consist of two, 25-minute halves. **Each team is responsible for paying a \$16 referee fee before each game.** Teams need to provide their own uniforms. The number of teams determines the schedule. All skill levels are welcome. Game balls (size 4) are provided. Price and registration are per team, practices not included. **No games April 5.**

Instructor: MCRC Staff

Location: Mentor Community Recreation Center
Sunday - Saturday, TBD

dates: Jan 3 - Feb 22, Feb 28 - Apr 12

Fee: \$750 (Jan - Feb) 8 week | \$575 (Mar - Apr) 6 week

Boys U12 Soccer League

Ages 10 - 11

Take the pitch in this indoor recreational league that consists of one game per week. Games are played 7 vs. 7 (includes a goalie) and consist of two, 25-minute halves. **Each team is responsible for paying a \$16 referee fee before each game.** Teams need to provide their own uniforms. The number of teams determines the schedule. All skill levels are welcome. Game balls (size 4) are provided. Price and registration are per team, practices not included. **No games April 5.**

Instructor: MCRC Staff

Location: Mentor Community Recreation Center
Sunday - Saturday, TBD

dates: Jan 3 - Feb 22, Feb 28 - Apr 12

Fee: \$750 (Jan - Feb) 8 week | \$575 (Mar - Apr) 6 week

FIRST TIME ONLINE REGISTERING WITH US?

CALL ONE OF OUR FACILITIES SO WE CAN SET UP A NEW ACCOUNT FOR YOU.

Girls U14 Soccer League

Ages 12 - 13

Take the pitch in this indoor recreational league that consists of one game per week. Games are played 6 vs. 6 (includes a goalie) and consist of two, 25-minute halves. **Each team is responsible for paying a \$16 referee fee before each game.** Teams need to provide their own uniforms. The number of teams determines the schedule. All skill levels are welcome. Game balls (size 5) are provided. Price and registration are per team, practices not included. **No games April 5.**

Instructor: MCRC Staff

Location: Mentor Community Recreation Center
Sunday - Saturday, TBD

dates: Jan 3 - Feb 22, Feb 28 - Apr 12

Fee: \$750 (Jan - Feb) 8 week | \$575 (Mar - Apr) 6 week

Boys U14 Soccer League

Ages 12 - 13

Take the pitch in this indoor recreational league that consists of one game per week. Games are played 6 vs. 6 (includes a goalie) and consist of two, 25-minute halves. **Each team is responsible for paying a \$16 referee fee before each game.** Teams need to provide their own uniforms. The number of teams determines the schedule. All skill levels are welcome. Game balls (size 5) are provided. Price and registration are per team, practices not included. **No games April 5.**

Instructor: MCRC Staff

Location: Mentor Community Recreation Center
Sunday - Saturday, TBD

dates: Jan 3 - Feb 22, Feb 28 - Apr 12

Fee: \$750 (Jan - Feb) 8 week | \$575 (Mar - Apr) 6 week



Girls U18 Soccer League

Ages 14 - 17

Take the pitch in this indoor recreational league that consists of one game per week. Games are played 6 vs. 6 (includes a goalie) and consist of two, 25-minute halves. **Each team is responsible for paying a \$16 referee fee before each game.** Teams need to provide their own uniforms. The number of teams determines the schedule. All skill levels are welcome. Game balls (size 5) are provided. Price and registration are per team, practices not included. **No games April 5.**

Instructor: MCRC Staff

Location: Mentor Community Recreation Center
Sunday - Saturday, TBD

dates: Jan 3 - Feb 22, Feb 28 - Apr 12

Fee: \$750 (Jan - Feb) 8 week | \$575 (Mar - Apr) 6 week

Boys U18 Soccer League

Ages 14 - 17

Take the pitch in this indoor recreational league that consists of one game per week. Games are played 6 vs. 6 (includes a goalie) and consist of two, 25-minute halves. **Each team is responsible for paying a \$16 referee fee before each game.** Teams need to provide their own uniforms. The number of teams determines the schedule. All skill levels are welcome. Game balls (size 5) are provided. Price and registration are per team, practices not included. **No games April 5.**

Instructor: MCRC Staff

Location: Mentor Community Recreation Center
Sunday - Saturday, TBD

dates: Jan 3 - Feb 22, Feb 28 - Apr 12

Fee: \$750 (Jan - Feb) 8 week | \$575 (Mar - Apr) 6 week

MCRC Aquatics

SWIM LESSONS AT MCRC

Registration Dates:

Jan-March classes:
Dec 8 for Currently enrolled members
Dec 10 for All MCRC Members
Dec 15 for MCRC Non-Members.

March-May classes:

Mar 2 for Currently enrolled Members
Mar 4 for All MCRC Members
Mar 9 for MCRC Non-Members

Parent and Child Swim Instruction

6 months - 3 years

Min: 3 Max: 12

Parent and Child Swim Classes help young children get ready to swim by emphasizing fun in the water. Parents and children participate in several guided practice sessions that help kids learn elementary swimming skills, including water entry, bubble blowing, kicking, floating and underwater exploration with an emphasis on safety and fun. **Location:** MCRC - Indoor Pool

SESSION 1 ; SESSION 2 **** (No classes April 4 and 5) ****

Monday(s), Jan 19 - Mar 9 ; Mar 30 - May 18

times: 5:25 - 5:55 p.m., 6:15 - 6:45 p.m.

Tuesday(s), Jan 20 - Mar 10 ; Mar 31 - May 19

times: 11 - 11:30 a.m., 5:05 - 5:35 p.m., 6 - 6:30 p.m.

Wednesday(s), Jan 21 - Mar 11 ; Apr 1 - May 20

times: 5:25 - 5:55 p.m.

Thursday(s), Jan 22 - Mar 12 ; Apr 2 - May 21

times: 11:00 - 11:30 a.m.

Saturday(s), Jan 24 - Mar 14 ; Mar 28 - May 13**

times: 9:00 - 9:30 a.m., 10:25 - 10:55 a.m.

Sunday(s), Jan 18 - Mar 8 ; Mar 29 - May 24**

times: 10:00 - 10:30 a.m.

MCRC Mem: \$32 | MCRC Non-Mem: \$40 (per session of 8)

I'm 3 Look at Me! Swim Lessons

3 years old

Min: 3 Max: 4

This class is designed for 3-year-olds who are ready to learn to swim without a parent by their side. Ratio will be 4:1 instructor. Skills/Activities: Comfort in the water, enter and exit water, blow bubbles through nose and mouth, submerging face, bobbing, front and back floats and glides while kicking feet. Emphasis on learning while playing. **NOTE:** This class is geared toward 3-year-olds who have taken part in the parent/child class and are ready for a new challenge. **Location:** MCRC - Indoor Pool

SESSION 1 ; SESSION 2 **** (No classes April 4 and 5) ****

Monday(s), Jan 19 - Mar 9 ; Mar 30 - May 18

times: 4:00 - 4:30 p.m.

Tuesday(s), Jan 20 - Mar 10 ; Mar 31 - May 19

times: 11:35 a.m. - 12:05 p.m.

Wednesday(s), Jan 21 - Mar 11 ; Apr 1 - May 20

times: 4 - 4:30 p.m., 4:50 - 5:20 p.m., 6 - 6:30 p.m.

Thursday(s), Jan 22 - Mar 12 ; Apr 2 - May 21

times: 11:35 a.m. - 12:05 p.m., 12:10 - 12:40 p.m.

Friday(s), Jan 23 - Mar 13 ; Apr 3 - May 22

times: 11:00 - 11:30 a.m., 11:35 a.m. - 12:05 p.m.

Saturday(s), Jan 24 - Mar 14 ; Mar 28 - May 13**

times: 9:35 - 10:05 a.m., 11:00 - 11:30 a.m.

Sunday(s), Jan 18 - Mar 8 ; Mar 29 - May 24**

times: 10:00 - 10:30 a.m., 10:50 - 11:20 a.m., 11:25 - 11:55 a.m.

MCRC Mem: \$32 | MCRC Non-Mem: \$40 (per session of 8)

Registration Dates: See page 21 for registration dates.

Preschool Swim Lessons

Min: 3 Max: 5

Children ages 4 - 5 learn water safety, survival skills and foundational swimming concepts in a safe and fun environment. Skills are age-appropriate, allowing children to achieve success by disguising learning through play.

Preschool Level 1

Ages 4 - 5

Skills/Activities: Enter and exit water, blow bubbles through nose and mouth, submerging face, front and back floats and glides, alternating arm stroke with kicking and assistance on front and back, arm and leg action for treading water.

Location: MCRC - Indoor Pool

SESSION 1 ; SESSION 2 *** (No classes April 4 and 5) ***

Monday(s), Jan 19 - Mar 9 ; Mar 30 - May 18

times: 4:50 - 5:20 p.m., 5:05 - 5:35 p.m.

Tuesday(s), Jan 20 - Mar 10 ; Mar 31 - May 19

times: 12:10 - 12:40 p.m., 4:30 - 5:00 p.m.

Wednesday(s), Jan 21 - Mar 11 ; Apr 1 - May 20

times: 5:10 - 5:40 p.m.

Thursday(s), Jan 22 - Mar 12 ; Apr 2 - May 21

times: 4:30 - 5:00 p.m., 5:40 - 6:10 p.m.

Saturday(s), Jan 24 - Mar 14 ; Mar 28 - May 13**

times: 9:50 - 10:20 a.m., 10:00 - 10:40 a.m.

Sunday(s), Jan 18 - Mar 8 ; Mar 29 - May 24**

times: 10:35 - 11:05 a.m.

MCRC Mem: \$32 | MCRC Non-Mem: \$40 (per session of 8)

Preschool Level 2

Ages 4 - 5

Skills/Activities: Enter and exit water, bobbing, retrieve submerged object, front and back floats and glides, roll from front to back and back to front, tread water, combined arm and leg action on front and back, finning arm action on back.

Location: MCRC - Indoor Pool

SESSION 1 ; SESSION 2 *** (No classes April 4 and 5) ***

Monday(s), Jan 19 - Mar 9 ; Mar 30 - May 18

times: 5:10 - 5:40 p.m., 5:35 - 6:05 p.m.

Tuesday(s), Jan 20 - Mar 10 ; Mar 31 - May 19

times: 4:35 - 5:05 p.m., 5:05 - 5:35 p.m.

Thursday(s), Jan 22 - Mar 12 ; Apr 2 - May 21

times: 5:05 - 5:35 p.m.

Friday(s), Jan 23 - Mar 13 ; Apr 3 - May 22

times: 12:10 - 12:40 p.m.

Saturday(s), Jan 24 - Mar 14 ; Mar 28 - May 13**

times: 9:00 - 9:30 a.m.

MCRC Mem: \$32 | MCRC Non-Mem: \$40 (per session of 8)

Preschool Level 3

Ages 4 - 5

Skills/Activities: Jumping into deep water; fully submerge and hold breath; bobbing; front, jellyfish and tuck floats; recovering from front and back floats and glides, tread water using arm and leg actions, combined arm and leg actions on front and back independently. Next class is LTS Level 2 if 6 years old.

Location: MCRC - Indoor Pool

SESSION 1 ; SESSION 2

Monday(s), Jan 19 - Mar 9 ; Mar 30 - May 18

times: 4:35 - 5:05 p.m., 5:40 - 6:10 p.m.

Wednesday(s), Jan 21 - Mar 11 ; Apr 1 - May 20

times: 4:35 - 5:05 p.m., 5:45 - 6:15 p.m.

MCRC Mem: \$32 | MCRC Non-Mem: \$40 (per session of 8)

American Red Cross Learn - To - Swim Program

Min: 3 Max: 5

The Learn-to-Swim (LTS) program is designed for children ages 6 to 12 years old. Each child progresses through each level at his/her own pace, mastering the skills in one level before advancing to the next. It is very common to take a class more than once prior to mastering and moving on to the next. Each level of our LTS program includes training in basic water safety.

LTS Level 1:

Ages 6-12

Introduction to Water Skills

Skills: Enter and exit water, blow bubbles through nose and mouth, bobbing, retrieve submerged objects, front and back floats and glides, alternating and simultaneous arm and leg actions on front and back, combined arm and leg action on front and back.

Location: MCRC - Indoor Pool

SESSION 1 ; SESSION 2 *** (No classes April 4 and 5) ***

Monday(s), Jan 19 - Mar 9 ; Mar 30 - May 18

times: 4:00 - 4:45 p.m.

Tuesday(s), Jan 20 - Mar 10 ; Mar 31 - May 19

times: 4:15 - 5:00 p.m., 5:40 - 6:25 p.m.

Thursday(s), Jan 22 - Mar 12 ; Apr 2 - May 21

times: 4:30 - 5:15 p.m.

Saturday(s), Jan 24 - Mar 14 ; Mar 28 - May 13**

times: 10:45 - 11:30 a.m.

Sunday(s), Jan 18 - Mar 8 ; Mar 29 - May 24**

times: 11:10 - 11:55 a.m.

MCRC Mem: \$40 | MCRC Non-Mem: \$50 (per session of 8)

LTS Level 2:

Ages 6-12

Fundamental Aquatic Skills

Skills: Fully submerge and hold breath; bobbing; retrieve submerged objects; front, jellyfish and tuck floats; front and back floats and glides; roll from back to front and front to back; tread water; combined arm and leg action on front and back; and finning arm action on back. Skills should be performed comfortably with minimal assistance.

Location: MCRC - Indoor Pool

SESSION 1 ; SESSION 2 *** (No classes April 4 and 5) ***

Tuesday(s), Jan 20 - Mar 10 ; Mar 31 - May 19

times: 6:30 - 7:15 p.m.

Wednesday(s), Jan 21 - Mar 11 ; Apr 1 - May 20

times: 4:00 - 4:45 p.m.

Thursday(s), Jan 22 - Mar 12 ; Apr 2 - May 21

times: 6:10 - 6:55 p.m.

Saturday(s), Jan 24 - Mar 14 ; Mar 28 - May 13**

times: 9:00 - 9:45 a.m.

Sunday(s), Jan 18 - Mar 8 ; Mar 29 - May 24**

times: 10:35 - 11:20 a.m.

MCRC Mem: \$40 | MCRC Non-Mem: \$50 (per session of 8)

LTS Level 3:

Ages 6-12

Stroke Development

Skills/Activities: Jumping into deep water; sitting and kneeling dives; rotary breathing; survival float; change from vertical to horizontal position on front and back; tread water; flutter, dolphin, scissor, and breaststroke kicks; front crawl; and elementary backstroke.

Location: MCRC - Indoor Pool

SESSION 1 ; SESSION 2 **** (No classes April 4 and 5) ****

Monday(s), Jan 19 - Mar 9 ; Mar 30 - May 18

times: 4:15 - 5:00 p.m., 4:45 - 5:30 p.m.

Tuesday(s), Jan 20 - Mar 10 ; Mar 31 - May 19

times: 6:30 - 7:15 p.m.

Thursday(s), Jan 22 - Mar 12 ; Apr 2 - May 21

times: 5:20 - 6:05 p.m.

Saturday(s), Jan 24 - Mar 14 ; Mar 28 - May 13**

times: 9:35 - 10:20 a.m.

Sunday(s), Jan 18 - Mar 8 ; Mar 29 - May 24**

times: 11:25 - 12:10 p.m.

MCRC Mem: \$40 | MCRC Non-Mem: \$50 (per session of 8)

LTS Level 4:

Ages 6-12

Stroke Improvement

Improves proficiency of strokes and the ability to swim longer distances. Skills: Standing dives; underwater swimming; feet first surface dive; survival swimming; front crawl and backstroke; side stroke; breaststroke and butterfly.

Location: MCRC - Indoor Pool

SESSION 1 ; SESSION 2

Monday(s), Jan 19 - Mar 9 ; Mar 30 - May 18

times: 5:45 - 6:30 p.m.

Tuesday(s), Jan 20 - Mar 10 ; Mar 31 - May 19

times: 5:10 - 5:55 p.m.

Thursday(s), Jan 22 - Mar 12 ; Apr 2 - May 21

times: 6:15 - 7:00 p.m.

MCRC Mem: \$40 | MCRC Non-Mem: \$50 (per session of 8)

LTS Level 5/6:

Ages 6-12

Stroke Refinement

Refine swimming skills in all competitive strokes: butterfly, breaststroke, backstroke and front crawl. Diving, turns and strategies for improving techniques and increasing speeds for each stroke as well as rescue skills training will be included.

Location: MCRC - Indoor Pool

SESSION 1 ; SESSION 2 **** (No class April 4) ****

Tuesday(s), Jan 20 - Mar 10 ; Mar 31 - May 19

times: 5:40 - 6:25 p.m.

Saturday(s), Jan 24 - Mar 14 ; Mar 28 - May 13**

times: 10:25 - 11:10 a.m.

MCRC Mem: \$40 | MCRC Non-Mem: \$50 (per session of 8)

FIRST TIME ONLINE REGISTERING WITH US?

CALL ONE OF OUR FACILITIES SO WE CAN SET UP A NEW ACCOUNT FOR YOU.

Adult Swim Lessons

Ages 13+

Adult Learn to Swim Introduction

This class is designed to assist adults of all swim levels to set personal goals and achieve those goals. If you are getting over fears, swimming for the first time, or learning a new stroke, this class will provide you with a personalized plan to help you learn the skills necessary to reach your goals.

Location: MCRC - Indoor Pool

SESSION 1 ; SESSION 2 **** (No class April 5) ****

Sunday(s), Jan 18 - Mar 8 ; Mar 29 - May 24**

times: 10:00 - 10:45 a.m.

MCRC Member: \$40 | MCRC Non-Member: \$50

(per session of 8)

Home School Swim & Gym

Want to get your gym or physical education credits in a fun way? Join us for an hour of movement on land then an hour in the heated pool. Try out different kinds of sports and activities for ages 5-18.

Location: Mentor Community Recreation Center

Wednesday(s), 1:00 - 3:00 p.m.

dates: Jan 7 - Jan 28, Feb 4 - Feb 25, Mar 4 - Mar 25

MCRC Member: \$28 | MCRC Non-Member: \$34

Drop in Fee: \$12

Adapted Aquatics Swim Lessons

Min: 1 Max: 1

This is a class for individuals with special needs. This is not a therapeutic program; it is designed to provide participants with a positive water acclimation experience. Participants are paired with a Certified Swim Instructor whose goal is to create a fun play environment while teaching important safety and swimming skills. Skills and games will be played in a 1:1 setting.

A parent, sibling or a responsible friend is required to be in the water to assist the instructor until a relationship is developed.

A meeting with the guardian, participant and the instructor will take place at the beginning of the first class to discuss goals and any considerations that will aid the participant and instructor to have a positive experience.

Class is only 30 minutes long, please be dressed and use the restroom prior, so we can start class on time.

Location: MCRC - Indoor Pool

MCRC Member: \$95 | MCRC Non-Member: \$130

(per session of 4)

dates: A time that is convenient for you

Private and Semi-Private Swim Lessons

Our private swim lesson program teaches the confidence that children or adults need to be successful in the water. Private swim lessons are offered to members & non-members of any age to assist in meeting your swimming goals. Participants will have fun while learning how to swim or improving strokes and technique with their favorite instructor. Please register at the front desk or online.

Private Swim Lessons

One-on-One instruction with an ARC Water Safety Instructor to meet your goals including learn how to swim, improve current skills through stroke refinement techniques and get over fears. Your class meets when it's convenient for you and your personal instructor.

Location: MCRC - Indoor Pool

One 30-minute lesson:

Member: \$30 | Non-Member: \$45

Four 30-minute lessons:

Member: \$110 | Non-Member: \$165

Eight 30-minute lessons:

Member: \$200 | Non-Member: \$300

Semi-Private Swim Lessons

Two-on-One instruction with an ARC Water Safety Instructor to meet your goals including learn how to swim, improve current skills through stroke refinement techniques and get over fears. Your class meets when it's convenient for you and your personal instructor.

Location: MCRC - Indoor Pool

One 30-minute lesson:

(available for 2 family members of similar swimming skills only)

Member: \$50 | Non-Member: \$63

Four 30-minute lessons:

(available for 2 family members of similar swimming skills only)

Member: \$190 | Non-Member: \$240

Eight 30-minute lessons:

(available for 2 family members of similar swimming skills only)

Member: \$360 | Non-Member: \$445

WATER WORKOUT CLASSES

Stretch and Tone

Min: 6 Max: 24

Light toning and gentle stretching exercises in shallow warm water. This class is perfect for all ages to help with relaxation, stress relief, pain relief, and improved range of motion.

Intensity: Low

Location: MCRC - Indoor Pool

Tuesday(s), 10:00 - 10:50 a.m.

months: January, February, March, April

Jan/Feb/Apr: MCRC Member: \$20 | MCRC Non-Member: \$30

Mar Price: MCRC Member: \$25 | MCRC Non-Member: \$38

Thursday(s), 10:00 - 10:50 a.m.

months: January, February, March, April

Jan/Feb/Mar: MCRC Member: \$20 | MCRC Non-Member: \$30

Apr: MCRC Member: \$25 | MCRC Non-Member: \$38



Cardio Splash

Min: 6 Max: 24

A combination of Cardio, Toning & Stretching with a Splash of Fun!

Intensity: Low or Moderate

Location: MCRC - Indoor Pool

Friday(s), 10:00 - 10:50 a.m.

months: January, February, March, April

Feb/Mar/Apr: MCRC Member: \$20 | MCRC Non-Member: \$30

Jan: MCRC Member: \$25 | MCRC Non-Member: \$38

Move and Groove

Min: 6 Max: 15

A Pool Fitness Party with energetic cardio exercises set to fun upbeat music. This water class is a fun Low-impact, high energy challenge for participants of all ages and fitness levels.

Intensity: Low, Moderate or High...completely up to you!

Location: MCRC - Indoor Pool

Thursday(s), 6:45 - 7:35 p.m.

months: January, February, March, April

Jan/Feb/Mar: MCRC Member: \$20 | MCRC Non-Member: \$30

Apr: MCRC Member: \$25 | MCRC Non-Member: \$38

Saturday(s), 8:00 - 8:50 a.m.

months: January, February, March, April

Feb/Mar/Apr: MCRC Member: \$20 | MCRC Non-Member: \$30

Jan: MCRC Member: \$25 | MCRC Non-Member: \$38

Shallow/Deep

Min: 6 Max: 15

A combination of shallow and deep-water exercises to tone your body while getting your heart pumping. Jump in and make a splash, you won't want to miss this dynamic cardiovascular workout that tones the full body.

Intensity: Low, Moderate or High...completely up to you!

Location: MCRC - Indoor Pool

Monday(s), 10:00 - 10:50 a.m.

months: January, February, March, April

Jan/Feb/Apr: MCRC Member: \$20 | MCRC Non-Member: \$30

Mar: MCRC Member: \$25 | MCRC Non-Member: \$38

Wednesday(s), 10:00 - 10:50 a.m.

months: January, February, March, April

Jan/Feb/Mar: MCRC Member: \$20 | MCRC Non-Member: \$30

Apr: MCRC Member: \$25 | MCRC Non-Member: \$38



Aqua HIIT

Min: 6 Max: 24

A full body interval class focused on strength with bursts of cardio. Brief bursts of intensity work followed by short recovery periods that boost metabolism and burn more calories. Don't be surprised if you can do more in this class than anticipated - the buoyancy of the water allows you to work at a higher intensity with less stress on the body.

Intensity: Low, Moderate or High...completely up to you!

Location: MCRC - Indoor Pool

Tuesday(s), 9:00 - 9:50 a.m.

months: January, February, March, April

Jan/Feb/Apr: MCRC Member: \$20 | MCRC Non-Member: \$30

Mar: MCRC Member: \$25 | MCRC Non-Member: \$38

Thursday(s), 9:00 - 9:50 a.m.

months: January, February, March, April

Jan/Feb/Mar: MCRC Member: \$20 | MCRC Non-Member: \$30

Apr: MCRC Member: \$25 | MCRC Non-Member: \$38

Senior WWO

Min: 6 Max: 12

A combination of toning, stretching and light cardiovascular exercises geared towards seniors. Experience improved range of motion, pain relief and stress relief while socializing with friends in this fun water exercise class.

Intensity: Low

Location: MCRC - Indoor Pool

Tuesday(s), 2:00 - 2:50 p.m.

months: January, February, March, April

Jan/Feb/Apr: MCRC Member: \$20 | MCRC Non-Member: \$30

Mar: MCRC Member: \$25 | MCRC Non-Member: \$38

Thursday(s), 2:00 - 2:50 p.m.

months: January, February, March, April

Jan/Feb/Mar: MCRC Member: \$20 | MCRC Non-Member: \$30

Apr: MCRC Member: \$25 | MCRC Non-Member: \$38

Water Boot Camp

Min: 6 Max: 12

A Full Body Water Workout combining endurance, strength, cardio, intervals and some Pilates moves.

Intensity: Low, Moderate or High...completely up to you!

Location: MCRC - Indoor Pool

Monday(s), 7:00 - 7:50 p.m.

months: January, February, March, April

Jan/Feb/Apr: MCRC Member: \$20 | MCRC Non-Member: \$30

Mar: MCRC Member: \$25 | MCRC Non-Member: \$38

Babysitters Training

This class provides youth who are planning to babysit with the knowledge and skills necessary to give care safely and responsibly for children and infants. This training will help participants to develop leadership skills, safety skills aimed at keeping themselves & those in their care safe, as well as behavior modification techniques to help children behave. Each participant will also learn basic first aid and CPR for infants and children. **The recommended age for this course is 11-15 years old. A book and CPR mask keychain are included with the course fee.**

day	day	time
Feb 15	Sun	11:30 a.m. - 6:00 p.m.

MCRC Member: \$90 | MCRC Non-Member: \$110

Water Safety Instructor

Have you wanted to become a swim instructor? This course also known as WSI™ trains American Red Cross Water Safety Instructor candidates to teach courses and presentations in the Red Cross Swimming and Water Safety program by developing their understanding of how to use the course materials, how to conduct training sessions, and how to evaluate participants' progress.

There will be online work to complete before the class starts. Online work will be sent out April 1st and must be completed by May 7th.

days	day	time
May 7	Thursday	5:00 - 9:00 p.m.
May 8	Friday	5:00 - 9:00 p.m.
May 9	Saturday	9:00 a.m. - 5:00 p.m.
May 10	Sunday	9:00 a.m. - 5:00 p.m.

MCRC Member: \$200 | MCRC Non-Member: \$250

American Red Cross

LIFEGUARD CERTIFICATION COURSES:

A pre-skill swim test must be passed prior to registering for a Lifeguard class session. Pre-skills are held at MCRC. Cost is \$5 per participant Call 440-205-3608 to take a class

ARC Shallow Water Lifeguard Class

Have you always wanted to be a lifeguard and work at the Mentor Community Recreation Center or another pool up to 6 feet deep? Then this class is for you! This is a blended learning style American Red Cross Lifeguard class that will teach the skills needed to be a confident and prepared lifeguard. Participants must be at least 15 years old by the last day of class. Register with us at MCRC

Online course work: will be sent out April 1st and must be completed by April 24th.

In person classes: Friday April 24th 4-9 p.m.; Saturday April 25th 9-5 p.m.; Sunday April 26th 2-6 p.m.

*Bring swimsuit, towel, goggles, lunch and water to all classes.

MCRC Member: \$175 | MCRC Non-Member: \$200

Wildwood Cultural Center



7645 Little Mountain Road, Mentor, Ohio 44060
440.974.5735 - www.cityofmentor.com

Become a Friend of Wildwood

Support the cultural arts by becoming a "Friend of Wildwood." Your generous gift of \$20 a year, demonstrates your appreciation for the cultural arts and recognizes the positive impact it has on our lives. Wildwood Cultural Center and the Arts Commission will be able to showcase and enhance new and existing classes, programs, and events with your support. Your friendship will also support the Friends of Wildwood Scholarship. High school seniors who reside in the City of Mentor and plan on furthering their education in the cultural arts are eligible to apply. We look forward to your friendship here at Wildwood!

Membership Fee: \$20

Mentor Community Arts Commission

The Mentor Community Arts Commission is an advisory committee through the City of Mentor serving the community since 1981. Their mission is to assist the Wildwood Cultural Center and other public venues, to bring cultural enrichment to City of Mentor residents by designing and providing programs, events, and experiences from time to time, and to help make living in Mentor a source of pleasure and inspiration for residents of all ages. The Mentor Community Arts Commission meets on the first Thursday of every month at 4:30 p.m. at the Wildwood Cultural Center. All meetings are open to the public.

MUSIC

Private Piano Lessons

Ages 8+

Beginning, intermediate, and even advanced players can strengthen their fundamentals and sharpen their skills with private lessons from Doreen Hoge. Beginners will learn fundamentals including proper hand position, fingering techniques, reading sheet music, and more, while students with previous coaching can enhance their musical/technical proficiency. Lessons last 45 minutes each and are available Mondays between 1:00 pm and 6:00 pm. All students are required to bring a spiral notebook for day of lessons!

Instructor: Doreen Hoge
Location: Wildwood Living Room
Resident: \$20 | Non-Resident: \$24

Private Guitar Lessons

Ages 8+

Learning the guitar can be a great lifelong pastime! Pick up your guitar and come learn the basics of this popular instrument. Learn how to play uncomplicated chords, melodies, and strumming techniques faster than you thought possible. Bring your own acoustic or electric guitar to this lesson. Private lessons are 45 minutes on Wednesdays, between 9am - 8 pm. All private instrumental lessons are based on a multi week program series and must be paid in full prior to series start date. Prices listed are based per lesson. Call Wildwood Cultural Center for availability (440) 974-5735. Prices listed are based per week.

Instructor: Bob Pattison, Guitar Instructor for 30 years

Location: Wildwood North Porch

Resident: \$20 | Non-Resident: \$24



Private Flute/Recorder Lessons

Ages 8+

Have you always been interested in the flute? Enjoy private lessons by Gayle Getts, at Wildwood Cultural Center. New students will learn the basic techniques of breath, sound, structure of the flute and reading music. Experienced students will enhance their posture, breath, sound and interpretation of reading music and the notes played on the flute. Instructor also teaches all same skills for the Recorder. Gayle Getts studied with Alexander Murray of the London Symphony and William Hebert, Piccolo player of The Cleveland Orchestra and has students go on to be principal flute in The Cleveland Orchestra Youth Orchestra, Cleveland Youth Wind Symphony, and Contemporary Youth Orchestra. All Lessons are 30-minute increments between the hours of 5 and 9p.m. on Wednesdays. Call Wildwood Cultural Center for availability (440) 974-5735. Prices listed are based per week.

Instructor: Gayle Getts

Location: Wildwood Cultural Center

Resident: \$20 | Non-Resident: \$24

FIRST TIME ONLINE REGISTERING WITH US?

CALL ONE OF OUR FACILITIES SO WE CAN SET UP A NEW ACCOUNT FOR YOU.

THEATRE

Classic Rock Tribute: The Legends

Saturday, February 28

Event begins at 5:30 p.m.

Wildwood Cultural Center, 7645 Little Mountain Road

Join the Original Wildwood Theatre Production, for an unforgettable journey through the words and emotion of rock's legendary artists. This unique event blends dramatic readings with staged interpretations of select songs, capturing the spirit of these iconic performers. Experience the powerful words of rock's greatest artists brought to life through captivating performances. Feel the emotion and passion of legendary music reimagined for the stage. Light Refreshments available for purchase! (*inclement weather date will be March 6 at 6:30p.m*.)

Resident: \$10 | Non-Resident: \$12

Let's Celebrate USA's 250th Anniversary Series:

Ages 14+

Meet President George Washington

Hear 'newly inaugurated president' George Washington discuss the creation of the Constitution and his thoughts on being the first President of the United States (1732 - 1799). Dale Fellows will take you back in time to the 18th Century. He has studied the Founding Fathers for over 15 years with extensive reading and research. He is a regular visitor and contributor to Colonial Williamsburg and the Colonial Williamsburg Foundation. His passion for this period in American History, coupled with his desire to educate the public about the formation of our country, has led him to portray the most important of all the Founding Fathers: George Washington. *Light refreshments will be served!*

Instructor: Dale Fellows of "We Made History, "Presidential Living Historians"

Location: Wildwood

day	day	time
Feb 16	Mon	6:30 - 8:00 p.m.

Resident: \$10 | Non-Resident: \$12

Godspeed John Glenn!

Did you know that this traditional "blast - off blessing" was never heard by John Glenn prior to his 1962 launch?! Join us for a fun and fact-filled, in-depth review of one of this country's greatest heroes as we honor this incredible man and celebrate the 64th Anniversary of America's first orbital space flight. *Coffee and cookies will be served as well.*

Instructor: Jann Glove

Location: Wildwood Living Room

day	day	time
Mar 2	Mon	6:30 - 7:30 p.m.

Resident: \$6 | Non-Resident: \$8

Inside the Mind of a Screenwriter: Jack Gorman

Jack Gorman's 25-year career spans sports and entertainment, starting as an NFL public relations intern and evolving into an acclaimed filmmaker. His journey reflects the power of storytelling across multiple media. As a sports executive, the teams he worked with won six championships, showcasing his leadership. Transitioning to filmmaking, Jack's work has earned global acclaim and numerous awards. This lecture workshop, "Inside the Mind of a Screenwriter," explores the art of storytelling in film, with a focus on developing story structure and character arcs. Jack's adaptability in engaging audiences highlights storytelling's versatility. Join us to gain insights from Jack's inspiring journey and develop the art of creating captivating narratives.

Instructor: Jack Gorman

Location: Wildwood South Wing

Wednesday, March 4, 2:00 - 4:00 p.m.

Wednesday, March 4, 6:00 - 8:00 p.m.

Resident: \$20 | Non-Resident: \$25

How to Write Your Own Screenplay

Join Jack Gorman, an accomplished independent filmmaker, in bringing stories to life through his expertise in telling stories and writing screenplays in this 4-week workshop. In this 4-week workshop, you will learn the basics of writing a screenplay, including three-act structure, story arcs, and more! Each participant will write the opening scenes of their screenplay and have the opportunity to review their pages with Jack and the other participants in the class. Please note that out-of-class work will be required before each of the class sessions. It is also highly recommended to take Jack's "Inside the Mind of a Screenwriter" lecture, which meets one week before the beginning of this workshop.

Instructor: Jack Gorman

Location: Wildwood South Wing

dates	day	time
Mar 11 - Apr 1	Wed	6:00 - 8:00 p.m.

Resident: \$120 | Non-Resident: \$145

ADULT

Woodworking: Adult Adirondack Chair

Ages 16+

Anyone who's ever sat in an Adirondack chair and sunk into the curve of the fanned back knows there's not a more comfortable cushionless seat out there. Now you can make your very own top-quality full size Adirondack chair. All skill levels welcome. You will have a completed chair on the last day of this five-week course!

Instructor: Don Jedlicka

Location: Wildwood Craft Room

dates	day	time
Apr 21 - May 19	Tue	6:00 - 8:30 p.m.

Resident: \$100 | Non-Resident: \$120



WOMEN OF WILDWOOD

Women of Wildwood Series

Ages 21+

Enjoy this interactive Women of Wildwood Series that will leave you feeling creative, full of useless silly jokes and happy you took time for yourself and had a night out. In this series you can enjoy the instruction from the Women of Wildwood as you learn to, dance, create, laugh, and have fun.

Instructor: The Women of Wildwood

Location: Wildwood Cultural Center

Japanese Herbariums

Japanese flower-arranging is a time-honored tradition, and herbariums are the newest—and trendiest—form to learn. Make your own bottled flower display during this relaxing, hands-on class. Choose your own colorful blossoms to create blooming design of herbariums unique to you. Each class you will walk away with 3 different herbarium bottles.

date	day	time
Feb 11	Wed	6:00 – 8:00 p.m.

Resident: \$40 | Non-Resident \$52

LADIES NIGHT OUT!

Charcuterie 101 - Snackle Box Pairing

Elevate your entertaining with this exclusive LADIES NIGHT OUT Snackle Box. Discover the art of assembling a stunning charcuterie board through an interactive course then turning it into a Snackle-box. From understanding the essentials to selecting meats and cheeses, to arranging and presenting the food, this unique class has it all. Join us for a delightful experience of socializing, wine, and creating your own personalized charcuterie board. Each participant will walk away with a snackle box container, recipes, and small arrangement of cheese, meat and cracker pairings.

date	day	time
Mar 11	Wed	7:00 – 9:00 p.m.

Resident: \$45 | Non-Resident \$52

LADIES NIGHT OUT!

BINGO NIGHT!

Enjoy the laughs and fun of the Women of Wildwood as you play bingo and yes win fabulous prizes. Night will include 8 rounds of fabulous bingo with prizes, light appetizers and yes, some AMAZING Trivia. Additional bingo sheets can be purchased during the program for \$2.00 each.

date	day	time
Apr 1	Wed	7:00 – 9:00 p.m.

Resident: \$30 | Non-Resident \$36

Kokedama Earth Day Plant Workshop

Gain the knowledge and experience of the ancient Japanese plant art known as Kokedama, from the Ladies of Wildwood. This ancient gardening practice began over 500 years ago when less wealthy population would propagate their bonsai plants to make a profit and today is has become a fashion trend. Individuals will get their hands dirty creating two unique Kokedama plant sculptures.

date	day	time
Apr 20	Mon	6:30 – 8:00 p.m.

Resident: \$30 | Non-Resident \$36

Beginners Ballroom Dancing

Ages 16+

Whether you dance with slow and elegant movements or upbeat and high-energy movements, you're sure to find something you will love at this 6-week beginner's course! This class is great for anyone who wants to learn how to ballroom dance! We will learn the steps for dances such as rumba, foxtrot, waltz, east coast swing, and much more. Come prepared to have fun and make new friends! Not just for couples, singles welcome!

Instructor: Maggie Runyon

Location: Wildwood South Wing

Tuesday(s), 6:00 - 7:00 p.m.

dates	dance
Jan 13 - Feb 17	Rumba & Cha Cha
Mar 10 - Apr 14	Swing & Salsa

Resident: \$65 | Non-Resident: \$72



Paranormal Investigation: Ghost by the Lake- Mentor Beach Park

Join Paranormal Investigators of Ohio, PRO II, as they will be introducing a "hands-on" experience to paranormal investigating. Learn the art of paranormal investigation and what to look for. This series explores the historical grounds and building of Old Mentor Beach Park. This building was built in 1902 and housed many amenities for the community including, a bath house, town gathering center and today is still used as a banquet center.

Location: Mentor Beach Park, 7779 Lakeshore Blvd.

date	day	time
Apr 10	Fri	7:30 – 9:30 p.m.

Resident: \$20 | Non-Resident: \$24

ART



Needle Felting: Valentine's Day Art

Ages 10+

In this felting class, you will transform ALPACA FIBER into beautiful and unique pieces of art! Did you know Alpaca fiber is flame and water resistant? In addition to creating lovely valentines, you will learn amazing facts about Alpacas and their luxurious fiber! All the fiber you will be creating with is from our locally raised Alpaca herd. Ethically sourced, no alpacas were hurt in the making of these products. **An additional material fee of \$25 is due to the instructor the night of class including felt to make 8 to 9 felted items.**

Instructor: Sharon Adams, Margery Ray Alpacas owner
Location: Wildwood South Wing

date	day	time
Feb 5	Thur	6:00 - 7:15 p.m.

Resident: \$20 | Non-Resident: \$25

Hat Bar Party: Kentucky Derby Ready!

Ages 14+

Welcome to our one-of-a-kind hat bar extravaganza! Dive into creativity by designing your very own felt flat brim hat. Pick your hat style, choose a band, add some flair with accessories, and personalize it with custom burn designs. Whether you prefer to craft it yourself or let us handle the assembly, the experience is all about fun and imagination. Not into wearing hats? They're perfect as gifts or quirky decorations! Price includes all supplies and hat.

Instructor: Carly May's Custom Hat Bar
Location: Wildwood South Wing

date	day	time
Apr 27	Mon	6:30 - 8:30 p.m.

Resident: \$45 | Non-Resident: \$52

Water's Edge Resin Art

Join Artist Desirée Dunn, as she walks you step by step through how to create this mesmerizing piece. This class will also allow participants to bring to light how Art truly imitates Nature, including epoxy mixing and dying techniques and the use of simple additives and applied heat to create the effect of real ocean waves.

Instructor: Desirée Dunn of The Ivy Toadstool
Location: Wildwood Cultural Center

date	day	time
Jan 29	Thur	6:30 - 9:00 p.m.

Resident: \$52 | Non-Resident: \$62

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Stained Glass

Ages 16+

This is an artistic and creative stain glass program where no experience or supplies are needed. Instructor will provide all tools and safety equipment for you to use in class. Be sure to dress comfortably; no sandals or open toed shoes. Not recommended for pregnant women due to the chemicals used.

Instructor: Vicki Vesel

Location: Wildwood South Wing

Mini Beveled Heart

Always wondered how stained-glass windows are made? This class is designed to give you a taste of the stained-glass craft without a large commitment of your time. You will learn about cutting glass, preparing the glass for soldering, finishing the outside edges, cleaning and polishing your creation so it will sparkle. You will create a 3-piece heart using two bevels and one piece of colored glass that you select. **There is a \$10 material fee due to instructor night of program.**

dates	day	time
Jan 10 - 17	Sat	2:30 - 5:30 p.m.

Resident: \$40 | Non-Resident \$48

Beveled Heart

Always wondered how stained-glass windows are made. We have a fun project for you which will give you an introduction to the process. You will learn the process of creating a unique and creative stain glass piece. You will create a 5-piece heart composed of 2 bevels and 3 pieces of colored glass that you select. **There is a \$20 supply fee due to instructor first day of program.**

dates	day	time
Feb 4 - 25	Wed	2:30 - 5:30 p.m.

Resident: \$100 | Non-Resident \$120

Angel Sun Catcher

Make a beautiful stained glass angel sun catcher to brighten your winter window. This is a great first-time experience with stained glass art. The instructor brings tools, glass and her knowledge and you bring yourself and your creativity. Learn how to cut glass and assemble a sun catcher with glass colors you select. **A supply fee of \$20 is payable to the instructor in cash the night of program.**

dates	day	time
Apr 1 - 29	Wed	2:30 - 5:00 p.m.

Resident: \$120 | Non-Resident \$140

Watercolor Workshop at Wildwood

Ages 15+

Learn the basics of watercolor and its techniques under the talented direction of Jacki Wroblewski, a local artist and art enthusiast. In these workshops individuals will create one-of-a-kind themed art pieces to display and frame for themselves, or give as gifts.

Instructor: Jacki Wroblewski

Location: Wildwood South Wing

Dragonfly

Explore watercolor painting on rice paper, creating an interesting and beautiful dragonfly. You'll work metallic watercolor paints adding intrigue to your painting. No drawing experience is necessary. No supplies needed. Step by step, guidance and instructions. You'll go home with a unique painting that you can boast about, knowing you did it yourself. **There is an additional \$8 supply fee due to instructor night of program.**

date	day	time
Feb 23	Mon	6:00 - 9:30 p.m.

Resident: \$48 | Non-Resident: \$52

Magnolia Blossom

No painting experience necessary. Just a desire to have fun and learn. No Supplies needed. No drawing experience needed. No worries, step by step guidance and instructions provided. At the end of class, you will have a beautiful Magnolia Blossom you painted in watercolor, already matted and ready for framing. **There is an additional \$6 supply fee due to instructor night of program.**

dates	day	time
Mar 16	Mon	6:00 - 9:30 p.m.

Resident: \$42 | Non-Resident: \$48

Painting with a Re-Purpose at Wildwood

Are you ready to transform forgotten décor into a unique masterpiece? Join us for an exciting workshop where you can breathe new life into old canvas prints or flat wood décor pieces. This is your chance to express your creativity while helping to reduce waste—saving art from the yard sale or landfill! Size of repurpose canvas must measure between 8"x 8" and 12"x18." Paints and brushes will be provided by instructor.

Instructor: Dawn Cawood

Location: Wildwood South Wing

Celebrate Earth Day

Earth Day 2026 we will take a small step in raising awareness by reusing canvases and flat wood art, giving discarded artworks and décor a new purpose!

date	day	time
Apr 20	Mon	6:30 - 8:30 p.m.

Resident: \$30 | Non-Resident: \$36

Intro to Sewing

Ages 12+

Is your new sewing machine still sitting in the box? Pull it out, dust it off, and turn it on. By the end of this class, you will be comfortable threading your machine, performing basic stitches, and having a finished project pillow to take home with you. You must bring your own machine. No machines will be provided on site. Class is open to participants ages 12 +. Supply list to bring from home: sewing machine and any necessary plugs or foot pedals. Notions: sewing scissors, measuring tape or ruler, pin cushion, fabric pen or pencil, straight pins or clips. Plus, any sewing notions you have questions about! **There is an additional \$15 fee is due to the instructor the night of class.**

Instructor: April Smith

Location: Wildwood South Wing

date	day	time
Feb 18	Wed	6:00 - 8:00 p.m.

Resident: \$30 | Non-Resident: \$36

FOOD

In the Kitchen with Judi Strauss

Adults 16+

These are interactive cooking classes for you to enjoy and highlights an array of cooking topic "how to's." Judi's classes are a great way to learn new cooking techniques, taste new recipes and experience cooking in a fun environment. In each class, there will be plenty to taste and recipes to take home. Come 'cook up' some new recipes with Judi! Make sure to bring containers to take food home! **There is an additional \$10 food fee payable in cash to the instructor the night of program.**

Instructor: Judi Strauss

Location: Wildwood Kitchen

Resident: \$20 | Non-Resident: \$24

Tuesday(s) 7:00 - 9:00 p.m.

Cottage Cheese - Jan 20

High in protein, this versatile ingredient can be used in breakfast foods, dips, breads, desserts and more. This class will show you how to use cottage cheese in so many fun and tasty ways.

Pierogi - Jan 27

If you want to learn to make your own pierogi- this is the class!! They take a little time but aren't hard to make at all. Pierogi, filled dumplings, are a traditional Polish dish. They are often filled with potatoes, but they can be filled with any number of ingredients.

Dumplings - Feb 3

The word dumpling means different things to different people. Dumplings can be noodle like spaetzle, soft bready biscuits sitting on top of stew or Asian dough filled with any number of ingredients.

Breakfast in Bed - Feb 10

Pamper the ones you love as well as yourself with picture perfect breakfast foods. Besides learning the basics of preparing eggs and omelets you will also learn how to make fun foods like chocolate waffles, peanut butter pancakes and even homemade granola.

Cooking with Honey - Feb 17

Honey can be used for so much more than just sweetening your tea. Learn how to use honey in savory dishes, baking, beverages and more.

Cooking with Ramen: - Feb 24 Chinese New Year!

They're not just for starving college students anymore. Those simple little noodles are all the rage in the Pacific Northwest at Noodle Bars. See how a tasty sauce can turn Ramen noodles into sides, salads, main dishes and yes, even soup!

Puff Pastry - Mar 3

Puff pastry can be used in both sweet and savory dishes. In this class you will learn how to make your own puff pastry in just a few minutes. We'll also make both sweet and savory dishes.

Cooking with Maple Syrup - Mar 10

This natural sweetener provides both sweetness and unique flavor to everything. From desserts to salads to main dishes. Learn how to cook with maple syrup in ways you never thought of before. Just in time for the upcoming Maple Festival.

Chili - Mar 17

Chili is almost as American as apple pie. You can't believe how many types there are. There are some with tons of meat and some with none. There is lentil chili and even white chili.

The British Isles - Mar 24

Although not always seen as leaders in the world of fine dining the Brits have really come into their own. Today British cooking includes the classics like Yorkshire Pudding and Bubble and Squeak to dishes influenced by world cuisine.

Cake Rolls - Mar 31

They are classic and can really make an impressive dessert for any party. In class you'll get recipes for Lemon cake roll, Pumpkin roll, chocolate, Yule Log and many more.

Pies - Apr 7

Learn how to make a perfect pie, quiche and tart every time. You will get recipes for several types of crusts including sweet, savory, low fat, no-bake and even a yeast raised crust. Learn how to pair up the right crusts with fillings.

Lunch in a Jar - Apr 14

This current trend is popular for a reason. What a great way to prepare and carry our lunches. The idea is to layer ingredients in a Mason jar so that you can prep a week's worth of lunches and take one with you to work each day. In class we'll talk about what ingredients work- and which to avoid.

Chicken - Apr 21

In class you'll learn about the types of chicken on the market and how to cook it to juicy perfection. Pacific Rim Stir-Fry, Lemon Chicken and Chicken Marsala are just a few of the recipes you'll get in class.

Biscotti's - Apr 28

These crispy treats are wonderful dunked in coffee or all on their own. The flavor combinations are almost endless. In class you'll get to make several different biscotti and learn tips to make biscotti fun and easy to bake.



Buttercream Party Cookie Art

Ages 16+

Join the Buttercream Party for a fun time learning some tips and tricks for decorating sugar cookies! You will learn icing consistency matters, flooding, how to decorate with multiple textures, writing, and more! Each person will receive 12 baked, blank cookies, royal icing in bags in multiple colors, photos for ideas, a recipe sheet, and tips and tricks sheets to take home! **There is a \$10 food fee to be paid to the instructor the night of class.**

Instructor: Erin Urusko

Location: Wildwood South Wing

dates	days	class	time
Mar 12	Thur	Luck of the Irish Treats	7-9 p.m.
Mar 29	Sun	Easter Bunny and Sweet Treats	2-4 p.m.
Apr 30	Thur	Cinco De Mayo	7-9 p.m.

Resident: \$25 | Non-Resident: \$30

YOUTH

Mother's Day Tea Party

Moms & Children Age 4+

Saturday, May 2, 11:30 a.m. - 1:30 p.m.

Location: Wildwood Cultural Center,
7645 Little Mountain Road, Mentor, Ohio 44060

Celebrate the coming of Mother's Day with us in an exclusive Tea Party. Dress in your best as you enjoy tea, sandwich savories, crafting, and even create your own floral spray. The day will also include tea education including tasting teas and food pairings, along with create a one-of-a-kind mother's gift. Price is per person!
Resident: \$20 | Non-Resident: \$25

LITERATURE



Spring Story Trail at Wildwood - The Earth Gives More!

Location: Wildwood Cultural Center Blue Bell & Pawpaw Connection Trail
April 21 - June 1
FREE

From leaves falling to become fertilizer, to raindrops helping to bring plants to life in the spring, the cycle of every season has something to enjoy. While delighting in all nature has to offer, we need to remember to respect and treasure the world around us.

Tiny Tot's Storytime at Wildwood

Ages 1 - 4 + Adult

Learn, laugh, and make memories at these active Storytimes! Each class is specially tailored for 1 to 4 year olds and the program theme includes stories, an art project, sensory activities, games, exploring the Manor House, and more! You and your lil' one will learn, laugh, and make memories at these unique Storytimes!

Instructors: The Women of Wildwood

Location: Wildwood Manor House

dates	theme	time
Jan 16	Frosty the Snowman	11:00 a.m. - 12:00 p.m.
Feb 9	Be my Valentine	11:00 a.m. - 12:00 p.m.
Mar 23	Easter Bunny is on his Way	10:00 - 11:00 a.m.
Apr 22	Earth Day Everyday	12:00 - 1:00 p.m.

Resident: \$12 | Non-Resident: \$15

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ART

Mommy & Me: The Miniature World Of Fairy Gardens "Valentine's Day"

Ages 5+ and Adult

Come to create a miniature, magical world! Let your creativity flow while building a fairy garden of your very own! Class fee includes -unique fairy garden container, soil, moss, pebbles, live fairy plants, small garden accessories and more! Instructor Audrey Lariccia will lead you on basic fairy design. **A supply fee of \$25 is due to the instructor the night of class.**

Instructor: Audrey Lariccia, This and That Treasures

Location: Wildwood South Wing

date	day	time
Mar 5	Thur	6:00 - 8:00 p.m.

Resident: \$30 | Non-Resident: \$36

Art for FUN with Janie!

Ages 10+

Art for Fun is the perfect place for young artists to transform their ideas into amazing creations. If you're eager to push your artistic boundaries or need time to develop your senior art portfolio, you've come to the right place. Janie Walland, our experienced art instructor, will guide you through your artistic journey with her passion and knowledge. She'll help you blend imagination with art supplies and techniques. Explore a variety of materials, such as acrylic paints, for vibrant creations; oil pastels, for rich, textured artwork; ink, for detailed drawings; color pencils, for intricate details; and mixed media, to create unique, layered artworks. You'll learn essential skills like perspective to add depth to your art, expression to convey emotion, and proportions to ensure realism. **All fees include instruction and sketch pad and pencils.**

Location: Wildwood Cultural Center

age	dates	day	time
10 - 14	Feb 17 - Mar 10	Tue	6:30 - 7:00 p.m.
15+	Feb 19 - Mar 12	Thur	6:30 - 7:00 p.m.

Resident: \$60 | Non-Resident: \$72

Messy Mind Masterpieces

Ages 6 - 9 + Adult

Get creative, be artistic and get a little messy! That's the motto. Each child will walk away with unique masterpieces. Each child must be accompanied by an adult.

Instructor: Heather Zimmerman

Location: Wildwood Cultural Center

Resident: \$20 | Non-Resident: \$25

Monday(s), 12:00 - 1:30 p.m.

Gabby Cat "Surprise Box" - Jan 19

Create your town Gabby Cat "Surprise Box". Using paper, markers, pipe cleaners, pom poms and a little gabby cat magic. Each child will walk away with their own surprise and something magical.

Toy Story: Hamm the Piggy Bank - Feb 16

Hamm, the star of the show, is the charismatic little piggy in acclaimed movie, Toy Story. Now create and bring him home to you! Each participant will create their very own Hamm the Piggy Bank.

FOOD

Tiny Chef's at Wildwood

Ages 9 - 12

Enjoy this Delightful cooking adventure for children! Each month, kids explore culinary arts by crafting themed dishes. This 1.5-hour session is filled with hands-on activities, enhancing skills and boosting kitchen confidence. Children will leave with recipe cards and small samples to share with family. They will learn essential techniques, kitchen safety, and nutrition, fostering a love for healthy eating. Join us for a fun culinary journey with Tiny Chef's! There is a \$10 food fee payable to instructor night of program.

Location: Wildwood Cultural Center
Monday(s)

dates	theme	time
Jan 19	Healthy Snacks	3:30 - 5:00 p.m.
Feb 16	Be my Valentine	3:30 - 5:00 p.m.
Mar 16	Green Foods	4:30 - 6:00 p.m.

Resident: \$18 | Non-Resident: \$21

Child and Adult Buttercream Party Cookie Art

Ages 5+, and Adult

Join Buttercream Party for a fun time of learning some tips and tricks to decorating sugar cookies. You will learn icing consistency matters, flooding, how to decorate with multiple textures, writing, and more! You will receive 12 baked, blank cookies, royal icing in bags in multiple colors, photos for ideas, recipe sheet and tips and tricks sheets to take home! Enjoy decorating (and eating) these stylish cookies! **There is a \$10 food fee to be paid to instructor the night of class.**

Instructor: Erin Urusko

Location: Wildwood South Wing

dates	day	time	theme
Feb 12	Thur	6 - 8 p.m.	Cupids Sweet Treats
Mar 29	Sun	11 a.m. - 1 p.m.	Easter Bunnies and Sweet Treats

Resident \$25 | Non-Resident \$30

HOMESCHOOL

Moveable Minds: What Holds You Up?

Ages 8 - 11

We will explore the difference between vertebrates and invertebrates. Using games and a STEM activity your student will be able to determine which animals are vertebrates and invertebrates along with the characteristics of each.

Instructor: Mary Madeja

Location: Wildwood Cultural Center

date	day	time
Mar 10	Tue	11:00 a.m. - 12:00 p.m.

Resident: \$12 | Non-Resident: \$15

Pop-up Science: Which Nest is Best?

Ages 6 - 9

Is every bird nest the same? Why do birds build nests? We will explore the answers to these questions with hands-on activities and games. This program focuses on how birds prepare for spring. A hike of the property is included weather permitting.

Instructor: Mary Madeja

Location: Wildwood Cultural Center

date	day	time
Apr 23	Thur	10:00 - 11:30 a.m.

Resident: \$15 | Non-Resident: \$18

Pop-up Science: Which Nest is Best?

Ages 7 - 10

How do animals adapt to changing environments? Explore this question with hands-on experiments. We will learn about physical and behavioral adaptations of animals that live in our area. Grades 2-5.

Instructor: Mary Madeja

Location: Wildwood Cultural Center

date	day	time
May 5	Tue	10:00 - 11:30 a.m.

Resident: \$12 | Non-Resident: \$15



Happy Movement ART

Ages 9 - 12

The Happy Art Movement, founded in 1992, embodies joy, fun, love, and optimism. Inspired by Brazilian artist Romero Britto, known for his vibrant and colorful work, this movement brightens lives worldwide. Our workshop invites children ages 7-10 to create Britto-inspired art on 8x10 canvases, using bold patterns and bright colors. Participants will learn about Britto, explore art techniques, and express joy and creativity, leaving with both their artwork and educational materials.

Instructor: Mary Madeja

Location: Wildwood Cultural Center

date	day	time
Mar 16	Mon	12:00 - 1:30 p.m.

Resident: \$18 | Non-Resident: \$22

Mentor Senior Center

MENTOR SENIOR CENTER



8484 Munson Road, Mentor, Ohio 44060
440.974.5725 - www.mentorseniorcenter.com

ARTS & CRAFTS

All Media Painting

All the fundamentals of art will be covered: composition, design, and color. Please bring the media of your choice, paper, and reference materials.

Instructor: Ginny Mancini

Location: Senior Center Cultural Arts Room

Thursday(s), 10:00 a.m. - 12:00 p.m.

dates: Jan 8 - Feb 19, Mar 5 - Apr 23

Resident: \$40 | Non-Resident: \$50

Creative Ceramics

This class focuses on decorating pre-made ceramic pieces—no wheel throwing or wet clay. Instruction and kiln firing are included. A \$10 supply fee (included in registration) covers brushes and glazes. Greenware or bisqueware pieces are available for purchase from the instructor. All skill levels welcome! Returning students may bring their own pieces to glaze.

Instructor: Sharon Williams

Location: Senior Center Cultural Arts Room

Resident: \$50 | Non-Resident: \$60

Wednesday(s), 10:00 a.m. - 12:00 p.m.

dates: Jan 7 - Feb 18, Mar 4 - Apr 22

Needlecrafters

Bring your crochet hooks, knitting needles, or cross-stitch kits and enjoy a cozy, creative session with fellow crafters! Whether you're a beginner or a seasoned stitcher, it's the perfect time to relax, share ideas, and make progress on your favorite project in a warm, friendly setting. One-time annual registration required at the front desk.

Location: Senior Center Cultural Arts Room

Monday(s), 10:30 a.m. - 12:00 p.m.

Resident: | Non-Resident: Free

Woodcarving

Beginner or experienced carvers. Patterns and tools available. The first project kit is available for \$5, payable to the instructor. Remaining projects and wood are at your own expense. One-time annual registration required at the front desk.

Volunteer Instructor: Ken Kothera

Location: Senior Center Cultural Arts Room

Tuesday(s), 2:00 - 4:00 p.m.

Resident | Non-Resident: FREE

CONTINUING EDUCATION

AARP Driver Safety Course

Licensed drivers 55 or older can take this class designed to refine existing skills as well as develop new, safe defensive driving techniques. You may earn a certificate and possibly qualify for a lower auto insurance rate (check with your agent). Bring your driver's license and AARP card to the class. Check or money orders only made payable to AARP. Due upon class registration. Lunch is on your own.

Instructor: AARP Instructor

Location: Senior Center Cultural Arts Room

date	day	time
Apr 13	Mon	10:00 a.m. - 2:30 p.m.

AARP Member: \$20 | Non-AARP Member: \$25

American Sign Language Club

Join the American Sign Language Club. Expand on what you already know. Learn sentence structure and more about Deaf culture. Challenge yourself and continue learning!

Volunteer Instructor: Sharon House

Location: Senior Center Cultural Arts Room

dates	day	time
Jan 6 - Apr 28	Tue	12:00 - 1:00 p.m.

Resident | Non-Resident: FREE

Book Club

Join Mentor librarian Cailey Hutchens to discuss popular reads each month. Call (440) 255-8811, ext. 247 to arrange pick up at the drive thru. Personal copies may also be used. For more information, email cailey.hutchins@mentorpl.org

Location: Senior Center Cultural Arts Room

Wednesdays, 1:30 - 3:00 p.m.

dates	book title
Jan 21	<i>West with Giraffes</i> by Lynda Rutledge
Feb 18	<i>Remember</i> by Lisa Genova
Mar 18	<i>Switchboard Soldiers</i> by Jennifer Chiaverini
Apr 15	<i>The Most Fun We Ever Had</i> by Claire Lombardo

Resident | Non-Resident: FREE

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Balance and Safety During the Winter Months

As the winter months approach, injuries from slipping on the ice and snow become more common. Come and learn how to stay safe this winter. We will teach you 5 simple exercises you should be doing every day to improve your strength and balance so that you can function at your fullest capacity!

Presentation provided by NovaCare Rehabilitation

Location: Senior Center Cardinal Room

date	day	time
Feb 10	Tue	10:00 - 11:00 a.m.

Resident | Non-Resident: FREE

Coffee with the Cops - SWAT Team

The Mentor Special Weapons and Tactics Team, or SWAT, under the command of Lieutenant Mike Fuduric, is comprised of a team of Police Officers who are specially trained to respond to high-risk situations. Learn about the purpose of the SWAT Team, criteria, selection process, equipment and training. In addition, we will discuss what situations require use of special weapons and tactics.

Location: Senior Center Great Room

date	day	time
Apr 15	Wed	10:00 - 11:00 a.m.

Resident | Non-Resident: FREE

Community Outreach Social Worker

The Lake County Council on Aging has a Community Outreach Social Worker who will be onsite to answer questions, provide information, and to make sure that your needs are being met. Assistance is available to help you with: In-home care, Home Safety, Health Insurance, Prescription Assistance, Legal and Financial Issues, HEAP, Food Resources, Housing, Medicaid, Food Stamps, Mental Health, Hygiene, Health and Wellness, etc. No appointment necessary.

Presented by: Licensed Social Worker Connie Brocone

Location: Senior Center Lobby

Thursday(s), 11:00 a.m. - 12:00 p.m.

dates: Jan 15, Feb 19, Mar 19, Apr 16

Resident | Non-Resident: FREE

Depression and Anxiety in Older Adults

Getting older means you have experienced a lot more in this world...and unfortunately a lot of difficult times. In fact, depression is a common problem among older adults, but it doesn't have to be a normal part of aging. Come learn about depression and anxiety amongst older adults, how to get help for yourself or support a friend who may be experiencing one of these. Presentation provided by the Lake County Alcohol, Drug Addiction and Mental Health Services Board.

Location: Senior Center Cardinal Room

date	day	time
Mar 3	Tue	10:00 - 11:00 a.m.

Resident | Non-Resident: FREE



Konversations with Ken

Join City Manager Ken Filipiak for an informative update on what's happening in the City of Mentor.

Location: Senior Center Great Room

date	day	time
Mar 11	Wed	12:00 - 1:00 p.m.

Resident | Non-Resident: FREE

Lake County Council on Aging

The Council on Aging will be at the Senior Center to present information about the programs and services available to Lake County seniors.

Monday(s)

Senior Center Cardinal Room, 12:00 - 12:30 p.m.

Great Room, 12:30 - 1:00 p.m.

dates	topic
Jan 5	Vial of Life
Feb 2	LCCOA Resources
Mar 2	Aging and Disability Resource Center (ADRC)
Apr 6	Benefits: Medicaid, HEAP, SNAP

Resident | Non-Resident: FREE

Lunch and Learn - Market Update

Steve Mrozek, Financial Advisor from Edward Jones will be presenting a seminar providing the latest market update. Whether you are new to investing or want a refresher, our Foundations of Investing presentation will help you learn about the importance of developing a strategy, the impact of asset allocation, and ideas for focusing on what you can control with your finances. Presentation and lunch provided by Edward Jones.

Location: Senior Center Cardinal Room

date	day	time
Mar 18	Wed	10:00 - 11:30 a.m.

Resident | Non-Resident: FREE

Matter of Balance

Take steps to make falls less likely –participate in A Matter of Balance workshop! This nationally-recognized program offered by Fairhill Partners reduces the fear of falling and increases activity levels. Please plan to attend at least 5 of the 8 classes.

Instructor: WRAAA

Location: Senior Center Cardinal Room

dates	day	time
Apr 3 - May 22	Fri	9:30 - 11:30 a.m.

Resident | Non-Resident: FREE

MSC Online Account/ Program Registration

Don't get closed out of classes! Did you know the quickest way to register for classes is online? Avoid the lines and having to get up and out of the house before 8 a.m. Register for this class and we can set you up with an online account and give you instructions on how to do it yourself. You will be surprised how quick and easy it is. Please bring a device with you, preferably a tablet, iPad, or laptop. *Registration starts November 3.*

Location: Senior Center Conference Room #1

dates	day	time
Feb 24	Mon	10:00 - 11:00 a.m.
Feb 25	Tue	10:00 - 11:00 a.m.
Mar 16	Mon	10:00 - 11:00 a.m.
Mar 17	Tue	10:00 - 11:00 a.m.

Resident | Non-Resident: FREE

FITNESS / WELLNESS

Cycling Club

The cycling club begins its 14th season on April 1. All rides are weather permitting and ride cancellations and any changes will be done via email. All rides start at 10 a.m. unless designated otherwise. Optional lunch afterwards. Bicycle helmets are required. New riders are welcome. Rides start on Wednesdays in April and continue through October. Contact Arnie Zvejnieks at (440) 525- 0293, for information or to be added to the mailing list.

Monday Hiking Club

Monday evening hikes usually begin at 6 p.m. and are scheduled from April through October. Hikes are at the various parks in Lake County. You can join the club and hike at any time. Please call the Senior Center to register or if you have any questions. Hiking locations will be emailed to everyone registered for the club.

Line Dancing Basic Beginner

This class is to teach you the basics of line dancing. You will learn the steps and terminology, along with different dance rhythms. We will use different genres of music to make this a fun filled class. All you need is a comfy pair of shoes that have a slick bottom and cannot be kicked off while dancing. Please "no slip-on sandals/flip flops" or "high heels" for your safety.

****No classes Feb 4 or Apr 22****

Instructor: Tina

Wednesday(s), 5:45 - 6:45 p.m.

*dates: Jan 7 - Feb 25**, Mar 4 - Apr 29***

Resident: \$20 | Non-Resident: \$25

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Line Dancing Advanced Beginner/Improver

This is for those ready to take line dancing to the next level. You should have completed at least 6 months of a Basic Beginner class, be an experienced dancer that wants to have a refresher course or just like to keep it nice and easy. This class will move along a little faster, as most steps were learned in the Basic Beginner class.

****No classes Feb 4 or Apr 22****

Instructor: Tina

Wednesday(s), 6:45 - 7:45 p.m.

*dates: Jan 7 - Feb 25**, Mar 4 - Apr 29***

Resident: \$20 | Non-Resident: \$25

Low Impact Aerobics

This energetic class is designed for able-bodied seniors, with a small amount of resistance bands and weights.

****No classes Jan 19 & Feb 16****

Instructor: Sharon

dates	day	time
Jan 5 - Feb 23**	Mon	9:00 - 9:45 a.m.
Jan 6 - Feb 17	Tue	9:00 - 9:45 a.m.
Jan 8 - Feb 19	Thur	9:00 - 9:45 a.m.
Jan 2 - Feb 20	Fri	9:00 - 9:45 a.m.
Mar 2 - Apr 20	Mon	9:00 - 9:45 a.m.
Mar 3 - Apr 21	Tue	9:00 - 9:45 a.m.
Mar 5 - Apr 23	Thur	9:00 - 9:45 a.m.
Mar 6 - Apr 17	Fri	9:00 - 9:45 a.m.

Resident: \$20 | Non-Resident: \$25

Mat Yoga

Enhance your flexibility, strength and balance with a combination of sun salutation, balance and warrior poses. Class will include seated and standing poses, finishing with relaxation. Please bring a mat and wear loose fitting clothes. For beginner and continuing students.

****No classes Jan 19 & Feb 16****

Instructor: Sue, Yoga Renew certified

Monday(s), 3:00 - 3:45 p.m.

*dates: Jan 5 - Feb 23**, Mar 2 - Apr 20*

Resident: \$20 | Non-Resident: \$25

Parkinson's Exercise

This fitness program is designed to empower people with Parkinson's disease by optimizing their physical function and helping delay the progression of symptoms. These classes focus on Parkinson's specific exercises that help fight the symptoms of the disease. No equipment or expertise is necessary; just participate at your own level of ability.

Instructor: Dana, Sharon, Pat

Wednesday(s), 3:00 - 3:45 p.m.

dates: Jan 7 - Feb 18, Mar 4 - Apr 22

Resident | Non-Resident: FREE

Stretch and Balance

Seated and standing exercises focus on isolating to improve balance, flexibility, and to increase mobility. This class is also available virtually through Zoom.

Instructor: Sharon

Tuesday(s) and Thursday(s), 11:00 - 11:45 a.m.

Tuesday dates: Jan 6 - Feb 17, Mar 3 - Apr 21

Thursday dates: Jan 8 - Feb 19, Mar 5 - Apr 23

Resident: \$20 | Non-Resident: \$25

Weight Training

This strength class is designed to build muscle, strength and bone density. Resistance bands and weights will be used while standing and seated.

Instructor: Sharon

Tuesday(s) and Thursday(s), 10:00 - 10:45 a.m.

Tuesday dates: Jan 6 - Feb 17, Mar 3 - Apr 21

Thursday dates: Jan 8 - Feb 19, Mar 5 - Apr 23

Resident: \$20 | Non-Resident: \$25

SilverSneakers®

Silver Sneakers Members = SS Members

SilverSneakers BOOM™ MIND

The best of yoga and Pilates combined in an intermediate to advanced mind-body mat workout. Whether you're looking to challenge yourself or move mindfully at your own pace, this class supports all levels of experience. We'll begin standing and transition down to the mat, finishing with calming stretches and deep relaxation to leave you feeling balanced and refreshed.

Instructor: Sue

Wednesday(s), 4:00 - 4:45 p.m.

dates: Jan 7 - Feb 18, Mar 4 - Apr 22

Resident | Non-Resident: \$20 | SS Members: FREE

SilverSneakers BOOM™ MUSCLE

This class incorporates athletic exercises that boost your overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill. For intermediate to advanced students.

****No classes Jan 19 & Feb 16****

Instructor: Joy

dates	day	time
Jan 5 - Feb 23**	Mon	8:10 - 8:50 a.m.
Jan 5 - Feb 23**	Mon	4:00 - 4:50 p.m.
Jan 7 - Feb 18	Wed	8:10 - 8:50 a.m.
Mar 2 - Apr 20	Mon	8:10 - 8:50 a.m.
Mar 2 - Apr 20	Mon	4:00 - 4:50 p.m.
Mar 4 - Apr 22	Wed	8:10 - 8:50 a.m.

Resident | Non-Resident: \$20 | SS Members: FREE

SilverSneakers® Circuit

Standing upper-body strength work alternated with low impact cardio using a chair for standing support.

Instructor: Sue (Tues/Thurs) | Pat (Wed)

dates	day	time
Jan 6 - Feb 17	Tue	2:00 - 2:45 p.m.
Jan 7 - Feb 18	Wed	11:00 - 11:45 a.m.
Jan 8 - Feb 19	Thur	2:00 - 2:45 p.m.
Mar 3 - Apr 21	Tues	2:00 - 2:45 p.m.
Mar 4 - Apr 22	Wed	11:00 - 11:45 a.m.
Mar 5 - Apr 23	Thur	2:00 - 2:45 p.m.

Resident | Non-Resident: \$20 | SS Members: FREE

SilverSneakers® Classic

Increase muscle strength and range of motion and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor will modify the exercises for your fitness level.

****No classes Jan 19 & Feb 16****

Instructor: Sharon (Mon/Fri), Joy (Tues/Thurs am), Sue (Tues/Thurs pm), Pat (Wed)

dates	day	time
Jan 5 - Feb 23**	Mon	10:00 - 10:45 a.m.
Jan 6 - Feb 17	Tue	8:10 - 8:50 a.m.
Jan 6 - Feb 17	Tue	1:00 - 1:45 p.m.
Jan 7 - Feb 18	Wed	10:00 - 10:45 a.m.
Jan 8 - Feb 19	Thur	8:10 - 8:50 a.m.
Jan 8 - Feb 19	Thur	1:00 - 1:45 p.m.
Jan 2 - Feb 20	Fri	10:00 - 10:45 a.m.
Mar 2 - Apr 20	Mon	10:00 - 10:45 a.m.
Mar 3 - Apr 21	Tue	8:10 - 8:50 a.m.
Mar 3 - Apr 21	Tue	1:00 - 1:45 p.m.
Mar 4 - Apr 22	Wed	10:00 - 10:45 a.m.
Mar 5 - Apr 23	Thur	8:10 - 8:50 a.m.
Mar 5 - Apr 23	Thur	1:00 - 1:45 p.m.
Mar 6 - Apr 17	Fri	10:00 - 10:45 a.m.

Resident | Non-Resident: \$20 | SS Members: FREE

SilverSneakers® EnerChi

Seated or standing tai chi movements in flowing sequence to progress strength, balance and focus.

Instructor: Denise

Thursday(s), 4:00 - 4:45 a.m.

dates: Jan 8 - Feb 19, Mar 5 - Apr 23

Resident | Non-Resident: \$20 | SS Members: FREE

SilverSneakers® Stability

Standing class designed to decrease the risk of falls with focus on improving balance and lower body strength.

****No classes Jan 19 & Feb 16****

Instructor: Sharon (Mon/Fri), Joy (Tues)

dates	day	time
Jan 5 - Feb 23**	Mon	11:00 - 11:45 a.m.
Jan 6 - Feb 17	Tue	12:00 - 12:45 p.m.
Jan 2 - Feb 20	Fri	12:00 - 12:45 p.m.
Mar 2 - Apr 20	Mon	11:00 - 11:45 a.m.
Mar 3 - Apr 21	Tue	12:00 - 12:45 p.m.
Mar 6 - Apr 17	Fri	12:00 - 12:45 p.m.

Resident | Non-Resident: \$20 | SS Members: FREE

SilverSneakers® YOGA

Seated and standing yoga poses to increase flexibility, balance, and range of motion.

****No classes Jan 19 & Feb 16****

Instructor: Sharon (Mon/Fri), Joy (Tues)

dates	day	time
Jan 5 - Feb 23**	Mon	12:00 - 12:45 p.m.
Jan 7 - Feb 18	Wed	9:00 - 9:45 a.m.
Jan 8 - Feb 19	Thur	3:00 - 3:45 p.m.
Jan 2 - Feb 20	Fri	11:00 - 11:45 a.m.
Mar 2 - Apr 20	Mon	12:00 - 12:45 p.m.
Mar 4 - Apr 22	Wed	9:00 - 9:45 a.m.
Mar 5 - Apr 23	Thur	3:00 - 3:45 p.m.
Mar 6 - Apr 17	Fri	11:00 - 11:45 a.m.

Resident | Non-Resident: \$20 | SS Members: FREE

SENIOR CENTER FITNESS CENTER

A variety of cardio equipment is available including treadmills, seated ellipticals and standing ellipticals, NuStep and a recumbent bike. Light free weights, 4 weight stationary stations (abdominal, leg press, leg extension/curl, chest press) and a cable pulley station are available for strength training. Members are asked to disinfect each piece of equipment after use. Please bring clean, dry shoes to prevent equipment damage. **Fitness Orientation is required prior to using fitness center.**

Fitness Orientation - Cardio Training

Learn how to use the treadmill, elliptical and bike including operating the machine, adjusting settings, using heart rate functions and proper form. Maximum of 4 people per class. **Please call to schedule your appointment.**

Location: Senior Center Fitness Center

day	time
Monday	6:30 - 7:20 p.m.
Tuesday	9:00 - 9:50 a.m.
Tuesday	12:00 - 12:50 p.m.
Thursday	1:00 - 1:50 p.m.

Resident | Non-Resident: \$15 | SS Members: FREE

FIRST TIME ONLINE REGISTERING WITH US?

CALL ONE OF OUR FACILITIES SO WE CAN SET UP A NEW ACCOUNT FOR YOU.

Fitness Orientation - Strength Training

Learn how to operate fundamental strength training machines focused on large muscle groups (such as chest, upper back, and hamstrings/quadriceps leg muscles) while using correct form and proper breathing techniques. Participants will receive assistance in determining their specific equipment adjustments and weight settings, and learn how to modify strength training exercises based on individual needs. Maximum of 4 people per class. **Call to schedule appointment.**

Location: Senior Center Fitness Center

day	time
Monday	6:30 - 7:20 p.m.
Tuesday	12:00 - 12:50 p.m.

Resident | Non-Resident: \$15

Personal Training

Don't wait to start feeling great! Schedule an appointment now to get back on the road to health and fitness! You will find that regular exercise will help you feel less stiff, stronger, and more energetic throughout the day. Every step of the way you'll be guided by a passionate personal trainer committed to your safety and wellness.

Location: Senior Center Fitness Center

Tuesday, Thursday and Friday afternoons

Resident | Non-Resident: \$40 for 60 minute session

Resident | Non-Resident: \$20 for 30 minute session

Pick up a flier at the Senior Center for scheduling information

EXERCISE CLASSES AT MENTOR COMMUNITY RECREATION CENTER

Location: MCRC 6000 Heisley Rd., Mentor
Mentor Senior Center Member rates listed below

PICKLEBALL

Beginner Pickleball for Seniors

Adults 55+

Come learn the fastest growing sport in America! This class is for the novice player (USA Pickleball rating of 1.0 - 2.5) and covers the basics of pickleball including rules, terminology, fundamentals and introduces match play. Players are encouraged to bring a paddle, but paddles are provided, and water bottle to each class.

****No class Mar 17****

Instructor: MCRC Staff

Tuesday(s), 11:30 a.m. - 12:30 p.m.

dates: Jan 6 - Jan 27, Feb 3 - Feb 24

Mar 3 - Mar 31, Apr 7 - Apr 28**

MCRC Member: \$48 | MCRC Non-Member: \$58

Intermediate Pickleball for Seniors

Adults 55+

This intermediate class (USA Pickleball rating of 3.0 - 3.5) covers the fundamentals of pickleball including serving, rallying, keeping score, dinking, and match play. Players are encouraged to bring a paddle and water bottle to each class.

****No class Mar 17****

Instructor: MCRC Staff

Tuesday(s), 12:30 - 1:30 p.m.

dates: Jan 6 - Jan 27, Feb 3 - Feb 24

Mar 3 - Mar 31, Apr 7 - Apr 28**

MCRC Member: \$48 | MCRC Non-Member: \$58

WATER EXERCISE CLASSES

A variety of water fitness classes are offered at MCRC. Classes will be offered in one-month sessions. Senior Center members will have special access and pricing for designated classes.

Check out available water classes at <https://cityofmentor.com/departments/parks-recreation/registration/>. Participants can arrive at the facility 20 minutes before class begins and must leave the facility 20 minutes after class ends.

Aqua HIIT Water Exercise at MCRC

A full body interval class - focused on strength with a burst of cardio.

Instructor: MaryBeth

dates	day	time	rate
Jan 6 - Jan 27	Tue	9:00 - 9:50 a.m.	\$20
Jan 8 - Jan 29	Thur	9:00 - 9:50 a.m.	\$20
Feb 3 - Feb 24	Tue	9:00 - 9:50 a.m.	\$20
Feb 5 - Feb 26	Thur	9:00 - 9:50 a.m.	\$20
Mar 3 - Mar 31	Tue	9:00 - 9:50 a.m.	\$25
Mar 5 - Mar 26	Thur	9:00 - 9:50 a.m.	\$20
Apr 7 - Apr 28	Tue	9:00 - 9:50 a.m.	\$20
Apr 2 - Apr 30	Thur	9:00 - 9:50 a.m.	\$25

Cardio Splash Water Exercise at MCRC

A combination of cardio, toning and stretching with a splash of fun.

Intensity: Medium | Instructor: Brenda

dates	day	time	rate
Jan 2 - Jan 30	Fri	10:00 - 10:50 a.m.	\$25
Feb 6 - Feb 27	Fri	10:00 - 10:50 a.m.	\$20
Mar 6 - Mar 27	Fri	10:00 - 10:50 a.m.	\$20
Apr 3 - Apr 24	Fri	10:00 - 10:50 a.m.	\$20

Senior Water Exercise at MCRC

A combination of toning, stretching and light cardio geared toward seniors.

Instructor: MaryBeth

dates	day	time	rate
Jan 6 - Jan 27	Tue	2:00 - 2:50 p.m.	\$20
Jan 8 - Jan 29	Thur	2:00 - 2:50 p.m.	\$20
Feb 3 - Feb 24	Tue	2:00 - 2:50 p.m.	\$20
Feb 5 - Feb 26	Thur	2:00 - 2:50 p.m.	\$20
Mar 3 - Mar 31	Tue	2:00 - 2:50 p.m.	\$25
Mar 5 - Mar 26	Thur	2:00 - 2:50 p.m.	\$20
Apr 7 - Apr 28	Tue	2:00 - 2:50 p.m.	\$20
Apr 2 - Apr 30	Thur	2:00 - 2:50 p.m.	\$25

Shallow/Deep Water Exercise Class at MCRC

A combination of shallow and deep water exercises to tone your body while getting your heart pumping.

Instructor: Barb ****No classes Jan 19 and Feb 16****

dates	day	time	rate
Jan 5 - Jan 26**	Mon	10:00 - 10:50 a.m.	\$15
Jan 7 - Jan 28	Wed	10:00 - 10:50 a.m.	\$20
Feb 2 - Feb 23**	Mon	10:00 - 10:50 a.m.	\$15
Feb 4 - Feb 25	Wed	10:00 - 10:50 a.m.	\$20
Mar 2 - Mar 30	Mon	10:00 - 10:50 a.m.	\$25
Mar 4 - Mar 25	Wed	10:00 - 10:50 a.m.	\$20
Apr 6 - Apr 27	Mon	10:00 - 10:50 a.m.	\$20
Apr 1 - Apr 29	Wed	10:00 - 10:50 a.m.	\$25

Stretch and Tone Water Exercise at MCRC

Light toning and gentle stretching exercises in shallow warm water. This class is perfect for all ages to help with relaxation, stress relief, pain relief, and improved range of motion.

Intensity: Low | Instructor: MaryBeth

dates	day	time	rate
Jan 6 - Jan 27	Tue	10:00 - 10:50 a.m.	\$20
Jan 8 - Jan 29	Thur	10:00 - 10:50 a.m.	\$20
Feb 3 - Feb 24	Tue	10:00 - 10:50 a.m.	\$20
Feb 5 - Feb 26	Thur	10:00 - 10:50 a.m.	\$20
Mar 3 - Mar 31	Tue	10:00 - 10:50 a.m.	\$25
Mar 5 - Mar 26	Thur	10:00 - 10:50 a.m.	\$20
Apr 7 - Apr 28	Tue	10:00 - 10:50 a.m.	\$20
Apr 2 - Apr 30	Thur	10:00 - 10:50 a.m.	\$25

HEALTH SERVICES

Attorney

Meet privately with an attorney to get help with estate planning, wills, trusts and real estate. Register for a free 10-minute appointment.

Location: Senior Center Conference Room #2

Wednesday(s), 1:00 - 2:00 p.m.

dates: Jan 14, Feb 11, Mar 11, Apr 8

Resident | Non-Resident: FREE

Alzheimer's Association Caregiver Support Group

Discuss signs, symptoms, resources available, caregiving help and other topics for those touched by Alzheimer's and Dementia. Group meets the 2nd Thursday of the month.

Location: Senior Center Cultural Arts Room

Thursday(s), 1:00 - 2:30 p.m.

dates: Jan 8, Feb 12, Mar 12, Apr 9

Resident | Non-Resident: FREE

Hearing Screenings

Hearing screenings include an earwax check in both ears, a 10-15 minute baseline hearing test, and recommendations for future hearing healthcare based upon your results. *Please call for an appointment.*

Location: Senior Center - Conference Room #2

Wednesday(s), 10:00 a.m. - 12:00 p.m.

dates: Feb 4, Apr 1 (Amanda's Family Hearing)

Resident | Non-Resident: FREE



Produce Distribution

In conjunction with the Cleveland Food Bank we offer produce distribution for limited income seniors the third Monday of the month from 10 - 11 a.m. All participants will be registered on site. Participants must certify annual gross household income is at or below \$30,120 for a household of 1 and \$40,880 for a household of 2. Income is self-declared; verification is not required. First come, first served. Please bring a heavy-duty bag or two for produce. **No advance registration; bring photo ID for onsite registration.** ****Jan and Feb distribution will be the fourth Monday due to holidays.****

Location: Senior Center Great Room

Monday(s), 10:00 - 11:00 a.m.

dates: Jan 26, Feb 23**, Mar 16, Apr 20**

Resident | Non-Resident: FREE

Parkinson's Support Group

Patients, caregivers, family and friends - all are welcome. Come share and learn from each other on the first Wednesday of each month. Find support and encouragement.

Volunteer Leader: John Mazor

Location: Senior Center Cardinal Room

Wednesday(s), 4:00 - 5:30 p.m.

dates: Jan 7, Feb 4, Mar 4, Apr 1

Resident | Non-Resident: FREE



Special Elders

The Special Elders Program offers light support to help seniors fully enjoy their time at the center. Our compassionate staff provides assistance with socializing, carrying lunch trays for those with physical limitations, registering for programs, and finding activity locations—especially helpful for those with memory challenges. An enrollment appointment with Special Elders staff is required prior to participation in the program. Please note that this service is not intended for individuals who require moderate to significant assistance, unless accompanied by a caregiver. To make participation even easier, Laketrans is available to provide transportation to and from the Mentor Senior Center.

Location: Senior Center

days	time
Monday, Wednesday	10:30 a.m. - 2:00 p.m.
Resident Non-Resident: \$20 annual fee (Jan-Dec)	

Schedule of Activities

Monday

10:30 - 10:50 a.m.	Submit lunch orders
11:00 - 11:45 a.m.	Lunch/Socialization
12:00 - 12:45 p.m.	Billiards (optional), no fee
1:00 - 2:00 p.m.	BINGO \$.25 per card

Wednesday

10:30 - 10:50 a.m.	Submit lunch orders
11:00 - 11:45 a.m.	Lunch/Socialization
12:00 - 12:45 p.m.	Special Elders Silver Sneakers Classic (optional), registration fee
1:00 - 2:00 p.m.	Craft, games or parties

Special Elders SilverSneakers® Classic

Seated and standing exercises to increase muscular strength, range of motion and activities of daily living. This is designed for Special Elders participants and select individuals who may benefit. Wheelchairs welcomed.

Instructor: Pat Talladino

Location: Senior Center Fitness Studio

Wednesday(s), 12:00 - 12:45 p.m.

dates: Jan 7 - Feb 18, Mar 4 - Apr 22

Resident | Non-Resident: \$20 | SS Members: FREE

Visionaries Support Group

If you suffer from vision impairment, plan to attend these free meetings.

Facilitator: Licensed Optician Debbie Kogler

Location: Senior Center Cultural Arts Room

Wednesday(s), 2:00 - 4:00 p.m.

dates: Jan 28, Feb 25, Mar 25, Apr 22

Resident | Non-Resident: FREE

MEALS

Daily Made From Scratch Lunch

(Cash Only) Monday - Friday, 11:30 a.m. - 12:15 p.m.

Stop by for the best deal in town! Mentor Senior Center's talented kitchen staff and volunteers prepare delicious, freshly made entrees, sandwiches, soup, and desserts at reasonable prices, for dine in or carry out. A daily Cook's Special features a meat or other high protein dish, and a vegetable at a cost of \$6.00. Daily homemade soup and sandwiches are also available. Homemade cookies finish off the meal. Drinks include coffee, tea, milk, lemonade, and soda. The monthly menu is available at the Senior Center front desk, in the monthly newsletter and online at www.mentorseniorcenter.com.

No reservation or pre-ordering. Members simply place your order in person and pay the cashier (cash only), pick up your meal at the kitchen window and enjoy. Please bus your table promptly when finished eating.

MEMBERSHIP AND HOURS

Mentor Senior Center, administered by the City of Mentor, is a thriving meeting place with over 4000 members. The center is open Monday and Wednesday from 8 a.m. - 8 p.m. and Tuesday, Thursday, and Friday from 8 a.m. - 5 p.m. Membership is available to anyone 55 years old or older. Membership is required to participate in Senior Center activities. **Registration for 2026 membership begins January 2.** Membership fees are \$10 for Mentor residents and \$15 for nonresidents. Silver Sneaker memberships are also available for those who are eligible. To become a member, please register in person at the Senior Center. You do not need to be a Mentor resident; membership is open to all individuals ages 55 and older. Please note: the front desk closes 30 minutes before the building.

Membership Renewal Reminder

Please note that all memberships are based on the calendar year and will expire on December 31, 2025. Renewals begin on January 2, 2026, and can be completed in person or over the phone. Everyone must renew, including SilverSneakers members. We recommend arriving 30 minutes before your first activity of the new year to allow time for the renewal process.

TECHNOLOGY

iPad/iPhone Help (and Android)

Do you have an iPhone or iPad and have questions on how to use it? Sign up for free one-on-one help to get those questions answered. Please write down all your questions and bring them with you. If you have a question about an error message, please take a screenshot or write down the error exactly as well as what app you are in. If you have an Android device, we can help with that too, it just might take a little longer. Appointment are 30 minutes.

Location: Senior Center Great Room

Monday(s), 12:00 - 2:00 p.m.

dates: Jan 12 and 26, Feb 9 and 23,
Mar 16 and 30, Apr 13 and 27

Resident | Non-Resident: FREE

Laptop Help

Volunteer Nick Ajdinovich is available to help you with your laptop questions. Whether you have a Mac or Microsoft computer, you will get valuable one-on-one help. Schedule your free 30-minute session today. Check in at the front desk.

Location: Senior Center Great Room

Monday(s), 9:00 - 11:00 a.m.

dates: Mar 2 and 9, Apr 6 and 13

Resident | Non-Resident: FREE

Tech Help

Mentor High School students on hand to help with your tablet, iPad, and smart phone questions. Bring your questions and a willingness to tackle these powerful gadgets. *Registration closes 7 days in advance.*

Location: Senior Center - Great Room

Thursday(s), 8:30 - 9:30 a.m.

dates: Jan 8, Feb 5, Mar 5, Apr 2, Apr 30

Resident | Non-Resident: FREE

TRIPS

Trip Description

Our Senior Center offers members exciting opportunities to explore, connect, and have fun through a variety of trips. From day excursions and overnight getaways to special luncheons and more, there's something for everyone to enjoy. Please note: all trips are exclusively available to Mentor Senior Center members, and registration is required.

Trip Promotional Meeting

Start the new year with excitement at our Annual Trip Promotional Meeting on Thursday, January 15 at 1:00 PM at the Mentor Senior Center. This special event gives members an exclusive preview of all the overnight and charter bus trips planned for 2026, with professional tour companies presenting full itineraries, pricing, and highlights. Registration to attend opens December 1 for Mentor resident members and December 2 for non-resident members. Please note: you must be a Mentor Senior Center member to register and attend this event.

Black Brook Golf Course

BLACK BROOK GOLF COURSE & PRACTICE CENTER

8900 Lake Shore Boulevard, Mentor, Ohio 44060
440.951.0010 - www.blackbrookgolfcourse.com



Black Brook Golf Course Instructional Staff

- Tim Ausperk, PGA Golf Professional and General Manager
- Jay Schiffbauer, Director of Instruction and Assistant Manager

Winter Rates

9 Holes	\$14.00
9 Holes/cart	\$22.00
18 Holes	\$23.00
18 Holes/Cart	\$33.00

Senior / Junior

9 Holes	\$13.00
9 Holes/cart	\$21.00
18 Holes	\$20.00
18 Holes/Cart	\$30.00

** Remember, kids play **FREE** on Monday, Tuesday, Thursday anytime and weekends and holidays after 3:00 p.m. when accompanied by a paying adult. Limit 1 junior per paying adult.*

Leagues

Call (440) 951-0010 now to schedule your league at Black Brook Golf Course for the 2026 season. We also have many various leagues accepting new members. Call us and we can assist in placing you in a league that suits your needs.



Natural Resources

CITY OF MENTOR NATURAL RESOURCES

Winter Marsh Excursion Ages 7+

Have you ever seen a fox in the dead of winter and wondered how they survive? Join a naturalist for a hike through the Lagoons and learn how wildlife survives these crazy Northeast Ohio winters. Take this opportunity to get out of the house to stretch your leg and brain muscles.

Instructor: Jamie Jubeck, Natural Resource Specialist

Location: Mentor Lagoons Nature Preserve

date	day	time
Jan 18	Sun	1:00 - 3:00 p.m.

Resident | Non-Resident: FREE

Nature Trivia All Ages

Grab some friends and test your nature knowledge. Hosted by natural resource specialists, teams will compete for the title of lord of the nature nerds and a prize! Categories range from basic fun facts to niche knowledge across categories such as botany, ornithology, astronomy, meteorology, zoology, and more. Maximum of 6 people per team. Light snacks and drinks provided, but you are welcome to bring your own.

Instructor: Jamie Jubeck, Natural Resource Specialist

Location: Springbrook Gardens Gardenhouse

date	day	time
Mar 20	Fri	5:30 - 7:30 p.m.

Resident | Non-Resident: \$15

Build-a-Box Workshop Ages 16+

Looking to make your yard a better habitat for bats, owls, or cavity nesting birds (such as bluebirds)? Take advantage of this workshop where you can choose between a bat box, bluebird box, or owl box to construct and bring home. Natural resource specialist will provide building assistance and go over location selection, maintenance, monitoring and more! Learn how to support wildlife in our area through this workshop. All tools and construction materials provided.

Instructor: Jamie Jubeck, Natural Resource Specialist

Location: Springbrook Gardens Gardenhouse

date	day	time
Jan 11	Sun	1:00 - 3:00 p.m.

Resident | Non-Resident: \$25



Spring Paddle Ages 13+

Spring is a very active time of year in the marsh. Migratory birds are moving through, turtles and frogs are breeding, and flowers are popping! Paddle with a naturalist on a guided kayak tour of the Mentor Lagoons and Marsh to observe what makes these nature preserves so amazing.

Instructor: Jamie Jubeck, Natural Resource Specialist

Location: Mentor Lagoons Nature Preserve

date	day	time
Apr 12	Sun	1:00 - 3:00 p.m.

Resident | Non-Resident: \$25

(Kayak and PFD provided)

Spring Wildflower Walks All Ages

It's the perfect time of year to witness spring ephemerals emerging! Don't miss out on the short-lived blooms of spectacular flowers! Join a naturalist for a guided tour of the wildflowers at Wildwood Cultural Center or Mentor Lagoons and see an impressive diversity of native flowers.

Instructor: Alison Imhoff, Natural Resource Specialist

Location: Wildwood Cultural Center or

Mentor Lagoons Nature Preserve

dates	day	time
Apr 18	Sat	2:00 - 3:30 p.m. (Wildwood)
Apr 24	Fri	5:00 - 6:30 p.m. (Lagoons)

Resident | Non-Resident: FREE

Bioblitz! All Ages

Join the team and help us compete in this year's City Nature Challenge! This is an annual global bioblitz where cities collaborate and compete to catalog as many wildlife species as possible. By participating we can make positive impacts on understanding biodiversity and contribute to valuable scientific research. Hike the Mentor Lagoons Nature Preserve as we observe, catch, and catalog species of plants and wildlife. Take this opportunity to strengthen your ID skills and participate in a great citizen science initiative.

Instructor: Natural Resource Specialist

Location: Mentor Lagoons Nature Preserve

date	day	time
Apr 26	Sun	1:00 - 3:00 p.m.

Resident | Non-Resident: FREE

Summer Camps: Get Out & Play

About Our Camps

Mentor Parks & Recreation is dedicated to providing an outstanding, fun and safe camp environment and experience for all those who participate. We offer exciting camp experiences across many areas of interest designed to promote physical activity, teach new skills, and challenge kids to reach and grow and to make new friends. To accomplish these goals while maintaining safety, affordability, and convenience, we rely on a well-trained staff of adults and college students who have a passion for working with young people. Here's a little more about our staff:

- Staff members are primarily adults and college students; a few high school students assist.
- All staff members are CPR and first aid certified.
- Staff are knowledgeable and well-trained.
- All staff members go through criminal background checks before they are hired.
- Emergency and safety procedures are reviewed on a regular basis.
- Staff members are available to answer your questions at any time.
- We maintain low staff to camper ratios to provide the best experience possible.

We offer more than 100 weeks of camp - from traditional camps like Civic Center Day Camp to discovery camps such as Artists Camp to sports camps like basketball and soccer.

Civic Center Day Camp	Grades K - 5
Rise and Shine / Cool Down Camps	Grades K - 5
Kid Quest	Grades K - 5
Wildwood Theatre Camp	Ages 7 - 15
Golf Camp	Ages 8 - 14
Preschool Cheerleading Camp	Ages 4 & 5
Cheerleading, Jumps And Tumbling Camp	Ages 5 - 8
Soccer Camp	Ages 6 - 12
Volleyball	Ages 4 - 6

Plus many more!

Registration

Our full catalog of camps will be mailed to all residences of students who attend City of Mentor Schools and posted online. Registration dates will be posted in the Summer Camp Brochure and posted online.

How to Register

Online: <https://cityofmentor.com/departments/parks-recreation/registration/>

By Phone: (440) 974-5720

Monday - Friday, 8 a.m. - 5 p.m.

In Person: Recreation Department:
6000 Heisley Road, Mentor
Mentor Ice Arena: 8600 Munson Rd.,
Mentor (skating camps only)

Active Adults

Body Sculpting™

Adults 14+

Awaken your entire body with this one-hour results-oriented Body Sculpting workout designed to make you lean and defined. Build and sculpt muscles, strengthen your core, improve your strength and flexibility while burning fat and calories by using just one set of 3-5 lb. dumbbells. You will gain strength, balance, flexibility and endurance while focusing on total body health. This class will fire up your metabolism helping you to lose weight and inches, while also improving bone strength and density. Bring a set of 3-5-pound dumbbells, exercise mat, water bottle, and stretch band to class. Accommodates all fitness levels. Work out at your own pace. All classes are taught by Certified Fitness Trainers. Join anytime! Class size is limited, and advance registration is required! Ages 14+. Register online at www.flexcity.com or email for assistance at bodysculpting@flexcity.com.

Location: Old Council Hall

\$55 for each 8-class session.

Monday & Wednesday - 6:00 - 7:00 p.m.

Jan 5 - Jan 28, Feb 2 - Feb 25,

Mar 4 - Mar 30, Apr 1 - Apr 29 (**no class Apr 6**)

Tuesday & Thursday - 9:30-10:30 a.m.

Dec 16 - Jan 15 (**no class Dec 25 & Jan 1**),

Jan 20 - Feb 12, Mar 17 - Apr 9, Apr 14 - May 7

Online Courses with Ed2Go

Ed2Go is Mentor Recreation's Online Learning Center. You'll find over 300 courses - on everything from Business, Teaching and Nursing, to Digital Photography, Spanish and Creating Web Pages - with most courses starting as low as \$89. Our instructor facilitated online courses are informative, fun, convenient and highly interactive. Our instructors are famous for their ability to create warm and supportive communities of learners.

All courses run for six weeks (with a two-week grace period at the end). Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more. You can complete any course entirely from your home or office, any time of the day or night.

Courses require internet access, email, Netscape Navigator or Microsoft Internet Explorer web browser. Some courses may have additional requirements. Please visit the online instruction center at www.ed2go.com mentor for details.

Visit our Online Instruction Center www.ed2go.com/-mentor to get more information on these top courses and more! **ENROLL NOW**

**City of Mentor
Department of Parks,
Recreation & Public Facilities**

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Click Online Registration to register today!