

CITY OF MENTOR



summer program guide 2024

registration

begins

APRIL 1

for residents/

MCRC members &

APRIL 2

for non-residents/

MCRC non-members

Mentor Parks and Recreation

cityofmentor.com/parks-recreation | 440.974.5720

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Registration

resident registration begins
APRIL 1, 2024

non-resident registration begins
APRIL 2, 2024

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 April 1st. MCRC Non-Members registration for MCRC programs is April 2nd. All other programs and courses follow Resident/Non-Resident registration dates.

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



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
Mark T. Freeman		Councilperson, Ward 3
Scott J. Marn		Councilperson-at-Large
Janet A. Dowling		Councilperson-at-Large
Ray Kirchner		Councilperson-at-Large

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
Michael Camerieri	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.
Wildwood Cultural Center	7645 Little Mountain Rd

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
 City News e-newsletter signup cityofmentor.com

Registration

2 easy ways to register

Online

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 /Drop-Off

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

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 Course Refunds

Please choose your classes carefully. Full refunds will only be granted if a class is cancelled by the City of Mentor. **There is a \$10 administrative fee for classes cancelled or changed by the customer.** Refunds will only be granted 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 program. Participants assume risk of change in personal affairs or health.

Camp Refunds

Please choose your camps carefully. Full refunds will only be granted if a camp is cancelled by the City of Mentor. **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. Changes must be made one month prior to the start of camp. Camp changes and partial cancellations cannot be applied to the Full 9 Week Camp option.

Senior Center Registration

Senior Center membership is required to participate in Senior Center activities including classes, activities and programs. Non-senior adults may register for programs at the Mentor Senior Center. Please contact the center for details.

Overnight Bus Trip Refunds

Please choose your classes carefully. Full refunds will only be granted if a class is cancelled by the City of Mentor. **An administrative fee of \$25 will be assessed per person for any changes made to trip registrations.** Changes will include participant cancellations, refund requests, transfers and/or room changes. No changes will be made/granted after the advertised Deadline. Participants assume 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) on all programs offered at Wildwood Cultural Center.

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

There are many opportunities to become involved in the events produced by Mentor Parks & Recreation through sponsorship and advertising. Call Ante Logarusic at (440) 974-5794 or logarusic@cityofmentor.com.



Memorial Day Walking Parade & Ceremony

Monday, May 27, 10:00 a.m.
Mentor Cemetery

Join the City of Mentor as we pay tribute to those who have served our country. Parade units gather in the Heinen's parking lot at 9 a.m. Step-off for the solemn processional begins at 9:30 a.m. and follows Mentor Avenue to Hopkins Road to Mentor Cemetery. Groups wishing to participate in the parade and/or memorial services should call the Recreation Department at (440) 974-5720 before May 13.



Mentor Farmers Market

Fridays, June 14 - September 13, 2:00 - 6:00 p.m.
Eleanor B Garfield Park, 7967 Mentor Avenue

The popular Mentor Farmers Market returns Fridays from 2:00 PM to 6:00 PM at Eleanor B. Garfield Park from June 14 through September 13, 2024. Join us at the market and enjoy an afternoon under century-old shade trees while you shop for delicious fresh-picked fruits and vegetables, pies, plant starts, honey, specialty baked goods, and other farm-related products. Fantastic Fridays are June 14, July 26, and August 30. NEW THIS YEAR: Fantastic Friday hours are 2 p.m.-7:30 p.m. This year, in addition to a wonderful selection of produce and freshly made items, art and craft vendors will be on hand with a wide variety of handmade items. Patrons can also enjoy live vendor demonstrations, food, live music, and so much more! For additional information or to obtain a vendor application, visit mentorfarmersmarket.com or call (440) 974-5735.



Just Kids Stuff Garage Sale and Early Bird Farmers Market Preview

Friday, May 17, 2:00 - 6:00 p.m.
Early Bird Farmers Market Preview-
Garfield Park Upper Grounds
Just Kids Stuff Garage Sale- Garfield Park Pavilion
(Lower Grounds)

Join us for this new and exciting event! Mentor Farmers Market will host an early preview for their 2024 market while our Recreation Department hosts its annual Just Kids Stuff Garage Sale! Garfield Park will be a one stop shop for many items ranging from baked goods and produce, to kid's items and toys. The market will take place in its normal location in the upper grounds of Garfield Park while the kids garage sale will take place in the lower section near the pavilion and ball fields. For inquiries on becoming a Farmers Market vendor, please reach out to Wildwood Cultural Center at 440-974-5735. Vendor questions for Just Kids Stuff Garage Sale can be directed towards 440-974-5720. Just Kids Stuff Garage Sale vendor cost for a 10'X10' space is \$25 for residents and \$30 for non-residents. Residents can begin signing up April 1st. Non-Residents can sign up on April 2.

July 4th Fireworks Display and Concert

Thursday, July 4, Civic Center Park, 8:00 p.m.

Enjoy a free concert on the main stage of the amphitheater to be immediately followed by the spectacular FREE fireworks display set to begin at approximately 9:50 p.m. Fireworks can be viewed from Civic Center Park and Mentor High School. Please observe the designated No Parking areas in the surrounding area. Continue the summer tradition with your family and spend an enjoyable evening at Civic Center Park.

First time online registering with us?

Call one of our facilities so we can set up a new account for you.



Mentor Cruise-In

Saturday, August 10, 10:00 a.m. - 2:00 p.m.

Location: Mentor Civic Center,
8500 Civic Center, Mentor, Ohio 44060

Admission: FREE

Vintage car buffs can spend a day viewing classic cars and trucks at the City of Mentor's Annual Classic Cruise-In. With free admission, spectators can enjoy reminiscing of the good old days, while looking at more than **800 VEHICLES**. The first 250 registered cruisers / car owners will receive a goodie bag and dash plaque. Cruiser registration 8 a.m. - 12 p.m. No vehicles on site before 8 a.m. For more information, call (440) 974-5735. No Rain Date.



Mentor CityFest - TWO Days One BIG Event

Friday, August 16, 5:00 - 11:00 p.m. &
Saturday, August 17, 12:00 - 11:00 p.m.
Civic Center Park

Mark your calendar for the biggest two-day event in northeast Ohio! More than 25,000 people attended this family-oriented, active event last year. We're working to bring exciting features to this year's festival. This is what we've got planned so far:

- Inflatables and more interactive games for kids and adults
- Huge assortment of delicious foods from 20 vendors
- Adult beverages for sale
- Local business tent featuring over 50 local businesses
- Kids entertainment stage
- And much, much more!

Interested in sponsorship opportunities? Contact Ante Logarusic at logarusic@cityofmentor.com. Visit cityofmentor.com for the latest updates and volunteer opportunities.

CITYOFMENTOR.COM/PARKS-RECREATION

[unveiled] Art Exhibition

SAVE THE DATE!!! May 3 through June 21
Drop off Date April 29 between 2:00 - 6:00 p.m.
Artist Reception May 3, 7:00 - 8:30 p.m.

All visual media artists are encouraged to enter this exhibition. The Exhibition will be showcased at the Mentor Municipal Center. Over \$2,000 in prizes will be awarded to winners, including the \$750 best-of-show award! Artwork and application on April 29, 2024, between the hours of 2 p.m. and 6 p.m. A public awards reception for award winners will be held on Friday, May 3, 2024, at Mentor Municipal Center from 7 p.m. to 8:30 p.m. Artwork will be on display at the Mentor Municipal Center, May 3rd through June 21st, 2024, Monday through Friday, 8 a.m.-4:30 p.m. \$20 entry fee, and artists are allowed to enter up to two pieces of artwork. For more information, call the Wildwood Cultural Center at (440) 974-5735 or visit www.cityofmentor.com.

[unveiled] Rebecca Nieminen Solo Exhibition

Date: June 24 through August 16
Open Reception: June 28, 2024, 7:00 - 8:30 p.m.
Mentor Municipal Center,
Location of Exhibition/Artist Reception:
Mentor Municipal Center
(8500 Civic Center Blvd., Mentor, Ohio 44060)

Rebecca Nieminen is a local northeast Ohio author and photographer. The owner of Storyteller Photography, Rebecca, captures photos to showcase to the public a window to the intense, ethereal beauty of nature. Along with this, she encourages people to recognize the extraordinary within the ordinary. Her exhibit, presented by [unveiled] and the Mentor Arts Commission, showcases her work from the past and present and from all around Ohio. The exhibit is open for public viewing at the Mentor Municipal Center Monday through Friday, 8a.m. to 5p.m.



Mentor Parks and Recreation - 2024 Summer



Tunes at the Lagoons

Friday, June 7 - August 23, 7:00 - 9:00 p.m.
Mentor Lagoons Marina

The City of Mentor will again offer entertainment on Friday nights with "Tunes at the Lagoons" at the Mentor Lagoons Marina. Admission and parking are free. Attendees can enjoy food and refreshments from a variety of food trucks, as well as a selection of adult beverages for those 21 and over. The 2024 season will consist of two performances per month and feature popular local bands. For more information please visit cityofmentor.com



Mentor Rocks

Tuesday, June 4 - August 27, 7:00 p.m. - 9:00 p.m.
Civic Center Park



The City of Mentor is pleased to announce the 2024 Mentor Rocks summer concert series presented by Prosperity Haven. Mentor Rocks is held Tuesday evenings from 7:00 PM to 9:00 PM at the state-of-the-art Mentor Civic Amphitheater. The concert series will feature fourteen shows this year from June 4 through August 27. Mentor Rocks is an all-ages event which promotes a festival-like atmosphere each week. In addition to great music, attendees can enjoy a great selection of food from area vendors as well as an assortment of beers and wines. The venue features lawn seating, so bring your own blankets or chairs. Outside food and beverages are permitted. Outside alcohol is prohibited. Admission and parking to all **Mentor Rocks concerts are free thanks to the generous support of our corporate sponsors.** Sponsorship opportunities are still available. For this year's lineup and event information, please visit mentorrocks.info



Wildwood Arts & Wine FEST

Saturday, June 22, 12:00 - 6:00 p.m.
Location: Wildwood Cultural Center,
7645 Little Mountain Road, Mentor, Ohio 44060
Admission \$2 Children 10 and under are free

Enjoy a day filled with art, music, wine, and more! This outdoor event features gallery-style booths filled with visual artists along with unique artisan and specialty foods. Savor a glass of wine from selected local wineries on the grounds! Musical entertainers, including the Air Chiefs and food trucks will rounds out the day's festivities. NEW THIS YEAR: art demonstrations, theatrical performances, and instrumental performances allowing one to LISTEN, LEARN AND ENJOY! For more information, call Wildwood Cultural Center at (440) 974-5735 or wildwood@cityofmentor.com.



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

SKATE ON IN SUMMER 2024

Registration Dates: Residents: April 1, 8:00 a.m.
Non-Residents: April 2, 8:00 a.m.
Registration is in person, on-line, or phone
440-974-5730

THERE ARE NO CLASSES THE WEEK OF JULY 1ST (7/1 - 7/5) Except Ice Show/Competition Class on *July 3 THERE WILL BE CLASS

Learn-To-Skate General Information

Ice Skating Lessons are offered to all ages 3 and up. Lessons are structured for all ages and interest including recreational skater, hockey, figure skating, and synchronized skating.

- Children age 3 - 5 start with the Tot program.
- Children 6 - 12 start with the Basic program.
- Skate rental is included in class fee
- All Tot and Basic classes are 7 weeks
- **CLASSES BEGIN June 10th through August 1st**

Mentor Summer 2024

Tot Learn to Skate

Ages 3-5

Location: Mentor Ice Arena - Studio Rink
Resident: \$70 | Non-Resident: \$85 (7 weeks)

Tot 1

dates	day	time
June 10 - July 29	Monday	6:20 - 6:50 p.m.
June 11 - July 30	Tuesday	1:00 - 1:30 p.m.
June 13 - Aug 1	Thursday	5:45 - 6:15 p.m.

Tot 2

dates	day	time
June 10 - July 29	Monday	6:20 - 6:50 p.m.
June 11 - July 30	Tuesday	1:30 - 2:00 p.m.
June 13 - Aug 1	Thursday	5:45 - 6:15 p.m.

Tot 3

dates	day	time
June 10 - July 29	Monday	6:20 - 6:50 p.m.
June 11 - July 30	Tuesday	1:30 - 2:00 p.m.
June 13 - Aug 1	Thursday	5:45 - 6:15 p.m.

Basic Learn to Skate

Ages 6-12

Location: Mentor Ice Arena - Studio Rink
Resident: \$80 | Non-Resident: \$95 (7 weeks)

Basic 1

dates	day	time
June 10 - July 29	Monday	5:30 - 6:15 p.m.
June 13 - Aug 1	Thursday	6:15 - 7:00 p.m.

Basic 2

dates	day	time
June 10 - July 29	Monday	5:30 - 6:15 p.m.
June 13 - Aug 1	Thursday	6:15 - 7:00 p.m.

Basic 3 - 6

dates	day	time
June 10 - July 29	Monday	5:30 - 6:15 p.m.

Aspire 1

dates	day	time
June 10 - July 29	Monday	5:30 - 6:15 p.m.

Aspire 2

dates	day	time
June 12 - July 31	Wed	6:45 - 6:55 p.m. (Off ICE) 7:00 - 7:45 p.m. (On ICE)

Teen/Adult

dates	day	time
June 12 - July 31	Wednesday	6:35 - 7:20 p.m.

CITYOFMENTOR.COM/PARKS-RECREATION

Looking to begin Hockey?

Pre-Requisite: Age 3 - 5 Must have passed Tot 1. Ages 6 - 8 must have passed Basic 1. Once your child has passed the Learn -to- Skate requirements they are eligible to start the Learn to Play/Mighty Mite/ADM Program. For further information please contact Meaghan Mack at Mack@cityofmentor.com

THERE ARE NO CLASSES July 1, 2, 4, 5
July 3rd Competition, and Ice Show will have class

Specialty Classes

Location: Mentor Ice Arena - Main Rink

Competition Class (passed Tot 1 or Basic 1)

Fee: \$80

dates	day	time
June 12 - July 31	Wednesday	5:15 - 6:00 p.m.

There is class on July 3rd

Competition is July 27th

Learn to Skate Ice Show Class (passed Tot 1 or Basic 1)

Competition Class: \$80 (resident/non-resident)

Ice Show Class: \$90 (resident/non-resident)

(includes t-shirt for the show)

dates	day	time
June 12 - July 24	Wednesday	6:00 - 6:30 p.m.

Show is on July 31st

Summer Public Skates

Time: 1:30 - 3:00 p.m.

Saturday's, June 8 - July 20, 2024

NO PUBLIC SKATE ON JULY 6

Prices: Adults (18 and over) \$ 9.00

Children/Seniors \$7.00 Skater Rental \$4.00

Stick & Puck

Saturday's, June 8 - July 20, 2024

NO STICK & PUCK ON JULY 6

Location: Main Ice Arena

Stick & Puck is an opportunity for your Youth Hockey player to engage in ice time with hockey player friends, not in a structured team practice, while enjoying their time on the ice. Participants are required to wear full hockey equipment. Mite dads can skate and play. Helmets are mandatory for adults. **Please sign-in, pay at the front desk as you enter the front doors.**

This time is NOT for the general public.

PLEASE BRING YOUR OWN HOCKEY PUCKS

Price: \$15 per hour (resident/non-resident)

PW/Bantam 11:00 a.m. - 12:00 p.m.

Mite/Squirts 12:15 - 1:15 p.m.

Mentor Parks and Recreation - 2024 Summer



Cool Blades Ice Skating Summer Camp Ages 5-12

Stay cool this summer and learn how to ice skate! Ice Skating Camp is open for beginner skaters to advanced skaters. Skaters will learn skills for their levels, and they will have some practice time to work on these skills. They may also be able to pass the level they are working on. Also, skaters will have some fun on the ice with playing games such as kickball, soccer, and other games on ice. Camp is from 1:00-4:00 pm Monday through Friday. Skaters will take a mid-afternoon break off the ice, so they will need a snack and water bottle. Skate rental is included. All skaters 10 and under **MUST** wear a helmet. We have helmets available; bike helmets are acceptable.

Ages 5 -12. Minimum 10 skaters

Location: Mentor Ice Arena

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

dates	day	time
June 17 - June 21	M-F	1:00 - 4:00 p.m.
June 24 - June 28	M-F	1:00 - 4:00 p.m.
July 8 - July 12	M-F	1:00 - 4:00 p.m.
July 15 - July 19	M-F	1:00 - 4:00 p.m.



First time online registering with us?

Call one of our facilities so we can set up a new account for you.

Summer Camps

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

Registration

Camp registration began February 1 for Mentor residents and February 5 for nonresidents. All camps require advance registration. Registration for camps generally closes the Wednesday before it is scheduled to begin so that our staff can prepare necessary paperwork, verify supplies and maintain the correct staff to camper ratios. **Registration will not be accepted the day a camp begins.** Please check our website for the most up to date information

How to Register

Online: www.cityofmentor.com/parks-recreation

By Phone: (440) 974-5720 Monday - Friday, 8 a.m. - 5 p.m.

In Person: Recreation Department: 6000 Heisley Rd., Mentor
Mentor Ice Arena: 8600 Munson Rd., Mentor
(skating camps)

Camp Refunds:

Please choose your camps carefully. Full refunds will only be granted if a camp is cancelled by the City of Mentor. **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. Changes must be made one month prior to the start of camp. Camp changes and partial cancellations cannot be applied to the Full 9 Week Camp option.

Mentor Summer 2024

Please check our website at <https://cityofmentor.com/departments/parks-recreation/registration/summer-camps/> for a most current listing of camps offered. **Some camps listed below may be sold out by the time this brochure has been issued.**

Superstars	Grades K & 1
Ventures	Grades 2 & 3
Explorers	Grades 4 & 5
Rise & Shine Camp	Ages 5 - 12
Cool Down Camp	Ages 5 - 12
Bump, Set, Spike-Volleyball for Beginners	Ages 8 - 12
Serving, Strategy & More-Volleyball Camp	Ages 9 - 14
Volleyball for Advancing Players	Ages 9 - 14
Preschool Cheerleading Camp	Ages 4, 5 & 6
Cheerleading, Jumps & Tumbling Camp	Grades 2 - 3
Cheerleading, Jumps & Tumbling Camp	Grades 3 - 4
Cheerleading, Jumps & Tumbling Camp	Grades 5 - 6
Basketball Camp	Ages 5 - 8
Basketball Camp	Ages 9 - 12
Flag Football Camp	Ages 8 - 12
Soccer Camp	Ages 6 - 13
Junior Golf Camp	Ages 8 - 14
Cool Blades Summer Ice Skating Camp	Ages 5-12
Operation Outrageous Fun	Grades 6 - 7
Play Camp	Ages 4 - 6
Eco-Hero's	Ages 10-15
Boating Camp I	Ages 10 - 14
Boating Camp II	Ages 10 - 14
A Week at the Beach	Ages 7 - 11
Marina Mondays	Ages 8 - 13
Artists Camp	Ages 7 - 12
X-treme Science Challenge	Ages 8 - 12
Superhero Academy	Ages 4-6
Grandparent & Me Camp	Ages 5+ w/Grandparent
NEW!! Wildwood Camp Quest	Ages 7-10
Wildwood Theatre	Ages 9 -15
Fun in the Kitchen Cooking Camp	Ages 8-12

Active Kids

Hummingbird Soccer Ages 3 - 6

Children ages 3 - 6 will have fun and learn the basics of passing, trapping, dribbling, spacing, shooting and defending in the sport of soccer. Each session consists of instruction in each aspect of the game, participation in fun drills that are designed to teach skills, and low-key, non-competitive simulated games, where kids are separated by age and skill level. Coaches from Jump Start run the program, but parents are encouraged to participate in coaching. Each child will receive a team shirt, trophy and water bottle. Please select the age level appropriate for your child.

Instructor: Jump Start Sports

Location: Wildwood Cultural Center

Resident: \$120 | Non-Resident: \$130

3 - 4 year olds

dates	day	time
June 10 - July 15	Monday	6:00 - 7:00 p.m.

5 - 6 year olds

dates	day	time
June 10 - July 15	Monday	7:00 - 8:00 p.m.

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Little Hip Hop and Tumble

Ages 3 - 5

Children will perform hip hop moves to upbeat "kid-friendly" music and enjoy games and activities while learning beginner through intermediate level tumbling skills. This class promotes the development of coordination, strength, flexibility, balance and spatial awareness. Each session will end with a performance for family and friends.

Instructor: Communities in Motion

Location: Mentor Community Recreation Center

MCRC Member: \$49 | MCRC Non-Member: \$62

dates	day	time
May 6 - 27	Monday	5:00 - 5:30 p.m.
June 3 - 24	Monday	5:00 - 5:30 p.m.
July 1-22	Monday	5:00 - 5:30 p.m.
Aug 5 - 26	Monday	5:00 - 5:30 p.m.

Move and Groove with Me

Ages 2 - 4

Our soundtrack of fun songs will delight your preschoolers. This pre-dance and tumble program promotes coordination, strength, flexibility and spatial awareness. Instructor will work individually with students at each class.

Instructor: Communities in Motion

Location: Mentor Community Recreation Center

MCRC Member: \$49 | MCRC Non-Member: \$62

dates	day	time
May 6 - 27	Monday	5:30 - 6:00 p.m.
June 3 - 24	Monday	5:30 - 6:00 p.m.
July 1-22	Monday	5:30 - 6:00 p.m.
Aug 5 - 26	Monday	5:30 - 6:00 p.m.

Princess Ballet

Ages 3 - 5

This class is designed for the tiny dancer and parent-/caregiver. The class is full of fun songs and will give your little dancer exposure to ballet without the structure of Preschool (Princess) Ballet. Come enjoy the class in your favorite ballet outfit.

Instructor: Communities in Motion

Location: Mentor Community Recreation Center

MCRC Member: \$49 | MCRC Non-Member: \$62

dates	day	time
May 6 - 27	Monday	6:00 - 6:30 p.m.
June 3 - 24	Monday	6:00 - 6:30 p.m.
July 1-22	Monday	6:00 - 6:30 p.m.
Aug 5 - 26	Monday	6:00 - 6:30 p.m.

summer camps/active kids

Cheer/Hip Hop

Ages 6 - 9

Would you like to learn some cool cheers and moves? Come join in the fun of this cheerleading class as we do cheers, arm motions, dance, jumps, conditioning moves and tumbling skills - beginner thru intermediate. This type of class is beneficial because the skills worked on assist the development of coordination, strength, flexibility, balance and spatial awareness. Each session will end with a performance for family and friends.

Instructor: Communities in Motion

Location: Mentor Community Recreation Center

Member: \$49 | Non-Member: \$62

dates	day	time
May 6 - 27	Monday	6:30 - 7:00 p.m.
June 3 - 24	Monday	6:30 - 7:00 p.m.
July 1-22	Monday	6:30 - 7:00 p.m.
Aug 5 - 19	Monday	6:30 - 7:00 p.m.



8900 Lake Shore Boulevard, Mentor, Ohio 44060
440.951.0010 - www.blackbrookgolfcourse.com

Special Events

Free Golf Clinic & Open House

Sunday, April 28th, 11:00 a.m. - 12:30 p.m.

Get some professional help from PGA Professional Tim Ausperk and Head of Teaching Jay Schiffbauer. They will put on a 1.5-hour demonstration featuring full swing technique including driver and iron swings, as well as short game. Helpful information and tips about our facility is included as well. 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.

Mothers Day "Moms" Play FREE

Black Brook Golf Course

Sunday, May 12th

This Mother's Day treat your favorite mother to a free round of golf at Black Brook Golf Course. All moms play free when accompanied by another player. Call Black Brook Golf Course for tee times today (440) 951-0010. Cart not included. Offer valid on Sunday, May 12th only.

Golf Outings

Planning a golf outing? Black Brook Golf Course is a great place to schedule your group event. Our staff will tailor your outing to meet your needs! We can include a complete lunch or dinner. Golfers are served on our covered pavilion overlooking our famous 18th hole. To learn more about how we can make your outing a very special event, call (440) 951-0010.

Tee Times

Black Brook Golf Course is now working with GolfNow to offer online tee time booking. Just visit www.BlackBrookGolfCourse.com for details. It's quick, easy, and very convenient. You and your friends will be able to see what times are available across several days to make scheduling a foursome easier.

Rates

April 15 - September 30

Monday - Friday	Walking	Riding
9 holes Sr./Jr.	\$13.00	\$21.00
9 holes	\$15.00	\$23.00
18 holes Sr./Jr.	\$21.00	\$29.00
18 holes	\$25.00	\$34.00
Saturday & Sunday	Walking	Riding
9 holes	\$17.00	\$26.00
18 holes	\$29.00	\$46.00

*Add on fee of \$5 for 9 holes and \$8 for 18 holes for personal cart usage.

Practice Center	Discount Card	Save
Small Bag (40 Balls) \$7.00	Six Small Bags \$35.00	\$7.00
Medium Bag (55 Balls) \$9.00	Six Medium Bags \$45.00	\$9.00
Large Bag (90 Balls) \$11.00	Six Large Bags \$55.00	\$11.00

Leagues - Would You Like to Join a Golf League?

Black Brook Golf Course has established Men's, Women's, Co-Ed, Senior, and Junior Leagues accepting new members for the 2024 season. Call the course for more information.

Family Friendly Course

Black Brook Golf Course and Practice Center is designated as a Family Friendly Golf Course by the PGA of America. Along with our regular tees we also have tees to make the course shorter in length providing a beginner friendly short course for beginners and juniors. Black Brook received a "Sticks for Kids Grant" that provided 10 sets of junior clubs which will be used for golf schools, camps, Jr. League, and general play on the course. Black Brook is trying to make golf more affordable for families by offering free golf to a junior when accompanied by a paying adult on Monday's, Tuesday's, Thursday's, weekends and Holiday's after 3:00 p.m. Limited to one junior per paying adult.

Black Brook Golf Academy Learn How to Play

The Black Brook Golf Academy offers every form of instruction to get students ready for play on the course. Besides our structured golf schools and camps, we can also structure a program to fit the needs of your family, business, or social group. Call one of our instructors at 440-951-0010 for more information.

Black Brook Golf Course Instructional Staff

Tim Ausperk, PGA Golf Professional and General Manager
Jay Schiffbauer, Head of Teaching and Assistant Manager

Golf Schools

Black Brook Golf Course Instructional Staff

Now is the time to get golf ready with the Black Brook Golf Course instruction staff. Instruction includes fundamentals of golf including grip, stance, full swing, short game, putting, and etiquette. There is a maximum of 6 students per class for juniors and 6 students per class for adults. Balls and clubs are included in the price of the class, although students are encouraged to bring their own clubs. Proper golf attire is expected. Classes will fill quickly.

Junior Golf School

This class builds on the fundamentals but adds new and more advanced swing thoughts along with individual problem solving. Five 60-minute classes, with a maximum of six students per class. Parents and guardians are welcome to bottomless coffee or water in the clubhouse during class.

Instructor: Black Brook Professional Instruction Staff

Location: Black Brook Golf Course

Sessions: 5 - Juniors - Coed - age 8 - 14

Resident: \$74 | **Non-Resident:** \$87

dates	day	time
April 20 - May 18	Saturday	9:00 - 10:00 a.m.
April 20 - May 18	Saturday	10:30 - 11:30 a.m.
June 1 - June 29	Saturday	9:00 - 10:00 a.m.
June 1 - June 29	Saturday	10:30 - 11:30 a.m.
July 13 - Aug 10	Saturday	9:00 - 10:00 a.m.
July 13 - Aug 10	Saturday	10:30 - 11:30 a.m.
Aug 24 - Sep 21	Saturday	9:00 - 10:00 a.m.
Aug 24 - Sep 21	Saturday	10:30 - 11:30 a.m.

Level One Golf

A great way to introduce golf to kids ages 5-7. An introduction to the fundamentals with an emphasis on hand-eye coordination and having fun! Four 45-minute classes, with a maximum of five students per class. Parents and guardians are welcome to bottomless coffee or water in the clubhouse during class.

Instructor: Black Brook Professional Instruction Staff

Location: Black Brook Golf Course

Sessions: 4 - kids ages 5-7

Resident: \$42 | **Non-Resident:** \$50

dates	day	time
April 20 - May 11	Saturday	12:00 - 12:45 p.m.
June 1 - June 22	Saturday	12:00 - 12:45 p.m.
July 13 - Aug 3	Saturday	12:00 - 12:45 p.m.
Aug 24 - Sept 14	Saturday	12:00 - 12:45 p.m.

Adult Golf School

Introduction to the fundamentals; grip, stance, posture, full swing, chipping, putting, plus rules and etiquette with individual problem solving. Five 60-minute classes, with a maximum of 6 students per class.

Instructor: Black Brook Professional Instruction Staff

Location: Black Brook Golf Course

Sessions: 5 - Adults - Coed - age 15 and older

Resident: \$74 | **Non-Resident:** \$87

dates	day	time
April 16 - May 14	Tuesday	5:00 - 6:00 p.m.
May 28 - June 25	Tuesday	5:00 - 6:00 p.m.
July 9 - Aug 6	Tuesday	5:00 - 6:00 p.m.
Aug 20 - Sept 17	Tuesday	5:00 - 6:00 p.m.
May 28 - June 25	Tuesday	6:15 - 7:15 p.m.
July 9 - Aug 6	Tuesday	6:15 - 7:15 p.m.
April 18 - May 16	Thursday	5:00 - 6:00 p.m.
May 30 - June 27	Thursday	5:00 - 6:00 p.m.
July 11 - Aug 8	Thursday	5:00 - 6:00 p.m.
Aug 22 - Sept 19	Thursday	5:00 - 6:00 p.m.
May 30 - June 27	Thursday	6:15 - 7:15 p.m.
July 11 - Aug 8	Thursday	6:15 - 7:15 p.m.

Junior Golf League Specialized Golf Program

Ages 10-17

Do you want to try out for your High School Golf Team or play at a higher level? This specialized program is just for you. You'll have a 15-minute clinic with our pro each week covering everything from playing, etiquette, character development, and rules, then golfers will play 9 or 18 holes and record their scores to establish a USGA handicap. Entry fees are used for prizes throughout the season and a cookout on the final day. The program is open to boys and girls ages 10 to 17 and is run by PGA Professional Tim Ausperk. Limited to 24 participants per time slot. **No PLAY on July 18th.**

Location: Black Brook Golf Course

League Registration Fee: \$49 / **Greens Fees paid weekly**

dates	day	time
June 6 - Aug 1	Thursday	8:45 a.m.

Junior Golf League

Ages 10-17

Each Thursday morning in the summer, more than 100 juniors tee it up for 9 holes of golf in this program designed for the **experienced junior golfer**. The league includes instruction from the Professional Golf Staff, skills contests, character development, and regular course play. Entry fees are used for prizes throughout the season and a cookout on the final day. Play begins June 6th with the final day and annual cookout August 1st. **No PLAY on July 18th.**

Instructor: Black Brook Professional Instruction Staff

Location: Black Brook Golf Course

League Registration Fee: \$49 /

Greens Fees paid weekly

Ages 10-17

dates	day	time
June 6 - Aug 1	Thursday	9:15 a.m.
June 6 - Aug 1	Thursday	9:45 a.m.
June 6 - Aug 1	Thursday	10:15 a.m.

First time online registering with us?
Call one of our facilities so we can set up a new account for you.

Junior Golf Camp

Ages 8-14

This 4-day golf camp will properly prepare the junior golfer to be golf course ready by teaching proper fundamentals of golf, rules and etiquette. The camp will mainly focus on full swing, short game, putting, etiquette and the rules of golf. The fee includes range balls. Campers are encouraged to bring their own clubs, or loaner clubs will be provided. Proper golf attire is expected. Camp will be limited to 6 students per class.

Instructor: Black Brook Professional Instruction Staff

Location: Black Brook Golf Course

Ages 8-11

dates	day	time
June 3 - June 6	M-Th	9:00 - 10:30 a.m.
June 10 - June 13	M-Th	9:00 - 10:30 a.m.
June 17 - June 20	M-Th	9:00 - 10:30 a.m.
June 24 - June 27	M-Th	9:00 - 10:30 a.m.

Resident: \$124 | Non-Resident: \$140

Ages 12-14

dates	day	time
June 3 - June 6	M-Th	11:00 a.m. - 12:30 p.m.
June 10 - June 13	M-Th	11:00 a.m. - 12:30 p.m.
June 17 - June 20	M-Th	11:00 a.m. - 12:30 p.m.
June 24 - June 27	M-Th	11:00 a.m. - 12:30 p.m.

Resident: \$124 | Non-Resident: \$140

The First Tee of Cleveland

We are pleased to announce that The First Tee of Cleveland is bringing their program to the City of Mentor and Black Brook Golf Course & Practice Center. Programs are open to kids 8-12 and all abilities. Check out their website at <https://www.thefirstteecleveland.org/>.

PLAYer (ages 8-12)

Learn the game of golf taught around the etiquette and fundamentals that golf is built on. The First Tee has built a teaching program around the 9 core values that will teach your life lessons on and off the golf course through an interactive teaching approach. Min 6 / Max 12

Instructor: Jay Schiffbauer, Head of Teaching

Location: Black Brook Golf Course

Sessions: 5

Resident: \$89 | Non-Resident: \$105

dates	day	time
April 22 - May 20	Monday	4:30 - 5:30 p.m.

Adult Fitness



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 BODYSULPTING@FLEXCITY.COM.

Instructor: Body Sculpting Certified Trainer

Location: Old Council Hall

\$55 for each 8-class session.

Monday & Wednesday - 6:00 - 7:00 PM

Mar 11 - Apr 3

Apr 8 - May 1

May 6 - June 3 (**NO CLASS May 27**)

June 5 - July 1 (**NO CLASS July 3**)

July 8 - July 31

Aug 5 - Aug 28

Tuesday & Thursday - 9:30-10:30 AM

Mar 5 - Mar 28

Apr 2 - Apr 25

Apr 30 - May 23 (**NO CLASS May 28**)

May 30 - June 25

June 27 - July 25 (**NO CLASS July 4**)

July 30 - Aug 22

Saturday - 9:30-10:30AM

Mar 23 - May 18 (**NO CLASS Mar 30**)

June 1 - July 27 (**NO CLASS July 6**)

Aug 3 - Sept 21

Tai Chi for Health

Adults 16+

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 warm ups, 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

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

dates	day	time
July 11 - Aug 1	Thursday	6:30 - 7:30 p.m.
Aug 8 - Aug 29	Thursday	6:30 - 7:30 p.m.

Mentor Summer 2024

Tai Chi for Arthritis

Adults 16+

Arthritis foundation classes were developed by Tai Chi master and physician Dr. Paul Lam to engage participants of all abilities, activity levels and ages in this mindful, continuously moving, deeply relaxing and low impact exercise. Your instructor is certified in Tai Chi for Arthritis and will guide you through the strengthening and therapeutic aspects for increased personal wellness. Please wear loose comfortable clothing and tennis shoes.

Instructor: Denise Molesch

Location: Mentor Community Recreation Center

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

dates	day	time
July 10 - 31	Wednesday	11:00 a.m. - 12:00 p.m.
Aug 7 - 28	Wednesday	11:00 a.m. - 12:00 p.m.

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

Resident: \$39 | Non-Resident: \$49

dates	day	time
May 2 - June 20	Thursday	10:00 a.m. - 12:00 p.m.

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.

Volunteer Instructor: Ken Kothera

Location: Senior Center Cultural Arts Room

Resident | Non-Resident: Free

dates	day	time
May 7 - Aug 27	Tuesday	2:00 p.m. - 4:00 p.m.

CITYOFMENTOR.COM/PARKS-RECREATION

Creative Ceramics

Join us for seasonal projects. Class includes instruction and firing. An \$8 supply fee is included with your registration and includes use of brushes and paints. Greenware fee is payable to the instructor. All levels of students are welcome.

Instructor: Sharon Williams

Location: Senior Center Cultural Arts Room

Resident: \$49 | Non-Resident: \$59

dates	day	time
May 1 - June 19	Wed	10:00 a.m. - 12:00 p.m.
May 1 - June 19	Wed	5:00 p.m. - 7:00 p.m.
July 3 - Aug 21	Wed	10:00 a.m. - 12:00 p.m.
July 3 - Aug 21	Wed	5:00 p.m. - 7:00 p.m.

Quilting

Explore new projects using modern time-saving methods in a friendly, self-paced atmosphere. Focus will be on learning color, value, and construction techniques to advance your quilting knowledge. Students should bring material (based upon provided project supply list), sewing machine in good condition, sewing notions, and miscellaneous supplies (rulers, rotary cutters, scissors). An iron and ironing board is provided for your convenience. Both classes accept beginners and students up to an intermediate/advanced skill level.

Instructor: Teri Bittner

Location: Senior Center Cultural Arts Room

Resident: \$39 | Non-Resident: \$49

dates	day	time
July 1 - Aug 19	Monday	5:30 - 7:30 p.m.
July 2 - Aug 20	Tuesday	9:00 - 11:00 a.m.

Continuing Education

Alzheimer's Association - 10 Warnings Signs

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association re-sources.

Location: Senior Center Cardinal Room

Resident | Non-Resident: Free

date	day	time
June 12	Wednesday	10:00 - 11:00 a.m.

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 Lobby

Resident | Non-Resident: Free

dates	day	time
May 7 - Aug 27	Tuesday	12:00 - 1:00 p.m.

Mentor Parks and Recreation - 2024 Summer

adult fitness/senior center

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.hutchens@mentorpl.org

Location: Senior Center Cultural Arts Room

Resident | Non-Resident: Free

dates	day	time
May 15	Wednesday	1:30 - 3:00 p.m.

book title: *The Love of My Life* by Rosie Walsh

June 19	Wednesday	1:30 - 3:00 p.m.
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book title: *The Vanishing Half* by Britt Bennett

July - **no meeting** Wednesday 1:30 - 3:00 p.m.

August 21	Wednesday	1:30 - 3:00 p.m.
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book title: *The Last Thing He Told Me* by Laura Dave

Lake County Council on Aging

Council on Aging will be visiting the Senior Center to bring information and discuss their programs and services that are available to seniors in Lake County.

Location: SC Cardinal Room 12:00 - 12:30 p.m. /

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

Resident | Non-Resident: Free

dates	day	topic
May 6	M	Health Equipment Lending Program (HELP)
Jun 3	M	LCCOA Resources
Jul 1	M	Benefits (Medicare, HEAP, SNAP)
Aug 5	M	Options Counseling

Community Outreach Social Worker

The Lake County Council on Aging now 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. Should you have a concern or problem that you are facing, assistance is available to help you problem solve and come up with a solution. This could include information and assistance 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. Connie will be here every third Thursday of the month from 11 am to 12 pm. No appointment necessary.

Licensed Social Worker: Connie Brocone

Location: Senior Center Lobby

Resident | Non-Resident: Free

dates	day	time
May 16	Thursday	11:00 a.m. - 12:00 p.m.
June 20	Thursday	11:00 a.m. - 12:00 p.m.
July 18	Thursday	11:00 a.m. - 12:00 p.m.
Aug 15	Thursday	11:00 a.m. - 12:00 p.m.

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.

Facilitator: WRAAA

Location: Senior Center Cultural Arts Room

Resident | Non-Resident: Free

dates	day	time
May 10 - June 28	Friday	9:00 - 11:00 a.m.

Chronic Pain Self-Management Program

Program helps individuals living with back pain, nerve pain, fibromyalgia and other types of chronic pain to improve their confidence in managing their symptoms and daily activities. Based on the same structure as the Chronic Disease Self-Management Program, workshops meet 2 ½ hours a week for six weeks and are facilitated by trained leaders, one or both of whom live with chronic pain. Please plan to attend at least 4 of the 6 classes.

Facilitator: WRAAA

Location: Senior Center Cultural Arts Room

Resident | Non-Resident: Free

dates	day	time
Sept 20 - Oct 25	Friday	9:00 - 11:30 a.m.

Cardiovascular Seminar with Chardon Healthcare

Chardon Healthcare will be discussing high blood pressure and how to improve, providing blood pressure checks, and supplying a snack for a healthy heart and maintaining normal blood pressure.

Location: Senior Center Cultural Arts Room

Resident | Non-Resident: Free

date	day	time
May 29	Wednesday	2:30 - 3:30 p.m.

Cook Book Club

Do you love cooking and sharing with friends? Do you like to challenge yourself to try new things with your cooking? Then maybe the cookbook club is for you. Join this monthly meeting where members will all borrow the same cookbook to try for a month. At the next meeting members will return their book and bring a dish from the book to share in a potluck lunch. During the lunch members will chat about what we liked or didn't like about the book as well as any other recipes they may have tried during the month. At the end of the meeting we will receive the book for the next month. We meet the third Monday of each month. **Registration deadline is May 1 for the four consecutive months.**

Location: Senior Center Cultural Arts Room

Resident | Non-Resident: Free

dates	day	time
May 20	Monday	3:00 - 4:30 p.m.
June 17	Monday	3:00 - 4:30 p.m.
July 15	Monday	3:00 - 4:30 p.m.
Aug 19	Monday	3:00 - 4:30 p.m.

Lunch and Learn Take Charge of Your Legacy: Create a Tax Efficient Estate Plan

You may be thinking, "Who needs an estate plan?" Well, the answer is simple: everyone needs an estate plan because we all have assets and a legacy we'd like to pass along - as completely as possible - to our loved ones. Come learn more on how to accomplish this. Presented by Ben Rivet from Concourse Financial Group, partnering with Steve Mrozek, Financial Advisor with Edward Jones. **Registration deadline is May 13.**

Location: Senior Center Cultural Arts Room

Resident | Non-Resident: Free

date	day	time
May 23	Thursday	10:00 - 11:30 a.m.

Medicare 101 - Medicare & Skilled Nursing Facilities

Let's talk about how Medicare coverage works with Skilled Nursing Facilities. We will also talk about how to advocate for yourself and/or your loved ones!

Presentation provided by:

Lauren Fenton of Fenton Financial

Location: Senior Center Cultural Arts Room

Resident | Non-Resident: Free

date	day	time
July 10	Wednesday	10:00 - 11:00 a.m.

Fitness / Wellness

Cycling Club

All rides are weather permitting and ride cancelations and any changes will be done via email. All rides start at 10:00 a.m. except for the summer months of June - August, those rides start at 9:00 a.m. Rides are typically two hours long and cover 20-25 miles. Optional lunch afterwards. Bicycle helmets are required. New riders are welcome. Rides 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 begin at 6 p.m. and are scheduled 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 at 440-974-5725 to register, schedules will be emailed out on a monthly basis to anyone who has registered.

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 class August 21.**

Instructor: Tina Foster

Location: Senior Center Fitness Studio

Resident: \$19 | Non-Resident: \$24

dates	day	time
May 1 - June 19	Wednesday	5:45 - 6:45 p.m.
July 3 - Aug 14	Wednesday	5:45 - 6:45 p.m.

Line Dancing 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 class August 21.**

Instructor: Tina Foster

Location: Senior Center Fitness Studio

Resident: \$19 | Non-Resident: \$24

dates	day	time
May 1 - June 19	Wednesday	6:45 - 7:45 p.m.
July 3 - Aug 14	Wednesday	6:45 - 7:45 p.m.

Low Impact Aerobics

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

Instructor: Sharon Benner

Location: Senior Center Fitness Studio

Resident: \$19 | Non-Resident: \$24

dates	day	time
May 6 - June 24	Monday	9:00 - 9:45 a.m.
(no class May 27)		
May 7 - June 18	Tuesday	9:00 - 9:45 a.m.
May 2 - June 20	Thursday	9:00 - 9:45 a.m.
May 3 - June 21	Friday	9:00 - 9:45 a.m.
July 1 - Aug 19	Monday	9:00 - 9:45 a.m.
July 2 - Aug 20	Tuesday	9:00 - 9:45 a.m.
July 11 - Aug 22	Thursday	9:00 - 9:45 a.m.
(no class July 4)		
July 5 - Aug 23	Friday	9:00 - 9:45 a.m.

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.

Instructor: Sue Dempsey, Yogafit certified

Location: Senior Center Fitness Studio

Resident: \$29 | Non-Resident: \$36

dates	day	time
May 6 - June 24	Monday	3:00 - 3:45 p.m.
(no class May 27)		
July 1 - Aug 19	Monday	3:00 - 3:45 p.m.

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 Rini, Sharon Benner, Pat Talladino

Location: Senior Center Fitness Studio

Resident | Non-Resident: Free

dates	day	time
May 1 - June 19	Wednesday	3:00 - 3:45 p.m.
July 3 - Aug 21	Wednesday	3:00 - 3:45 p.m.

SilverSneakers®

SilverSneakers® Circuit

Standing upper-body strength work alternated with low impact cardio using a chair for standing support.

Instructor: Sue Dempsey (Tuesday/Thursday)

Pat Talladino (Wednesday)

Location: Senior Center Fitness Studio

Resident: \$19 | Non-Resident: \$24

Silver Sneakers Members: Free

dates	day	time
May 7 - June 18	Tuesday	2:00 - 2:45 p.m.
May 1 - June 19	Wednesday	11:00 - 11:45 a.m.
May 2 - June 20	Thursday	2:00 - 2:45 p.m.
July 2 - Aug 20	Tuesday	2:00 - 2:45 p.m.
July 3 - Aug 21	Wednesday	11:00 - 11:45 a.m.
July 11 - Aug 22	Thursday	2:00 - 2:45 p.m.
(no class July 4)		

SilverSneakers® EnerChi

Seated or standing tai chi movements in flowing sequence to progress strength, balance and focus.

Instructor: Denise Molesch

Location: Senior Center Fitness Studio

Resident: \$19 | Non-Resident: \$24

Silver Sneakers Members: Free

dates	day	time
No class May - June		
July 11 - Aug 22	Thursday	4:00 - 4:45 p.m.
(no class July 4)		



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.

Instructor: Sharon Benner Monday/Friday,

Joy Cimino Tuesday/Thursday am,

Sue Dempsey Tuesday/Thursday pm,

Pat Talladino Wednesday

Location: Senior Center Fitness Studio

Resident: \$19 | Non-Resident: \$24

Silver Sneakers Members: Free

dates	day	time
May 6 - June 24	Monday	10:00 - 10:45 a.m.
(no class May 27)		
May 7 - June 18	Tuesday	8:10 - 8:50 a.m.
May 7 - June 18	Tuesday	1:00 - 1:45 p.m.
May 1 - June 19	Wednesday	10:00 - 10:45 a.m.
May 2 - June 20	Thursday	8:10 - 8:50 a.m.
May 2 - June 20	Thursday	1:00 - 1:45 p.m.
May 3 - June 21	Friday	10:00 - 10:45 a.m.
July 1 - Aug 19	Monday	10:00 - 10:45 a.m.
July 2 - Aug 20	Tuesday	8:10 - 8:50 a.m.
July 2 - Aug 20	Tuesday	1:00 - 1:45 p.m.
July 3 - Aug 21	Wednesday	10:00 - 10:45 a.m.
July 11 - Aug 22	Thursday	8:10 - 8:50 a.m.
(no class July 4)		
July 11 - Aug 22	Thursday	1:00 - 1:45 p.m.
(no class July 4)		
July 5 - Aug 23	Friday	10:00 - 10:45 a.m.

SilverSneakers® Stability

Standing class designed to decrease the risk of falls with focus on improving balance and lower body strength.

Instructor: Sharon Benner Monday and Friday,

Pam Benko/Joy Cimino Tuesday and Thursday

Location: Senior Center Fitness Studio

Resident: \$19 | Non-Resident: \$24

Silver Sneakers Members: Free

dates	day	time
May 6 - June 24	Monday	11:00 - 11:45 a.m.
(no class May 27)		
May 7 - June 18	Tuesday	12:00 - 12:45 p.m.
May 2 - June 20	Thursday	12:00 - 12:45 p.m.
May 3 - June 21	Friday	12:00 - 12:45 p.m.
July 1 - Aug 19	Monday	11:00 - 11:45 a.m.
July 2 - Aug 20	Tuesday	12:00 - 12:45 p.m.
July 11 - Aug 22	Thursday	12:00 - 12:45 p.m.
(no class July 4)		
July 5 - Aug 23	Friday	12:00 - 12:45 p.m.

SilverSneakers® YOGA

Seated and standing yoga poses to increase flexibility, balance and range of motion.

Instructor: Denise Molesch Monday/Thursday,
Pat Talladino Wednesday, Sharon Benner Friday

Location: Senior Center Fitness Studio

Resident: \$19 | Non-Resident: \$24

Silver Sneakers Members: Free

dates	day	time
May 6 - June 24	Monday	12:00 - 12:45 p.m.
<i>(no class May 27)</i>		
May 1 - June 19	Wednesday	9:00 - 9:45 a.m.
May 2 - June 20	Thursday	3:00 - 3:45 p.m.
May 3 - June 21	Friday	11:00 - 11:45 a.m.
July 1 - Aug 19	Monday	12:00 - 12:45 p.m.
July 3 - Aug 21	Wednesday	9:00 - 9:45 a.m.
July 11 - Aug 22	Thursday	3:00 - 3:45 p.m.
<i>(no class July 4)</i>		
July 5 - Aug 23	Friday	11:00 - 11:45 a.m.

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 Benner

Location: Senior Center Fitness Studio

Resident: \$19 | Non-Resident: \$24

dates	day	time
May 7 - June 18	Tuesday	11:00 - 11:45 a.m.
May 2 - June 20	Thursday	11:00 - 11:45 a.m.
July 2 - Aug 20	Tuesday	11:00 - 11:45 a.m.
July 11 - Aug 22	Thursday	11:00 - 11:45 a.m.
<i>(no class July 4)</i>		

Senior Center Members interested in water workout classes at the MCRC including Move and Groove or Stretch and Tone, please reference pages 37 & 38. Any questions please call the Senior Center.

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 Benner

Location: Senior Center Fitness Studio

Resident: \$19 | Non-Resident: \$24

dates	day	time
May 7 - June 18	Tuesday	10:00 - 10:45 a.m.
May 2 - June 20	Thursday	10:00 - 10:45 a.m.
July 2 - Aug 20	Tuesday	10:00 - 10:45 a.m.
July 11 - Aug 22	Thursday	10:00 - 10:45 a.m.
<i>(no class July 4)</i>		

Water Exercise Class at Mentor Community Recreation Center

Senior Water Exercise at MCRC

A combination of toning, stretching and light cardio geared towards seniors. Senior Center members have special access and pricing for designated classes. Participants can arrive at the facility 20 minutes before class begins and must leave the facility 20 minutes after class ends.

Instructor: Annabella

Location: Mentor Community Recreation Center

6000 Heisley Rd., Mentor

Senior Center Member rates listed below.

dates	day	time	rate
May 7 - 28	Tues	2:00 - 2:50 p.m.	\$20
May 2 - 30	Thurs	2:00 - 2:50 p.m.	\$25
June 4 - 25	Tues	2:00 - 2:50 p.m.	\$20
June 6 - 27	Thurs	2:00 - 2:50 p.m.	\$20
July 2 - 30	Tues	2:00 - 2:50 p.m.	\$25
July 11 - 25	Thurs	2:00 - 2:50 p.m.	\$15
Aug 13 - 27	Tues	2:00 - 2:50 p.m.	\$15
Aug 1 - 29	Thurs	2:00 - 2:50 p.m.	\$20

(no class Aug 8)

Shallow/Deep Water Class at MCRC

A combination of shallow and deep water exercises to tone your body while getting your heart pumping. Senior Center members have special access and pricing for designated classes. Participants can arrive at the facility 20 minutes before class begins and must leave the facility 20 minutes after class ends.

Instructor: Vicki

Location: Mentor Community Recreation Center

6000 Heisley Rd., Mentor

Senior Center Member rates listed below.

dates	day	time	rate
May 6 - 20	Mon	10:00 - 10:50 a.m.	\$15
May 1 - 29	Wed	10:00 - 10:50 a.m.	\$25
June 3 - 24	Mon	10:00 - 10:50 a.m.	\$20
June 5 - 26	Wed	10:00 - 10:50 a.m.	\$20
July 1 - 29	Mon	10:00 - 10:50 a.m.	\$25
July 3 - 31	Wed	10:00 - 10:50 a.m.	\$25
Aug 12 - 26	Mon	10:00 - 10:50 a.m.	\$15
Aug 14 - 28	Wed	10:00 - 10:50 a.m.	\$15



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.

Location: Senior Center Fitness Center

Resident: \$12.50 | Non-Resident: \$15

Silver Sneakers Members: Free

Call to schedule appointment

day	time
Monday	6:30 - 7:20 p.m.
Tuesday	12:00 - 12:50 p.m.
Thursday	9:00 - 9:50 a.m.
Thursday	2:00 - 2:50 p.m.

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.

Location: Senior Center Fitness Center

Resident: \$12.50 | Non-Resident: \$15

Call to schedule appointment

day	time
Monday	6:30 - 7:20 p.m.
Tuesday	12:00 - 12:50 p.m.
Thursday	1:00 - 1:50 p.m.

Personal Training

Are you feeling tired and out of shape. **Get up and get moving** with personal training at the Senior Center! 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. **Don't wait to start feeling great - schedule your appointment today!**

Tuesday, Thursday and Friday afternoons

Location: Senior Center Fitness Center

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

Clubs

INTERNATIONAL CLUB



International Culture Club

We are expanding our borders and inviting all nationalities to join our informal social club. Talk about different cultures and current events and don't worry, everything is in English! We have a picnic in September, plan a trip annually, and have a splendid holiday party in December. New members are always welcome and we always serve coffee and desserts. For more details contact Lee at 440-463-9013 or Fran at 440-382-2981. Meets on the 1st Monday of each month at 10 a.m. unless noted below.

Location: Senior Center Cardinal Room

Resident | Non-Resident: Free

dates	day	time
May 6	Monday	10:00 - 11:30 a.m.
May 29	Wednesday	10:00 a.m. - 4:30 p.m.
(Dinner Theatre Trip)		
July 1	Monday	10:00 - 11:30 a.m.
Aug 5	Monday	10:00 - 11:30 a.m.

Health Services

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

Resident | Non-Resident: Free

dates	day	time
May 9	Thursday	1:00 - 2:30 p.m.
June 13	Thursday	1:00 - 2:30 p.m.
July 11	Thursday	1:00 - 2:30 p.m.
August 8	Thursday	1:00 - 2:30 p.m.

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

Resident | Non-Resident: Free

dates	day	time
May 15	Wednesday	1:00 - 2:00 p.m.
June 12	Wednesday	1:00 - 2:00 p.m.
July 17	Wednesday	1:00 - 2:00 p.m.
August 14	Wednesday	1:00 - 2:00 p.m.

Mentor Summer 2024

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

Resident | Non-Resident: Free

dates	day	time
May 1	Wednesday	10:00 a.m. - 12:00 p.m.
<i>(Reserve Hearing Center)</i>		
June 5	Wednesday	10:00 a.m. - 12:00 p.m.
<i>(Amanda's Family Hearing)</i>		
July 3	Wednesday	10:00 a.m. - 12:00 p.m.
<i>(Reserve Hearing Center)</i>		
Aug 7	Wednesday	10:00 a.m. - 12:00 p.m.
<i>(Amanda's Family Hearing)</i>		

Parkinson's Support Group

Patients, caregivers, family and friends - all are welcome. Come share and learn from each other the first Wednesday of each month. Find support and encouragement.

Volunteer Leader: John Mazor

Location: Senior Center Cardinal Room

Resident | Non-Resident: Free

dates	day	time
May 1	Wednesdays	4:00 - 5:30 p.m.
June 5	Wednesdays	4:00 - 5:30 p.m.
July 3	Wednesdays	4:00 - 5:30 p.m.
Aug 7	Wednesdays	4:00 - 5:30 p.m.



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 am. All participants will be registered on site. Participants must certify annual gross household income is at or below \$29,160 for a household of 1 and \$39,440 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.

Location: Senior Center Great Room

dates	day	time
May 20	Monday	10:00 - 11:00 a.m.
June 17	Monday	10:00 - 11:00 a.m.
July 15	Monday	10:00 - 11:00 a.m.
Aug 19	Monday	10:00 - 11:00 a.m.

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

Resident | Non-Resident: Free

dates	day	time
May 22	Wednesday	2:00 - 4:00 p.m.
June 26	Wednesday	2:00 - 4:00 p.m.
July 24	Wednesday	2:00 - 4:00 p.m.
Aug 28	Wednesday	2:00 - 4:00 p.m.
<i>(Picnic at Veteran's Park)</i>		

Special Elders

Do you need assistance to participate at the Senior Center? The Special Elders staff provides seniors the support and assistance they need to more fully participate in activities. This program provides socialization, assistance with carrying lunch trays for those with physical limitations, assistance with program registration and directing to activities for those with memory issues. (Note this program is not designed for individuals with moderate-severe assistance needs, unless accompanied by a caregiver.)

The Special Elders eat lunch together at 11:00. (Bring money for lunch.) We play Bingo on Monday and have craft activities or games on Wednesday afternoons. A specially designed chair exercise program is offered at an additional fee for seniors with some physical challenges on Wednesdays (Silversneakers Classic). Laketran is available to bring senior citizens to and from Mentor Senior Center activities.

An enrollment appointment with Special Elders staff is required prior to participation in Special Elders.

Location: Senior Center

Resident | Non-Resident: \$20 annual fee (Jan-Dec)

days	time
Monday, Wednesday	10:30 a.m. - 2:00 p.m.

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

First time online registering with us?

Call one of our facilities so we can set up a new account for you.

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

Resident: \$19 | Non-Resident: \$24

Silver Sneakers Members: Free

dates	day	time
May 1 - June 19	Wednesday	12:00 - 12:45 p.m.
July 3 - Aug 21	Wednesday	12:00 - 12:45 p.m.

Meals

Daily Made From Scratch Lunch

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 \$5.00. 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.

CELEBRATION LUNCHEONS

Register early as they sell out and cannot be purchased day of!

Location: Senior Center Great Room

Resident | Non-Resident: \$9

Last Thursday of the month 11:30 a.m. - 1:00 p.m.

May 30 Celebration

Chicken parmesan, penne pasta salad, and homemade oatmeal cookie to satisfy your sweet tooth! Shipwreck hunters Georgann and Mike are back to talk about Black Friday, Oct 20, 1916 - Lake Erie's perfect storm that took down 3 ships, the captains were the sole survivors on two of the vessels.

Reservation deadline is May 20.

June 27 Celebration

Pork loin, cheesy potatoes, corn and watermelon for dessert. The amazing one-man band Tom Todd will entertain us with a variety of music and instruments.

Reservation deadline is June 17.

July 25 Celebration

Chicken salad croissant, broccoli salad and poke cake. Susan Cannavino of Presentations with Pizazz will present Beautiful Homes of the Rich and Famous - a virtual tour of famous people's homes. They are probably out of our price range but fun to see!

Reservation deadline is July 15.

August 29 Celebration

Stuffed pork chop, mashed potatoes and gravy, green beans, banana pudding. Enjoy the smooth velvety sounds of Bill Newman, the Cleveland crooner.

Reservation deadline is August 19.

Membership & Hours

Membership and Hours

Mentor Senior Center is a thriving meeting place for Senior Citizens with over 4000 members. Mentor Senior Center, administered by the City of Mentor, is open Monday and Wednesday from 8 a.m.- 8 p.m. and on Tuesday, Thursday, and Friday from 8 a.m. until 5 p.m.

Membership is available to anyone 55 years old or older. Membership is required to participate in Senior Center activities. Membership fees are \$10 for Mentor residents and \$15 for nonresidents. Silver Sneaker memberships are also available for those who are eligible.

Registration Process

Senior Center membership is required to participate in Senior Center activities including classes, activities and programs. This registration process refers to summer classes described on this page and the next several pages. Registration for summer classes for Mentor residents begins at 8 a.m. on **Monday, April 1**. Nonresident registration begins on **Tuesday, April 2** at 8 a.m.

Music & Theater



Hillcrest Concert Band

The Hillcrest Concert Band is recognized as one of the finest adult community bands in the area. Enjoy an evening of great music performed by this 60 piece band on our stage.

Location: Senior Center Great Room

Resident | Non-Resident: \$4

date	day	time
Aug 21	Wednesday	7:00 - 8:00 p.m.

440.974.5720

Mentor Summer 2024

Mentor Follies Dancers

Join us for exercise, dance and fun. Always accepting new members.

Director: Rena Ellwanger

Location: Senior Center Stage

Resident | Non-Resident: Free

dates	day	time
May 1 - Aug 28	Wednesday	6:45 - 7:45 p.m.

Mentor Music Makers

Director Maria Voljin is a degreed professional and is a musician, soloist and accompanist. The group practices weekly and performs in many of the Senior Living facilities in the area. The group is perfect for any senior who enjoys singing and the camaraderie that comes with being part of a performing group.

Director: Maria Voljin

Location: Senior Center Stage

Resident: \$30 | Non-Resident: \$38

dates	day	time
May 1 - June 19	Wednesday	10:00 - 11:30 a.m.
July 3 - Aug 21	Wednesday	10:00 - 11:30 a.m.

Piano Lessons

We offer private 30-minute beginner and continuing piano lessons. The lesson plans include a balance of theory, sight reading and repertoire appropriate to the student's level and musical ability.

Instructor: Marge Syrone

Location: Senior Center Stage

Resident: \$70 | Non-Resident: \$87

dates	day	time
May 7 - June 18	Tuesday	9:00 a.m. - 12:00 p.m.
July 2 - Aug 20	Tuesday	9:00 a.m. - 12:00 p.m.

Scimitars

The SCIMITARS SWING BAND specializes in the music of the era of the "Big Bands". They bring back the sounds from many artists of the "swing" era. They also present music of an earlier vintage, as well as current popular tunes. Their instrumentation includes full saxophone, trumpet, trombone, and rhythm sections. Concert will be on our back patio, bring a lawn chair and enjoy the concert outside.

Location: Senior Center Patio

Resident | Non-Resident: \$2

date	day	time
July 17	Wednesday	7:00 - 8:00 p.m.

Special Events

Open House

We welcome new members and the Mentor community to see what a great asset the center is to the community. Class displays will help you discover for yourself the many classes, programs, and events that keep our seniors young. A Powerpoint presentation will highlight our many programs, and a tour will showcase our beautiful facility. Registration starts April 1 for residents, and April 2 for non-residents.

Location: Senior Center

date	day	time
Jun 20	Thursday	2:00 - 3:30 p.m.

Garage Sale

All the spaces are SOLD OUT but mark your calendar for the biggest garage sale in Mentor - tons of great deals to be offered by over 70 vendors!

Location: Senior Center

date	day	time
April 27	Saturday	9:00 a.m. - 3:00 p.m.

Technology

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

Resident | Non-Resident: Free

dates	day	time
May 6 and 13	Monday	9:00 - 11:00 a.m.
June 3 and 10	Monday	9:00 - 11:00 a.m.
July 1 and 8	Monday	9:00 - 11:00 a.m.
Aug 5 and 12	Monday	9:00 - 11:00 a.m.

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. Please register in advance.

Location: Senior Center Great Room

Resident | Non-Resident: Free

date	day	time
May 1	Wednesday	9:00 - 10:00 a.m.

Tech Tuesdays with Mentor Public Library

Explore a different technology topic with Mentor Public librarian's on the 2nd Tuesday of each month. No prior experience with the topic is needed. Bring your own device to follow along during the class.

Location: Senior Center Cardinal Room

Resident | Non-Resident: Free

dates	day	time
May 14	Tuesday	10:00 - 11:00 a.m. (Streaming Movies with your Library Card)
June 11	Tuesday	10:00 - 11:00 a.m. (Facebook Basics)
July 9	Tuesday	10:00 - 11:00 a.m. (e-Reading with your Library Card)

Trips

The Senior Center offers local, day, and overnight trips to exciting destinations. Over 60 trips are offered annually either on a charter motorcoach or our own 22 passenger bus. Registration for charter trips begins in January, and registration for designated small bus trips starts April 1/2. For complete details on all our trips visit mentorseniorcenter.com or grab a flyer at the center.

WILDWOOD Cultural Center



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

Mentor Community Arts Commission

The Mentor Community Arts Commission is a volunteer 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.**



Mother & Son Dance

Ages 4+

Friday, May 17, 7:00 - 9:00 p.m.

Mothers and sons, It's your time for fun! This night out will have you and your son dancing to DJ Jesse Webb Entertainment, and much more! Space is limited; register early! Light snacks are included.

Location: Wildwood Cultural Center
Resident: \$18 | Non-Resident: \$21

Wildwood Garden Club Spring Plant and Flower Sale

Sunday, May 19, 1 - 3 p.m.

The Garden Club offers a wide variety of outdoor plants and flowers, including both annuals and perennials. The sale is located inside the South Wing of the Manor House. All proceeds benefit the Wildwood Garden Club.

Location: Wildwood Cultural Center
Admission: Free

Arts, Cultural & Entertainment Series (A.C.E Series)

Wednesdays, May 29-August 21, 6:30 - 8:00 p.m.

Wildwood Cultural Center is thrilled to announce a full line-up of Arts Cultural and Entertainment events this July. From concerts and theatrical performances and art exhibits, this series features superb offerings from accomplished guest artists as well as local cultural organizations located in Northeast Ohio.

Location: Wildwood Cultural Center Grounds

Admission: Free

dates	event
May 29	Children's Musical Trail Extravaganza
June 5	TBA
June 19	Mentor Public Art Night
July 10	TBA
July 24	Pacific Paradise Entertainment (Hula Dancing Workshop & Performance)
Aug 7	TBA
Aug 27	Johnny Joo Artist Reception at Wildwood

Summer Garden Party

Ages 21+

Saturday, July 20, 6 - 10 p.m.

The Mentor Community Arts Commission, along with the Wildwood Cultural Center, would like to invite you to an enchanted "Summer Garden Party" on the historical grounds of the Wildwood Cultural Center on July 20th from 6-10 p.m. Upon arrival, individuals will enjoy an immersive artistic experience featuring music, live entertainment, dancing, art demonstrations, hors d'oeuvre, and more. The night will also include a live art auction, where proceeds from this portion of the event will continue and assist the mission of the Commission and the Wildwood Cultural Center in developing the cultural community with art opportunities and programs.

Location: Wildwood Cultural Center
Resident: \$40 | Non-Resident: \$48

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 11 - 8 p.m.** All private instrumental lessons are based on a 6-week program series and must be paid in full for the stated six-week session. Call Wildwood Cultural Center for availability at (440) 974-5735.

Instructor: Bob Pattison, Guitar Instructor for 40+ years
Location: Wildwood North Porch
Resident: \$126 | Non-Resident: \$150

First time online registering with us?

Call one of our facilities so we can set up a new account for you.

Adult

Afternoon Tea Party

Ages 16+

Dress in your best as you enjoy a cuppa tea, sandwich savories, and even create your own floral spray. The day will also include tea education, including tea tasting and food pairings, along with creating a one-of-a-kind tea blend. **The price is per person.**

Location: Wildwood Park, 7645 Little Mountain Road
Resident: \$25 | **Non-Resident:** \$30

date	day	time
May 5	Sunday	3:00 - 5:30 p.m.

Paranormal Investigation at Garfield Park

Ages 16+

You may hear "paranormal investigator" and think we just sit in dark rooms and have conversations with ourselves. It is truly so much more than that. We are storytellers, sharing stories to educate people about what once was. We do this because history needs a voice so that we can help preserve these magnificent properties. The walls of these historical dwellings certainly can talk, and we always hope to be recording when they do. Paranormal Investigators of Ohio, PRO II, will be introducing a 'hands-on' experience to paranormal investigating. For this paranormal investigation, individuals will explore the historical Eleanor Garfield Park historical stables.

Instructor: Paranormal Investigators of Ohio, PRO II

Location: Eleanor Garfield Park
 (7250 Jackson St., Mentor, OH 44060)

Resident: \$22 | **Non-Resident:** \$26

date	day	time
June 14	Friday	6:30 - 9:00 p.m.

Art

The Cleveland Art Museum: Art to Go

Ages 12+

A world of great art comes to you! See and touch amazing, authentic works of art up to 4,000 years old when museum staff and trained volunteers visit you with genuine art objects from the museum's collection. Art to Go programs spark curiosity and encourage observation, creative thinking, problem-solving, and collaboration.

Instructor: Cleveland Museum of Art

Location: Wildwood Cultural Center

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

From Tea to Tiles: Trade between Asia and Europe

People have traveled the world for centuries in search of acquiring new resources and "exotic" goods. Using routes like the "Silk Road" and sea routes around Africa's Cape Horn, explorers sought out luxury goods like Chinese silk, Dutch ceramics, and Japanese enamelware. Participants will look closely at objects to consider the cross-cultural pollution and globalization that have shaped our world today.

date	day	time
May 15	Wednesday	6:30 - 8:00 p.m.

Europeans in the Americas. 1600- 1700

In the 1600's, three major European powers—France, England, and Spain—set out to the Americas, known as the "New World." Learn about the impact these powers had on the Native people. Participants will study objects from these time periods and the connection between the Native and European populations and the consequences of colonization in the Americas.

date	day	time
June 12	Wednesday	6:30 - 8:00 p.m.



Watercolor for Beginners: Beautiful Beach Painting

This beginner's watercolor program will give anyone the chance to experience, learn, and create a unique and colorful watercolor masterpiece. In these classes, individuals will learn the fundamentals of watercolor painting techniques while creating a beautiful beach scene.

Instructor: Jacki Wroblewski

Location: Wildwood Cultural Center

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

date	day	time
May 20	Monday	6:00 - 9:00 p.m.

Watercolor for Beginners: Daffodils Delight

Experience the wonder of watercolor while creating a beautiful painting you will be proud to hang in your home. During this 3-class course, you will learn artist techniques for using watercolor tools and paints. No experience or drawing ability is needed, and all supplies are provided. Have fun learning how this wonderful medium can open a world of interesting adventures as you create an 11 X 14 matted watercolor of daffodils.

Instructor: Jacki Wroblewski

Location: Wildwood Cultural Center

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

dates	day	time
June 13 - 27	Thursday	6:30 - 9:00 p.m.



Woman 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 instructions from the Women of Wildwood as you learn to dance, create, laugh, and have fun.

LADIES NIGHT OUT! Charcuterie 101 Summer Grillin'
Elevate your entertainment with this exclusive LADIES NIGHT OUT charcuterie "THEMED" program. Discover the art of assembling a stunning charcuterie board themed for a wonderful summer party. From understanding the essentials, to selecting properly paired foods, and arranging and presenting the food- this unique class has it all. Join us for a delightful experience of socializing and creating your own personalized charcuterie board. Each participant will receive a slate charcuterie board, recipes, and a small arrangement of summer grilling food pairings.

Instructor: The Women of Wildwood
Location: Wildwood Cultural Center
Resident: \$45 | Non-Resident: \$52

date	day	time
May 23	Thursday	7:00 - 9:00 p.m.

Stained Glass

Ages 16+

This is an artistic and creative stained-glass program where no experience or supplies are needed. The instructor will provide all the tools and safety equipment for you to use in class. Be sure to dress comfortably—no sandals or open-toed shoes. It is not recommended for pregnant women due to the chemicals used.

Instructor: Vicki Vesel
Location: Wildwood Cultural Center
Resident: \$100 | Non-Resident: \$120

Stained Glass Functional Art - Stained Glass Keepsake or Jewelry Box

Come learn how to make stained glass art! The instructor brings tools, glass, and her knowledge, and you bring yourself and your creativity. Make a beautiful stained-glass box. Learn how to cut glass and assemble a glass box with a hinged lid. No experience is necessary. **Material Fee payable to the instructor: \$ 25.00**

dates	day	time
May 7 - June 4	Tuesday	2:30 - 5:00 p.m.

Stained Glass Functional Art - Easy Stained Glass Hummingbird

This is an easy first-time experience. Learn how to make a stained-glass hummingbird. The instructor brings tools, glass, and her knowledge, and you bring yourself and your creativity. Learn how to cut glass and assemble a glass hummingbird suncatcher with colors you select. No experience is necessary for participants. **Material Fee payable to the instructor: \$ 25.00**

dates	day	time
July 31 - Aug 28	Wednesday	2:30 - 5:00 p.m.

Crochet Social

Join us for an opportunity to come together to work on your crochet project, surrounded by other crocheters. Asking questions, giving answers, and just socializing, share ideas and creativity. Come one, come all. No supplies are included in this program.

Instructor: April Smith

Location: Wildwood Cultural Center

Resident: | Non-Resident: Free (MUST register in advance)

dates	day	time
June 24	Monday	7:00 - 8:15 p.m.
July 29	Monday	7:00 - 8:15 p.m.
Aug 26	Monday	7:00 - 8:15 p.m.

Literature

Meet the Author: Amanda Flower: Katherine Wright Mysteries

Meet and learn the creative thought process of USA Today best selling local author Amanda Flower at the Wildwood Cultural Center. Amanda will read from one of her historical Mysteries "To Slip the Bonds of the Earth," a Katherine Wright Mystery. Along with this Amanda will have books on sale and partake in a small Q and A about herself and her books.

Location: Wildwood Cultural Center

Resident: \$8 | Non-Resident: \$10

date	day	time
Aug 14	Wednesday	6:30 - 8:00 p.m.

Meet the Author: Monsters of Ohio, J.C. Raphael

Local author and cryptozoological enthusiast, J.C. Raphael, will take you on a folklore adventure as his book "Monsters of Ohio," takes you through the Folklore and urban legends of the multiple creatures that have been found throughout the state of Ohio. Raphael will also have to read from the book as well as take questions in conversation. Individuals may purchase books that evening.

Location: Wildwood Cultural Center

Resident: \$8 | Non-Resident: \$10

date	day	time
June 3	Monday	6:30 - 8:00 p.m.

Meet the Author: Stories from the Bean Table, Angelo Velotta

Stories from the Bean Table is a quartet of fables thoughtfully created, carefully taken care of, and given plenty of water and sunshine to grow. These tales for our times are heartfelt, genuine, and inspiring. It is my sincere hope that at least one thing resonates positively with each reader. Velotta will read a fable, ask questions, converse, and lead a brief creative writing exercise. Individuals may purchase a book that evening.

Location: Wildwood Cultural Center

Resident: \$8 | Non-Resident: \$10

date	day	time
July 17	Wednesday	6:30 - 8:00 p.m.

Woodworking

Father's Day Pen Set

Learn how to create a pen set through this two-week workshop. In this workshop, individuals will create a unique and creative wooden pen set that serves as a great Father's Day gift. Each attendee will make their own custom wooden pen and holder to take home with them at the end of the class. The cost of the course covers all of the materials.

Location: Wildwood Cultural Center

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

dates	day	time
June 5 - 12	Wednesday	6:30 - 8:30 p.m.

Health

Mother's Day Soaps by Chronically Clean

Ages 14+

Make lasting memories with your mom this Mother's Day by participating in a special mother-daughter soap-making class! Together, you and your daughter will make two intricately designed soaps each while learning simple soap-making techniques. This is a fun activity that the whole family can enjoy together while creating something special for Mom!

Instructor: Joanna Orgovan, Chronically Clean Bath and Body

Location: Wildwood Kitchen

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

date	day	time
May 1	Wednesday	6:00 - 8:00 p.m.



Make and Take by Chronically Clean!

Ages 14+

A healthy lifestyle is made easy in these classes! Learn simple techniques to make your own at home. The base ingredients are chemical- and detergent-free. Choose fragrances from natural essential oils or phthalate- and paraben-free fragrance oils

Instructor: Joanna Orgovan, Chronically Clean Bath and Body

Location: Wildwood Kitchen

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

dates	day	time
May 22	Wednesday	6:00 - 8:00 p.m.
<i>Cupcake Soaps (3 cupcake soaps)</i>		
June 12	Wednesday	6:00 - 8:00 p.m.
<i>Flower Soaps (3 flower soaps)</i>		
Aug 14	Wednesday	6:00 - 8:00 p.m.
<i>Tinted Lip Gloss (3 tinted lip glosses)</i>		

Food

In the Kitchen with Judi Strauss

Adults 16+

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 of food to taste and recipes for home. Come 'cook up' some new recipes with Judi! **Each class has an additional food fee payable in cash to the instructor the night of class.** Make sure to bring containers to take food home!

Instructor: Judi Strauss

Location: Wildwood Kitchen

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

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

days	class	food fee
May 7	Breakfast in Bed	\$9.00
May 14	Cooking with Herbs	\$9.00
May 21	Phyllo Food	\$10.00
May 28	Cooking with Tortillas	\$9.00
June 4	Cool Summer Dining	\$10.00
June 11	Pasta Food	\$9.00
June 18	Jams and Jelly	\$9.00
July 2	Picnic Food	\$9.00
Aug 6	Dress it Up: Salad Dressing	\$9.00
Aug 13	Pickling Class	\$9.00
Aug 20	Preserve it	\$9.00
Aug 27	Awash in Squash	\$9.00

Buttercream Party Cookie Art

Ages 16+

Join 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

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

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

days	class
June 10	Ladies Night Out! High heels, Lipstick & Purses!
July 8	Toes in the Sand- Beach Party and Sand



Youth

Story Trail at Wildwood: See Summer!

"I see Summer," by Charles Ghigna, is wonderful books interpreting what summer is like through the eyes of children and all the fun along with it. Partake in this active book as you walk the beautiful trails that encase the beautiful Wildwood Cultural Center. This is free and open to the public from dawn to dusk daily.

Location: Wildwood Cultural Center, Blue Bell Trail Resident | Non-Resident: Free

dates
June 3 - July 20

Mother's Day Tea Party **Moms & Children age 4+**

Celebrate the coming of Mother's Day with us in an exclusive Mother's Day Tea Party. Dress in your best as you enjoy tea, savories, crafting, and even creating your own floral spray. The day will also include tea education, including tasting teas and food pairings, along with creating a one-of-a-kind mother's gift. **The price is per person!**

Location: Wildwood Park, 7645 Little Mountain Road Resident: \$25 | Non-Resident: \$30

<i>date</i>	<i>day</i>	<i>time</i>
May 5	Sunday	11:30 a.m. - 1:30 p.m.

Art

Learn to Sew **Ages 10+**

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. Children 10 to 13 are welcome with adult supervision and assistance. Supervising adults do not need to register. Supply list: 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! **A \$15 material supply fee is due to the instructor the night of class.**

Instructor: April Smith

Location: Wildwood South Wing Resident: \$30 | Non-Resident: \$36

<i>date</i>	<i>day</i>	<i>time</i>
May 15	Wednesday	6:00 - 8:00 p.m.

First time online registering with us?

Call one of our facilities so we can set up a new account for you.

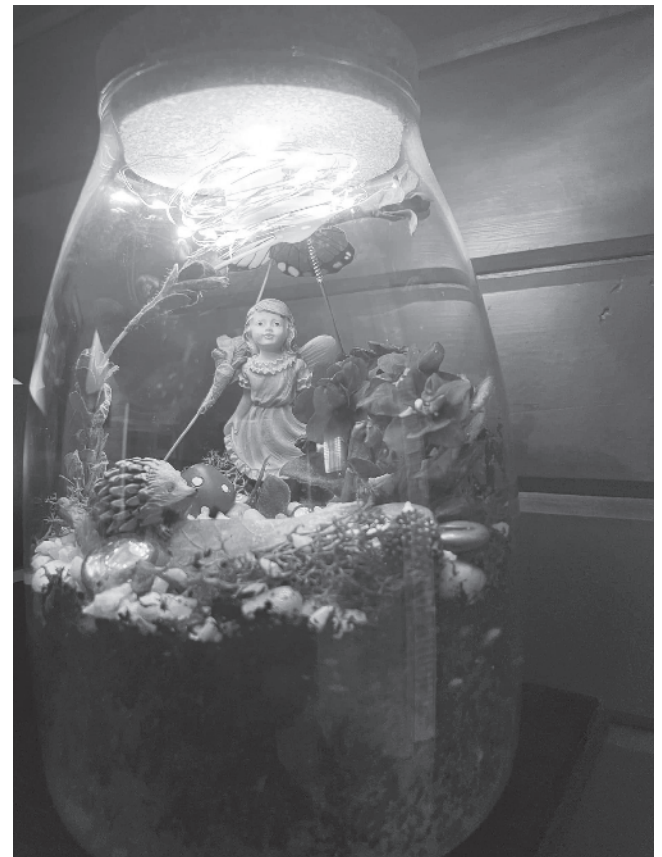
The Basics of Crocheting **Ages 10+**

Have you been eyeing your grandmother's Afghan and wishing she taught you the art of crochet? Maybe you're interested in making a cozy sweater for the colder Cleveland air. From household items to fashionable threads, crocheting is reemerging in popularity. During this class, you will learn the basics of crocheting, understand the materials needed, have the ability to read a pattern, and begin to work on your own project. Children 10 to 13 are welcome with adult supervision and assistance. **A \$10 supply fee is due to the instructor the night of class.**

Instructor: April Smith

Location: Wildwood South Wing Resident: \$30 | Non-Resident: \$36

<i>date</i>	<i>day</i>	<i>time</i>
Aug 14	Wednesday	6:00 - 8:00 p.m.



Mommy and Me: The Miniature World of Fairy Gardens **Ages 5+ & Adult**

Come to create a miniature, magical world! Let your creativity flow while building a fairy garden of your very own! The class includes a unique fairy garden container, soil, moss, pebbles, live fairy plants, small garden accessories, and more! Instructor Audrey Lariccia will lead you through 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 Resident: \$20 | Non-Resident: \$24

<i>date</i>	<i>day</i>	<i>time</i>
July 17	Wednesday	6:00 - 8:00 p.m.

Health



Child and Adult Chronically Clean: Make and Take!

Ages 5+ & Adult

Have fun while keeping clean with these make-and-take, healthy lifestyle classes!! Create your own all-natural bath and body products with instructions from Joanna Orgovan of Chronically Clean Bath and Body! When making soaps, you will learn simple melt-and-pour glycerin soap techniques that are fun for the whole family. The soap base is chemical- and detergent-free. Micas are dye-free. Choose fragrances from natural essential oils or phthalate- and paraben-free fragrance oils.

Instructor: Joanna Orgovan, Chronically Clean Bath and Body
Location: Wildwood Kitchen

Resident: \$30 | Non-Resident: \$35

<i>date</i>	<i>day</i>	<i>time</i>
July 17	Wednesday	6:00 - 8:00 p.m.

Summer Bug Soaps (3 creative bug soaps)

Food

Child and Adult Buttercream Party Cookie Art

Ages 5+, plus 1 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
Resident \$25 | Non-Resident \$30

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

<i>dates</i>	<i>class</i>
June 13	Faires, Gnomes and Mushrooms
July 11	Pool Party and Flamingos
Aug 8	Pawsome Treats- Cookies in the shapes of your favorite pets!

GREAT OUTDOORS

Explore Our Parks

The City of Mentor offers many opportunities to discover the natural beauty and delicate ecosystems of our area with more than 1,200 acres of park land. Explore the walking trail at Walsh Park and Civic Center Park, take in the beauty and secluded setting of Wildwood Park or discover the unique features of the Mentor Marsh at Mentor Lagoons Nature Preserve & Marina or Morton Community Park.

Our smaller parks such as President's Park, Krueger Park, Mentor Dog Park and Bellflower and Civic Center Skate-parks offer unique features for family fun. You can't beat the view of sunset over Lake Erie while sitting on a park bench at Mentor Beach Park or the laughter of children playing on the all-inclusive playground at Eleanor B. Garfield Park.

Bike

Mentor's extensive bikeway system includes bike paths, bike lanes, interconnecting sidewalks and trails through our parks. More than 9 miles of bikeable areas exist. Visit www.cityofmentor.com for more details.

Hike

Hiking trails are available at Walsh Park, Wildwood Park, Morton Community Park, Civic Center Park and Mentor Lagoons Nature Preserve. Trail maps for each park can be found at www.cityofmentor.com under the park of your choice.

Paddle

Come experience the Mentor Lagoons by paddle. The City of Mentor has established a water trail through the Lagoons waterways, including a brief exploration of Marsh Creek and access to shoreline paddling on Lake Erie. The trail launches adjacent to the parking lot and flows for approximately 3 miles of protected flat-water paddling. Access to Lake Erie provides unlimited shoreline paddling and the opportunity to connect with Headlands Beach State Park and Fairport Harbor Beach.

Paddling Experiences

Adult; Ages 10+ with parent

Great for all ages and levels. You can select between a single kayak, tandem kayak, or use a canoe. We provide life jackets and paddles. We'll go over basic paddling safety, then, we will explore the Lagoons Water Trail, enjoy calm waters and get a birds-eye view of the lagoon's ecosystem. Bring a hat, sunscreen, dry clothes, a towel and a water bottle for all family members. Expect to get your feet wet! Kids under age 10 must be in a kayak or canoe with an adult. We will need at least 2 participants pre-registered to go out on the water.

Please check our website for up to date guided paddle class offerings.

Mentor Lagoons Nature Preserve & Marina

8365 Harbor Drive, Mentor, Ohio (440) 205-DOCK
Hours: Monday - Friday, 8 a.m. - 4:30 p.m.
www.cityofmentor.com



The Mentor Lagoons Marina features a safe harbor with quick, direct access to Lake Erie. The tranquil waters of the lagoons provide protected dockage for your boat. Each dock has its own green space for picnicking and relaxation. The Marina offers discounted rates for dockage to Mentor residents. Call the Marina for details.

2024 Dockage Rates

Summer Dockage

May 1 - October 30
Sr Res \$59.00/ft | Res \$60.00/ft | Non-Res \$68.00/ft

Floating Docks

May 1 - October 30
All Docks 30 Feet Long
Sr Res \$1,350.00 | Res \$1,400.00 | Non-Res \$1,700.00

Rack Operation

May 1 - October 30 (All boats must be under 27 feet)
Sr Rate \$1,450.00 | Res Rate \$1,500.00 |
Non-Res \$1,800.00

Winter Storage

November 1 - April 30
Inside Boat on Trailer
Resident \$4.00/sq-ft | Non-Resident \$4.50/sq-ft
Inside Boat on Rack (flat fee)
Resident \$400.00 | Non-Resident \$500.00
Ski/Golf Cart Storage
Resident \$170.00 | Non-Resident \$200.00
Outside Boat Storage
Resident \$15.00/ft | Non-Resident \$19.00/ft
Outside Trailer Storage
Resident \$140.00 | Non-Resident \$175.00

Summer Storage

May 1 - October 31
Outside Boat Storage -per foot
Resident \$15.00/ft | Non-Resident \$19.00/ft
Trailer Storage outside
Resident \$140.00 | Non-Resident \$175.00

Services

Hoisting (each way): Res \$5.00/ft | Non-Res \$6.00/ft
Pressure Cleaning: Res \$2.00/ft | Non-Res \$3.00/ft
Blocking/Cradling: Res \$3.00/ft | Non-Res \$4.00/ft

CITY OF MENTOR NATURAL RESOURCES

Monthly Wildlife Walks

All Ages

Each month specialists from the Natural Resources Division will be leading hikes through city parks and natural areas to observe local wildlife. Are you interested in amphibians and vernal pools? Wanting to learn more about native wildflowers and their pollinators? Then these are the hikes for you!

Instructor: Jamie Jubeck, Natural Resource Specialist

Location: Mentor Lagoons Nature Preserve, Morton Park & Springbrook Gardens

Resident | Non-Resident: Free

dates	day	time
May 22	Wed	5:00 - 6:30 p.m. (Lagoons)
June 12	Wed	5:00 - 6:30 p.m. (Morton Park)
July 17	Wed	5:00 - 6:30 p.m. (Springbrook)
Aug 14	Wed	5:00 - 6:30 p.m. (Lagoons)

Environmental Sciences: Ages 9-14 Homeschooling Series

Studying environmental sciences can be hard without being outside. Take advantage of this opportunity to help your homeschoolers bring the classroom outside with a specialist in the natural areas. We will be meeting on Friday afternoons to study varying ecosystems within Mentor.

Instructor: Jamie Jubeck, Natural Resource Specialist

Location: Mentor Lagoons Nature Preserve, Morton Park & Springbrook Gardens

Resident | Non-Resident: \$50 for the series

dates	day	time
April 26	Friday	1:00 - 3:00 p.m. (Lagoons)
May 10	Friday	1:00 - 3:00 p.m. (Morton Park)
May 17	Friday	1:00 - 3:00 p.m. (Springbrook)
May 24	Friday	1:00 - 3:00 p.m. (Morton Park)
June 7	Friday	1:00 - 3:00 p.m. (Lagoons)

Earth Day

All Ages

Enjoy family-friendly games and crafts, activities led by natural resource specialists, great food, live music, earth-themed vendors and much more on the beautiful grounds of the Wildwood Cultural Center.

Location: Wildwood Cultural Center

Resident | Non-Resident: Free, no registration required

date	day	time
April 20	Saturday	10:00 a.m. - 2:00 p.m.

Natural Resources Workshops: Bird Boxes

Ages 18+

Bird houses are an excellent way to attract local bird species and to liven up your property. Many species such as blue birds, house wrens, and tree swallows benefit from these structures. Learn proper care and techniques from a specialist to help your boxes become successful. We will go over location selection, predator management, monitoring, and much more! Each participant will receive a bird box to build during the program and take home.

Instructor: Jamie Jubeck, Natural Resource Specialist

Location: Springbrook Gardens

Resident | Non-Resident: \$10

date	day	time
May 3	Friday	5:30 - 7:00 p.m.



Sunset Paddle

Ages 12+

Come enjoy the sunset on the water at the Lagoons. Join our Natural Resource Specialist on the full moon of May 23rd and the Summer solstice on June 20th. We will observe wildlife of the nature preserve while enjoying the picturesque sunset all while relaxing in kayaks! Participants are welcome to bring their own kayak/canoe/SUP if they prefer.

Instructor: Jamie Jubeck, Natural Resource Specialist

Location: Mentor Lagoons Nature Preserve

Resident | Non-Resident: \$15

dates	day	time
May 23	Thursday	7:30 - 9:30 p.m.
June 20	Thursday	7:30 - 9:30 p.m.

Aquatic Adventurers

Ages 7-13

Investigate the diversity of vernal pools at the Lagoons Nature Preserve with a natural resource specialist. Learn the importance of these seasonal woodland pools to amphibians while observing frogs and salamanders up close! Please wear rain boots or waterproof shoes. We will be hiking off trail and in water on this adventure. Children must be accompanied by an adult.

Instructor: Rebecca Cantrell, Natural Resource Specialist

Location: Mentor Lagoons Nature Preserve

Resident | Non-Resident: \$5

date	day	time
May 4	Saturday	2:00 - 3:30 p.m.

Spring Bird Walks

Ages 10+

Come celebrate the return of migratory bird species to our region. Are you interested in learning what a "rail" is? Or seeing the beauty of 30+ warbler species that can be seen in the area? Join us as we discuss the important role Mentor plays for migratory and breeding birds as we stroll through both prairie and wooded habitats. Bring water, hiking boots, and binoculars if you have them.

Instructor: Joel Throckmorton, Natural Resource Specialist

Location: Springbrook Gardens & Mentor Lagoons Nature Preserve

Resident | Non-Resident: Free

dates	day	time
May 8 (at Springbrook)	Wed	8:00 - 10:00 a.m.
May 15 (at Lagoons Nature Preserve)	Wed	4:00 - 6:00 p.m.

Natural Resources Workshops: Nuisance Wildlife

All Ages

Do you struggle with nuisance wildlife such as ground-hogs, skunks, or raccoons? Sign up for this informative talk about what to do and what not to do when dealing with such animals around your home. Take part in an open discussion and presentation focusing on the most common nuisance wildlife in our area.

Instructor: Jamie Jubeck, Natural Resource Specialist

Location: Springbrook Gardens

Resident | Non-Resident: Free

date	day	time
May 31	Friday	5:30 - 7:00 p.m.

Migratory Bird Banding

Ages 7+

This hands-on program will allow you to see migratory spring birds such as warblers, chickadees, and woodpeckers up close. Come learn from trained ornithologists on how we capture birds, band them, and safely send them on their way. You'll also learn why scientists tag migratory birds and what it tells us about bird populations.

Instructor: Joel Throckmorton, Natural Resource Specialist

Location: Mentor Lagoons Nature Preserve

Resident | Non-Resident: Free

date	day	time
May 18	Saturday	8:00 - 11:00 a.m.

Owl Investigators

Ages 5-13

Whooo goes there? Hike with a specialist to locate potential owl roosts and the nearby pellets. Everyone will receive the tools they need for the dissection and pellets will be provided if none are found. We will break down the crime scene and see what our owl friends have been feasting on!

Instructor: Jamie Jubeck, Natural Resource Specialist

Location: Mentor Lagoons Nature Preserve

Resident | Non-Resident: \$10

date	day	time
June 14	Friday	8:00 - 10:00 p.m.

Nature at Night

Ages 7+

It's not every day you get to explore the parks at night! Join us as we investigate the hoots and howls we hear while traveling the nocturnal trails of Mentor. Participate in our moth observation station, listen for owls, and search for flying squirrels while hiking a moonlit trail.

Instructor: Jamie Jubeck, Natural Resource Specialist

Location: Mentor Lagoons Nature Preserve & Wildwood Cultural Center

Resident | Non-Resident: Free

dates	day	time
June 7	Friday	9:30 - 11:00 p.m. (Lagoons)
July 12	Friday	9:30 - 11:00 p.m. (Wildwood)

Seasons of the Marsh

All Ages

Enjoy all the seasons at the Mentor Marsh where you can witness how the ecosystem changes throughout the year. The spring starts cold but is soon blossoming with wildflowers and insects. Quickly, summer emerges, as birds are breeding and caring for their young while, the trees are developing full canopies, changing the forest floor. Join us to see what each the season has to offer!

Instructor: Rebecca Cantrell, Natural Resource Specialist

Location: Mentor Lagoons Nature Preserve

Resident | Non-Resident: Free

dates	day	time
May 19	Wednesday	10:00 - 11:00 a.m.
Aug 28	Wednesday	10:00 - 11:00 a.m.



Purple Martin Banding

Ages 7+

The Lagoon's colony of Purple Martins will have young ready to be banded in early July! Come learn about the conservation efforts associated with this species and why ornithologists band birds. This will be a rare opportunity to see baby birds up close and personal. You will also learn what you can do to help native bird populations and how to attract Purple Martins to your yard.

Instructor: Joel Throckmorton, Natural Resource Specialist

Location: Mentor Lagoons Nature Preserve

Resident | Non-Resident: Free

date	day	time
July 8	Monday	9:00 - 11:00 a.m.

Moth Madness

Ages 7+

Moths and butterflies are both from the Lepidoptera order, but did you know moths outnumber butterflies 9:1? They are underappreciated and we intend to shine the light on them, literally! We will have a mothing station consisting of white sheets and black lights to increase our chances of getting a closer look at the various species.

Instructor: Jamie Jubeck, Natural Resource Specialist

Location: Mentor Lagoons Nature Preserve

Resident | Non-Resident: Free

date	day	time
July 26	Friday	9:30 - 11:00 p.m.



Morning Marsh Paddle

Ages 12+

Bring along your kayak or rent one from the Mentor Lagoons kayak shack to explore the Mentor Marsh at dawn. You will be guided by a Natural Resource Specialist who will point out various species of flora and fauna. Bring along your coffee and binoculars for this relaxing and informative activity on the water.

Instructor: Jamie Jubeck, Natural Resource Specialist

Location: Mentor Lagoons Nature Preserve

Resident | Non-Resident: \$15

date	day	time
Aug 17	Saturday	8:30 - 10:30 a.m.

Community Beach Cleanup

All Ages

Help the Natural Resources Division tackle the trash at the Mentor Lagoons Beach. Come out for a beautiful hike to the beach where we will be collecting trash to help keep it beautiful! Each participant will receive a commemorative token of appreciation.

Instructor: Jamie Jubeck, Natural Resource Specialist

Location: Mentor Lagoons Nature Preserve

Resident | Non-Resident: Free

date	day	time
Aug 10	Saturday	10:00 a.m. - 12:00 p.m.

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

2024 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

AMENITIES

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

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://mentorrec.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://mentorrec.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 HITT, 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.

Core and More

This class will improve functional strength for daily activities while using Pilates-type exercises that will tighten, tone, as well as focus on strengthening abdominals, back, hips and glutes.

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 (HITT) 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 and all ages can do. This class combines an aerobic workout with drumming movements that help increase strength and endurance and improves coordination.

ALL IN 1: BODY

ONE and DONE! Total body workout so that you can get on with your day.

Tone-N-Tennis

A fun way to get all the benefits of movement and the sport. No experience necessary to take this class, just enjoy the heart pumping and muscle toning workout leaving you feeling great!

Athletics

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. **No class July 4.**

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

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

dates	day	time
May 9 - June 6	Thursday	4:00 - 4:45 p.m.
June 13 - July 18	Thursday	4:00 - 4:45 p.m.
July 25 - Aug 22	Thursday	4:00 - 4:45 p.m.

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. **No class July 3.**

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

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

dates	day	time
May 8 - June 5	Wednesday	4:00 - 4:45 p.m.
June 12 - July 17	Wednesday	4:00 - 4:45 p.m.
July 24 - Aug 21	Wednesday	4:00 - 4:45 p.m.

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. **No class July 2.**

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

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

dates	day	time
May 7 - June 4	Tuesday	4:00 - 4:45 p.m.
June 11 - July 16	Tuesday	4:00 - 4:45 p.m.
July 23 - Aug 20	Tuesday	4:00 - 4:45 p.m.



Any Doubles Recreational Pickleball League

Ages 18+

This indoor beginner-intermediate 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. Games are played 2 vs. 2 (any doubles combination) and are 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 and balls. Price is per team. Captains meeting is June 4 at 5:30 p.m. **No games July 2.**

Coordinator: MCRC Staff

Location: Mentor Community Recreation Center

Session Fee: \$108

dates	day	time
June 4 - Aug 6	Tuesday	6:00 - 8:30 p.m.

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. **No class May 27.**

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

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

dates	day	time
May 6 - June 10	Monday	4:00 - 4:45 p.m.
June 17 - July 15	Monday	4:00 - 4:45 p.m.
July 22 - Aug 19	Monday	4:00 - 4:45 p.m.

Any Doubles Competitive Pickleball League

Ages 18+

This indoor advanced league consists of one match per week for 8 weeks followed by a 1-week, single-elimination, playoff tournament. A match consists of 3 games played to 11 points, win by 2. Games are played 2 vs. 2 (any doubles combination) and are self-officiated. The top 8 teams compete in the playoff tournament. The playoff championship team receives a prize. Players are encouraged to bring their own paddles and balls. Price is per team. Captains meeting is June 6 at 5:30 p.m. **No games July 4.**

Coordinator: MCRC Staff

Location: Mentor Community Recreation Center

Session Fee: \$108

dates	day	time
June 6 - Aug 8	Thursday	6:00 - 8:30 p.m.

Introduction to Pickleball

Ages 18+

Come learn the fastest growing sport in America! This class is for the novice player 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.

Instructor: Brian Murphy

Location: Mentor Community Recreation Center

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

dates	day	time
May 8 - May 29	Wednesday	5:30 - 7:00 p.m.
June 5 - June 26	Wednesday	5:30 - 7:00 p.m.
July 10 - July 31	Wednesday	5:30 - 7:00 p.m.
Aug 7 - Aug 28	Wednesday	5:30 - 7:00 p.m.

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 (pee wee size) and a water bottle to each class. **No class July 2.**

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

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

dates	day	time
May 7 - June 4	Tuesday	5:00 - 5:45 p.m.
June 11 - July 16	Tuesday	5:00 - 5:45 p.m.
July 23 - Aug 20	Tuesday	5:00 - 5:45 p.m.

Pickleball 201

Ages 18+

Designed for intermediate - advanced skill levels, this class covers stroke mechanics, dinking, strategy and match play. Players are encouraged to bring a paddle, but paddles are provided, and water bottle to each class.

Instructor: Brian Murphy

Location: Mentor Community Recreation Center

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

dates	day	time
May 8 - May 29	Wednesday	7:00 - 8:30 p.m.
June 5 - June 26	Wednesday	7:00 - 8:30 p.m.
July 10 - July 31	Wednesday	7:00 - 8:30 p.m.
Aug 7 - Aug 28	Wednesday	7:00 - 8:30 p.m.

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. The last class concludes with a scrimmage. Athletes are encouraged to bring a football (youth size) and a water bottle to each class. **No class July 2.**

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

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

dates	day	time
May 7 - June 4	Tuesday	6:00 - 6:45 p.m.
June 11 - July 16	Tuesday	6:00 - 6:45 p.m.
July 23 - Aug 20	Tuesday	6:00 - 6:45 p.m.

Basketball Academy

Ages 5-7

For athletes in grades K - 2, this class meets twice a week and is intended to increase a player's skill level through a fun and exciting atmosphere. Players are taught basketball fundamentals including skill development and competitive drills, game-like breakdowns, conditioning, core and footwork. **No class July 4.**

Instructor: The National Basketball Academy (TNBA)

Location: Mentor Community Recreation Center

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

(May, June & Aug)

MCRC Member: \$135 | MCRC Non-Member: \$162

(July)

dates	day	time
May 7 - May 30	Tues & Thurs	4:45 - 5:30 p.m.
June 4 - June 27	Tues & Thurs	4:45 - 5:30 p.m.
July 2 - Aug 1	Tues & Thurs	4:45 - 5:30 p.m.
Aug 6 - Aug 29	Tues & Thurs	4:45 - 5:30 p.m.

Basketball Academy

Ages 8-10

For athletes in grades 3 - 5, this class meets twice a week and is intended to increase a player's skill level through a fun and exciting atmosphere. Players are taught basketball fundamentals including skill development and competitive drills, game-like breakdowns, conditioning, core and footwork. **No class July 4.**

Instructor: The National Basketball Academy (TNBA)

Location: Mentor Community Recreation Center

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

(May, June & Aug)

MCRC Member: \$135 | MCRC Non-Member: \$162

(July)

dates	day	time
May 7 - May 30	Tues & Thurs	5:30 - 6:30 p.m.
June 4 - June 27	Tues & Thurs	5:30 - 6:30 p.m.
July 2 - Aug 1	Tues & Thurs	5:30 - 6:30 p.m.
Aug 6 - Aug 29	Tues & Thurs	5:30 - 6:30 p.m.

Basketball Academy

Ages 11-14

For athletes in grades 6 - 9, this class meets twice a week and is intended to increase a player's skill level through a fun and exciting atmosphere. Players are taught basketball fundamentals including skill development and competitive drills, game-like breakdowns, conditioning, core and footwork. **No class July 4.**

Instructor: The National Basketball Academy (TNBA)

Location: Mentor Community Recreation Center

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

(May, June & Aug)

MCRC Member: \$135 | MCRC Non-Member: \$162

(July)

dates	day	time
May 7 - May 30	Tues & Thurs	6:30 - 7:30 p.m.
June 4 - June 27	Tues & Thurs	6:30 - 7:30 p.m.
July 2 - Aug 1	Tues & Thurs	6:30 - 7:30 p.m.
Aug 6 - Aug 29	Tues & Thurs	6:30 - 7:30 p.m.

Speed-Dating for the Soul

Join yoga teacher and "creativity midwife" Kristina Ambrosia for a creativity session sure to re-energize our bodies, minds, spirits, and relationships by moving rapidly through four mini-super-charged exercises. We will begin with some light movement, ideate on a big idea, select a word to see us through the rest of the year, and find out how to level up our relationships.

It's like speed dating for the soul, but instead of meeting a new romantic prospect, you get to fall in love with your way of moving through the world.

Instructor: Kristina Ambrosia

Location: Mentor Community Recreation Center

MCRC Member: \$30 | MCRC Non-Member: \$36

date	day	time
July 15	Monday	6:00 - 7:00 p.m.

Charka Series - Color Wash Series

Join us for a summer color wash chakra series! Fill out your color wash score card by attending at least 5 of our 7-hour long vinyasa classes and get a surprise gift. Price is per class.

Instructor: Kristina Ambrosia

Location: Mentor Community Recreation Center

MCRC Member: \$14 | MCRC Non-Member: \$17

dates	day	time
June 23	Sunday	9:00 - 10:00 a.m.
June 24 - June 28	Mon - Fri	6:00 - 7:00 p.m.
June 29	Saturday	9:00 - 10:00 a.m.

Pickleball Open Play

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 per week and opens 1-week in advance of event date at 9:59 p.m. Schedule subject to change.

Location: Mentor Community Recreation Center

dates	day	time
May - Aug	Monday	12:00 - 2:00 p.m.
May - Aug	Thursday	8:30 - 10:00 p.m.
May - Aug	Friday	6:30 - 8:30 p.m.
May - Aug	Saturday	1:00 - 3:00 p.m.

Rise Girl™

Rise Girl™ is a program focused on helping girls thrive mentally and physically. This program is designed to encourage exercise, healthy body image, positive mindset, nutrition, stress management, friendship and connection. Each day, girls engage in a class featuring a unique blend of confidence-building activities and invigorating workout sessions. We spend time each day in our Rise Girl™ Journal, and we focus on self-reflection, celebration and personal growth. What sets Rise Girl™ apart is our commitment to building confidence within the girls, to teaching positive mindset as well as our healthy habit focus of the day.

Instructor: Rise Girl™ Staff

Location: Mentor Community Recreation Center

MCRC Member: \$199 | MCRC Non-Member: \$239

dates	day	time
June 18 - 20	Tues & Thurs	9:30 a.m. - 12:00 p.m.
July 16 - 18	Tues & Thurs	9:30 a.m. - 12:00 p.m.

Aquatics



MCRC Outdoor Pool Open
 Memorial Day Weekend - Labor Day
 Monday - Saturday 10:00 a.m. - 8:00 p.m.
 Sunday 10:00 a.m. - 5:30 p.m.

***Note: Hours in August will differ once school starts**

***Note: MCRC Indoor Pool will be closed**

Aug 5 - 10 to drain.

Parent and Child Swim Instruction

6 months - 3 years old

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

MCRC Member: \$32 | MCRC Non-Member: \$40

(per session of 8) ** (No classes July 1, 2, 3, 4 or 6)**

dates	day	time
June 3 - July 29	Mon	4:30 - 5:00 p.m.
June 3 - July 29	Mon	6:30 - 7:00 p.m.
June 4 - July 30	Tues	11:30 a.m. - 12:00 p.m.
June 5 - July 31	Wed	6:00 - 6:30 p.m.
June 6 - Aug 1	Thurs	11:30 a.m. - 12:00 p.m.
June 8 - Aug 3	Sat	9:00 - 9:30 a.m.

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

MCRC Member: \$32 | MCRC Non-Member: \$40

(per session of 8) ** (No classes July 1, 2, 4 or 6)**

dates	day	time
June 3 - July 29	Mon	4:00 - 4:30 p.m.
June 4 - July 30	Tues	11:00 - 11:30 a.m.
June 6 - Aug 1	Thurs	11:00 - 11:30 a.m.
June 8 - Aug 3	Sat	9:00 - 9:30 a.m.

Preschool Swim Lessons

Min: 3 Max: 5

Children ages 4 and/or 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

MCRC Member: \$32 | MCRC Non-Member: \$40

(per session of 8) ** (No classes July 1, 2, 3 or 6)**

dates	day	time
June 3 - July 29	Mon	4:00 - 4:30 p.m.
June 3 - July 29	Mon	4:30 - 5:00 p.m.
June 4 - July 30	Tues	12:00 - 12:30 p.m.
June 5 - July 31	Wed	6:00 - 6:30 p.m.
June 8 - Aug 3	Sat	9:30 - 10:00 a.m.

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

MCRC Member: \$32 | MCRC Non-Member: \$40

(per session of 8) ** (No classes July 1, 3, 4 or 6)**

dates	day	time
June 3 - July 29	Mon	6:30 - 7:00 p.m.
June 5 - July 31	Wed	4:45 - 5:15 p.m.
June 6 - Aug 1	Thurs	12:00 - 12:30 p.m.
June 8 - Aug 3	Sat	9:30 - 10:00 a.m.

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

MCRC Member: \$32 | MCRC Non-Member: \$40

(per session of 8) ** (No class July 3) **

dates	day	time
June 5 - July 31	Wed	4:45 - 5:15 p.m.

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

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

(per session of 8) ** (No classes July 1, 3 or 6) **

dates	day	time
June 3 - July 29	Mon	5:00 - 5:45 p.m.
June 5 - July 31	Wed	4:00 - 4:45 p.m.
June 5 - July 31	Wed	6:30 - 7:15 p.m.
June 8 - Aug 3	Sat	10:00 - 10:45 a.m.

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

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

(per session of 8) ** (No classes July 1, 3 or 6) **

dates	day	time
June 3 - July 29	Mon	5:00 - 5:45 p.m.
June 5 - July 31	Wed	4:00 - 4:45 p.m.
June 5 - July 31	Wed	6:30 - 7:15 p.m.
June 8 - Aug 3	Sat	10:00 - 10:45 a.m.

TS 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

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

(per session of 8) ** (No classes July 1, 3 or 6) **

dates	day	time
June 3 - July 29	Mon	5:45 - 6:30 p.m.
June 5 - July 31	Wed	5:15 - 6:00 p.m.
June 8 - Aug 3	Sat	10:45 - 11:30 a.m.

TS 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

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

(per session of 8) ** (No classes July 1 or 6) **

dates	day	time
June 3 - July 29	Mon	5:45 - 6:30 p.m.
June 8 - Aug 3	Sat	10:45 - 11:30 a.m.

Adapted Aquatics Swim Lessons

Min: 2 Max: 5

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 swimming buddy whose goal is to create a fun play environment while teaching important safety and swimming skills. Skills and games will be played as a group and 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. Participants may not register for 2 consecutive classes that would result in a full hour class. Class is only 30 minutes long, please be dressed and use the restroom prior, so we can start class on time.

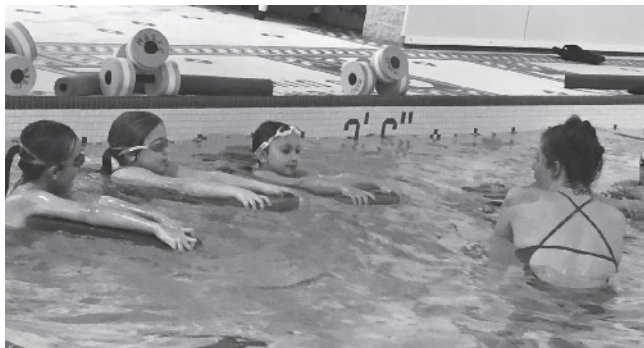
Location: MCRC Indoor Pool

MCRC Member: \$60 | MCRC Non-Member: \$75

(per session of 8) ** (No classes July 4 or 6) **

dates	day	time	ages
June 6 - Aug 1	Thurs	5:45 - 6:15 p.m.	11 & under
June 6 - Aug 1	Thurs	6:15 - 6:45 p.m.	12 - 18
June 6 - Aug 1	Thurs	6:45 - 7:15 p.m.	18+
June 8 - Aug 3	Sat	11:30 - 12:00 p.m.	11 & under
June 8 - Aug 3	Sat	12:00 - 12:30 p.m.	12 - 18
June 8 - Aug 3	Sat	12:30 - 1:00 p.m.	18+

Mentor Summer 2024



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 instructors. 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

First time online registering with us?

Call one of our facilities so we can set up a new account for you.

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. ***No classes May 27, July 4 or week of Aug 5 -10**
Intensity: Low | Location: MCRC Indoor Pool

May/June Price: MCRC Member: \$20 | MCRC Non-Member: \$30

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

August Price: MCRC Member: \$15 | MCRC Non-Member: \$23

month	day	time
May	Tuesday	10:00 - 10:50 a.m.
June	Tuesday	10:00 - 10:50 a.m.
July	Tuesday	10:00 - 10:50 a.m.
*Aug	Tuesday	10:00 - 10:50 a.m.

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

July Price: MCRC Member: \$15 | MCRC Non-Member: \$23

June/Aug Price: MCRC Member: \$20 | MCRC Non-Member: \$30

month	day	time
May	Thursday	10:00 - 10:50 a.m.
June	Thursday	10:00 - 10:50 a.m.
*July	Thursday	10:00 - 10:50 a.m.
*Aug	Thursday	10:00 - 10:50 a.m.

May/June/July/August Price:

MCRC Member: \$20 | MCRC Non-Member: \$30

month	day	time
May	Friday	9:00 - 9:50 a.m.
June	Friday	9:00 - 9:50 a.m.
July	Friday	9:00 - 9:50 a.m.
*Aug	Friday	9:00 - 9:50 a.m.

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 with socializing with friends in this fun water exercise class. ***No classes July 4 or week of Aug 5 -10**

Intensity: Low | Location: MCRC Indoor Pool

May/June Price: MCRC Member: \$20 | MCRC Non-Member: \$30

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

August Price: MCRC Member: \$15 | MCRC Non-Member: \$23

month	day	time
May	Tuesday	2:00 - 2:50 p.m.
June	Tuesday	2:00 - 2:50 p.m.
July	Tuesday	2:00 - 2:50 p.m.
*Aug	Tuesday	2:00 - 2:50 p.m.

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

June/August Price: MCRC Member: \$20 | MCRC Non-Member: \$30

July Price: MCRC Member: \$15 | MCRC Non-Member: \$23

month	day	time
May	Thursday	2:00 - 2:50 p.m.
June	Thursday	2:00 - 2:50 p.m.
*July	Thursday	2:00 - 2:50 p.m.
*Aug	Thursday	2:00 - 2:50 p.m.

Move and Groove

Min: 6 Max: 24

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. ***No classes May 27 or week of Aug 5 - 10**

Intensity: Low, Moderate or High - completely up to you!
Location: MCRC Indoor Pool

June Price: MCRC Member: \$20 | MCRC Non-Member: \$30

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

May/Aug Price: MCRC Member: \$15 | MCRC Non-Member: \$23

month	day	time
*May	Monday	9:00 - 9:50 a.m.
June	Monday	9:00 - 9:50 a.m.
July	Monday	9:00 - 9:50 a.m.
*Aug	Monday	9:00 - 9:50 a.m.

May/June Price: MCRC Member: \$20 | MCRC Non-Member: \$30

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

August Price: MCRC Member: \$15 | MCRC Non-Member: \$23

month	day	time
May	Tuesday	6:45 - 7:35 p.m.
June	Tuesday	6:45 - 7:35 p.m.
July	Tuesday	6:45 - 7:35 p.m.
*Aug	Tuesday	6:45 - 7:35 p.m.

May/July Price: MCRC Member: \$25 | MCRC Non-Member: \$38

June Price: MCRC Member: \$20 | MCRC Non-Member: \$30

August Price: MCRC Member: \$15 | MCRC Non-Member: \$23

month	day	time
May	Wednesday	9:00 - 9:50 a.m.
June	Wednesday	9:00 - 9:50 a.m.
July	Wednesday	9:00 - 9:50 a.m.
*Aug	Wednesday	9:00 - 9:50 a.m.

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

June/July/August Price:

MCRC Member: \$20 | MCRC Non-Member: \$30

month	day	time
May	Friday	10:00 - 10:50 a.m.
June	Friday	10:00 - 10:50 a.m.
July	Friday	10:00 - 10:50 a.m.
*Aug	Friday	10:00 - 10:50 a.m.

May/July/August Price:

MCRC Member: \$20 | MCRC Non-Member: \$30

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

month	day	time
May	Saturday	8:00 - 8:50 a.m.
June	Saturday	8:00 - 8:50 a.m.
July	Saturday	8:00 - 8:50 a.m.
*Aug	Saturday	8:00 - 8:50 a.m.

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.

***No classes May 27, July 4 or week of Aug 5 - 10**

Intensity: Low, Moderate or High - completely up to you!
Location: MCRC Indoor Pool

June Price: MCRC Member: \$20 | MCRC Non-Member: \$30

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

May/Aug Price: MCRC Member: \$15 | MCRC Non-Member: \$23

month	day	time
*May	Monday	10:00 - 10:50 a.m.
June	Monday	10:00 - 10:50 a.m.
July	Monday	10:00 - 10:50 a.m.
*Aug	Monday	10:00 - 10:50 a.m.

May/July Price: MCRC Member: \$25 | MCRC Non-Member: \$38

June Price: MCRC Member: \$20 | MCRC Non-Member: \$30

August Price: MCRC Member: \$15 | MCRC Non-Member: \$23

month	day	time
May	Wednesday	10:00 - 10:50 a.m.
June	Wednesday	10:00 - 10:50 a.m.
July	Wednesday	10:00 - 10:50 a.m.
*Aug	Wednesday	10:00 - 10:50 a.m.

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

June/August Price: MCRC Member: \$20 | MCRC Non-Member: \$30

July Price: MCRC Member: \$15 | MCRC Non-Member: \$23

month	day	time
May	Thursday	6:45 - 7:35 p.m.
June	Thursday	6:45 - 7:35 p.m.
*July	Thursday	6:45 - 7:35 p.m.
*Aug	Thursday	6:45 - 7:35 p.m.

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.** ***No classes July 4 or week of Aug 5 - 10**

Intensity: Low, Moderate or High - completely up to you!
Location: MCRC Indoor Pool

May/June Price: MCRC Member: \$20 | MCRC Non-Member: \$30

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

August Price: MCRC Member: \$15 | MCRC Non-Member: \$23

month	day	time
May	Tuesday	9:00 - 9:50 a.m.
June	Tuesday	9:00 - 9:50 a.m.
July	Tuesday	9:00 - 9:50 a.m.
*Aug	Tuesday	9:00 - 9:50 a.m.

May/July Price: MCRC Member: \$25 | MCRC Non-Member: \$38

June Price: MCRC Member: \$20 | MCRC Non-Member: \$30

August Price: MCRC Member: \$15 | MCRC Non-Member: \$23

month	day	time
May	Wednesday	7:30 - 8:20 p.m.
June	Wednesday	7:30 - 8:20 p.m.
July	Wednesday	7:30 - 8:20 p.m.
*Aug	Wednesday	7:30 - 8:20 p.m.

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

June/August Price: MCRC Member: \$20 | MCRC Non-Member: \$30

July Price: MCRC Member: \$15 | MCRC Non-Member: \$23

month	day	time
May	Thursday	9:00 - 9:50 a.m.
June	Thursday	9:00 - 9:50 a.m.
*July	Thursday	9:00 - 9:50 a.m.
*Aug	Thursday	9:00 - 9:50 a.m.

Mentor Summer 2024

Water Fit

Min: 6 Max: 12

A combination of Aqua jogging and Water Walking with low impact cardio exercise. Participants will move with and against a current in both shallow and deep water. This is a fun class that offers an incredible workout while remaining gentle on your bones and joints making it safer exercise for everyone including those with arthritis, osteoporosis and fibromyalgia.

***No classes May 27 or week of Aug 5 - 10**

Intensity: Low | Location: MCRC Indoor Pool

June Price: MCRC Member: \$20 | MCRC Non-Member: \$30

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

May/Aug Price: MCRC Member: \$15 | MCRC Non-Member: \$23

month	day	time
*May	Monday	7:30 - 8:20 p.m.
June	Monday	7:30 - 8:20 p.m.
July	Monday	7:30 - 8:20 p.m.
*Aug	Monday	7:30 - 8:20 p.m.

ARC Lifeguard Classes - certification Course in partnership with UH Wellness Center

Have you always wanted to be a lifeguard and work at one of our many Mentor pools? 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 then complete the course work online. The skills practice & testing will take place at UH Wellness Center, 8655 Market St., Mentor, Oh 44060

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

Session 1:

Pre Skills Swim Test: Sat, March 2, 12:00 - 12:30p.m.

Online Course work: March 8 - 22

In person classes:

date	day	time
March 22	Friday	4:00 - 8:00 p.m.
March 23	Saturday	8:00 a.m. - 4:00 p.m.
March 24	Sunday	8:00 a.m. - 4:00 p.m.

Session 2:

Pre Skills Swim Test: Sat, March 23, 12:00 - 12:30p.m.

Online Course work: March 29 - April 12

In person classes:

date	day	time
April 12	Friday	4:00 - 8:00 p.m.
April 13	Saturday	8:00 a.m. - 4:00 p.m.
April 14	Sunday	8:00 a.m. - 4:00 p.m.

Session 3:

Pre Skills Swim Test: Sat, April 27, 12:00 - 12:30p.m.

Online Course work: May 3 - 17

In person classes:

date	day	time
May 17	Friday	4:00 - 8:00 p.m.
May 18	Saturday	8:00 a.m. - 4:00 p.m.
May 19	Sunday	8:00 a.m. - 4:00 p.m.

ARC Water Safety Instructor (WSI) certification Course

If you love the water and love working with children of all ages then this is the perfect class & job for you! The American Red Cross WSI course is for those interested in teaching others how to learn to swim. Participants must be at least 16 years old by the last day of class. Online course work needs to be completed prior to the first in person class. Must be able to swim the following skills at a level 4 or higher ability: 25 yards of front crawl, breast stroke, back crawl, side stroke, 15 yards of butterfly, tread water for one minute and float on back with minimal movement for 1 minute.

Location: MCRC Indoor Pool

Staff: \$250 | Member: \$275 | Non-Member: \$300

Online Course work: May 6 - June 7

In person classes/water practice and testing:

date	day	time
June 8	Saturday	9:00 a.m. - 5:00 p.m.
June 9	Sunday	9:00 a.m. - 5:00 p.m.

OUTDOOR POOL Lifeguard Training Course

Ages 15+

Get your American Red Cross training and learn to be a lifeguard. Included in the course is Lifeguarding, First Aid and CPR for Professional Rescuer. Students must be 15 years old and bring proof of age to first class. Students must pass both written and physical tests to become certified. Students must be in attendance during all class times; this class may not be suitable for people with very busy schedules. The following prerequisites must be tested before students are granted their online access code. Students who do not meet these minimum requirements will not be permitted to continue with the course but will receive a refund: 1. Student must swim 300 yards, continuously, demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breast stroke or a combination of both but swimming on the back or side is not allowed. 2. Student must tread water for 2 minutes using only legs. Candidates place their hands under their armpits. 3. Last, the student must complete this event within 1 minute, 40 seconds: Starting in the water, swim 20 yards with face in or out of water. Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object then return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface (candidates may not swim the distance under water). Last, exit the water without using a ladder or rope. Swim goggles may not be used for this drill. Class is limited to 10 students.

Instructor: Mentor City Staff | Location: Civic Center Pool

Fee: Resident: \$175 | Non-Resident: \$200

***Mandatory In-Water Pre-Testing, June 1st, 10:00 a.m.**

***On line course work & In person class to be held simultaneously**

dates	day	time
June 3 - 7	M-F	9:00 a.m. - 12:00 p.m.

**Option for class reimbursement if hired to work at the Mentor City Pool for the duration of the 2024 season. Call 440.974.5720 for Details!*

mcrc/outdoor pool

American Red Cross Learn to Swim Classes

Parent & Child

6 months - 3 years

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.

Instructor: Mentor Staff

Resident: \$45 | Non-Resident: \$55

dates	day	time	pool
June 17 - 27	M-Th	12:00 - 12:45 p.m.	Civic
July 1 - 12	M-Th	10:15 - 11:00 a.m.	Civic
(No class July 4, makeup on July 12)			
July 15 - 25	M-Th	12:00 - 12:45 p.m.	Civic
July 29 - Aug 8	M-Th	10:15 - 11:00 a.m.	Civic
June 22 - Aug 3	Sat	11:10- 11:55 a.m.	Morton
June 22 - Aug 3	Sat	12:00- 12:45 p.m.	Morton

Preschool 1

4- 5 years

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.

Instructor: Mentor Staff

Resident: \$45 | Non-Resident: \$55

dates	day	time	pool
June 17 - 27	M-Th	10:15 - 11:00 a.m.	Civic
June 17 - 27	M-Th	12:00 - 12:45 p.m.	Civic
July 1 - 12	M-Th	11:05 - 11:50 a.m.	Civic
(No class July 4, makeup on July 12)			
July 1 - 12	M-Th	12:00 - 12:45 p.m.	Civic
(No class July 4, makeup on July 12)			
July 15 - 25	M-Th	11:05 - 11:50 a.m.	Civic
July 29 - Aug 8	M-Th	10:15 - 11:00 a.m.	Civic
July 29 - Aug 8	M-Th	12:00- 12:45 p.m.	Civic
June 22 - Aug 3	Sat	11:10- 11:55 a.m.	Morton
June 18 - July 11	T/Th	6:15- 7:00 p.m.	Morton
(No class July 4)			
July 16 - Aug 6	T/Th	6:15- 7:00 p.m.	Morton



Preschool 2

4- 5 years

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.

Instructor: Mentor Staff

Resident: \$45 | Non-Resident: \$55

dates	day	time	pool
June 17 - 27	M-Th	10:15 - 11:00 a.m.	Civic
June 17 - 27	M-Th	11:05 - 11:50 a.m.	Civic
July 1 - 12	M-Th	11:05 - 11:50 a.m.	Civic
(No class July 4, makeup on July 12)			
July 15 - 25	M-Th	12:00 - 12:45 p.m.	Civic
July 29 - Aug 8	M-Th	10:15 - 11:00 a.m.	Civic
July 29 - Aug 8	M-Th	11:05 - 11:50 a.m.	Civic
June 22 - Aug 3	Sat	11:10- 11:55 a.m.	Morton
June 22 - Aug 3	Sat	12:00- 12:45 p.m.	Morton
June 18 - July 11	T/Th	6:15- 7:00 p.m.	Morton
(No class July 4)			
July 16 - Aug 6	T/Th	6:15- 7:00 p.m.	Morton

American Red Cross Learn to Swim Program

The City of Mentor is a provider of the American Red Cross Learn to Swim Program. The program is developed by experts in the industry and our staff are trained according to the American Red Cross standards. This program is designed for children over 6 months up to adults. Students progress through the levels at their own pace, mastering the skills in the one level before then advancing to the next. The Learn-to-Swim program focuses on building skills one step at a time. By giving participants the opportunity to master one element before moving on to the next, all students are able to easily build confidence in the water.

Learn to Swim Information & Tips

Read the class level description carefully to determine the correct swim level for your child. Call the Recreation Department at 440 974-5720 and ask for help if you are unsure of the correct level for your child.

Swimmers will be evaluated the first day of lessons to determine if they are in the proper class. If you have a Red Cross card showing you have passed a class previously, please bring it with you to the first class. Instructors reserve the right to determine your child's level of performance and place them accordingly. Instructors will move your child to an appropriate class if space in other classes allows. Please note that children do not usually pass a swim level after one session. Some levels are very comprehensive and advanced skills take time to master. Please sign your child up for one class at a time to ensure they are registered for the appropriate level.

There will be no make-up lessons for the Learn-to-Swim programs. Classes are held every day. Choose classes carefully as transfers are done on a case-by-case basis and refunds are not available.

Mentor Summer 2024



Learn to Swim Level 1 Introduction to Water Skills 6 - 12 years

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.

Instructor: Mentor Staff

Resident: \$45 | Non-Resident: \$55

dates	day	time	pool
June 17 - 27	M-Th	10:15 - 11:00 a.m.	Civic
June 17 - 27	M-Th	11:05 - 11:50 a.m.	Civic
June 17 - 27	M-Th	12:00 - 12:45 p.m.	Civic
July 1 - 12	M-Th	11:05 - 11:50 a.m.	Civic
(No class July 4, makeup on July 12)			
July 15 - 25	M-Th	10:15 - 11:00 a.m.	Civic
July 15 - 25	M-Th	12:00 - 12:45 p.m.	Civic
July 29 - Aug 8	M-Th	11:05 - 11:50 a.m.	Civic
June 22 - Aug 3	Sat	11:10 - 11:55 a.m.	Morton
June 22 - Aug 3	Sat	12:00 - 12:45 p.m.	Morton
June 18 - July 11	T/Th	6:15 - 7:00 p.m.	Morton
(No class July 4)			
June 18 - July 11	T/Th	7:05 - 7:50 p.m.	Morton
(No class July 4)			

First time online registering with us?

Call one of our facilities so we can set up a new account for you.

Learn to Swim Level 2 Fundamental Aquatic Skills 6 - 12 years

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.

Instructor: Mentor Staff

Resident: \$45 | Non-Resident: \$55

CITYOFMENTOR.COM/PARKS-RECREATION

dates	day	time	pool
June 17 - 27	M-Th	10:15 - 11:00 a.m.	Civic
June 17 - 27	M-Th	11:05 - 11:50 a.m.	Civic
July 1 - 12	M-Th	11:05 - 11:50 a.m.	Civic
(No class July 4, makeup on July 12)			
July 1 - 12	M-Th	12:00 - 12:45 p.m.	Civic
(No class July 4, makeup on July 12)			
July 15 - 25	M-Th	10:15 - 11:00 a.m.	Civic
July 15 - 25	M-Th	11:05 - 11:50 a.m.	Civic
July 29 - Aug 8	M-Th	12:00 - 12:45 p.m.	Civic
June 22 - Aug 3	Sat	12:00 - 12:45 p.m.	Morton
June 18 - July 11	T/Th	6:15 - 7:00 p.m.	Morton
(No class July 4)			
July 16 - Aug 6	T/Th	6:15 - 7:00 p.m.	Morton
July 16 - Aug 6	T/Th	7:05 - 7:50 p.m.	Morton

Learn to Swim Level 3 Stroke Development 6 - 12 years

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.

Instructor: Mentor Staff

Resident: \$45 | Non-Resident: \$55

dates	day	time	pool
June 17 - 27	M-Th	11:05 - 11:50 a.m.	Civic
July 1 - 12	M-Th	10:15 - 11:00 a.m.	Civic
(No class July 4, makeup on July 12)			
July 1 - 12	M-Th	12:00 - 12:45 p.m.	Civic
(No class July 4, makeup on July 12)			
July 15 - 25	M-Th	10:15 - 11:00 a.m.	Civic
July 15 - 25	M-Th	12:00 - 12:45 p.m.	Civic
July 29 - Aug 8	M-Th	10:15 - 11:00 a.m.	Civic
July 29 - Aug 8	M-Th	12:00 - 12:45 p.m.	Civic
June 18 - July 11	T/Th	7:05 - 7:50 p.m.	Morton
(No class July 4)			
July 16 - Aug 6	T/Th	6:15 - 7:00 p.m.	Morton

Learn to Swim Level 4 Stroke Improvement 6 - 12 years

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.

Instructor: Mentor Staff

Resident: \$45 | Non-Resident: \$55

dates	day	time	pool
June 17 - 27	M-Th	12:00 - 12:45 p.m.	Civic
July 1 - 12	M-Th	10:15 - 11:00 a.m.	Civic
(No class July 4, makeup on July 12)			
July 15 - 25	M-Th	11:05 - 11:50 a.m.	Civic
July 29 - Aug 8	M-Th	11:05 - 11:50 a.m.	Civic
June 18 - July 11	T/Th	7:05 - 7:50 p.m.	Morton
(No class July 4)			
July 16 - Aug 6	T/Th	7:05 - 7:50 p.m.	Morton

outdoor pool



Learn to Swim Level 5 Stroke Refinement 6 - 12 years

Children learn further coordination and refinement of strokes in level 5. We will cover shallow-angle dive from the side then glide and begin front stroke, tuck and pike surface dives while submerging completely, front flip turn and backstroke flip turn while swimming, front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly, plus sculling.

Instructor: Mentor Staff

Resident: \$45 | Non-Resident: \$55

dates	day	time	pool
July 1 - 12	M-Th	10:15 - 11:00 a.m.	Civic
(No class July 4, makeup on July 12)			
July 15 - 25	M-Th	11:05 - 11:50 a.m.	Civic
July 29 - Aug 8	M-Th	12:00 - 12:45 p.m.	Civic
June 18 - July 11	T/Th	7:05 - 7:50 p.m.	Morton
(No class July 4)			
July 16 - Aug 6	T/Th	7:05 - 7:50 p.m.	Morton

Learn to Swim Level 6 6 - 12 years

In this level, students refine the stroke to swim with ease, efficiency, power and smoothness over greater distances. Students learn to swim 500 yards continuously using any 3 strokes of choice, swimming at least 50 yards of each stroke. You will also learn personal water safety, including more complex safety skills, jumping into deep water and performing a survival float for 5 minutes, rolling onto back and performing a back float for 5 minutes, performing a surface dive, retrieving and object from the bottom of the pool at depth of 8-10 feet, returning to the surface and starting point.

Instructor: Mentor Staff

Resident: \$45 | Non-Resident: \$55

dates	day	time	pool
July 1 - 12	M-Th	12:00 - 12:45 p.m.	Civic
(No class July 4, makeup on July 12)			
July 15 - 25	M-Th	10:15 - 11:00 a.m.	Civic
July 29 - Aug 8	M-Th	11:05 - 11:50 a.m.	Civic
July 16 - Aug 6	T/Th	7:05 - 7:50 p.m.	Morton

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 residents and non residents 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 instructors. Private lessons are perfect for teen and adult swimmers interested in developing stronger skills or overcoming a fear of water and for Learn-to-Swim students who need a little additional help. Contact the outdoor pool cashier, pool manager, or Learn-to-Swim director to make arrangements once the pools are open.

Location: Outdoor Pool

One 30 minute lesson:

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

MENTOR CITY OUTDOOR POOLS

The City of Mentor plans to open Civic and Morton Pools this summer as well as Walsh Spray park. Pool passes will go on sale starting May 1st at the Parks & Recreation Office, 2nd floor of the Mentor Community Recreation Center (6000 Heisley Road). Passes will be sold M-F, 8:00am - 5:00pm. To purchase your 2024 Aquatic Pass at the resident rate, you MUST bring a current utility bill, with your name and address on it AND photo identification, as proof of Mentor residency. Outdoor passes grant access to Civic Pool and Morton Pool and does not grant access to the Mentor Community Recreation Center's pools. Check our website for up to date pool locations, dates, operating hours, and details.

2024 Pool Admission & Aquatic Pass Rates

Daily Admission: \$10.00/person

Individual Passes	Resident	Non-Resident
Adult (age 18 - 59)	\$75.00	\$150.00
Youth (age 17 & Under)	\$60.00	\$120.00
Senior (age 60+)	\$60.00	\$120.00

Family Pass \$150.00 \$300.00

(3 family members)

***additional resident family members beyond 3 will be charged \$25/person/resident, \$50/person/non-resident**

**Please note: All family members must reside at the same residence and must include an adult or married couple and their unmarried children under the age of 18. Nieces, nephews, grandparents, aunts, uncles, babysitters, etc., will NOT be considered to be included in the family membership even if they reside at the same address.*

Accounts are address based. Only parents and children residing at the same address may be placed in the same account. A utility bill and/or school report card may be required to verify residence.

Mentor Summer 2024

The City of Mentor employs over 500 people in full-time, part-time, and temporary/seasonal positions. New positions are posted regularly. Consider joining our team and serving our community in a fun and fulfilling setting! For questions or to check the status of an application, direct inquires to HRMail1@cityofmentor.com. No phone calls please.

employment opportunity



**GET OUT IN THE SUN
AND IN ON THE FUN!
BECOME A MENTOR LIFEGUARD**



**GET IN ON THE FUN!
NOW HIRING CAMP COUNSELORS FOR THE 2024 SUMMER SEASON**

City of Mentor
Department of Parks,
Recreation & Public Facilities

8500 Civic Center Boulevard
Mentor, Ohio 44060

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