

# CITY OF MENTOR



winter/spring program guide 2023-24

keep until May

registration  
begins

**DECEMBER 4**

for residents/  
members &

**DECEMBER 5**

for non-residents/  
non-members

**Mentor Parks and Recreation**

[cityofmentor.com/parks-recreation](http://cityofmentor.com/parks-recreation) | 440.974.5720

## Contents

- 3 Special Events
- 5 Active Kids
- 6 Active Adults
- 8 Ice Arena
- 12 Wildwood Cultural Center
- 21 Mentor Community Recreation Center
- 33 Senior Center
- 42 Black Brook
- 43 Natural Resources
- 44 Rental Facilities
- 46 Community Registration

## Registration

resident/member registration begins  
DECEMBER 4, 2023

non-resident/non-member  
registration begins  
DECEMBER 5, 2023

register online at: [cityofmentor.com](http://cityofmentor.com)

## Facility Numbers & Office Hours

Recreation M-F 8:00am - 5:00pm	440.974.5720
Blackbrook M-Su 6:30am - dark	440.951.0010
Marina M-F 8:00am - 4:30pm	440.205.3625
Senior Center M-F 8:00am - 5:00pm	440.974.5725
Ice Arena M-F 8:00am - 5:00pm	440.974.5730
Wildwood M-F 9:00am - 5:00pm	440.974.5735
MCRC M-F 8:00am - 5:00pm	440.205.3608

## Email

- Parks: [parks@cityofmentor.com](mailto:parks@cityofmentor.com)
- Recreation: [recreation@cityofmentor.com](mailto:recreation@cityofmentor.com)
- Marina: [marina@cityofmentor.com](mailto:marina@cityofmentor.com)
- Natural Resources:  
[naturalresources@cityofmentor.com](mailto:naturalresources@cityofmentor.com)
- MCRC: [RecCenter@cityofmentor.com](mailto:RecCenter@cityofmentor.com)



## Mentor City Council

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

## 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 Program 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 Amphitheater	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 Lagoons Nature Preserve & Marina	8365 Harbor Dr.
Mentor Municipal Center	8500 Civic Center Blvd.
Mentor Senior Center	8484 Munson Rd.
Morton Pool & Park	9325 Rosemary Ln.
Old Council Hall	7250 Jackson St.
Springbrook Gardens	6776 Heisley Rd.
Wildwood Cultural Center	7645 Little Mountain Rd
	440.974.5720

# special events



## Adult Flashlight Dash Egg Hunt

Adults only 21+

Saturday, March 23, 7:30 p.m.  
Black Brook Golf Course

Sure to be the best hour of fun in 2024. *The Adult Flashlight Dash is a fast-paced, competitive all-out -sprint of an egg hunt just for adults 21 and over!* We'll gather in the club house then head to the practice center (can you hear the Chariots of Fire music playing in the background?) then on the word GO, you'll take off, flashlights in hand, to find as many of the 4,000 eggs hidden on the practice range as possible. More than 100 of those eggs will have really great prizes! This event fills up quickly, so register early! Snacks are included and adult beverages are available for purchase. Pre-registration is required. No on-site registration will be accepted. Call (440) 974-5720 to register.

**Activity Level - Very Strenuous**

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



## Lake County Chili Open

Saturday January 27th, Tee Times Begin At 9 a.m.  
Black Brook Golf Course

Golfers - mark your calendars! Here's your chance to play in the biggest golf event this winter. Every golfer has played in a summer tournament, but how many have played in January? You'll play nine snowy, fun holes of golf followed by a warm bowl of chili, hot dogs, and hot chocolate. Golfers will be challenged to drive shots across frozen tundra and putt balls laden with ice. You'll hit orange golf balls to snow-covered greens on the 9-hole course of 65 - 100 yard holes. Last year more than 200 golfers participated in this event, so you'll want to register early!

Gift certificates for 18 holes will be awarded to the three winning teams. The cost to enter the Chili Open is \$20 which includes golf fees, food, and hot chocolate. The Chili Open is sponsored by the City of Mentor with proceeds benefiting the United Way of Lake County. For more information on this event or to register, go to [www.cityofmentor.com/departments/parks-recreation/registration](http://www.cityofmentor.com/departments/parks-recreation/registration). Sponsorship opportunities are available by calling United Way of Lake County at (440) 352-3166. If the course is not covered with snow, we will play the normal yardage so bring your whole set of clubs. **Must register to play by January 23rd, 2024.**



## Mentor Chill Out!

Saturday January 20, 11-6 p.m.  
Mentor Amphitheater



If you missed it last year, be sure to mark your calendar, call your friends, bundle up the family and head out to Mentor Chill Out! There will be something for everyone, Food Trucks, Bourbon Tastings, Outdoor Ice Skating, Ice Sculptors, Chili Cook Off, Popsicle Eating Contests, Wagon Rides, Fireworks and much, much more! Oh, did we mention....**it's FREE!**



## Little Princess Valentine's Dance

Dads & Daughters age 4+

Friday, February 2, 7 - 9 p.m.  
**NEW LOCATION** Springbrook Gardenhouse  
 6776 Heisley Road, Mentor

Calling all Princesses - you are invited to a special, royal dance! At our Little Princess Valentine's Dance, you will have a regal evening of dance, music, snacks, a craft and memorable fun. Treat your daughter or granddaughter to a very majestic Valentine's Day memory she will never forget. DJ music, photos and entertainment will be provided by Jesse Webb Entertainment. This event is supported by the City of Mentor's Community Arts Commission. **Space is limited, register early! Daughters age 4 and older. Resident: \$18 | Non-Resident: \$21**



## Earth Day!

All Ages!

Saturday, April 20, 10 a.m. - 2 p.m.  
 Wildwood Park, 7645 Little Mountain Road

Earth Day is a celebration to raise awareness of environmental issues by learning how to become a steward of ecosystems. Join Mentor's Natural Resource Division, local organizations and educators as they present information on various topics such as: native and invasive plants, the importance of bees, sustainable farming, backyard birding, healthy water and land and much more! You can join in wildflower identification hikes, hands-on invasive plant pulls, and exploring the wild places of Wildwood Park. Also enjoy creating nature themed crafts and visiting specially selected Earth conscience vendors. Be a part of connected conservation - plants, water, wildlife and air does not stop at yard or park boundaries. **FREE!**



## Friday Night Family Cosmic Skates

Location: Ice Arena - West Arena  
 Adult: \$9, Child: \$7, Skate Rental: \$4

dates	days	time
Jan 19	Friday	8:30 - 10:00 p.m.
Feb 23	Friday	8:30 - 10:00 p.m.
Mar 15	Friday	8:30 - 10:00 p.m.

*Super-Hero, Princess, Disco 80's/90's Beach Party*

### SAVE THE DATE!

## Underwater Easter Egg Hunt

Saturday, March 30  
 Location: Mentor Community Recreation Center

Bring your goggles and a bucket and help our Scuba Bunny find all the eggs that were dropped in the pool! Marked Eggs will be turned in for Prizes! Contests and Games available when it's not your turn for the egg hunt. **More details To be posted on MCRC website as event nears**

## Float - N - Flick

Location: MCRC Indoor Pool  
 Min 10 | Max 35  
 Member: \$5 | Non-Member: \$10

Looking for some Family Movie Night Fun? Come spend your Friday nights with us at the MCRC pool enjoying a popular movie while floating in your favorite intertube. Please bring a float! Popcorn & cookies will be provided. Space is limited. Be sure to sign up early.

**\*Nonswimmers must have an adult swimming with them.**

dates	day	time	movie
Jan 12	Friday	7: 00 - 9:00 p.m.	Elemental
Feb 9	Friday	7: 00 - 9:00 p.m.	Luca

## ChillOut Snowman Contest All Ages!

Pick Up: January 9th  
 Drop off: January 17th to Wildwood Cultural Center  
 Resident: \$15 | Non-Resident: \$18

Don't let the winter blues get you down - Let's get creative! You and your family can combine creative minds to create a one-of-a-kind decorated Snowman, whether you design them to look like your favorite movie character or create your own character from your imagination. We want to see your snowman creation. Snow man kits include a 2.5'x 3.75' white snowman template. Templates can be picked up on January 9th between hours of 9 a.m. to 5 p.m. at the Wildwood Cultural Center. Individuals can preregister for templates on City of Mentor website. Completed snowmen must be dropped off to Wildwood Cultural Center by January 17th by the end of business hours (9 a.m. - 5 p.m.). We look forward to seeing your Snowman creations!

# active kids



## Summer Camps: Get Out & Play

### About Our Camps

Mentor Parks & Recreation is dedicated to providing an outstanding, fun and safe camp environment and experience for all those who participate. We offer exciting camp experiences across many areas of interest designed to promote physical activity, teach new skills, and challenge kids to reach and grow and to make new friends. To accomplish these goals while maintaining safety, affordability and convenience, we rely on a well-trained staff of adults and college students who have a passion for working with young people. Here's a little more about our staff:

- Staff members are primarily adults and college students; a few high school students assist
- All staff members are CPR and first aid certified
- Staff are knowledgeable and well-trained
- All staff members go through criminal background checks before they are hired
- Emergency and safety procedures are reviewed on a regular basis
- Staff members are available to answer your questions at any time
- We maintain low staff to camper ratios to provide the best experience possible



We offer more than 100 weeks of camp - from traditional camps like Civic Center Day Camp to discovery camps such as Artists Camp to sports camps like basketball and soccer. Here are just a few of the camps we'll be offering in 2024:

Civic Center Day Camp	Grades K - 5
Operation Outrageous Fun	Grades 6 - 8
Rise and Shine / Cool Down Camps	Grades K - 5
Play Camp	Ages 4 - 6
Kid Quest	Grades K - 5
Wildwood Theatre Camp	Ages 7 - 15
Camp Wildwood	Ages 5 - 11
Fencing Camp	Ages 8 - 14
Golf Camp	Age 8 - 14
Super Hero Camp	Ages 5 - 7
Preschool Cheerleading Camp	Ages 4 & 5
Cheerleading, Jumps And	
Tumbling Camp	Ages 5 - 8
Soccer Camp	Ages 6 - 12
Volleyball	Ages 4 - 6
Boating Camp	Ages 10 - 14
Grandparent & Me Camp	Ages 5 & up
	with Grandparent
Artists Camp	Ages 7 - 12
In The Kitchen Cooking Camp	Ages 9 - 12
X-treme Science Challenge Camp	Ages 8 - 12

Plus many more!

### Registration

**Camp registration begins Thursday, February 1 for Mentor residents and Monday, February 5 for non-residents.** 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.**

### How to Register

**Online:** <https://cityofmentor.com/departments/parks-recreation/registration/>

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

**In Person:** Recreation Department:  
6000 Heisley Road, Mentor  
Mentor Ice Arena:

8600 Munson Rd., Mentor (skating camps only)

**Mail In:** Mentor Recreation Department,  
8500 Civic Center Blvd., Mentor, Ohio 44060

**Our full catalog of camps will be mailed to all homes in the 44060 zip code the second week in January.**

**First time online registering with us?**

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



## 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**

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

dates	day	time
Jan 8 - 29	Monday	6:00 - 6:30 p.m.
Feb 5 - 26	Monday	6:00 - 6:30 p.m.
Mar 4 - 25	Monday	6:00 - 6:30 p.m.
Apr 8 - 29	Monday	6:00 - 6:30 p.m.



## Ballet

Ages 5 - 8

Children will have fun with ballet moves and their favorite Princess songs. Here you will learn basic ballet terminology, positions, stretching, balance, and coordination exercises. Ballet or princess Attire if desired.

**Instructor: Communities in Motion**

**Location: Mentor Community Recreation Center**

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

dates	day	time
Jan 8 - 29	Monday	5:30 - 6:00 p.m.
Feb 5 - 26	Monday	5:30 - 6:00 p.m.
Mar 4 - 25	Monday	5:30 - 6:00 p.m.
Apr 8 - 29	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**

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

dates	day	time
Jan 8 - 29	Monday	5:00 - 5:30 p.m.
Feb 5 - 26	Monday	5:00 - 5:30 p.m.
Mar 4 - 25	Monday	5:00 - 5:30 p.m.
Apr 8 - 29	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 program promotes coordination, strength, flexibility, and spatial awareness. The instructor will work individually with students in each class.

**Instructor: Communities in Motion**

**Location: Mentor Community Recreation Center**

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

dates	day	time
Jan 8 - 29	Monday	4:30 - 5:00 p.m.
Feb 5 - 26	Monday	4:30 - 5:00 p.m.
Mar 4 - 25	Monday	4:30 - 5:00 p.m.
Apr 8 - 29	Monday	4:30 - 5:00 p.m.

## 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
Jan 8 - 29	Monday	6:30 - 7:00 p.m.
Feb 5 - 26	Monday	6:30 - 7:00 p.m.
Mar 4 - 25	Monday	6:30 - 7:00 p.m.
Apr 8 - 29	Monday	6:30 - 7:00 p.m.

## active adults

### Cardio-Kickboxing

Adults 16 +

This class is designed to increase your stamina and flexibility, tone your muscles, lose weight, and strengthen your core. It's done utilizing martial arts techniques and a variety of other exercises. It's all done to music and non-intimidating. The goals are real but not without having fun achieving them. You will be amazed with what you are capable of! Come any Monday or Wednesday before signing up and try it out. See whether it's for you! Bring a water bottle and exercise matt to all classes and 3-5 pound weights on Wednesdays.

**Instructor: Gary Remner (4th degree Black Belt Tai Kwon Do)**

**Location: Mentor Community Recreation Center**

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

dates	day	time
Jan 8 - 29	Monday	7:15 - 8:15 p.m.
Feb 5 - 26	Monday	7:15 - 8:15 p.m.
Mar 4 - 25	Monday	7:15 - 8:15 p.m.
Jan 10 - 31	Wednesday	7:15 - 8:15 p.m.
Feb 7 - 28	Wednesday	7:15 - 8:15 p.m.
Mar 6 - 27	Wednesday	7:15 - 8:15 p.m.



## 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!**  
**Register online at [www.flexcity.com](http://www.flexcity.com) or email for assistance at [BODYSCULPTING@FLEXCITY.COM](mailto:BODYSCULPTING@FLEXCITY.COM). \$55 per eight class session**

*Classes are held:*

Monday/Wednesday

6:00 p.m. - Old Council Hall

11/29 - 1/3 (no class 12/25, 12/27, 1/1)

1/10 - 2/5 (no class 1/8, between terms)

2/7 - 3/4 (no class 3/6, between terms)

3/11 - 4/3

4/8 - 5/1

Tuesday/Thursday

9:30 a.m. - Old Council Hall

11/28 - 12/21 (no class 12/26, 12/28, 1/2, between terms)

1/4 - 1/30

2/21 - 2/27 (no class 2/29, between terms)

3/5 - 3/28

4/2 - 4/25

Saturday - 9:30 a.m. - Old Council Hall

11/18 - 1/20 (no class 11/25, 12/30)

1/27 - 3/16

3/23 - 5/18 (no class 3/30)

**First time online registering with us?**

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



## Online Courses with Ed2Go

Ed2Go is Mentor Recreation's Online Learning Center. You'll find over 300 courses - on everything from Business, Teaching and Nursing, to Digital Photography, Spanish and Creating Web Pages - with most courses starting as low as \$89. Our instructor facilitated online courses are informative, fun, convenient and highly interactive. Our instructors are famous for their ability to create warm and supportive communities of learners. All courses run for six weeks (with a two-week grace period at the end). Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more. You can complete any course entirely from your home or office, any time of the day or night. Courses require internet access, email, Netscape Navigator or Microsoft Internet Explorer web browser. Some courses may have additional requirements. Please visit the online instruction center at [www.ed2go.com/mentor](http://www.ed2go.com/mentor) for details.

Visit our Online Instruction Center [www.ed2go.com/mentor](http://www.ed2go.com/mentor) to get more information on these top courses and more!  
**ENROLL NOW**

## Tai Chi for Health

Adults 16 +

Tai Chi can be described as meditation in motion. This gentle, continuous, moving exercise and mind-body practice is based upon Chinese martial arts, but most recently was adapted for improvements of health; such as balance, flexibility, fitness, pain and stress reduction. In this class, martial artist Denise Molesch will teach warm-ups, instruction and practice in forms and exercises for adults of all ages and capabilities.

**Instructor: Denise Molesch**

**Location: Mentor Community Recreation Center**

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

dates	day	time
Jan 4 - 25	Thursday	6:30 - 7:30 p.m.
Feb 1 - 22	Thursday	6:30 - 7:30 p.m.
Mar 7 - 28	Thursday	6:30 - 7:30 p.m.

## 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**

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

dates	day	time
Jan 3 - 24	Wednesday	11 a.m. - 12 p.m.
Feb 7 - 28	Wednesday	11 a.m. - 12 p.m.
Mar 6 - 27	Wednesday	11 a.m. - 12 p.m.

# ice arena



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

Mentor Ice Arena, the only indoor ice- skating complex in Lake County. With two regulation-size ice rinks, a studio rink, locker rooms and a concession area. The Mentor Civic Arena is open year-round and provides something for everyone who enjoys the sport of skating. We offer Learn-to-Skate lessons, Youth and Adult Hockey, Figure Skating, Synchronized Skating.

**Public Open Skate Schedule January 7 - April 21, 2024**

**Ice Arena closed on March 31, 2024 Easter Sunday**

**Helmet Policy: 10 and under MUST wear a helmet.**

## Skate On In

### Public Ice- Skating Sessions

Friday 10:30 a.m. - 12:00 p.m. *Home School Skate*

Friday 12:15 - 1:45 p.m. *Public Skate*

Saturday 1:30 - 3:00 p.m. *Public Skate*

Sunday 1:30 - 3:00 p.m. *Public Skate*

Small Folk Skate (Studio Rink) 8 and under may skate with a parent Saturday & Sunday

### Public Skate Admission Rates

Adults	\$9
Youth (age 17 & under)	\$7
Seniors (age 60 & over)	\$7
Luncheon Skates *	\$6
Skate Rental	\$4
Home school	\$6

*\*Mentor Civic Arena reserves the right to change times if necessary. For safety reasons, attendance may need to be limited at Open Skates.*

### Mentor Skate Day

**Saturday, January 6, 2024, 1:00-4:00 p.m. FREE EVENT**

Come and celebrate skating. The event is fun filled with our D.J. along with performances from Figure skaters, Synchronized Skating teams, and raffle prizes. There may be a wait for ice skates depending on the number of patrons attending the event.

### Small Folk Open Skate

**Ages 8 and under**

Children 8 years of age and under may skate with their parents in our Studio Rink during our Open Skates on Saturday and Sunday afternoons.

**Saturday/Sunday 1:30 - 3:00 p.m.**

## Home School Skate

**Ages 4 - 17**

Mentor Ice Arena provides ice time with this exciting and beneficial form of recreation for home school children. Parents are not required to skate with children. There are no Home School sessions during our holiday skate schedule or the week of March 25 - April 1, 2024 Spring vacation.

**Location: Ice Arena**

**Resident | Non-Resident: \$6 admission, \$4 skate rental**

dates	day	time
Jan 12 - Apr 26	Friday	10:30 a.m. - 12:00 p.m.



## Mentor Ice Arena Party Options

### Studio Rink Parties

Want a more private party? Rent the Studio Rink and avoid the crowds. The Studio Rink and lounge is great for youth birthday parties. The Studio Rink is smaller than our main rinks and is best suited for children under age 11. Price includes Studio Rink, lounge area and restrooms.

**Resident: \$160 | Non-Resident: \$190/hr**

**Skate Rental: \$2**

### Large Rink Parties

Try something new to entertain your friends or group. Rent one of our large rinks for your school, class, church, scout groups or a family party.

**Resident: | Non-Resident: \$225/hr**

**Skate Rental: \$2**

### Public Skate Party/West Rink

\*New this season. We now offer Birthday Parties during our Public Skates on Saturday and Sunday open skates. The party room in the West Rink will be available to rent from 1:00 - 3:30 pm.

**Resident: \$160 | Non-Resident: \$190**

**Regular admission and \$2 rental skates apply**





## Ice Skating Classes

Ice skating is not only one of America's most fun winter sports, it is also one of the most accessible, thanks to the Mentor Ice Arena! Ice skating helps build muscle, it is low-impact and easy on joints, and can boost balance, flexibility, quickness and agility. Ice skating is perfect for young children building small and large motor skills and even better for adults interested in burning calories and staying fit!

**Registration for LTS Winter session begins:**

**Resident: Dec 5, 2023 | Non-Resident: Dec 6, 2023**

**Registration for LTS Spring session begins:**

**Resident: Feb 20, 2024 | Non-Resident: Feb 21, 2024**

### Where to Begin?

Before you can register for classes you will need to obtain a Learn to Skate USA member number for us to register you for a Learn to Skate class. You only need to do this once a year. Please go to [www.learntoskateusa.com](http://www.learntoskateusa.com) click on sign up complete registration and provide that number to the ice arena online, in person or over the phone! You will have to renew your skater's membership yearly. Memberships expire on June 30th each year.

Mentor Ice Arena ice skating lessons are progressive in nature, meaning you start with the basics and build on fundamental skills. Once learning the basic of skating the skater can move to hockey classes or continue learning the basics of figure skating. We use the Learn to Skate USA program that is designed in a progressive curriculum for all ages and all interests. Children age 3 - 5 start with the Tot program, children 6 and up start with the Basic program and Adults and teens ages 12 & up start with the Teen/ Adult program.

### How Should I Dress?

Participants in our Learn to Skate program should wear loose, comfortable clothing including a jacket or heavy sweatshirt, jeans, snow pants or layered athletic pants (for the tots), and warm long socks (not ankle socks), and gloves, as the average temperature in the rink is 55 degrees. Those under the age of 11 must wear a helmet. Because we want you to practice what you are learning, all skaters registered in the Learn-to-Skate program each participant will receive one punch card for one free open skate session during the 7 weeks of lessons you are registered for. Skate rental is included in your lesson fee.

**\*No classes March 25 - April 1, 2024 (SPRING BREAK)**

We use the Learn to Skate USA program that are designed in a progressive curriculum for all ages and all interests. Children age 3 - 5 start with the Tot program, children 6 and up start with the Basic program along with Adults and Teens ages 12+ up start with the Teen/ Adult program.

[CITYOFMENTOR.COM/PARKS-RECREATION](http://CITYOFMENTOR.COM/PARKS-RECREATION)



## Tot Learn to Skate

Ages 3-5

All skaters will start from the beginning as they learn to sit and stand up with skates on off the ice and the on ice. Skaters will learn to march in place, march forward 8-10 steps, march, then glide on two feet, and dip in place.

### Tot 1

**Location: Mentor Ice Arena - Studio Rink**

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

dates	day	time
Jan 8 - Feb 19	Monday	5:00 - 5:30 p.m.
Mar 4 - Apr 22	Monday	5:00 - 5:30 p.m.
Jan 9 - Feb 20	Tuesday	9:30 - 10:00 a.m.
Mar 5 - Apr 23	Tuesday	9:30 - 10:00 a.m.
Jan 9 - Feb 20	Tuesday	5:30 - 6:00 p.m.
Mar 5 - Apr 23	Tuesday	5:30 - 6:00 p.m.
Jan 11 - Feb 22	Thursday	5:30 - 6:00 p.m.
Mar 7 - Apr 25	Thursday	5:30 - 6:00 p.m.
Jan 11 - Feb 22	Thursday	6:00 - 6:30 p.m.
Mar 7 - Apr 25	Thursday	6:00 - 6:30 p.m.
Jan 13 - Feb 24	Saturday	9:50 - 10:20 a.m.
Mar 9 - Apr 27	Saturday	9:50 - 10:20 a.m.

### Tot 2

**Location: Mentor Ice Arena -Studio Rink**

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

dates	day	time
Jan 8 - Feb 19	Monday	5:30 - 6:00 p.m.
Mar 4 - Apr 22	Monday	5:30 - 6:00 p.m.
Jan 9 - Feb 20	Tuesday	10:00 - 10:30 a.m.
Mar 5 - Apr 23	Tuesday	10:00 - 10:30 a.m.
Jan 9 - Feb 20	Tuesday	5:30 - 6:00 p.m.
Mar 5 - Apr 23	Tuesday	5:30 - 6:00 p.m.
Jan 11 - Feb 22	Thursday	6:00 - 6:30 p.m.
Mar 7 - Apr 25	Thursday	6:00 - 6:30 p.m.
Jan 13 - Feb 24	Saturday	9:50 - 10:20 a.m.
Mar 9 - Apr 27	Saturday	9:50 - 10:20 a.m.

### Tot 3

Location: Mentor Ice Arena -Studio Rink  
Resident: \$70 | Non-Resident: \$85

dates	day	time
Jan 8 - Feb 19	Monday	5:30 - 6:00 p.m.
Mar 4 - Apr 22	Monday	5:30 - 6:00 p.m.
Jan 9 - Feb 20	Tuesday	10:00 - 10:30 a.m.
Mar 5 - Apr 23	Tuesday	10:00 - 10:30 a.m.
Jan 9 - Feb 20	Tuesday	5:30 - 6:00 p.m.
Mar 5 - Apr 23	Tuesday	5:30 - 6:00 p.m.
Jan 11 - Feb 22	Thursday	6:00 - 6:30 p.m.
Mar 7 - Apr 25	Thursday	6:00 - 6:30 p.m.
Jan 13 - Feb 24	Saturday	9:50 - 10:20 a.m.
Mar 9 - Apr 27	Saturday	9:50 - 10:20 a.m.



### Tot Hockey (TH)

Ages 3 - 5

**Pre-requisite:** Must have passed Tot 1 in the LTS Program.

Boys and girls learn skating skills such as balance, forward and backward skating, stopping and turning while using a hockey stick. Equipment required: Approved ice hockey helmet with full face shield, hockey gloves, hockey skates and hockey stick (straight blade).

Location: Studio Rink

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

#### Tot Hockey 1

dates	day	time
Jan 10 - Feb 21	Wednesday	5:15 - 5:45 p.m.
Mar 6 - Apr 24	Wednesday	5:15 - 5:45 p.m.

#### Tot Hockey 2, 3

dates	day	time
Jan 10 - Feb 21	Wednesday	5:45 - 6:15 p.m.
Mar 6 - Apr 24	Wednesday	5:45 - 6:15 p.m.



## Instructional Hockey

Ages 6 & up

Location: Studio Rink

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

### Hockey 1

dates	day	time
Jan 10 - Feb 21	Wednesday	6:15 - 7:00 p.m.
Mar 6 - Apr 24	Wednesday	6:15 - 7:00 p.m.

### Hockey 2, 3

dates	day	time
Jan 10 - Feb 21	Wednesday	7:00 - 7:45 p.m.
Mar 6 - Apr 24	Wednesday	7:00 - 7:45 p.m.

## Basic Learn to Skate

Ages 6 & up

### Basic 1

Location: Mentor Ice Arena - Studio Rink

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

dates	day	time
Jan 9 - Feb 20	Tuesday	6:05 - 6:50 p.m.
Mar 5 - Apr 23	Tuesday	6:05 - 6:50 p.m.
Jan 11 - Feb 22	Thursday	6:35 - 7:20 p.m.
Mar 7 - Apr 25	Thursday	6:35 - 7:20 p.m.
Jan 13 - Feb 24	Saturday	10:30 - 11:15 a.m.
Mar 9 - Apr 27	Saturday	10:30 - 11:15 a.m.

### Basic 2

Location: Mentor Ice Arena - Studio Rink

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

dates	day	time
Jan 9 - Feb 20	Tuesday	6:05 - 6:50 p.m.
Mar 5 - Apr 23	Tuesday	6:05 - 6:50 p.m.
Jan 11 - Feb 22	Thursday	6:35 - 7:20 p.m.
Mar 7 - Apr 25	Thursday	6:35 - 7:20 p.m.
Jan 13 - Feb 24	Saturday	10:30 - 11:15 a.m.
Mar 9 - Apr 27	Saturday	10:30 - 11:15 a.m.

### Basic 3

Location: Mentor Ice Arena - East Rink

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

dates	day	time
Jan 11 - Feb 22	Thursday	6:35 - 7:20 p.m.
Mar 7 - Apr 25	Thursday	6:35 - 7:20 p.m.
Jan 13 - Feb 24	Saturday	11:15 - 12:00 p.m.
Mar 9 - Apr 27	Saturday	11:15 - 12:00 p.m.

### Basic 4

Location: Mentor Ice Arena - East Rink

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

dates	day	time
Jan 11 - Feb 22	Thursday	6:35 - 7:20 p.m.
Mar 7 - Apr 25	Thursday	6:35 - 7:20 p.m.
Jan 13 - Feb 24	Saturday	11:15 - 12:00 p.m.
Mar 9 - Apr 27	Saturday	11:15 - 12:00 p.m.

### Basic 5

Location: Mentor Ice Arena - East Rink

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

dates	day	time
Jan 11 - Feb 22	Thursday	6:35 - 7:20 p.m.
Mar 7 - Apr 25	Thursday	6:35 - 7:20 p.m.

## Basic 6

**Location:** Mentor Ice Arena - East Rink

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

dates	day	time
Jan 11 - Feb 22	Thursday	6:35 - 7:20 p.m.
Mar 7 - Apr 25	Thursday	6:35 - 7:20 p.m.

## Parent/Child

**Ages 3-5**

Parent and Child Class. Parents: Parents MUST have basic skating experience.

**Location:** Mentor Ice Arena - Studio Rink

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

dates	day	time
Jan 13 - Feb 24	Saturday	9:15 - 9:45 a.m.
Mar 9 - Apr 27	Saturday	9:15 - 9:45 a.m.

## Ice Explorers

**Ages 2-3**

Ice Explorers is an introductory program prior to the tot class skaters. Experience ice arena and give ice skating a try.

**Location:** Mentor Ice Arena - Studio Rink

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

dates	day	time
Jan 13 - Feb 24	Saturday	12:05 - 12:35 p.m.
Mar 9 - Apr 27	Saturday	12:05 - 12:35 p.m.

## Specialized Learn to Skate

### ASPIRE 1

This class is for skaters that have passed Basic 6. In this level skaters will be introduced to the skills in the Pre-Freestyle and Freestyle 1 levels. After completion of Aspire 1 skaters will go directly to Aspire 2.

**Location:** Mentor Ice Arena - East Rink

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

dates	day	time
Jan 11 - Feb 22	Thursday	6:35 - 7:20 p.m.
Mar 7 - Apr 25	Thursday	6:35 - 7:20 p.m.

### ASPRIE 2

Skaters move to Aspire 2 after passing Aspire 1. Aspire 2 Includes off ice warm-up and continued with instruction in skating skills and jumps and spins. An introduction to the Mentor Figure Skating Club to help skaters learn about what the next steps to keep moving along in ice skating.

**Location:** Mentor Ice Arena - West Rink

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

dates	day	time
Jan 10 - Feb 14	Wednesday	5:30 - 6:30 p.m.
Mar 6 - Apr 24	Wednesday	5:30 - 6:30 p.m.

## Synchronized Skating Learn to Skate

**Pre-requisite:** Pass Tot 1 / Basic 1

**Location:** Mentor Ice Arena - East Rink

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

dates	day	time
Jan 13 - Feb 24	Saturday	8:15 - 9:00 a.m.

## Competition Class

**Ages 4 & up**

**Must have passed Tot 1 & Basic 1**

Join this class and learn about competition ice skating. You will receive music, while being taught a routine to music. Compete in a competition with the help of our Instructors.

**Location:** Mentor Ice Arena - East Rink

**Resident: | Non-Resident: \$70 (6 weeks)**

**Resident: | Non-Resident: \$80 (7 weeks)**

dates	day	time
Jan 26 - Mar 1	Friday	5:30 - 6:15 p.m.
Mar 15 - Apr 26	Friday	5:30 - 6:15 p.m.

## Adult/Teen Learn-to-Skate

**Ages 12 & up**

**Location:** Mentor Ice Arena - East Rink

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

dates	day	time
Jan 13 - Feb 24	Saturday	10:15 - 11:00 a.m.
Mar 9 - Apr 27	Saturday	10:15 - 11:00 a.m.

## Special Sport Ice Skating

**All Ages**

This program provides an exciting and beneficial forum of recreation for persons with disabilities. The program is available to youth and adults and instruction is included. Volunteers are on the ice to provide additional assistance. Through this program, students will have an opportunity to compete in Special Olympic events. The program runs from September through March. Classes are 45 minutes.

**Location:** Mentor Ice Arena - West Rink

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

dates	day	time
Jan 9 - Feb 13	Tuesday	5:30 - 6:15 p.m.
Feb 20 - Apr 2	Tuesday	5:30 - 6:15 p.m.

## Travel Hockey

**Ages 8 - 14 (as of 12/31)**

This travel hockey team plays in the Cleveland Suburban Hockey League (CSHL) which includes 24 cities, with most in the Cleveland area. To try out, players must have completed for at least one year in ADM Mites. Depending on the level of play and age division, teams will participate in 3 - 5 tournaments. **Tryouts are in March** with practices and games beginning in September. Teams are on the ice 3 -4 times weekly at Mentor and away games are also scheduled. Tournament fees are extra. Call the rink at (440) 974-5730 for details.

**Location:** Mentor Ice Arena

## Adult Spring Hockey League

**Ages 18 & up**

Full equipment is required including helmets with half shield. Full-face cages are recommended. Games are played on Monday and Wednesday nights. Pre- registration required deadline is May 1. Jun - August: Monday & Wednesday evenings. For information please contact Meaghan Mack at this e-mail Mack@cityofmentor.com.

**Location:** Mentor Ice Arena - West/East Rink

## Ice Arena Groups

### Mentor Figure Skating Club

Any skater who have passed Basic 1 are eligible to skate with the Mentor Figure Skating Club with coach for private lessons. If you are interested in taking your skating ability to the next level in private lessons for competition, and an advanced form of testing. Visit <http://www.mentorpsc.com/> for more information.

### Intensity Synchronized Skating Teams

If you are interested in a fun, exciting team sport and love ice skating, come see what synchronized skating is all about. Synchronized skating is one of the fastest growing disciplines in figure skating today and we have teams for all ages. Contact <https://intensitiesynchro.com/> for more information. Diamond Classic Competition held at the Mentor Ice Arena on November 4 from 9:00 - 4:00 pm

### Mentor Youth Hockey Booster Club

This organization is for families with children participating in the Youth Hockey program. For more information please e-mail Brady Demell at [Hockeydirector@cityofmentor.com](mailto:Hockeydirector@cityofmentor.com).

## wildwood cultural center



7645 Little Mountain Road, Mentor, Ohio 44060  
440.974.5735 - [www.cityofmentor.com](http://www.cityofmentor.com)

## Become a Friend of Wildwood

We encourage you to show your support in the cultural arts and become a "Friend of Wildwood." Your generous gift of \$15 a year, demonstrates your appreciation for the cultural arts and recognizes the positive impact it has on our lives and communities. Wildwood and the Mentor Community Arts Commission will be able to showcase and enhance new and existing classes, programs and events with your support. Your friendship will also support the Friends of Wildwood Cultural Center Arts Scholarship. High school seniors who reside in the City of Mentor and plan on furthering their education in the cultural arts are eligible to apply. We look forward to your friendship here at Wildwood!  
**Membership: \$15**

## Mentor Community Arts Commission

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

## 2023 [unveiled] Tricia Kaman Exhibition

January 25 - February 29

Open Reception: Friday, January 26, 7 - 8:30 p.m.  
Mentor Municipal Building, 8500 Civic Center Blvd.

Tricia Kaman started her paint career over 50 years ago. Her career began as a portrait artist at a local amusement park, working from life, on pastel sketches and silhouettes of patrons. The world-renown artist is showcasing her talent and art at the Mentor Municipal Center through the month of January between the hours of 8-5 p.m. Patrons can enjoy her talents and stories in which her pieces tell and convey.



## [unveiled] Lake County Student Showcase

April 3 - April 28

Artist Reception: Monday, April 15, 6 - 7:30 p.m.  
Mentor Municipal Building, 8500 Civic Center Blvd.

Wildwood Cultural Center and the City of Mentor Community Arts Commission are calling all youth Lake County artists this April, to feature their artwork in this year's Lake County Student Exhibition at Mentor's City Hall. This exhibit is exclusively for Lake County students grade 6th through 12th. There is no fee for artwork submission. A public reception will be held on Monday, April 15th, at Mentor Municipal Center, from 6 p.m. to 7:30 p.m. Artwork will be on display for public view at the Mentor City Hall April 3rd through April 28th, Monday through Friday 9 a.m. to 5 p.m. For more information call Wildwood Cultural Center (440) 974-5735.

## [unveiled] Art Exhibition

*(Formally known as the Lake County Art Contest)*

**SAVE THE DATE!!!** May 3 through June 21

**Artist Reception** May 3 from 6:00 - 7:30 p.m.

**Mentor Municipal Building, 8500 Civic Center Blvd.**

Formerly the Lake County Art Contest, this new and exciting contest is open to all artist that would like to compete in the contest. The [unveiled] Art Exhibition is open to artist ages 16 years of age and older. Artist can submit all medias including, photography, drawing, painting, 2D, 3D, digital, needlework, jewelry and mixed media. Over \$2,000 in prizes may be awarded to winning participants. Grand Prize winner will receive a monetary award and a solo exhibition at the City of Mentor Municipal Building for the 2024 year. Artist can submit up to two pieces of artwork for \$20.

## Wildwood Bridal Boutique

**Saturday, March 23, 10:00 a.m. - 2:00 p.m.**

**Wildwood Cultural Center**

Let us make your special day perfect, as we invite you to our Wildwood Bridal Boutique. Enjoy three floors of unique bridal and wedding vendors to help make fulfill all your bridal needs. The first 200 patrons will receive goodie bags!

**Admission: \$5 per person**

## music



## Private Guitar Lessons

**Ages 8 & up**

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

**Instructor: Bob Pattison, Guitar Instructor for 35+ years**

**Location: Wildwood North Porch**

**Resident: \$126 | Non-Resident: \$150**

[CITYOFMENTOR.COM/PARKS-RECREATION](http://CITYOFMENTOR.COM/PARKS-RECREATION)

## ADULT

### Afternoon Tea Party

**Ages 16 & up**

**Sunday May 5, 3:00 - 5:30 p.m.**

**Wildwood Park, 7645 Little Mountain Road**

Celebrate the being of a daughter with us in an exclusive afternoon tea! 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 create a one-of-a-kind tea blend. Price is per person!

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



## WOMEN OF WILDWOOD CLUB

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

### LADIES NIGHT OUT!

**Paper Flowers and Chocolate Galantine's Party**

Need a night out! Enjoy the creative and hysterical antics of the Women of Wildwood as they let you taste chocolates and enjoy being creative for a step-by-step craft in creating one of a kinds paper flower wall hanging.

**Instructor: The Women of Wildwood**

**Location: Wildwood Cultural Center**

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

date	day	time
Feb 12	Monday	7:00 - 9:00 p.m.

### LADIES NIGHT OUT!

**Charcuterie 101 Pairing**

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

**Instructor: The Women of Wildwood**

**Location: Wildwood Cultural Center**

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

date	day	time
Apr 10	Wednesday	7:00 - 9:00 p.m.

Mentor Parks and Recreation - 2023-24 Winter/Spring

## Crochet Social

Join us for an opportunity to come together to work on your crochet project surrounded by other crocheters. Ask questions, give answers and just socialize. Share ideas and creativity. Come One- Come all. No supplies are included in this program.

**Instructor: April Smith**

**Location: Wildwood Cultural Center**

**FREE Must register in advance!**

dates	day	time
Jan 29	Monday	7:00 - 8:15 p.m.
Feb 26	Monday	7:00 - 8:15 p.m.
Mar 25	Monday	7:00 - 8:15 p.m.
Apr 29	Monday	7:00 - 8:15 p.m.

## Self-Care: Stretch Meditation

This beginner relaxing experience as our instructor walks you through a three-week course on learning the dynamics of meditation and stretching and how they work together to make your body feel, inspired, transformed, and connected. (Patrons need to supply yoga mat).

**Instructor: Maggie Runyon**

**Location: Wildwood Cultural Center**

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

dates	day	time
Apr 30 - May 14	Tuesday	6:00 - 7:00 p.m.

## Investigation

### Neo Investigation Series Ages 16+

#### Unsolved Kingsbury Crimes

Follow the ongoing details of the unsolved Kingsbury Murders of the 1930's in Cleveland Ohio. Learn in depth details, dates, times and suspects of these CRIMES. Along with this, a representative from the Cleveland Police Historical Museum will showcase and highlights other infamous crimes cases that flocked Cleveland History.

**Location: Wildwood South Wing**

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

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

#### Federal, State and Local - The U.S. Marshal Service

Join Wildwood as they host individuals from the U.S. Marshal Service! They will give you an InSite on their history modern day partnership with state, county, and municipal agencies throughout Northeast Ohio. Included in this session will be recent cases and successes of the Marshals office followed by a Q & A

**Location: Wildwood South Wing**

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

date	day	time
Apr 29	Monday	6:30 - 8:30 p.m.

## Paranormal Investigation at Wildwood: Part II The Hunt Ages 16+

Be a voice for the unheard - Join us for this part to **TOTAL HAND ON paranormal investigation**. The walls of the historical Wildwood Estate Manor Home certainly can talk, and we always hope to be recording when they do. Along with Paranormal Investigators of Ohio, PRO II, you will go on the hunt through-out the estate manor, to see what lies in the walls, using multiple ghost hunting investigating tools. (you must have participated in a previous investigation program at Wildwood)

**Instructor: Paranormal Investigators of Ohio, PRO II**

**Location: Wildwood Cultural Center**

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

date	day	time
Feb 17	Saturday	6:30 - 10:00 p.m.

## Paranormal Investigation at Mentor's Old Council Hall 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 of what once was. We do this because history needs a voice so that we can help to 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 Old Council Hall. Individuals will explore one of the original buildings established in Mentor during the Civil War.

**Instructor: Paranormal Investigators of Ohio, PRO II**

**Location: Wildwood Cultural Center**

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

date	day	time
Mar 9	Saturday	6:30 - 9:00 p.m.

## falconry

### Introduction to Falconry Ages 16+

Learn about the ancient sport of falconry, as you handle and fly one of our trained Harris Hawks to your glove. This session will provide a general overview of the sport, as well as a strong focus in raptor ecology and conservation, all while learning the basics of how to handle a trained falconry raptor. Master Falconer, Joe Dorrian strives to help individuals understand and appreciate not only birds of prey and the sport of falconry, but also the important roles that trust plays in the development of healthy working relationships, whether it is with humans.... or hawks! Instructor will provide all necessary equipment. Participants are to refrain from wearing anything made of real/faux fur.

**Instructor: Joe Dorrian, Master Falconer,**

**The Ohio School of Falconry**

**Location: Wildwood Park**

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

dates	day	time
Mar 24	Sunday	10:00 a.m. - 12:00 p.m.
Mar 24	Sunday	1:00 - 3:00 p.m.

# dance



## Ballroom Dancing

**Ages 18+**

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

**Instructor: Maggie Runyon**

**Location: Wildwood South Wing**

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

dates	day	time
Mar 19 - Apr 23	Tuesday	6:00 - 7:00 p.m.
Mar 19 - Apr 23	Tuesday	7:15 - 8:15 p.m.

# art

## Acrylic Pour Geode Planter Set

**Ages 21+**

This creative abstract art technique is a user friendly artform that anyone can create. In this class you will create two unique succulent planters using acrylic pour paints and geode stones. Each individual will walk away with two completed planters and succulent plants.

**Instructor: Heather Zimmerman**

**Location: Wildwood Cultural Center**

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

dates	day	time
Feb 21 - Feb 28	Wednesday	6:30 - 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.**

## Stained Glass

**Ages 16+**

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

**Instructor: Vicki Vesel**

**Location: Wildwood Cultural Center**

### Introduction to Stained Glass: Little Glass and Wire Bird

Always wondered how stained-glass windows are made? We have a fun quick project for you which will give you an introduction to the process. Using only one piece of glass and some wire you will create a unique little bird. The instructor brings tools, glass and her knowledge and you bring yourself and your creativity. You will learn glass cutting, soldering, and finishing techniques. No experience necessary! **Supply fee payable to the instructor \$15.00.**

**Resident: \$35 | Non-Resident: \$40**

dates	day	time
Jan 24 - Jan 31	Wednesday	2:30 - 5:00 p.m.

### Easy Stained Glass Butterfly or Dragonfly

Invite a beautiful butterfly into your home with this first-time experience with stained glass art. Learn how to make a butterfly sun catcher to grace your sunny window. Learn how to cut glass and assemble a butterfly with glass colors you select. **Supply Fee payable to the instructor \$25.00.**

**Resident: \$70 | Non-Resident: \$84**

dates	day	time
Feb 21 - Mar 20	Wednesday	2:30 - 5:00 p.m.

## Drawing Caricatures 101: Beginners Course

Enjoy the beginners level educational course, which allows insight on the art of caricature. This beginner course will guide you through the fundamentals of creating, composing, and personalizing caricature drawings. All supplies included in price.

**Instructor: Liz Senn, Owner of Liz Senn Caricatures**

**Location: Wildwood Cultural Center**

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

dates	day	time
Mar 4	Monday	6:00 - 8:00 p.m.
Mar 6	Wednesday	7:00 - 9:00 p.m.

## Drawing Caricatures 101: Advanced Course

In this advanced course, you will learn some of the in-depth techniques of drawing caricatures, shading, proportions, overall layout and composition, etc. This program is the second step of the drawing caricatures 101 series! All supplies included in price. Individuals must sign up for beginners' course in order to take this course!

**Instructor: Liz Senn, Owner of Liz Senn Caricatures**

**Location: Wildwood Cultural Center**

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

dates	day	time
Mar 11	Monday	6:00 - 8:00 p.m.
Mar 13	Wednesday	7:00 - 9:00 p.m.

# woodworking



## Adult Adirondack Chair

Ages 16+

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

**Instructor: Don Jedlicka**

**Location: Wildwood Craft Room**

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

dates	day	time
Apr 24 - May 22	Wednesday	6:00 - 8:30 p.m.

## Children's Adirondack Chair

Ages 16+

Share the enjoyment of relaxing in a one-of-a-kind hand-made Adirondack chair for your little one. Construct and create your make your top-quality children's Adirondack chair, all skill levels welcome. Your will have a completed children size chair (26" high) on the last day of this five-week course!

**Instructor: Don Jedlicka**

**Location: Wildwood Craft Room**

**Resident: \$80 | Non-Resident: \$96**

dates	day	time
Apr 23 - May 21	Tuesday	6:00 - 8:30 p.m.

## Make & Take by Chronically Clean

Ages 14+

Healthy lifestyle is made easy at this class!! You will create your own body beauty products instruction by Joanna Orgovan of Chronically Clean Bath and Body! Learn simple techniques to make your own at home. Base ingredients are chemical and detergent free. Choose fragrances from natural essential oils or phthalate/paraben free fragrance Oils. Some classes have an additional supply fee (see class description) payable in cash to instructor the night of class.

**Instructor: Joanna Orgovan**

**Chronically Clean Bath and Body**

**Location: Wildwood Kitchen**

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

### Tinted Lip Balm

date	day	time
Jan 24	Wednesday	6:00 - 8:00 p.m.

### Make Your Own Body Butter

date	day	time
Apr 3	Wednesday	6:00 - 8:00 p.m.

**\$10 Supply Fee**

### Make your own Perfume

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

**\$10 Supply Fee**

## literature



## MEET THE AUTHOR: Rebecca S. Nieminen

Adults 16+

### "The Dance of the White Deer."

Join Wildwood as they showcase Ohio native Rebecca Nieminen, who is both a credited author and photographer. Rebecca's book "The Dance of the White Deer," depicts a love story, set in the 1820's between two young teenagers who defy the harsh odds of families, timely traditions and how their love for each other prevail. During this meet the author event Rebecca will do small readings from her book along with Q and A's with the audience. Individuals can purchase her book the night of the event.

**Location: Wildwood Cultural Center**

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

date	day	time
Mar 14	Thursday	6:30 - 8:00 p.m.

440.974.5720



## Through the eyes of the teller: Irish Lore & Legends

Adults 16+

Story-telling is a long, time-honored tradition in Ireland. These myths, lore and legends have been passed down through generations and are used to illustrate history, entertain, and even teach a little lesson or two. Cead mile failte! (A hundred thousand welcomes!)

**Instructor: Sarah Strang**

**Location: Wildwood Living Room**

**Resident: \$8 | Non-Resident: \$10 per class**

<i>date</i>	<i>day</i>	<i>time</i>
Feb 28	Wednesday	6:30 - 8:30 p.m.

## Take a step back in Time: Amusement Parks

Adults 16+

Take a trip back in time to visit some of Northeast Ohio's early amusement parks. This nostalgic program may bring up memories for some, or make you realize how far back our amusement park history reaches. What was your favorite ride?

**Instructor: Sarah Strang**

**Location: Wildwood Living Room**

**Resident: \$8 | Non-Resident: \$10 per class**

<i>date</i>	<i>day</i>	<i>time</i>
Apr 3	Wednesday	6:30 - 8:30 p.m.

## 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 plenty to taste and recipes for home. Come 'cook up' some new recipes with Judi! **Each class has an additional food fee (see class description) payable in cash to 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 per class**

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

<i>date</i>	<i>class</i>	<i>food fee</i>
Jan 16	Chowders and Stews	\$9.00
Jan 23	Breads of the World	\$9.00
Jan 30	Cooking with Leafy greens	\$9.00
Feb 6	Asian Take-Out	\$10.00
Feb 13	Dumplings	\$10.00
Feb 20	Pierogi	\$10.00
Feb 27	Bagels	\$9.00
Mar 5	Spring Holiday Baking	\$9.00
Mar 12	Cracker Craft	\$9.00
Mar 19	Waffles	\$9.00
Mar 26	Vegetarian Cooking	\$9.00
Apr 2	Pies and tarts	\$9.00
Apr 9	Cake Rolls	\$9.00
Apr 16	One Pot meals	\$10.00
Apr 23	Pizza	\$10.00
Apr 30	Tea Party	\$9.00



### Buttercream Party Cookie Art

Ages 16+

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! Each person 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! **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) 7:00 - 9:00 p.m.**

<i>dates</i>	<i>class</i>
Feb 29	Luck of the Irish
Mar 28	Spring Flowers and Easter Treats
May 2	Mother's Day Sweet Treats Gift Box

### LET'S COOK!

Ages 16+

### Plant Based Cooking with Ease

Are you looking for some new dishes to add to your dinner line up? Maybe you want to step outside your comfort zone and learn how to cook with some new spices. Maybe you want to find some healthier meal options for yourself. Well then, these classes are just what you are looking for. Join us as LaDonna from Let's Cook, brings in her mobile kitchens and turns you into the chef. In these hands-on classes all participants will prepare their own meal from start to finish to enjoy in class as well as having leftovers for home. Be sure to bring a large container for your leftovers.

**Instructor: LaDonna Oltmanns**

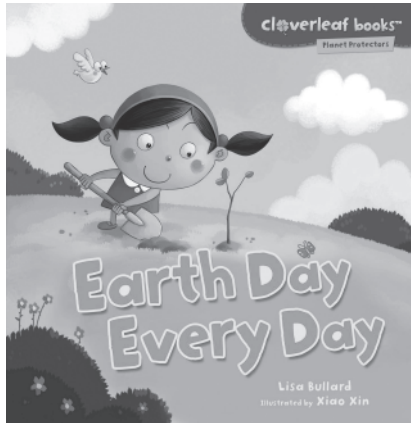
**Location: Wildwood South Wing**

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

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

<i>dates</i>	<i>class</i>
Jan 25	Creamy Vegan Tortilla Soup
Feb 22	Vegan Etouffee
Mar 28	Sweet & Sour Cauliflower
Apr 25	Spiced Samosa Patties

## YOUTH



### Earth Day Story Trail at Wildwood - Earth Day Every Day!

Enjoy this interactive and creative book describing how one person can make a difference in protecting our planet earth, "Earth Day Every Day," by Lisa Bullard! Partake with this active book as you walk the beautiful trails that encase the beautiful Wildwood Cultural Center. This is free and open to the public dawn to dusk daily.

**Location: Wildwood Cultural Center Blue Bell Trail**

**April 19 - May 30  
FREE!**

### Movie Afternoons at Wildwood

ALL Ages

Family can enjoy a wonderful afternoon watching movies, enjoying creative interaction with characters and business and enjoy free popcorn. Ages under 2 are free!

**Location: Wildwood South Wing**

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

date	day	time
Feb 25	Sunday	1:00 - 4:00 p.m.

Movie: Original Classic "Little Mermaid" *An interactive Little Princess Event*

date	day	time
Apr 20	Saturday	4:00 - 7:00 p.m.

Movie: "Pokémon Detective" *Pikachu Razaypoke` Shop\**

**\*Each purchase of ticket receives one free pack of Pokémon trading cards**

### Mother's Day Tea Party

Moms & Children Age 4+

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

**Location: Wildwood Park, 7645 Little Mountain Road**

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

date	day	time
May 5	Sunday	11:30 a.m. - 1:30 p.m.

### Tiny Tot's Storytime at Wildwood!

Ages 1-2 + Adult

Learn, laugh, and make memories at these active Storytime's! Each class is specially tailored for 1 to 2 year olds and the program theme includes stories, an art project, sensory activities, games, exploring the Manor House, and more! You and your tiny tot one will learn, laugh, and make memories at these unique Storytimes!

**Instructor: The Women of Wildwood**

**Location: Wildwood Manor House**

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

date	day	time
Jan 17	Wednesday	10:00 - 11:00 a.m.
Theme: <i>Winter Escape</i>		
Jan 31	Wednesday	1:00 - 2:00 p.m.
Theme: <i>Ground Hogs: SHADOWS</i>		
Feb 13	Tuesday	10:00 - 11:00 a.m.
Theme: <i>Be My Valentine Party</i>		
Feb 22	Thursday	10:00 - 11:00 a.m.
Theme: <i>Fairies in Winter: Grow Your Wings</i>		
Mar 15	Friday	1:00 - 2:00 p.m.
Theme: <i>Be My Lil Leprechauns</i>		
Mar 26	Tuesday	10:00 - 11:00 a.m.
Theme: <i>Easter Egg Hunt</i>		
Apr 8	Monday	1:00 - 2:00 p.m.
Theme: <i>Spring has Sprung!</i>		
Apr 18	Thursday	11:00 - 12:00 p.m.
Theme: <i>Earth Day is Every Day</i>		

### Lil's Storytime at Wildwood!

Ages 3-5 + Adult

Learn, laugh, and make memories at these active Storytime's! Each class is specially tailored for 3 to 5 year olds and the program theme includes stories, an art project, sensory activities, games, exploring the Manor House, and more! You and your lil' one will learn, laugh, and make memories at these unique Storytimes!

**Instructor: The Women of Wildwood**

**Location: Wildwood Manor House**

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

date	day	time
Jan 17	Wednesday	1:00 - 2:00 p.m.
Theme: <i>Winter Wonderland</i>		
Jan 31	Wednesday	10:00 - 11:00 a.m.
Theme: <i>Ground Hogs Repeat Day</i>		
Feb 13	Tuesday	1:00 - 2:00 p.m.
Theme: <i>Valentine's Day Party</i>		
Feb 22	Thursday	1:00 - 2:00 p.m.
Theme: <i>Fairies in Winter: Grow Your Wings</i>		
Mar 15	Friday	11:00 - 12:00 p.m.
Theme: <i>Be My Lil Leprechauns</i>		
Mar 26	Tuesday	1:00 - 2:00 p.m.
Theme: <i>Last One is a Rotten Egg!</i>		
Apr 8	Monday	10:00 - 11:00 a.m.
Theme: <i>Spring has Sprung!</i>		
Apr 18	Thursday	1:00 - 2:00 p.m.
Theme: <i>Earth Day is Every Day</i>		

art

**Cookies & Canvas** Ages 5+, +1 Adult  
**Winter Faux Stained-Glass Picture Frame**

Get creative! Create a lasting memory by you and your little one painting a themed masterpiece together! You will enjoy specialty designed cookies unique for each class! Games and fun activities are also included to round out this bonding experience! Registration is for one child and one adult, please register under the child's name.

**Instructor: Heather Zimmerman**  
**Location: Wildwood South Wing**  
**Resident: \$18 | Non-Resident: \$22**

date	day	time
Jan 8	Monday	6:00 - 7:15 p.m.

**Cookies & Canvas 2.0** Ages 8+, +1 Adult  
**Paint your Pet**

*(Choose your pet and learn to paint it)*

Create something unique and different than before - maybe even a little extra in this two week program! You will enjoy specialty designed cookies unique for each class! Games and fun activities are also included to round out the evening experience! Registration is for one child and one adult, please register under the child's name.

**Instructor: Heather Zimmerman**  
**Location: Wildwood South Wing**  
**Resident: \$30 | Non-Resident: \$35**

dates	day	time
Apr 1 - 8	Mondays	6:00 - 7:15 p.m.

**First time online registering with us?**

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

**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 have a finished project pillow to take home with you. You must bring your own machine. No machines will be provided on site. Ages 10+ 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/foot pedals, notions: sewing scissors, measuring tape/ruler, pin cushion, fabric pen or pencil, straight pins/clips. Plus, any sewing notions you have questions about! **A \$15 materials supply fee is due to the instructor the night of class.**

**Instructor: April Smith**  
**Location: Wildwood South Wing**  
**Resident: \$30 | Non-Resident: \$36**

date	day	time
Feb 22	Thursday	6:00 - 8:00 p.m.

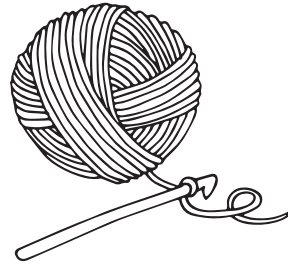
**Needle Felting** Ages 10+, +1 Adult

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

**Instructor: Sharon Adams, owner Margery-Ray Alpacas**

**Location: Wildwood South Wing**  
**Thursday(s) 6:00 - 7:00 p.m.**  
**Resident: \$20 | Non-Resident: \$25**

dates	class
Feb 8	Valentine's Day Arts
Apr 11	Spring Babies



**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. Ages 10+ 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**

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

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

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

**Instructor: Audrey Lariccia, This and That Treasures**  
**Location: Wildwood South Wing**  
**Resident: \$20 | Non-Resident: \$24**

date	day	time
Apr 13	Saturday	12:00 - 2:00 p.m.

## health



### Child and Adult Chronically Clean: Make and Take!

Ages 5+ and Adult

Have fun while keeping clean with these make and take, healthy life style classes!! Create your own, all natural, bath and body products with instruction 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. Soap base is chemical and detergent free. Micas are dye free. Choose fragrances from natural essential oils or phthalate/paraben free fragrance oils. **Class does require for you to pick up your creation after it has fully hardened.**

**Instructor:** Joanna Orgovan,  
Chronically Clean Bath and Body  
**Location:** Wildwood Kitchen  
**Resident:** \$30 | **Non-Resident:** \$35

#### Make your Own Bath Bombs (6 bath bombs)

date	day	time
Jan 10	Wednesday	6:00 - 8:00 p.m.

#### Valentine's Day Duckies (3 soap duckies)

date	day	time
Feb 7	Wednesday	6:00 - 8:00 p.m.

#### Valentine's Day Soaps (3 valentine soaps)

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

#### Easter Duckies( 3 soap duckies)

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

#### Easter Soaps (3 flower soaps)

date	day	time
Mar 20	Wednesday	6:00 - 8:00 p.m.

## food

### Pet Treat Creation! Ages 6+ and Adult

Spoil the animals in your life by creating treats for them at these fun hands on programs! You will learn, make and take-home multiple snacks for your animals! Recipe's included.

**Instructor:** Joyce Erbeznik, Joyce's' Pet Treats and Toy's  
**Location:** Wildwood Kitchen  
**Resident:** \$20 | **Non-Resident:** \$24

#### Dog Treats! - no bakes!

date	day	time
Jan 31	Wednesday	6:00 - 7:30 p.m.

#### Meow Valentine's Day Snacks

date	day	time
Feb 12	Monday	6:00 - 7:30 p.m.

#### Earth Day Bird Seed Ornaments

date	day	time
Apr 10	Wednesday	6:00 - 7:30 p.m.

### Child & Adult Buttercream Party Cookie Art Ages 6+ and Adult

Join Buttercream Party for a fun time of learning some tips and tricks to decorating sugar cookies. You will learn icing consistency matters, flooding, how to decorate with multiple textures, writing, and more! You will receive 12 baked, blank cookies, royal icing in bags in multiple colors, photos for ideas, recipe sheets, 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 the instructor on the night of class.**

**Instructor:** Erin Urusko  
**Location:** Wildwood South Wing  
**Resident:** \$25 | **Non-Resident:** \$30  
**Wednesday(s) 6:00 - 8:00 p.m.**

date	class
Feb 14	Be my Valentine's Day Sweet Treats
Mar 27	Easter Bunny Baskets and Treats
May 1	Mother's Day Flower Arrangement & Gift Box

### Creative Kids in the Kitchen Ages 8 - 15

Join us as LaDonna from Let's Cook brings her mobile kitchen in for a fun afternoon of hands-on, plant-based cooking. In each class, children will put on an apron, roll up their sleeves, and get behind the stove to make their own meal to enjoy together at the end of class. All participants should wear closed-toed shoes and have any long hair pulled back. All participants are encouraged to bring a container to take leftovers home.

**Instructor:** LaDonna Oltmanns  
**Location:** Wildwood South Wing  
**Resident:** \$25 | **Non-Resident:** \$30  
**Thursday(s) 6:00 - 7:30 p.m.**

date	class
Jan 11	Vegetable Sushi
Feb 8	Pizza Skillet Casserole
Mar 7	Vegetable Summer Rolls with Peanut Sauce
Apr 11	Pineapple Fried Rice

# mentor community recreation center



6000 Heisley Road, Mentor, Ohio 44060  
440.205.3608 - [www.mentorrec.com](http://www.mentorrec.com)

## 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.
- 4: Upon arrival, check in at front desk to receive red ticket

### 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) \*Members Only\*

Only valid for Group Fitness Classes

## 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)**

[CITYOFMENTOR.COM/PARKS-RECREATION](http://CITYOFMENTOR.COM/PARKS-RECREATION)

### 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.

Mentor Parks and Recreation - 2023-24 Winter/Spring

### 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.

**Instructor:** MCRC Staff

**Location:** Mentor Community Recreation Center

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

dates	day	time
Jan 11 - Feb 8	Thursday	4:00 - 4:45 p.m.
Feb 15 - Mar 14	Thursday	4:00 - 4:45 p.m.
Mar 21 - Apr 18	Thursday	4:00 - 4:45 p.m.

**First time online registering with us?**

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

### Discover Soccer

Ages 3-4

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

**Instructor:** MCRC Staff

**Location:** Mentor Community Recreation Center

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

dates	day	time
Jan 10 - Feb 7	Wednesday	4:00 - 4:45 p.m.
Feb 14 - Mar 13	Wednesday	4:00 - 4:45 p.m.
Mar 20 - Apr 17	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 (peeewe size) and water bottle to each class.

**Instructor:** MCRC Staff

**Location:** Mentor Community Recreation Center

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

dates	day	time
Jan 9 - Feb 6	Tuesday	4:00 - 4:45 p.m.
Feb 13 - Mar 12	Tuesday	4:00 - 4:45 p.m.
Mar 19 - Apr 16	Tuesday	4:00 - 4:45 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.

**Instructor:** MCRC Staff

**Location:** Mentor Community Recreation Center

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

dates	day	time
Jan 8 - Feb 5	Monday	4:00 - 4:45 p.m.
Feb 12 - Mar 11	Monday	4:00 - 4:45 p.m.
Mar 18 - Apr 15	Monday	4:00 - 4:45 p.m.

### Tiny Tennis

Ages 4-5

The purpose of the Ages 4-5 Tennis Program is to expose children to the skills of tennis in a fun and enjoyable way through the use of skill builders, games, and basic technique. This is a perfect introduction for your young one. Players are encouraged to bring a racquet and water bottle to each class. Recommended racquet size: 19" - 21".

**Instructor:** Force Sports

**Location:** Mentor Community Recreation Center

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

dates	day	time
Jan 8 - Feb 12	Monday	4:30 - 5:00 p.m.
Feb 19 - Mar 25	Monday	4:30 - 5:00 p.m.
Apr 1 - May 6	Monday	4:30 - 5:00 p.m.

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## Little Stars Tennis

Ages 6-8

The purpose of the Ages 6-8 Tennis Program is to expose children to the skills of tennis in a fun and enjoyable way. Whether you are new to the sport or still learning the game, this class teaches techniques and movement needed to move to the next level. Players are encouraged to bring a racquet and water bottle to each class. Recommended racquet size: 19" - 23".

**Instructor: Force Sports**

**Location: Mentor Community Recreation Center**

**Member: \$102 | Non-Member: \$122**

dates	day	time
Jan 10 - Feb 14	Wednesday	4:30 - 5:30 p.m.
Feb 21 - Mar 27	Wednesday	4:30 - 5:30 p.m.
Apr 3 - May 8	Wednesday	4:30 - 5:30 p.m.

## Junior Aces Tennis

Ages 9-12

The purpose of the Ages 9 - 12 Tennis Program is to expose children to the skills of tennis in a fun and enjoyable way. Whether you are new to the sport or still learning the game. This class teaches techniques and movement needed for the development of match play. Players are encouraged to bring a racquet and water bottle to each class. Recommended racquet size: 23" - 25".

**Instructor: Force Sports**

**Location: Mentor Community Recreation Center**

**Member: \$150 | Non-Member: \$180**

dates	day	time
Jan 8 - Feb 12	Monday	5:00 - 6:30 p.m.
Feb 19 - Mar 25	Monday	5:00 - 6:30 p.m.
Apr 1 - May 6	Monday	5:00 - 6:30 p.m.

## Tennis Aces

Ages 13-18

The purpose of the Ages 13-18 Tennis Program is to expose children to the skills of tennis in a fun and enjoyable way. This class teaches techniques and movement with focus on rallying, serving and point play. Players are encouraged to bring a racquet and water bottle to each class. Recommended racquet size: 26" +.

**Instructor: Force Sports**

**Location: Mentor Community Recreation Center**

**Member: \$150 | Non-Member: \$180**

dates	day	time
Jan 10 - Feb 14	Wednesday	5:30 - 7:00 p.m.
Feb 21 - Mar 27	Wednesday	5:30 - 7:00 p.m.
Apr 3 - May 8	Wednesday	5:30 - 7:00 p.m.

## Adult Beginner Tennis

Ages 18+

A fun introduction to Tennis. Players will be introduced to the basic skills for play including ground strokes, serving and volleys with the incorporation of rallying and basic point play. Ask a friend to register with you! Designed for players with a National Tennis Rating Program (NTRP) of 1.0 - 2.5. Players are encouraged to bring a racquet and water bottle to each class. Recommended racquet size: 27" +.

**Instructor: Force Sports**

**Location: Mentor Community Recreation Center**

**Member: \$102 | Non-Member: \$122**

dates	day	time
Jan 8 - Feb 12	Monday	6:30 - 7:30 p.m.
Feb 19 - Mar 25	Monday	6:30 - 7:30 p.m.
Apr 1 - May 6	Monday	6:30 - 7:30 p.m.



## High School Pickleball

Ages 12-18

Learn the fundamentals, improve hand-eye coordination, as well as tips on how to practice. 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**

**Member: \$84 | Non-Member: \$100**

dates	day	time
Jan 12 - Feb 23	Friday	5:30 - 6:30 p.m.
Mar 1 - Apr 12	Friday	5:30 - 6:30 p.m.

## Pickleball 101

Ages 18+

This beginner class 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**

**Member: \$126 | Non-Member: \$151**

dates	day	time
Jan 10 - Feb 21	Wednesday	5:30 - 7:00 p.m.
Feb 28 - Apr 10	Wednesday	5:30 - 7:00 p.m.

## Pickleball 201

Ages 18+

Building off Pickleball 101, this intermediate - advanced 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**

**Member: \$126 | Non-Member: \$151**

dates	day	time
Jan 10 - Feb 21	Wednesday	7:00 - 8:30 p.m.
Feb 28 - Apr 10	Wednesday	7:00 - 8:30 p.m.

## Any Doubles Recreational Pickleball League

Ages 18+

This indoor beginner-intermediate 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. 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, balls are provided. Price is per team. Captains meeting is January 23 at 5 p.m.

**Coordinator: MCRC Staff**

**Location: Mentor Community Recreation Center**

**Session Fee: \$108**

dates	day	time
Jan 23 - Mar 19	Tuesday	6:00 - 8:00 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. 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, balls are provided. Price is per team. Captains meeting is January 25 at 5 p.m.

**Coordinator: MCRC Staff**

**Location: Mentor Community Recreation Center**

**Session Fee: \$108**

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 25 - Mar 21	Thursday	6:00 - 8:00 p.m.

## Pickleball Drills & Play

Ages 18+

Designed for players with limited experience playing pickleball. This class consists of drills, strategy and games to help improve skills and competitive match play. For players with a USA Pickleball skill rating of 2.5- 3.0. 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**

**Member: \$126 | Non-Member: \$151**

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 8 - Feb 19	Monday	9:00 - 10:30 a.m.
Feb 26 - Apr 8	Monday	9:00 - 10:30 a.m.

## Pickleball Drills & Play

Ages 18+

Designed for advanced players that can sustain long rallies, possess strong ball control and are able to play singles or doubles matches. This class consists of drills, strategy and games to help improve skills and competitive match play. For players with a USA Pickleball skill rating of 3.5 +. 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**

**Member: \$126 | Non-Member: \$151**

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 8 - Feb 19	Monday	10:30 a.m. - 12:00 p.m.
Feb 26 - Apr 8	Monday	10:30 a.m. - 12:00 p.m.

## Men's Double Racquetball League

Ages 18+

This recreational league consists of 3 games per week for 8 weeks followed by a 1-week, single-elimination, playoff tournament. Games are played to 15 points and are self-officiated. The top 4 teams compete in the playoff tournament. The playoff championship team receives a prize. Players are encouraged to bring their own racquet, balls are provided. Price is per team. Captains meeting is January 24 at 5:15 p.m.

**Coordinator: MCRC Staff**

**Location: Mentor Community Recreation Center**

**Session Fee: \$80**

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 24 - Mar 20	Wednesday	6:00 - 8:00 p.m.

## Women's Double Racquetball League

Ages 18+

This recreational league consists of 3 games per week for 8 weeks followed by a 1-week, single-elimination, playoff tournament. Games are played to 15 points and are self-officiated. The top 4 teams compete in the playoff tournament. The playoff championship team receives a prize. Players are encouraged to bring their own racquet, balls are provided. Price is per team. Captains meeting is January 22 at 5:15 p.m.

**Coordinator: MCRC Staff**

**Location: Mentor Community Recreation Center**

**Session Fee: \$80**

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 22 - Mar 18	Monday	6:00 - 8:00 p.m.



## Force Juniors Volleyball Academy

Ages 8-10

Force Juniors Volleyball Academy is a great alternative to the traditional club volleyball experience. The Juniors Academy is geared towards those who are new to the sport or who have moderate experience. Players will learn the fundamentals of passing, setting, hitting and serving. Along with these skills all players will develop their communication, listening and motor skills. Game play will be introduced the last few weeks of each session. Please email [Jessica@force-sports.com](mailto:Jessica@force-sports.com) with any questions!

**Instructor: Force Sports**

**Location: Mentor Community Recreation Center**

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

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 8 - Feb 12	Monday	5:30 - 7:00 p.m.
Feb 19 - Mar 25	Monday	5:30 - 7:00 p.m.
Apr 1 - May 6	Monday	5:30 - 7:00 p.m.

## Force Juniors Volleyball Academy

Ages 11-13

Force Juniors Volleyball Academy is a great alternative to the traditional club volleyball experience. The Juniors Academy is geared towards those who are new to the sport or who have moderate experience. Players will learn the fundamentals of passing, setting, hitting and serving. Along with these skills all players will develop their communication, listening and motor skills. Game play will be introduced the last few weeks of each session. Please email [Jessica@force-sports.com](mailto:Jessica@force-sports.com) with any questions!

**Instructor: Force Sports**

**Location: Mentor Community Recreation Center**

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

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 8 - Feb 12	Monday	7:00 - 8:30 p.m.
Feb 19 - Mar 25	Monday	7:00 - 8:30 p.m.
Apr 1 - May 6	Monday	7:00 - 8:30 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.

**Instructor: MCRC Staff**

**Location: Mentor Community Recreation Center**

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

dates	day	time
Jan 9 - Feb 6	Tuesday	5:00 - 5:45 p.m.
Feb 13 - Mar 12	Tuesday	5:00 - 5:45 p.m.
Mar 19 - Apr 16	Tuesday	5:00 - 5:45 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.

**Instructor: MCRC Staff**

**Location: Mentor Community Recreation Center**

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

dates	day	time
Jan 9 - Feb 6	Tuesday	6:00 - 6:45 p.m.
Feb 13 - Mar 12	Tuesday	6:00 - 6:45 p.m.
Mar 19 - Apr 16	Tuesday	6:00 - 6:45 p.m.

## Indoor Golf League

Ages 18+

Swing away in this indoor recreational league that consists of one game per week for 8 weeks followed by a 2-week, single-elimination, playoff tournament. Games are played 2 vs. 2, 9-hole best ball scoring. Each week will feature a different golf course on our Foresight golf simulators. The top 4 teams compete in the playoff tournament. The playoff championship team receives a prize. All skill levels are welcome. Players must bring their own clubs and balls. Price is per team.

**Coordinator: MCRC Staff**

**Location: Mentor Community Recreation Center**

**Session Fee: \$270**

dates	day	time
Jan 15 - Mar 18	Monday	6:00 - 10:00 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.

**Instructor: MCRC Staff**

**Location: The National Basketball Academy (TNBA)**

**Member: \$150 | Non-Member: \$180 (January & April)**

**Member: \$120 | Non-Member: \$144 (February & March)**

dates	day	time
Jan 2 - Feb 1	Tues & Thurs	4:45 - 5:30 p.m.
Feb 6 - Feb 29	Tues & Thurs	4:45 - 5:30 p.m.
Mar 5 - Mar 28	Tues & Thurs	4:45 - 5:30 p.m.
Apr 2 - May 2	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.

**Instructor: MCRC Staff**

**Location: The National Basketball Academy (TNBA)**

**Member: \$150 | Non-Member: \$180 (January & April)**

**Member: \$120 | Non-Member: \$144 (February & March)**

dates	day	time
Jan 2 - Feb 1	Tues & Thurs	5:30 - 6:30 p.m.
Feb 6 - Feb 29	Tues & Thurs	5:30 - 6:30 p.m.
Mar 5 - Mar 28	Tues & Thurs	5:30 - 6:30 p.m.
Apr 2 - May 2	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.

**Instructor: MCRC Staff**

**Location: The National Basketball Academy (TNBA)**

**Member: \$150 | Non-Member: \$180 (January & April)**

**Member: \$120 | Non-Member: \$144 (February & March)**

dates	day	time
Jan 2 - Feb 1	Tues & Thurs	6:30 - 7:30 p.m.
Feb 6 - Feb 29	Tues & Thurs	6:30 - 7:30 p.m.
Mar 5 - Mar 28	Tues & Thurs	6:30 - 7:30 p.m.
Apr 2 - May 2	Tues & Thurs	6:30 - 7:30 p.m.

## Karate

Ages 4-6

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

**Instructor: Joseph Duczman**

**Location: Mentor Community Recreation Center**

**Member: \$150 | Non-Member: \$188**

dates	day	time
Jan 9 - Feb 27	Tuesday	4:30 - 5:15 p.m.
Mar 6 - Apr 24	Tuesday	4:30 - 5:15 p.m.

## Karate

Ages 7-12

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

**Instructor: Joseph Duczman**

**Location: Mentor Community Recreation Center**

**Member: \$150 | Non-Member: \$188**

dates	day	time
Jan 10 - Feb 28	Wednesday	6:00 - 6:45 p.m.
Mar 6 - Apr 24	Wednesday	6:00 - 6:45 p.m.

## Women's Volleyball League

Adults 18+

Grab some friends and join a fun season of indoor volleyball. This recreational league consists of 3 games, played to 25 points, rally scoring, per week for 8 weeks followed by a 1-week, single-elimination, playoff tournament. Teams need to provide their own uniforms. Games are played 6 vs. 6 and are self-officiated. The top 4 teams compete in the playoff tournament. The playoff championship team receives a prize. All skill levels are welcome. Game balls are provided. Price is per team. Captains meeting is January 22 at 5:30 p.m.

**Coordinator: MCRC Staff**

**Location: Mentor Community Recreation Center**

**Session Fee: \$270**

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 22 - Mar 18	Monday	6:30 - 9:30 p.m.

## Co-ed Volleyball League

Adults 18+

Grab some friends and join a fun season of indoor volleyball. This recreational league consists of 3 games, played to 25 points, rally scoring, per week for 8 weeks followed by a 1-week, single-elimination, playoff tournament. Teams need to provide their own uniforms. Games are played 6 vs. 6 and are self-officiated. The top 4 teams compete in the playoff tournament. The playoff championship team receives a prize. All skill levels are welcome. Game balls are provided. Price is per team. Captains meeting is January 26 at 5:30 p.m.

**Coordinator: MCRC Staff**

**Location: Mentor Community Recreation Center**

**Session Fee: \$270**

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 26 - Mar 22	Friday	6:30 - 9:30 p.m.



## Co-ed Soccer League

Adults 18+

Take the pitch in this indoor recreational league that consists of one game per week for 8 weeks followed by a 1-week, single-elimination, playoff tournament. Games are played 7 vs. 7 (includes a goalie) and consist of two, 25-minute halves. **Each team is responsible for paying a \$17 referee fee before each game.** Teams need to provide their own uniforms. The top 4 teams compete in the playoff tournament. The playoff championship team receives a prize. All skill levels are welcome. Game balls (size 5) are provided. Price is per team. Captains meeting is January 21 at 2:30pm.

**Coordinator: MCRC Staff**

**Location: Mentor Community Recreation Center**

**Session Fee: \$650**

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 23 - Mar 18	Tuesday	6:00 - 10:00 p.m.



## Men's Soccer League

Adults 18+

Take the pitch in this indoor recreational league that consists of one game per week for 8 weeks followed by a 1-week, single-elimination, playoff tournament. Games are played 7 vs. 7 (includes a goalie) and consist of two, 25-minute halves. **Each team is responsible for paying a \$17 referee fee before each game.** Teams need to provide their own uniforms. The top 4 teams compete in the playoff tournament. The playoff championship team receives a prize. All skill levels are welcome. Game balls (size 5) are provided. Price is per team. Captains meeting is January 22 at 5:30pm.

**Coordinator: MCRC Staff**

**Location: Mentor Community Recreation Center**

**Session Fee: \$650**

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 22 - Mar 18	Monday	6:00 - 10:00 p.m.

## Co-ed U8 Soccer League

Ages 7-8

Take the pitch in this indoor recreational league that consists of one game per week for 6 weeks. Games are played 7 vs. 7 (includes a goalie) on a smaller field and consist of two, 25-minute halves. **Each team is responsible for paying a \$15 referee fee before each game.** Teams need to provide their own uniforms. The number of teams determines the schedule. All skill levels are welcome. Game balls (size 3) are provided. Price is per team.

**Coordinator: Missy Read**

**Location: Mentor Community Recreation Center**

**Session Fee: \$575**

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 13 - Feb 17	Saturday	9:00 - 11:00 a.m.
Feb 24 - Mar 30	Saturday	9:00 - 11:00 a.m.

## Girls U10 Soccer League

Ages 9-10

Take the pitch in this indoor recreational league that consists of one game per week for 6 weeks. Games are played 7 vs. 7 (includes a goalie) and consist of two, 25-minute halves. **Each team is responsible for paying a \$15 referee fee before each game.** Teams need to provide their own uniforms. The number of teams determines the schedule. All skill levels are welcome. Game balls (size 4) are provided. Price is per team.

**Coordinator: Missy Read**

**Location: Mentor Community Recreation Center**

**Session Fee: \$575**

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 13 - Feb 17	Saturday	11:00 a.m. - 1:00 p.m.
Feb 24 - Mar 30	Saturday	11:00 a.m. - 1:00 p.m.

## Boys U10 Soccer League

Ages 9-10

Take the pitch in this indoor recreational league that consists of one game per week for 6 weeks. Games are played 7 vs. 7 (includes a goalie) and consist of two, 25-minute halves. **Each team is responsible for paying a \$15 referee fee before each game.** Teams need to provide their own uniforms. The number of teams determines the schedule. All skill levels are welcome. Game balls (size 4) are provided. Price is per team.

**Coordinator: Missy Read**

**Location: Mentor Community Recreation Center**

**Session Fee: \$575**

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 13 - Feb 17	Saturday	1:00 - 3:00 p.m.
Feb 24 - Mar 30	Saturday	1:00 - 3:00 p.m.

## Girls U12 Soccer League

Ages 11-12

Take the pitch in this indoor recreational league that consists of one game per week for 6 weeks. Games are played 7 vs. 7 (includes a goalie) and consist of two, 25-minute halves. **Each team is responsible for paying a \$15 referee fee before each game.** Teams need to provide their own uniforms. The number of teams determines the schedule. All skill levels are welcome. Game balls (size 4) are provided. Price is per team.

**Coordinator: Missy Read**

**Location: Mentor Community Recreation Center**

**Session Fee: \$575**

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 13 - Feb 17	Saturday	3:00 - 4:00 p.m.
Feb 24 - Mar 30	Saturday	3:00 - 4:00 p.m.

## Boys U12 Soccer League

Ages 11-12

Take the pitch in this indoor recreational league that consists of one game per week for 6 weeks. Games are played 7 vs. 7 (includes a goalie) and consist of two, 25-minute halves. **Each team is responsible for paying a \$15 referee fee before each game.** Teams need to provide their own uniforms. The number of teams determines the schedule. All skill levels are welcome. Game balls (size 4) are provided. Price is per team.

**Coordinator: Missy Read**

**Location: Mentor Community Recreation Center**

**Session Fee: \$575**

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 13 - Feb 17	Saturday	4:00 - 6:00 p.m.
Feb 24 - Mar 30	Saturday	4:00 - 6:00 p.m.

## Girls U14 Soccer League

Ages 13-14

Take the pitch in this indoor recreational league that consists of one game per week for 6 weeks. Games are played 7 vs. 7 (includes a goalie) and consist of two, 25-minute halves. **Each team is responsible for paying a \$15 referee fee before each game.** Teams need to provide their own uniforms. The number of teams determines the schedule. All skill levels are welcome. Game balls (size 5) are provided. Price is per team.

**Coordinator: Missy Read**

**Location: Mentor Community Recreation Center**

**Session Fee: \$575**

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 13 - Feb 17	Saturday	6:00 - 7:00 p.m.
Feb 24 - Mar 30	Saturday	6:00 - 7:00 p.m.

## Boys U14 Soccer League

Ages 13-14

Take the pitch in this indoor recreational league that consists of one game per week for 6 weeks. Games are played 7 vs. 7 (includes a goalie) and consist of two, 25-minute halves. **Each team is responsible for paying a \$15 referee fee before each game.** Teams need to provide their own uniforms. The number of teams determines the schedule. All skill levels are welcome. Game balls (size 5) are provided. Price is per team.

**Coordinator: Missy Read**

**Location: Mentor Community Recreation Center**

**Session Fee: \$575**

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 13 - Feb 17	Saturday	7:00 - 9:00 p.m.
Feb 24 - Mar 30	Saturday	7:00 - 9:00 p.m.



## Girls U18 Soccer League

Ages 15-18

Take the pitch in this indoor recreational league that consists of one game per week for 6 weeks. Games are played 7 vs. 7 (includes a goalie) and consist of two, 25-minute halves. **Each team is responsible for paying a \$15 referee fee before each game.** Teams need to provide their own uniforms. The number of teams determines the schedule. All skill levels are welcome. Game balls (size 5) are provided. Price is per team.

**Coordinator: Missy Read**

**Location: Mentor Community Recreation Center**

**Session Fee: \$575**

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 12 - Feb 16	Friday	6:00 - 8:00 p.m.
Feb 23 - Mar 29	Friday	6:00 - 8:00 p.m.

## Boys U18 Soccer League

Ages 15-18

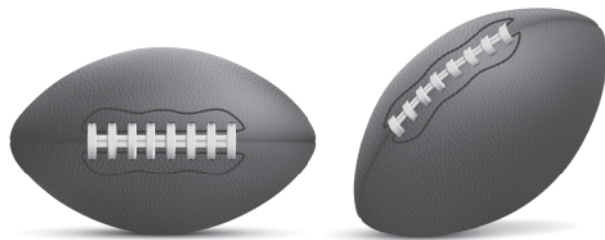
Take the pitch in this indoor recreational league that consists of one game per week for 6 weeks. Games are played 7 vs. 7 (includes a goalie) and consist of two, 25-minute halves. **Each team is responsible for paying a \$15 referee fee before each game.** Teams need to provide their own uniforms. The number of teams determines the schedule. All skill levels are welcome. Game balls (size 5) are provided. Price is per team.

**Coordinator: Missy Read**

**Location: Mentor Community Recreation Center**

**Session Fee: \$575**

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 12 - Feb 16	Friday	8:00 - 10:00 p.m.
Feb 23 - Mar 29	Friday	8:00 - 10:00 p.m.



## Rookie Flag Football League

Ages 8-10

This exciting, no tackle, co-ed, recreational league allows children to enhance their football skills while learning teamwork, sportsmanship, fundamentals and friendly competition. Everyone plays! The league consists of a 6-week regular season followed by a single-elimination, playoff tournament. Games are played 6 vs. 6 and are officiated by certified referees. Evaluation days include a variety of drills and skills to help coaches assess players. After evaluations, players are divided onto teams through a draft. The number of teams determines the schedule. Team practices are at the discretion of the head coach. Each player receives a team T-Shirt that they keep. Trophies are awarded to the playoff championship team. Coaches training is available. **Evaluation Day: April 6 from 9 - 10:30 a.m.; Coaches Watch: April 13 from 9 - 10:30 a.m.; and, Coaches Draft: April 17 from 6 - 7 p.m.** Regular season: April 27 - June 1. Playoffs: June 8 - 15.

**Coordinator: MCRC Staff**

**Location: Mentor Community Recreation Center**

**Member: \$77 | Non-Member: \$92**

## Youth Flag Football League

Ages 11-14

This exciting, no tackle, co-ed, recreational league allows children to enhance their football skills while learning teamwork, sportsmanship, fundamentals and friendly competition. Everyone plays! The league consists of a 6-week regular season followed by a single-elimination, playoff tournament. Games are played 6 vs. 6 and are officiated by certified referees. Evaluation days include a variety of drills and skills to help coaches assess players. After evaluations, players are divided onto teams through a draft. The number of teams determines the schedule. Team practices are at the discretion of the head coach. Each player receives a team T-Shirt that they keep. Trophies are awarded to the playoff championship team. Coaches training is available. **Evaluation Day: April 6 from 10:45 a.m. - 12:15 p.m.; Coaches Watch: April 13 from 10:45 a.m. - 12:15 p.m.; and, Coaches Draft: April 18 from 6 - 7 p.m.** Regular season: April 27 - June 1. Playoffs: June 8 - 15.

**Coordinator: MCRC Staff**

**Location: Mentor Community Recreation Center**

**Member: \$77 | Non-Member: \$92**

**First time online registering with us?**

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

## Men's Basketball League

Adults 18+

This recreational league consists of one game per week for 8 weeks followed by a 1-week, single-elimination, playoff tournament. Teams need to provide their own uniforms. Games are played 5 vs. 5 and are officiated by certified referees. **Each team is responsible for paying a \$34 referee fee before each game.** The top 4 teams compete in the playoff tournament. The playoff championship team receives a prize. All skill levels are welcome. Game balls are provided. Price is per team. Captains meeting is March 13 at 5:15 p.m.

**Coordinator: MCRC Staff**

**Location: Mentor Community Recreation Center**

**Session Fee: \$270**

dates	day	time
Mar 13 - May 8	Wednesday	6:00 - 10:00 p.m.

## Women's Basketball League

Adults 18+

This recreational league consists of one game per week for 8 weeks followed by a 1-week, single-elimination, playoff tournament. Teams need to provide their own uniforms. Games are played 5 vs. 5 and are officiated by certified referees. **Each team is responsible for paying a \$34 referee fee before each game.** The top 4 teams compete in the playoff tournament. The playoff championship team receives a prize. All skill levels are welcome. Game balls are provided. Price is per team. Captains meeting is March 12 at 5:15 p.m.

**Coordinator: MCRC Staff**

**Location: Mentor Community Recreation Center**

**Session Fee: \$270**

dates	day	time
Mar 12 - May 7	Tuesday	6:00 - 10:00 p.m.

## Tennis 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. Each individual day of tennis open play needs to be registered for.

**Location: Mentor Community Recreation Center**

**Free/Members only**

dates	day	time
January thru April	Sundays	4:00 - 6:00 p.m.
January thru April	Mondays	7:30 - 9:30 p.m.
January thru April	Wednesdays	12:00 - 2:00 p.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. Each individual day of pickleball open play needs to be registered for.

**Location: Mentor Community Recreation Center**

**Free/Members only**

dates	day	time
January thru April	Mondays	12:00 - 2:00 p.m.
January thru April	Thursdays	7:30 - 9:30 p.m.
January thru April	Fridays	6:30 - 8:30 p.m.
January thru April	Saturdays	1:00 - 3:00 p.m.

# aquatics



## Parent and Child Swim Instruction

**Ages 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.

**\*No Classes March 25-30\***

**Location: MCRC Indoor Pool**

**Member: \$32 | Non-Member: \$40 per session of 8**

dates	day	time
Jan 9 - Feb 27	Tuesday	11:30 a.m. - 12:00 p.m.
Jan 9 - Feb 27	Tuesday	5:45 - 6:15 p.m.
Jan 9 - Feb 27	Tuesday	6:15 - 6:45 p.m.
Jan 13 - Mar 2	Saturday	9:00 - 9:30 a.m.
Mar 12 - May 7	Tuesday	11:30 a.m. - 12:00 p.m.
Mar 12 - May 7	Tuesday	5:45 - 6:15 p.m.
Mar 12 - May 7	Tuesday	6:15 - 6:45 p.m.
Mar 16 - May 11	Saturday	9:00 - 9:30 a.m.

## I'm 3 Look at Me! Swim Lessons (Min 3/Max 4)

**Age 3 years**

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.

**\*No Classes March 25-30\***

**Location: MCRC Indoor Pool**

**Member: \$32 | Non-Member: \$40 per session of 8**

dates	day	time
Jan 9 - Feb 27	Tuesday	11:00 - 11:30 a.m.
Jan 9 - Feb 27	Tuesday	5:15 - 5:45 p.m.
Jan 13 - Mar 2	Saturday	9:00 - 9:30 a.m.
Mar 12 - May 7	Tuesday	11:00 - 11:30 a.m.
Mar 12 - May 7	Tuesday	5:15 - 5:45 p.m.
Mar 16 - May 11	Saturday	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.

**\*No Classes March 25-30\***

**Location: MCRC Indoor Pool**

**Member: \$32 | Non-Member: \$40 per session of 8**

dates	day	time
Jan 9 - Feb 27	Tuesday	5:45 - 6:15 p.m.
Jan 13 - Mar 2	Saturday	9:45 - 10:15 a.m.
Mar 12 - May 7	Tuesday	5:45 - 6:15 p.m.
Mar 16 - May 11	Saturday	9:45 - 10:15 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.

**\*No Classes March 25-30\***

**Location: MCRC Indoor Pool**

**Member: \$32 | Non-Member: \$40 per session of 8**

dates	day	time
Jan 9 - Feb 27	Tuesday	6:15 - 6:45 p.m.
Jan 13 - Mar 2	Saturday	9:45 - 10:15 a.m.
Mar 12 - May 7	Tuesday	6:15 - 6:45 p.m.
Mar 16 - May 11	Saturdays	9:45 - 10:15 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.

**\*No Classes March 25-30\***

**Location: MCRC Indoor Pool**

**Member: \$32 | Non-Member: \$40 per session of 8**

dates	day	time
Jan 9 - Feb 27	Tuesday	6:15 - 6:45 p.m.
Jan 13 - Mar 2	Saturday	9:45 - 10:15 a.m.
Mar 12 - May 7	Tuesday	6:15 - 6:45 p.m.
Mar 16 - May 11	Saturday	9:45 - 10:15 a.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: Introduction to Water Skills Ages 6-12

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.

**\*No Classes March 25-30\***

**Location: MCRC Indoor Pool**

**Member: \$40 | Non-Member: \$50 per session of 8**

dates	day	time
Jan 8 - Feb 26	Monday	5:30 - 6:15 p.m.
Jan 10 - Feb 28	Wednesday	6:30 - 7:15 p.m.
Jan 13 - Mar 2	Saturday	10:30 - 11:15 a.m.
Mar 11 - May 6	Monday	5:30 - 6:15 p.m.
Mar 13 - May 8	Wednesday	6:30 - 7:15 p.m.
Mar 16 - May 11	Saturday	10:30 - 11:15 a.m.

### LTS Level 2: Fundamental Aquatic Skills Ages 6-12

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.

**\*No Classes March 25-30\***

**Location: MCRC Indoor Pool**

**Member: \$40 | Non-Member: \$50 per session of 8**

dates	day	time
Jan 8 - Feb 26	Monday	5:30 - 6:15 p.m.
Jan 13 - Mar 2	Saturday	10:30 - 11:15 a.m.
Mar 11 - May 6	Monday	5:30 - 6:15 p.m.
Mar 16 - May 11	Saturday	10:30 - 11:15 a.m.

### LTS Level 3: Stroke Development Ages 6-12

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.

**\*No Classes March 25-30\***

**Location: MCRC Indoor Pool**

**Member: \$40 | Non-Member: \$50 per session of 8**

dates	day	time
Jan 8 - Feb 26	Monday	6:15 - 7:00 p.m.
Jan 13 - Mar 2	Saturday	10:30 - 11:15 a.m.
Mar 11 - May 6	Monday	6:15 - 7:00 p.m.
Mar 16 - May 11	Saturday	10:30 - 11:15 a.m.

### LTS Level 4: Stroke Improvement Ages 6-12

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.

**\*No Classes March 25-30\***

**Location: MCRC Indoor Pool**

**Member: \$40 | Non-Member: \$50 per session of 8**

dates	day	time
Jan 8 - Feb 26	Monday	6:15 - 7:00 p.m.
Jan 13 - Mar 2	Saturday	10:30 - 11:15 a.m.
Mar 11 - May 6	Monday	6:15 - 7:00 p.m.
Mar 16 - May 11	Saturday	10:30 - 11:15 a.m.

### LTS Level 5/6: Stroke Refinement Ages 6-12

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

**\*No Classes March 25-30\***

**Location: MCRC Indoor Pool**

**Member: \$40 | Non-Member: \$50 per session of 8**

dates	day	time
Jan 8 - Feb 26	Monday	6:15 - 7:00 p.m.
Jan 13 - Mar 2	Saturday	9:45 - 10:30 a.m.
Mar 11 - May 6	Monday	6:15 - 7:00 p.m.
Mar 16 - May 11	Saturday	9:45 - 10:30 a.m.

## Adult Swim Lessons Ages 13+

### Adult Learn to Swim Instruction

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

**\*No Class March 27\***

**Location: MCRC Indoor Pool**

**Member: \$40 | Non-Member: \$50 per session of 8**

dates	day	time
Jan 10 - Feb 28	Wednesday	5:45 - 6:30 p.m.
Mar 13 - May 8	Wednesday	5:45 - 6:30 p.m.

### Adult Stroke Technique

This class is designed to assist adults in refining skills needed to swim more efficiently. Improve endurance and learn to circle swim, streamline off turns, do flip turns, learn to dive and improve breathing techniques necessary for more confidence in swimming laps.

**\*No Class March 30\***

**Location: MCRC Indoor Pool**

**Member: \$40 | Non-Member: \$50 per session of 8**

dates	day	time
Jan 13 - Mar 2	Saturday	11:30 a.m. - 12:15 a.m.
Mar 16 - May 11	Saturday	11:30 a.m. - 12:15 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.

**\*No Classes March 25-30\***

**Location: MCRC Indoor Pool**

**Member: \$20 | Non-Member: \$24 per session of 8**

dates	day	time	ages
Jan 11 - Feb 29	Thurs	5:45 - 6:15 p.m.	11 & under
Jan 11 - Feb 29	Thurs	6:15 - 6:45 p.m.	12-18
Jan 13 - Feb 24	Sat	11:30 - 12:00 p.m.	11 & under
Jan 13 - Feb 24	Sat	12:00 - 12:30 p.m.	12-18
Jan 13 - Feb 24	Sat	12:30 - 1:00 p.m.	18 & up
Mar 14 - May 9	Thurs	5:45 - 6:15 p.m.	11 & under
Mar 14 - May 9	Thurs	6:15 - 6:45 p.m.	12-18
Mar 16 - May 11	Sat	11:30 - 12:00 p.m.	11 & under
Mar 16 - May 11	Sat	12:00 - 12:30 p.m.	12-18
Mar 16 - May 11	Sat	12:30 - 1:00 p.m.	18 & up

## 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**

## water workout classes

### 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.

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

**Location: MCRC Indoor Pool**

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

**April Price: Member: \$25 | Non-Member: \$38**

month	day	time
January	Mondays	9:00 - 9:50 a.m.
February	Mondays	9:00 - 9:50 a.m.
March	Mondays	9:00 - 9:50 a.m.
April	Mondays	9:00 - 9:50 a.m.

**January/April Price: Member: \$25 | Non-Member: \$38**

**February/March Price: Member: \$20 | Non-Member: \$30**

month	day	time
January	Tuesdays	6:30 - 7:20 p.m.
February	Tuesdays	6:30 - 7:20 p.m.
March	Tuesdays	6:30 - 7:20 p.m.
April	Tuesdays	6:30 - 7:20 p.m.

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

**March Price: Member: \$25 | Non-Member: \$38**

month	day	time
January	Wednesdays	9:00 - 9:50 a.m.
February	Wednesdays	9:00 - 9:50 a.m.
March	Wednesdays	9:00 - 9:50 a.m.
April	Wednesdays	9:00 - 9:50 a.m.

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

**March Price: Member: \$25 | Non-Member: \$38**

month	day	time
January	Fridays	10:00 - 10:50 a.m.
February	Fridays	10:00 - 10:50 a.m.
March	Fridays	10:00 - 10:50 a.m.
April	Fridays	10:00 - 10:50 a.m.

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

**March Price: Member: \$25 | Non-Member: \$38**

month	day	time
January	Saturdays	8:00 - 8:50 a.m.
February	Saturdays	8:00 - 8:50 a.m.
March	Saturdays	8:00 - 8:50 a.m.
April	Saturdays	8:00 - 8:50 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.

**Intensity: Low**

**Location: MCRC Indoor Pool**

**January/April Price: Member: \$25 | Non-Member: \$38**

**February/March Price: Member: \$20 | Non-Member: \$30**

month	day	time
January	Tuesdays	2:00 - 2:50 p.m.
February	Tuesdays	2:00 - 2:50 p.m.
March	Tuesdays	2:00 - 2:50 p.m.
April	Tuesdays	2:00 - 2:50 p.m.

**Jan/Mar/Apr Price: Member: \$20 | Non-Member: \$30**

**February Price: Member: \$25 | Non-Member: \$38**

month	day	time
January	Thursdays	2:00 - 2:50 p.m.
February	Thursdays	2:00 - 2:50 p.m.
March	Thursdays	2:00 - 2:50 p.m.
April	Thursdays	2:00 - 2:50 p.m.

## Stretch and Tone (Min 6/Max 24)

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

**Intensity: Low**

**Location: MCRC Indoor Pool**

**January/April Price: Member: \$25 | Non-Member: \$38**

**February/March Price: Member: \$20 | Non-Member: \$30**

month	day	time
January	Tuesdays	10:00 - 10:50 a.m.
February	Tuesdays	10:00 - 10:50 a.m.
March	Tuesdays	10:00 - 10:50 a.m.
April	Tuesdays	10:00 - 10:50 a.m.

**Jan/Mar/Apr Price: Member: \$20 | Non-Member: \$30**

**February Price: Member: \$25 | Non-Member: \$38**

month	day	time
January	Thursdays	10:00 - 10:50 a.m.
February	Thursdays	10:00 - 10:50 a.m.
March	Thursdays	10:00 - 10:50 a.m.
April	Thursdays	10:00 - 10:50 a.m.

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

**March Price: Member: \$25 | Non-Member: \$38**

month	day	time
January	Fridays	9:00 - 9:50 a.m.
February	Fridays	9:00 - 9:50 a.m.
March	Fridays	9:00 - 9:50 a.m.
April	Fridays	9:00 - 9:50 a.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.**

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

**Location: MCRC Indoor Pool**

**January/April Price: Member: \$25 | Non-Member: \$38**

**February/March Price: Member: \$20 | Non-Member: \$30**

month	day	time
January	Tuesdays	7:30 - 8:20 p.m.
February	Tuesdays	7:30 - 8:20 p.m.
March	Tuesdays	7:30 - 8:20 p.m.
April	Tuesdays	7:30 - 8:20 p.m.

**Jan/Mar/Apr Price: Member: \$20 | Non-Member: \$30**

**February Price: Member: \$25 | Non-Member: \$38**

month	day	time
January	Thursdays	9:00 - 9:50 a.m.
February	Thursdays	9:00 - 9:50 a.m.
March	Thursdays	9:00 - 9:50 a.m.
April	Thursdays	9:00 - 9:50 a.m.

**Jan/Mar/Apr Price: Member: \$20 | Non-Member: \$30**

**February Price: Member: \$25 | Non-Member: \$38**

month	day	time
January	Thursdays	7:30 - 8:20 a.m.
February	Thursdays	7:30 - 8:20 a.m.
March	Thursdays	7:30 - 8:20 a.m.
April	Thursdays	7:30 - 8:20 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.

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

**Location: MCRC Indoor Pool**

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

**April Price: Member: \$25 | Non-Member: \$8**

month	day	time
January	Mondays	10:00 - 10:50 a.m.
February	Mondays	10:00 - 10:50 a.m.
March	Mondays	10:00 - 10:50 a.m.
April	Mondays	10:00 - 10:50 a.m.

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

**March Price: Member: \$25 | Non-Member: \$38**

month	day	time
January	Wednesdays	10:00 - 10:50 a.m.
February	Wednesdays	10:00 - 10:50 a.m.
March	Wednesdays	10:00 - 10:50 a.m.
April	Wednesdays	10:00 - 10:50 a.m.

**Jan/Mar/Apr Price: Member: \$20 | Non-Member: \$30**

**February Price: Member: \$25 | Non-Member: \$38**

month	day	time
January	Thursdays	6:45 - 7:35 p.m.
February	Thursdays	6:45 - 7:35 p.m.
March	Thursdays	6:45 - 7:35 p.m.
April	Thursdays	6:45 - 7:35 p.m.

## 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.

**Intensity: Low**

**Location: MCRC Indoor Pool**

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

**April Price: Member: \$25 | Non-Member: \$38**

month	day	time
January	Mondays	7:30 - 8:20 p.m.
February	Mondays	7:30 - 8:20 p.m.
March	Mondays	7:30 - 8:20 p.m.
April	Mondays	7:30 - 8:20 p.m.

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

**March Price: Member: \$25 | Non-Member: \$38**

month	day	time
January	Wednesdays	7:30 - 8:20 p.m.
February	Wednesdays	7:30 - 8:20 p.m.
March	Wednesdays	7:30 - 8:20 p.m.
April	Wednesdays	7:30 - 8:20 p.m.

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

**March Price: Member: \$25 | Non-Member: \$38**

month	day	time
January	Saturdays	12:30 - 1:20 p.m.
February	Saturdays	12:30 - 1:20 p.m.
March	Saturdays	12:30 - 1:20 p.m.
April	Saturdays	12:30 - 1:20 p.m.



# special events

## Homeschool Swim and More

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

**Location: Mentor Recreation Center**

**Wednesdays 1:00 - 3:00 p.m.**

**Member: TBD | Non-Member: TBD**

**Drop In Per Class: TBD**

# senior center



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

# arts and 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
Jan 4 - Feb 22	Thursday	10:00 a.m. - 12:00 p.m.
Mar 7 - Apr 18	Thursday	10:00 a.m. - 12:00 p.m.

## 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
Jan 3 - Feb 21	Wednesday	10:00 a.m. - 12:00 p.m.
Jan 3 - Feb 21	Wednesday	5:00 p.m. - 7:00 p.m.
Mar 6 - Apr 17	Wednesday	10:00 a.m. - 12:00 p.m.
Mar 6 - Apr 17	Wednesday	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
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*Classes will resume in June*

## 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
Jan 2 - Apr 30	Tuesday	2:00 - 4:00 p.m.

# continuing education

## AARP Driver Safety Course

Licensed drivers 55 or older can take this class designed to refine existing skills as well as develop new, safe defensive driving techniques. You may earn a certificate and possibly qualify for a lower auto insurance rate (check with your agent). Bring your driver's license and AARP card to the class. Cost: \$20 for AARP members, \$25 for non-AARP members, check or money orders only made payable to AARP. Lunch is not included, please bring a bag lunch or money to purchase lunch at the center.

**Instructor: AARP Instructor**

**Location: Senior Center Cultural Arts Room**

date	day	time
Apr 15	Monday	10:00 a.m. - 2:30 p.m.

## Alzheimer's Association - Understanding Alzheimer's Disease

This program is designed to provide you with the basic information that everyone needs to know about memory loss issues and what they mean for all of us. It incorporates video interviews with professionals, patients with dementia, and caregivers discussing real life issues.

**Location: Senior Center Cardinal Room**

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

date	day	time
Mar 13	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
Jan 2 - Apr 30	Tuesday	12:00 - 1:00 p.m.

## Book Club

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

**Location: Senior Center Cultural Arts Room**

**Resident | Non-Resident: Free**

dates	day	time
Jan 17	Wednesday	1:30 - 3:00 p.m.

Book title: *The One Hundred Years of Lenni and Margot*  
by Marianne Cronin

Feb 21 Wednesday 1:30 - 3:00 p.m.

Book title: *The Women They Could Not Silence*  
by Kate Moore

Mar 20 Wednesday 1:30 - 3:00 p.m.

Book title: *The Good Sister* by Sally Hepworth

Apr 17 Wednesday 1:30 - 3:00 p.m.

Book title: *Four Winds* by Kristin Hannah

**First time online registering with us?**

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

## 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 (fourth Monday in January and February due to the holiday).

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

dates	day	time
Jan 22	Monday	3:30 - 5:00 p.m.
Feb 26	Monday	3:30 - 5:00 p.m.
Mar 18	Monday	3:30 - 5:00 p.m.
Apr 15	Monday	3:30 - 5:00 p.m.



## Cooking Classes

Are you looking for some new dishes to add to your dinner line up? Maybe you want to step outside your comfort zone and learn how to cook with some new spices. Maybe you want to find some healthier meal options for yourself. Join us as LaDonna from Let's Cook brings in her mobile kitchens and turns you into the chef. Each participant will make their own dish from scratch. Please be sure to bring your own container to take leftovers home in! **Registration deadline is one week prior to class date, to allow for food purchasing.**  
**Location: Senior Center Cardinal Room**  
**Resident: \$25 | Non-Resident: \$31.25**

### Creamy Vegan Tortilla Soup

This creamy, flavor filled lentil soup is the perfect quick and easy dinner. It's healthy and easy to pull together with a handful of pantry staples.

date	day	time
Jan 8	Monday	3:30 - 5:00 p.m.

### Vegan Etouffee

Let's celebrate Mardi Gras while we learn how to make this delicious veggie-packed vegan version of a Louisiana favorite. We will be using bits of golden, chewy tofu spiced with Cajun seasoning to get as close as we can to authentic.

date	day	time
Feb 5	Monday	3:30 - 5:00 p.m.

### Sweet & Sour Cauliflower

This Sweet & Sour Cauliflower is easy to prepare and uses simple ingredients to create a budget friendly meal with BIG flavor. We will create our own sweet and sour sauce from scratch to coat the cauliflower and serve over rice.

date	day	time
Mar 4	Monday	3:30 - 5:00 p.m.

### Spiced Samosa Patties

This simple appetizer recipe is a delicious twist on a traditional Indian favorite. These are crispy little patties that are easy to put together using just a few ingredients and their flavor will bring pizzaz to the party.

date	day	time
Apr 8	Monday	3:30 - 5:00 p.m.

440.974.5720

## Cooking Appliance Demonstrations

Join us as LaDonna from Let's Cook shows us how to use small appliances.

**Location: Senior Center Cardinal Room**  
**Resident: \$5 | Non-Resident: \$6.25**

### Air Fryer Demonstration

Do you own an air fryer but aren't sure how to use it? Do you want to buy one and aren't really sure if it is something you would use? Well, join us as LaDonna from Let's Cook brings in her air fryers and teaches us the versatility and ease of using this countertop gadget. During this demonstration attendees will learn the basic function and uses as LaDonna shows us how to prepare appetizers, dinner, sides and desserts. All attendees will have the availability to taste all the dishes prepared.

<i>date</i>	<i>day</i>	<i>time</i>
Mar 11	Monday	3:30 - 4:30 p.m.

### Instant Pot/ Pressure Cooker Demonstration

I have one sitting on the counter, I'm afraid to get burned, I don't know what the buttons mean. These are all things that one might say about that shiny metal cooking gadget some of us have. And truth be told, they are a little scary. So join us for a demonstration with LaDonna from Let's Cook as she takes some of that uneasiness away while she shows us how to use those Instant Pots. During this demo attendees will learn the basics in how to use their Instant Pot as a pressure cooker in a safe way to make versatile meals that everyone can enjoy. Make sure you come hungry and ready to sample.

<i>date</i>	<i>day</i>	<i>time</i>
Apr 22	Monday	3:30 - 4:30 p.m.

## 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: Senior Center Cardinal Room 12:00 - 12:30 p.m.**  
**Great Room 12:30 - 1:00 p.m.**  
**Resident | Non-Resident: Free**

<i>dates</i>	<i>day</i>	<i>topic</i>
Jan 8	Mon	Homemaker program
Feb 5	Mon	Non-Medical In-Home Care program
Mar 4	Mon	Volunteer Opportunities
Apr 1	Mon	Aging & Disability Resource Center (ADRC)

## Preparing for Emergencies

Do you know what you need to do to be prepared in the event of an emergency? EMA Director Joe Busher and Deputy Director Joseph Hum will discuss the plans and ways of notification that Lake County has in place. This open forum discussion will also cover how you can prepare should an emergency happen that affects you. After the discussion, EMA staff will be on hand to assist residents with signing up for WENS (Wireless Emergency Notification System).

**Location: Senior Center Cardinal Room**  
**Resident | Non-Resident: Free**

<i>date</i>	<i>day</i>	<i>time</i>
Feb 7	Wednesday	10:00 - 11:00 a.m.

## Medicare 101

Know Your Rights - Filing Appeals and Grievances. Let's talk about knowing your rights when it comes to filing claims and grievances, and how to do it! Presentation provided by Lauren Fenton of Fenton Financial.

**Location: Senior Center Cardinal Room**  
**Resident | Non-Resident: Free**

<i>date</i>	<i>day</i>	<i>time</i>
Apr 10	Wednesday	10:00 - 11:00 a.m.

## lunch and learn

### Tax-free Investing: It's Not What You Make, It's What You Keep

Tax-free investing: It's not what you make, it's what you keep is an educational program designed to inform individuals about the benefits and considerations of choosing investments that offer tax advantages. A light lunch will be served. Presented by Steve Mrozek, Financial Advisor. Contact number - 440-943-4942, Edward Jones, Member SIPC

**Location: Senior Center Cardinal Room**  
**Resident | Non-Resident: Free**

<i>date</i>	<i>day</i>	<i>time</i>
Apr 18	Thursday	10:00 - 11:30 a.m.

## fitness / wellness

### Cycling Club

The Cycling Club begins its 12th season on April 3. All rides are weather permitting and ride cancelations and any changes will be done via email. All rides start at 10 a.m. except for the summer months of June - August, those rides start at 9 a.m. Optional lunch afterwards. Bicycle helmets are required. New riders are welcome. Rides start in April and continue through October. Contact Arnie Zvejnieks at 440-525-0293, for information or to be added to the mailing list.

### Hiking Club

Monday evening hikes begin at 6 p.m. and are scheduled from April through October. Hikes are at the various parks in Lake County. You can join the club and hike at any time. Please call the Senior Center at 440-974-5725 to register, schedules will be emailed out on a monthly basis to anyone who has registered.

### Low Impact Aerobics

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

**Instructor: Sharon Benner**

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

**\*No class Jan 1, Jan 15, Feb 19**

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 8 - Feb 26	Monday	9:00 - 9:45 a.m.
Jan 2 - Feb 20	Tuesday	9:00 - 9:45 a.m.
Jan 4 - Feb 22	Thursday	9:00 - 9:45 a.m.
Jan 5 - Feb 16	Friday	9:00 - 9:45 a.m.
Mar 4 - Apr 22	Monday	9:00 - 9:45 a.m.
Mar 5 - Apr 23	Tuesday	9:00 - 9:45 a.m.
Mar 7 - Apr 18	Thursday	9:00 - 9:45 a.m.
Mar 1 - Apr 19	Friday	9:00 - 9:45 a.m.

## 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.

**Instructor: Tina Foster**

**Location: Senior Center Fitness Studio**

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

**\*No class Feb 7**

dates	day	time
Jan 3 - Feb 21	Wednesday	5:45 - 6:45 p.m.
Mar 6 - Apr 17	Wednesday	5:45 - 6:45 p.m.

### Advanced Beginner

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.

**Instructor: Tina Foster**

**Location: Senior Center Studio**

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

**\*No class Feb 7**

dates	day	time
Jan 3 - Feb 21	Wednesday	6:45 - 7:45 p.m.
Mar 6 - Apr 17	Wednesday	6:45 - 7:45 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. The 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
Jan 3 - Feb 21	Wednesday	3:00 - 3:45 p.m.
Mar 6 - Apr 17	Wednesday	3:00 - 3:45 p.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
Jan 2 - Feb 20	Tuesday	11:00 - 11:45 a.m.
Jan 4 - Feb 22	Thursday	11:00 - 11:45 a.m.
Mar 5 - Apr 23	Tuesday	11:00 - 11:45 a.m.
Mar 7 - Apr 18	Thursday	11:00 - 11:45 a.m.

# SilverSneakers®

## SilverSneakers® Circuit

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

**Instructor: Sue Dempsey (Mon/Tues, Pat Talladino (Wed)**

**Location: Senior Center Fitness Studio**

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

**Silver Sneakers Members: FREE**

**\*No class Jan 1, Jan 15, Feb 19**

dates	day	time
Jan 8 - Feb 26	Monday	6:00 - 6:45 p.m.
Jan 2 - Feb 20	Tuesday	2:00 - 2:45 p.m.
Jan 3 - Feb 21	Wednesday	11:00 - 11:45 a.m.
Jan 4 - Feb 22	Thursday	2:00 - 2:45 p.m.
Mar 4 - Apr 22	Monday	6:00 - 6:45 p.m.
Mar 5 - Apr 23	Tuesday	2:00 - 2:45 p.m.
Mar 6 - Apr 17	Wednesday	11:00 - 11:45 a.m.
Mar 7 - Apr 18	Thursday	2:00 - 2:45 p.m.

## 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.

**Instructors: Sharon Benner (Mon/Fri), Pat Talladino (Wed)**

**Joy Cimino (Tues/Thurs am), Sue Dempsey (Tues/Thurs pm),**

**Location: Senior Center Fitness Studio**

**Resident: \$19 | Non-Resident: \$24 | SS Members: FREE**

**\*No class Jan 1, Jan 15, Feb 19**

dates	day	time
Jan 8 - Feb 26	Monday	10:00 - 10:45 a.m.
Jan 2 - Feb 20	Tuesday	8:10 - 8:50 a.m.
Jan 2 - Feb 20	Tuesday	1:00 - 1:45 p.m.
Jan 3 - Feb 21	Wednesday	10:00 - 10:45 a.m.
Jan 4 - Feb 22	Thursday	8:10 - 8:50 a.m.
Jan 4 - Feb 22	Thursday	1:00 - 1:45 p.m.
Jan 5 - Feb 16	Friday	10:00 - 10:45 a.m.
Mar 4 - Apr 22	Monday	10:00 - 10:45 a.m.
Mar 5 - Apr 23	Tuesday	8:10 - 8:50 a.m.
Mar 5 - Apr 23	Tuesday	1:00 - 1:45 p.m.
Mar 6 - Apr 17	Wednesday	10:00 - 10:45 a.m.
Mar 7 - Apr 18	Thursday	8:10 - 8:50 a.m.
Mar 7 - Apr 18	Thursday	1:00 - 1:45 p.m.
Mar 1 - Apr 19	Friday	10:00 - 10:45 a.m.

**First time online registering with us?**

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

## 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
Jan 4 - Feb 22	Thursday	4:00 - 4:45 p.m.
Mar 7 - Apr 18	Thursday	4:00 - 4:45 p.m.

## SilverSneakers® Stability

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

**Instructor: Sharon Benner (Mon/Fri),**

**Pam Benko/Joy Cimino (Tues/Thurs)**

**Location: Senior Center Fitness Studio**

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

**Silver Sneakers Members: FREE**

**\*No class Jan 1, Jan 15, Feb 19**

dates	day	time
Jan 8 - Feb 26	Monday	11:00 - 11:45 a.m.
Jan 2 - Feb 20	Tuesday	12:00 - 12:45 p.m.
Jan 4 - Feb 22	Thursday	12:00 - 12:45 p.m.
Jan 5 - Feb 16	Friday	12:00 - 12:45 p.m.
Mar 4 - Apr 22	Monday	11:00 - 11:45 a.m.
Mar 5 - Apr 23	Tuesday	12:00 - 12:45 p.m.
Mar 7 - Apr 18	Thursday	12:00 - 12:45 p.m.
Mar 1 - Apr 19	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 (Mon/Thurs),**

**Pat Talladino (Wed), Sharon Benner (Fri)**

**Location: Senior Center Fitness Studio**

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

**Silver Sneakers Members: FREE**

**\*No class Jan 1, Jan 15, Feb 19**

dates	day	time
Jan 8 - Feb 26	Monday	12:00 - 12:45 p.m.
Jan 3 - Feb 21	Wednesday	9:00 - 9:45 a.m.
Jan 4 - Feb 22	Thursday	3:00 - 3:45 p.m.
Jan 5 - Feb 16	Friday	11:00 - 11:45 a.m.
Mar 4 - Apr 22	Monday	12:00 - 12:45 p.m.
Mar 6 - Apr 17	Wednesday	9:00 - 9:45 a.m.
Mar 7 - Apr 18	Thursday	3:00 - 3:45 p.m.
Mar 1 - Apr 19	Friday	11:00 - 11:45 a.m.

**First time online registering with us?**

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

## Weight Training

This strength class is designed to build muscle, strength and bone density. Resistance bands and weights will be used while standing and while seated.

**Instructor: Sharon Benner**

**Location: Senior Center Fitness Studio**

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

dates	day	time
Jan 2 - Feb 20	Tuesday	10:00 - 10:45 a.m.
Jan 4 - Feb 22	Thursday	10:00 - 10:45 a.m.
Mar 5 - Apr 23	Tuesday	10:00 - 10:45 a.m.
Mar 7 - Apr 18	Thursday	10:00 - 10:45 a.m.

## water exercise at MCRC (mentor community recreation center)

### Senior Water Exercise

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 Road, Mentor**

**Senior Center Member rates listed below**

dates	day	time	rate
Jan 2 - Jan 30	Tuesday	2:00 - 2:50 p.m.	\$25
Jan 4 - Jan 25	Thursday	2:00 - 2:50 p.m.	\$20
Feb 6 - Feb 27	Tuesday	2:00 - 2:50 p.m.	\$20
Feb 1 - Feb 29	Thursday	2:00 - 2:50 p.m.	\$25
Mar 5 - Mar 26	Tuesday	2:00 - 2:50 p.m.	\$20
Mar 7 - Mar 28	Thursday	2:00 - 2:50 p.m.	\$20
Apr 2 - Apr 30	Tuesday	2:00 - 2:50 p.m.	\$25
Apr 4 - Apr 25	Thursday	2:00 - 2:50 p.m.	\$20

### Shallow/Deep Water Class

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 Road, Mentor**

**Senior Center Member rates listed below**

dates	day	time	rate
Jan 8 - Jan 29	Monday	10:00 - 10:50 a.m.	\$20
Jan 3 - Jan 31	Wednesday	10:00 - 10:50 a.m.	\$25
Feb 5 - Feb 26	Monday	10:00 - 10:50 a.m.	\$20
Feb 7 - Feb 28	Wednesday	10:00 - 10:50 a.m.	\$20
Mar 4 - Mar 25	Monday	10:00 - 10:50 a.m.	\$20
Mar 6 - Mar 27	Wednesday	10:00 - 10:50 a.m.	\$20
Apr 1 - Apr 29	Monday	10:00 - 10:50 a.m.	\$25
Apr 3 - Apr 24	Wednesday	10:00 - 10:50 a.m.	\$20

## fitness center

A variety of cardio equipment is available including treadmills, seated ellipticals, standing ellipticals, NuStep and a bike. Light free weights, 4 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 needed 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 after all those months at home? **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, \$20 for a 30 minute session**

**Pick up a flier at the Senior Center for scheduling information**

## clubs

### 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
Feb 5	Monday	10:00 - 11:30 a.m.
Mar 4	Monday	10:00 - 11:30 a.m.
Apr 1	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
Jan 11	Thursday	1:00 - 2:30 p.m.
Feb 8	Thursday	1:00 - 2:30 p.m.
Mar 14	Thursday	1:00 - 2:30 p.m.
Apr 11	Thursday	1:00 - 2:30 p.m.

440.974.5720

## 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
Jan 17	Wednesday	1:00 - 2:00 p.m.
Feb 21	Wednesday	1:00 - 2:00 p.m.
Mar 20	Wednesday	1:00 - 2:00 p.m.
Apr 17	Wednesday	1:00 - 2:00 p.m.

## 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
Feb 7 (Amanda's Family Hearing)	Wednesday	10:00 a.m. - 12:00 p.m.
Apr 3 (Amanda's Family Hearing)	Wednesday	10:00 a.m. - 12:00 p.m.

## Income Tax Assistance with AARP Volunteers

Trained volunteers will assist in the completion of state and federal income tax forms. The volunteers do not assist with city tax forms.

Bring these items:

- Copy of last year's income tax return(s) - both federal and Ohio
- W-2 forms from each employer; forms SSA-1099, 1099-INT, 1099-DIV, 1099-R, 1099-MISC, etc
- 1095 form (if you have one)
- W-2G gambling winnings
- Brokerage statements (1099-B)
- All forms indicating federal income tax paid
- All receipts or cancelled checks if itemizing deductions
- List of medical expenses
- Social security cards for everyone included on return
- Government issued photo ID for tax payer and spouse

**Location: Senior Center Cardinal Room**

**Registration begins December 4 for Residents,**

**and Dec 5 for Non-Residents**

dates	day	time
Feb 8 - Apr 11	Thursday	9:00 a.m. - 2:00 p.m.

## 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: Phyllis Hinkel**

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

dates	day	time
Jan 3	Wednesdays	4:00 - 5:30 p.m.
Feb 7	Wednesdays	4:00 - 5:30 p.m.
Mar 6	Wednesdays	4:00 - 5:30 p.m.
Apr 3	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
Jan 22	Monday	10:00 - 11:00 a.m.
Feb 26	Monday	10:00 - 11:00 a.m.
Mar 18	Monday	10:00 - 11:00 a.m.
Apr 15	Monday	10:00 - 11:00 a.m.

## 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 and assistance with program registration and directing to activities for those with memory issues.

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. We offer specially designed chair exercise programs for seniors with some physical challenges Monday through Friday.

LakeTran is available to bring senior citizens to and from Mentor Senior Center activities.

**Contact the front desk to schedule an enrollment**

**appointment to meet with Special Elders staff**

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

dates	day	time
Jan - Apr	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)
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 (registration fee)
1:00 - 2:00 p.m.	Craft, discussion, games, cards

## 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
Jan 24	Wednesday	2:00 - 4:00 p.m.
Feb 28	Wednesday	2:00 - 4:00 p.m.
Mar 27	Wednesday	2:00 - 4:00 p.m.
Apr 24	Wednesday	2:00 - 4:00 p.m.

## 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
Jan 3 - Feb 21	Wednesday	12:00 - 12:45 p.m.
Mar 6 - Apr 17	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](http://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.**

#### January 25 Celebration

Stuffed pork chops, mashed potatoes with gravy and green beans. Finish lunch with delicious apple cake for dessert. Entertainment is Dom Noce, a dynamic singer/entertainer performing rock pop and more from the 60s 70s and 80s including Frank Sinatra, Dean Martin, Barry Manilow, Neil Diamond and more! **Reservation deadline is January 15.**

#### February 29 Celebration

Ham steak, scalloped potatoes, California mixed vegetables and red velvet cupcake for dessert. Women in Ohio History will present a dramatic re-creation of the life of Dorothy Fuldheim. Dorothy was a news journalist and television broadcaster. She will be in a costume that reflects the time period, in a first person, and in a most engaging way. **Reservation deadline is February 19.**

#### March 28 Celebration

Stuffed shells, tossed salad, garlic toast and a yummy chocolate chip cheesecake bar for dessert. Logan Wells returns after a successful Senior Center debut in 2023. She's a very talented singer who will delight us with a variety of oldie's songs. **Reservation deadline is March 18.**

#### April 25 Celebration

Turkey with mashed potatoes and gravy, stuffing, green bean casserole and cranberry fluff for dessert. Dennis Ford returns by popular demand. Dennis has an amazing voice and truly enjoys performing on stage. Reservation deadline is April 15.

## special luncheons

### St. Patrick's Day Luncheon

Corned beef, cabbage, potatoes, and carrots followed by a yellow cupcake with buttercream frosting for dessert. The amazing one-man-band Tom Todd will entertain us with a variety of instruments and songs with an Irish twist. **Reservation deadline is March 4.**

**Location: Senior Center Great Room**

**Resident | Non-Resident: \$9**

date	day	time
Mar 14	Thursday	11:30 a.m.

## membership and 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. **Registration for 2024 membership begins January 2.** Membership fees are \$10 for Mentor residents and \$15 for nonresidents. Silver Sneaker memberships are also available for those who are eligible.

#### Registration Process

Senior Center membership is required to participate in Senior Center activities including classes, activities and programs. This registration process refers to winter classes described on this page and the next several pages. Registration for winter/spring classes for Mentor residents begins at 8 a.m. on **Monday, December 4.** Nonresident registration begins on **Tuesday, December 5** at 8 a.m.



# music and theater

## 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
Feb 7 - Apr 24	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.

**Instructor:** Maria Voljin

**Location:** Senior Center Stage

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

dates	day	time
Jan - Feb	off	
Mar 6 - Apr 17	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
Jan - Feb	off	
Mar 5 - Apr 23	Tuesday	9:00 a.m. - 12:00 p.m.

# special events



## Garage Sale

Join us for this HUGE annual garage sale where you may find some wonderful treasures. For vendors interested in purchasing a space, cost is \$25 for a 6-ft table and \$20 for a 5-ft table. Registration begins December 4 for resident seniors and December 5 for nonresident seniors. If space permits, non-seniors may register beginning March 1. Please register for a table by calling the Mentor Senior Center at 440-974-5725.

**Location:** Senior Center

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

## Guardians Opening Day Party

Can't get to the ballpark on Opening Day? Come to our 11th annual Opening Day Party and watch the Guardians take on the Chicago White Sox. During the game, enjoy complimentary ballpark snacks including ice cream, popcorn, peanuts, Cracker Jacks, and more. Snacks provided by local senior services agencies. Game time and concessions TBA. Preregistration is required.

**Location:** Senior Center Great Room

**Resident:** | **Non-Resident:**

**Donate Items for United Way Food Drive**

date	day	time
Apr 8	Monday	TBA

## Newcomers

Meet other new members and learn about all the awesome programs your senior center has to offer. Renee Ochaya, Director, and Dave Duricky, Recreation Coordinator, will lead the way and help you find activities to participate in.

**Location:** Senior Center Great Room

**Resident | Non-Resident:** Free

date	day	time
Feb 1	Thursday	3:00 - 4:00 p.m.

## Northeast Ohio Mind Challenge

The Mind Challenge is back for its 6th year. The mind stimulating event grows each year. We will be forming teams on April 17, individuals and teams are welcome. The challenge begins in April and wraps up in May. Please spread the word, recruit family and friends and get ready for some exciting mind challenging trivia! Please register in advance.

**Location:** Senior Center Great Room

**Resident | Non-Resident:** Free

dates	day	time
Apr 17	Wednesday	9:30 a.m.
Team Formation and Practice Round		
May 1	Wednesday	9:30 a.m.
Knockout Round		
May 8	Wednesday	9:30 a.m.
May 15	Wednesday	9:30 a.m.
Elevated 11 at Willoughby		
May 21	Tuesday	
Fact Finding Six - at Beachwood		
May 22	Wednesday	
Finals - at Beachwood		

# 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
Jan 8 & 22	Monday	9:00 - 11:00 a.m.
Feb 5 & 12	Monday	9:00 - 11:00 a.m.
Mar 4 & 11	Monday	9:00 - 11:00 a.m.
Apr 1 & 8	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**

dates	day	time
Jan 17	Wednesday	9:00 - 10:00 a.m.
Feb 7	Wednesday	9:00 - 10:00 a.m.
March 6	Wednesday	9:00 - 10:00 a.m.
Apr 3	Wednesday	9:00 - 10:00 a.m.

***First time online registering with us?***

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

## 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 in December. For complete details on all our trips visit [mentorseniorcenter.com](http://mentorseniorcenter.com) or grab a flyer at the center.

## Trip Promotional Meeting

The trip promotional meeting is Thursday, January 18 at 1 p.m. The tour operators will be presenting all the charter bus trips for 2024 and give you great insight on what the trips are all about. If you plan to join us for charter bus trips, you should sign-up for the meeting. Your registration for the meeting determines your place or # in line to register for trips on January 18. Registration for the meeting starts Dec 4 for residents, and Dec 5 for non-residents.

**Location: Senior Center Great Room**

**Resident | Non-Resident: Free**

date	day	time
Jan 18	Thursday	1:00 - 3:00 p.m.

# BLACK BROOK GOLF COURSE & PRACTICE CENTER

8900 Lake Shore Boulevard, Mentor, Ohio 44060  
440.951.0010 - [www.blackbrookgolfcourse.com](http://www.blackbrookgolfcourse.com)

### Winter Rates:

9 holes	\$12.00
9 holes w/Cart	\$20.00
18 holes	\$20.00
18 holes w/Cart	\$30.00

### Senior/Junior

9 holes	\$11.00
9 holes w/Cart	\$19.00
18 holes	\$17.00
18 holes w/Cart	\$27.00

\*Remember, kids play **FREE** on Monday, Tuesday, Thursday anytime and weekends and holidays after 3:00 p.m. when accompanied by a paying adult. Limit 1 junior per paying adult.

### Leagues

Call (440) 951-0010 now to schedule your league at Black Brook Golf Course for the 2024 season. We also have many various leagues accepting new members. Call us and we can assist in placing you in a league that suits your needs.

**Join us for the biggest golf event this winter!**



## Adult Flashlight Dash Egg Hunt

Adults only 21+

Saturday, March 23, 7:30 p.m.  
Black Brook Golf Course

Sure to be the best hour of fun in 2024. The Adult Flashlight Dash is a fast-paced, competitive all-out -sprint of an egg hunt just for adults 21 and over! We'll gather in the club house then head to the practice center (can you hear the Chariots of Fire music playing in the background?) then on the word GO, you'll take off, flashlights in hand, to find as many of the 4,000 eggs hidden on the practice range as possible. More than 100 of those eggs will have really great prizes! This event fills up quickly, so register early! Snacks are included and adult beverages are available for purchase. Pre-registration is required. No on-site registration will be accepted. Call (440) 974-5720 to register.

**Activity Level: Very Strenuous**

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



## Free Golf Clinic & Open House

Sunday, April 28th 11:00 a.m. - 12:15 p.m.

Get some professional help from Tim Ausperk, Head Golf Professional & Jay Schiffbauer, Head of Teaching. They will put on a one-hour demonstration featuring full swing technique and short game along with some helpful information about our facility. 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

Sunday, May 12th

Black Brook Golf Course

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 12 only.

CITYOFMENTOR.COM/PARKS-RECREATION



# CITY OF MENTOR NATURAL RESOURCES

## Winter Marsh Excursion

Ages 7+ with Adult

Have you ever seen a fox in the dead of winter and wondered how they survive? Join a naturalist for a hike through the Lagoons and learn how wildlife survives these crazy Northeast Ohio winters. Take this opportunity to get out of the house to stretch your leg and brain muscles.

**Instructor: Jamie Jubeck, Natural Resource Specialist**

**Location: Mentor Lagoons Nature Preserve**

**Resident: | Non-Resident: FREE**

*date*  
Jan 13

*day*  
Saturday

*time*  
1:00 - 3:00 p.m.



## Spring Paddle

Ages 10+ with Adult

Spring is a very active time of year in the marsh. Migratory birds are moving through, turtles and frogs are breeding, and flowers are popping! Join a naturalist on a guided kayak tour of the Mentor Marsh to observe what makes this preserve incredible.

**Instructor: Jamie Jubeck, Natural Resource Specialist**

**Location: Mentor Lagoons Nature Preserve**

**Resident: | Non-Resident: \$5 plus kayak rental fee of \$15**

*date*  
Apr 27

*day*  
Saturday

*time*  
1:00 - 3:00 p.m.

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## Rewilding our Backyards Adults 18+

Did you know your yard could be the perfect habitat for owls? Many homeowners can take advantage of their property to promote local wildlife species and enjoy the benefits that they bring. Learn how to support wildlife in our area through this workshop. We will be constructing owl/wood duck boxes for you to take home and use.

**Instructor: Jamie Jubeck, Natural Resource Specialist**

**Location: Springbrook Gardenhouse**

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

<i>date</i>	<i>day</i>	<i>time</i>
Mar 9	Saturday	1:00 - 3:00 p.m.

## Native Plants Promotion All Ages

It is a great time of year to start a wildflower garden! We will discuss how to establish a healthy garden with native seed packets provided by the Natural Resources Division. We will have a presentation on native plants and wildflower gardening demonstrations to get those green thumbs going!

**Instructor: Jamie Jubeck, Natural Resource Specialist**

**Location: Springbrook Gardenhouse**

**Resident: | Non-Resident: \$5**

<i>date</i>	<i>day</i>	<i>time</i>
Mar 23	Saturday	1:00 - 3:00 p.m.



## Wildflowers of Wildwood All Ages

It's the perfect time of year to witness spring ephemerals emerging! Join a naturalist for a guided tour of the wildflowers at Wildwood Cultural Center and see an impressive diversity of native flowers such as dutchman's breeches.

**Instructor: Jamie Jubeck, Natural Resource Specialist**

**Location: Wildwood Cultural Center**

**Resident: | Non-Resident: FREE**

<i>date</i>	<i>day</i>	<i>time</i>
Apr 13	Saturday	1:00 - 3:00 p.m.

## Host Your Next Event in Mentor

**Weddings • Reunions • Retreats • Business Meetings • Seminars • Parties • Showers**



### Wildwood Cultural Center

7645 Little Mountain Road  
(440) 974-5735

Originally built as a private home in 1908, this elegant 25 room English Tudor Manor House is listed on the National Register of Historic Places. It is situated on 34 scenic acres surrounded by stately trees, a garden patio and gazebo. The spacious Manor House includes a warming kitchen. Charming features include elegant carved wood and leaded glass windows. Perfect for weddings, parties, off-site business meetings or seminars. Maximum capacity is 150. The building is partially barrier-free.



### Mentor Senior Center

8484 Munson Road  
(440) 974-5725

This beautiful and spacious facility features hardwood floors, a large raised stage in the Main Hall and a warming kitchen. The lobby features a see-through fireplace and two cozy seating areas. Accommodates private functions such as luncheons and weddings. The senior center has two different rooms that can be rented ranging in size from 64 to 162 people. This beautiful building with kitchen facilities and catering options make this a very versatile space. This building is completely barrier-free.



## Community Center

Civic Center Park • 8600 Munson Road  
(440) 974-5730

Situated above the Civic Ice Arena, this barrier-free facility has three rooms of varying sizes. All are air-conditioned. The Community Room overlooks the West Ice Rink and has banquet seating for 200, a wet bar, and an overlook of the East Ice Rink. Smaller meeting rooms are also available.



## Garfield Community Center

Eleanor B. Garfield Park • 7967 Mentor Ave.  
(440) 974-5720

Located in a beautiful 80-acre park setting, this Community Center features a cozy, first floor lounge that is barrier free. The lounge seats 50.

[CITYOFMENTOR.COM/PARKS-RECREATION](http://CITYOFMENTOR.COM/PARKS-RECREATION)



## Black Brook Golf Course

8900 Lake Shore Boulevard  
(440) 951-0010

Schedule your next outing at Black Brook and choose breakfast, lunch or dinner served in the pavilion overlooking our famous 18th Hole. Call for an Outing Menu.



## Old Council Hall

7250 Jackson Street  
(440) 974-5720

Built originally as a church in 1856, its most notable parishioner was President James A. Garfield. Perfect for smaller gatherings, this historic building has been restored and features an air-conditioned open hall and warming kitchen. Accommodates up to 100.



## Mentor Beach Park

7779 Lakeshore Blvd.  
(440) 974-5720

This 13-acre park features a renovated, historic pavilion with two large banquet rooms. Large windows allow unobstructed views of Lake Erie. The North Room accommodates up to 200; the South Room seats 100. Both rooms may be rented to the same party to increase the maximum attendance to 300. The building is completely barrier-free.

Mentor Parks and Recreation - 2023-24 Winter/Spring



## Pavilion Rental

Bellflower • Garfield • Morton  
(440) 974-5720

Planning a family reunion or picnic this summer? Reserve a Picnic Pavilion for a half-day or full day at Walsh Park (formerly Bellflower) (capacity 90), Eleanor B. Garfield Park (capacity 96), or Morton Community Park (capacity 36). Call for rates and availability.



## Springbrook Gardens

6776 Heisley Road  
(440) 974-5720

The Springbrook Gardenhouse is a large one-story, all-season gathering space with 4,800 square feet (42' x 90'), handicap accessibility and 200+ person occupancy which makes it the perfect venue for any special events. The building boasts gabled roofs with stone exteriors, operable glass sectional doors, a warming kitchen (refrigerator, sink and microwave), interior/exterior restrooms, fireplace, seating area, walkways, and covered canopy. The facility can be rented up to two (2) years in advance.

**First time online registering with us?**

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

# community registration information

## 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

City News e-newsletter signup

All the latest city news

Mentor Parks & Recreation

cityofmentor.com

Mentor Channel 12

## Registration

### 4 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: M - F 8:00a - 5:00p 440.974.5720

Senior Center: M - F 8:00a - 5:00p 440.974.5725

Ice Arena: M - F 8:00a - 5:00p 440.974.5730

Wildwood: M - F 9:00a - 5:00p 440.974.5735

#### Mail-In

Mentor Recreation Department, 8500 Civic Center Blvd., Mentor, Ohio 44060. Mail-in registration form is available online at [www.cityofmentor.com](http://www.cityofmentor.com). Don't forget to include check or charge information.

## 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 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 \$10 per class (\$25 per camp or bus trip) will be assessed for any cancellation or change made by the customer.** No refunds will be granted less than 1 week prior to the start of the program or advertised deadline. Medical refund requests submitted with a doctor's note will be evaluated on a case by case basis.

### 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.

### Senior Center - Overnight 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 or non-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. Classes taught in any of the Mentor Schools' buildings are canceled whenever the Mentor Schools are closed. 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.

**City of Mentor**  
**Department of Parks,**  
**Recreation & Public Facilities**

8500 Civic Center Boulevard  
Mentor, Ohio 44060

PRSR STD  
ECRWSS  
U.S. Postage  
**PAID**  
Permit #161  
Mentor, Ohio

## POSTAL CUSTOMER



**FREE online registration available 24/7**

[cityofmentor.com/parks-recreation](http://cityofmentor.com/parks-recreation) | 440.974.5720

Click Online Registration to register today!