

CITY OF MENTOR



winter - spring program guide
2024 - 2025

Mentor Chill Out! ICE SCULPTING

See page 4 for details!

registration begins
DECEMBER 2
for residents/
MCRC members
& **DECEMBER 3**
for non-residents/
MCRC non-members

Mentor Parks & Recreation

cityofmentor.com/parks-recreation | 440.974.5720

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Registration

resident registration begins
DECEMBER 2, 2024

non-resident registration begins
DECEMBER 3, 2024

register online at: cityofmentor.com

Classes that take place at the Mentor Community Recreation center follow registration dates based on MCRC Member/Non-Member. MCRC Members can register for MCRC programs on December 2. MCRC Non-Members registration for MCRC programs is December 3. All other programs and courses follow Resident/Non-Resident registration dates.



Mentor City Council

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

City Of Mentor Staff

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

Program Locations:

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

Facility Numbers and Office Hours

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

Email

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

Connect | Share | Get Involved

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

Like us on Facebook Mentor Parks & Recreation

Registration

2 easy ways to register

Online Registration

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

Phone-In / or In-Person

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

Monday - Friday 8:00a.m. - 5:00p.m. 440.974.5720

Senior Center:

Monday - Friday 8:00a.m. - 5:00p.m. 440.974.5725

Ice Arena:

Monday - Friday 8:00a.m. - 5:00p.m. 440.974.5730

Wildwood:

Monday - Friday 9:00a.m. - 5:00p.m. 440.974.5735

Policies/Procedures

Confirmations and Cancellations

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

General Course Refunds

Please choose your classes carefully. Full refunds will only be granted if a class is cancelled by the City of Mentor. **There is a \$10 administrative fee for classes cancelled or changed by the customer.** Refunds will only be granted for medical reasons and will require a doctor's note. No refunds will be granted less than 1 week prior to the start of the program. Participants assume risk of change in personal affairs or health.

Camp Refunds

Please choose your camps carefully. Full refunds will only be granted if a camp is cancelled by the City of Mentor. **An administrative fee of \$25 will be assessed per person per camp for any changes made to camp registrations.** Changes will include participant cancellations, refund requests and/or transfers. Changes must be made one month prior to the start of camp. Camp changes and partial cancellations cannot be applied to the Full 9 Week Camp option.

Senior Center Registration

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

Overnight Bus Trip Refunds

Please choose your 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 rate) on all programs offered at Wildwood Cultural Center.

Mentor Residency

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

Inclement Weather Cancellations

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

Photo Policy

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

Special Events



Mentor Chill Out!

Saturday, January 18, 11:00 a.m. - 6:00 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, Fireworks and much, much more! Oh, did we mention....**it's FREE!** Also be sure to check out the .5k donut race which kicks off this event. More details can be found on page 24.



Community Tree Lighting Ceremony

Tuesday, December 3, 6:00 - 7:30 p.m.
Mentor Municipal Center

The City of Mentor invites you and your family to join us for commemorative tree lighting as we light our stunning 27-foot Norwegian spruce and City Hall campus. Santa will arrive in his horse drawn carriage and will be available for photos while choirs from Mentor School's sing. Refreshments will be served.

Garage Sale

Location: Senior Center

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 2nd for resident seniors and December 3rd 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.

dates	day	time
Apr 26	Saturday	9:00 a.m. - 3:00 p.m.

Little Princess Valentine's Dance

Dads & Daughters age 4+

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

[unveiled] Lake County Student Showcase

March 3rd through April 25th
Artist Reception March 12th from 7 - 8:30 p.m.
Located at the 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 Spring, to feature their artwork in this year's Lake County Student Exhibition at Mentor Municipal Center. This exhibit is exclusively for Lake County students grade 6th through 12th. There is no fee for artwork submission. Four awards will be given out exclusively to exhibitors to further their future in the ARTS. A public reception will be held on Monday March 12th, at Mentor Municipal Center, from 7p.m. to 8:30p.m. Artwork will be on display for public view at the Mentor City Hall March 3rd through April 25th, Monday through Friday 9 a.m. to 5:00 p.m. **For more information call Wildwood Cultural Center (440) 974-5735.**

[unveiled] ART EXHIBITION

SAVE THE DATE!!! May 3rd through June 25th
Artist Reception May 9th from 6-7:30 pm.
Located at the Mentor Municipal Building,
8500 Civic Center Blvd.

Formerly the Lake County Art Contest, this new and exciting contest is open to all artists ages 16 years of age and older. Artist can submit all medias including, photography, drawing, painting, 2D, 3D, digital, needlework, jewelry, and mixed media. Over \$2,000 in prizes may be awarded to winning participants. Grand Prize winner will receive a monetary award and a solo exhibition at the City of Mentor Municipal Building for the 2025 year. **Artist can submit up to two pieces of artwork for \$20 total.**



Lake County Chili Open

Saturday, January 25, Tee Times Begin At 9:00 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. 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 22nd, 2025.**

Adult Flashlight Dash Egg Hunt

Adults only 21+

Saturday, April 12, 7:30 p.m.
Black Brook Golf Course

Sure to be the best hour of fun in 2025. *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

Hot Chocolate Winter Craft Party

Ages 3 - 11 with an adult

Sunday, January 19th, 1:00 p.m.
MCRC Community Room

Calling all Hot Chocolate lovers! Come join us for a hot chocolate bar and make some fun winter crafts to take home. We will shake those winter blues by making some awesome crafts while enjoying a hot chocolate crafted by you and your favorite adult!

MCRC Member: \$8 |
Non MCRC Member: \$10 per person



Earth Day!

All Ages!

Sunday, April 27, 10:00 a.m. - 2:00 p.m.
Springbrook Gardens Park

Celebrate Earth Day with your community this year at Springbrook Gardens Park! Stop by to participate in a community cleanup of the park, a clothing swap, upcycled crafts, and a sidewalk chalk contest. Chat with local nonprofits and browse earth-themed vendors and native plant nurseries, while enjoying live music and food trucks.

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

Valentine's BINGO

Ages 3 - 11 with an adult

Sunday, February 9, 1:00 p.m.
MCRC Community Room

Oh, love is in the air! Join us for an afternoon of Valentine's Bingo! But instead of shouting BINGO....you must shout CUPID! We will decorate a heart shaped cookie and play games of Valentine's Bingo. Prizes to the winner of each game!

MCRC Member: \$8 |
Non MCRC Member: \$10 per person

special events

Leprechaun Traps

Ages 3 - 10

Sunday, March 16, 1:00 - 2:00 p.m.
MCRC Community Room

Will we catch Liam the Leprechaun on St. Patrick's Day this year? Come join the Kid's Corner Staff and build a trap to catch your very own Leprechaun! Bring a box and we will supply everything you need to decorate your own trap. Be creative and have fun. Don't let that Leprechaun get away! We will also have a snack and play some fun games! You won't want to miss out!

MCRC Member: \$10 |

Non MCRC Member: \$12 per person

Kid's Corner Tales

Ages 2 - 5 with an adult

Come hear some fun filled stories related to the weather, holidays, and other exciting topics! We will meet every third Thursday of the month in the Kid's Corner. Kids, don't forget to bring an adult so they can enjoy the time too!

Instructor: Mentor Public Library

MCRC Members only

Cost: Free but must register each month

dates	day	time
January 16	Thursday	1:00 - 1:30 p.m.
February 20	Thursday	1:00 - 1:30 p.m.
March 20	Thursday	1:00 - 1:30 p.m.
April 17	Thursday	1:00 - 1:30 p.m.



Float - N - Flick

min 10 / max 35

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

dates	day/time	movie
January 10	Friday: 7 - 9 p.m.	Ratatouille
February 7	Friday: 7 - 9 p.m.	Lady & the Tramp
March 14	Friday: 7 - 9 p.m.	Finding Nemo

MCRC Member: \$5 |

Non MCRC Member: \$10 per movie night

Underwater Easter Egg Hunt

Saturday, April 19

Registration will start on March 1st

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

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

MCRC Member: \$15 |

Non MCRC Member: \$20 per child

Ice Arena



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

Public Skate Schedule

Public Skates second half of season
January 5 - April 27th

**Check website for Public Skate cancellations*

Weekly Public Skate Schedule

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

Family Cosmic Public Skates

1:30 - 3:00 p.m.

January 11, February 22, March 16

Spring Break Schedule

**Follows Mentor Schools break*

March 17 - 20 - 1:30 - 3:00 p.m.

March 21 - 12:15 - 1:45 p.m.

Extra Public Skates

MLK Day - January 20th - 1:30 - 3:00 p.m.

Presidents Day - February 17th - 1:30 - 3:00 p.m.

Public Skate Admission Rates

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

Studio Rink Public Skates - Skate Aids

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

Homeschool Public Skate

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

General Public Skate Information

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

Arena Events

Mentor Skate Day

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

Free Public Skate

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



ice arena

Try Hockey for Free

Saturday, February 22nd, 11:15 a.m. - 1:15 p.m.

Join us for a "Try Hockey for Free" event for kids ages 4-9! No skating experience is needed, and skate rental is also free. Our friendly volunteers will be there to assist. Pre-registration is required, so sign up today at www.try-hockeyforfree.com Don't miss this fun, free opportunity to introduce your child to the exciting world of hockey!

Mentor Ice Arena Party Options

Birthday Party General Information:

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

How to Book:

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

First time online registering with us?

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

Studio Rink Parties

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

Times Available to Rent

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

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

Large Rink Parties

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

Time availability based on Arena schedule.

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

Learn-to-Skate

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

Tot Classes: Ages 3 - 5

30 minutes once a week for 7 weeks

Basic Classes: Ages 6 - 12

45 minutes once a week for 7 weeks

Teen/Adult Classes: Ages 13+

45 minutes once a week for 7 weeks

Skating Progression

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

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

Learn to Skate USA Membership

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

Winter: January 6- February 22

Registration opens:
December 2nd Mentor Residents
December 3rd Non-Residents

Spring: March 3- April 26

Registration opens:
February 10th Mentor Residents
February 11th Non-Residents

Learn To Skate Schedule

Ages 2 - 3: Parent Child Class

Parent must have basic skating experience.

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

day	time
Saturday	9:00 - 9:30 a.m.

Ages 2 - 3: Ice Explorers

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

day	time
Saturday	11:50 a.m. - 12:20 p.m.

Ages 3 - 5:

Tot 1

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

days	time
Monday	5:00 - 5:30 p.m.
Tuesday	9:30 - 10:00 a.m.
Tuesday	5:30 - 6:00 p.m.
Thursday	5:30 - 6:00 p.m.
Thursday	6:00 - 6:30 p.m.
Saturday	11:15 - 11:45 a.m.

Tot 2 - Must pass Tot 1

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

days	time
Monday	5:30 - 6:00 p.m.
Tuesday	10:00 - 10:30 a.m.
Tuesday	5:30 - 6:00 p.m.
Thursday	6:00 - 6:30 p.m.
Saturday	11:15 - 11:45 a.m.

Tot 3 - Must pass Tot 2

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

days	time
Monday	5:30 - 6:00 p.m.
Tuesday	10:00 - 10:30 a.m.
Tuesday	5:30 - 6:00 p.m.
Thursday	6:00 - 6:30 p.m.
Saturday	11:15 - 11:45 a.m.

Ages 6 - 12:

Basic 1

Resident: \$80 | Non-Resident: \$95
days time
 Tuesday 6:05 - 6:50 p.m.
 Thursday 6:35 - 7:20 p.m.
 Saturday 9:30 - 10:15 a.m.
 Saturday 10:20 - 11:05 a.m.

Basic 2 - Must pass Basic 1

Resident: \$80 | Non-Resident: \$95
days time
 Tuesday 6:05 - 6:50 p.m.
 Thursday 6:35 - 7:20 p.m.
 Saturday 9:30 - 10:15 a.m.

Basic 3 - Must pass Basic 2

Resident: \$80 | Non-Resident: \$95
days time
 Thursday 6:35 - 7:20 p.m.
 Saturday 10:20 - 11:05 a.m.

Basic 4 - Must pass Basic 3

Resident: \$80 | Non-Resident: \$95
days time
 Thursday 6:35 - 7:20 p.m.
 Saturday 10:20 - 11:05 a.m.

Basic 5 - Must pass Basic 4

Resident: \$80 | Non-Resident: \$95
days time
 Thursday 6:35 - 7:20 p.m.

Basic 6 - Must pass Basic 5

Resident: \$80 | Non-Resident: \$95
days time
 Thursday 6:35 - 7:20 p.m.

Aspire 1 - Must pass Basic 6

Resident: \$80 | Non-Resident: \$95
days time
 Thursday 6:35 - 7:20 p.m.

Aspire 2 - Must pass Aspire 1

Resident: \$80 | Non-Resident: \$95
days time
 Saturday 10:30 - 11:15 a.m.

Ages 13+:

Teen and Adult

Resident: \$80 | Non-Resident: \$95
days level time
 Tuesday 1 6:50 - 7:35 p.m.
 Saturday 2 10:30 - 11:15 a.m.

Spring/Teen Level 2 class begins March 15th

Hockey Skating Skills

Ages 3 - 5: - Must pass Tot 1

Resident: \$70 | Non-Resident: \$85
day time
 Wednesday 5:30 - 6:00 p.m.

Ages 6 - 10: - Must pass Basic 1

Resident: \$80 | Non-Resident: \$95
day time
 Wednesday 6:00 - 6:45 p.m.



ice arena

Specialty Learn to Skate Classes

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

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

Learn to Play - Hockey

Learn to Play/ Mighty Mites (ages 4-5) : Skaters must have passed Tot 1 or Basic 1 in the Learn to Skate Program to be eligible. The Learn to Play program, tailored for ages 4-5, serves as the seamless continuation from our Learn to Skate initiative. This specialized program is crafted to provide a natural progression for young skaters, offering essential skills and knowledge as they advance in their hockey journey. Upon completing Learn to Play / Mighty Mites, participants are well prepared to transition to the Mentor Ice Arena's ADM League, where they can further develop their skills in a supportive and engaging environment. Full equipment is required for this level and beyond.

ADM Mite Blue (ages 6-8): Skaters must have passed Tot 1 or Basic 1 in our Learn to Skate Program to be Eligible. ADM Mite Blue offers an in-house hockey program tailored for skaters aged 8 and under, prioritizing skill development, fundamental training, and enjoyable experiences. Skaters are grouped into teams according to their skill levels. The ADM Blue season is divided into two distinct halves. The initial half is dedicated to thorough skill enhancement, focusing on both individual and team development. As the season progresses into the latter part, which involves local travel engagements for competitive matches, the emphasis remains on ongoing skill development. This allows skaters to continue refining their abilities and applying them in real-game situations. This dual-phase structure is designed to promote continuous progress and provide a rich, dynamic experience for young athletes. Full equipment required.

After School Bus Program

Registration: for this program begins 8AM December 9th and closes December 19th at 5p.m.

Price: Monday, 10 weeks, \$130
 Tuesday, 12 weeks, \$156
 Wednesday, Thursday 11 weeks, \$143

Program starts the week of January 13th and ends the week of April 7th The bus program does not take place on days when school is not in session.

Our exclusive After School Bus Program, available only to Mentor Public Schools, offers 1.5 hours of skating fun, including skate rental. Students are transported from school to the Arena by city bus, where they are greeted by dedicated Arena Staff. Attendance is recorded by school and Arena staff. Arena Staff assist with skate tying, helmet fitting, and any other needs. Continuous supervision ensures safety from bus boarding to program end. Parents/Guardians must show ID to sign out their skater. A cash-only concession stand is available. **Please note: formal lessons are not included.**

Monday Bellflower/Fairfax
 Pick up 4:45 p.m. No Skating 1/20, 2/17, 3/17

Tuesday Sterling Morton/Orchard Hollow
 Pick up 5:30 p.m. No Skating 3/18

Wednesday Ridge
 Pick up 5:30 p.m. No Skating 3/19, 4/2

Thursday Lake/Hopkins
 Pick up 5:30 p.m. No Skating 3/20, 4/3

**** Please Note:** School will be in session on April 2nd and 3rd, but due to the Arena hosting the USA Hockey Nationals, the bus program will be cancelled on those days.

First time online registering with us?

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

Wildwood Cultural Center



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

Become a Friend of Wildwood

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

Membership Fee: \$20

Mentor Community Arts Commission

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

Bridal Boutique at Springbrook Gardens

Sunday, February 23, 1:00 - 5:00 p.m.
 Located at Springbrook Gardens,
 6776 Heisley Road, Mentor, OH 44060

Let us make your special day perfect, as we invite you to our Wildwood Bridal Boutique. Enjoy unique bridal and wedding vendors that will make your special day perfect! The first 100 patrons will receive goodie bags!
ADMISSION: \$5.00 per person

Books in the Woods Fair

Sunday, March 30, 12:00 - 4:00 p.m.
 Located at the Wildwood Cultural Center

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

ADMISSION: FREE

Wildwood Children's Theater Production: The Silver Apple Tree

Saturday & Sunday April 26-27, Times TBA
 Located at City of Mentor's Old Council Hall,
 7250 Jackson Street, Mentor, Ohio 44060

Enjoy the twists and turns that life sends creative young friends Suzy Q, Zoltan, and Cicero, on as they navigate the world around them. This original Wildwood Theatre Project production will make the whole family laugh and wonder, "what if?". Auditions in February 2025. Additional details to come.

Music



Private Guitar Lessons

Ages 8+

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

Instructor: Bob Pattison, Guitar Instructor for 30 years
Location: Wildwood North Porch
Resident: \$18 | Non-Resident: \$21

Private Piano Lessons

Beginning, intermediate, and even advanced players can strengthen their fundamentals and sharpen their skills with private lessons from Doreen Hoge. Beginners will learn fundamentals including proper hand position, fingering techniques, reading sheet music, and more, while students with previous coaching can enhance their musical/technical proficiency. Lessons last 45 minutes each and are available Mondays between 2:00 p.m. and 6:00 p.m. All students are required to bring a spiral notebook for day of lessons.

Instructor: Doreen Hoge
Location: Wildwood Living Room
Resident: \$18 | Non-Resident: \$21

Adult

Woodworking: Adult Adirondack Chair

Ages 16+

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

Instructor: Don Jedlicka
Location: Wildwood Craft Room
Resident: \$100 | Non-Resident: \$120

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

Afternoon Tea Party

Ages 16+

Sunday, May 4, 3:00 - 5:00 p.m.
Located at Wildwood Park, 7645 Little Mountain Road

Dress in your best as you enjoy a cup of tea and savory sandwiches while learning about tea tasting and food pairings. Create your own floral spray and a one-of-a-kind tea blend. Price per person.

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

Through the Eyes of the Storyteller: Irish Lore & Legends

Ages 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

date	day	time
Mar 4	Tuesday	6:30 - 8:30 p.m.



WOMEN OF WILDWOOD

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.

Instructor: The Women of Wildwood
Location: Wildwood Cultural Center

Indoor Plants 101: Under the Sea Air Plant Terrarium

Individuals will create a mesmerizing underwater world with this Under the Sea Air-plant Terrarium. This unique and creative piece not only adds a touch of ocean to your space but also purifies the air, all with minimal maintenance. Dive into the beauty of nature with a stunning terrarium. Class includes all supplies and three air plants.

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

date	day	time
Jan 22	Wednesday	6:30 - 8:00 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.

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

date	day	time
Mar 5	Wednesday	7:00 - 9:00 p.m.

LADIES NIGHT OUT! BINGO NIGHT!

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

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

date	day	time
Apr 23	Wednesday	7:00 - 9:00 p.m.

Art

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 27	Monday	7:00 - 8:15 p.m.
Feb 24	Monday	7:00 - 8:15 p.m.
Mar 31	Monday	7:00 - 8:15 p.m.
Apr 28	Monday	7:00 - 8:15 p.m.

Needle Felting: Valentine's Day Art

Ages 16+

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

Instructor: Sharon Adams, Margery Ray Alpacas owner
Location: Wildwood South Wing
Resident: \$20 | Non-Resident: \$25

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

Intro to Sewing

Ages 12+

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

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

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

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

Crocheting by the Fire at Wildwood Estate

Ages 12+

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 and have the ability to read a pattern and begin to work on your own project. Class is open to participants ages 12 +. **There is an additional \$10 supply fee to the instructor the night of class.**

Instructor: April Smith

Location: Wildwood Garden Room

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

date	day	time
Feb 26	Wednesday	6:00 - 8:00 p.m.

Stained Glass

Ages 16+

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

Instructor: Vicki Vesel

Location: Wildwood South Wing

Stained Glass:

Forever Flower Stem

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. You will learn how to cut glass, however this project involves minimal cutting and grinding which are the most time-consuming part of the process. You will then solder the pieces you select to create a beautiful blooming flower stem. **There is an additional material fee of \$15 payable to the instructor day of the program.**

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

dates	day	time
Jan 15 - 22	Wednesday(s)	2:30 - 5:00 p.m.



Stained Glass:

Easy Stained Glass Owl

What a hoot! Learn how to make a stained-glass owl. Learn how to cut glass and assemble a glass owl sun catcher with colors you select. **There is an additional material fee of \$25 payable to the instructor day of the program.**

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

dates	day	time
Feb 12 - Mar 12	Wednesday(s)	2:30 - 5:00 p.m.

Stained Glass:

Easy Stained-Glass Heart

This is an easy first-time experience - learn how to make a simple stained-glass heart. The instructor brings tools, glass and her knowledge and you bring yourself and your creativity. Learn how to cut glass and assemble a three - five-piece glass heart sun catcher. **There is an additional material fee of \$20 payable to instructor day of program.**

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

dates	day	time
Apr 23 - May 21	Wednesday(s)	2:30 - 5:00 p.m.

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 three unique wall hanging planters using acrylic pour plants and geode stones. Each individual will walk away with two completed planters and plants.

Instructor: Heather Zimmerman

Location: Wildwood South Wing

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

dates	day	time
Feb 17 - 24	Monday(s)	6:30 - 8:00 p.m.

Make and Take by Chronically Clean

Ages 15+

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

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

date	class/fee
Jan 15	Tinted Lip Gloss -Create 3 Tinted Lip Glosses
Mar 5	Make Your Own Body Butter - \$10 Supply Fee
Mar 12	Make your own Perfume - \$10 Supply Fee

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

Watercolor Workshop at Wildwood

Ages 15+

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

Instructor: Jacki Wroblewski

Location: Wildwood South Wing

Sweet Little Snowman

Fun, fanciful and full of beginner watercolor techniques to learn. Complete this 8 ½ x 10 matted "Sweet Little Snowman." All supplies are provided, and no drawing involved. We'll cover fundamental watercolor techniques and learn a few new tricks. **There is a \$6 supply fee due to the instructor night of the program.**

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

<i>date</i>	<i>day</i>	<i>time</i>
Feb 4	Tuesday	6:00 - 9:30 p.m.

Sunflower Sensation

Bright, bold and bursting with watercolor techniques for beginners and intermediate painters. You'll complete this beautiful 10 x13" matted, and ready for framing, glorious "Sunflower Sensation." No supplies or drawing ability needed, just bring an eagerness to explore the wonder of watercolor painting. **There is a \$12 supply fee due to instructor night of program.**

Resident: \$38 | Non-Resident: \$45

<i>dates</i>	<i>day</i>	<i>time</i>
Mar 4 - 11	Tuesday	6:00 - 9:00 p.m.

Hummingbird

Experience the wonder of watercolor while creating this beautiful painting. During this 3 ½-hour class, you will learn artist techniques for this interesting and vibrant watercolor. No experience or drawing ability needed and all supplies provided. Have fun learning how this wonderful medium can open a world of interesting adventures.

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

<i>date</i>	<i>day</i>	<i>time</i>
Apr 22	Tuesday	2:00 - 5:00 p.m.

Creative Mindful Series Ages 18+

This series incorporates elements of social emotional learning (like gratitude, self-regulation, and positivity) with a hands-on creative project.

Instructor: Kelly Dibble Kerner

Location: Wildwood Cultural Center

The Mindful Mandala

In this creative mindfulness workshop, we'll discuss life balance and how to incorporate it into our daily lives. Individuals will create a dot-painted mandala that represents balance and harmony with materials including a square canvas, acrylic paints, and a variety of wood dowels. **There is an additional \$5 supply fee due to instructor day of program.**

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

<i>date</i>	<i>day</i>	<i>time</i>
Jan 14	Tuesday	6:30 - 7:30 p.m.

Positivity Rocks

This creative mindfulness workshop is all about the power of positivity! Learn how adopting a positive mindset benefits our health, relationships, and problem-solving skills while discussing how to incorporate positive affirmations and self-talk into our daily lives. Students will design and paint a "Positivity Rock" to serve as a reminder to practice a positive mindset throughout the day. **There is an additional \$5 supply fee due to instructor day of program.**

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

<i>date</i>	<i>day</i>	<i>time</i>
Feb 11	Tuesday	6:30 - 7:30 p.m.

Food / Drink

In the Kitchen with Judi Strauss

Adults 16+

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

Instructor: Judi Strauss

Location: Wildwood Kitchen

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

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

<i>days</i>	<i>class</i>
January 21	Vegetarian Cooking
January 28	Rice and Quinoa
February 4	Whole Grain Baking
February 11	Citrus Cuisine
February 18	Winter Salads
February 25	Skillet Dinners
March 4	Wok this Way
March 11	Go Green, Cooking with Leafy Green Vegetables
March 18	Waste Not, Want Not
March 25	Doughnuts and Fritters
April 1	Marvelous Mushrooms
April 8	5 or Fewer
April 15	Chicken
April 22	Pasta Sauce
April 29	Herbs from the Garden Cooking



Buttercream Party Cookie Art

Ages 16+

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

Instructor: Erin Urusko

Location: Wildwood South Wing

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

dates	days	class	time
Mar 13	Thur	Luck of the Irish Treats	7-9 p.m.
Apr 19	Sat	Easter Treats	2-4 p.m.
May 5	Mon	Mother's Day Hand Painted Treats	7-9 p.m.

Mixology Mocktail at Wildwood

Ages 21+

Unleash your inner mixologist and discover the world of crafting delicious and refreshing non-alcoholic cocktails. Join Wildwood and Katie Perdue; SoBern Journey owner and mixology expert, as she guides you through the art of combining flavors, fresh ingredients and creating stunning mocktails that will impress your taste buds and your guests.

Instructor: Katie Perdue, SoBern Journey

Location: Wildwood Cultural Center

Gruvi "Dry January":

Raise a glass to Mindful Alcohol-Free

Embrace the spirit of Dry January with our exclusive Non-Alcoholic Tasting Event, where we'll explore a tantalizing array of alcohol-free beverages that prove you don't need alcohol to enjoy flavorful and satisfying drinks. Whether you're participating in Dry January, exploring alcohol-free alternatives for health or personal reasons, or simply curious about the world of non-alcoholic beverages, this tasting event offers something for everyone. Class includes non-alcoholic beverage tastings, and food pairing. **There is a supply fee of \$15 payable to instructor night of program.**

Resident: \$10 | **Non-Resident:** \$15

date	day	time
Jan 4	Saturday	5:00 - 7:00 p.m.

A Love Pairing:

Mixology Experience!

Whether you're celebrating with a partner or embracing your single status, this Valentine's Day shake things up with our exclusive Mocktail Mixology class using shakers and jiggers. No matter what your relationship is with alcohol, enjoy this "sober curious" event. A guided hands-on experience creating two (2) unique mocktails using a blend of juices, simple syrups and zero-proof spirits paired with fruits and chocolates. Price is per person.

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

date	day	time
Feb 10	Monday	6:00 - 8:00 p.m.

Youth

Spring Story Trail at Wildwood: Spring Stink

April 19 - May 30

Location: Wildwood Cultural Center Blue Bell & Pawpaw Connection Trail

Enjoy this interactive and creative book teaching children the sights, sounds and smells of summer from creative writer and author, Ryan T. Higgins along the blue bell trail of the Wildwood Estate Park. This is free and open to the public dawn to dusk daily.

FREE

Cookies and Ceramics

Ages 5+, + 1 Adult

Get creative! Create a lasting memory by you and your little one painting a themed masterpiece together! You will enjoy specialty designed cookie treats unique for each class along with painting unique bisque wear! 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: \$20 | **Non-Resident:** \$25

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

dates	class
Feb 3	My Little Piggie Bank
Apr 14	Personalized Planter and Watering Can

Mother's Day Tea Party

Moms & Children Age 4+

Sunday, May 4th, 11:30 a.m. - 1:30 p.m.

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

Celebrate mom at an exclusive Mad Hat Tea Party. Dress in your best as you enjoy a cup of tea and savory sandwiches while learning about tea tasting and food pairings. Create your own floral spray and a one-of-a-kind Mother's Day gift. Price per person.

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

First time online registering with us?

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

wildwood

Tiny Tot's Storytime at Wildwood

Ages 1-4 + Adult

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

Instructors: The Women of Wildwood

Location: Wildwood Manor House

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

Monday(s)

dates	theme	time
Jan 6	Frosty the Snowman	11:00 a.m. - 12:00 p.m.
Feb 3	Be my Valentine	11:00 a.m. - 12:00 p.m.
Mar 17	My Little Leprechaun	10:00 - 11:00 a.m.
Apr 21	Earth Day Everyday	12:00 - 1:00 p.m.

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

Ages 5+ and Adult

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

Instructor: Audrey Lariccia, This and That Treasures

Location: Wildwood South Wing

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

date	day	time
Feb 11	Tuesday	6:00 - 8:00 p.m.

Child and Adult Chronically Clean: Make and Take

Ages 5+, and Adult

Have fun while keeping clean with these make and take, healthy lifestyle classes!! Create your own, all natural, bath and body products with instruction by 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. This class requires 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

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

dates	make & take
Jan 8	Make your Own Bath Bombs (6 bath bombs)
Feb 5	Valentine's Day Duckies (3 soap duckies)
Feb 12	Valentine's Day Soaps (3 valentine soaps)
Apr 2	Easter Duckies (3 soap duckies)
Apr 9	Easter Soaps (3 flower soaps)



Child and Adult Buttercream Party Cookie Art

Ages 5+, plus one Adult

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

Instructor: Erin Urusko

Location: Wildwood South Wing

Resident \$25 | Non-Resident \$30

dates	day	time
Feb 12	Wednesday	6:00 - 8:00 p.m.
<i>Be my Lil' Valentine Sweet Treats</i>		
Apr 19	Saturday	11:00 a.m. - 1:00 p.m.
<i>Easter Bunnies and Sweet Treats</i>		
Apr 28	Monday	6:00 - 8:00 p.m.
<i>Let's Celebrate Teachers</i>		
May 8	Thursday	6:00 - 8:00 p.m.
<i>Mother's Day Bouquets</i>		

TEENS! Creative Mindfulness Series

Ages 12 - 17

This series incorporates elements of social emotional learning (like gratitude, self-regulation, and positivity) with a hands-on creative project.

Instructor: Kelly Dibble Kerner

Location: Wildwood Cultural Center

The Mindful Mandala

In this creative mindfulness workshop, we'll discuss life balance and how to incorporate it into our daily lives. Students will create a dot-painted mandala that represents balance and harmony with materials including a square canvas, acrylic paints, and a variety of wood dowels. **There is an additional \$5 supply fee due to the instructor day of program.**

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

date	day	time
Jan 13	Monday	5:00 - 6:00 p.m.

Positivity Rocks

This creative mindfulness workshop is all about the power of positivity! Learn how adopting a positive mindset benefits our health, relationships, and problem-solving skills while discussing how to incorporate positive affirmations and self-talk into our daily lives. Students will design and paint a "Positivity Rock" to serve as a reminder to practice a positive mindset throughout the day.

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

date	day	time
Feb 24	Monday	5:00 - 6:00 p.m.

Enchanted Easter Egg Hunt in the Woods

Join us for this one-of-a-kind Enchanted Easter Egg Hunt in the whimsical woods of the Wildwood Cultural Center on April 12th. This magical event will capture the imagination of both children and adults alike. Participants will gather, where they are greeted by friendly volunteers dressed as woodland creatures. Each child receives an easter basket and map, intricately designed to guide them on their quest. The map hints at the numerous hidden spots where colorful eggs, each filled with delightful surprises, await discovery. Adding to the enchantment, the eggs in the Wildwood Cultural Center are not just ordinary; some contain special golden tickets, that offer additional rewards. Participants will also get a chance to meet the Easter Bunny and participate in special story time with Mother Goose.

Location: Wildwood Cultural Center

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

Saturday

date	age	time
Apr 12	Ages 1 - 3	10:00 - 11:30 a.m.
Apr 12	Ages 4 - 6	12:00 - 1:30 p.m.
Apr 12	Ages 7 - 9	2:30 - 4:00 p.m.

STEAM in Nature Series: Homeschooler's Addition!!

This unique childrens series incorporates hands-on science experiments, nature-themed activities, and supplemental creative projects.

Instructor: Kelly Dibble Kerner

Location: Wildwood Cultural Center

Cool Clouds

We all know that clouds look cool, but what are they really? Together we'll learn what clouds are, how they are categorized, and weather patterns that accompany them. Students will conduct an experiment on how rain falls and create a cloud viewer to record their own sightings. **There is an additional \$5 supply fee due to instructor day of program.**

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

Monday

date	age	time
Mar 10	Ages 3 - 5	10:00 - 11:00 a.m.
Mar 10	Ages 6 - 8	11:30 a.m. - 12:30 p.m.
Mar 10	Ages 8 - 12	1:00 - 2:00 p.m.

For the Birds

This one is for the birds! We'll discuss these interesting animals including their characteristics, lifestyle, and how they benefit the environment. Students will construct a bird feeder and create a unique log to record the activity that surrounds it. **There is an additional \$5 supply fee due to instructor day of program.**

Monday

date	age	time
Apr 7	Ages 3 - 5	10:00 - 11:00 a.m.
Apr 7	Ages 6 - 8	11:30 a.m. - 12:30 p.m.
Apr 7	Ages 8 - 12	1:00 - 2:00 p.m.

Mentor Community Recreation Center (MCRC)



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

HOURS OF OPERATION:

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

Contact Information:

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

2025 MEMBERSHIP RATES

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

(Classes sold separately)

AMENITIES

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

Circuit Training Room

Free Weights

Aerobics Rooms (2)

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

Group Fitness

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

Guidelines for all Group Fitness Classes

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

Class Registration

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

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

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

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

Member \$8

Non-Member \$10

Unlimited Monthly Fitness Pass \$50*

**(Available to MCRC Members Only. Limited quantities available)*

Group Fitness Class Descriptions

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

TRX

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

Location: TRX Room (Upstairs)

Weights

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

Location: Aerobics Room #1 (Downstairs)

Boot Camp

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

Cycling

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

Yoga

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

Anything Goes

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

Zumba

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

Barre

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

Core and More

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

Strength Training

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

Balance & Burn

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



Drum & Pump

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

Cardio Drumming

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

Pilates Strength

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

GROUP FITNESS SCHEDULE:



PERSONAL TRAINING:



Aquatics

Swim Lessons at MCRC

Registration Dates:

Jan-March classes:

Dec 9 for Currently enrolled members

Dec 11 for All MCRC Members

Dec 16 for MCRC Non-Members.

March-May classes:

Feb 24 for Currently enrolled Members

Feb 26 for All MCRC Members

March 3 for MCRC Non-Members

First time online registering with us?

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

Parent and Child Swim Instruction

6 months - 3 years

Min: 3 Max: 12

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

Location: MCRC - Indoor Pool

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

(per session of 8)

dates	day	time
Jan 13 - Mar 3	Mon	6:00 - 6:30 p.m.
Jan 14 - Mar 4	Tues	11:00 - 11:30 a.m.
Jan 14 - Mar 4	Tues	5:30 - 6:00 p.m.
Jan 15 - Mar 5	Wed	6:00 - 6:30 p.m.
Jan 16 - Mar 6	Thurs	11:00 - 11:30 a.m.
Jan 18 - Mar 8	Sat	9:00 - 9:30 a.m.
Jan 18 - Mar 8	Sat	10:00 - 10:30 a.m.
Jan 19 - Mar 9	Sun	11:30 a.m. - 12:00 p.m.
Mar 24 - May 12	Mon	6:00 - 6:30 p.m.
Mar 25 - May 13	Tues	11:00 - 11:30 a.m.
Mar 25 - May 13	Tues	5:30 - 6:00 p.m.
Mar 26 - May 14	Wed	6:00 - 6:30 p.m.
Mar 27 - May 15	Thurs	11:00 - 11:30 a.m.
** (No classes April 19 and 20) **		
Mar 22 - May 17*	Sat	9:00 - 9:30 a.m.
Mar 22 - May 17*	Sat	10:00 - 10:30 a.m.
Mar 23 - May 18*	Sun	11:30 a.m. - 12:00 p.m.

I'm 3 Look at Me! Swim Lessons

Age 3

Min: 3 Max: 4

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

Location: MCRC - Indoor Pool

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

(per session of 8)

dates	day	time
Jan 13 - Mar 3	Mon	4:00 - 4:30 p.m.
Jan 14 - Mar 4	Tues	11:30 a.m. - 12:00 p.m.
Jan 15 - Mar 5	Wed	6:15 - 6:45 p.m.
Jan 16 - Mar 6	Thurs	11:30 a.m. - 12:00 p.m.
Jan 16 - Mar 6	Thurs	12:00 - 12:30 p.m.
Jan 18 - Mar 8	Sat	8:30 - 9:00 a.m.
Jan 18 - Mar 8	Sat	10:45 - 11:15 a.m.
Mar 24 - May 12	Mon	4:00 - 4:30 p.m.
Mar 25 - May 13	Tues	11:30 a.m. - 12:00 p.m.
Mar 26 - May 14	Wed	6:15 - 6:45 p.m.
Mar 27 - May 15	Thurs	11:30 a.m. - 12:00 p.m.
Mar 27 - May 15	Thurs	12:00 - 12:30 p.m.
** (No classes April 19) **		
Mar 22 - May 17*	Sat	8:30 - 9:00 a.m.
Mar 22 - May 17*	Sat	10:45 - 11:15 a.m.

MCRC introduction/MCRC aquatics

Preschool Swim Lessons

Min: 3 Max: 5

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

Preschool Level 1

Ages 4-5

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

Location: MCRC - Indoor Pool

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

(per session of 8)

dates	day	time
Jan 13 - Mar 3	Mon	5:30 - 6:00 p.m.
Jan 13 - Mar 3	Mon	6:00 - 6:30 p.m.
Jan 14 - Mar 4	Tues	12:00 - 12:30 p.m.
Jan 14 - Mar 4	Tues	5:00 - 5:30 p.m.
Jan 15 - Mar 5	Wed	6:00 - 6:30 p.m.
Jan 18 - Mar 8	Sat	9:30 - 10:00 a.m.
Jan 18 - Mar 8	Sat	10:45 - 11:15 a.m.
Jan 19 - Mar 9	Sun	11:00 - 11:30 a.m.
Mar 24 - May 12	Mon	5:30 - 6:00 p.m.
Mar 24 - May 12	Mon	6:00 - 6:30 p.m.
Mar 25 - May 13	Tues	12:00 - 12:30 p.m.
Mar 25 - May 13	Tues	5:00 - 5:30 p.m.
Mar 26 - May 14	Wed	6:00 - 6:30 p.m.

**** (No classes April 19 and 20)****

Mar 22 - May 17*	Sat	9:30 - 10:00 a.m.
Mar 22 - May 17*	Sat	10:45 - 11:15 a.m.
Mar 23 - May 18*	Sun	11:00 - 11:30 p.m.

Preschool Level 2

Ages 4-5

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

Location: MCRC - Indoor Pool

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

(per session of 8)

dates	day	time
Jan 13 - Mar 3	Mon	5:00 - 5:30 p.m.
Jan 13 - Mar 3	Mon	6:30 - 7:00 p.m.
Jan 14 - Mar 4	Tues	6:00 - 6:30 p.m.
Jan 15 - Mar 5	Wed	6:30 - 7:00 p.m.
Jan 18 - Mar 8	Sat	9:00 - 9:30 a.m.
Mar 24 - May 12	Mon	5:00 - 5:30 p.m.
Mar 24 - May 12	Mon	6:30 - 7:00 p.m.
Mar 25 - May 13	Tues	6:00 - 6:30 p.m.
Mar 26 - May 14	Wed	6:30 - 7:00 p.m.

**** (No classes April 19)****

Mar 22 - May 17*	Sat	9:00 - 9:30 a.m.
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Preschool Level 3

Ages 4-5

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

Location: MCRC - Indoor Pool

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

(per session of 8)

dates	day	time
Jan 13 - Mar 3	Mon	4:30 - 5:00 p.m.
Jan 15 - Mar 5	Wed	5:30 - 6:00 p.m.
Jan 18 - Mar 8	Sat	8:00 - 8:30 a.m.
Mar 24 - May 12	Mon	4:30 - 5:00 p.m.
Mar 26 - May 14	Wed	5:30 - 6:00 p.m.

**** (No classes April 19)****

Mar 22 - May 17*	Sat	8:00 - 8:30 a.m.
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American Red Cross Learn - To - Swim Program

Min: 3 Max: 5

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

LTS Level 1:

Ages 6-12

Introduction to Water Skills

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

Location: MCRC - Indoor Pool

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

(per session of 8)

dates	day	time
Jan 13 - Mar 3	Mon	4:00 - 4:45 p.m.
Jan 14 - Mar 4	Tues	5:45 - 6:30 p.m.
Jan 14 - Mar 4	Tues	6:30 - 7:15 p.m.
Jan 15 - Mar 5	Wed	4:00 - 4:45 p.m.
Jan 18 - Mar 8	Sat	8:00 - 8:45 a.m.
Jan 18 - Mar 8	Sat	10:30 - 11:15 a.m.
Mar 24 - May 12	Mon	4:00 - 4:45 p.m.
Mar 25 - May 13	Tues	5:45 - 6:30 p.m.
Mar 25 - May 13	Tues	6:30 - 7:15 p.m.
Mar 26 - May 14	Wed	4:00 - 4:45 p.m.

**** (No classes April 19)****

Mar 22 - May 17*	Sat	8:00 - 8:45 a.m.
Mar 22 - May 17*	Sat	10:30 - 11:15 a.m.

LTS Level 2:

Ages 6-12

Fundamental Aquatic Skills

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

Location: MCRC - Indoor Pool

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

(per session of 8)

dates	day	time
Jan 13 - Mar 3	Mon	5:00 - 5:45 p.m.
Jan 14 - Mar 4	Tues	6:30 - 7:15 p.m.
Jan 15 - Mar 5	Wed	4:45 - 5:30 p.m.
Jan 18 - Mar 8	Sat	9:00 - 9:45 a.m.
Mar 24 - May 12	Mon	5:00 - 5:45 p.m.
Mar 25 - May 13	Tues	6:30 - 7:15 p.m.
Mar 26 - May 14	Wed	4:45 - 5:30 p.m.
** (No classes April 19) **		
Mar 22 - May 17*	Sat	9:00 - 9:45 a.m.

LTS Level 3:

Ages 6-12

Stroke Development

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

Location: MCRC - Indoor Pool

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

(per session of 8)

dates	day	time
Jan 13 - Mar 3	Mon	5:45 - 6:30 p.m.
Jan 14 - Mar 4	Tues	6:30 - 7:15 p.m.
Jan 18 - Mar 8	Sat	9:45 - 10:30 a.m.
Jan 19 - Mar 9	Sun	12:00 - 12:45 p.m.
Mar 24 - May 12	Mon	5:45 - 6:30 p.m.
Mar 25 - May 13	Tues	6:30 - 7:15 p.m.
** (No classes April 19 and 20) **		
Mar 22 - May 17*	Sat	9:45 - 10:30 a.m.
Mar 23 - May 18*	Sun	12:00 - 12:45 p.m.

LTS Level 4:

Ages 6-12

Stroke Improvement

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

Location: MCRC - Indoor Pool

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

(per session of 8)

dates	day	time
Jan 14 - Mar 4	Tues	6:00 - 6:45 p.m.
Jan 18 - Mar 8	Sat	8:45 - 9:30 a.m.
Mar 25 - May 13	Tues	6:00 - 6:45 p.m.
** (No classes April 19) **		
Mar 22 - May 17*	Sat	8:45 - 9:30 a.m.

LTS Level 5/6:

Ages 6-12

Stroke Refinement

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

Location: MCRC - Indoor Pool

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

(per session of 8)

dates	day	time
Jan 14 - Mar 4	Tues	5:45 - 6:30 p.m.
Jan 18 - Mar 8	Sat	9:45 - 10:30 a.m.
Mar 25 - May 13	Tues	5:45 - 6:30 p.m.
** (No classes April 19) **		
Mar 22 - May 17*	Sat	9:45 - 10:30 a.m.

Adult Swim Lessons

Ages 13+

Adult Learn to Swim Introduction

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

Location: MCRC - Indoor Pool

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

(per session of 8)

dates	day	time
Jan 13 - Mar 3	Mon	6:00 - 6:45 p.m.
Mar 24 - May 12	Mon	6:00 - 6:45 p.m.

Adapted Aquatics Swim Lessons

Min: 1 Max: 1

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

A parent, sibling or a responsible friend is requested to be in the water to assist the instructor on the first lesson, or until a relationship is established. A meeting with the guardian, participant and the instructor will take place at the beginning of the first class to discuss goals and any considerations that will aid the participant and instructor to have a positive experience. Class is only 30 minutes long, please be dressed and use the restroom prior, so we can start class on time.

Location: MCRC - Indoor Pool

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

(per session of 4)

dates: A time that is convenient for you

Private and Semi-Private Swim Lessons

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

Private Swim Lessons

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

Location: MCRC - Indoor Pool

One 30-minute lesson:

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

Four 30-minute lessons:

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

Eight 30-minute lessons:

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

Semi-Private Swim Lessons

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

Location: MCRC - Indoor Pool

One 30-minute lesson:

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

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

Four 30-minute lessons:

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

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

Eight 30-minute lessons:

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

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



Water Workout Classes

Stretch and Tone

Min: 6 Max: 24

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

Intensity: Low | Location: MCRC - Indoor Pool

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

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

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.

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

Jan: MCRC Member: \$25 | MCRC 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.

Move and Groove

Min: 6 Max: 15

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

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

Location: MCRC - Indoor Pool

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

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

month	day	time
January	Tuesdays	7:00 - 7:50 p.m.
February	Tuesdays	7:00 - 7:50 p.m.
March	Tuesdays	7:00 - 7:50 p.m.
April	Tuesdays	7:00 - 7:50 p.m.

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

Jan: MCRC Member: \$25 | MCRC 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.

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

Mar: MCRC Member: \$25 | MCRC 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.

AquaLates

Min: 6 Max: 24

A Full Body Dynamic Pilates class of strength & stretching! This class is perfect for all ages with full body movements, stress relief and improved range of motion.

Intensity: Low or Moderate

Location: MCRC - Indoor Pool

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

Jan: MCRC Member: \$25 | MCRC 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.

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

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

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

Apr: MCRC Member: \$25 | MCRC 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.

Senior WWO

Min: 6 Max: 12

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

Intensity: Low | Location: MCRC - Indoor Pool

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

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

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.

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

Jan: MCRC Member: \$25 | MCRC 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.

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

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

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

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

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

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

month	day	time
January	Wednesdays	7:00 - 7:50 p.m.
February	Wednesdays	7:00 - 7:50 p.m.
March	Wednesdays	7:00 - 7:50 p.m.
April	Wednesdays	7:00 - 7:50 p.m.

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

Jan: MCRC Member: \$25 | MCRC 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.

H2O Body Burn

Min: 6 Max: 12

A Full Body Water Workout combining cardio, intervals and some pilates moves.

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

Location: MCRC - Indoor Pool

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

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

month	day	time
January	Mondays	7:00 - 7:50 p.m.
February	Mondays	7:00 - 7:50 p.m.
March	Mondays	7:00 - 7:50 p.m.
April	Mondays	7:00 - 7:50 p.m.

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

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

Apr: MCRC Member: \$15 | MCRC Non-Member: \$22.50

**** (No classes April 20) ****

month	day	time
January	Sundays	8:10 - 9:00 a.m.
February	Sundays	8:10 - 9:00 a.m.
March	Sundays	8:10 - 9:00 a.m.
April	Sundays	8:10 - 9:00 a.m.

First time online registering with us?

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

Water Safety Instructor

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

There will be online work to complete before the class starts. Online work will be sent out April 1st and must be completed by May 8th.

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

days	day	time
May 8	Thursday	5:00 - 9:00 p.m.
May 9	Friday	5:00 - 9:00 p.m.
May 10	Saturday	9:00 a.m. - 5:00 p.m.
May 11	Sunday	9:00 a.m. - 5:00 p.m.

Babysitters Training

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

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

day	day	time
Mar 9	Sunday	9:00 a.m. - 4:30 p.m.

MCRC Programs



0.5K Donut Race

Ages 3+

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

Coordinator: Recreation Staff

Location: Mentor Civic Center Park

Fee: \$15

day	day	time
Jan 18	Saturday	11:00 - 11:15 a.m.

Drop-In Programs

Adult Pickup Soccer

Ages 21+

Gather up some friends and work on your game. Teams will be created each week and all games are self-officiated. Registration is required. All skill levels are welcome. Price is per occurrence.

Location: Mentor Community Recreation Center

Fee: \$5

days	day	time	ages
Jan 3 - Apr 4	Fridays	8:00 - 9:00 p.m.	35+
Jan 3 - Apr 4	Fridays	9:00 - 10:00 p.m.	21 - 34

Racquetball Challenge Court Night

Ages 18+

Compete with adult players of diverse levels of skill, meet fellow racquetball players and have your game/level of play assessed to support future growth by our Racquetball Coordinator, Mark Ruth. Price is per occurrence.

Coordinator: Mark Ruth

Location: Mentor Community Recreation Center

MCRC Member: \$0 |

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

days	day	time
Jan 7 - Apr 29	Tuesdays	5:30 - 7:30 p.m.

Preschool Playtime

Ages 6 months - 5 years

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

Location: MCRC - Gymnasium

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

days	day	time
Jan 7 - Mar 11	Tuesdays	9:00 - 11:00 a.m.

Preschool Sports

Discover Sports

Ages 3 & 4

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

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

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

dates	day	time
Jan 6 - Feb 3	Mon	4:00 - 4:45 p.m. (age 3)
Jan 6 - Feb 3	Mon	5:00 - 5:45 p.m. (age 4)
Feb 17 - Mar 17	Mon	4:00 - 4:45 p.m. (age 3)
Feb 17 - Mar 17	Mon	5:00 - 5:45 p.m. (age 4)
Mar 31 - Apr 28	Mon	4:00 - 4:45 p.m. (age 3)
Mar 31 - Apr 28	Mon	5:00 - 5:45 p.m. (age 4)

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 (peewee size) and water bottle to each class. Parent / guardian participation is recommended.

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

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

dates	day	time
Jan 7 - Feb 4	Tues	4:00 - 4:45 p.m. (age 3)
Jan 7 - Feb 4	Tues	5:00 - 5:45 p.m. (age 4)
Feb 18 - Mar 18	Tues	4:00 - 4:45 p.m. (age 3)
Feb 18 - Mar 18	Tues	5:00 - 5:45 p.m. (age 4)
Apr 1 - Apr 29	Tues	4:00 - 4:45 p.m. (age 3)
Apr 1 - Apr 29	Tues	5:00 - 5:45 p.m. (age 4)

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. Parent / guardian participation is recommended.

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

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

dates	day	time
Jan 8 - Feb 5	Wed	4:00 - 4:45 p.m. (age 3)
Jan 8 - Feb 5	Wed	5:00 - 5:45 p.m. (age 4)
Feb 19 - Mar 19	Wed	4:00 - 4:45 p.m. (age 3)
Feb 19 - Mar 19	Wed	5:00 - 5:45 p.m. (age 4)
Apr 2 - Apr 30	Wed	4:00 - 4:45 p.m. (age 3)
Apr 2 - Apr 30	Wed	5:00 - 5:45 p.m. (age 4)

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. Parent / guardian participation is recommended.

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

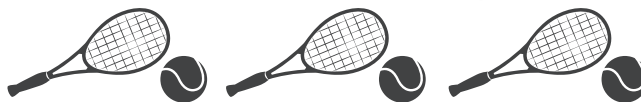
MCRC Member: \$40 | MCRC Non-Member: \$48

dates	day	time
Jan 9 - Feb 6	Thurs	4:00 - 4:45 p.m. (age 3)
Jan 9 - Feb 6	Thurs	5:00 - 5:45 p.m. (age 4)
Feb 20 - Mar 20	Thurs	4:00 - 4:45 p.m. (age 3)
Feb 20 - Mar 20	Thurs	5:00 - 5:45 p.m. (age 4)
Apr 3 - May 1	Thurs	4:00 - 4:45 p.m. (age 3)
Apr 3 - May 1	Thurs	5:00 - 5:45 p.m. (age 4)

First time online registering with us?

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

Tennis



Tiny Tennis

Ages 4 - 5

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

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

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

dates	day	time
Jan 13 - Feb 17	Monday	4:00 - 4:45 p.m.
Mar 10 - Apr 14	Monday	4:00 - 4:45 p.m.

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, pre-rallying, 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: MCRC Staff

Location: Mentor Community Recreation Center

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

dates	day	time
Jan 13 - Feb 17	Mon	5:00 - 5:45 p.m. (Beginner)
Jan 13 - Feb 17	Mon	6:00 - 6:45 p.m. (Intermediate)
Mar 10 - Apr 14	Mon	5:00 - 5:45 p.m. (Beginner)
Mar 10 - Apr 14	Mon	6:00 - 6:45 p.m. (Intermediate)

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. Intermediate is for those players that have had lessons and can rally. Players are encouraged to bring a racquet and water bottle to each class. Recommended racquet size: 23" - 25". **No class February 5 & April 2.**

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

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

dates	day	time
Jan 15 - Feb 26	Wed	5:00 - 5:45 p.m. (Beginner)
Jan 15 - Feb 26	Wed	6:00 - 6:45 p.m. (Intermediate)
Mar 12 - Apr 23	Wed	5:00 - 5:45 p.m. (Beginner)
Mar 12 - Apr 23	Wed	6:00 - 6:45 p.m. (Intermediate)

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: MCRC Staff

Location: Mentor Community Recreation Center

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

dates	day	time
Jan 14 - Feb 18	Tues	5:00 - 5:45 p.m. (Beginner)
Jan 14 - Feb 18	Tues	6:00 - 6:45 p.m. (Intermediate)
Mar 11 - Apr 15	Tues	5:00 - 5:45 p.m. (Beginner)
Mar 11 - Apr 15	Tues	6:00 - 6:45 p.m. (Intermediate)

Adult Tennis

Adults 18+

Players will be introduced to the basic skills for play including ground strokes, serving and volleys with the incorporation of rallying and basic point play. Ask a friend to register with you! Designed for players with a National Tennis Rating Program (NTRP) of 1.0 - 3.5. Players are encouraged to bring a racquet and water bottle to each class. Recommended racquet size: 27" +.

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

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

dates	day	time
Jan 16 - Feb 20	Thurs	5:30 - 6:30 p.m. (Beginner)
Jan 16 - Feb 20	Thurs	6:30 - 7:30 p.m. (Intermediate)
Mar 13 - Apr 17	Thurs	5:30 - 6:30 p.m. (Beginner)
Mar 13 - Apr 17	Thurs	6:30 - 7:30 p.m. (Intermediate)

First time online registering with us?

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

Pickleball

Introduction to Pickleball

Adults 18+

Come learn the fastest growing sport in America! This class is for the novice player (USA Pickleball rating of 1.0 - 2.5) and covers the basics of pickleball including rules, terminology, fundamentals and introduces match play. Players are encouraged to bring a paddle and water bottle to each class.

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

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

dates	day	time
Jan 8 - Jan 29	Wednesday	5:30 - 6:30 p.m.
Feb 5 - Feb 26	Wednesday	5:30 - 6:30 p.m.
Mar 5 - Mar 26	Wednesday	5:30 - 6:30 p.m.
Apr 9 - Apr 30	Wednesday	5:30 - 6:30 p.m.

Intermediate Pickleball

Adults 18+

This intermediate class (USA Pickleball rating of 3.0 - 3.5) covers the fundamentals of pickleball including serving, rallying, keeping score, dinking, and match play. Players are encouraged to bring a paddle and water bottle to each class.

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

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

dates	day	time
Jan 8 - Jan 29	Wednesday	6:30 - 7:30 p.m.
Feb 5 - Feb 26	Wednesday	6:30 - 7:30 p.m.
Mar 5 - Mar 26	Wednesday	6:30 - 7:30 p.m.
Apr 9 - Apr 30	Wednesday	6:30 - 7:30 p.m.

Advanced Pickleball

Adults 18+

Designed for advanced skill levels (USA Pickleball rating of 4.0+), this class covers stroke mechanics, dinking, strategy and match play. Players are encouraged to bring a paddle and water bottle to each class.

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

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

dates	day	time
Jan 8 - Jan 29	Wednesday	7:30 - 8:30 p.m.
Feb 5 - Feb 26	Wednesday	7:30 - 8:30 p.m.
Mar 5 - Mar 26	Wednesday	7:30 - 8:30 p.m.
Apr 9 - Apr 30	Wednesday	7:30 - 8:30 p.m.

Beginner Pickleball For Seniors

Adults 55+

Come learn the fastest growing sport in America! This class is for the novice player (USA Pickleball rating of 1.0 - 2.5) and covers the basics of pickleball including rules, terminology, fundamentals and introduces match play. Players are encouraged to bring a paddle and water bottle to each class.

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

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

dates	day	time
Jan 7 - Jan 28	Tuesday	9:00 - 10:00 a.m.
Feb 4 - Feb 25	Tuesday	9:00 - 10:00 a.m.
Mar 4 - Mar 25	Tuesday	9:00 - 10:00 a.m.
Apr 8 - Apr 29	Tuesday	9:00 - 10:00 a.m.

Intermediate Pickleball For Seniors

Adults 55+

This intermediate class (USA Pickleball rating of 3.0 - 3.5) covers the fundamentals of pickleball including serving, rallying, keeping score, dinking, and match play. Players are encouraged to bring a paddle and water bottle to each class.

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

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

dates	day	time
Jan 7 - Jan 28	Tuesday	10:00 - 11:00 a.m.
Feb 4 - Feb 25	Tuesday	10:00 - 11:00 a.m.
Mar 4 - Mar 25	Tuesday	10:00 - 11:00 a.m.
Apr 8 - Apr 29	Tuesday	10:00 - 11:00 a.m.

Pickleball Open Play

Adults 18+

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

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

Fee: \$0 (MCRC Members Only)

dates	day	time
Jan 5 - Apr 27*	Sundays	3:00 - 5:00 p.m.
** (No Class April 20)**		
Jan 6 - Apr 28	Mondays	9:00 - 11:00 a.m.
Jan 2 - Apr 24	Thursdays	8:30 - 9:45 p.m.
Jan 3 - Apr 25	Fridays	9:00 - 11:00 a.m.
Jan 3 - Apr 25	Fridays	6:30 - 8:30 p.m.
Jan 4 - Apr 26	Saturdays	1:00 - 3:00 p.m.
Jan 4 - Apr 26	Saturdays	6:00 - 8:00 p.m.



Any Doubles Beginner Pickleball League

Adults 18+

Designed for those with a USA Pickleball rating of 2.0 - 2.5, this indoor league consists of 5 games per week for 8 weeks followed by a 1-week, single-elimination, playoff tournament. Games are played to 11 points, win by 2 and are played 2 vs. 2 (any doubles combination), self-officiated. The top 12 teams compete in the playoff tournament. The playoff championship team receives a prize. Players are encouraged to bring their own paddles, balls are provided. **Price and registration are per team.** **Captains meeting is January 7 at 5:30 p.m., 6:45 p.m. & March 25 at 5:30 p.m. and 6:45 p.m.**

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

Fee: \$108

dates	day	time
Jan 7 - Mar 4	Tuesday	6:00 - 8:30 p.m.
Mar 25 - May 20	Tuesday	6:00 - 8:30 p.m.

Any Doubles Intermediate Pickleball League

Adults 18+

Designed for those with a USA Pickleball rating of 3.0 - 3.5, this indoor league consists of 5 games per week for 8 weeks followed by a 1-week, single-elimination, playoff tournament. Games are played to 11 points, win by 2 and are played 2 vs. 2 (any doubles combination), self-officiated. The top 12 teams compete in the playoff tournament. The playoff championship team receives a prize. Players are encouraged to bring their own paddles, balls are provided. **Price and registration are per team.** **Captains meeting is January 6 at 5:30 p.m., 6:45 p.m. & March 24 at 5:30 p.m. and 6:45 p.m.**

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

Fee: \$108

dates	day	time
Jan 6 - Mar 3	Monday	6:00 - 8:30 p.m.
Mar 24 - May 19	Monday	6:00 - 8:30 p.m.

Any Doubles Advanced Pickleball League

Adults 18+

Designed for those with a USA Pickleball rating of 4.0+, this indoor league consists of 5 games per week for 8 weeks followed by a 1-week, single-elimination, playoff tournament. Games are played to 11 points, win by 2 and are played 2 vs. 2 (any doubles combination), self-officiated. The top 12 teams compete in the playoff tournament. The playoff championship team receives a prize. Players are encouraged to bring their own paddles, balls are provided. **Price and registration are per team.** **Captains meeting is January 9 at 5:30 p.m., 6:45 p.m. & March 27 at 5:30 p.m. and 6:45 p.m.**

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

Fee: \$108

dates	day	time
Jan 9 - Mar 6	Thursday	6:00 - 8:30 p.m.
Mar 27 - May 22	Thursday	6:00 - 8:30 p.m.

Any Doubles Pickleball Tournament

Adults 18+

This indoor tournament will have two levels. One will consist of a beginner - intermediate level: USA Pickleball rating of 2.5 - 3.5 and the second an advanced level: USA Pickleball rating of 4.0+. Teams will play 5 games in a round-robin format. The top 8 teams will move on to a single elimination bracket. Games are played to 11 points, win by 2 and are played 2 vs. 2 (any doubles combination), self-officiated. The championship team receives a prize. Players are encouraged to bring their own paddles and balls, but balls are provided. **Price and registration are per team.**

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

MCRC Member: \$35 | MCRC Non-Member: \$42

dates	day	time
Feb 8	Saturday	9:00 a.m. - 12:00 p.m.(2.5 - 3.5)
Feb 8	Saturday	1:00 - 4:00 p.m.(4.0+)
Apr 12	Saturday	9:00 a.m. - 12:00 p.m.(2.5 - 3.5)
Apr 12	Saturday	1:00 - 4:00 p.m.(4.0+)

Youth Athletics

Rookie Flag Football

Ages 5 - 7

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

Instructor: MCRC Staff

Location: MCRC - Soccer Center

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

dates	day	time
Jan 7 - Feb 4	Tuesday	6:00 - 6:45 p.m.
Feb 18 - Mar 18	Tuesday	6:00 - 6:45 p.m.
Apr 1 - Apr 29	Tuesday	6:00 - 6:45 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: MCRC - Soccer Center

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

dates	day	time
Jan 7 - Feb 4	Tuesday	7:00 - 7:45 p.m.
Feb 18 - Mar 18	Tuesday	7:00 - 7:45 p.m.
Apr 1 - Apr 29	Tuesday	7:00 - 7:45 p.m.

Soccer

Skyhawks soccer uses our progressional curriculum to ensure your young athlete will gain the technical skills & sport knowledge required for their next step into soccer. This camp focuses on dribbling, passing, shooting, and ball control. By the end of the camp your child will have learned new life skills such as teamwork and sportsmanship, made new friends, and improved their sport skills! Athletes are encouraged to bring a soccer ball, shin guards and a water bottle to each class.

Instructor: Skyhawks Sports Academy

Location: MCRC - Soccer Center

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

Ages 5 - 7 (Soccer ball size 3)

dates	day	time
Jan 8 - Jan 29	Wednesday	5:30 - 6:30 p.m.
Feb 12 - Mar 5	Wednesday	5:30 - 6:30 p.m.
Mar 19 - Apr 9	Wednesday	5:30 - 6:30 p.m.
Apr 23 - May 14	Wednesday	5:30 - 6:30 p.m.

Ages 8 - 12 (Soccer ball size 4)

dates	day	time
Jan 8 - Jan 29	Wednesday	6:30 - 7:30 p.m.
Feb 12 - Mar 5	Wednesday	6:30 - 7:30 p.m.
Mar 19 - Apr 9	Wednesday	6:30 - 7:30 p.m.
Apr 23 - May 14	Wednesday	6:30 - 7:30 p.m.

Baseball

Skyhawks baseball takes the rich history of the game from Cooperstown to your town. Our progressional curriculum teaches the fundamentals of fielding, catching, throwing, hitting and base running in a fun, positive environment by local Skyhawks staff. All athletes regardless of skill level will learn new baseball skills along with vital life lessons such as respect, teamwork and responsibility. All participants will come away with new friends, new skills and love for the game.

Instructor: Skyhawks Sports Academy

Location: MCRC - Soccer Center

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

Ages 5 - 7

dates	day	time
Jan 6 - Jan 27	Monday	5:30 - 6:30 p.m.
Feb 10 - Mar 3	Monday	5:30 - 6:30 p.m.
Mar 17 - Apr 7	Monday	5:30 - 6:30 p.m.
Apr 21 - May 12	Monday	5:30 - 6:30 p.m.

Ages 8 - 12

dates	day	time
Jan 6 - Jan 27	Monday	6:30 - 7:30 p.m.
Feb 10 - Mar 3	Monday	6:30 - 7:30 p.m.
Mar 17 - Apr 7	Monday	6:30 - 7:30 p.m.
Apr 21 - May 12	Monday	6:30 - 7:30 p.m.

Basketball Academy

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: The National Basketball Academy (TNBA)

Location: Mentor Community Recreation Center

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

(January, February & March)

MCRC Member: \$105 | MCRC Non-Member: \$126

(April)

Ages 5 - 7

dates	day	time
Jan 7 - Jan 30	Tues & Thurs	4:45 - 5:30 p.m.
Feb 4 - Feb 27	Tues & Thurs	4:45 - 5:30 p.m.
Mar 4 - Mar 27	Tues & Thurs	4:45 - 5:30 p.m.
Apr 8 - Apr 29	Tues & Thurs	4:45 - 5:30 p.m.

Ages 8 - 10

dates	day	time
Jan 7 - Jan 30	Tues & Thurs	5:30 - 6:30 p.m.
Feb 4 - Feb 27	Tues & Thurs	5:30 - 6:30 p.m.
Mar 4 - Mar 27	Tues & Thurs	5:30 - 6:30 p.m.
Apr 8 - Apr 29	Tues & Thurs	5:30 - 6:30 p.m.

Ages 11 - 14

dates	day	time
Jan 7 - Jan 30	Tues & Thurs	6:30 - 7:30 p.m.
Feb 4 - Feb 27	Tues & Thurs	6:30 - 7:30 p.m.
Mar 4 - Mar 27	Tues & Thurs	6:30 - 7:30 p.m.
Apr 8 - Apr 29	Tues & Thurs	6:30 - 7:30 p.m.

First time online registering with us?

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



Sunday Basketball Academy

Ages 10 - 14

This class is intended to increase a player's skill level through a fun and exciting atmosphere. Players are taught basketball fundamentals including skill development and competitive drills, game-like breakdowns, conditioning, core and footwork. **No class April 20.**

Instructor: The National Basketball Academy (TNBA)

Location: Mentor Community Recreation Center
MCRC Member: \$60 | MCRC Non-Member: \$72
(January & February)

MCRC Member: \$75 | MCRC Non-Member: \$90
(March)

MCRC Member: \$45 | MCRC Non-Member: \$54
(April)

dates	day	time
Jan 5 - Jan 26	Sunday	4:30 - 5:30 p.m.
Feb 2 - Feb 23	Sunday	4:30 - 5:30 p.m.
Mar 2 - Mar 30	Sunday	4:30 - 5:30 p.m.
Apr 6 - Apr 27	Sunday	4:30 - 5:30 p.m.

Spring Break Basketball Camp

Ages 5 - 12

Join the National Basketball Academy and learn the game through specialized drills and games that will help your athlete become game-ready. You will see improvement in defensive ability, shooting form, passing technique and ball handling skills. Please bring a basketball, nut-free snack and a water bottle. Please wear athletic clothing and shoes.

Instructor: The National Basketball Academy (TNBA)

Location: Mentor Community Recreation Center
MCRC Member: \$225 | MCRC Non-Member: \$270

dates	day	time
Mar 17 - Mar 21	Mon - Fri	10:00 a.m. - 1:00 p.m.
Mar 24 - Mar 28	Mon - Fri	10:00 a.m. - 1:00 p.m.

Holiday Basketball Clinic

Ages 7 - 14

This class 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: The National Basketball Academy (TNBA)

Location: Mentor Community Recreation Center
MCRC Member: \$45 | MCRC Non-Member: \$54

dates	day	time
Jan 20	Monday	10:00 a.m. - 1:00 p.m.
Feb 17	Monday	10:00 a.m. - 1:00 p.m.

Basketball Leagues

These recreational leagues focus on fundamentals, teamwork, sportsmanship and friendly competition. Everyone plays! The league consists of a 6-week regular season followed by a single-elimination, playoff tournament. Games are played 5 vs. 5, on 10' rims, 9' rims for ages 8 - 10, 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 jersey that they keep. Trophies are awarded to the playoff championship team. Coaches training is available. Price is per player.

Instructor: Recreation Staff

Location: Mentor Community Recreation Center

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

Regular Season: Saturday, March 29th - May 3

Playoffs: Saturday, May 10th & 17th

Girls: Grades 3 - 5, Ages 8 - 10

Evaluation Day: Saturday, March 8 from 8:30 - 10:00 a.m.

Coaches Watch: Saturday, March 15 from 8:30 - 10:00 a.m.

Coaches Draft: Wednesday, March 19 from 6:00 - 7:00 p.m.

dates	day	time
Mar 29 - May 3	Saturday	9:00 a.m. - 12:00 p.m.

Boys: Grades 3 - 5, Ages 8 - 10

Evaluation Day: Saturday, March 8 from 10:30 a.m. - 12:00 p.m.

Coaches Watch: Saturday, March 15 from 10:30 a.m. - 12:00 p.m.

Coaches Draft: Wednesday, March 19 from 7:30 - 8:30 p.m.

dates	day	time
Mar 29 - May 3	Saturday	9:00 a.m. - 12:00 p.m.

Girls: Grades 6 - 8, Ages 11 - 13

Evaluation Day: Saturday, March 8 from 12:30 - 2:00 p.m.

Coaches Watch: Saturday, March 15 from 12:30 - 2:00 p.m.

Coaches Draft: Thursday, March 20 from 6:00 - 7:00 p.m.

dates	day	time
Mar 29 - May 3	Saturday	12:00 - 4:00 p.m.

Boys: Grades 6 - 8, Ages 11 - 13

Evaluation Day: Saturday, March 8 from 2:30 - 4:00 p.m.

Coaches Watch: Saturday, March 15 from 2:30 - 4:00 p.m.

Coaches Draft: Thursday, March 20 from 7:30 - 8:30 p.m.

dates	day	time
Mar 29 - May 3	Saturday	12:00 - 4:00 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. **No Class March 18.**

Instructor: Joseph Duczman

Location: Mentor Community Recreation Center

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

dates	day	time
Jan 7 - Feb 25	Tuesday	4:30 - 5:15 p.m.
Mar 4 - Apr 29	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. **No Class March 19.**

Instructor: Joseph Duczman

Location: Mentor Community Recreation Center

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

dates	day	time
Jan 8 - Feb 26	Wednesday	6:00 - 6:45 p.m.
Mar 5 - Apr 30	Wednesday	6:00 - 6:45 p.m.

Beginner Fencing

Ages 8+

Learn the fundamentals of modern foil fencing in this class with instruction that includes stretching, footwork, lunges, attack, parry-riposte, strategy, tactics and bouting in this 6-week course. Fun and safety are emphasized while developing hand-eye coordination, agility, dexterity and stamina as well as social skills and manners. And you'll have a skill not many others share! All equipment is provided, so come out and try something new. This class is designed for youth and adult! **No class March 25.**

Instructor: Tom Nagy

Location: MCRC - Community Room

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

dates	day	time
Jan 7 - Feb 11	Tuesday	6:00 - 7:15 p.m.
Feb 25 - Apr 8	Tuesday	6:00 - 7:15 p.m.
Apr 22 - May 27	Tuesday	6:00 - 7:15 p.m.

Intermediate Fencing

Ages 8+

Learn the fundamentals of modern foil fencing in this class with instruction that includes stretching, footwork, lunges, attack, parry-riposte, strategy, tactics and bouting in this 6-week course. Fun and safety are emphasized while developing hand-eye coordination, agility, dexterity and stamina as well as social skills and manners. And you'll have a skill not many others share! All equipment is provided, so come out and try something new. This class is designed for youth and adult! **No class March 25.**

Instructor: Tom Nagy

Location: MCRC - Community Room

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

dates	day	time
Jan 7 - Feb 11	Tuesday	7:15 - 8:30 p.m.
Feb 25 - Apr 8	Tuesday	7:15 - 8:30 p.m.
Apr 22 - May 27	Tuesday	7:15 - 8:30 p.m.

Special Sports

Ages 13+

Friendship Connection Club

For individuals with special needs ages 13 and up. Will focus on making meaningful connections with peers through social activities, arts and crafts, and physical fitness.

Instructor: Special Sports, Inc.

Location: Mentor Community Recreation Center

Fee: \$40

dates	day	time
Feb 13 - May 8	Thursday	6:00 - 7:00 p.m.

Adult Athletics

Introduction to Golf

Ages 18+

Meant for all levels, this indoor class will cover the basics of golf and for golfers to refine their skills. Instruction will be held on Foresight golf simulators. Golf balls and clubs will be provided.

Instructor: Jake Weise (Associate Golf Professional @ Blackbrook Golf Course)

Location: MCRC - Golf Simulator Room

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

dates	day	time
Jan 21 - Feb 18	Tuesday	5:00 - 6:00 p.m.
Jan 21 - Feb 18	Tuesday	6:15 - 7:15 p.m.
Jan 23 - Feb 20	Thursday	5:00 - 6:00 p.m.
Jan 23 - Feb 20	Thursday	6:15 - 7:15 p.m.

Adult Leagues

Co-ed Volleyball League

Ages 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 10 at 6:30 p.m. **No games February 14.**

Coordinator: MCRC Staff

Location: Mentor Community Recreation Center

Fee: \$270

dates	day	time
Jan 10 - Mar 14	Friday	7:30 - 9:30 p.m.

Any Doubles Recreational Tennis League

Ages 18+

Designed for those with a National Tennis Rating Program (NTRP) rating of 2.5 - 3.0, this indoor league consists of one match per week for 8 weeks followed by a single-elimination, playoff tournament. A match is best of 3 sets with a 7-point tiebreaker if any set reaches 6-all. Games are played to 4 points, win by 2, and are played 2 vs. 2 (any doubles combination), 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 racquets and balls. Price is per team. Captains meeting is January 7 at 5:30 p.m.

Coordinator: MCRC Staff

Location: Mentor Community Recreation Center

Fee: \$108

dates	day	time
Jan 7 - Mar 4	Tuesday	6:00 - 9:00 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 1-week, single-elimination, playoff tournament. Games are played 2 vs. 2, 9-hole best ball scoring. Each week will feature a different golf course on our Foresight golf simulators. The top 4 teams compete in the playoff tournament. The playoff championship team receives a prize. All skill levels are welcome. Players must bring their own clubs and balls. Rubber tees are provided. Price and registration are per team.

Coordinator: MCRC Staff

Location: Mentor Community Recreation Center

Fee: \$270

dates	day	time
Jan 13 - Mar 10	Monday	5:30 - 9:30 p.m.

Youth Indoor Soccer Leagues

Co-ed U8 Soccer League Ages 6 - 7

Take the pitch in this indoor recreational league that consists of one game per week for 8 weeks (January - February session) & 6 weeks for the March - April session. 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 3) are provided. Price and registration are per team.

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

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

dates	day	time
Jan 4 - Feb 22	Saturday	9:00 - 11:00 a.m.
Mar 1 - Apr 5	Saturday	9:00 - 11:00 a.m.

Girls U10 Soccer League Ages 8 - 9

Take the pitch in this indoor recreational league that consists of one game per week for 8 weeks (January - February session) & 6 weeks for the March - April session. 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 and registration are per team.

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

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

dates	day	time
Jan 4 - Feb 22	Saturday	11:00 a.m. - 1:00 p.m.
Mar 1 - Apr 5	Saturday	11:00 a.m. - 1:00 p.m.

Boys U10 Soccer League Ages 8 - 9

Take the pitch in this indoor recreational league that consists of one game per week for 8 weeks (January - February session) & 6 weeks for the March - April session. 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 and registration are per team.

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

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

dates	day	time
Jan 4 - Feb 22	Saturday	1:00 - 3:00 p.m.
Mar 1 - Apr 5	Saturday	1:00 - 3:00 p.m.

Girls U12 Soccer League Ages 10 - 11

Take the pitch in this indoor recreational league that consists of one game per week for 8 weeks (January - February session) & 6 weeks for the March - April session. 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 and registration are per team.

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

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

dates	day	time
Jan 4 - Feb 22	Saturday	3:00 - 4:00 p.m.
Mar 1 - Apr 5	Saturday	3:00 - 4:00 p.m.

Boys U12 Soccer League Ages 10 - 11

Take the pitch in this indoor recreational league that consists of one game per week for 8 weeks (January - February session) & 6 weeks for the March - April session. 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 and registration are per team.

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

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

dates	day	time
Jan 4 - Feb 22	Saturday	4:00 - 6:00 p.m.
Mar 1 - Apr 5	Saturday	4:00 - 6:00 p.m.

First time online registering with us?

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

Girls U14 Soccer League Ages 12 - 13

Take the pitch in this indoor recreational league that consists of one game per week for 8 weeks (January - February session) & 6 weeks for the March - April session. 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 and registration are per team.

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

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

dates	day	time
Jan 4 - Feb 22	Saturday	6:00 - 7:00 p.m.
Mar 1 - Apr 5	Saturday	6:00 - 7:00 p.m.

Boys U14 Soccer League Ages 12 - 13

Take the pitch in this indoor recreational league that consists of one game per week for 8 weeks (January - February session) & 6 weeks for the March - April session. 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 and registration are per team.

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

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

dates	day	time
Jan 4 - Feb 22	Saturday	7:00 - 9:00 p.m.
Mar 1 - Apr 5	Saturday	7:00 - 9:00 p.m.

Girls U18 Soccer League Ages 14 - 17

Take the pitch in this indoor recreational league that consists of one game per week for 8 weeks (January - February session) & 6 weeks for the March - April session. 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 and registration are per team.

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

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

dates	day	time
Jan 5 - Feb 23	Sunday	1:00 - 3:00 p.m.
Mar 2 - Apr 6	Sunday	1:00 - 3:00 p.m.

Boys U18 Soccer League Ages 14 - 17

Take the pitch in this indoor recreational league that consists of one game per week for 8 weeks (January - February session) & 6 weeks for the March - April session. 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 and registration are per team.

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

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

dates	day	time
Jan 5 - Feb 23	Sunday	3:00 - 5:00 p.m.
Mar 2 - Apr 6	Sunday	3:00 - 5:00 p.m.

Youth Dance



Little Hip Hop and Tumble

Ages 3 - 5

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

Instructor: Communities in Motion

Location: Mentor Community Recreation Center

MCRC Member: \$59 | MCRC Non-Member: \$71

dates	day	time
Jan 6 - Jan 27	Monday	5:00 - 5:30 p.m.
Feb 10 - Mar 3	Monday	5:00 - 5:30 p.m.
Mar 24 - Apr 14	Monday	5:00 - 5:30 p.m.

Move and Groove with Me

Ages 2 - 4

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

Instructor: Communities in Motion

Location: Mentor Community Recreation Center

MCRC Member: \$59 | MCRC Non-Member: \$71

dates	day	time
Jan 6 - Jan 27	Monday	5:30 - 6:00 p.m.
Feb 10 - Mar 3	Monday	5:30 - 6:00 p.m.
Mar 24 - Apr 14	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 littler dancer exposure to ballet without the structure of Preschool (Princess) Ballet. Come enjoy the class in your favorite ballet outfit.

Instructor: Communities in Motion

Location: Mentor Community Recreation Center

MCRC Member: \$59 | MCRC Non-Member: \$71

dates	day	time
Jan 6 - Jan 27	Monday	6:00 - 6:30 p.m.
Feb 10 - Mar 3	Monday	6:00 - 6:30 p.m.
Mar 24 - Apr 14	Monday	6:00 - 6:30 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

MCRC Member: \$59 | MCRC Non-Member: \$71

dates	day	time
Jan 6 - Jan 27	Monday	6:30 - 7:00 p.m.
Feb 10 - Mar 3	Monday	6:30 - 7:00 p.m.
Mar 24 - Apr 14	Monday	6:30 - 7:00 p.m.

Fitness

Indoor Walking Club

Ages 55+

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

Location: Mentor Community Recreation Center

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

MCRC Member: \$0 |

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

Tai-Chi for Health

Ages 14+

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

Instructor: Denise Molesch

Location: Mentor Community Recreation Center

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

dates	day	time
Jan 8 - Jan 29	Wednesday	11:00 - 11:50 a.m.
Jan 9 - Jan 30	Thursday	6:30 - 7:20 p.m.
Feb 5 - Feb 26	Wednesday	11:00 - 11:50 a.m.
Feb 6 - Feb 27	Thursday	6:30 - 7:20 p.m.
Mar 5 - Mar 26	Wednesday	11:00 - 11:50 a.m.
Mar 6 - Mar 27	Thursday	6:30 - 7:20 p.m.
Apr 2 - Apr 23	Wednesday	11:00 - 11:50 a.m.
Apr 3 - Apr 24	Thursday	6:30 - 7:20 p.m.

MENTOR SENIOR CENTER



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

Arts & Crafts

All Media Painting

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

Instructor: Ginny Mancini

Location: Senior Center Cultural Arts Room

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

dates	day	time
Jan 2 - Feb 20	Thursday	10:00 a.m. - 12:00 p.m.
Mar 6 - Apr 17	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. All levels of students are welcome. Starter projects for new students are available and payable to the instructor. It is recommended for returning students to bring their own greenware or bisque pieces.

Instructor: Sharon Williams

Location: Senior Center Cultural Arts Room

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

dates	day	time
Jan 8 - Feb 19	Wed	10:00 a.m. - 12:00 p.m.
Mar 5 - Apr 23	Wed	10:00 a.m. - 12:00 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

Classes will resume in July.

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 7 - Apr 29	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 on your own.

Instructor: AARP Instructor

Location: Senior Center Cultural Arts Room

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

date	day	time
Apr 14	Monday	10:00 a.m. - 2:30 p.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 7 - Apr 29	Tuesday	12:00 - 1:00 p.m.

Book Club

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

Location: Senior Center Cultural Arts Room

Resident | Non-Resident: FREE

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

dates	book title
Jan 15	<i>The Lincoln Conspiracy</i> by Brad Meltzer
Feb 19	<i>Daisy Darker</i> by Alice Feeney
Mar 19	<i>The Mystery of Mrs. Christie</i> by Marie Benedict
Apr 16	<i>Cleopatra: A Life</i> by Stacy Schiff

Coffee with the Cops

Join us for a friendly discussion with some of Mentor's finest. Use this opportunity to get to know our police officers, ask questions and learn about important senior safety topics. Open Discussion.

Location: Senior Center Cardinal Room

Resident | Non-Resident: FREE

Wednesday, March 19th, 10:00 - 11:00 a.m.

Community Outreach Social Worker

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

Presented by: Licensed Social Worker Connie Brocone

Location: Senior Center Lobby

Resident | Non-Resident: FREE

dates	day	time
Jan 16	Thursday	11:00 a.m. - 12:00 p.m.
Feb 20	Thursday	11:00 a.m. - 12:00 p.m.
Mar 20	Thursday	11:00 a.m. - 12:00 p.m.
Apr 17	Thursday	11:00 a.m. - 12:00 p.m.

Cook Book Club

Do you love cooking and sharing with friends and challenging yourself to try new things with your cooking? 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. **Registration deadline is Dec 30 for the four consecutive months.**

Instructor: LaDonna

Location: Senior Center Cardinal Room

Resident | Non-Resident: FREE

dates	day	time
Jan 27	Monday	3:30 - 5:00 p.m.
Feb 24	Monday	3:30 - 5:00 p.m.
Mar 17	Monday	3:30 - 5:00 p.m.
Apr 21	Monday	3:30 - 5:00 p.m.

Konversations with Ken

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

Location: Senior Center Great Room

Resident | Non-Resident: FREE

date	day	time
Apr 23	Wednesday	12:00 - 1:00 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, Mondays

Cardinal Room 12:00 - 12:30 p.m.

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

Resident | Non-Resident: FREE

dates	topic
Jan 6	Non-Medical In-Home Care Program
Feb 3	Aging and Disability Resource Center (ADRC)
Mar 3	LCCOA Resources
Apr 7	Vial of Life

Matter of Balance

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

Instructor: WRAAA

Location: Senior Center Cultural Arts Room

Resident | Non-Resident: FREE

dates	day	time
Mar 7 - Apr 25	Friday	9:00 - 11:00 a.m.

Diabetes Empowerment Education Program

The Diabetes Empowerment Education Program (DEEP) workshop offered by Fairhill Partners helps participants take control of their disease and reduce the risk of complications. It empowers people with diabetes and pre-diabetes to take charge of their health. DEEP is fun and interactive, with hands-on learning. Workshops meet for 6 weekly 2-hour sessions.

Instructor: WRAAA

Location: Senior Center Cultural Arts Room

Resident | Non-Resident: FREE

dates	day	time
May 2 - Jun 6	Friday	9:00 - 11:00 a.m.

Fitness / Wellness



Cycling Club

The cycling club begins its 13th season on April 2. All rides are weather permitting and ride cancellations and any changes will be done via email. All rides start at 10 a.m. unless designated otherwise. Optional lunch afterwards. Bicycle helmets are required. New riders are welcome. Rides start on Wednesdays in April and continue through October. Contact Arnie Zvejnieks at (440) 525- 0293, for information or to be added to the mailing list.

Monday Hiking Club

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

Classes at the Senior Center Fitness Studio

Line Dancing Basic Beginner

This class is to teach you the basics of line dancing. You will learn the steps and terminology, along with different dance rhythms. We will use different genres of music to make this a fun filled class. All you need is a comfy pair of shoes that have a slick bottom and cannot be kicked off while dancing. Please "no slip-on sandals/flip flops" or "high heels" for your safety. **No class April 23.**

Instructor: Tina Foster

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

dates	day	time
Jan 8 - Feb 19	Wednesday	5:45 - 6:45 p.m.
Mar 5 - Apr 30	Wednesday	5:45 - 6:45 p.m.

Line Dancing Advanced Beginner/Improver

This is for those ready to take line dancing to the next level. You should have completed at least 6 months of a Basic Beginner class, be an experienced dancer that wants to have a refresher course or just like to keep it nice and easy. This class will move along a little faster, as most steps were learned in the Basic Beginner class. **No class April 23.**

Instructor: Tina Foster

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

dates	day	time
Jan 8 - Feb 19	Wednesday	6:45 - 7:45 p.m.
Mar 5 - Apr 30	Wednesday	6:45 - 7:45 p.m.

Low Impact Aerobics

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

****No classes January 20 & February 17**

Instructor: Sharon Benner

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

dates	day	time
Jan 6 - Feb 24**	Monday	9:00 - 9:45 a.m.
Jan 7 - Feb 18	Tuesday	9:00 - 9:45 a.m.
Jan 2 - Feb 20	Thursday	9:00 - 9:45 a.m.
Jan 3 - Feb 21	Friday	9:00 - 9:45 a.m.
Mar 3 - Apr 21	Monday	9:00 - 9:45 a.m.
Mar 4 - Apr 22	Tuesday	9:00 - 9:45 a.m.
Mar 6 - Apr 17	Thursday	9:00 - 9:45 a.m.
Mar 7 - Apr 18	Friday	9:00 - 9:45 a.m.

Mat Yoga

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

****No classes January 20 & February 17**

Instructor: Sue, Yoga Renew certified

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

dates	day	time
Jan 6 - Feb 24**	Monday	3:00 - 3:45 p.m.
Jan 8 - Feb 19	Wednesday	4:00 - 4:45 p.m.
Mar 3 - Apr 21	Monday	3:00 - 3:45 p.m.
Mar 5 - Apr 23	Wednesday	4:00 - 4:45 p.m.

Parkinson's Exercise

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

Instructor: Dana, Sharon, Pat
Resident | Non-Resident: FREE

dates	day	time
Jan 8 - Feb 19	Wednesday	3:00 - 3:45 p.m.
Mar 5 - Apr 23	Wednesday	3:00 - 3:45 p.m.

SilverSneakers®

SilverSneakers BOOM™ MUSCLE

This class incorporates athletic exercises that boost your overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill. For intermediate to advanced.

****No classes January 20 & February 17**

Instructor: Joy
Resident | Non-Resident: \$19
Silver Sneakers Members: FREE

dates	day	time
Jan 6 - Feb 24**	Monday	8:10 - 8:50 a.m.
Jan 8 - Feb 19	Wednesday	8:10 - 8:50 a.m.
Mar 3 - Apr 21	Monday	8:10 - 8:50 a.m.
Mar 5 - Apr 23	Wednesday	8:10 - 8:50 a.m.

SilverSneakers® Circuit

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

Instructor: Sue (Tues/Thurs) | Pat (Wed)
Resident: | Non-Resident: \$19
Silver Sneakers Members: FREE

dates	day	time
Jan 7 - Feb 18	Tuesday	2:00 - 2:45 p.m.
Jan 8 - Feb 19	Wednesday	11:00 - 11:45 a.m.
Jan 2 - Feb 20	Thursday	2:00 - 2:45 p.m.
Mar 4 - Apr 22	Tuesday	2:00 - 2:45 p.m.
Mar 5 - Apr 23	Wednesday	11:00 - 11:45 a.m.
Mar 6 - Apr 17	Thursday	2:00 - 2:45 p.m.

SilverSneakers® Stability

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

****No classes January 20 & February 17**

Instructor: Sharon (Mon & Fri), Pam/Joy (Tues & Thurs)
Resident: | Non-Resident: \$19
Silver Sneakers Members: FREE

dates	day	time
Jan 6 - Feb 24**	Monday	11:00 - 11:45 a.m.
Jan 7 - Feb 18	Tuesday	12:00 - 12:45 p.m.
Jan 2 - Feb 20	Thursday	12:00 - 12:45 p.m.
Jan 3 - Feb 21	Friday	12:00 - 12:45 p.m.
Mar 3 - Apr 21	Monday	11:00 - 11:45 a.m.
Mar 4 - Apr 22	Tuesday	12:00 - 12:45 p.m.
Mar 6 - Apr 17	Thursday	12:00 - 12:45 p.m.
Mar 7 - Apr 18	Friday	12:00 - 12:45 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.

****No classes January 20 & February 17**

Instructor: Sharon (Mon/Fri), Joy (Tues/Thurs am), Sue (Tues/Thurs pm), Pat (Wed)
Resident: | Non-Resident: \$19
Silver Sneakers Members: FREE

dates	day	time
Jan 6 - Feb 24**	Monday	10:00 - 10:45 a.m.
Jan 7 - Feb 18	Tuesday	8:10 - 8:50 a.m.
Jan 7 - Feb 18	Tuesday	1:00 - 1:45 p.m.
Jan 8 - Feb 19	Wednesday	10:00 - 10:45 a.m.
Jan 2 - Feb 20	Thursday	8:10 - 8:50 a.m.
Jan 2 - Feb 20	Thursday	1:00 - 1:45 p.m.
Jan 3 - Feb 21	Friday	10:00 - 10:45 a.m.
Mar 3 - Apr 21	Monday	10:00 - 10:45 a.m.
Mar 4 - Apr 22	Tuesday	8:10 - 8:50 a.m.
Mar 4 - Apr 22	Tuesday	1:00 - 1:45 p.m.
Mar 5 - Apr 23	Wednesday	10:00 - 10:45 a.m.
Mar 6 - Apr 17	Thursday	8:10 - 8:50 a.m.
Mar 6 - Apr 17	Thursday	1:00 - 1:45 p.m.
Mar 7 - Apr 18	Friday	10:00 - 10:45 a.m.

SilverSneakers® EnerChi

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

Instructor: Denise
Resident: | Non-Resident: \$19
Silver Sneakers Members: FREE

dates	day	time
Jan 2 - Feb 20	Thursday	4:00 - 4:45 p.m.
Mar 6 - Apr 17	Thursday	4:00 - 4:45 p.m.

SilverSneakers® YOGA

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

****No classes January 20 & February 17**

Instructor: Denise (Mon/Thurs), Pat (Wed), Sharon (Fri)
Resident: | Non-Resident: \$19
Silver Sneakers Members: FREE

dates	day	time
Jan 6 - Feb 24**	Monday	12:00 - 12:45 p.m.
Jan 8 - Feb 19	Wednesday	9:00 - 9:45 a.m.
Jan 2 - Feb 20	Thursday	3:00 - 3:45 p.m.
Jan 3 - Feb 21	Friday	11:00 - 11:45 a.m.
Mar 3 - Apr 21	Monday	12:00 - 12:45 p.m.
Mar 5 - Apr 23	Wednesday	9:00 - 9:45 a.m.
Mar 6 - Apr 17	Thursday	3:00 - 3:45 p.m.
Mar 7 - Apr 18	Friday	11:00 - 11:45 a.m.

Stretch and Balance

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

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

dates	day	time
Jan 7 - Feb 18	Tuesday	11:00 - 11:45 a.m.
Jan 2 - Feb 20	Thursday	11:00 - 11:45 a.m.
Mar 4 - Apr 22	Tuesday	11:00 - 11:45 a.m.
Mar 6 - Apr 17	Thursday	11:00 - 11:45 a.m.

Weight Training

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

Instructor: Sharon

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

dates	day	time
Jan 7 - Feb 18	Tuesday	10:00 - 10:45 a.m.
Jan 2 - Feb 20	Thursday	10:00 - 10:45 a.m.
Mar 4 - Apr 22	Tuesday	10:00 - 10:45 a.m.
Mar 6 - Apr 17	Thursday	10:00 - 10:45 a.m.

Fitness / Wellness at the Senior Center Fitness Center

A variety of cardio equipment is available including treadmills, seated ellipticals and standing ellipticals, NuStep and a recumbent bike. Light free weights, 4 weight stationary stations (abdominal, leg press, leg extension/curl, chest press) and a cable pulley station are available for strength training. Members are asked to disinfect each piece of equipment after use. Please bring clean, dry shoes to prevent equipment damage. **Fitness Orientation is required prior to using fitness center.**

Fitness Orientation - Cardio Training

Learn how to use the treadmill, elliptical and bike including operating the machine, adjusting settings, using heart rate functions and proper form. Maximum of 4 people per class. **Call to schedule appointment.**

Resident | Non-Resident: \$15 | SS Members: FREE

day	time
Monday	6:30 - 7:20 p.m.
Tuesday	9:00 - 9:50 a.m.
Tuesday	12:00 - 12:50 p.m.
Thursday	1:00 - 1:50 p.m.

Fitness Orientation - Strength Training

Learn how to operate fundamental strength training machines focused on large muscle groups (such as chest, upper back, and hamstrings/quadriceps leg muscles) while using correct form and proper breathing techniques. Participants will receive assistance in determining their specific equipment adjustments and weight settings, and learn how to modify strength training exercises based on individual needs. Maximum of 4 people per class. **Call to schedule appointment.**

Resident | Non-Resident: \$15

day	time
Monday	6:30 - 7:20 p.m.
Tuesday	9:00 - 9:50 a.m.
Tuesday	12:00 - 12:50 p.m.
Thursday	1:00 - 1:50 p.m.

Personal Training

Don't wait to start feeling great! Schedule an appointment now to get back on the road to health and fitness! You will find that regular exercise will help you feel less stiff, stronger, and more energetic throughout the day. Every step of the way you'll be guided by a passionate personal trainer committed to your safety and wellness.

Tuesday, Thursday and Friday afternoons

Resident | Non-Resident: \$40 for 60 minute session

Resident | Non-Resident: \$20 for 30 minute session

Pick up a flier at the Senior Center for scheduling information

Exercise Classes at the Mentor Community Recreation Center

Location: MCRC 6000 Heisley Rd., Mentor

Mentor Senior Center Member rates listed below

Beginner Pickleball - Seniors

Adults 55+

Come learn the fastest growing sport in America! This class is for the novice player (USA Pickleball rating of 1.0 - 2.5) and covers the basics of pickleball including rules, terminology, fundamentals and introduces match play. Players are encouraged to bring a paddle, but paddles are provided, and water bottle to each class.

Instructor: MCRC Staff

Senior Center Member Rate: \$48 per person

dates	day	time
Jan 7 - Jan 28	Tuesday	9:00 - 10:00 a.m.
Feb 4 - Feb 25	Tuesday	9:00 - 10:00 a.m.
Mar 4 - Mar 25	Tuesday	9:00 - 10:00 a.m.
Apr 8 - Apr 29	Tuesday	9:00 - 10:00 a.m.

Intermediate Pickleball - Seniors

Adults 55+

This intermediate class (USA Pickleball rating of 3.0 - 3.5) covers the fundamentals of pickleball including serving, rallying, keeping score, dinking, and match play. Players are encouraged to bring a paddle, but paddles are provided, and water bottle to each class.

Instructor: MCRC Staff

Senior Center Member Rate: \$48 per person

dates	day	time
Jan 7 - Jan 28	Tuesday	10:00 - 11:00 a.m.
Feb 4 - Feb 25	Tuesday	10:00 - 11:00 a.m.
Mar 4 - Mar 25	Tuesday	10:00 - 11:00 a.m.
Apr 8 - Apr 29	Tuesday	10:00 - 11:00 a.m.

Aqua HIIT Water Exercise at MCRC

A full body interval class - focused on strength with a burst of cardio.

Instructor: MaryBeth

dates	day	time	rate
Jan 7 - Jan 28	Tues	9:00 - 9:50 a.m.	\$20
Jan 2 - Jan 30	Thurs	9:00 - 9:50 a.m.	\$25
Feb 4 - Feb 25	Tues	9:00 - 9:50 a.m.	\$20
Feb 6 - Feb 27	Thurs	9:00 - 9:50 a.m.	\$20
Mar 4 - Mar 25	Tues	9:00 - 9:50 a.m.	\$20
Mar 6 - Mar 27	Thurs	9:00 - 9:50 a.m.	\$20
Apr 1 - Apr 29	Tues	9:00 - 9:50 a.m.	\$25
Apr 3 - Apr 24	Thurs	9:00 - 9:50 a.m.	\$20

AquaLates Water Exercise at MCRC

A full body dynamic Pilates class of strength and stretching. Intensity: Low to medium.

****No Classes in March**

Instructor: Georgina

dates	day	time	rate
Jan 3 - Jan 31	Fri	10:00 - 10:50 a.m.	\$25
Feb 7 - Feb 28	Fri	10:00 - 10:50 a.m.	\$20
Apr 4 - Apr 25	Fri	10:00 - 10:50 a.m.	\$20

Senior Water Exercise at MCRC

A combination of toning, stretching and light cardio geared toward seniors. Participants can arrive at the facility 20 minutes before class begins and must leave the facility 20 minutes after class ends.

Instructor: Vicki (Tues), MaryBeth (Thurs)

dates	day	time	rate
Jan 7 - Jan 28	Tues	2:00 - 2:50 p.m.	\$20
Jan 2 - Jan 30	Thurs	2:00 - 2:50 p.m.	\$25
Feb 4 - Feb 25	Tues	2:00 - 2:50 p.m.	\$20
Feb 6 - Feb 27	Thurs	2:00 - 2:50 p.m.	\$20
Mar 4 - Mar 25	Tues	2:00 - 2:50 p.m.	\$20
Mar 6 - Mar 27	Thurs	2:00 - 2:50 p.m.	\$20
Apr 1 - Apr 29	Tues	2:00 - 2:50 p.m.	\$25
Apr 3 - Apr 24	Thurs	2:00 - 2:50 p.m.	\$20

Shallow/Deep Water Exercise Class at MCRC

A combination of shallow and deep water exercises to tone your body while getting your heart pumping. Participants can arrive at the facility 20 minutes before class begins and must leave the facility 20 minutes after class ends.

Instructor: Vicki

dates	day	time	rate
Jan 6 - Jan 27	Mon	10:00 - 10:50 a.m.	\$20
Jan 8 - Jan 29	Wed	10:00 - 10:50 a.m.	\$20
Feb 3 - Feb 24	Mon	10:00 - 10:50 a.m.	\$20
Feb 5 - Feb 26	Wed	10:00 - 10:50 a.m.	\$20
Mar 3 - Mar 31	Mon	10:00 - 10:50 a.m.	\$25
Mar 5 - Mar 26	Wed	10:00 - 10:50 a.m.	\$20
Apr 7 - Apr 28	Mon	10:00 - 10:50 a.m.	\$20
Apr 2 - Apr 30	Wed	10:00 - 10:50 a.m.	\$25

Stretch and Tone Water Exercise at MCRC

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

Instructor: MaryBeth

dates	day	time	rate
Jan 7 - Jan 28	Tues	10:00 - 10:50 a.m.	\$20
Jan 2 - Jan 30	Thurs	10:00 - 10:50 a.m.	\$25
Feb 4 - Feb 25	Tues	10:00 - 10:50 a.m.	\$20
Feb 6 - Feb 27	Thurs	10:00 - 10:50 a.m.	\$20
Mar 4 - Mar 25	Tues	10:00 - 10:50 a.m.	\$20
Mar 6 - Mar 27	Thurs	10:00 - 10:50 a.m.	\$20
Apr 1 - Apr 29	Tues	10:00 - 10:50 a.m.	\$25
Apr 3 - Apr 24	Thurs	10:00 - 10:50 a.m.	\$20

First time online registering with us?

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

Games / Clubs

INTERNATIONAL CLUB



International Culture Club

Our informal social club talks 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 3	Monday	10:00 - 11:30 a.m.
Mar 3	Monday	10:00 - 11:30 a.m.
Apr 7	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 9	Thursday	1:00 - 2:30 p.m.
Feb 13	Thursday	1:00 - 2:30 p.m.
Mar 13	Thursday	1:00 - 2:30 p.m.
Apr 10	Thursday	1:00 - 2:30 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
Jan 8, Mar 5	Wed	10:00 a.m. - 12:00 p.m.
<i>(Amanda's Family Hearing)</i>		
Feb 5, Apr 2	Wed	10:00 a.m. - 12:00 p.m.
<i>(Reserve Hearing Center)</i>		

Parkinson's Support Group

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

Volunteer Leader: John Mazor

Location: Senior Center Cardinal Room

Resident | Non-Resident: FREE

dates	day	time
Jan 8, Feb 5, Mar 5, Apr 2	Wed	4:00 - 5:30 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. Pick-up and complete AARP tax packet before appointment, packets will be available at the front desk the second week in January. Bring these items:

- Copy of last year's income tax return(s) - 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
- Spouse must be present if filing jointly
- Government issued photo ID for taxpayer and spouse

Location: Senior Center Cardinal Room
(Register in advance)

Resident | Non-Resident: FREE

dates	day	time
Feb 6 - Apr 10	Thursday	9:00 a.m. - 2:00 p.m.

Registration begins Dec 2 for residents, and Dec 3 for non-residents.

Produce Distribution

In conjunction with the Cleveland Food Bank we offer produce distribution for limited income seniors the third Monday of the month from 10 - 11 a.m. All participants will be registered on site. Participants must certify annual gross household income is at or below \$30,120 for a household of 1 and \$40,880 for a household of 2. Income is self-declared; verification is not required. First come, first served. Please bring a heavy-duty bag or two for produce. **No advance registration; bring photo ID for onsite registration. *Jan and Feb distribution will be the fourth Monday due to holidays.***

Location: Senior Center Great Room

Resident | Non-Resident: FREE

dates	day	time
Jan 27	Monday	10:00 - 11:00 a.m.
Feb 24	Monday	10:00 - 11:00 a.m.
Mar 17	Monday	10:00 - 11:00 a.m.
Apr 21	Monday	10:00 - 11:00 a.m.

Visionaries Support Group

If you suffer from vision impairment, plan to attend these free meetings.

Facilitator: Licensed Optician Debbie Kogler

Location: Senior Center Cultural Arts Room

Resident | Non-Resident: FREE

dates	day	time
Jan 22	Wednesday	2:00 - 4:00 p.m.
Feb 26	Wednesday	2:00 - 4:00 p.m.
Mar 26	Wednesday	2:00 - 4:00 p.m.
Apr 23	Wednesday	2:00 - 4:00 p.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, assistance with program registration and directing to activities for those with memory issues. (Note this program is not designed for individuals with moderate-severe assistance needs, unless accompanied by a caregiver.) Laketran is available to bring senior citizens to and from Mentor Senior Center activities.

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

Location: Senior Center

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

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

Schedule of Activities

Monday

10:30 - 10:50 a.m.	Submit lunch orders
11:00 - 11:45 a.m.	Lunch/Socialization
12:00 - 12:45 p.m.	Billiards (optional), no fee
1:00 - 2:00 p.m.	BINGO \$.25 per card

Wednesday

10:30 - 10:50 a.m.	Submit lunch orders
11:00 - 11:45 a.m.	Lunch/Socialization
12:00 - 12:45 p.m.	Special Elders Silver Sneakers Classic (optional), registration fee
1:00 - 2:00 p.m.	Craft, games or parties

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

dates	day	time
Jan 8 - Feb 19	Wednesday	12:00 - 12:45 p.m.
Mar 5 - Apr 23	Wednesday	12:00 - 12:45 p.m.

Meals

Daily Made From Scratch Lunch

Monday - Friday, 11:30 a.m. - 12:15 p.m.

Stop by for the best deal in town! Mentor Senior Center's talented kitchen staff and volunteers prepare delicious, freshly made entrees, sandwiches, soup, and desserts at reasonable prices, for dine in or carry out. A daily Cook's Special features a meat or other high protein dish, and a vegetable at a cost of \$5.00. Daily homemade soup and sandwiches are also available. Homemade cookies finish off the meal. Drinks include coffee, tea, milk, lemonade, and soda. The monthly menu is available at the Senior Center front desk, in the monthly newsletter and online at www.mentorseniorcenter.com.

No reservation or pre-ordering. Members simply place your order in person and pay the cashier (cash only), pick up your meal at the kitchen window and enjoy. Please bus your table promptly when finished eating.

Membership and Hours

Membership and Hours

Mentor Senior Center is a thriving meeting place for Senior Citizens with over 4,000 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.

Holiday Hours

We are closed January 1st New Years, January 20th - MLK Day, February 17th - Presidents Day

Registration Process

Membership is available to anyone 55 years old or older. Membership is required to participate in Senior Center activities. Registration for 2025 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.

Senior Center membership is required to participate in Senior Center activities including classes, activities, and programs. This registration process refers to winter/spring 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 2. Non-resident registration begins on Tuesday, December 3 at 8 a.m. Please note a Mentor resident cannot register a non-resident friend on resident-only registration day.

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 5 - Apr 30	Wednesday	6:45 - 7:45 p.m.

Mentor Music Makers Chorus

This group enjoys singing a wide variety of music, and performs at Senior Centers, Retirement Communities, Nursing and Rehab facilities. No special experience or ability to read music is required. The group is under the professional direction of Maria Voljin. Enjoy the music and camaraderie. **No Chorus January or February.**

Director: Maria Voljin

Location: Senior Center Stage

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

dates	day	time
Mar 5 - Apr 23	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. **No Lessons January or February.**

Instructor: Marge Syrone

Location: Senior Center Stage

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

dates	day	time
Mar 4 - Apr 22	Tuesday	9:00 a.m. - 12:00 p.m.

Special Events

Northeast Ohio Mind Challenge

The Mind Challenge is back for its 7th year. The mind stimulating event grows each year. We will be forming teams in May, individuals and teams are welcome. Please spread the word, recruit family and friends and get ready for some exciting mind challenging trivia!

Please register in advance.

Resident | Non-Resident: FREE

dates	day	time
May 1	Thursday	1:00 - 2:00 p.m.
<i>Team Formation and Practice Round</i>		
<i>Location: Willowick Senior Center</i>		
May 8	Thursday	1:00 - 3:00 p.m.
<i>Knockout Round</i>		
<i>Location: Willowick Senior Center</i>		
May 15	Thursday	1:00 - 3:00 p.m.
<i>Smart Sixteen</i>		
<i>Location: Willowick Senior Center</i>		
May 22	Thursday	TBD
<i>Elevated Twelve</i>		
<i>Location: Kirtland Senior Center</i>		
May 28, 29	Wed/Thurs	TBD
<i>Semifinals and Finals</i>		
<i>Location: Parma Smallwood Center</i>		

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
Apr 7 and 14	Monday	9:00 - 11:00 a.m.
<i>January thru March is off</i>		

Tech Help

Mentor High School students on hand to help with your tablet, iPad, and smart phone questions. Bring your questions and a willingness to tackle these powerful gadgets. **Registration closes 7 days in advance.**

Location: Senior Center - Great Room

Resident | Non-Resident: FREE

dates	day	time
Jan 15	Wednesday	8:30 - 9:30 a.m.
Feb 12	Wednesday	8:30 - 9:30 a.m.
Mar 5	Wednesday	8:30 - 9:30 a.m.
Apr 9	Wednesday	8:30 - 9:30 a.m.

BLACK BROOK GOLF COURSE & PRACTICE CENTER

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

Black Brook Golf Course Instructional Staff

- Tim Ausperk, PGA Golf Professional and General Manager
- Jay Schiffbauer, Director of Instruction and Assistant Manager
- Jake Weise, Associate Golf Professional

Winter Rates

9 Holes	\$13.00
9 Holes/cart	\$21.00
18 Holes	\$21.00
18 Holes/Cart	\$31.00

Senior / Junior

9 Holes	\$12.00
9 Holes/cart	\$20.00
18 Holes	\$18.00
18 Holes/Cart	\$28.00

* 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 2025 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.

Free Golf Clinic & Open House

Sunday, April 27, 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 11, 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 11th only.

Introduction to Golf

Ages 18+

Meant for all levels, this indoor class will cover the basics of golf and for golfers to refine their skills. Instruction will be held on Foresight golf simulators. Golf balls and clubs will be provided.

Instructor: Jake Weise (Associate Golf Professional @ Blackbrook Golf Course)

Location: Mentor Community Recreation Center - Golf Simulator Room

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

dates	day	time
Jan 21 - Feb 18	Tuesday	5:00 - 6:00 p.m.
Jan 21 - Feb 18	Tuesday	6:15 - 7:15 p.m.
Jan 23 - Feb 20	Thursday	5:00 - 6:00 p.m.
Jan 23 - Feb 20	Thursday	6:15 - 7:15 p.m.

THE GREAT OUTDOORS

Explore Our Parks

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

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

Bike

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

Hike

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

Paddle

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



Mentor Lagoons Nature Preserve & Marina

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

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



Winter Marsh Excursion All Ages

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, Must Pre-Register

date	day	time
Jan 11	Saturday	1:00 - 3:00 p.m.

Nature Trivia All Ages

Grab some friends and test your nature knowledge with trivia. Hosted by natural resource specialists, teams will compete for the title of lord of the nature nerds and a prize! Categories range from basic nature fun facts to ornithology, scientific literature and more. Maximum of 6 people per team.

Instructor: Jamie Jubeck, Natural Resource Specialist
Location: Springbrook Gardenhouse
Resident | Non-Resident: \$15 per team

date	day	time
Mar 7	Friday	5:30 - 7:30 p.m.

Owl Box Workshop Ages 13+ with Adult

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 associated benefits. 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: Wildwood Cultural Center
Resident | Non-Resident: \$30 (limited to 15 participants)

date	day	time
Mar 9	Sunday	1:00 - 3:00 p.m.

Bird Box Workshop Ages 13+ with Adult

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

Instructor: Jamie Jubeck, Natural Resource Specialist
Location: Wildwood Cultural Center
Resident | Non-Resident: \$25

date	day	time
Mar 22	Saturday	1:00 - 3:00 p.m.

Wildflowers of Wildwood All Ages

It's the perfect time of year to witness spring ephemerals emerging! Don't miss out on the short-lived blooms of spectacular flowers at Wildwood! 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, trout lilly, and more.

Instructor: Rebecca Cantrell, Natural Resource Specialist
Location: Wildwood Cultural Center
Resident | Non-Resident: FREE

date	day	time
Apr 12	Saturday	2:00 - 3:00 p.m.



Spring Paddle Ages 16+

Spring is a very active time of year in the marsh. Migratory birds are moving through, turtles and frogs are breeding, and flowers are popping! Paddle with a naturalist on a guided kayak tour of the Mentor Lagoons and Marsh to observe what makes these nature preserves so amazing.

Instructor: Jamie Jubeck, Natural Resource Specialist
Location: Mentor Lagoons Nature Preserve/ Mentor Marsh State Nature Preserve
Resident | Non-Resident: \$20 (Kayak provided)

date	day	time
Apr 19	Saturday	1:00 - 3:00 p.m.

ACTIVE ADULTS

Body Sculpting™

Adults 14+

Awaken your entire body with this one-hour results-oriented Body Sculpting workout designed to make you lean and defined. Build and sculpt muscles, strengthen your core, improve your strength and flexibility while burning fat and calories by using just one set of 3-5 lb. dumbbells. You will gain strength, balance, flexibility and endurance while focusing on total body health. This class will fire up your metabolism helping you to lose weight and inches, while also improving bone strength and density. Bring a set of 3-5-pound dumbbells, exercise mat, water bottle, and stretch band to class. Accommodates all fitness levels. Work out at your own pace. All classes are taught by Certified Fitness Trainers. Join anytime! Class size is limited, and advance registration is required! Ages 14+. Register online at www.flexcity.com or email for assistance at bodysculpting@flexcity.com.

Location: Old Council Hall
\$55 for each 8-class session.

Monday & Wednesday - 6:00 - 7:00 p.m.

Jan 6 - Jan 29, Feb 3 - Feb 26,
 Mar 3 - Mar 26 (no class Mar 31 between terms),
 Apr 2 - Apr 30 (no class Apr 21)

Tuesday & Thursday - 9:30-10:30 a.m.

Dec 12 - Jan 16 (no class Dec 24), Jan 21 - Feb 13,
 Mar 18 - Apr 15 (no class Mar 25), Apr 17 - May 13

Saturday - 9:30-10:30 a.m.

Jan 18 - Mar 8, Mar 15 - May 3

Online Courses with Ed2Go

Ed2Go is Mentor Recreation's Online Learning Center. You'll find over 300 courses - on everything from Business, Teaching and Nursing, to Digital Photography, Spanish and Creating Web Pages - with most courses starting as low as \$89. Our instructor facilitated online courses are informative, fun, convenient and highly interactive. Our instructors are famous for their ability to create warm and supportive communities of learners.

All courses run for six weeks (with a two-week grace period at the end). Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more. You can complete any course entirely from your home or office, any time of the day or night.

Courses require internet access, email, Netscape Navigator or Microsoft Internet Explorer web browser. Some courses may have additional requirements. Please visit the online instruction center at www.ed2go.com mentor for details.

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

SUMMER CAMP PREVIEW

About Our Camps

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

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

We offer more than 100 weeks of camp - from traditional camps like Civic Center Day Camp to discovery camps such as Artists Camp to sports camps like basketball and soccer.

Civic Center Day Camp	Grades K - 5
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
Golf Camp	Ages 8 - 14
Preschool Cheerleading Camp	Ages 4 & 5
Cheerleading, Jumps	
And Tumbling Camp	Ages 5 - 8
Soccer Camp	Ages 6 - 12
Volleyball	Ages 4 - 6

Plus many more!

Registration

Camp registration begins Thursday, February 6 for Mentor residents and Monday, February 10 for nonresidents. All camps require advance registration. Registration for camps close the week before it is scheduled to begin so our staff can prepare necessary paperwork, verify supplies and maintain correct staff to camper ratios. Registration will not be accepted the day a camp begins.

How to Register

- Online:** www.cityofmentor.com/parks-recreation
By Phone: (440) 974-5720
 Monday - Friday, 8 a.m. - 5 p.m.
In Person: Recreation Department:
 6000 Heisley Road, Mentor
 Mentor Ice Arena: 8600 Munson Rd.,
 Mentor (skating camps)

Our full catalog of camps will be mailed to all residences of students who attend City of Mentor Schools in January.

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

8500 Civic Center Boulevard
Mentor, Ohio 44060

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

POSTAL CUSTOMER



UP NEXT: The 2025 Summer Camp Guide

FREE online registration available 24/7

cityofmentor.com/parks-recreation | 440.974.5720

Click **Online Registration** to register today!