

MAYOR: KEVIN CORCORAN

PARKS & RECREATION DIRECTOR: KEVIN M. FOUGEROUSSE

North Ridgeville Parks & Recreation

2022 FALL PROGRAM GUIDE



Registration
Begins
August 8



SCAN QR CODE

USE YOUR SMART PHONE TO ACCESS OUR ONLINE
PROGRAM GUIDE AND WEBSITE TO REGISTER.

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September 1-December 31

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Thank You, Parks & Recreation Sponsors

NRPRD recognizes sponsors for helping to keep recreation programs going. NRPRD, provider of numerous recreational and community activities in North Ridgeville, wants to thank the more than 40 businesses that sponsor our recreation programs and teams.

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Message from Mayor Kevin Corcoran:



Dear Residents,

As we move into the fall season, our Parks & Recreation Department staff has been busy planning a packed-full schedule of programs and events. After the hot summer we've had, I'm looking forward to the cooler temperatures that the fall season brings.

The City of North Ridgeville and the North Ridgeville City Schools are collaborating on a facilities project that will consist of the construction of a new high school, elementary school, dedicated space for Ranger High-Tech Academy, and a recreation and community center that includes an indoor aquatics facility, a field house with an indoor walking track and a senior center.

The construction of these community facilities would be a monumental step for the city. As the city continues to grow, it's critical that we ensure our recreational facilities and community services keep pace with the needs of our residents.

For years, we've heard input from the public that we need a recreation center with an aquatics facility and better activity spaces for our seniors. We've seen examples of how other communities have combined city and school facilities to meet community needs in a more cost-effective manner.

We have a partner in the North Ridgeville City Schools who can help us provide needed community facilities while sharing the cost. We must take advantage of this opportunity. Our collaborative effort can help us to achieve **One Vision, One North Ridgeville**. The City will send a ballot measure to voters this November proposing to increase local income tax by two-tenths of one percent (0.2%) to pay for the cost of a recreation and community center. If approved, the new income tax would become effective January 1, 2023. The North Ridgeville Board of Education will place a bond issue on the November ballot to provide for the educational component of this project. In order for the recreational facility to be constructed, the school bond issue will need to pass.

This is an exciting time for North Ridgeville. I'll be out in the community over the coming months having many conversations and hosting meetings. I'd encourage anyone who wants to get involved to reach out to me or attend one of my upcoming Coffee and Conversation at City Hall in Council Chambers from 8:30-9:30 AM: Thursday, September 22; Monday, October 24; Friday, November 18; and, Wednesday, December 14.

I hope to see you at one of the upcoming events!

Mayor Kevin Corcoran

Parks & Recreation Staff

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Parks & Recreation Director
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Office Information

North Ridgeville Parks & Recreation
7327 Avon Belden Road
North Ridgeville, Ohio 44039

Phone: (440) 353-0860

Fax: (440) 353-0845

Weather
Hotline: (440) 210-6226

Website: www.nridgeville.org/parksandrec

Office: 8:00AM-4:30PM Monday-Friday
Hours: Closed Saturdays & Sundays

Refund Policy

View the NRPRD Refund Policy at www.nridgeville.org/parksandrec. Click on policy tab to view the department's policy.

Photo Policy

The North Ridgeville Parks & Recreation Department reserves the right to take photos of participants enrolled in programs or those attending a Parks & Recreation event. These photos are to be used strictly by the Parks & Recreation Department for the purpose of advertising in future program guides, catalogs, pamphlets, flyers and on the department website. Organizations, including media relations, must have permission from the Parks & Recreation Director or Recreation Supervisor prior to taking photographs.

Program Cancellation

The North Ridgeville Parks & Recreation Department reserves the right to cancel any activity, program or event based on insufficient registrations, supervision or facilities. All activities, programs or events will either be rescheduled or fees refunded.

All classes require a minimum number of participants in order to be conducted. If the class minimum is not met by the deadline date, the activity is cancelled. Please register at least **5 days** prior to the beginning of the activity.

How To Register

Online

Visit www.nridgeville.org/parksandrec. Login or create your account to register.

By Mail

Mail in a completed registration form with payment to:

North Ridgeville Parks & Recreation Department
7307 Avon Belden Road
North Ridgeville, Ohio 44039

In-Person

Drop off completed registration form with payment at the Parks & Recreation Department Monday-Friday between 8:00AM-4:30PM.

Drop Box

Can't make it during the hours of operation? Place your registration form and check payment (**NO CASH**) in an envelope and place in our secure drop box on our office door, 24 / 7. Make checks payable to NR PARKS & REC.

Tot Programs

Preschool Interactive Irish Dance Class

Story time, games, dolls and more are incorporated in class to provide an interactive fun experience for children as they learn Irish Dance. The class teaches proper technique for Traditional Irish Dances. In addition, dancers will learn coordination, poise, movement and rhythm with emphasis on the basic style and characteristics which make Irish Dance a unique art form. Irish Dance is full of energy with jumps, kicks and skips. This dance style uses rapid footwork with crossed feet keeping to the rhythm of Irish music. Dancers will benefit from the many wonderful health benefits of Irish Dance.

Instructor: Peggy Cannon

Ages: 3-5 year olds

Class Size: 04 minimum / 10 maximum

Fee: \$45 Res. / \$55 Non-Res.

Location: Safetyville Building 35753 Bainbridge Rd.

Session	Day	Date	Time
Ses I	SAT	10.22-11.12	2:00-2:45PM
Ses II	SAT	11.19-12.17	2:00-2:45PM

No class on 11.26.22

Preschool Yoga

Children ages 3-6 will use play, songs, books and dancing to learn different yoga poses and strategies to help them develop body awareness, self-control, flexibility and strength. Preschoolers will enhance their creativity, confidence and coordination through the duration of class. Minimal parental involvement encouraged.

Instructor: Brandy Reichman

Ages: 3-6 year olds

Class Size: 04 minimum / 10 maximum

Fee: \$45 Res. / \$55 Non-Res.

Location: Safetyville Building 35753 Bainbridge Rd.

Session	Day	Date	Time
Ses I	WED	09.14-10.05	5:30-6:30PM
Ses II	WED	10.12-11.02	5:30-6:30PM
Ses III	WED	11.09-11.30	5:30-6:30PM
Ses IV	WED	12.07-12.28	5:30-6:30PM

Gym and Story Time

Come join us for a story and some movement to burn off some energy. Children can come and have some fun while making new friends. Your child will experience gross motor movements and social skills, with stories and a snack.

Instructors: NR Public Library & Michelle Carey

Ages: 2-5 year olds

Class Size: 04 minimum / 15 maximum

Pre-Registration Fee: \$5 Res. / \$6 Non-Res.

Drop-In Fee: \$6 Res. / \$7 Non-Res.

Location: Shady Dr. Batting Cages 37077 Shady Dr.

Session	Day	Date	Time
Ses I	FRI	09.09	10:00-11:00AM
Ses II	FRI	10.07	10:00-11:00AM
Ses III	FRI	11.04	10:00-11:00AM
Ses IV	FRI	12.02	10:00-11:00AM

Hummingbirds Soccer

Presented By: Jump Start Sports

Children will have fun while learning the basics of soccer, dribbling, passing, trapping, shooting and positioning. Each session consists of instruction in each aspect of the game, participation in fun drills that are designed to teach skills in a low-key, non-competitive game. All participants will receive a team shirt and a participation medal.

Instructor: Jump Start Sports Staff

Ages: 3-4 & 5-6 year olds

Fee: \$95 Res. / Non-Res.

Registration taken at: www.jumpstartsports.com

Location: Shady Drive Complex 37077 Shady Dr.

Day	Date	Time	Age
WED	09.07-10.12	5:30-6:30PM	3-4
WED	09.07-10.12	6:30-7:30PM	5-6

Tots T-Ball

This five-week program is designed to teach boys and girls the basic fundamentals such as throwing, catching and hitting. The kids will have fun while learning the fundamentals of baseball through basic stations and non-competitive ball games.

Instructor: Mike Byrne and Staff

Ages: 3-4 year olds

Fee: \$60 Res. / Non-Res.

Location: Shady Drive Complex 37077 Shady Dr.

Day	Date	Time
FRI	09.09-10.07	5:30-6:30PM

Youth Programs

Beginning Art

Kids will begin to develop a love for art! We will start to learn different techniques and explore different mediums. Each week the children will create a unique piece of art, all of which will be displayed during an art show on the last day. Please wear clothes that can get dirty.

Instructor: Amanda Hamilton

Ages: 5-10 year olds

Class Size: 05 minimum / 10 maximum

Fee: \$45 Res. / \$55 Non-Res.

Location: Community Cabin 35717 Bainbridge Rd.

Session	Day	Date	Time
Ses I	SAT	08.27-09.17	11:00AM-NOON
Ses II	SAT	09.24-10.22	11:00AM-NOON
No class 10.15.22			
Ses III	SAT	10.29-11.19	11:00AM-NOON



Kids Irish Dance

The class teaches proper technique for Traditional Irish Dances. In addition, dancers will learn coordination, poise, movement and rhythm with emphasis on the basic style and characteristics which make Irish Dance a unique art form. Irish Dance is full of energy with jumps, kicks and skips. This dance style uses rapid footwork with crossed feet keeping to the rhythm of Irish music. Age-appropriate activities are included to engage the dancers. Dancers will benefit from the many wonderful health benefits of Irish Dance.

Instructor: Peggy Cannon

Ages: 6-12 year olds

Class Size: 04 minimum / 10 maximum

Fee: \$45 Res. / \$55 Non-Res.

Location: Safetyville Bldg. 35753 Bainbridge Rd.

Session	Day	Date	Time
Ses I	SAT	10.22-11.12	1:00-1:45PM
Ses II	SAT	11.19-12.17	1:00-1:45PM
No class 11.26.22			

Magic School with The Magic Man

Learn the basics and fundamentals of magic with Keith Heidenreich, The Magic Man! This small group approach of instruction will allow you to be on your way to magical fame.

Instructor: Keith Heidenreich, The Magic Man

Ages: 6-12 year olds

Class Size: 04 minimum / 15 maximum

Fee: \$35 Res. / \$45 Non-Res.

Location: Community Cabin 35717 Bainbridge Rd.

Session	Day	Date	Time
Ses I	SAT	09.10-10.01	9:00-10:00AM
Ses II	SAT	10.15-11.05	9:00-10:00AM
Ses III	SAT	11.12-12.03	9:00-10:00AM

Kids Yoga

Kids will improve their strength, balance, attention and coordination through fun yoga games, challenging yoga sequences as well as partner and group poses. They will learn healthy stress and anxiety coping mechanisms and work on building self-esteem in a non-competitive environment. They will also learn about self-love and the importance of showing kindness to others. Please bring a yoga mat.

Instructor: Brandy Reichman

Ages: 7-10 year olds

Class Size: 04 minimum / 10 maximum

Fee: \$45 Res. / \$55 Non-Res.

Location: Safetyville Building 35753 Bainbridge Rd.

Session	Day	Date	Time
Ses I	WED	09.14-10.05	6:45-7:45PM
Ses II	WED	10.12-11.02	6:45-7:45PM
Ses III	WED	11.09-11.30	6:45-7:45PM
Ses IV	WED	12.07-12.28	6:45-7:45PM

Advanced Fencing

The art of swordsmanship has been practiced for centuries. First, it was to train for deadly combat—the duel. Now, it is fun and safe for boys and girls, men and women. Join instructor Tom Nagy and the On Target Fencing Team as they teach you Foil and Epee in an advanced setting. For more info contact Tom Nagy at (440) 327-0808 or www.ontargetfencing.com.

Instructor: Tom Nagy

Ages: 8 and Up

Class Size: 04 minimum / 14 maximum

Fee: \$85 Res. / \$95 Non-Res. (equipment incl.)

Locations:

THUR: Shady Dr. Batting Cage 37077 Shady Dr.

SAT: NR Senior Center 7327 Avon Belden Rd.

Session	Day	Date	Time
Ses I	TH/SAT	09.01-09.29	8:00-9:30PM (TH) 9:00AM-12:30PM (SAT)
Ses II	TH/SAT	10.01-10.29	8:00-9:30PM (TH) 9:00AM-12:30PM (SAT)
Ses III	TH/SAT	11.05-11.26	8:00-9:30PM (TH) 9:00AM-12:30PM (SAT)
Ses IV	TH/SAT	12.08-12.31	8:00-9:30PM (TH) 9:00AM-12:30PM (SAT)

No class 12.03.22

Nerf™ Battle

Get ready for a competitive, action-packed night with NRPRD Nerf™ Battle! Age groups will be split into two teams and will play three games. Games include Capture the Flag, Team Battle Royale and Group Choice. Safety goggles will be provided if child does not have any. You must bring your own Nerf™ gun, bullets will be provided by the Parks and Recreation Department. For rules and information, please check out the “FORMS” tab with Nerf™ Battle Rules. Parents can join in the last half hour of each age group.

Ages: 6-12 year olds

Class Size: 08 minimum / 36 maximum

Fee: \$30 Res. / \$40 Non-Res.

Location: Shady Dr. Batting Cages 37077 Shady Dr.

Day	Date	Time	Ages
FRI	11.18	6:00-7:30PM	6-8
FRI	11.18	7:45-9:15PM	9-12

Perfectly Polite Dining Etiquette

How to set a table from start to finish, American Style of Dining, Continental Style of Dining, Posture, Proper Introductions, How To Sit Still, Dining Conversations, Thank You Notes and so much more. Fee includes lunch.

Instructors: Kim Franz

Ages: 8-15 year olds

Class Size: 04 minimum / 10 maximum

Fee: \$45 Res. / \$55 Non-Res.

Location: Burntwood 5600 Great Northern Blvd.

Day	Date	Time
SAT	09.24	11:00AM-1:00PM

NR Heart and Sole

Sweet Treats Cooking Class

Come learn to make fresh, healthy, sweet treats all while having fun. Recipes are sampled in class and can be taken home. Parents are welcome to join their child during this sweet and exciting class.

Instructors: Christie Ollerton

Ages: 6-12 year olds

Class Size: 04 minimum / 20 maximum

Fee: \$30 Res. / \$40 Non-Res.

Location: Senior Center 7327 Avon Belden Rd.

Day	Date	Time
WED	10.26	6:00-8:00PM

American Heart Association

CPR/Basic Life Support (BLS) Certification

This class is designed for healthcare professionals and other personnel who need to know how to perform CPR and other basic cardiovascular life support skills in a wide variety of in-facility and pre-hospital settings. Participants will learn high-quality CPR for adults, children, and infants, AHA Chain of Survival (BLS components), important early use of an AED.

Effective ventilations using a barrier device, importance of teams in multi-rescuer resuscitation and performance as an effective, team member during multi-rescuer CPR, and relief of foreign-body airway obstruction (choking) for adults and infants. CPR certificate will be received upon completion of this course. **Cost covers CPR certificate and materials.**

Instructor: North Ridgeville Fire Department

Ages: 11 year olds & up

Class Size: 04 minimum / 20 maximum

Fee: \$10 Res. / \$15 Non-Res.

Location: NR Fire Station 1 7000 Ranger Way

Session	Day	Date	Time
Ses I	SAT	09.03	9:00-11:00AM
Ses II	SAT	11.05	9:00-11:00AM
Ses III	SAT	12.03	9:00-11:00AM
Ses IV	SAT	01.07	9:00-11:00AM

Family & Friends® CPR

The Family & Friends CPR Course teaches the lifesaving skills of adult Hands-Only CPR, adult CPR with breaths, child CPR with breaths, adult and child AED use, infant CPR, and mild and severe airway block for adults, children, and infants. Skills are taught in a dynamic group environment using the AHA's research-proven practice-while-watching technique, which provides students with the most hands-on CPR practice time possible.

Instructor: North Ridgeville Fire Department

Ages: 8 years old & up

Class Size: 04 minimum / 20 maximum

Fee: \$3 Res. / \$5 Non-Res.

Location: NR Fire Station 1 7000 Ranger Way

Session	Day	Date	Time
Ses I	SAT	09.24	9:00-11:00AM
Ses II	SAT	12.17	9:00-11:00AM

The Money Game®

It is a financial education game where the kids are the pieces of the game. If you're looking for a unique, action-packed, information-rich, imagination-igniting financial education program to provide your group then look no further. Imagine the moment that the world of money was simply a game and that all you had to do to win the game was to learn the rules of that game.

Well, guess what. Money really is just a game and if we learn the simple, time-tested rules that the wealthy people use to get and stay wealthy, we can be wealthy too. By attending The Money Game®, students learn about paychecks, federal, state, and local taxes, Social Security, Medicare/ Medicaid, everyday expenses, bills-utilities, rent, car insurance, credit cards, financial cost of life events, recording and keeping track of your money, assets, and liabilities.

Instructor: Kim Franz

Ages: 8-15 years old

Class Size: 04 minimum / 10 maximum

Fee: \$30 Resident / \$40 Non-Resident

Location: Community Cabin 35717 Bainbridge Rd.

Day	Date	Time
SAT	09.24	2:00-4:00PM

Youth Sports

Esports

Presented by: GG Leagues

This Esports League will be in partnership with GG Leagues and will give online gamers the chance to compete in state-wide competitions. Participants will be able to compete with systems they already have in place at home. The season will consist of 6 weeks of game play with tournament play at the end. Titles offered this season will be Madden, Rocket League, Fortnite, and Super Smash Bros. Sign up online at www.ggleagues.com and search for North Ridgeville under Clubs.

Ages: 8 and UP

Fee: \$40 Res. / Non-Res.

Registration taken only at www.ggleagues.com

Season	Registration Starts	Registration Ends
Fall	08.01	09.28

Baseball Hitting Clinic

With Mike Byrne

Our baseball hitting clinic is designed to improve one's skills while participating in a number of drills/exercises geared towards enhancing the player's performance. These drills will be done under the supervision of Mike Byrne. Mike is a youth baseball coach with over 10 years of experience running hitting clinics and coaching high school and travel baseball programs.

Instructor: Mike Byrne and Staff

Ages: 6-14 year olds

Fee: \$80 Res. / Non-Res.

Location: Shady Drive Batting Cage 37077 Shady Dr.

Day	Date	Time	Age
SUN	09.11-10.02	9:00-10:00AM	6-8
SUN	09.11-10.02	10:00-11:00AM	9-11
SUN	09.11-10.02	11:00AM-NOON	12-14

1ST & 2ND Grade

Junior Ranger Basketball Program

North Ridgeville Parks and Recreation offers a fun and friendly basketball program to 1st & 2nd grade children. This recreational league focuses on basic fundamentals. We will have a boys & girls division. If not enough girls register it will be coed. Teams practice/play games 1-2 times per week. Practice days/times are picked by the coach and what works best for their schedule. Practices generally start in November/December. Games are played on Sunday mornings starting at 9:00AM. Teams will play 6 regular season games, no tournament. Uniforms are provided by North Ridgeville Parks and Recreation. **Sign up online or in-person before October 14 to receive our early bird rate. After October 14 the program fee increases by \$10.**

Ages: Grades 1-2

Fee: \$65 Res. / \$75 Non-Res.

Location: NR High School 34620 Bainbridge Rd.

Day	Date	Time
SUN	JAN-FEB	9:00AM-NOON

3RD & 4TH / 5TH & 6TH Grade

Junior Ranger Basketball Program

The focus of the 3rd & 4th and 5th & 6th Grade Jr. Ranger Basketball League is to develop the player's skills, experience and knowledge of basketball. Fundamentals and basics are the cornerstone of this league with emphasis on fun, sportsmanship, teamwork, skills and equal playing time. Teams practice/play games 1-2 times per week. Practice days/times are picked by the coach and what works best for their schedule. Practices generally start in November. League play tentatively starts in December. Games are played on Saturdays with potential games on Sundays. The league partners with Fairview Park and North Olmsted. **Sign up online or in-person before October 14 to receive our early bird rate. After October 14 the program fee increases by \$10.**

Ages: Grades 3 & 4 and 5 & 6

Fee: \$75 Res. / \$85 Non-Res.

Locations: N. Ridgeville, N. Olmsted, Fairview Pk.

Day	Date	Time
SAT/SUN	DEC-MAR	8:00AM-4:00PM

7TH & 8TH Grade Boys

Junior Ranger Basketball Program

The focus of the 7th & 8th Grade Jr. Ranger Basketball League is to develop the player's skills, experience and knowledge of basketball. Fundamentals and basics are the cornerstone of this league with emphasis on fun, sportsmanship, teamwork, skills and equal playing time. Teams practice/play games 1-2 times per week. Practice days/times are picked by the coach and what works best for their schedule. Practices generally start in November. League play tentatively starts in December. Games are played on Saturdays with potential games on Sundays. The league partners with Fairview Park and North Olmsted. **Sign up online or in-person before October 14 to receive our early bird rate. After October 14 the program fee increases by \$10.**

Ages: Grades 7 & 8

Fee: \$75 Res. / \$85 Non-Res.

Location: N. Ridgeville, N. Olmsted, Fairview Park

Day	Date	Time
SAT/SUN	DEC-MAR	8:00AM-4:00PM

7TH-9TH Grade Girls

Junior Ranger Basketball Program

The focus of the 7th-9th Grade Jr. Ranger Basketball League is to develop the player's skills, experience and knowledge of basketball. Fundamentals and basics are the cornerstone of this league with emphasis on fun, sportsmanship, teamwork, skills and equal playing time. Teams practice/play games 1-2 times per week. Practice days/times are picked by the coach and what works best for their schedule. Practices generally start in November. League play tentatively starts in December. Games are played on Saturdays with potential games on Sundays. The league partners with Southwest Basketball League. **Sign up online or in-person before October 14 to receive our early bird rate. After October 14 the program fee increases by \$10.**

Ages: Grades 7-9

Fee: \$75 Res. / \$85 Non-Res.

Location: Various Locations

Day	Date	Time
SAT/SUN	DEC-MAR	8:00AM-4:00PM

9TH-12TH Grade

Junior Ranger Intramural Basketball Program

The 9th-12th Grade Basketball Program is intramural based. No coaches, students are captains of their team. We will try and schedule 1 practice per week but they are not guaranteed. Games begin in January and played on Sundays. We partner with North Olmsted. **Sign up online or in-person before November 18 to receive our early bird rate. After November 18 the program fee increases by \$10.**

Ages: Grades 9-12

Fee: \$65 Res. / \$75 Non-Res.

Location: NR High School 34600 Bainbridge Rd.

Day	Date	Time
SUN	JAN-MAR	NOON-2:00PM

Fitness

All Levels Yoga

Our class, beginners to experienced students will do poses focusing on alignment, focus-point and breathing. The class is a low-to-medium paced flow of movement. You will receive personalized instruction in this 6-week course that shows the fundamentals of yoga. You will explore classic yoga poses, learn healthy body alignment, experiment with modifications and props, and become comfortable with the nature of yoga.

Instructor: Danielle Smith

Ages: 15 and Up

Class Size: 04 minimum / 15 maximum

Fee: \$50 Res. / \$60 Non-Res.

Location: Safetyville Bldg. 35753 Bainbridge Rd.

Session	Day	Date	Time
Ses I	THUR	09.15-10.20	7:30-8:30PM
Ses II	THUR	10.27-12.08	7:30-8:30PM
No class 11.24.22			
Ses III	THUR	12.15-01.19	7:30-8:30PM

Gentle Yoga

A calming stress-relieving yoga class designed to stretch and strengthen the body gradually. Emphasis is on building awareness of the body and breathing techniques. Yoga poses are practiced at a slow pace with attention to alignment and detail. Props, such as chairs, straps, and blocks, are used to assist the participant in the yoga postures. Seniors also welcome.

Instructors: Kip Cronk

Ages: 15 and Up

Class Size: 04 minimum / 15 maximum

Fee: \$50 Res. / \$60 Non-Res.

Location: Senior Center 73272 Avon Belden Rd.

Session	Day	Date	Time
Ses I	MON	09.12-10.17	6:00-7:00PM
Ses II	MON	10.24-11.28	6:00-7:00PM

HIIT Yoga

A blend of yoga with HIIT (High Intensity Interval Training), with low-intensity options, is a workout designed for all levels wanting to develop their fitness & yoga practice. HIIT is alternating intervals of high intensity workout with rest (2:1 ratio-40 seconds of HIIT to 20 seconds in a resting pose). The portions of the class are: 5 minutes centering, 10 minutes yoga warm-up flow, 30 minute yoga HIIT, 10 minute cool-down yoga flow & ending with a 5 minute savasana. Receiving the benefits both HIIT (cardio) & Yoga (balance & flexibility) have to offer!

Instructor: Danielle Smith

Ages: 15 and Up

Class Size: 04 minimum / 15 maximum

Fee: \$50 Res. / \$60 Non-Res.

Location: Safetyville Bldg. 35753 Bainbridge Rd.

Session	Day	Date	Time
Ses I	MON	10.10-11.14	6:30-7:30PM
Ses II	MON	11.21-12.26	6:30-7:30PM

SCOREKEEPERS WANTED:

Interested in making a little extra money this winter??? Look no further than NRPRD. We are looking for men and women to keep score for our 1st-12th grade youth basketball program.

Interested candidates should contact Melissa Shirley at (440) 353-0880 or mshirley@nrridgeville.org.

Exercise Using Irish Dance Basics

Irish Dance offers many health benefits including, but not limited to improving balance, sharpening the memory and strengthening muscles around the joints to assist with arthritis and overall fitness. All are welcome and no experience is necessary. The class will cover various styles of Irish Dance from “old style” to “Irish social dance” and basic traditional Irish step dance.

Instructor: Peggy Cannon

Ages: 15 and Up

Class Size: 04 minimum / 15 maximum

Fee: \$50 Res. / \$60 Non-Res.

Location: Safetyville Bldg. 35753 Bainbridge Rd.

Session	Day	Date	Time
Ses I	SAT	10.15-11.19	3:00-4:00PM

Restorative Sound Bath

Join us for a 90 minute relaxation journey! The journey will include 60 minutes of gentle, restorative yoga taught by Kip. In addition Becky will provide the wonderful sound and vibrations of crystal bowls to aid in your experience. The combination of yoga and crystal bowls will lead you into a deep state of peaceful relaxation. Bring a yoga mat, comfortable clothing and/or your favorite blanket and pillow.

Instructor: Kip Cronk & Becky Hopp

Ages: 15 and Up

Class Size: 04 minimum / 15 maximum

Fee: \$25 Res. / \$30 Non-Res.

Location: Senior Center 7327 Avon Belden Rd.

Session	Day	Date	Time
Ses I	TUES	09.27	6:00-7:30PM
Ses II	TUES	12.20	6:00-7:30PM

Sound Bath

Join Becky Hopp from With a Grateful Heart Wellness, as she takes you on a relaxing journey using the highest grade Crystal Alchemy Singing Bowls. This full body relaxation experience will help with stress, tension, sleeplessness, anxiety, depression, grief, physical pain, addiction and more. Based on ancient healing techniques, this occurs through the sound wave vibrations which calm the nervous system and balance the subtle body. Be prepared to leave the session feeling refreshed, radiant, and glowing from the inside out.

Instructor: Becky Hopp

Ages: 15 and Up

Class Size: 04 minimum / 15 maximum

Fee: \$20 Res. / \$30 Non-Res.

Location: Senior Center 7327 Avon Belden Rd.

Day	Date	Time
FRI	09.02	6:30-7:30PM
FRI	10.07	6:30-7:30PM
FRI	12.02	6:30-7:30PM

Spinning®

When in need of a challenging workout, innovative equipment, or a flat-out fun experience, look to Spinning® and start enjoying the benefits of indoor cycling. This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. An indoor cycling class set to exciting music tracks and choreographed to provide an excellent workout and improve cardiovascular conditioning.

Instructors: Ralph Mlady (W) / Melinda Milos (S)

Ages: 15 and Up

Class Size: 04 minimum / 12 maximum

Fee: \$50 Res. / \$60 Non-Res.

Location: Shady Dr. Batting Cage 37077 Shady Dr.

Session	Day	Date	Time
Ses I	WED	09.07-10.12	6:30-7:30PM
Ses II	WED	10.19-11.23	6:30-7:30PM
Ses I	SAT	09.03-10.08	8:30-9:30AM
Ses II	SAT	10.15-11.19	8:30-9:30AM

Stroller Strong

Is an energetic, total-body workout designed for moms with kids in tow! Each 60-minute workout focuses on strength training, basic cardio, and core restoration, all while entertaining little ones with songs, activities, and fun! The Stroller Strong instructor is skilled to meet you where you are mentally and physically by providing motivation and modifications in a judgment free zone so you get the best workout possible! No mommy guilt here! This class is all about self-care in a supportive and encouraging environment.

Instructor: Danielle Stribula

Ages: 15 and Up

Class Size: 04 minimum / 15 maximum

Fee: \$50 Res. / \$60 Non-Res.

Location: Shady Dr. Batting Cage 37077 Shady Dr.

Session	Day	Date	Time
Ses I	THUR	09.22-10.27	10:00-11:00AM
Ses II	THUR	11.03-12.15	10:00-11:00AM

No class 11.24.22

Tai Chi Balance

Good balance is essential for our daily life activity, and Tai Chi can help improve your balance and confidence at any age. This class focuses on the basic movements of Tai Chi to improve balance, flexibility, and coordination while strengthening muscles of the ankles, knees, hips, and legs. Previous Tai Chi experience is not required.

Instructor: Mary Cordray

Ages: 15 and Up

Class Size: 04 minimum / 15 maximum

Fee: \$50 Res. / \$60 Non-Res.

Location: Safetyville Bldg. 35753 Bainbridge Rd.

Session	Day	Date	Time
Ses I	SAT	08.20-09.24	10:00-11:00AM
Ses II	SAT	10.01-11.05	10:00-11:00AM
Ses III	SAT	11.12-12.17	10:00-11:00AM

12TH Annual Black Light Zumba®

Light up the night in white and bright at the 12th Annual Black Light Zumba® Party! Enjoy a fun and exciting Zumba® fitness dance workout with instructor Isa Serra! It will be 60 minutes of hot and spicy fun! Everyone can Zumba®! White and neon colors will glow in the black light. Help spread the word and invite someone you know to try Zumba® - the most fun dance-fitness workout on the planet!

Instructor: Isa Serra

Ages: 15 and Up

Class Size: 04 minimum / 40 maximum

Pre-Registration Fee: \$5 Res. / \$6 Non-Res.

Drop-in Fee: \$6 Res. / \$7 Non-Res.

Location: Shady Dr. Batting Cage 37077 Shady Dr.

Day	Date	Time
TUES	10.25	6:30-7:30PM

Zumba® Fitness

Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance-fitness party that's moving millions of people toward joy and health. Class is an hour and offered year-round.

Instructors: Isa Serra (T/TH) Michelle Carey (S)

Ages: 15 and Up

Class Size: 04 minimum / 40 maximum

Pre-Registration Fee: \$5 Res. / \$6 Non-Res.

Drop-in Fee: \$6 Res. / \$7 Non-Res.

Location: Shady Dr. Batting Cage 37077 Shady Dr.

Session	Day	Date	Time
Ses I	TUES	09.06-09.27	6:30-7:30PM
Ses II	TUES	10.04-10.18	6:30-7:30PM
Ses III	TUES	11.01-11.29	6:30-7:30PM
Ses IV	TUES	12.06-12.27	6:30-7:30PM
Ses I	THUR	09.01-09.29	6:30-7:30PM
Ses II	THUR	10.06-10.27	6:30-7:30PM
Ses III	THUR	11.03-11.17	6:30-7:30PM
Ses IV	THUR	12.01-12.29	6:30-7:30PM
Ses I	SAT	09.10	9:45-10:45AM
Ses II	SAT	10.01	9:45-10:45AM
Ses III	SAT	11.05	9:45-10:45AM
Ses IV	SAT	12.03	9:45-10:45AM

Turkey Day Zumba®

Burn your Thanksgiving calories before you eat them and do something good for the community! Bring a donation of two (2) non-perishable food items or new toys in original packaging to be donated to Community Care. Class fee is \$5.00 for residents & non-residents with a donation or \$7.00 without a donation. **This is a Drop-in only event.**

Instructor: Mary Cordray

Ages: 15 and Up

Class Size: 04 minimum / 15 maximum

Fee:

\$5 Res. / Non-Res. With Donation

\$7 Res. / Non-Res. Without Donation

Location: Shady Dr. Batting Cages 37077 Shady Dr.

Day	Date	Time
THUR	11.24	9:00-10:00AM

Adult Ed

A Beginning Is A Very Delicate Time

We'll explore some basic astronomy. We'll discuss the birth of space and time, star formation, and planet formation. Time and distance are vast and will represent the ultimate challenge to human exploration. We'll talk about those who laid the foundation for space exploration and gave us the tools to turn dreams to reality; from the ancient Greeks to today!

Instructor: Jeff Woytach
Ages: 15 and Up
Class Size: 06 minimum / 25 maximum
Fee: \$25 Res. / Non-Res.
Location: Council Chambers 7307 Avon Belden Rd.

Day	Date	Time
TUES	10.04	6:00-7:30PM

Gettin' From Here To There

This session will talk about the scientists and engineers who laid the foundation for space exploration and gave us the tools to turn dreams to reality. We'll do a little math as we learn about launch vehicle ascent trajectories, orbits and how to get from one point in the solar system to another. And we'll talk about why it is so difficult to reach for the stars.

Instructor: Jeff Woytach
Ages: 15 and Up
Class Size: 06 minimum / 25 maximum
Fee: \$25 Res. / Non-Res.
Location: Council Chambers 7307 Avon Belden Rd.

Day	Date	Time
TUES	10.18	6:00-7:30PM

The Birth Of The Space Age

On October 4, 1957, the world was transfixed by a "beep, beep, beep" from the sky. It spawned a Cold War competition that took us to the Moon beginning with the Mercury and Gemini Programs and their Soviet counterparts. From Sputnik 1 to Apollo 11, we'll discuss the beginnings of humanity's greatest adventure.

Instructor: Jeff Woytach
Ages: 15 and Up
Class Size: 06 minimum / 25 maximum
Fee: \$25 Res. / Non-Res.
Location: Council Chambers 7307 Avon Belden Rd.

Day	Date	Time
TUES	11.01	6:00-7:30PM

Stepping Stones To The Stars

The programs that allowed us to wade into the celestial sea; Apollo, Space Stations and The Space Shuttle.

Instructor: Jeff Woytach
Ages: 15 and Up
Class Size: 06 minimum / 25 maximum
Fee: \$25 Res. / Non-Res.
Location: Council Chambers 7307 Avon Belden Rd.

Day	Date	Time
TUES	11.15	6:00-7:30PM

Special Events

Holiday Food And Toy Drive

Non-perishable food items and new toys in original packaging are needed to help benefit Community Care for the holidays. Drop off boxes will be located at City Hall, Parks & Recreation Department, and Senior Center.

Items can be dropped off October 31-December 2, Monday-Friday 8:00AM-4:30PM. We appreciate your donations and thank you for making the holidays brighter for families in need.

NRFD Fire Safety & Health Fair

Come kick off Fire Safety Week with the North Ridgeville Fire Department! There will be food, bounce houses, face painting and other fun activities for kids. Informational tables on hand with fire safety and health tips for adults and children. Fire trucks and ambulances, police cars and street department trucks will be on hand to tour and touch. Area medical helicopters are also planned to visit, weather and emergencies permitting.

Fee: FREE
Location: NR Fire Station 1 7000 Ranger Way

Day	Date	Time
SAT	10.01	10:00AM-2:00PM

NRPRD Annual FallFest Sponsored By: Legacy Roofing & Keller Williams Citywide

Come enjoy a fun fall day with the Parks & Recreation Department. Families will experience fun games, food vendors, face & pumpkin painting, balloon animals, pumpkin bowling, photo booth and hay rides (weather permitting). We buy a limited number of pumpkins to give out so come early so your child is guaranteed one.

Fee: FREE
Location: South Central Park 7565 Avon Belden Rd.

Day	Date	Time
SAT	10.08	4:00-6:00PM

Pumpkin Decorating

Looking to decorate a pumpkin this Halloween? North Ridgeville Parks and Recreation and Senior Center have you covered! We will have glitter, stickers, paint and other craft supplies to make sure you have the best pumpkin in town. Come create something beautiful, scary or zany-the possibilities only end when your creativity does! We will have a contest to show off your skills and snacks will be provided. This is an inter-generational program with older adults. All supplies (crafts & pumpkin) will be provided. Pre-registration is required.

Ages: K-5th Grade
Class Size: 04 minimum/ 30 maximum
Fee: FREE
Location: Senior Center 7327 Avon Belden Rd.

Day	Date	Time
FRI	10.14	10:00AM-NOON

Tots Trick-Or-Treat

BOO!!! Bring out your little witches and goblins to City Hall to march in a parade and receive some ghoulish treats. Please pre-register for the event so we have plenty of treats for all to enjoy.

Ages: Up to 5 years old
Fee: FREE
Location: NR City Hall 7307 Avon Belden Rd.

Day	Date	Time
FRI	10.28	1:00PM

9TH Annual Cleveland Stache Dash

5K / 1 Mile Fun Run - Walk
 Join us for Cleveland's Premiere Celebration of the Stache - where your upper lip finally gets the attention it deserves. Can you think of a better excuse to stop shaving? **Register by Monday, October 17** to guarantee you receive a hooded sweatshirt and beanie. Goody bags to first 300 pre-registered. Post-race refreshments will be provided. This is a family-friendly event! Proceeds from the race benefit the North Ridgeville Parks & Recreation Department.

Fee:
 5K Race: \$35 Pre-Reg. / \$40 Race Day
 5K Race (14 & under): \$30 Pre-Reg. / \$35 Race Day
 1 Mile: \$25 Pre-Reg. / \$30 Race Day

Day	Date	Time	Race
SAT	11.05	8:45AM	1 Mile Fun Run-Walk
SAT	11.05	9:00AM	5K Race

Santa's Calling

The North Ridgeville Lions Club is assisting Mr. & Mrs. Claus this holiday season by providing them with a direct phone line into our community.

Since this is the busiest time of the year for the Clauses, they'll have time for only one call to each family. It's very important that you're home during the time your call is scheduled!

Ages: 3-6 year olds
Fee: FREE, residents ONLY

Day	Date	Time
WED	12.14	6:00-8:00PM
THUR	12.15	6:00-8:00PM

