

It's a summer morning in the Chagrin Valley. You drop off your kids for a swim lesson, a tennis lesson or an arts 'n crafts session while you grab a cup of coffee and a bagel, say hello to your local friends and then set up your laptop next to the pool, using the free Wi-Fi service to complete a few online chores...in peace....and all at one location just a mile or so from your house.

That's all here...for your entire family...at the Chagrin Valley Recreation Center, better known as "The Rec."

Coffee, donuts and muffins at the concession stand in the morning are just one of the great additions at The Rec this year. Tennis lessons are now longer and will feature some new teaching methods. Younger kids will enjoy the new "drop in" arts 'n crafts sessions in the Rec Room, and adults will want to take advantage of the classes Chagrin Valley Fitness will be running here this summer.

But, don't worry; all the good old Rec programs remain, including the strong swimming and tennis programs. And don't forget the free Wi-Fi too.

Since its founding in 1943, The Rec has never received any government or school financial support, but has been financed only by its membership and operated by its volunteers. Not only does your

membership support a local community institution, but it also helps make the Chagrin Valley one of the best places to live in the greater Cleveland area.

On that note, don't forget the Back the Rec Party, to be held at Crystal Brook Farms on April 16th at 6:30PM. This fundraiser event is vitally important to The Rec's continued operation, so please put that date on your calendar. We are taking extra steps to make this an extraordinary event and are anticipating a large turnout.

Without the generosity of the Back the Rec patrons, the membership dues and the volunteers who make the annual Rec programs possible, the residents of the Chagrin Valley would have to travel a considerable distance for the same experience at a comparable price. If you can't attend Back the Rec, please consider donating just a little of your time to help one of The Rec's summer programs.

And, keep up on The Rec by joining our Facebook group, Friends of the Chagrin Valley Rec Center.

- Karen Ostaneck, 2010 Rec Council Chairperson

Membership includes use of Rec facilities, swimming lessons (one session per child for each lesson program) and youth classes run by volunteers. Fees are based on location of residence (within or outside of the Chagrin Falls School District).

Registration for membership may be done in person or by mail. If you wish to register for open swim membership ONLY, mail in the registration form with your check and pick up your passes after Opening Day when you visit the Rec. **Registration for membership with lessons, classes and camps must be done in person.** You may fill out the attached form and bring it with you to registration. Payment is by cash, check, MC or VISA. Single memberships will not be sold to children under 10 years old unless the child's parent or guardian also purchases a single membership. **NOTE: All children under 10 must be accompanied by an adult member while at the Rec.**

After May 19, a \$20 late fee will be charged for registration.

MEMBERSHIP TYPE	IN-DISTRICT	OUT-OF-DISTRICT
Family	\$ 355	\$ 395
Single	\$ 160	\$ 180
Senior	\$ 75	\$ 75
Super Senior	FREE	

Guest Passes - Daily \$7 • 7-Day Pass \$45 • No fee for children under 2 yrs old.

IN-DISTRICT Lives in the Chagrin Falls School District • FAMILY Limit of 2 adults per family membership • SENIOR Age 55 and over • SUPER SENIOR Over age 65 and lives in the Chagrin Falls school district • GUEST Must be accompanied by a member. PASSES are intended for members' house guests or visitors, and may be purchased by members only.

2010 OpenSwimHours

June 12 - August 6
Mon-Fri • 1 pm - 8 pm
Sat-Sun • Noon - 8 pm

August 7 - August 24
Daily • Noon - 8 pm

August 25 - Labor Day
Sat-Sun • 12 pm - 7 pm

Adult Lap Swim
Mon-Fri • 6:30 am - 8 am
After 6 pm upon request

Wading Pool
will also be open during
Swim Lessons.

Please Note: All pools will be closed the entire day for Open Swim on both Saturday, July 17, and Sunday, July 18, due to the Chagrin Valley Invitational.

Pool hours may vary due to swim meets, special events and weather. Please check our web site and/or daily posting at the Rec for the most up-to-date information.

Register AT THE REC BUILDING

Saturday, May 15, 2010
All Residents 9:00 - 11:00 AM
All Residents 12:00 - 1:30 PM

Wednesday, May 19, 2010
All Residents 7:00 - 8:30 PM

Numbers will be handed out 1 hour before opening on May 15. One number given out per person. For questions about classes or programs following Registration but prior to Opening day, please e-mail the Director at: director@chagrinrec.com.



Swim Program

Chagrin Valley Rec Center is located on the Chagrin Falls Middle/High School Campus at 400 East Washington Street in Chagrin Falls, and is open from mid-June to Labor Day. "The Rec" offers summer swimming, tennis and a wide range of summer programs to residents of the Chagrin Valley. In cooperation with the Chagrin Falls School Board, "The Rec" consists of three outdoor pools, five tennis courts, a basketball court, a game room, swimming and tennis lesson programs, camps, and many unique, volunteer-run classes and special events.

Conceived by a group of volunteers in 1943, the Rec continues its commitment to offer quality family summer recreation at an economic value to residents of the Chagrin Valley. The **non-profit, non-tax supported** Recreation Center is a unique volunteer-run program. Nearly all expenses, including salaries of the professional staff, are paid from membership fees.

Many who are "Friends of the Rec" have helped us in our efforts over the years. If you would like to contribute, please contact the Rec Director or send your donation to:

Friends of the Rec
Box 84
Chagrin Falls, Ohio 44022

2010 SUMMER DIRECTORS

Mary Beth Wolfe, Director • Sherrie Wooden, Facilities Director • Julie O'Neill, Activities Director

REC COUNCIL OFFICERS

Karen Ostanek, Chairperson • Michael Garvey, Vice Chairperson • Lori Zaffiro, Treasurer • Lauren Jones, Secretary

ELECTED REC COUNCIL

Tom Florkiewicz • Margaret Juergens • Pam Route • Gigi Kuper-Lewis • Bruce Sampsel

REC COUNCIL APPOINTMENTS

Jill Andrews • Jen Bencko • Deanna Blair • Jill Carroll • Matthew Davidson • Ivy Gaizutis • Cindy Girouard • Meredith Goodwin • Dave Jansen • Ellen Karakul • Allison Kure • Niki Lustig • Shawna Michaels • Molly Owens • Barbara Patton • Kristin Ruitter • Jay Schach • Catherine Schneider • Connie Sincaglia • Jolie Stavnick • Brenda Thompson • Debbie Weber • Daryl Whitmoyer • Kristin Wood • Christy Wynveen

This brochure is published in part due to a generous donation from

STROUD LAWRENCE
FUNERAL HOME

95 S. FRANKLIN STREET
CHAGRIN FALLS, OH 44022

The CVRC Swimming Program is loosely based upon the American Red Cross learn to swim program, specifically designed for the Chagrin Valley Recreation Center swimming facilities. Classes are offered in two week sessions, five days per week. Members may register for one session per child. More sessions may be available for an additional fee after the summer season has begun and is at the discretion of the Rec Director.

Please read the descriptions of each level and identify which skills your child should focus on to become a skilled swimmer. The Learn-to-Swim Director will be present at Registration to answer individual questions. There must be at least 6 students registered in order to conduct a class. A class may be canceled due to insufficient enrollment. Classes will NOT be held on July 4th. If your child is unable to attend a class for which he/she is registered, please contact the Rec Director to cancel or reschedule. If a student is absent for two classes in a row, he/she will be dropped from the class.

PLEASE NOTE: Children who are not potty trained must wear a diaper while in the pools.

Intermediate Pool (IP) 1.5-5 ft. (40 x 60 ft.)
Senior Pool (SP) 4-9 ft. (50 ft. x 100 ft.)

Tadpoles

Typical Ages 6 months to 4 years old
Teacher/Student Ratio 5/1
Length of Class 25 minutes
Class Location Shallow End of Middle Pool
Instructional activities: Techniques for parents to orient their child to the water. Child must be accompanied by an adult in the water.

Level 1 - Water Exploration

Typical Ages 3-5 years old
Teacher/Student Ratio 5/1
Length of Class 25 minutes
Class Location Shallow End of Middle Pool
Instructional activities: Front and back crawl arm movement, float with assistance, blow bubbles, submerge face & head, retrieve rings.
Testing requirements at completion of class: Submerge face, float on front and back with assistance.

Level 2 - Primary Skills

Typical Ages 4-6 years old
Teacher/Student Ratio 5/1
Length of Class 25 minutes
Class Location Middle Area of Middle Pool
Instructional activities: Front and back crawl arm movements, float with and without assistance, submerge face and head, retrieve rings, flutter kick with kickboards with assistance.
Testing requirements at completion of class: Float independently on both front and back, submerge head comfortably.

Level 3 - Stroke Readiness

Typical Ages 5-7 years old
Teacher/Student Ratio 5/1
Length of Class 40 minutes
Class Location Deep End Middle Pool
Instructional activities: Rotary breathing rehearsal, kicking with kickboards, assisted

"I love the Rec because my daughter can see all of her friends and I can see mine. It's perfect for both of us."
--Joelle Snavelly

front and back crawl, prone and supine glides, introduction to rotary breathing on wall & with kickboards.

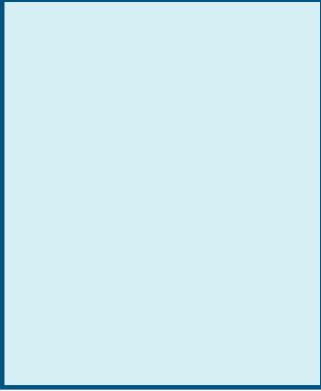
Testing requirements at completion of class: Front crawl and back crawl across the middle pool with assistance, glides.

Level 3+ - Stroke Readiness Plus

Typical Ages 6-8 years old
Teacher/Student Ratio 6/1
Length of Class 40 minutes
Class Location Deep End Middle Pool & Shallow End Senior Pool
Instructional activities: Kicking with kickboard in middle & big pool, rotary breathing assistance with kickboard, width swimming in middle & big pool, elementary backstroke kick, treading water, streamlining, sit dives in the big pool.
Testing requirements at completion of class: Continuous front and back crawl, unassisted in middle pool (2 widths), elementary backstroke kick, rotary breathing with kickboard while swimming the width of the big pool, sit dives into the big pool.

Level 4 - Stroke Development

Typical Ages 7-10 years old
Teacher/Student Ratio 6/1
Length of Class 40 minutes
Class Location Shallow End of Senior Pool
Instructional activities: Widths across the big pool practicing practicing strokes to be tested, frequent kickboard use in breast & side stroke instruction, rotary breathing rehearsal, practice open turns, elementary backstroke arms.
Testing requirements at completion of class: Two widths front crawl with rotary breathing, 2 widths back crawl, 1 width elementary backstroke, sidestroke, breaststroke kick, diving from kneeling position, tread water for 2 minutes, streamlining.



Level 5 - Stroke Refinement

Typical Ages 8-12 years old

Teacher/Student Ratio 6/1

Length of Class 40 minutes

Class Location Middle of Senior Pool

Instructional activities: Widths across the big pool practicing strokes to be tested, frequent kickboard use, diving practice, open turns.

Testing requirements at completion of class:

Three widths of refined freestyle with rotary breathing (form will be tested), 3 widths of refined backstroke, 2 widths of breaststroke with proper frog kick, 2 widths of sidestroke, 2 widths of elementary backstroke, 1 width of butterfly kick with kick board, open turns, standing diving, tread water for 5 minutes.

Level 6 - Swimming Proficiency

Typical Ages 9-12

Teacher/Student Ratio 6/1

Length of Class 40 minutes

Class Location Deep End of Senior Pool

Instructional activities: Swim widths across the pool practicing strokes to be tested, tread water, diving practice, flip turn practice.

Testing requirements at completion of class:

Freestyle, backstroke, breaststroke, butterfly, sidestroke, elementary backstroke, flip turns, shallow racing dives

ASR - Advanced Stroke Refinement

Class Location Deep End of Senior Pool

Instructor drills and offers feedback to improve stroke efficiency for competitive swimmers.

Weekend Swimming Lessons

Swim Lessons will be available on Saturdays and Sundays. See the Rec Director IN PERSON AT REGISTRATION to determine level and scheduling.

Private Swimming Lessons

Private Lessons are offered for a fee on a limited basis, subject to instructor and availability of pool. See the Rec Director for information.

2-WEEK SWIM CLASSES					
Classes held Monday-Friday for 2 weeks.					
Session A		June 14 - June 25			
Session B		June 28 - July 9			
Session C		July 12 - July 23			
Session D		July 26 - August 6			
LEVEL	TIME	CLASSES / SESSION			
		A	B	C	D
TAD	9:30-9:55	TA1	TB1	TC1	TD1
	12:15-12:40	TA2	TB2	TC2	TD2
L1	9:00-9:25	1A1	1B1	1C1	1D1
	10:00-10:25	1A2	1B2	1C2	1D2
	10:45-11:10	1A3	1B3	1C3	1D3
	11:30-11:55	1A4	1B4	1C4	1D4
L2	9:00-9:25	2A1	2B1	2C1	2D1
	9:30-9:55	2A2	2B2	2C2	2D2
	10:00-10:25	2A3	2B3	2C3	2D3
	12:15-12:40	2A4	2B4	2C4	2D4
L3	9:15-9:55	3A1	3B1	3C1	3D1
	10:45-11:25	3A2	3B2	3C2	3D2
	11:30-12:10	3A3	3B3	3C3	3D3
L3+	10:00-10:40	3+A1	3+B1	3+C1	3+D1
	11:30-12:10	3+A2	3+B2	3+C2	3+D2
	12:15-12:55	3+A3	3+B3	3+C3	3+D3
L4	10:00-10:40	4A1	4B1	4C1	4D1
	10:45-11:25	4A2	4B2	4C2	4D2
	11:30-12:10	4A3	4B3	4C3	4D3
	12:15-12:55	4A3	4B3	4C3	4D3
L5	10:00-10:40	5A1	5B1	5C1	5D1
	10:45-11:25	5A2	5B2	5C2	5D2
	11:30-12:10	4A3	4B3	4C3	4D3
L6	10:00-10:40	6A1	6B1	6C1	6D1
	12:15-12:55	6B1	6B2	6C2	6D2
ASR	10:45-11:25	SA1	SB1	SC1	SD1

Pool Rental

The Rec Building and Pools may be rented by members for events after hours. Check our website or see the Director for information.

Adult Water Aerobics

June 19 - August 7

Fridays • NO FEE

Taught by volunteers. Watch daily Rec board for times. Held in the Senior Pool.

Swim Team

June 14 - July 30

A spirited team led by enthusiastic coaches. Weekday morning practices; evening Home and Away meets twice a week. Evening practice times may be offered. Swimmers must be able to pass the senior pool safety test and should be able to do the front crawl. Please note: This is not a learn-to-swim course. In order to manage the size of the swim team, enrollment will close at the end of the first week of practice. [Rec summer membership is required for participation on the swim team.](#) **\$20.00 / swimmer**

Ages 11 & older M-F 8:00-9:00 am
Ages 10 & under M-F 9:00-9:50 am

Master's Swim Program

June 15 - Aug 6 • Ages 18 & up

T & Th 6:30-7:30 am

Sat 7:30-9:00 am

member **\$10** non-member **\$80**

The Chagrin Falls Master's swim program is here! Masters swimming provides group training, written workouts, and coaching for all levels of adult swimmers, from recreational exercisers to tri-athletes. If you wish to become more fit, swim faster and have a great time doing it, this is for you! The minimum requirement to join the program is a swimming ability of finishing one mile per workout. Everyone will be contacted prior to the first workout to review individual experience level and goals.

NEW!
Synchronized
Swimming
Camp! See
pg. 8

Chagrin Valley Invitational

Saturday, July 17

Timed Trials begin at 9:00 am

Finals begin at 6:30 pm

Join us for the 41th Annual Invitational. Over 800 swimmers from 18 area clubs compete in relay races. Admission is charged.

All pools will be closed the entire day on both Saturday, July 17, and Sunday, July 18, for Open Swim.

Tennis Program

2010 CVRC Tennis Program is new and improved! To meet the needs of our members we continue to provide, free of charge, tennis instruction. We have increased the length of our tennis classes and the number of days in a session; more class instruction and more instruction time! Members may register for ONE CLASS PER CHILD. Additional clinics may be available after Registration is complete for an additional fee. **Please Note: Proper footwear must be worn on the courts.**

Summer Clinics

Summer Clinics are held in two-week sessions.

Level 1 • 4-5 yr Participants will learn the movements of tennis through eye/hand coordination drills, games and fun group activities.

Level 2 • 6-7 yr Participants will learn basic grips, stroke pattern, and basic rules of tennis through eye/hand coordination drills and games.

Level 3 • 8-10 yr Participants will learn basic grips, stroke pattern, timing, movement, and basic rules of tennis through eye/hand coordination drills and games.

Level 4/Intermediate • 11 yr & up Participants will develop proper movement, strokes, shot directions and serve. Drills will be used to help gain control, consistency, and foot-work. Some match play will be involved to give the participants experience in serving, rallying, and scoring.

Quick Start Tennis

M-Th 11:45 am - 12:45 pm
QS Session E: June 14 - July 8
QS Session F: July 12 - August 5
\$40.00 / session

This is a USTA sanctioned program designed to make learning and playing the easier for kids ten and under by making it "kid-sized" i.e., employing smaller courts and racquets, lower nets, less bouncy balls and modified scoring. Each hour of class time consists of 30 minutes of instruction followed by 30 minutes of "kid-sized" match play. Each class is 4 weeks, 4 days per week for a total of 16 hours of fun. All "Quick Start" participants will receive a free racket with their \$40.00 registration fee.

"The Rec is kind of a legacy in my family. I joined the Rec to see my neighbors when I go to the pool. I want my kids to have the volunteer classes with community members as well as tennis and swimming lessons. It helps to shape our summer days."
 --Lynn Wyville

2-WEEK SUMMER CLINICS

Clinics held Monday-Thursday for 2 weeks

Session A June 14 - June 24
Session B June 28 - July 8
Session C July 12 - July 22
Session D July 26 - August 5

	A	B	C	D
L1	8:15-8:45	9:00-9:30	8:15-8:45	9:00-9:30
L2	8:50-9:30	8:15-8:55	8:50-9:30	8:15-8:55
L3	9:45-10:30	10:45-11:30	9:45-10:30	10:45-11:30
L4	10:45-11:30	9:45-10:30	10:45-11:30	9:45-10:30

Private Tennis Lessons

Private Lessons are offered for a fee on a limited basis, subject to instructor and court availability. Contact the Tennis Director for more information.

Tennis Team

M-Th 1:30 - 2:30 pm • Friday Match Play 1-3 pm
TT Session E: June 14 - July 8
TT Session F: July 12 - August 5
\$25.00 / session

Tennis team offers participants the chance to refine their skills by competitive match play. In an effort to provide tennis team members a more consistent level of instruction, practice, and match play, we are offering tennis team in two four week sessions. Participants must be able to serve, sustain a rally, and keep score. Prior match play is recommended. All tennis team members must register with the USTA for an additional \$24.00. This can be done online or by phone. Tennis team will practice 4 days per week (M-Th) with match play against area teams on Fridays from 1:00-3:00pm at CVAC. Level Four/Intermediate Tennis players may also play on the tennis team with approval from the head tennis coach.

RecRoom

Drop In Craft Center

June 14 - July 29 • M-Th 9 am - 12 pm
 A daily craft project with parents, babysitters and volunteers will entertain our younger customers! One craft per day per child. **Parental/adult supervision will be required.** Please stop by daily to check out the craft of the day.

Open Rec Room Hours

10 am - 7 pm
 Ping Pong, Foosball & Pop-a-shot. Balls & pucks for games are available at the concession stand.

We're Now Wireless!

The Rec building and grounds are now equipped with wi-fi for your convenience!

FRIDAY FUN! 11:30 am - 12:30 pm
 Kickball, Dodgeball, Bingo! Check the white board each week for activities.

Chagrin Valley Fitness will be running adult fitness classes at the Rec this summer! See the Rec Staff at Registration for more information.

PLEASE NOTE

The Rec Center can not provide supervision outside of regularly scheduled classes and other activities as shown in this program. **Children under 10 years old must be accompanied by an adult at all times at the Rec.** Any child over 10 years old who visits the Rec without a parent or guardian should be a capable and confident swimmer. This includes Open Swim and Special Events such as Tween Night.

YouthClasses

Youth Classes are one-hour classes designed and taught by volunteers. They are free to all members on a first come, first served basis. Classes are offered to children in four age groups: 3-4, 5-6, 7-9 and 10+ years of age. Enrollment limits will be posted at registration. Please be considerate of fellow members and limit your selections to a reasonable number per child.

Classes are held at the Middle School unless otherwise noted. In case of rain, outdoor classes will be held in the Rec building. **Check daily posting at entrance to Middle School and the Rec Building for last minute details and class availability.** (Volunteer to teach a class next year and register early for all Rec offerings. Contact a council member or check our website for more information.)

Monday, June 14

1. Frame It! 3-4 yr

9:30-10:30 • Jesse Weinberger & Meg Nachtwey
Be creative! Make your own picture frame! We'll share a funny story about pictures and have a snack.

2. Martial Arts Madness! 5-6 yr

11:00-12:00 • Jesse Weinberger & Caleb Weinberger
Caleb is a 5th grade black belt in Kuk Sool. He will teach you basic kicks, punches and tumbling.

3. Rock Art! 7-9 yr

9:30-10:30 • Jane Aerni & Kelly Brandt
Let's make crafts using rocks!

4. Herbs In the Kitchen 10+ yr

1:30-2:30 • Lorraine Sevich & Lisa Brown
Let's make herb salt and herb butter!

Tuesday, June 15

5. Explore Nature! 3-4 yr

11:00-12:00 • Rayna Santiago & Beth Neumann
We will read a nature story, make our own binoculars and go exploring!

6. Just For Kicks! 5-6 yr

9:30-10:30 • Pam Malone & TBD
A fun, creative way to increase your soccer basics! Footskills, fitness and fun!

7. Beach Fun! 7-9 yr

9:30-10:30 • Rose Brown & Vicki Cowman
Crafts, snacks and games!

8. Father's Day Craft & Card 7-9 yr

11:00-12:00 • Denise Parsons & Julie Cohen
Make a cookie canister to fill with Dad's favorite cookies and make a Father's Day card, too!

Wednesday, June 16

9. Ice Cream Party! 3-4 yr

11:00-12:00 • Marlo Peck & Charlotte Brett
Sing songs, read stories and do crafts about ice cream, then make ice cream sundaes! Ice cream, sprinkles, whipped cream & cherries provided. (No nuts!)

10. Googley Eye Nature Walk 5-6 yr

9:30-10:30 • Daryl Whitmoyer & Karen Ostanek
Take a nature walk and collect fun objects to make googley eye creatures!

11. Fortune Teller Fun! 7-9 yr

9:30-10:30 • Connie Sincaglia & Kristin Ruiter
Learn how to fold paper to make your own fortune tellers at home! Fun for you and your friends!

Thursday, June 17

12. Cat In The Hat! 3-4 yr

9:30-10:30 • Carrie Hawk & Cheryl Nemunaitis
Let's read a story, do a craft and decorate a cupcake!

13. Princess Treasure Box! 5-6 yr

11:00-12:00 • Angela Fant & Amy Rotenbor
Make and decorate your own princess treasure box!

14. Goofy Grassheads 7-9 yr

1:30-2:30 • Caroline Brosnan & Sue Seliga
Let's make grassheads! They are nylons filled with grass seeds & sawdust, decorated with craft materials.

15. Create A Tee Shirt! 10+ yr

1:30-2:30 • Amy Taussig & Jen Longo
Create your own T Shirt using paints, markers and puffy paints! T Shirts and supplies included.

Monday, June 21

16. A Bug Garden Party 3-4 yr

11:00-12:00 • Kristen Brackett & Jennifer Yanchar
Make cute, creepy, crawly crafts, enjoy a story and a buggy snack!!

17. Playground Games! 5-6 yr

11:00-12:00 • Catherine Schneider & TBD
Jump rope games, hopscotch, 4-square and kickball!

18. Healthy Smoothie Fun 7-9 yr

11:00-12:00 • Kasie Burgess & Rebecca Gellin
Have fun creating and naming your own fruit smoothie!

Tuesday, June 22

19. Boo Boo Bear 3-4 yr

9:30-10:30 • Jesse Weinberger & Meg Nachtwey
Bring your stuffed animal or doll with a "boo boo" to fix. We will read a story, then talk about health and safety.

20. Jewelry Making 5-6 yr

9:30-10:30 • Janeen Daugherty & Debbie Fitzmaurice
Have fun creating bracelets and necklaces with beads, string and more!

21. Scooter Fun! 7-9 yr

11:00-12:00 • Erin Pitz & Samantha Wood
Bring your scooter and scoot around with your friends! Helmets are a must. Pads are optional.

Wednesday, June 23

22. Story Time & Craft 3-4 yr

9:30-10:30 • Betsy Gregoire & TBD
We will have so much fun, reading a story and making a craft! Won't you join us?

23. Relay Races and Frisbee Fun 5-6 yr

11:00-12:00 • Liz Wirbel & Megan Taft
Join us for some outdoor fun. Prepare to get wet!

24. Karoke! 7-9 yr

11:00-12:00 • Tracey Cayce & Deanna Kaiser
Sing your favorite tunes and enjoy a snack!

25. Relay Races and Frisbee Fun 7-9 yr

11:00-12:00 • Liz Wirbel & Megan Taft
Join us for some outdoor fun. Prepare to get wet!

Thursday, June 24

26. Story Time 3-4 yr

9:30-10:30 • Sali McSherry & Sue Reid
Interactive Story telling and wholesome snack. (Please let us know of any allergies.)

27. Magic School Bus! 5-6 yr

9:30-10:30 • Jen Kler & Anna Latkovic
An "Inside the Earth" theme makes for fun with rocks!

28. Decorate A Bird House 7-9 yr

11:00-12:00 • Joelle Snavefyf & Vanessa Thompson
Decorate a birdhouse with us. We will supply the birdhouse and the decorations!

Monday, June 28

29. Blues Clues 3-4 yr

9:30-10:30 • Megan Mlakar & Jen Atkins
Follow Blue to find the clues for a summer treat of lemonade and cookies!

30. Princess Or Dragon Garden 5-6 yr

1:30-2:30 • Ann Coffey & Laura Cleveland
Plant an amazing dinosaur plant.

31. I Love A Parade 7-9 yr

11:00-12:00 • Colleen Mahoney & Cathy Cusack
March in the Rec's 2nd annual 4th of July Parade!
Bring your bike, scooter or wagon to decorate. We'll supply the supplies and musical instruments for the marching band. Wear Red, White and Blue!

Tuesday, June 29

32. Parade Vehicles! Cars, Tractors & Trucks! 3-4 yr

11:00-12:00 • Amy Eibler & Amy Belew
We will read books, make a patriotic craft and play games about cars tractors and trucks!

33. 4th Of July Fun 5-6 yr

11:00-12:00 • Teresa Bidar & Kim Johnson
Show your patriotic spirit by making a creative July 4th craft for the holiday!

34. Water Balloon Math 7-9 yr

1:30-2:30 • Deanna Blair & Lauren Jones
Get the facts right and get someone wet!

Wednesday, June 30

35. Crafting With Cereal 3-4 yr

11:00-12:00 • Meredith Goodwin & Jen Bencko
Let's make art projects and jewelry with cereal!

36. Happy Birthday, America! 5-6 yr

11:00-12:00 • Sally Florkiewicz & WRWRC
Let's make patriotic themed pins to celebrate our nation's birth! We will read a story and eat birthday cake too! Thanks to our friends at the Western Reserve Women's Republican Club.

37. Around The World! 7-9 yr

11:00-12:00 • Sally Goss & Jennifer Atkins
Games & activities about people & places around the world. Open to boys and girls. Brownies: earn credit toward a Try It Badge! *Bring a self-addressed stamped envelope.

Thursday, July 1

38. Cool Craft & Kooky Snacks 5-6 yr

11:00-12:00 • Sali McSherry & Sue Reid
Please let us know of any allergies.

39. U-Nique Pins 7-9 yr

1:30-2:30 • RJ & Anna Kang
Hey Girls! Let's make our own patriotic hairpins!

Monday, July 5

40. Mess Fest! 3-4 yr

11:00-12:00 • Michelle Wasserman & TBD
Join us while we make ooblek, gak, homemade play dough, bubble play and other messy fun stuff!

41. Let's Make Flowers! 5-6 yr

1:30-2:30 • Melissa Ellsworth & Fran Bourne
Have fun making coffee pot filter flowers and painting and decoupage flower pots!

42. Make Lip Gloss At Home! 7-9 yr

1:30-2:30 • Jill Andrews & Karen Ostanek
Let's make lip gloss! You will be so surprised at the ingredients we use!!

Tuesday, July 6

43. Puppy Party 3-4 yr

11:00-12:00 • Jennifer Buckbee
Spend an hour in the dog house! Puppies will hear a story, do puppy crafts and enjoy a snack of kibble and biscuit!

44. Science / Nature Experiments 7-9 yr

11:00-12:00 • Missy Wright & Howard Mandel
Play and learn as we combine science and nature to create cool experiments!

Wednesday, July 7

45. Play Doh Fun! 3-4 yr

9:30-10:30 • Betsy Gregoire & TBD
Roll it, punch it, stretch it, cut it! Let's use our tools and cookie cutters and have some Play-Doh fun!

46. Shrinky Dink Jewelry 5-6 yr

9:30-10:30 • Lauren Jones & Lori Zaffiro
Decorate your shrinky dink and watch it shrink! Make a bracelet or necklace.

47. Macrame Bracelets! 7-9 yr

11:00-12:00 • Page Borger & Kim Hayes
Learn how to make a neat summer bracelet. Cool for girls and boys!

Thursday, July 8

48. Fun With Curious George 3-4 yr

9:30-10:30 • Kathy Rohde & Sylvan Learning Centers
Meet Curious George, listen to a story and have fun with a science experiment!

49. Science Discovery Day 5-6 yr

11:00-12:00 • Kathy Rohde & Sylvan Learning Centers
Have fun with colors and weather experiments!

50. Candy Clay 7-9 yr

1:30-2:30 • Chris Trof & Molly Owens
Make a fun, edible, moldable clay to use as cake decorations or just for fun!

51. Science Discovery Day 7-9 yr

1:30-2:30 • Kathy Rohde & Sylvan Learning Centers
Fun with colors and weather experiments!

Monday, July 12

52. Bubbles! 3-4 yr

9:30-10:30 • Margaret Jurgens & Rebecca Holthaus
Bubble Science and why bubbles are so ultra cool!

53. Pinkalicious! 5-6 yr

11:00-12:00 • Sue Saienni & Hana Ptackova
Read a story, have a snack, do a craft & play a game!

54. Marble Painting 7-9 yr

1:30-2:30 • Christina & Ryan Klespies
Use marbles, paint and some "Rock and Roll" to create a beautiful picture.

Tuesday, July 13

55. Water Balloon Alphabet 3-4 yr

9:30-10:30 • Deanna Blair & Lauren Jones
Get it right and pass the balloon to a friend!

56. Make A Purse Or Briefcase 5-6 yr

11:00-12:00 • Julia Azzadina & Lynne Wyville
Create and decorate a cool bag with us!

57. Jump for Joy! 7-9 yr

9:30-10:30 • Emily Stupica & Denise Artale
Let's jump rope for fun and exercise! We will play games and learn new rhymes. Bring your jump rope!

Wednesday, July 14

58. Trains, Trains, Trains 3-4 yr

11:00-12:00 • Cindy & Brian Snider
Have fun with Thomas the Train and more!

59. Fun With Marshmallows 7-9 yr

9:30-10:30 • Laurie Moore & Sally Karyo
Create your very own marshmallow shooter and then have fun competing in marshmallow shooting games!

Thursday, July 15

60. Happy Birthday To Me! 3-4 yr

11:00-12:00 • Meredith Goodwin & Jen Bencko
A birthday party for everyone! Play party games more!

61. Play With Paint! 5-6 yr

11:00-12:00 • Jill Carroll & TBD
Learn about color and texture & put our ideas on paper!

62. Paper Crafting 7-9 yr

1:30-2:30 • Kari Brinkman-Sull & Pam Shaw
Create a variety of crafts made with paper: origami, pinwheels, etc.

Monday, July 19

63. Let's Draw Like Harold 3-4 yr

11:00-12:00 • Carol Dolan & TBD
Watch a short Harold and the Purple Crayon program, read "Harold" books and create fantastic purple worlds. (Bring a favorite stuffed animal for inspiration.)

64. Parachute Fun! 5-6 yr

9:30-10:30 • Gigi Lewis & Niki Lustig
Play with a giant parachute! How many fun things can we do with it and good teamwork? Let's see!

65. Slime Time! 7-9 yr

1:30-2:30 • Jill Andrews & Karen Ostanek
Let's make slime from household ingredients!

Tuesday, July 20

66. Exploring The Arts 3-4 yr

1:30-2:30 • Carol Dolan & TBD
Listen to music, make up dances, draw imaginatively, then put it together in a short play using face paint, costumes & props.

67. Fit Girl Fun! 7-9 yr

9:30-10:30 • Leah Dustin and Fit Girl Staff
Empowering girls through fitness and fun!

Wednesday, July 21

68. Teddy Bear Picnic 3-4 yr

9:30-10:30 • Gigi Lewis & Niki Lustig
Bring your Teddy Bear!

69. Making Music! 5-6 yr

11:00-12:00 • Rayna Santiago & Amy Gulas
Learn about musical instruments from different cultures and make your own out of recycled materials!

70. Christmas In July! 7-9 yr

11:00-12:00 • Suzanne Bellini & TBD
Celebrate Christmas in July! Ho, Ho, Ho!

Thursday, July 22

71. Let's Decorate Cookies! 5-6 yr

9:30-10:30 • Bina Mehta & David Haines
Decorate sugar cookies and make some tasty treats!!

72. Canadian Culture and Crafts 7-9 yr

11:00-12:00 • Suzanne Bellini & TBD
The winter olympics may be over, but we can still get to know our Canadian friends!

Monday, July 26

73. Move To The Music! 5-6 yr

9:30-10:30 • Julie Plante & TBD
Let's dance and jump and shake our tail feathers!

74. Outdoor Games 7-9 yr

11:00-12:00 • Kelly Brandt & Jenny Yonker
Jump rope, hula hoop, play ball games and Lacrosse!

Tuesday, July 27

75. Math Monkeys 3-4 yr. 3-4 yr

9:30-10:30 • Jeannette Timmons & Math Monkey Staff
Basic addition /subtraction through 6 with little use of objects or fingers. Patterns, clock, coins and more!

76. Math Monkeys 5-6 yr. 5-6 yr

11:00-12:00 • Jeannette Timmons & Math Monkey Staff
Basic addition /subtraction through 18 with no use of objects or fingers; add & subtract double digits, complements of 10, missing addends, money and more!

77. Colorful Bead Creations! 5-6 yr

11:00-12:00 • Barb Patton & TBD
Create a colorful keepsake with beads!

78. Math Monkeys 7-9 yr. 7-9 yr

1:30-2:30 • Jeannette Timmons & Math Monkey Staff
Add & subtract complements of 10, traditional vs mental addition, time, money, measurements, graphs, small word problems leading to multiplication & more!

Wednesday, July 28

79. The Little Gym-Gymnastics 3-4 yr

11:00-12:00 • Amy Rotenbor & Laura Burns
Perform in a three ring circus! Swing on the flying trapeze, walk the tight rope and ride on an elephant's back in the Little Gym big top tent.

80. Happy Birthday To Me! 5-6 yr

11:00-12:00 • Kim & Bethany Bacus
Celebrate birthdays in July! Cupcakes, balloons, hot potato, pin the tail on the donkey, duck-duck-oose and pinata fun to fill our goodie bags!

81. Legomania! 7-9 yr

11:00-12:00 • Johnna Pierce & Jenny Cornell
Use your imagination and creativity at Lego stations!

Thursday, July 29

82. Fun With Bubbles! 3-4 yr

9:30-10:30 • Paula Suzelis & TBD
Join us for some wet and sticky bubble fun!

83. Fun With Bubbles! 5-6 yr

11:00-12:00 • Paula Suzelis & TBD
Join us for some wet and sticky bubble fun!

84. Friends Are Fun! 7-9 yr

11:00-12:00 • Barb Patton & TBD
Decorate a flower pot and plant a seed of friendship. Earn credit toward a Brownie Try It Badge!

CVRC Camps

Camps are taught by experienced teachers or coaches, and are held at the Chagrin Falls High School Campus, Gurney Elementary School or the Rec Building. Most camps run five days a week and are open to members and non-members for a fee. Classes are limited in size and are conducted for registered participants only. Check the sandwich board on the first day of camp to verify camp location. The staff reserves the right to cancel any camp due to insufficient enrollment.

Additional Summer Camps, including Girls Volleyball, Boys Baseball & Football Camps, can be found in the Chagrin Falls Community Education Spring/Summer Brochure or on the web at www.chagrin-falls.k12.oh.us.

Gurney Day Camp

Ages 3-1/2 to 5 yrs

Session 1

June 14 - June 24 M-Th 9:30 am-12 pm

Session 2

June 28 - July 8 M-Th 9:30 am-12 pm

member **\$130** non-member **\$175** per session

Children will be encouraged to participate in structured group activities including games, free play, stories, crafts and snacks. Day Camp is offered in two-week sessions held four days per week at Gurney Elementary School Multi-purpose Rm.

Old Fashioned Day Camp

Ages 6-12 yrs • M-F 9 am - 3 pm

Session 1 June 14 - 18

Session 2 June 21 - 25

Session 3 June 28 - July 2

Session 4 July 5 - 9

Session 5 July 12 - 16

Session 6 July 19 - 23

member **\$150** / non-member **\$175** per session

A one-week camp with age-old camp songs and games with the flare of today. Participants will observe nature by hiking, climbing over rocks, searching for birds nests and puzzling over animal tracks in the mud. We will learn about our environment and get back to basics. Swimming, games, and snacks will round out the day. Held on CVRC Grounds. Campers should bring a lunch; an afternoon snack will be provided. Extended camper hours available. Attending camp on a per day rate will be based on availability--see the Rec Director after the May 19 registration.

Jewelry Making Camp

June 14 - 18

6-12 yrs • M-F 10:00 - 11:15 am

member **\$80** non-member **\$95**

Local jewelry artist Laura Subel will teach students the fine art of jewelry making. Each day will be a new project, including bracelets, necklaces, earrings and ankle bracelets. Supplies are included in the camp fee. Held in MS classroom.

Karate Camp

June 21 - 25 • M-F 12:30 -1:30 pm

Ages 6-14

member **\$75** non-member **\$85**

Students will learn basic self-defense: combining kicks, punches, throws & falls thru forms & techniques as well as basic gymnastics/ tumbling. The Kuk Sool Won principles & philosophy taught by Master Kwan Jang Nim- 5th degree black belt, Wayne Murry. Campers will be divided by age & class size. Wear loose-fitting clothing.

Synchronized Swimming Camp

June 21 - July 9 • Ages 7-13*

MWF 10:30-11:30 am

member **\$75** non-member **\$80**

Synchronized Swim Camp is a three week camp for girls to learn and perform the beloved sport of synchronized swimming. This camp requires flexibility, endurance, grace and timing. The camp will focus on positions in the water and preparing for a routine/performance. Nose plugs required.

***based upon swimming ability**

Punt, Pass & Kick Football Skills

June 21 - 25

6-8 yrs • M-F 10 -11 am

9-12 yrs • M-F 11:15 am - 12:30 pm

member **\$70** non-member **\$85**

Instruction includes introduction to rules, strategy, positions and skills, along with a daily scrimmage. Athletic shoes preferred. NO CLEATS.

Cheerleading Camp

June 28 - July 2 • All Ages

M-F 9 - 11 am

member **\$75** non-member **\$90**

CF Varsity Cheerleaders will guide the ladies in cheers, chants and jumps. A review of basic cheerleading qualities including posture, stance, voice projection and lots of smiles! Held in the MS Cafeteria.

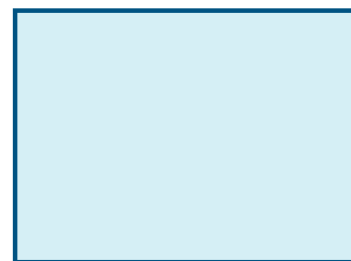
Guitar Hero Camp

June 28 - July 2

8-12 yrs • MWF 11:30 am - 1:00 pm

member **\$50** non-member **\$65**

Everyone loves a guitar hero! Guitar Hero specialists will teach students how to play the guitar hero game. Class sizes are limited to allow for maximizing play. Held in Choir Rm.



Basketball Skills

July 5 - July 9

Boys • M - Th 9:00 - 10:30 am

Girls • M - Th 10:30 am -12:00 pm

member **\$75** non-member **\$90**

An opportunity for developing players to learn the fundamentals. Instruction and practice of dribbling, passing, shooting, offense and defense, with time for team play. MS Gym.

Design IT School of Style

July 5 - 9 • M - F

Girls Ages 6-8 • 10:00 - 11:30 am
Girls Ages 9+ • 11:45 am - 1:15 pm

member /non-member **\$100** supplies **\$45***

If you love Fashion, then this Design IT School of Style™ camp is for you! Students will learn skills such as handwork, finger knitting and machine sewing by doing projects such as Tie Dye bathing suits, finger knitted scarves or knitted jelly bracelets, ribbon flip flops or funky clutch purses and jeweled tanks. Students will complete projects by sewing in their personal designer label!

*Additional supplies may be necessary.

Creative Writing Camp

July 12 - 16 • 1:00-3:30 pm

For students entering 6th - 8th grade

member **\$75** / non-member **\$90**
+ **\$8** book fee

A variety of writing genres taught by Jenny Burke, JD, MSW, with emphasis on engaging daily writing activities. Every day each student will meet individually with Jenny to receive positive, constructive feedback. Participants will receive Strunk and White's Elements of Style. For all levels of ability. Students should bring a notebook, snack, drink and works of favorite authors.

Yoga Camp

July 19 - 23 • M-F

Session 1 12:30 - 2:00 pm • 8 - 14 yrs
Session 2 6:00 - 7:15 pm • 8 - Adult

member **\$65** non-member **\$75**

An introductory Vinyasa flow class open to boys & girls; adults also welcome in Session 2. The fundamentals of yoga will be taught. Bring your own yoga mat. Held at MS.

• • • • •
Camps Refund Policy Camp fees are refundable ONLY IF a class is canceled due to insufficient registration. In the event of injury or prolonged illness, a partial refund (camp fee less a \$25 processing fee) may be given with a written request. Allow 2-4 weeks for processing.

Special Events

Most special events are scheduled for Wednesday afternoons. Unless otherwise noted, all events are free to members and no sign-up is required. Events may be added during the summer so check the "sandwich board" outside of the Rec building. For questions during the season, contact the Activities Director.



Grillin' Sundays

Sunday Afternoons, weather permitting

June 20 & 27, July 11 & 25, August 8 & 22

Pool Deck

Burgers & dogs will be grilled on the pool deck for purchase. Spend your leisurely Sunday afternoons at the Rec!

Jungle Terry

Wednesday, June 23 • 1-2 pm

Rec Building

Back by popular demand! It's the annual visit from the King of the Jungle! All ages.

Tween Nights

Fridays, June 25 & August 6 • 7-9 pm

Dance to tunes and swim for a cool evening out!

Child must be signed in and out by parent.

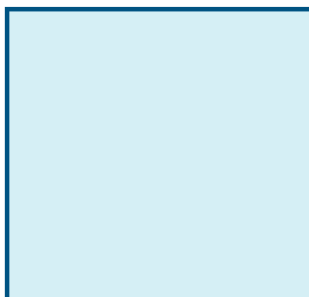
Members: Free, Nonmembers: \$5.00 Ages 9-12.

Make A Patriotic T-Shirt

Wednesday, June 30 • 1-2 pm

Rec Building

Bring a white t-shirt or tank top to create your patriotic look. Star stamps, markers and paint provided. Parents, help appreciated. All ages.



Late Night Swims

Wednesdays,

June 30, July 21 & August 11

The pool will be open until 10:00 p.m. All ages.

Swiftly the Clown

Wednesday, July 7 • 1-2:30 pm

Rec Building

Giggles and a cool balloon creature! All ages.

Make A Mask of Your Face

Wednesday, July 14 • 1-2:30 pm

Rec Building

Make a keepsake mask of your own face using Plaster of Paris. Ages 6 & Up. (Those under 9, please bring a parent to help you).

Teen Dodge Ball

Wednesdays, July 14 & August 4 • 7-9 pm

Meet on the Tennis Courts. Ages 13-15.

Chagrin Valley Invitational

Saturday, July 17

Timed Trials at 9 am, Finals at 6:30 pm

Admission fee.

Pools closed the entire day for Open Swim.

Kuk Sul Do

Wednesday, July 21 • 1-2 pm

Rec Building

Join Jason Zak of the Kuk Sul Do Academy in Chagrin Falls to test out your skills. All ages.

Sundaes On Wednesday

Wednesday, July 28 • 1-3 pm

Rec Building

Patty from The Popcorn Shop will cool you down with summertime treats! All ages.

Join The Rec!

CVRC 2010 Registration Form

Registration for membership with swimming & tennis lessons, camps & classes **must be done in person**. You may fill this out and bring it with you to Registration.

Mail-in registration is for "Swim Only" membership. Mail-in registration deadline is June 10. PLEASE NOTE: Registration after May 19 is subject to a \$20 late fee.

Register at the Rec Building

Saturday, May 15, 2010
 All Residents 9:00 - 11:00 AM
 All Residents 12:00 - 1:30 PM

Wednesday, May 19, 2010
 All Residents 7:00 - 8:30 PM

Family Last Name _____

Address _____

City _____ Zip _____

Phone _____ Cell _____

E-mail _____

In case of emergency, contact (other than listed to the left):

Name _____

Phone _____

First Name	Age	TAG NUMBER (use by CVRC)
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Please check membership type:

In-District

Family - \$355

Single - \$160

Senior - \$ 75

Super Senior

Out-of-District

Family - \$395

Single - \$180

Senior - \$ 75

Swim _____

Tennis _____

Other (for use by CVRC) _____

Late Fee Applies only after May 19 \$ 20.00

TOTAL \$ _____

Payment Method:

Cash

Check Please make checks payable to Chagrin Valley Recreation Center.

VISA/MC _____ exp.date _____
card number

Indicate Medical Alert for any listed above:

I _____ a participant and/or as parent and/or legal guardian for a participant in one or more activities, lessons, sports or functions, including but not limited to the use of the swimming pool, tennis courts, playground and softball fields (an activity) sponsored by the Chagrin Valley Recreation Center, Inc. during the 2010 season, for and on the behalf of myself, my heirs, executors, administrators, associates and assigns, hereby (i) assume all risks of injury which may arise from my and/or my child(ren) or ward(s), participation in an activity and (ii) release, discharge and exonerate the Chagrin Valley Recreation Council, Inc., its respective members, agents and representatives and the Summer Director, Pool Director, Officers and Administrators from and against any and all liability or damages of every nature, kind and description arising out of my and/or child(ren) or ward(s) participation in any activity. I have read and fully understand the above and claim the registrant is in good health and can participate in all activities

Mail to: Chagrin Valley Rec Center, Box 84, Chagrin Falls, OH 44022 **Name** _____ **Date** _____

Please Note • Mail-in Registration is for Swim Membership Only. If you are registering for classes and camps you MUST register in person. You may fill out this form or download one from the web site and bring it with you, completed, to Registration. We can not pre-process any forms prior to Registration in May.