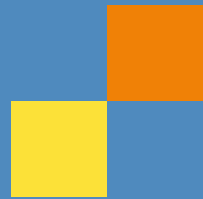
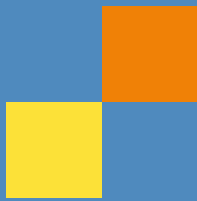


Recreation



Winter 2019



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Kids n Company I (Ages: 6 months - 2 years)

Location HS Pool

Dates	Day	Time	Activity #
3/7- 5/1	Wednesday	12:00 - 1:00 pm	322161-31
3/7-5/2	Thursday	6:30 - 7:00pm	322161-41
3/9-5/11	Saturday	12:00 - 12:30 pm	322161-61

No classes from Saturday, April 13 - April 22

This class is designed to familiarize children between the ages of 6 months and approximately 2 years with the water and teach swimming readiness skills. A responsible adult who is comfortable in the water must accompany each child to every class.

The purpose of this class is to provide a fun, safe, and comfortable environment for the participants. This class will provide instruction to help children to adjust to the water with a trusted adult and to develop skills towards independence. The intent of this class is not to "drown-proof" children or to teach them to swim independent of an adult.

Kids-N-Company uses both the group environment for a social aspect, as well as individual time to work on skills at each child's individual level. The participants will be taught skills that can be developed into swim skills.

- Face to Face Positions: Hug, Chin Support, Shoulder support on Front
- Back to Chest Position: Cuddle
- Side to Side Positions: Hip Straddle, Shoulder Support on Side
- Cuing
- Getting wet: With Toys, Kicking
- Water Entry: Lifting in, Walking in
- Exploring the pool: Out of water exploration, In water exploration
- Water Exit: Lifting out, Walking out, Using a ladder
- Blowing bubbles on the surface
- Blowing Bubbles with mouth and nose submerged
- Submerged mouth, nose and eyes
- Front Glide
- Back Glide
- Back Float
- Rolling over back to front
- Rolling over front to back
- Passing from instructor to parent
- Leg Action on front
- Leg action on back
- Rolling over back to front
- Rolling over front to back

NOTE Children who are not potty trained must wear swim diapers in the water at all times. No child suffering from diarrhea will be allowed to participate in the program. Swim diapers are available for purchase at the front desk if needed.

Registration in progress

Fees: Community Center Member 40.00

Brecksville-Broadview Hts. Resident 50.00

Non-Resident 60.00

Kids n Company II (Ages: 18 months - 48 months)

Location HS Pool

Dates	Day	Time	Activity #
3/9-5/11	Thursday	7:00 - 7:30 pm	322162-41
3/9-5/11	Saturday	12:30 - 1:00 pm	322162-61

No classes from Saturday, April 13 - April 22

A responsible adult participant who is comfortable in the water must accompany child(ren) during all class sessions.

The purpose of this class is to provide a fun, safe, and comfortable environment for the participants. This class will provide instruction to help children to adjust to the water with a trusted adult and to develop skills towards independence. The intent of this class is not to "drown-proof" children or to teach them to swim independent of an adult. Water exploration is encouraged, having fun is mandatory!

- Face to Face Positions: Hip support on front
- Back to Chest Position: Hip Support on back, back support, arm stroke
- Cuing
- Water Entry: Seated, seated - rolling over and slide in
- Water Entry: Stepping in, Jumping in, Use steps/ramp independently
- Exploring the pool: In water exploration - independently, in shallow water
- Using side of pool, steps or ramp independently
- Using a ladder independently
- Underwater exploration in shallow water
- Open eyes and retrieve objects below surface
- Open eyes and retrieve submerged objects
- Bobbing - explore, independently
- Front Glide
- Front Glide to the wall
- Front Float
- Back Glide
- Back Float
- Roll over from back to front
- Roll over from front to back
- Passing from instructor to parent
- Drafting with breathing
- Leg action - alternating or simultaneous movements on front
- Arm action - alternating or simultaneous movements on front
- Combined arm and leg action on front with breathing on front
- Leg action - alternating or simultaneous movements on back
- Arm action - alternating or simultaneous movements on back
- Combined arm and leg action on back

NOTE Children who are not potty trained must wear swim diapers in the water at all times. No child suffering from diarrhea will be allowed to participate in the program. Swim diapers are available for purchase at the front desk if needed.

Registration In progress

Fees: Community Center Member 40.00

Brecksville-Broadview Hts. Resident 50.00

Non-Resident 60.00



Preschool I (Ages: 3.5 -4 years)

Location BCC Pool

Dates	Day	Time	Activity #
3/5 -4/30	Tuesday	5:45-6:20pm	322163-21
3/9 -5/11	Saturday	11:00 - 11:35 am	322163-61

No classes from Saturday, April 13 - April 22

The purpose of this class is to familiarize children approximately ages 3.5 -4 years old to the aquatic environment and help them acquire rudimentary basic aquatic skills. It will also help participants begin to develop positive attitudes and safe practices in and around water.

- Enter and exit water safely using ladder, steps or side
- Submerge mouth, nose, and eyes
- Blow bubbles (3 sec.)
- Open eyes underwater and retrieve submerged objects
- Bobbing (3 times)
- Front Glide (2 body lengths)
- Recover from front float to vertical position
- Back glide (2 body lengths)
- Maintain back float position (3 sec.)
- Recover from back float or glide to a vertical position
- Roll over from front to back
- Roll over from back to front
- Arm and hand treading actions (in chest deep water)
- Alternating leg action on front (2 body lengths)
- Simultaneous leg action on front (2 body lengths)
- Alternating arm action on front (2 body lengths)
- Simultaneous arm action on front (2 body lengths)
- Combined arm and leg action on front (2 body lengths)
- Alternating leg action on back (2 body lengths)
- Simultaneous leg action on back (2 body lengths)
- Alternating arm action on back (2 body lengths)
- Simultaneous arm action on back (2 body lengths)
- Combined arm and leg action on back (2 body lengths)

Exit Skills Assessment

May be done with support

1. Enter independently, using either the ladder, steps or side, travel at least 5 yards, submerge to mouth and blow bubbles for at least 3 seconds then safely exit the water. (Participants can walk, move along gutter or "swim")
2. Glide on front at least 2 body lengths, roll to a back float for 3 seconds and recover to a vertical position

Registration In progress

Fees: Community Center Member 40.00
 Brecksville-Broadview Hts. Resident 50.00
 Non-Resident 60.00

Preschool II (Ages: 3.5 -4 years)

Location BCC Pool

Dates	Day	Time	Activity #
3/5 -4/30	Tuesday	4:45 - 5:20pm	322164-21
3/9 -5/11	Saturday	10:00 - 10:35 am	322164-61

No classes from Saturday, April 13 - April 22

- Enter water by stepping from the deck or low height
- Exit using ladder, steps or side from chest deep water
- Blow Bubbles (3 sec.)
- Bobbing 5 times
- Open eyes under water, retrieve submerged object in chest deep water
- Front float (face in water) (3 sec.)
- Front Glide (2 body lengths)
- Recover from front float or glide to vertical position
- Back float (5 sec.)
- Back Glide (2 body lengths)
- Recover from back float or glide to vertical position
- Roll over front to back
- Roll over back to front
- Tread water using arm and leg actions in shoulder deep water (15 sec.)
- Combined arm and leg actions on front (3 body lengths)
- Finning arm action on back (3 body lengths)
- Combined arm and leg action on back (3 body lengths)

Exit Skills Assessment

May be done with support

1. Glide on front for at least 2 body lengths, roll to back, float on back for 15 seconds then recover to a vertical position.
2. Glide on back for at least 2 body lengths, roll to front, float on front, then recover to a vertical position.
3. Swim using combined arm and leg actions on front for at least 3 body lengths, roll to back and float for 15 seconds; roll to the front, then continue swimming for 3 body lengths.

Registration In progress

Prorated Fees: Community Center Member 43.75
 Brecksville-Broadview Hts. Resident 52.50



October through May

Age: 3 months - 5 years

Monday's 10 am-1 pm

Thursday's 11 am-2 pm

Call for more details!

Level 1

Learn to Swim (Ages: 5 years and up)

Location BCC pool

Dates	Day	Time	Activity #
3/5 - 4/30	Tuesday	5:45 - 6:35pm	322261-22
3/9 - 5/11	Saturday	11:00 - 11:50am	322261-61

- Enter and exit water safely using ladder, steps or side
- Blow Bubbles (3 sec.)
- Bobbing (5 times)
- Open eyes underwater and retrieve submerged objects (2 times)
- Front float position (5 sec.)
- Front Glide (2 body lengths)
- Recover from front float to a vertical position
- Back float position (5 sec.)
- Back glide (2 body lengths)
- Recover from a back float or glide to standing position
- Roll over from front to back
- Roll over from back to front
- Tread water using arm and hand actions (in chest deep water)
- Alternating leg action on front (2 body lengths)
- Simultaneous leg action on front (2 body lengths)
- Alternating arm action on front (2 body lengths)
- Simultaneous arm action on front (2 body lengths)
- Combined arm and leg action on front (2 body lengths)
- Alternating leg action on back (2 body lengths)
- Simultaneous leg action on back (2 body lengths)
- Alternating arm action on back (2 body lengths)
- Simultaneous arm action on back (2 body lengths)
- Combined arm and leg action on back (2 body lengths)

Exit Skills Assessment

1. Enter independently, using either the ladder, steps or side, travel at least 5 yards, bob 5 times then safely exit the water.
(Participants can walk, move along gutter or "swim")
2. Glide on front at least 2 body lengths, roll to a back float for 5 seconds and recover to a vertical position. (This may be done with support.)

Level 2

Dates	Day	Time	Activity #
3/5 - 4/30	Tuesday	4:45-5:35pm	322262-21
3/5 - 4/30	Tuesday	5:45 - 6:35pm	322262-22
3/9 - 5/11	Saturday	10:00 - 10:50 am	322262-61
3/9 - 5/11	Saturday	11:00 - 11:50am	322262-62

- Enter water by stepping or jumping from the side
- Exit water safely using ladder, steps or side
- Fully submerging and holding breath (10 sec.)
- Bobbing 10 times
- Open eyes under water, retrieve submerged object (3 times)
- Rotary Breathing (5 times)
- Front float (face in water) (10 sec.)
- Jellyfish float (10 seconds)
- Tuck float (10 seconds)
- Front Glide (2 body lengths)
- Recover from front float or glide to vertical position
- Back float (15 sec.)
- Back Glide (2 body lengths)

- Recover from back float or glide to vertical position
- Roll over front to back
- Roll over back to front
- Change direction of travel paddling on front or back
- Tread water using arm and leg actions (15 seconds)
- Combined arm and leg actions on front unsupported (5 body lengths)
- Finning arm action (5 body lengths)
- Combined arm and leg action on back (5 body lengths)
- Alternating leg action on side
- Elementary backstroke kick

Exit Skills Assessment

1. Step from side into chest-deep water, push off the bottom, move into a treading or floating position for 15 seconds, swim on front and/or back for 5 body lengths, then exit water
2. Move into a back float for 15 seconds, roll to front, then recover to a vertical position.
3. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back and float for 15 seconds, roll to the front, then continue swimming for at least 5 body lengths.

Level 3

Dates	Day	Time	Activity #
3/5 - 4/30	Tuesday	4:45-5:35pm	322263-21
3/5 - 4/30	Tuesday	5:45 - 6:35pm	322263-22
3/9 - 5/11	Saturday	10:00 - 10:50 am	322263-61
3/9 - 5/11	Saturday	11:00 - 11:50am	322263-62

- Jump into deep water, fully submerge, recover to surface, return to side
- Head-first entry from sitting position (9+ feet of water)
- Head-first entry from kneeling position (9+ feet of water)
- Bobbing while moving toward safety, 15 times
- Rotary breathing (15 times)
- Survival float (30 seconds)
- Back float (1 minute)
- Change from vertical to horizontal position on front
- Change from vertical to horizontal position on back
- While in a vertical position, rotate one full turn
- Tread water (1 minute)
- Push off in streamlined position, then begin flutter kicking (3-5 body lengths)
- Push off in streamlined position, then begin dolphin kicking
- Front crawl (15 yards)
- Breaststroke kick (15 yards)
- Elementary backstroke (15 yards)
- Scissors kick (15 yards)
- Back glide - flutter kick (2 body lengths)
- Back crawl (15 yards)

Exit Skills Assessment:

1. Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn if necessary toward exit, swim front crawl and/or elementary backstroke for 25 yards, then exit the water.
2. Push off in a streamlined position, then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water.



Learn to Swim (Brecksville Community Center)

Level 4

Dates	Day	Time	Activity #
3/5 - 4/30	Tuesday	4:45-5:35pm	322264-21
3/5 - 4/30	Tuesday	5:45 - 6:35pm	322264-22
3/9 - 5/11	Saturday	10:00 - 10:50 am	322264-61
3/9 - 5/11	Saturday	11:00 - 11:50am	322264-62

- Dive from compact position
- Dive from stride position
- Swim under water (3-5 body lengths)
- Feet-first surface dive, submerging completely
- Survival swimming in deep water (1 minute)
- Back float in deep water (1 min.)
- Front crawl open turn
- Backstroke open turn
- Tread water using 2 different kicks (2 min.)
- Front crawl (25 yards)
- Breaststroke (15 yards)
- Butterfly (15 yards)
- Back crawl (25 yards)
- Elementary backstroke (25 yards)
- Sidestroke (15 yards)
- Push off, streamline position on back, begin flutter kick (5 body lengths)
- Push off, streamline position on back, begin dolphin kick (5 body lengths)

Exit Skills Assessment:

1. Perform a feet-first entry into deep water, swim front crawl for 25 yards, change direction and swim elementary backstroke for 25 yards.
2. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.
3. Submerge and swim a distance of 3-5 body lengths underwater without hyperventilating, return to the surface, then exit the water.

Level 5

Dates	Day	Time	Activity #
3/6 - 5/1	Tuesday	4:45 - 5:35 pm	322265-21
3/9 - 5/11	Saturday	10:00 - 10:50 am	322265-61
3/9 - 5/11	Saturday	11:00 - 11:50am	322265-62

- Shallow dive from the side
- Shallow dive, glide 2-3 body lengths, begin any front stroke
- Swim underwater (no hyperventilation) (5 body lengths)
- Tuck surface dive, submerge completely
- Pike surface dive, submerge completely
- Survival swimming (2 mins.)
- Back float (2 mins.)
- Front flip turn while swimming
- Backstroke flip turn while swimming
- Tread water (5 mins.)
- Tread water using legs only (2 mins.)
- Front crawl (50 yards)
- Butterfly (25 yards)
- Breaststroke (25 yards)
- Back crawl (25 yards)
- Elementary backstroke (50 yards)
- Standard scull on back (30 sec.)
- Sidestroke (25 yards)

Exit Skills Assessment:

1. Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, then swim elementary backstroke for 50 yards using appropriate turning styles.
2. Swim breaststroke for 25 yards, change direction as necessary and swim back crawl for 25 yards using efficient turning styles.

Level 6.1 Fitness Swimmer and Personal Water Safety

Level 6.1

Dates	Day	Time	Activity #
3/6 - 5/1	Tuesday	4:45 - 5:35 pm	322266-21
3/9 - 5/11	Saturday	10:00 - 10:50 am	322266-61
3/9 - 5/11	Saturday	11:00 - 11:50am	322266-62

- Front crawl (100 yards)
- Back crawl (50 yards)
- Breaststroke (50 yards)
- Elementary backstroke (100 yards)
- Sidestroke (50 yards)
- Butterfly (50 yards)
- Front crawl open turn while swimming
- Backstroke open turn while swimming
- Front flip turn while swimming
- Backstroke flip turn while swimming
- Sidestroke open turn while swimming
- Butterfly turn while swimming
- Breaststroke turn while swimming
- Surface dive and retrieve an object from the bottom
- Circle Swimming
- Use a pace clock
- Use a pull buoy while swimming (25 yards)
- Use fins while swimming (25 yards)
- Use paddles while swimming (25 yards)
- Describe how to set up an exercise program
- Demonstrate various training techniques
- Calculate target heart rate
- Aquatics Exercise Personal
- HELP position (2 mins.)
- Huddle position (2 mins.)
- Feet-first surface dive
- Pike surface dive
- Tuck surface dive
- Survival Float (5 mins.)
- Survival swimming (10 mins.)
- Tread water in deep - kicking only (2 mins.)
- Surface dive and retrieve an object from bottom
- Self-rescue techniques while clothes

Exit Skills Assessment

1. Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke.
2. Perform the Cooper 12 minute swim test and compare results with the pre-assessment results.
3. Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes.
4. Perform a feet-first surface dive, retrieve an object from the bottom of the pool at a minimum depth of 7-10 feet, return to the surface and return to the starting point.

Registration begins 11/1 for residents and 11/8 for non-residents.

No Classes Monday, February 18

Fees Prorated: Community Center Member \$39.50,

Brecksville-Broadview Hts. Resident \$48

6 Non Residents \$57

Competitive Swim Program

Location BCC Indoor Pool

Dates	Day	Time	Activity #
3/4-4/29	Monday	6:00 - 7:15pm	322362-11
3/8-5/3	Wednesday	6:00 - 7:15pm	322362-31

This is a quarterly offered program for Fall, Winter and Spring that will focus on competitive swim techniques and endurance for youth. This program is considered an extension of the Learn-to-Swim program.

- Times and days of program offerings will vary from season to season.
- It is designed for those that have participated in at least the Level 5 Learn-to-Swim or equivalent.
- This program is restricted to Brecksville residents only.
- This program is not offered to high school swimmers during the State of Ohio Swim Team season.
- Sessions will be scheduled for eight (8) meetings.
- Each offering is considered a separate session with separate fees. Participants should only register for sessions that they can attend.
- The program requires participants to perform continuous lap swimming. Participants should be able to swim a minimum of ten (10) continuous laps before registering. The instructors or other Aquatic Staff may recommend participants continue Learn-to-Swim before advancing to this program.

Skills that will be refined throughout the program will include:

- Freestyle (Front Crawl)
- Breaststroke
- Backstroke
- Butterfly
- Starts
- Turns
- Endurance

Fees: Community Center Member \$20.00 and Resident \$30.00

Water Exercises Programs

Human Services Center Therapy Pool

Water Exercise for Arthritis

Days	Time	Instructor
Mon & Wed	10:00-11:00am	Darlene
Fri	10:00-11:00am	Charlie

The Arthritis Class is a recreational exercise program developed by the Arthritis Foundation to help individuals with Arthritis and other related conditions. The activities and exercises are designed to encourage self care, social interaction, improve muscle strength and flexibility. Each participant works at his or her own fitness level. Modifications are given for each exercise to help individuals customize the program to fit their needs. This program is an excellent post therapy class or post surgery class as it focuses on muscle strengthening and flexibility.

Liquid Strength

Days	Time	Instructor
Mon & Wed	9:00-10:00am	Darlene
Fri	9:00-10:00am	Charlie

The Liquid Strength program is to provide participants with water resistance training. Participants will spend 60 minutes working in the water on range of motion activities and resistance training. This class is open to individuals of all ages and varying abilities especially those with mobility impairments.

Water Exercise with Nora

Days	Time	Instructor
Mon & Wed	6:30-7:30pm	Nora

The Water Exercise with Nora class begins with warm up exercises to get participants acclimated to the water then moves to a more vigorous segment of exercises to work the large muscle groups. Toning exercises and resistance stretches are varied from class to class to keep the exercises fresh and invigorating. The goal is to increase participants' muscle tone, cardio benefits, and to help them achieve their personal health goals. Please call to confirm starting date.

Sculpt and Splash

Days	Time	Instructor
Tues & Thurs	9:00-10:00am	Charlie/Julie

Sculpt and Splash is a 50 minute class for people of all fitness levels. The participants will use a variety of equipment (noodles, weights, bands etc.) and focus on cardio endurance, muscle strengthening and resistance training, challenging their muscles in new and fun ways.

Water Yoga

Days	Time	Instructor
Tues	6:30pm	Linda

A low impact class to develop flexibility, breathing, balance, and core strength. Full body workout for all fitness levels, consisting of stretching, strengthening, balancing and core work. Pool noodles, water weights, and bands will be used for added resistance. A very effective class that is also easy on the joints. No mat or yoga experience necessary.

Brecksville Community Center Pool

TNT Water Exercise

Days	Time	Instructor
Tues & Thurs	9:00-10:00am	Audrey

TNT- Water Ex was developed to help individuals achieve their personal fitness goals. This class is geared for participants of all ages and fitness levels. Varied exercises and repetitions allow participants to customize the workout to fit their needs. There is a high concentration on cardiovascular endurance and strength training with little to no impact on the joints. Participants will use a variety of equipment including float belts, noodles, stretch cords, and barbells

Cardio Strength

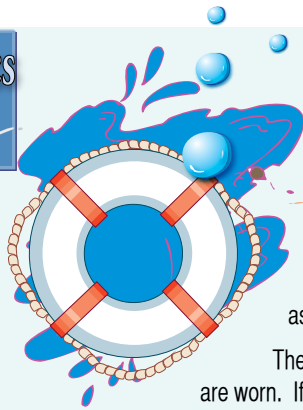
Days	Time	Instructor
Wed	9:00-10:00am	Charlie

Cardio strength aquatics was developed to provide a whole body workout at any fitness level. Intervals of cardio combinations and strength toning exercises will provide you with a head to toe workout. This workout uses the resistance of the water along with barbells, noodles, jogging belts and resistance bands to obtain an effective cardiovascular and strength building workout without added stress on your joints.

Cost for programs

Walk-in Fee	12 Class Punch Card
\$5 Member	\$40 Member
\$7 Resident	\$45 Resident
\$8 Non-resident	\$55 Non-resident

* Human Service Pool membership is required for classes conducted in the Therapy Pool.



Personal Flotation Devices

The Community Center staff is always evaluating the pool area and considering ways to make the swimming more safe and enjoyable. The use of personal flotation devices (PFD) is one item about which many questions are asked.

The Community Center advocates devices that are worn. If a child lets go of a PFD and is unable to retrieve the float, it is not safe.

Please remember that PFDs in a swimming pool environment are to be used as swimming aides, not as a guarantee for your child's safety.

Lifeguards are properly trained to prevent and react to aquatic emergencies. However, it is primarily the parent's responsibility to ensure the safety of their children.

The following is a guide for the type of permitted flotation devices

- **Parents must always be in the water and within direct contact of the child using flotation devices.**
- Children must not be able to fall off or out of the PFD.
- The PFD must be properly sized, worn and used.
- Larger devices are allowed depending on the number of patrons in the pool.

Pool Usage of PFD are

- Flotation devices are permitted throughout the outdoor pool.
- Flotation devices are permitted in the shallow area only of the indoor pool. Children are not permitted in the deep end or in the lap lanes while wearing PFDs.

Definite No No's

- Buoy style floats held to the user's back by a belt are not permitted. They are considered unsafe because the swimmer is always forced face down and it is very difficult for the swimmer to right themselves onto their backs.
- Rings with no saddle devices are not permitted.
- Children with floats are not permitted in the pool without parents in the water with them

What Kind of Floats Are Allowed?

Every year there are new PFDs for children. The staff is always evaluating them and considering their safety. The list below is a guide for items that are allowed in our pools:

- Properly sized Coast Guard approved life jackets.
- Buoyant swimsuits. These include swimsuits or a garment worn over a swimsuit that provides buoyancy by means of inserted foam or inflatable bladders.
- Water wings.
- Ring or toy devices, which provide a secure saddle for the children to sit in and do not tip or roll easily.

Special Circumstances

- Kickboards and pull buoys are permitted for lap swimming in the designated lap lanes only.
- Exercise belts that provide vertical buoyancy are permitted for conditioning and therapeutic use.
- Foam noodles are permitted ONLY during special times that are posted in the pool area and announced in advance.



American Red Cross Lifeguard Training Program

Date	Day	Time
12/21 -12/28	Fri, Sat, Wed, Thur, Fri	10am-4pm

Lifeguards protect their community by preventing, recognizing, and responding to water-related emergencies. In order to get a job at most facilities, you need to become certified, and most employers look for American Red Cross Certification.

Obtain your 2-year certification by taking a Lifeguarding course from the American Red Cross*.

5 Reasons to be a Lifeguard

1. Learn to save lives in and out of the water
2. Develop your leadership, communication and teaching skills
3. Build your resume
4. Earn money
5. Stay in great physical condition

Prerequisites:

- Must be at least 15 years old by the last day of class

- Swim 300 yards continuously, demonstrating breath control and rhythmic breathing.
- Tread water for 2 minutes using only the legs.
- Complete a timed event within 1 minute, 40 seconds.
 - Starting in the water, swim 20 yards.
 - Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object.
 - Surface and swim 20 yards on back, with both hands holding the object.
 - Exit the water without using a ladder or steps.

If you are unsure of your ability to pass the prerequisites, please call Erin at 440-546-2318 to schedule time to complete them. We are unable to provide a refund (only credits given) if you do not pass prerequisite skills.

Can NOT miss any class - NO make ups

Cost includes American Red Cross materials and certification fees
Bring bathing suit, towel, lunch, beverage, and snack to all classes

Cost: \$220 for BCC members, \$235 for residents & \$250 for non-residents
 Registration begins November 1 and ends 5 days before 1st class.



Pee Wee Basketball

Ages 5-8

Dates	Day	Times	Activity #
3/2 - 4/6	Saturday	9:00am-1:00pm	311461-88

Registration through 2/16/19

Cost \$55 for BCC Members
 \$65 for Residents
 \$75 for Non-Residents

Description The PeeWee Basketball program is a six week program for both boys and girls ages 5 to 8 years old. The program takes place on Saturdays between 9:00am and 1:00pm at the Brecksville Community Center. (We will know the exact times once the number of teams are determined.) Each team will be paired with another team in their division for 1 hour. The first part of the playing time focuses on skill development through practice and drills in a fun and organize environment. The second part allows for the two teams to scrimmage.

For more information, please contact Jim Kolesar at 546-2300.



Little Dribblers

Ages 3-5 year olds

Dates	Days	Time	Activity #
3/13-4/10	Wednesday	6 - 7 pm	313241-31
3/13-4/10	Wednesday	7 - 8 pm	313241-32

Registration through 2/23/19

Cost \$40 for BCC members, \$50 for residents and \$60 for non-residents

Description Little Dribblers is a parent-child program for children ages 3-5 who are interested in having fun and learning the fundamentals of basketball, taught by CAPS Fastbreak Basketball Instructor Johnny Bollin or staff. Little Dribblers allows children the opportunity to work one-on-one with a parent, teaches a variety of basketball skills, offers exercises that become increasingly more challenging as the class progresses and children show improvement, and is taught with fun, safe, developmentally appropriate equipment.

Location: Community Center Field House

For more information, please contact Jim Kolesar at 546-2300.

Registration in progress and ends 2/23/19

Save the Date
 Summer Camp and
 Baseball Registration begins
March 1

Girls Volleyball

Ages 6-8 grade

Dates	Day	Times	Activity #
2/5 - 3/5	M,W	5:15 - 6:45 pm	311851-12

Registration: January 2. No Class on 2/19

Cost \$55 for BCC Members
 \$65 for Residents
 \$75 for Non-Residents

Description Bump, Set, Spike! The Brecksville Recreation Department offers a volleyball clinic for girls in grades 3-8. Girls will develop skills, learn proper volleyball techniques and have a great time playing matches. The clinic is instructed by a former Junior Olympic Player/Coach and Collegiate Player.

Gym Time

Dates	Days	Time
Through May1	M/W/F	10:30 am-1:30 pm

Join the fun! Bring your kids in for fun and games and let them burn off some energy. Various toys and equipment will be available for use in the fieldhouse. Bring your lunch and eat with your friends, too! **There is no Gym Time when school is canceled due to weather conditions or scheduled school holidays.**



Taekwondo

Session I - January 2 - March 2

Session II - February 27 - April 28

Tiny Tigers Taekwondo (Beginner Class) Boys and Girls ages 4-6

The Tiny Tiger program is a specialized program for children 4 thru 6 years of age. The program is geared to develop: Listening and Awareness Skills, Attention Span and Coordination Skills.

Day	Time
Saturdays	9:00-9:30 am

Cost \$20.00 BCC Members, \$25.00 Brecksville Residents, \$35 Non-residents

Advanced Tiny Tigers Taekwondo Boys and Girls ages 4-6

The Advanced Tiny Tigers Program is a specialized program for children 4-6 years of age whom have taken Tiny Tigers Taekwondo. The program is geared to develop: Listening and Awareness Skills, Attention Span and Coordination Skills. Class is held on Tuesdays and Saturdays.

Days	Time
Tuesdays	5:30-6:00 pm
Saturdays	9:30-10:00 am

Cost \$40.00 BCC Members and \$50.00 Brecksville Residents, \$60 Non-residents

Karate for Kids (includes new students through Purple Belt Rank)

Boys and Girls ages 7-12

The Taekwondo for Kids program is faster paced than the Tiny Tigers program. It shares some of the same goals, which include integrity, perseverance, discipline, honesty, respect, self-control, leadership, self-confidence and self-esteem. These building blocks, along with Songahm Taekwondo are intended to develop a more complete person. Class is held on both Thursdays and Saturdays.

Days	Time
Thursday	6:00-6:30pm
Saturdays	10:00-10:30am

Cost \$50.00 BCC Members and \$60.00 Brecksville Residents, \$70 Non-residents

Advanced Karate for Kids (Blue, Brown, Red & Red/Black Belts)

Boys and Girls ages 7-12 *Please note new class times

The Advanced Karate for Kids program is for those students who have progressed to a certain belt level. It continues to develop the goals and disciplines of the Karate for Kids program. Class is held on Tuesday, Thursday and Saturday.

Days	Time
Tuesdays	6:45-7:15 pm
Thursdays	6:30-7:15 pm
Saturdays	10:30-11:00 am

Cost \$70.00 BCC Members and \$80.00 Brecksville Residents, \$90 Non-residents

Black Belt Karate All Ages *Please note new class times

The Black Belt program is for those students who have progressed to the level of black belt. It continues to develop the goals and disciplines of the Advanced Karate for Kids program. Class is held on Tuesday, Wednesday, Thursday and Saturday.

Days	Time	Rank
Tuesday	7:15-8:00 pm	All
Wednesday	7:30-8:00 pm	1st Degree
Thursday	7:15-8:00 pm	2nd & 3rd Degree
Saturdays (All Black Belts)	11:00-11:45 am	All

Cost \$80.00 BCC Members and \$90.00 Brecksville Residents, \$100 Non-residents

Adult Taekwondo *Please note new class times

Days	Time
Wednesday	8:00-8:45 pm
Thursday	8:00-8:45 pm
Saturdays	11:45am-12:30pm

Cost \$80.00 BCC Members and \$90.00 Brecksville Residents, \$100 Non-residents.

Please contact the Community Center for more information 546-2300.



Brecksville Soccer Academy Spring Program

Tony Niccoli introduced us to this widely-acclaimed program, which incorporates all the Best Practices recommended by the US Soccer Association. The written curriculum provides age-appropriate activities based on the cognitive, psycho-motor, psycho-social and emotional stage of each age-group. Each session will be instructed by BSA staff and Brecksville – Broadview Hts. Soccer players.

U3 Academy (ages 3) is a parent-child program for children ages 3-4 who are interested in having fun and learning the fundamentals of soccer. The program allows children the opportunity to work one-on-one with a parent, teaches a variety of soccer skills, offers exercises that become increasingly more challenging as the class progresses children show improvement, and the class is taught with fun, safe, developmentally appropriate equipment.

U5 Academy (ages 4 and 5) will engage in the ABCs of player movement—Agility, Balance and Coordination. The ball will be used in most activities to facilitate body-movement and ball control. These players will play 1v1 and 2v2 games. Constant activity will be the target, so balls will be in continuous play.

U7Academy (ages 6 and 7) will engage in small-sided games with 4v4 being the best format, but 3v3 and 5v5 might also be employed for older players. Their training will be games-based with a variety of competitive games that will challenge players to learn the tactics of the game—how to get a team shape; how to avoid pressure by passing back; how to defend; how to switch the ball to the side with less pressure.

U8 League (ages 7 and 8) (ages 7 and 8) will serve as an introduction to traditional league play in a 4v4 setting. One training session weekly and games to be played on Saturday mornings. Teams will travel to Shaker Heights and surrounding communities, games will be played at Blossom Hill turf field and away sites. Teams will be formed and volunteer coaches will manage teams. This division will help grow the “club” concept and stress individual player development and team concept. Practices to begin early April. Players are responsible for purchasing their own shin guards and cleats.

April 14-May 19

Ages	Times	Activity #
Ages U3	9:15am-10:00am	N/A
Ages U5	10:00am-11:00am	N/A
Ages U7	11:00am-12:00pm	N/A
Ages U8	9:00am - 12:00pm	N/A

Cost: U3

Resident Members - \$40
Residents - \$50
Non-Residents - \$60

Cost: U5 & U7

Resident Members - \$65
Residents - \$75
Non-Residents - \$85

Cost: U8

Resident Members - \$75
Residents - \$85
Non-Residents - \$95

Run For Your Health, Run For Your Happiness Run for Your Life!

Winter Cross Train Programs

All Family members are welcome. Work out with your kids.

The Brecksville Recreation Department in collaboration with the Run For Your Life program offers a Winter Cross-Training Program. This program is designed for speed training, strength training, plyometric training and conditioning. There will be three levels for this program: Advanced, Intermediate and Family. Bring your own water bottle, running shoes, jump rope and workout mat. We will meet at the Blossom Gym.

Registration: September 1, closes when class is full

Cost: FREE

Must furnish own jump rope, workout mat and water bottle

January 7 – February 27 on Mondays and Wednesdays

4:30pm-5:30pm Mixed Groups

January 12 – March 2 on Saturdays

9:00am-10:00am Intermediate/Advanced Group

10:00am-11:00am Family Group

**Please contact the following for more information...

Brian Stucky: email - Brstucky@aol.com

Jim Kolesar: email - jkolesar@brecksville.oh.us or 440-546-2300



The City of Brecksville Ohio

Online Registration
webtrac.brecksville.oh.us