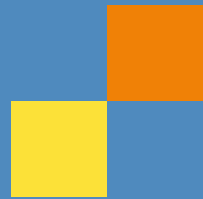
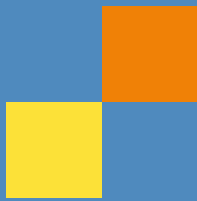


# Recreation



**Winter 2018**



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

Location HS Pool

Dates	Day	Time	Activity #
1/10- 2/28	Thursday	6:15pm - 6:45pm	NA
1/5-2/23	Saturday	12:00 - 12:30pm	NA

\*hybrid level 1 and 2

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 #
1/9 -2/27	Wednesday	12:00pm-12:30pm	NA
1/10- 2/28	Thursday	6:45 - 7:15pm	NA
1/5-2/23	Saturday	12:30 - 1:00pm	NA

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 #
1/10-2/28	Thursday	5:10 - 5:45pm	NA

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 #
1/7-2/25	Monday	6:00 - 6:35pm	NA

**No class on Monday, February 18**

- 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

Aquatics



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 #
1/7- 2/25	Monday	5:10 - 6:00pm	NA
1/10-2/28	Thursday	5:10 - 6:00pm	NA

- 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

1/7- 2/25	Monday	5:10 - 6:00pm	NA
1/10-2/28	Thursday	5:10 - 6:00pm	NA

- 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

1/7- 2/25	Monday	5:10 - 6:00pm	NA
1/10-2/28	Thursday	5:10 - 6:00pm	NA

- 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

1/7- 2/25	Monday	5:10 - 6:00pm	NA
1/10-2/28	Thursday	5:10 - 6:00pm	NA

- 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

1/7- 2/25	Monday	5:10 - 6:00pm	NA
1/10-2/28	Thursday	5:10 - 6:00pm	NA

- 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

1/7- 2/25	Monday	5:10 - 6:00pm	NA
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- 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

Non Residents \$57

# Competitive Swim Program

**Location** BCC Indoor Pool

1/7-2/25	Monday	6:00p - 7:15pm	NA
1/9-2/27	Wednesday	6:00p - 7:15pm	NA

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

Class will be **FREE to members from February 20th – March 13th**. Regular water exercise rates apply after free trial.

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

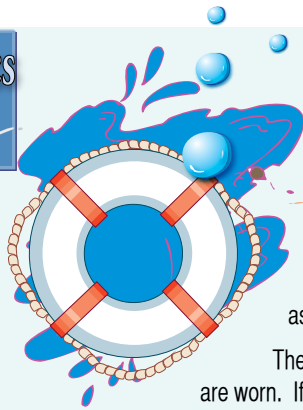
Days	Time	Instructor
Wed	9:00-10:00am	Charlie

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.





# High School Boys Basketball

Grades 10 - 12

January 5, 2019 – March 2, 2019

Saturdays – Game times are: 3:30pm, 4:20pm, 5:10pm, 6:00pm, & 6:50pm

**Registration:** Begins 9/1/18 and ends 12/14/18

**Description** This is a 4 on 4 basketball league for 10th – 12th grade boys that live within the Brecksville Broadview Hts. City School District. Teams will consist of 4 to 6 players. Complete team/player packet must be submitted at time of registration along with team fee. Spots cannot be reserved without payment & paperwork. No parent coaching. Certified referees will officiate games.

**Cost** \$250.00 per team—due at time of registration

**Location** Blossom Hill Gymnasium



## Boys and Girls Basketball

November 2018 – March 2019 Game Day: Monday thru Saturday

### Description

The Brecksville Recreation Youth Basketball program is a recreational league stressing skill development, team work and fun. Practices are held once a week beginning in November. The league usually is completed by the beginning of March. Practices are held at either Blossom Hill or a school facility. Games are played at the Brecksville Community Center, or at a neighboring city recreation center.

### Boys and Girls

7th through 9th (13-15 years)

Monday through Saturday (1 Practice per week, day TBD)

Format will be traditional league setting (Score will be kept, standings will not be kept)

**Collaborating with Fairview Park, Columbia Station, Westlake, Middleburg Hts., Brook Park, Strongsville, North Ridgeville, and Cuyahoga Hts.**

7th & 9th Grade Boys Basketball (13-15 years)

7th & 9th Grade Girls Basketball (13-15 years)

**Registration** In progress

### Cost

\$55 for BCC members

\$65 for residents

\$75 for non-residents

## Girls Volleyball Clinic

Ages 8-10 year olds in Grades 3-5 and 11-14 year olds in Grades 6-8

Grades	Days	Dates	Times	Activity #
3-5	M/W	1/7-1/30	5:45-7:15 pm	341851-81
6-8	M/W	2/4-3/4	5:45-7:15 pm	341851-82

**No Class FEBRUARY 18.**

### Registration

**Grades 3 - 5** In progress through 1/2

**Grades 6 - 8** In progress through 2/2

**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 former Junior Olympic Player/Coach and Collegiate Player.

### Cost:

\$55 for BCC members

\$65 for residents

\$75 for non-residents

**Contact** the front desk at Brecksville Community Center 546-2300.

## Youth Wrestling

Ages 6-12 year olds Practice Begins November through March

Dates	Days	Time	Activity #
11/01-03/30	Weds./Thurs.	6:00-8:00pm	341541-81

Meets begin early December on Sundays from 9:00am-1:00pm

**Registration** September 1 for residents through September 8 until full.

**Cost** \$75 for BCC members, \$85 for residents, \$95 for non-residents

**Additional Costs** Must purchase own shoes, head gear, pads and mouth piece. \$40 Singlet fee may be collected for those wrestlers that require at new one, money will be collected by coaching staff during the season.

**Description** The Brecksville Recreation Youth Wrestling Program is a developmental program for boys. The children are divided by their age, and ability and practice on Wednesday and Thursday evenings at the Brecksville-Broadview Hts. High School Wrestling Room. Meets are held on Sundays at Strongsville High School and allow kids to compete against other wrestlers in their own weight and ability class. Practices begin in November and run through March. Please call Jack Abbruzzese at 546-2007 for more information.



## Men's Basketball League

Over 35 Division: Men 35 and older  
 Over 50 Division: Men 50 and older

Division	Days/Dates	Game Times
Over 35	Sundays 1/6-4/28	4:30, 5:30, 6:30, 7:30 and 8:30 pm
Over 50	Sundays 1/6-4/28	4:30, 5:30, 6:30, 7:30 and 8:30 pm

**Registration:** begins 11/1 and ends 12/16

**Cost:** \$250.00 per team—due at time of registration

**Additional Costs:** \$35.00 due before each game for referee and scorer.

\$70.00 forfeit fee that must be paid before your first game. Refund-  
 ed back at the end of the season.

(This cost cannot be incorporated into team fee. Must be paid prior  
 to each game.)

**Description:** Come get your game on in the Brecksville Recreation  
 Men's Basketball League. There are 2 divisions this year: Over 35  
 Division, Over 50 Division. Athletic Department reserves the right  
 to assign teams accordingly. Games will be played 4 on 4. Start  
 getting your team together and register today!

**Location:** Brecksville Community Center and Blossom Hill Facility

**Contact:** For more information, please contact Jim at Brecksville  
 Community Center 546-2300.

**Mandatory Managers Meeting:** Sunday, December 16 at 5:00pm  
 in the Brecksville Community Center, Room A. (Teams must be  
 registered prior to meeting in order to attend).

**Designated team manager and team name.**

Team uniform will be provided. If a player does not have his actual  
 team

# WINTER CAMP

Winter Break will be here before you know it. Plan ahead so you do not have to worry about hearing your child say, "There's nothing to do...we're bored". Now there is something for them to do. We are offering a Winter Camp at the Brecksville Community Center. Enjoy fun-filled days of swimming, on-site field trips, crafts, indoor games, and outdoor activities.

**Junior Camp- 6-8 year olds (20 campers)**  
**Senior Camp- 9-12 year olds (20 campers)**

**Registration:** Begins November 1 for residents.

**Day One – Thursday, December 27 from 9:00am-4:00pm**  
 "Jingle all the Way", crafts, Christmas movie, games & field trip

**Day Two – Friday, December 28 from 9:00am-4:00pm**  
 "Holiday Cheers", crafts, activities & field trip

**Cost**

- \$25 per day for BCC members
- \$35 per day for Residents
- \$45 per day for Non-residents

**Additional Costs:**

Extended Care is for families who need before and/or after camp supervision. Parents/Guardians can pick up their children at any time during these hours. You must register for Extended Care prior to attending each camp day.

Pre Care: 8:00-9:00am, \$3.00 per day  
 After Care: 4:00-5:00pm, \$3.00 per day

For more information, please contact Jim Kolesar, at 546-2008.

## Gym Time

Dates	Days	Time
October 1 - May 1	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

## Winter Session I January 2 through March 2

### 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.

## 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



## **PARADE AND TREE LIGHTING**

The holidays officially begin with the annual Brecksville Christmas Parade and Tree Lighting Ceremony on Sunday, November 25. Following the parade there will be a special fireworks display on the square. The Brecksville-Broadview Hts. Brass Ensemble will play traditional Christmas Carols and Santa Claus himself will lead us in song.

Step off is at 4:00 pm and community groups are invited to participate. Use the application on page 23 of the *Bulletin*.

The Methodist church will have refreshments and the Community Chorus will be performing.

## **ANNUAL CHILDREN'S CHRISTMAS PLAY**

**December 8 and 9**

### ***The City's Gift To Residents***

Family ties grow closer during the holidays and what better way to get close to your little ones than at Brecksville's Old Town Hall for the annual Children's Christmas Play on Saturday and Sunday, December 8 and 9 at 11:00 am and 2:00 pm.

This time-honored tradition has been offered continuously for almost 50 years but historians believe the tradition of a holiday play dates to the 1800s.

City employees and family members comprise the cast and crew in this very special gift to the community. Santa, Mrs. Claus, the elves, Frosty the Snowman, Rudolph the Red Nosed Reindeer and others will delight the children, and the play is a unique experience for the kids to see, meet and sit on Santa's lap to whisper their special Christmas wish.

One of Santa's helpers will photograph each child's visit with Santa. The picture is free along with a special tree ornament that will be a memento of the play.

There is no admission charge but you are urged to bring a canned good for Brecksville Pantry. There is limited seating so please call the Community Center soon at 546-2300 to make your reservation.

## **BREAKFAST WITH SANTA**

**Friday, December 21**

**Brecksville Community Center**

Breakfast with Santa will be served buffet style at 8:45am and 10:45am; Santa will arrive at approximately 9:15 and 11:15am to read a story to the children which will be followed by an opportunity for each child to visit with Santa for a photo opportunity. Cost: Adults \$10, Children 1-16 \$8 Under 1 Free. Register in person at the Community Center beginning December 1.

## **NORTH POLE CONNECTION... SANTA'S CALLING**

**December 11-December 12**

Our telephone lines will be hooked up to the North Pole on December 11 and 12 between 6:00 and 8:00 pm. Your child will be able to talk to Santa directly. There is no fee but parents must complete an instruction sheet at the Community Center. Call 546-2300 for more information.

## **GINGERBREAD HOUSE DECORATING CONTEST**

'Twas the night before Christmas, and all through the gingerbread house, not a creature was stirring, not even a mouse... Celebrate the holiday season by entering the 7th Annual Family Gingerbread House Decorating Competition. Houses can be as simple as being made out of graham crackers or as elaborate as a homemade gingerbread house from scratch. Houses may be made with kits, however, the complete house cannot be store bought. Your family's entry can be turned in during normal hours of operation at the Community Center December 18 through the 20. 1st, 2nd and 3rd prizes will be chosen between 5:30 am and 4 pm on Friday, December 21. Winners will be announced at 1 pm. No fees for submissions. Entries may be picked up after 4 pm on December 21.



Find us on  
**Facebook**

The City of Brecksville Ohio

Online Registration  
[webtrac.brecksville.oh.us](http://webtrac.brecksville.oh.us)