

WELLNESS



PROGRAM BROCHURE

for life

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MEDINA COMMUNITY RECREATION CENTER - FALL 2016



Recreation Center

2016 ANNUAL MEMBERSHIP RATES

MEMBERSHIP TYPE	RESIDENT		UNIVERSAL	
	RENEWAL	NEW	RENEWAL	NEW
Youth	\$161	\$173	\$225	\$240
College Student	\$161	\$173	\$225	\$240
Adult	\$229	\$250	\$320	\$347
Senior	\$120	\$130	\$138	\$152
2-Person	\$395	\$426	\$552	\$594
Family	\$527	\$564	\$738	\$785

Resident - Person who lives within the Medina City limits or Medina City School District or who pays city property tax and city income tax

Universal - Person who lives outside the Resident District

Renewal Rate - Current Members who renew before their expiration date

Youth - Person who is 3-17 years of age

College Student - Person 18-25 years of age with current tuition statement or course schedule

Adult - Person who is 18-59 years of age

Senior - Person who is 60 years of age or older

2-Person - 2 adults ages 18-59 who reside in the same household

Family - Parent, legally married parents, or guardian, all children under 17 years of age, current college students between 18-25 years of age, foreign exchange students & active military members residing in the same home. \$35 fee for each additional family member above 5

Reduced membership rates are available for Youth Members & their families who qualify for reduced or free school lunch program. Ask the front desk for information regarding special needs memberships

PAYMENT PLAN OPTION AVAILABLE ON ALL MEMBERSHIP TYPES!

Pay for your annual membership in four equal installments, automatically drafted to your credit card
A \$20 Processing Fee will be applied

ENJOY BEFORE YOU JOIN! \$7 DAILY VISIT

OR PURCHASE DAILY PASS PUNCH CARDS

5 visit - \$25, 10 visit - \$50

When you're ready to join the MCRC, the cost of the punch card is discounted from your membership!
Some restrictions apply

GROUP DISCOUNT RATE

Perfect for large groups or organizations!

Group of 10-25 - \$5 per person, Group of 26+ - \$4 per person



A Partner in Wellness

GENERAL FACILITY HOURS

Monday—Friday: 5:30a—10:00p
Saturday: 8:00a—8:00p • Sunday: 10:00a—6:00p
Natatorium closes 1 hour prior to facility closing

SUMMER HOURS

Memorial Day—Labor Day

Monday—Friday: 5:30a—9:00p
Saturday: 8:00a—6:00p • Sunday: 10:00a—6:00p
Natatorium closes 1 hour prior to facility closing

OPERATING CALENDAR

The MCRC Operating Calendar does not correspond with the Medina School District Calendar. The MCRC will remain open for business during school vacations, teacher in-service days, some holidays and snow/calamity days

The MCRC will close on the following holidays:

New Year's Day, Easter, Independence Day, Thanksgiving Day, Christmas Day

The MCRC will close at 1:00pm on the following days:

Memorial Day, Labor Day, Christmas Eve

The MCRC will close at 4:00pm on the following days:

New Year's Eve, the day before Easter & the day before Thanksgiving

MCRC ID POLICY

ALL NON-MEMBERS ARE REQUIRED TO SHOW A PHOTO ID IN ORDER TO ENTER THE FACILITY

- Daily Passes will not be sold to anyone who fails to present a photo ID
- Guests 10 years of age & younger must be accompanied by an adult (18 years or older) providing proper photo ID
- Visitors & Spectators are required to show a photo ID to enter the facility
- Non-Members attending class must present a photo ID prior to each class
- A Non-Member ID may be purchased for \$2.00 by frequent class attendees or those who do not have an acceptable form of ID

REGISTRATION INFORMATION

Program Registration Monday, August 22

Registration begins at 8:00am for Members & Non Members

Summer Swim Registration Saturday, August 27

Member Registration begins at 8:00am
Non Member Registration begins at 11:00am

Numbers will be distributed at 10:30am

How Do I Register For Programs?

On-Line Registration: Patrons are able to register for a majority of our programs online. Visit our website at www.medinarec.org

Online Registration

Walk-In Registration: Patrons may register for programs in person at the MCRC Front Desk anytime the center is open.

Transactions end 15 minutes prior to closing for cash out

Mail-In/Drop-Off Registration: Patrons may complete the Program/Activity Registration Form available on-line and mail it with full payment by check with personal drivers license # to: MCRC Program Registration, 855 Weymouth Road, Medina OH 44256. Once the registration is received a receipt will be mailed to confirm registration. You will be called if the class is full.

How Do I Pay For Programs? Full payment must be received at the time of registration. The MCRC accepts cash, personal checks with valid drivers license, credit cards (Master Card, Visa, American Express, Discover) & money orders. Checks made payable to MCRC. A \$25 fee will be assessed for any returned check. The MCRC will not accept unsigned credit cards. The name on the credit card must match the person completing the transaction.

One-week advance registration is recommended
Class decisions are made 1 week prior to the start of the class
Don't risk having your favorite class cancelled. Register early!

WE RENT OUR FACILITIES

FOR:

- Business Meetings • Trade Shows • Showers • Holiday Parties
- Fund Raising Events • Sports Banquets • Employee Appreciation

We're more than just Birthday Parties!

- 3 Community Rooms • Leisure Pool • Competition Pool
- Lap Lanes • Field House Courts • Full Facility

FOR INFORMATION ON ALL RENTALS AND FEES:
VISIT THE RENTALS PAGE AT WWW.MEDINAREC.ORG
CONTACT SANDY AT 330-721-6918 OR EMAIL STOMAZIC@MEDINAOH.ORG

THE NATIONAL BASKETBALL ACADEMY PRESENTS: 2016 FALL HOOP ZONE CLINIC AT THE MCRC

Hoop Zone Clinic is a progressive 4 week session that focuses on Station Work – Ballhandling, Shooting Mechanics, Passing and Defensive footwork for 40 Min per session. Advanced Lesson work Motion cuts, Ball Screen Series, Jab Series for 30 min per session. Then players are put into 1 on 1, 2 on 2, 3 on 3 and 5 on 5 game situations for 40 min per session to try and apply the skill sets learned in Station and Lesson work.

2nd-5th Grade Boys & Girls
Saturdays, Oct 15-Nov 5
10:00a-12:00p \$75



6th-9th Grade Boys & Girls
Saturdays, Oct 15-Nov 5
12:00p-2:00p \$75

Visit www.tNBAbasketball.com for registration information. Questions? Call tNBA at 216.378.0932

MEDINA YOUTH BASKETBALL LEAGUE BOYS & GIRLS

REGISTRATION & SKILLS TESTING

Parent and child must attend only ONE of the following days & must have grade level verification at the time of registration/testing

2ND - 5TH GRADE

Wednesday, November 2 or
Thursday, November 3

2nd Grade: 5-6p #17502 • 3rd Grade: 6-7p #17503
4th Grade: 7-8p #17504 • 5th Grade: 8-9p #17505

Saturday, November 5

2nd Grade: 9-10a #17502 • 3rd Grade: 10-11a #17503
4th Grade: 11a-12p #17504 • 5th Grade: 12-1p #17505

6TH - 12TH GRADE

Wednesday, November 9 or
Thursday, November 10

6th Grade: 5-6p #17506 • 7th Grade: 6-7p #17507
8th-9th Grade: 7-8p #17508 • 10th-12th Grade: 8-9p #17509

Saturday, November 12

6th Grade: 9-10a #17506 • 7th Grade: 10-11a #17507
8th & 9th Grade: 11a-12p #17508 • 10th-12th Grade: 12-1p #17509

• Must have grade level verification and can include: report card, class pictures, previous year's fourth-quarter grades, notes from teachers and Blackboard snapshots. Computers will also be available for families to log-on to school sites to verify. Grade verification must be provided each year

- Have kids in different age groups? Please bring them all at once, at the oldest child's tryout.
- Registration fee is per child & due on the day of registration. All payment types accepted

• Grades 2-5—\$55 MCRC Member/\$70 Non-Member • Grades 6-12—\$60 MCRC Member/\$75 Non-Member

- Grades will play on separate teams unless there are not enough players to fill rosters • Schedule/Player requests cannot be guaranteed
- Skills evaluated at registration so fair teams can be established • Bring children with proper gym attire and gym shoes
- Mandatory coaches meeting in mid December • Parents will be notified of first practice & team info after January 1st
- Picture day is Saturday, January 21 • Practices held at the Rec & will begin the week of January 9 - New HS open gym practice format
- Games held Saturdays (Sundays for all 2nd grade & 3rd grade girls) at the Rec January 28 - March 18 • HS Tournament: March 18
- Parents/spectators must bring photo ID to enter the facility for all practices and games (NO EXCEPTIONS)

KINDERGARTEN & 1ST GRADE

- Boys Registration #17500 • Girls Registration #17501
- Instructional league for beginner players—no skills testing for K-1
- Register anytime after Aug 22 at the Rec Center Front Desk
- Fee is per child and due at the time of registration
\$50 MCRC Member/\$65 Non-Member
- 8 week session • Boys & Girls play on separate teams
- Pre-K players will be accepted ONLY if children are 5 prior to Oct 31
- Mandatory coaches meeting in mid December
- Parents will be notified of team information after January 1st
- Practices held at the Rec & will begin the week of January 9
- Games held every Sunday at the Rec January 29-March 19
- Parents/spectators must bring photo ID to enter the facility for all practices and games (NO EXCEPTIONS)
- Register Early - limited number of spaces
- Registration Deadline: Dec 1

ADDITIONAL QUESTIONS?
CONTACT MAUREEN DOWELL
at 330-721-6935 or
mdowell@medinaoh.org



VOLUNTEER COACHES NEEDED!

Interested volunteers should sign up at the time of registration or email Maureen Dowell at mdowell@medinaoh.org
HIRING SCOREKEEPERS & REFEREES—MUST BE AVAILABLE SATURDAY MORNINGS/AFTERNOONS & SUNDAY AFTERNOONS

YOUTH VOLLEYBALL



- A fun & instructional program for girls & boys
- Learn the fundamentals of serves, sets, slams, blocks, returns, positioning & team strategy
- Participants must wear kneepads for each class

Day	Dates	Time	ID	Grades	Fee
Fri	Sep 23-Oct 28	5:30-6:30p	17308	1-3	\$70
Fri	Sep 22-Oct 27	6:30-7:30p	17309	4-6	\$70

Jump Start focuses on fun & learning through participation. Participants enjoy a relaxed atmosphere conducive to skill development. Register through MCRC or save by registering at www.jumpstartsports.com. For additional information please contact Jump Start at 330-656-0090 or RHart@jumpstartsports.com

MENS ADULT BASKETBALL LEAGUE

- DO NOT NEED TO BE MEMBERS TO PLAY! GET YOUR TEAM IN TODAY!
- Friendly & competitive 12 week season with tournament
- Member team must field 4 MCRC Members on roster
- Game fees \$26 each week, Forfeit fee \$50, must be on file before season begins
- Rosters available online, or at the Rec!
- League meeting September 27th at 6:30pm
- Call Maureen for information at 330.721.6935

Day	Dates	Game Times	ID	League	Team Fee
Mon	Oct 3-Dec 19	6:00-9:00p	17310	18+	\$250/\$300



SHORIN-RYU KARATE



With a focus on both speed and agility, students will learn a mix of defense and attack. Students learn important skills such as goal setting, sportsmanship & teamwork while also building confidence, courtesy, discipline, respect & much more.

SEE PAGE II FOR DETAILS

THE NATIONAL BASKETBALL ACADEMY HOLIDAY CLINIC

The National Basketball Academy is proud to present this official Youth Basketball Holiday Clinic with special giveaways! Break up the winter for your young basketball players with this fun, 3 - day program. It is an excellent way for 2nd - 9th grade boys and girls to improve their game and have a blast at the same time! Players will learn a variety of drills to make them a more complete basketball player.

Day	Dates	Time	Grade	Fee
T/W/Th	Dec 27-29	9:00a-12:00p	2-9	\$95

Visit tNBAbasketball.com for registration information



Learn to Swim

GENERAL INFORMATION:

Our goal is to offer quality aquatic programming & to facilitate the best possible learning environment for swimmers. Our instructors have been trained and prepared to teach swimmers at varying stages of aquatic development.

The Aquatics Department maintains an open door policy. Please contact Darlene 330.721.6942 if you have any questions or concerns. For your child's safety we have a head lifeguard & lifeguards on duty at all times during our programs.

REGISTRATION:

Mass Registration is held twice a year: August for the fall/winter program & May for the spring/summer program. In order for a child to register during member registration, the child must be a MCRC Member. A certain number of spots will be held through each season to ensure participants can progress to the next level. After the mass registration dates, there will be continuous registration until all classes are filled. On the last day of class your child will be given a report card that will indicate if the child moves up to the next level or remains at the same level.

HOLD SPOTS:

Although we hold spots for the next level, they are limited & will only be held until the end of the day the class ends. The class must be the same day & time unless an open, non-hold spot is available in another session. To ensure that you are justified to have a hold spot you must present one of the following documents: report card or toddler participation certification. Any hold spots that were not taken will be first offered to the wait list the next day & then opened to the general public. Please note, some classes will not have a following class in which to enroll!

Swim Registration: Saturday, August 27

Member Registration begins at 8:00am

Non-Member Registration begins at 11:00pm

Numbers will be distributed at 10:30am

NO SWIM CLASSES ON:

* Nov 23, 26; Apr 10, 12*

All Non-Members are required to show a photo ID in order to enter the facility

TODDLER SWIM

AGES: 6-35 MONTHS

- Class will establish children's acclimation to the water
- Participate in games & songs—working towards swim skills
- Skills include: entering/exiting water, bubble blowing, floats, submerging mouth/nose/eyes, glides, kicks & arm movements
- Parents must be in the water with the child

Day	Dates	Time	ID	Classes	Fee
M	Sep 12-Oct 24	4:30-5:00p	17082	7	\$39/\$49
M	Nov 7-Dec 19	4:30-5:00p	17083	7	\$39/\$49
M	Jan 9-Feb 20	4:30-5:00p	17084	7	\$39/\$49
M	Mar 6-Apr 24	4:30-5:00p	17085	7	\$39/\$49
Sat	Sep 10-Oct 22	9:30-10:00a	17086	7	\$39/\$49
Sat	Oct 29-Dec 17	9:30-10:00a	17087	7	\$39/\$49
Sat	Jan 7 - Feb 18	9:30-10:00a	17088	7	\$39/\$49
Sat	Feb 25-Apr 8	9:30-10:00a	17089	7	\$39/\$49
Sat	Sep 10-Oct 22	10:00-10:30a	17090	7	\$39/\$49
Sat	Oct 29-Dec 17	10:00-10:30a	17091	7	\$39/\$49
Sat	Jan 7-Feb 18	10:00-10:30a	17092	7	\$39/\$49
Sat	Feb 25-Apr 8	10:00-10:30a	17093	7	\$39/\$49

GREEN FISH

AGES: 3-5

- Beginning preschool class will orient children to the aquatic environment & establish basic aquatic skills
- This class is for children who cannot float on their front or back
- Children should wear a t-shirt with their name on it

Day	Dates	Time	ID	Classes	Fee
M	Sep 12-Oct 24	4:30-5:00p	17096	7	\$39/\$49
M	Nov 7-Dec 19	4:30-5:00p	17097	7	\$39/\$49
M	Jan 9-Feb 20	4:30-5:00p	17098	7	\$39/\$49
M	Mar 6-Apr 24	4:30-5:00p	17099	7	\$39/\$49
W	Sep 7-Oct 19	4:30-5:00p	17100	7	\$39/\$49
W	Oct 26-Dec 14	4:30-5:00p	17101	7	\$39/\$49
W	Jan 11-Feb 22	4:30-5:00p	17102	7	\$39/\$49
W	Mar 8-Apr 26	4:30-5:00p	17103	7	\$39/\$49
M	Sep 12-Oct 24	5:30-6:00p	17104	7	\$39/\$49
M	Nov 7-Dec 19	5:30-6:00p	17105	7	\$39/\$49
M	Jan 9-Feb 20	5:30-6:00p	17106	7	\$39/\$49
M	Mar 6-Apr 24	5:30-6:00p	17107	7	\$39/\$49
W	Sep 7-Oct 19	5:30-6:00p	17108	7	\$39/\$49
W	Oct 26-Dec 14	5:30-6:00p	17109	7	\$39/\$49
W	Jan 11-Feb 22	5:30-6:00p	17110	7	\$39/\$49
W	Mar 8-Apr 26	5:30-6:00p	17111	7	\$39/\$49
Sat	Sep 10-Oct 22	8:30-9:00a	17112	7	\$39/\$49
Sat	Oct 29-Dec 17	8:30-9:00a	17113	7	\$39/\$49
Sat	Jan 7-Feb 18	8:30-9:00a	17114	7	\$39/\$49
Sat	Feb 25-Apr 8	8:30-9:00a	17115	7	\$39/\$49
Sat	Sep 10-Oct 22	12:00-12:30p	17116	7	\$39/\$49
Sat	Oct 29-Dec 17	12:00-12:30p	17117	7	\$39/\$49
Sat	Jan 7-Feb 18	12:00-12:30p	17118	7	\$39/\$49
Sat	Feb 25-Apr 8	12:00-12:30p	17119	7	\$39/\$49
Sat	Sep 10-Oct 22	12:30-1:00p	17120	7	\$39/\$49
Sat	Oct 29-Dec 17	12:30-1:00p	17121	7	\$39/\$49
Sat	Jan 7-Feb 18	12:30-1:00p	17122	7	\$39/\$49
Sat	Feb 25-Apr 8	12:30-1:00p	17123	7	\$39/\$49

BLUE FISH

AGES: 3-5

- Children entering this class must be able to float on their front & back for 5 seconds unsupported and recover from their floats to a vertical position

Day	Dates	Time	ID	Classes	Fee
M	Sep 12-Oct 24	5:00-5:30p	17124	7	\$39/\$49
M	Nov 7-Dec 19	5:00-5:30p	17125	7	\$39/\$49
M	Jan 9-Feb 20	5:00-5:30p	17126	7	\$39/\$49
M	Mar 6-Apr 24	5:00-5:30p	17127	7	\$39/\$49
W	Sep 7-Oct 19	5:00-5:30p	17128	7	\$39/\$49
W	Oct 26-Dec 14	5:00-5:30p	17129	7	\$39/\$49
W	Jan 11-Feb 22	5:00-5:30p	17130	7	\$39/\$49
W	Mar 8-Apr 26	5:00-5:30p	17131	7	\$39/\$49
Sat	Sep 10-Oct 22	9:00-9:30a	17132	7	\$39/\$49
Sat	Oct 29-Dec 17	9:00-9:30a	17133	7	\$39/\$49
Sat	Jan 7-Feb 18	9:00-9:30a	17134	7	\$39/\$49
Sat	Feb 25-Apr 8	9:00-9:30a	17135	7	\$39/\$49



GOLD FISH

AGES: 3-5

- Children entering this class must be able to float on their front & back unsupported & swim leveled off for 5 yards on their front with their face in the water & swim on their back leveled off for 5 yards

Day	Dates	Time	ID	Classes	Fee
M	Nov 7-Dec 19	4:30-5:00p	17213	7	\$39/\$49
M	Jan 9-Feb 20	4:30-5:00p	17214	7	\$39/\$49
M	Mar 6-Apr 24	4:30-5:00p	17215	7	\$39/\$49
W	Oct 26-Dec 14	4:30-5:00p	17216	7	\$39/\$49
W	Jan 11-Feb 22	4:30-5:00p	17217	7	\$39/\$49
W	Mar 8-Apr 26	4:30-5:00p	17218	7	\$39/\$49
Sat	Oct 29-Dec 17	8:00-8:30a	17219	7	\$39/\$49
Sat	Jan 7-Feb 18	8:00-8:30a	17220	7	\$39/\$49
Sat	Feb 25-Apr 8	8:00-8:30a	17221	7	\$39/\$49

The Unexpected Benefits of Learning to Swim

"I can swim the whole way across the pool!" Hearing those excited words coming from a beaming child is about as rewarding as it gets. Not only has that child learned to be safe in the water, but they have also gained confidence and learned how to make healthy lifestyle decisions. As parents, we sometimes need to mask the 'good for you'. Our Children may not know all the benefits of learning to swim, but we sure do...

GAINING WATER SAFETY KNOWLEDGE - Learning to swim is a life skill. According to the Centers for Disease Control and Prevention, drowning is the second leading cause of death for children ages 1-14. During swim lessons children learn more than how to stay afloat; they learn to have a healthy respect for water and to follow rules that save lives and prevent tragedies.

DEVELOPING NEW SKILLS - According to the American Psychology Association, learning a new skill helps promote healthy brain function. Children learn best when they are exposed to a variety of ideas, experiences, skills and materials. Learning something completely new helps children develop critical thinking skills that will help them adapt to a variety of situations.

BUILDING CONFIDENCE - Learning to swim gives children a sense of accomplishment and pride in their abilities. The more kids complete new tasks, make friends, and have fun doing it, the more confidence they'll gain in themselves.

GETTING EXERCISE - It's not always easy to get kids excited about moving, but when they're in the pool they hardly notice how much aerobic exercise they're getting. Swimming is good for the heart, lungs, and muscles.

Know the Unexpected & encourage your children to swim!

Children 7 & under
may not be more than
an arms length away
from their parent at any time!
OUR BUSINESS IS KEEPING YOUR CHILD SAFE!

Learn to Swim

Aquatics

TURTLES

AGES: 5 & UP

- Beginner school-aged class will establish basic levels of aquatic skills
- This class is for children who cannot float on the front or back

Day	Dates	Time	ID	Classes	Fee
M	Sep 12-Oct 24	7:00-7:50p	17140	7	\$46/\$56
M	Nov 7-Dec 19	7:00-7:50p	17141	7	\$46/\$56
M	Jan 9-Feb 20	7:00-7:50p	17142	7	\$46/\$56
M	Mar 6-Apr 24	7:00-7:50p	17143	7	\$46/\$56
W	Sep 7-Oct 19	7:00-7:50p	17144	7	\$46/\$56
W	Oct 26-Dec 14	7:00-7:50p	17145	7	\$46/\$56
W	Jan 11-Feb 22	7:00-7:50p	17146	7	\$46/\$56
W	Mar 8-Apr 26	7:00-7:50p	17147	7	\$46/\$56
Sat	Sep 10-Oct 22	10:00-10:50a	17148	7	\$46/\$56
Sat	Oct 29-Dec 17	10:00-10:50a	17149	7	\$46/\$56
Sat	Jan 7-Feb 18	10:00-10:50a	17150	7	\$46/\$56
Sat	Feb 25-Apr 8	10:00-10:50a	17151	7	\$46/\$56

SEALS 1

AGES: 5 & UP

- Children entering this class must be able to float on their front & back unsupported for 5 seconds & recover from their floats to a vertical position. Demonstrate some forward progression with their face in the water & demonstrate some back progression

Day	Dates	Time	ID	Classes	Fee
M	Sep 12-Oct 24	6:00-6:50p	17152	7	\$46/\$56
M	Nov 7-Dec 19	6:00-6:50p	17153	7	\$46/\$56
M	Jan 9-Feb 20	6:00-6:50p	17154	7	\$46/\$56
M	Mar 6-Apr 24	6:00-6:50p	17155	7	\$46/\$56
W	Sep 7-Oct 19	6:00-6:50p	17156	7	\$46/\$56
W	Oct 26-Dec 14	6:00-6:50p	17157	7	\$46/\$56
W	Jan 11-Feb 22	6:00-6:50p	17158	7	\$46/\$56
W	Mar 8-Apr 26	6:00-6:50p	17159	7	\$46/\$56
Sat	Sep 10-Oct 22	11:00-11:50a	17160	7	\$46/\$56
Sat	Oct 29-Dec 17	11:00-11:50a	17161	7	\$46/\$56
Sat	Jan 7-Feb 18	11:00-11:50a	17162	7	\$46/\$56
Sat	Feb 25-Apr 8	11:00-11:50a	17163	7	\$46/\$56



SEALS 2

AGES: 5 & UP

- Children entering this class must be able to float on their front & back unsupported for 10 seconds, demonstrate swimming on their front with their face in the water leveled off for 5 yards & swim leveled off on their back for 5 yards
- Class will be taught in 5-13' of water

Day	Dates	Time	ID	Classes	Fee
M	Sep 12-Oct 24	7:00-7:50p	17164	7	\$46/\$56
M	Nov 7-Dec 19	7:00-7:50p	17165	7	\$46/\$56
M	Jan 9-Feb 20	7:00-7:50p	17166	7	\$46/\$56
M	Mar 6-Apr 24	7:00-7:50p	17167	7	\$46/\$56
W	Sep 7-Oct 19	7:00-7:50p	17168	7	\$46/\$56
W	Oct 26-Dec 14	7:00-7:50p	17169	7	\$46/\$56
W	Jan 11-Feb 22	7:00-7:50p	17170	7	\$46/\$56
W	Mar 8-Apr 26	7:00-7:50p	17171	7	\$46/\$56
Sat	Sep 10-Oct 22	12:00-12:50p	17172	7	\$46/\$56
Sat	Oct 29-Dec 17	12:00-12:50p	17173	7	\$46/\$56
Sat	Jan 7-Feb 18	12:00-12:50p	17174	7	\$46/\$56
Sat	Feb 25-Apr 8	12:00-12:50p	17175	7	\$46/\$56

OTTERS 3

AGES: 5 & UP

- Children entering this class must be able to tread water for 1 minute, swim forward progression leveled off with a consistent flutter kick, arms out & forward face or to the side 10 yards, swim forward progression leveled off for 5 yards & turn over & continue to swim on back leveled off for 5 yards, swim on back 10 yards

Day	Dates	Time	ID	Classes	Fee
M	Sep 12-Oct 24	5:00-5:50p	17176	7	\$46/\$56
M	Nov 7-Dec 19	5:00-5:50p	17177	7	\$46/\$56
M	Jan 9-Feb 20	5:00-5:50p	17178	7	\$46/\$56
M	Mar 6-Apr 24	5:00-5:50p	17179	7	\$46/\$56
W	Sep 7-Oct 19	5:00-5:50p	17180	7	\$46/\$56
W	Oct 26-Dec 14	5:00-5:50p	17181	7	\$46/\$56
W	Jan 11-Feb 22	5:00-5:50p	17182	7	\$46/\$56
W	Mar 8-Apr 26	5:00-5:50p	17183	7	\$46/\$56
Sat	Sep 10-Oct 22	9:00-9:50a	17184	7	\$46/\$56
Sat	Oct 29-Dec 17	9:00-9:50a	17185	7	\$46/\$56
Sat	Jan 7-Feb 18	9:00-9:50a	17186	7	\$46/\$56
Sat	Feb 25-Apr 8	9:00-9:50a	17187	7	\$46/\$56

OTTERS 4

AGES: 5 & UP

- Swimmers must be able to demonstrate all parts of the following strokes & the required distances: front crawl 20 yards, back crawl 20 yards, elementary back stroke 10 yards

Day	Dates	Time	ID	Classes	Fee
M	Sep 12-Oct 24	6:00-6:50p	17188	7	\$46/\$56
M	Nov 7-Dec 19	6:00-6:50p	17189	7	\$46/\$56
M	Jan 9-Feb 20	6:00-6:50p	17190	7	\$46/\$56
M	Mar 6-Apr 24	6:00-6:50p	17191	7	\$46/\$56
W	Sep 7-Oct 19	6:00-6:50p	17192	7	\$46/\$56
W	Oct 26-Dec 14	6:00-6:50p	17193	7	\$46/\$56
W	Jan 11-Feb 22	6:00-6:50p	17194	7	\$46/\$56
W	Mar 8-Apr 26	6:00-6:50p	17195	7	\$46/\$56
Sat	Sep 10-Oct 22	10:00-10:50a	17196	7	\$46/\$56
Sat	Oct 29-Dec 17	10:00-10:50a	17197	7	\$46/\$56
Sat	Jan 7-Feb 18	10:00-10:50a	17198	7	\$46/\$56
Sat	Feb 25-Apr 8	10:00-10:50a	17199	7	\$46/\$56

LEVEL 5

AGES: 5 & UP

- Swimmers must be able to demonstrate all the parts of the following strokes & the required distances for each stroke: front crawl 30 yards, back crawl 30 yards, elementary back stroke 20 yards, side stroke 20 yards

Day	Dates	Time	ID	Classes	Fee
M	Sep 12-Oct 24	5:00-5:50p	17200	7	\$46/\$56
M	Nov 7-Dec 19	5:00-5:50p	17201	7	\$46/\$56
M	Jan 9-Feb 20	5:00-5:50p	17202	7	\$46/\$56
M	Mar 6-Apr 24	5:00-5:50p	17203	7	\$46/\$56
W	Sep 7-Oct 19	5:00-5:50p	17204	7	\$46/\$56
W	Oct 26-Dec 14	5:00-5:50p	17205	7	\$46/\$56
W	Jan 11-Feb 22	5:00-5:50p	17206	7	\$46/\$56
W	Mar 8-Apr 26	5:00-5:50p	17207	7	\$46/\$56
Sat	Sep 10-Oct 22	11:00-11:50a	17208	7	\$46/\$56
Sat	Oct 29-Dec 17	11:00-11:50a	17209	7	\$46/\$56
Sat	Jan 7-Feb 18	11:00-11:50a	17210	7	\$46/\$56
Sat	Feb 25-Apr 8	11:00-11:50a	17211	7	\$46/\$56

ALL NON-MEMBERS ARE REQUIRED TO SHOW A PHOTO ID IN ORDER TO ENTER THE FACILITY

THIS INCLUDES ALL NON-MEMBER CLASS PARTICIPANTS

LEVEL 6

FITNESS DIVING / PERSONAL WATER SAFETY

AGES: 5 & UP

- Teaches basic turns used in competitive swimming, as well as some basic diving and use of equipment related to competitive swimming
- Swimmers must be able to demonstrate all the parts of the following strokes & the required distances for each stroke: front crawl 50 yards, back crawl 50 yards, elementary back stroke 30 yards, breast stroke 30 yards, side stroke 30 yards

Day	Dates	Time	ID	Classes	Fee
M	Sep 12-Oct 24	6:00-6:50p	17224	7	\$46/\$56
M	Nov 7-Dec 19	6:00-6:50p	17225	7	\$46/\$56
W	Jan 11-Feb 22	6:00-6:50p	17226	7	\$46/\$56
W	Mar 8-Apr 26	6:00-6:50p	17227	7	\$46/\$56
Sat	Sep 10-Oct 22	11:00-11:50a	17228	7	\$46/\$56
Sat	Oct 29-Dec 17	11:00-11:50a	17229	7	\$46/\$56
Sat	Jan 7-Feb 18	11:00-11:50a	17230	7	\$46/\$56
Sat	Feb 25-Apr 8	11:00-11:50a	17231	7	\$46/\$56

Swim Registration: Saturday, August 27

Member Registration begins at 8:00am

Non-Member Registration begins at 11:00pm

Numbers will be distributed at 10:30am

NO SWIM CLASSES ON:

Nov 23, 26; Apr 10, 12

All Non-Members are required to show a photo ID in order to enter the facility

Children 7 & under may not be more than an arms length away from their parent at any time!
OUR BUSINESS IS KEEPING YOUR CHILD SAFE!



ADULT LEARN TO SWIM BEGINNER CLASS

AGES: 16 & UP

- For adult non-swimmers who want to establish comfort in water
- Class held in 3-5' water
- Learn water adjustment activities, front & back floats, glides and front & back crawl
- Beginner participants will learn basic levels of aquatic skills & acquaint you to the aquatic environment
- Class can be customized to meet the aquatic needs of each participant • Space is limited

Fee	Day	Dates	Time	ID	Classes
M/W	Sep 12-Oct 3	7:00-7:50p	17246	7	\$46/\$56
M/W	Mar 6-27	7:00-7:50p	17247	7	\$46/\$56



Aquatics

WATER AEROBICS

INSTRUCTOR: MARY BETH

- A great low to no impact resistance workout
- Improve endurance, range of motion, flexibility, balance & stability
- Class will be held in 4 to 5 feet of water

Day	Dates	Time	ID	Classes	Fee
M/W/F	Sep 7-30	9:30-10:30a	17262	11	\$66/\$88
M/W/F	Oct 3-31	9:30-10:30a	17263	12	\$72/\$96
M/W/F	Nov 2-30*	9:30-10:30a	17264	11	\$66/\$88
M/W/F	Dec 2-21	9:30-10:30a	17265	9	\$54/\$72

No Class Nov 24 & 25

DEEP WATER

INSTRUCTOR: JANE

- Terrific all over conditioning workout!
- Great aerobic & toning benefits from natural water resistance
- Flotation equipment used, but must feel comfortable in deep water

Day	Dates	Time	ID	Classes	Fee
M/W	Sep 12-28	7:30-8:30p	17237	6	\$36/\$42
M/W	Oct 3-26	7:30-8:30p	17238	8	\$48/\$56
M/W	Nov 2-16	7:30-8:30p	17239	5	\$30/\$35

Bundle / Sep 12-Nov 16 / 17240 / 20 classes / \$95/\$114



AEA ARTHRITIS AQUATICS

INSTRUCTOR: MARY BETH

- Use the water to combine gentle movements & help decrease pain, stiffness & add range of motion

SEPTEMBER 6 - DECEMBER 21

Mondays & Wednesdays : 8:30-9:30a

Tuesdays & Thursdays : 10:00-11:00a

Fees: Walk-In's: \$3 per Class 10 Visit Punch Card: \$30
No Class Oct 24, Nov 23 - 25

MEDINA HOSPITAL CLASSES

Classes are held year round on a continuous basis in the MCRC Leisure Pool. Swimming skills are not necessary

AQUATIC EXERCISE FOR FIBROMYALGIA

- Designed for people with fibromyalgia or arthritis
 - Exercises improve joint flexibility & decrease pain
- Tuesdays & Thursdays : 3:00-4:00pm

Fees: Walk-In's: \$3 per Class 10 Visit Punch Card: \$30



A Partner in Wellness



DIVE PROGRAM

INSTRUCTOR: AMY



- Learn the basic skills associated with springboard diving or advance your skills
- Divers with little to no experience will learn the approach, basic positions (tuck, pike, straight) and entry and will continue to develop in all five diving groups
- Advanced divers will work on mastering their skills while learning new and harder dives
- This program is designed for 6th grade students or older

Day	Dates	Time	ID	Classes	Fee
Tu/Th	Sep 6-Oct 27	6:30-8:30p	17556	16	\$270/\$280

LIFEGUARD TRAINING COURSE



- Upon successful completion receive all required lifeguard certifications - All Classes are mandatory
- Students should bring a swim suit, towels, highlighter, writing utensils & paper to each class
- Must be 15 by the end of the class to enroll
- NO REFUNDS AFTER 1ST CLASS
- Pre-requisites: Swim 20 yds, surface dive & retrieve a 10 lb brick from 7-10' depth & swim back 20 yds within 1 min 40 sec. Swim 300 yds. Tread 2 min legs only

Day	Dates	Time	ID	Classes	Fee
Sun	Feb 5-Mar 12	10:00a-3:00p	17252	6	\$210/\$220
Wed	Apr 5-May 10*	4:00p-9:00p	17253	5	\$210/\$220

No Class Apr 12



SCUBA CERTIFICATION

Aqua Marine Scuba Diving School will be at the MCRC

Get more information, meet instructors and register at any of the following dates:

AUG 10 & 24 • SEP 7 & 21

OCT 5 & 19 • NOV 2, 16 & 30 • DEC 14

Not ready to be certified but want to experience Scuba Diving?

Ask about Intro to Scuba!

Please contact Aqua Marine at 330-658-2458 or visit www.luv2scuba.com for complete details.



MEDINA MAKOS USA SWIM TEAM

HEAD COACH: ANTHONY PETRUZZI



The MCRC has a year-round age group swim team. Medina Makos is a USA team that competes in USA swim meets. If your child has a passion for swimming, than this program is a must.

- Swimmers, 6-18, must swim all 4 strokes & pass Level 5 swim lessons
- Multiple child discount – 10% Discount for 2nd sibling registered. 15% discount for each additional sibling. Discount applied toward lowest rate
- Days & times of practices will vary through the season
- Additional Makos team fees are required
- See Mako Team flyer on website or at the Rec for complete practice and team information
- For questions and team descriptions please visit the Medina Mako's website at www.medinaswimming.com

Team	Dates	Practice Days	ID	Fee
High School	Aug 23-Nov 3	M-Sa	17277	\$250/\$280
<i>HS Swimmers - Before & After HS Season</i>				
PreSeasonHS	Sep 6-Nov 3	M-F	17270	\$200/\$230
<i>HS Swimmers - Before HS Season begins</i>				
Senior Team	Aug 23-Mar 12	M-F	17278	\$600/\$680
<i>Makos year round swimmers ONLY</i>				
Yellow Team	Sep 6-Mar 12	M-F	17271	\$460/\$510
	Nov 7-Mar 12	M-F	17272	\$390/\$430
<i>Competitive Swimmers</i>				
White Team	Sep 6-Feb 26	Tu, Th, F	17273	\$360/\$400
	Nov 8-Feb 26	Tu, Th, F	17274	\$300/\$340
<i>Competitive Swim Experience</i>				
Green Team	Sep 6-Feb 26	Tu, Th, F	17275	\$320/\$360
	Nov 8-Feb 26	Tu, Th, F	17276	\$280/\$310
<i>Beginners - New to Competitive Swim</i>				

please visit www.medinaswimming.com for details

MEDINA MASTERS SWIM CLUB

Open to any swimmer 18 & over
Coaches Lou Schaefer & Amro Hassan
Encouraging & promoting improved physical fitness & health in adults

Contact medinamasters@gmail.com for info or check their website at www.medinamasters.com

SCOUT WATER SAFETY



Looking to earn a NEW badge?

If you would like to schedule an outing for your troop, please contact Darlene Donkin at 330.721.6942 or ddonkin@medinaoh.org for more details

Senior Programs

Silver Sneakers

MCRC

HEALTHWAYS

Silver Sneakers
FITNESS

Silver Sneakers is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity and offering social events.

A SilverSneakers membership includes:

- Access to facility amenities
- SilverSneakers classes & other Senior programs
- Annual membership provided by individual's health plan at no cost to the individual

SilverSneakers also provides opportunities to:

- Expand your social network & strengthen friendships
- Increase your mental sharpness
- Take part in social activities & wellness seminars

This is for Medicare eligible participants only
Ask our friendly front desk staff if you're eligible
(Please bring your driver's license)

Visit www.silversneakers.com
to see if your Medicare plan offers the program



SILVERSNEAKERS CLASSIC

INSTRUCTOR: BETH

- Free for SilverSneakers Members
- All fitness levels welcome
- Improve overall strength, flexibility and balance
- Gentle, low impact workout for mature audiences
- Work to stay healthy & maintain your independence
- Instructor guides you through exercises at your own pace

Day	Dates	Time	ID	Classes	Fee
Mon	Sep 12-26	8:30-9:15a	17531	3	\$12/\$21
Mon	Oct 3-31	8:30-9:15a	17532	5	\$20/\$35
Mon	Nov 7-28	8:30-9:15a	17533	4	\$16/\$28
Mon	Dec 5-26	8:30-9:15a	17534	4	\$16/\$28
Bundle / Sep 12-Dec 26 / 17535 / 16 classes / \$55/\$95					

Day	Dates	Time	ID	Classes	Fee
Mon	Sep 12-26	10:35-11:20a	17516	3	\$12/\$21
Mon	Oct 3-31	10:35-11:20a	17517	5	\$20/\$35
Mon	Nov 7-28	10:35-11:20a	17518	4	\$16/\$28
Mon	Dec 5-26	10:35-11:20a	17519	4	\$16/\$28
Bundle / Sep 12-Dec 26 / 17520 / 16 classes / \$55/\$95					

Day	Dates	Time	ID	Classes	Fee
Wed	Sep 7-28	8:30-9:15a	17536	4	\$16/\$28
Wed	Oct 5-26	8:30-9:15a	17537	4	\$16/\$28
Wed	Nov 2-30	8:30-9:15a	17538	5	\$20/\$35
Wed	Dec 7-28	8:30-9:15a	17539	4	\$16/\$28
Bundle / Sep 7-Dec 28 / 17540 / 17 classes / \$59/\$101					

Day	Dates	Time	ID	Classes	Fee
Wed	Sep 7-28	10:35-11:20a	17521	4	\$16/\$28
Wed	Oct 5-26	10:35-11:20a	17522	4	\$16/\$28
Wed	Nov 2-30	10:35-11:20a	17523	5	\$20/\$35
Wed	Dec 7-28	10:35-11:20a	17524	4	\$16/\$28
Bundle / Sep 7-Dec 28 / 17525 / 17 classes / \$59/\$101					

Day	Dates	Time	ID	Classes	Fee
Fri	Sep 2-30	8:30-9:15a	17526	5	\$20/\$35
Fri	Oct 7-28	8:30-9:15a	17527	4	\$16/\$28
Fri	Nov 11-18	8:30-9:15a	17528	2	\$8/\$14
Fri	Dec 2-30	8:30-9:15a	17529	5	\$20/\$35
Bundle / Sep 2-Dec 30 / 17530 / 16 classes / \$55/\$95					

Day	Dates	Time	ID	Classes	Fee
Fri	Sep 2-30	10:35-11:20a	17541	5	\$20/\$35
Fri	Oct 7-28	10:35-11:20a	17542	4	\$16/\$28
Fri	Nov 11-18	10:35-11:20a	17543	2	\$8/\$14
Fri	Dec 2-30	10:35-11:20a	17544	5	\$20/\$35
Bundle / Sep 2-Dec 30 / 17545 / 16 classes / \$55/\$95					

No class Nov 4 & Nov 25



SILVERSNEAKERS YOGA

INSTRUCTOR: BETH

- Free for SilverSneakers Members!
- Special yoga class to learn gentle, effective stretching
- Maintain joint flexibility and prevent injury
- Improve muscle tone & learn to relax

Day	Dates	Time	ID	Classes	Fee
Tue	Sep 6-27	8:25-9:10a	17546	4	\$16/\$28
Tue	Oct 4-25	8:25-9:10a	17547	4	\$16/\$28
Tue	Nov 1-29	8:25-9:10a	17548	5	\$20/\$35
Tue	Dec 6-27	8:25-9:10a	17549	4	\$16/\$28
Bundle / Sep 6-Dec 27 / 17550 / 17 classes / \$59/\$101					

Day	Dates	Time	ID	Classes	Fee
Thu	Sep 1-29	8:25-9:10a	17551	5	\$20/\$35
Thu	Oct 6-27	8:25-9:10a	17552	4	\$16/\$28
Thu	Nov 3-17	8:25-9:10a	17553	3	\$12/\$21
Thu	Dec 1-29	8:25-9:10a	17554	5	\$20/\$35
Bundle / Sep 1-Dec 29 / 17555 / 17 classes / \$59/\$101					

SILVERSNEAKERS SPLASH

INSTRUCTOR: MARY BETH

- Free water fitness class for SilverSneakers Members!
- No swimming ability required
- Develop strength & balance
- Improve flexibility & cardiovascular endurance
- Class schedules at the MCRC-check website for updates

SEPTEMBER 6 - DECEMBER 21

Mondays, Wednesdays & Fridays
10:45a - 11:30a

Tuesdays & Thursdays
9:00a - 9:45a

NOT A SILVERSNEAKERS MEMBER?

\$4 drop-in fee per class for Non-Members

No Class Oct 24, Nov 24 - 25

SENIOR WALKING CLUB

- Class meets Friday mornings from 10:00a-11:30a
- Log your miles running, walking, using machines or swimming and earn incentives for mile goals
- Fee is per day of participation – Free for MCRC Members & SilverSneakers Members and \$1 for Non-Members

PICKLEBALL

- Open Mondays, Wednesdays & Fridays from 8:00a-10:00a
- 1st and 3rd Wednesdays in Sept & Oct from 7:00p-9:00p
- Fee is per day of participation – Free for MCRC Members & SilverSneakers Members and \$4 for Non-Members

AUGUST 29 - DECEMBER 16

No class Sep 5

SENIOR BUNCO

- Have fun testing your luck and rolling the dice at the MCRC
- Class meets 1st Tuesday of the month at 10:00a in the Cafe
- Fee is per day of participation – Free for MCRC Members & SilverSneakers Members and \$1 for Non-Members

• SEP 6 • OCT 4 • NOV 1 • DEC 6

CROCHET & KNITTING

Sponsored by Brookdale North & South

- Socialize, learn new stitches and patterns, and have fun!
- Completed projects may be donated to community shelters
- Class meets every 2nd & 4th Wednesday from 1:00-3:00p
- Fee is per day of participation – Free for MCRC Members & SilverSneakers Members and \$1 for Non-Members

• SEP 14 & 28 • OCT 12 & 26
• NOV 9 & 23 • DEC 14 & 28

SENIOR LECTURE & LUNCH SERIES

- Join us to learn about important topics and issues, meet doctors, healthy eating information and more!
- Lectures held the 1st & 3rd Friday from 10:30a-11:30a
- Lunch or refreshments to follow each lecture
- Coffee provided by Medina McDonald's
- For more info contact Susan Becks at 330.721.6934

- **Sep 9** *BUILDING WITH A PASSION – My Journey with Habitat for Humanity in the United States!*
Beth Schnabel – Habitat for Humanity
Lunch provided by Life Care Center of Medina
- **Sep 16** *THE REAL TRUE GRIT*
Ralph Pfingsten – Berea Sandstone Quarries of Ohio
Lunch provided by The Avenue of Medina
- **Sep 30** *LEAVING A LEGACY – Documenting Family History*
Lynn Hermansky - Hospice of the Western Reserve & Lalitha Reddy - Right At Home
Lunch provided by Willowood Care Center
- **Oct 7** *ARE YOUR FINANCIAL DUCKS IN A ROW?*
Kent VonderVellon – Velocity Advisors
Lunch provided by Sanctuary Health Network
- **Oct 21** *SENIOR DAY AT THE MCRC - 9:30a-1:00p*
Sponsored by Cleveland Clinic, MCRC and MCOOA
A Free Day for 55 & Better filled with Health Screenings, Guest Speakers, Vendors and more!
- **Oct 28** *THE BRAIN AND YOUR MEMORY*
Cleveland Clinic Doctor of Neurology
Lunch provided by Life Care Center of Medina
- **Nov 4** *WHAT YOU SHOULD KNOW ABOUT SENIOR SCAMS*
Office of Ohio Attorney General
Lunch provided by Brookdale North & South
- **Nov 8** *REMEMBERING THE VIETNAM WAR*
Ed Zachery - Medina County Veterans Administration
Lunch provided by Seville Meadows
- **Dec 2** *MAKING PREVENTION WORK FOR SENIORS*
Cindy McQuown - Cornerstone Psychological
Lunch provided by Medina Meadows Rehab & Nursing Ctr
- **Dec 9** *SURPRISES IN AVIATION HISTORY*
Reed Kimball - MAPS Air Museum
Lunch provided by Samaritan Care Center
Stay afterwards for some holiday fun - Bingo & Prizes

WII BOWLING FRIDAYS

- Ages 55 & up - get healthy, stay active and meet new friends
- Class meets every 2nd & 4th Friday from 10:00a-12:00p
- Fee is per day of participation – Free for MCRC Members & SilverSneakers Members and \$1 for Non-Members

SEPTEMBER 23 - DECEMBER 23

No class Oct 28, Dec 9

SENIOR DAY AT THE MCRC

FRIDAY, OCTOBER 21
9:30A-1:00P

Event brought to you by:

Medina Community Recreation Center,
Cleveland Clinic / Medina Hospital &
Medina County Office for Older Adults

- Health Screenings • Guest Lecture
- Vendors • Raffles • Refreshments

Fitness & Wellness

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Arth Aqua 8:30-9:30a	SSFP Classic 8:30-9:15a	SilverSneakers Yoga 8:25-9:10a		Arth Aqua 8:30-9:30a	SSFP Classic 8:30-9:15a	SilverSneakers Yoga 8:25-9:10a		SilverSneakers Classic 8:30-9:15a		Spin/Kettle Fusion 8:05-9:20a	
		SilverSneakers Splash 9:00-9:45a				SilverSneakers Splash 9:00-9:45a					
HIIT 9:30-10:25a	Water Aero 9:30-10:30a	Power Pilates 9:15-10:10a		Total Tone 9:30-10:25a	Water Aero 9:30-10:30a	Power Pilates 9:15-10:10a		Firm/Tone 9:30-10:25a	Water Aero 9:30-10:30a	Thighs & Guts 9:30-10:25a	
		Arthritis Aquatics 10:00-11:00a				Arthritis Aquatics 10:00-11:00a		Senior Walking Club 10:00-11:30a			
SilverSneakers Classic 10:35-11:20a				SilverSneakers Classic 10:35-11:20a				SilverSneakers Classic 10:35-11:20a			
SilverSneakers Splash 10:45-11:30a		Strength & Tone 10:45-11:40a		SilverSneakers Splash 10:45-11:30a		Strength & Tone 10:45-11:40a		SilverSneakers Splash 10:45-11:30a			
		Yoga/Pilates Mix 11:50a-12:45p				Yoga/Pilates Mix 11:50 a-12:45p				SUNDAY Yoga 10:05-10:50a	
		Fibromyalgia 3:00-4:00p				Fibromyalgia 3:00-4:00p					
Kickboxing 4:30-5:25p											
Women On Weights 5:30-6:25p		Cycle Core 5:15-6:10p	Zumba 5:30-6:25p	Women On Weights 5:30-6:25p		Zumba 5:30-6:25p					
Boot Camp 6:30-7:25p		HIIT 6:30-7:25p	Cycle Burn 6:30-7:20p	Pilates 6:30-7:25p	Tai Chi 6:30-7:30p	Schwinn Cycle Burn 6:30-7:20p					
Deep Water 7:30-8:30p				Yoga 7:30-8:25p	Deep Water 7:30-8:30p						

Interested in taking multiple classes?
Try our Fitness Flex Pass!



FLEX PASS SALE DATES:
Fridays @ 7:00pm



• Aug 26 • Sep 30 • Oct 28 • Nov 25
\$48 - monthly pass, \$175 - session pass
**** CYCLE CLASSES NOW INCLUDED ****

FIND YOUR PERFECT CLASS

• SMALLER CLASS SIZE • MORE PERSONALIZED INSTRUCTION • NEW FLEX PASS STRUCTURE & PRICING

WHATEVER YOUR FITNESS GOAL, WE HAVE A CLASS FOR YOU!

Fitness classes are a fun and effective way to start getting fit. Our Group Exercise classes are an excellent way to get started on the right path to a healthy life. The MCRC offers a wide variety of aerobic classes to meet the fitness needs and schedules of every patron. All classes are noncompetitive and led by experienced, certified instructors. All fitness classes are designed for men and women ages 15 & up, all shapes, sizes and fitness levels. Classes are set to tasteful music and include a warm-up, abdominal conditioning and cool down stretch. Children may not attend class. Classes with fewer than 10 participants registered one week before the first class will be cancelled. Classes & instructors are subject to change based on enrollment.



FITNESS CLASS ENROLLMENT OPTIONS

DROP-IN

Purchase per-class pass on the day of the class.
Present receipt to the instructor prior to the start of class.
General Land Aerobic Class: Member: \$8 Non-Member: \$10

MONTHLY ENROLLMENT

Sign up month to month for any class you choose.
Members receive a discounted rate & priority registration.

BUNDLE ENROLLMENT

Sign up for the entire 4 month session and receive a 15% discount with Bundle pricing.

FITNESS FLEX PASS

The Flex-Pass is a card that Members can purchase allowing them to attend most scheduled aerobic classes with the exception of specialized classes. The Flex-Pass offers flexibility for Members at an affordable price. Flex-Pass is a benefit of membership & is not available to Non-Members. A limited number of Flex Passes are sold per month to ensure that class sizes do not exceed maximum amounts. Please see Flex Pass sale dates listed above and review Flex Pass Policies and Procedures online at www.meditinaoh.org.
Cycle classes are now included in the Flex Pass schedule

Flex Pass Classes signified by



YOGA

INSTRUCTOR: KIM

- Unwind with gentle stretches & restorative breathing
- De-stress your mind & create balance in your life & body through strength, flexibility & posture
- Wear comfortable clothing - mats provided

Day	Dates	Time	ID	Classes	Fee
Sun	Sep 4-25	10:05-10:50a	17476	4	\$16/\$28
Sun	Oct 2-30	10:05-10:50a	17477	5	\$20/\$35
Sun	Nov 6-27	10:05-10:50a	17478	4	\$16/\$28
Sun	Dec 4-18	10:05-10:50a	17479	3	\$12/\$21
Bundle / Sep 4-Dec 18 / 17480 / 16 classes / \$55/\$95					



HIIT & TABATA

INSTRUCTOR: KELLY

- High Intensity Interval Training - alternating short periods of intense anaerobic exercise with less-intense recovery periods
- Speed up your metabolism and burn more calories
- Serious reduction in total body fat
- Improve your energy and endurance & reap the benefits long after your workout ends
- Please bring a water bottle and towel to class

Day	Dates	Time	ID	Classes	Fee
Mon	Sep 12-26	9:30-10:25a	17321	3	\$12/\$21
Mon	Oct 3-31	9:30-10:25a	17322	5	\$20/\$35
Mon	Nov 7-28	9:30-10:25a	17323	4	\$16/\$28
Mon	Dec 5-26	9:30-10:25a	17324	4	\$16/\$28
Bundle / Sep 12-Dec 26 / 17325 / 16 classes / \$55/\$95					
Tue	Sep 6-27	6:30-7:25p	17326	4	\$16/\$28
Tue	Oct 4-25	6:30-7:25p	17327	4	\$16/\$28
Tue	Nov 1-29	6:30-7:25p	17328	5	\$20/\$35
Tue	Dec 6-27	6:30-7:25p	17329	4	\$16/\$28
Bundle / Sep 6-Dec 27 / 17330 / 17 classes / \$59/\$101					



KICKBOXING

INSTRUCTOR: KIM

- Ultimate cardio workout that will increase stamina, flexibility and strength while conditioning and toning
- A high impact, high energy, fully body workout that incorporates elements of boxing, martial arts and aerobics
- Please bring a water bottle to each class - you will sweat

Day	Dates	Time	ID	Classes	Fee
Mon	Sep 12-26	4:30-5:25p	17511	3	\$12/\$21
Mon	Oct 3-24	4:30-5:25p	17512	4	\$16/\$28
Mon	Nov 7-28	4:30-5:25p	17513	4	\$16/\$28
Mon	Dec 5-26	4:30-5:25p	17514	4	\$16/\$28
Bundle / Sep 12-Dec 26 / 17515 / 15 classes / \$51/\$90					

No Class Oct 31



WOMEN ON WEIGHTS

INSTRUCTOR: KIM

- No nonsense class targeting trouble zones
- Ideal class for boosting metabolism
- Held in Rec Center Group Fitness/Aerobic Room

Day	Dates	Time	ID	Classes	Fee
Mon	Sep 12-26	5:30-6:25p	17446	3	\$12/\$21
Mon	Oct 3-24	5:30-6:25p	17447	4	\$16/\$28
Mon	Nov 7-28	5:30-6:25p	17448	4	\$16/\$28
Mon	Dec 5-26	5:30-6:25p	17449	4	\$16/\$28
Bundle / Sep 12-Dec 26 / 17450 / 15 classes / \$51/\$90					
Wed	Sep 7-28	5:30-6:25p	17451	4	\$20/\$35
Wed	Oct 5-26	5:30-6:25p	17452	4	\$16/\$28
Wed	Nov 2-30*	5:30-6:25p	17453	4	\$16/\$28
Wed	Dec 7-28	5:30-6:25p	17454	4	\$16/\$28
Bundle / Sep 7-Dec 28 / 17455 / 16 classes / \$55/\$95					

No Class Oct 31 & Nov 23



BOOT CAMP

INSTRUCTOR: KELLY

- Amp up your heart rate and get results
- Endurance cardio class using body weight to burn fat
- Increase aerobic and anaerobic capacity
- High intensity interval training (introduction to Tabata)
- Bring a water bottle and towel - you will sweat

Day	Dates	Time	ID	Classes	Fee
Mon	Sep 12-26	6:30-7:25p	17311	3	\$12/\$21
Mon	Oct 3-24	6:30-7:25p	17312	4	\$16/\$28
Mon	Nov 7-28	6:30-7:25p	17313	4	\$16/\$28
Mon	Dec 5-26	6:30-7:25p	17314	4	\$16/\$28
Bundle / Sep 12-Dec 26 / 17315 / 15 classes / \$51/\$90					



POWER PILATES

INSTRUCTOR: BETH

- Condition & challenge all major muscle groups in this class
- Increase strength & flexibility while creating long, lean muscles
- Soothing music assists in mind-body harmony
- Emphasizing core strength & back support

Day	Dates	Time	ID	Classes	Fee
Tue	Sep 6-27	9:15-10:10a	17346	4	\$16/\$28
Tue	Oct 4-25	9:15-10:10a	17347	4	\$16/\$28
Tue	Nov 1-29	9:15-10:10a	17348	5	\$20/\$35
Tue	Dec 6-27	9:15-10:10a	17349	4	\$16/\$28
Bundle / Sep 6-Dec 27 / 17350 / 17 classes / \$59/\$101					
Thu	Sep 1-29	9:15-10:10a	17351	5	\$20/\$35
Thu	Oct 6-27	9:15-10:10a	17352	4	\$16/\$28
Thu	Nov 3-17	9:15-10:10a	17353	3	\$12/\$21
Thu	Dec 1-29	9:15-10:10a	17354	5	\$20/\$35
Bundle / Sep 1-Dec 29 / 17355 / 16 classes / \$55/\$95					



STRENGTH & TONE

INSTRUCTOR: BETHANY

- Beginner to intermediate class - low to no impact
- Plenty of mat and floor work with a variety of equipment
- Strengthen and tone those trouble zones

Day	Dates	Time	ID	Classes	Fee
Tue	Sep 6-27	10:45-11:40a	17436	4	\$16/\$28
Tue	Oct 4-25	10:45-11:40a	17437	4	\$16/\$28
Tue	Nov 1-29	10:45-11:40a	17438	5	\$20/\$35
Tue	Dec 6-27	10:45-11:40a	17439	4	\$16/\$28
Bundle / Sep 6-Dec 27 / 17440 / 17 classes / \$59/\$101					
Thu	Sep 1-29	10:45-11:40a	17441	5	\$20/\$35
Thu	Oct 6-27	10:45-11:40a	17442	4	\$16/\$28
Thu	Nov 3-17	10:45-11:40a	17443	3	\$12/\$21
Thu	Dec 1-29	10:45-11:40a	17444	5	\$20/\$35
Bundle / Sep 1-Dec 29 / 17445 / 17 classes / \$59/\$101					



YOGA/PILATES MIX

INSTRUCTOR: BETHANY

- Perfect mid-day Yoga and Pilates mix class
- Build strength and tone muscle while improving flexibility and fostering mind and body harmony
- Pilates exercises mixed with Yoga postures will strengthen abs, buttocks, arms, chest, obliques and shoulders
- Wear comfortable clothing - mats provided

Day	Dates	Time	ID	Classes	Fee
Tues	Sep 6-27	11:50a-12:45p	17456	4	\$16/\$28
Tues	Oct 4-25	11:50a-12:45p	17457	4	\$16/\$28
Tues	Nov 1-29	11:50a-12:45p	17458	5	\$20/\$35
Tues	Dec 6-27	11:50a-12:45p	17459	4	\$16/\$28
Bundle / Sep 6-Dec 27 / 17460 / 17 classes / \$59/\$101					
Thur	Sep 1-29	11:50a-12:45p	17461	5	\$20/\$35
Thur	Oct 6-27	11:50a-12:45p	17462	4	\$16/\$28
Thur	Nov 3-17	11:50a-12:45p	17463	3	\$12/\$21
Thur	Dec 1-29	11:50a-12:45p	17464	5	\$20/\$35
Bundle / Sep 1-Dec 29 / 17465 / 16 classes / \$59/\$101					

Flex Pass Classes signified by

**PLEASE BRING
A WATER BOTTLE & TOWEL
TO ALL FITNESS CLASSES**



CYCLE STRENGTH & CORE

INSTRUCTOR: KIM

- Build strength & burn calories with this unique marriage of cycle & strength
- Cardio benefits of cycle will increase energy & burn fat while core training will build strength & burn calories
- Bring a water bottle and towel to each class

Day	Dates	Time	ID	Classes	Fee
Tue	Sep 7-28	5:15-6:10p	17486	4	\$16/\$28
Tue	Oct 5-26	5:15-6:10p	17487	4	\$16/\$28
Tue	Nov 2-30	5:15-6:10p	17488	5	\$20/\$35
Tue	Dec 7-28	5:15-6:10p	17489	4	\$16/\$28
Bundle / Sep 7-Dec 28 / 17490 / 17 classes / \$59/\$101					



SCHWINN CYCLE BURN

INSTRUCTOR: KIM/MARK

- Best cycling program on the planet!
- Burn more calories than any other workout
- Send your energy levels soaring!
- Bring a water bottle and small towel to each class

Day	Dates	Time	ID	Classes	Fee
Tue	Sep 6-27	6:30-7:20p	17356	4	\$16/\$28
Tue	Oct 4-25	6:30-7:20p	17357	4	\$16/\$28
Tue	Nov 1-29	6:30-7:20p	17358	5	\$20/\$35
Tue	Dec 6-27	6:30-7:20p	17359	4	\$16/\$28
Bundle / Sep 6-Dec 27 / 17360 / 17 classes / \$59/\$101					
Thu	Sep 1-29	6:30-7:20p	17361	5	\$16/\$35
Thu	Oct 6-27	6:30-7:20p	17362	4	\$16/\$28
Thu	Nov 3-17	6:30-7:20p	17363	3	\$12/\$21
Thu	Dec 1-29	6:30-7:20p	17364	5	\$20/\$35
Bundle / Sep 1-Dec 29 / 17365 / 17 classes / \$59/\$101					



ZUMBA

INSTRUCTOR: KIMBERLY

- Perfect For Everybody and every body!
- Super effective & super fun - Truly an exercise in disguise
- Take the work out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party • Great for all fitness levels

Day	Dates	Time	ID	Classes	Fee
Tue	Sep 6-27	5:30-6:25p	17466	4	\$16/\$28
Tue	Oct 4-25	5:30-6:25p	17467	4	\$16/\$28
Tue	Nov 1-29	5:30-6:25p	17468	5	\$20/\$35
Tue	Dec 6-27	5:30-6:25p	17469	4	\$16/\$28
Bundle / Sep 6-Dec 27 / 17470 / 17 classes / \$59/\$101					
Thu	Sep 1-29	5:30-6:25p	17471	5	\$20/\$35
Thu	Oct 6-27	5:30-6:25p	17472	4	\$16/\$28
Thu	Nov 3-17	5:30-6:25p	17473	3	\$12/\$21
Thu	Dec 1-29	5:30-6:25p	17474	5	\$20/\$35
Bundle / Sep 1-Dec 29 / 17475 / 17 classes / \$59/\$101					

KIDS YOGA CLUB

Encourage your child to love fitness too!
Help them create a lifelong love of physical movement!

SEE PAGE 11 FOR DETAILS!

Fitness & Wellness

Group Fitness



TOTAL TONING

INSTRUCTOR: KIM

- Create visible muscle tone with a brilliant marriage of sweat & strength
- Target those trouble zones and also get a fabulous upper body makeover
- Easy to follow cardio & muscle conditioning workout

Day	Dates	Time	ID	Classes	Fee
Wed	Sep 7-28	9:30-10:25a	17431	4	\$16/\$28
Wed	Oct 5-26	9:30-10:25a	17432	4	\$16/\$28
Wed	Nov 2-30	9:30-10:25a	17433	5	\$20/\$35
Wed	Dec 7-28	9:30-10:25a	17434	4	\$16/\$28
Bundle / Sep 7-Dec 28 / 17435 / 17 classes / \$59/\$101					



PILATES

INSTRUCTOR: BETHANY

- Develop core strength and coordination
- Improve your flexibility, posture & body awareness through traditional Pilates movement patterns
- You will feel a difference in your posture & overall toning with every class • All fitness levels welcome
- Please bring a water bottle and small hand towel to class

Day	Dates	Time	ID	Classes	Fee
Wed	Sep 7-28	6:30-7:25p	17341	4	\$16/\$28
Wed	Oct 5-26	6:30-7:25p	17342	4	\$16/\$28
Wed	Nov 2-30*	6:30-7:25p	17343	4	\$16/\$28
Wed	Dec 7-28	6:30-7:25p	17344	4	\$16/\$28
Bundle / Sep 7-Dec 28 / 17345 / 16 classes / \$55/\$95 *No Class Nov 23*					

TAI CHI

INSTRUCTOR: PAT

- All fitness levels welcome! • No equipment needed
- A gentle, slow range of motion activity done standing or sitting providing many physical & mental benefits
- Increase balance & flexibility while boosting brain activity and immune system
- One of the best low-intensity, low-impact forms of exercise
- Reduce pain caused by arthritis, increase mobility, improve sleep and get more energy

Day	Dates	Time	ID	Classes	Fee
Wed	Sep 2-Oct 21	6:30-7:30p	17491	8	\$45/\$55
Wed	Nov 4-Dec 16*	6:30-7:30p	17492	6	\$34/\$42
Bundle / Sep 9-Dec 16 / 17493 / 14 classes / \$67/\$83 *No Class Nov 23*					



MIND & BODY YOGA

INSTRUCTOR: BETHANY

- Exploration of Yoga postures connecting them through attention to breathing, alignment and mindfulness
- Therapeutic in nature - you will improve flexibility, strength and balance while immersing yourself in relaxation
- Perfect for stress relief and overall well-being
- Unwind and bring balance to your mind and body
- Please bring a water bottle and small hand towel to class
- Yoga block recommended if you have one, but not necessary

Day	Dates	Time	ID	Classes	Fee
Wed	Sep 7-28	7:30-8:25p	17331	4	\$16/\$28
Wed	Oct 5-26	7:30-8:25p	17332	4	\$16/\$28
Wed	Nov 2-30*	7:30-8:25p	17333	4	\$16/\$28
Wed	Dec 7-28	7:30-8:25p	17334	4	\$16/\$28
Bundle / Sep 7-Dec 28 / 17335 / 16 classes / \$55/\$95 *No Class Nov 23*					



FIRM & TONE

INSTRUCTOR: BETH

- Firm, tone and sculpt a strong, lean, fit body
- Strengthen your core, build muscle and burn fat
- Improve flexibility, posture, and balance while boosting metabolism and increasing lean muscle mass
- A variety of equipment will be used to keep challenging your muscles
- Field House fun-days will improve overall fitness & endurance
- All fitness levels welcome

Day	Dates	Time	ID	Classes	Fee
Fri	Sep 2-30	9:30-10:25a	17316	5	\$20/\$35
Fri	Oct 7-28	9:30-10:25a	17317	4	\$16/\$28
Fri	Nov 11-18	9:30-10:25a	17318	2	\$8/\$14
Fri	Dec 2-30	9:30-10:25a	17319	5	\$20/\$35
Bundle / Sep 2-Dec 30 / 17320 / 16 classes / \$55/\$95 *No Class Nov 4 & 25*					



SPIN KETTLEBELL FUSION

INSTRUCTOR: MARK

- Spinning is a low impact, high calorie burning exercise that builds aerobic capacity & muscular endurance
- Kettlebell is a full body exercise experience using moves to target endurance, strength, balance, agility & endurance
- First half of class takes place in cycle area then the group will move to the aerobic room
- Challenging & fun for all fitness levels!

Day	Dates	Time	ID	Classes	Fee
Sat	Sep 3-24	8:05-9:20a	17481	4	\$20/\$32
Sat	Oct 1-29	8:05-9:20a	17482	5	\$25/\$40
Sat	Nov 5-26	8:05-9:20a	17483	4	\$20/\$32
Sat	Dec 3-17	8:05-9:20a	17484	3	\$15/\$24
Bundle / Sep 5-Dec 19 / 17485 / 16 classes / \$68/\$109					



THIGHS, BUTTS & GUTS PLUS

INSTRUCTOR: MICHELLE

- Results-oriented class burns fat & tones the entire body while targeting those trouble zones
- Bum & firm with variable resistance training & standing leg work
- Some dance incorporated

Day	Dates	Time	ID	Classes	Fee
Sat	Sep 3-24	9:30-10:25a	17426	4	\$16/\$28
Sat	Oct 1-29	9:30-10:25a	17427	5	\$20/\$35
Sat	Nov 5-26	9:30-10:25a	17428	4	\$16/\$28
Sat	Dec 3-17	9:30-10:25a	17429	3	\$12/\$21
Bundle / Sep 5-Dec 19 / 17430 / 16 classes / \$55/\$95					

Flex Pass Classes signified by

**PLEASE BRING
A WATER BOTTLE & TOWEL
TO ALL FITNESS CLASSES**

**NEED A PLACE FOR THE
LITTLE ONES WHILE
YOU WORK OUT?
WE'VE GOT YOU COVERED!**

Welcome to the Rascal Room
Where we learn through play!



Caring Staff • Peer Play • Toys
Crafts • Weekly Themes

The Rascal Room invites all children
6 months through 8 years!

Please book an appointment
in advance to reserve your spot!
Call 330.721.6930

Rascal Room Fees

Pay per visit or purchase a punch card
Punch cards offer the flexibility of half-hour
increments with a max of two hours per visit

20 Punch Rascal Room Card
\$27 MCRC Member/\$37 Non-Members
Each punch equals a half-hour of service per child

Rascal Room Hours

Labor Day - Memorial Day

Monday-Friday 9:00a-1:00p
Monday-Thursday 5:30p-8:30p
Saturday 9:00a-1:00p

Healthy Medina

Healthy Medina is a collaborative community
initiative designed to educate, encourage
and empower residents to incorporate
overall health and wellness practices into their
lifestyles, improving not only their quality of
life but that of the whole community.

Join in this year long initiative where
participants compete in community health
challenges to earn points and win great prizes.

For more information on upcoming
programs and activities please visit
www.healthymedina.com

Cleveland Clinic
Medina Hospital

LITTLE STARS GYMNASTICS

Girls and Boys will have fun learning the fundamental skills of gymnastics. All classes include a fun obstacle course! For specific questions about the program, please contact Little Stars at 216-410-7637 or saboyk@gmail.com.



MOM & ME

Ages 18M -3½Y

This is an adult participation class which teaches gross and fine motor skills, forward rolls, hopping, balance beam, all in a fun-filled obstacle course.

Day	Dates	Time	ID	Classes	Fee
Tue	Sep 6-Oct 18	9:45-10:30a	17284	7	\$79/\$89
Tue	Oct 25-Dec 6	9:45-10:30a	17285	7	\$79/\$89

SHINING SUNS

Ages 3½Y-4Y

Class starts with fun warm-ups which leads to the use of gross and fine motor skills and basic gymnastics positions. The children then participate in an obstacle course practicing their gymnastics skills. Balance beam, bar and basic moves are introduced.

Day	Dates	Time	ID	Classes	Fee
Tue	Sep 6-Oct 18	9:00-9:45a	17282	7	\$79/\$89
Tue	Oct 25-Dec 6	9:00-9:45a	17283	7	\$79/\$89

MIGHTY MOONS

Ages 4½Y-5Y

Class starts with warm-ups, moves to basic gymnastics skills in an obstacle course atmosphere coupled with other activities geared toward gymnastics. Balance beam, bar, and other age appropriate equipment will be included.

Day	Dates	Time	ID	Classes	Fee
Tue	Sep 6-Oct 18	10:30-11:15a	17286	7	\$79/\$89
Tue	Oct 25-Dec 6	10:30-11:15a	17287	7	\$79/\$89

ALL NON-MEMBERS ARE REQUIRED TO SHOW A PHOTO ID IN ORDER TO ENTER THE FACILITY
THIS INCLUDES ALL NON-MEMBER CLASS PARTICIPANTS

KIDS YOGA CLUB

INSTRUCTOR: STEFANIE



- Combine Yoga and Play! Kids YOGA Club will make learning Yoga fun so children will create a lifelong love of physical movement
- Breathing, safe and mindful movements, relaxation and visualization will all be taught in class
- Games and positive interaction among participants will be used to make Yoga fun and interesting
- Kids should bring a Yoga mat or beach towel to each class
- Parents are welcome to stretch & play along with their child

AGES: 3-5

Day	Dates	Time	ID	Classes	Fee
Wed	Sep 7-28	10:00-10:30a	17304	4	\$20/\$25
Wed	Oct 5-26	10:00-10:30a	17305	4	\$20/\$25
Wed	Nov 2-30*	10:00-10:30a	17306	4	\$20/\$25

Day	Dates	Time	ID	Classes	Fee
Wed	Sep 7-28	5:30-6:00p	17296	4	\$20/\$25
Wed	Oct 5-26	5:30-6:00p	17297	4	\$20/\$25
Wed	Nov 2-30*	5:30-6:00p	17298	4	\$20/\$25

AGES: 6-12

Day	Dates	Time	ID	Classes	Fee
Wed	Sep 7-28	6:15-7:00p	17300	4	\$24/\$29
Wed	Oct 5-26	6:15-7:00p	17301	4	\$24/\$29
Wed	Nov 2-30*	6:15-7:00p	17302	4	\$24/\$29

No class Nov 23

TODDLER OPEN GYM

Ages: 1 & Up

- Room to run, skip, hop, jump, throw and play!
- Basketball hoop, balls, tumbling mats, parachute & more
- Parents must have a photo ID in order to enter the facility and must remain with children at all times for supervision
- Class meets Tuesdays & Thursdays from 10:30a-11:30a

OCTOBER 4-DECEMBER 15

No class November 24

Class Fee: \$1 Member, \$2 Non-Member

SHORIN-RYU KARATE

INSTRUCTOR: SENSEI HALE



- Shorin-Ryu Karate comes from Okinawa, the birth place of Karate
- Evasive techniques, blocks, strikes, kicks & pressure point applications
- Shorin-Ryu Karate is neither a hard nor soft style of Karate
- Learn Okinawan weapons - Bo, Sai, Nunchaku & more
- Class observation is permitted

KARATE I

Ages: 8-12

Day	Dates	Time	ID	Classes	Fee
Tu/F	Sep 2-30	6:00-7:00p	17288	9	\$45/\$54
Tu/F	Oct 4-28	6:00-7:00p	17289	8	\$40/\$48
Tu/F	Nov 1-29	6:00-7:00p	17290	9	\$45/\$54
Tu/F	Dec 2-30	6:00-7:00p	17291	9	\$45/\$54

KARATE II

Ages: 12 & up

Day	Dates	Time	ID	Classes	Fee
Tu/F	Sep 2-30	7:00-8:30p	17292	9	\$54/\$63
Tu/F	Oct 4-28	7:00-8:30p	17293	8	\$48/\$56
Tu/F	Nov 1-29	7:00-8:30p	17294	9	\$54/\$63
Tu/F	Dec 2-30	7:00-8:30p	17295	9	\$54/\$63

BABYSITTER TRAINING



Ages: 11 - 16

- American Red Cross Course-class fee includes take-home CD
- Students will be introduced to first aid, CPR, rescue breathing, injury prevention & safety
- Learn to make good decisions, solve problems and handle emergencies such as injuries, illnesses and household accidents while caring for children & infants
- Bring lunch & baby doll to class for diaper changing practice

Day	Date	Time	ID	Class	Fee
Tu/Th	Dec 27 & 29	9:00a-1:00p	17258	2	\$55/\$60
Tu/Th	Apr 11 & 13	9:00a-1:00p	17259	2	\$55/\$60

Just Kid's Stuff GARAGE SALE

September 24, 2016



9:00a - 12:00p



- Sell toys, clothes, sports equipment & more!
 - No need to worry about rain - it's an indoor sale!
 - Partnering event with Medina Early Childhood PTA
 - 10'x10' Vendor space - singles & doubles available
 - Tables available for rent - \$10/table
 - Friday night setup option available - only \$5!
 - Single Space: \$20/\$25 • Double Space: \$30/\$40
- ID# 16870

SHOPPERS:

\$5 admission from 9a-10a
 \$1 admission from 10a-12p

Shoppers must enter the sale through the MCRRC back Entrance D6
 Parking in Lots D, E & F

For more information, please contact Nita Justice at njustice@medinaoh.org or 330.721.6937

Polar Express Night
 Friday, December 2
 6:30 to 9:00 pm
 More information on the back page

MCRRC FAMILY FUN NIGHTS
POKEMON FUN
 SAVE THE DATE:
 Friday, October 21
 Join us for Pokeman Fun throughout the Rec Center!
 Watch our website for details - www.medinarec.org

FALL MEMBERSHIP SALE! **15% OFF**
ALL NEW MCRC MEMBERSHIPS
OFFER VALID AUG. 20 - SEPT. 5
No other discounts apply
Punch card credit cannot be applied

SENIOR DAY AT THE MCRC

FRIDAY, OCTOBER 21

9:30A-1:00P

- Health Screenings • Guest Lecture
- Vendors • Raffles • Refreshments

FAMILY FIRST NIGHT

CHECK MEDINABEES.ORG FOR DETAILS IN EARLY NOVEMBER

- NO HOMEWORK • NO PRACTICE
- NO REASON NOT TO SPEND TIME TOGETHER

BRING YOUR FAMILY TO THE MCRC AND ENJOY SOME FUN ACTIVITIES TOGETHER!

MCRC FAMILY FUN NIGHTS

POKEMON FUN

SAVE THE DATE:

Friday, October 21

Join us for Pokeman Fun throughout the Rec Center!
 Watch our website for details - www.medinarec.org



MCRC FAMILY FUN NIGHTS
Polar Express

Friday, December 2 6:30 to 9 pm

Hear this delightful holiday story, make a craft, then enjoy hot chocolate while watching the movie.

Be ready for a surprise visit from the jolly old elf!

MCRC Members: Free Non-members: \$10 per family

Watch our website: www.medinarec.org for more details and information on when to sign up.

Just Kid's Stuff
GARAGE SALE

September 24, 2016

9:00a - 12:00p



MEDINA MAKOS
USA SWIM TEAM

SEE PAGE 6 FOR DETAILS

OR

visit www.medinaswimming.com

MEDINA YOUTH
BASKETBALL LEAGUE

BOYS & GIRLS

REGISTRATION & SKILLS TESTING
INFORMATION ON PAGE 3

K & 1ST GRADE

Instructional League for beginner players entering Kindergarten or 1st grade. Week day practices held at the Rec Center with league games on Sunday afternoons, Jan 29-Mar 19. Boys & Girls on separate teams. No skills testing required

2ND - 12TH GRADE

Recreation league designed for 2nd grade and up. Week day practices held at the Rec Center with league games on Saturdays & Sundays, Jan 28-Mar 18. Skills evaluated at November registration dates so fair teams can be established

HIRING
SCOREKEEPERS
& REFEREES

CONTACT MAUREEN DOWELL
 at 330-721-6935 or
mdowell@medinaoh.org
 for more information



Medina Family Night

Friday, December 9, 2016: \$139 - Saturday, December 10, 2016: \$159
 No Saturday Only Stay - must stay Friday to get rate on Saturday

Mark your calendar to take a break! Get away without going too far from home to America's LARGEST indoor waterpark and enjoy a special rate for all Medina families and friends! Rooms feature 2 Queen beds and INCLUDE waterpark passes! Book EARLY to avoid being shut out! For reservations call 1-877-525-2427.

Limited # available. Ask for the Medina Family Night Group Rate. Standard Rooms sleep 4-6, and include admission for 4 to the Waterpark! Up to 2 guests may be added for \$25 each. Rates prior to 13.75% tax



MEDINA COMMUNITY RECREATION CENTER

855 WEYMOUTH ROAD • MEDINA OH 44256 • 330.721.6900 • WWW.MEDINAREC.ORG