

WELLNESS

for life



PROGRAM BROCHURE



MEDINA COMMUNITY RECREATION CENTER - WINTER 2020
855 WEYMOUTH ROAD • MEDINA OH 44256 • 330.721.6900 • WWW.MEDINAREC.ORG



Recreation Center

2020 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 Family	\$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 Family - 2 adults ages 18-59 who reside in the same household

Family - Parent, legally married parents, or guardian, all children under 18 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

NEW!

PAY YOUR MEMBERSHIP MONTHLY!

Pay for your annual membership in monthly installments, automatically charged to your credit or debit card.

A \$5 Processing Fee per month will be applied.

Punch cards may not be applied to monthly payment plans.

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 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

ID POLICY

ALL NON-MEMBERS ARE REQUIRED TO SHOW A PHOTO ID IN ORDER TO ENTER THE FACILITY NO EXCEPTIONS!

- 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

REGISTRATION

Program Registration
Saturday, December 14

Registration begins at 8:00am

Learn to Swim Registration
Saturday, December 14

Registration begins at 8:00 am

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

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

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!

Host a BIRTHDAY PARTY at the MCRC!

Interested in a private room to celebrate with your guests?

Book a Community Room by the hour!

- You may bring in food, cake, decorations etc. to personalize your party
- Tables and chairs included in rental fee
- We allow you 15 minutes before & after your booking time for setup
- Some restrictions apply.

VISIT THE RENTALS PAGE AT MEDINAREC.ORG OR CONTACT SANDY AT 330-721-6918 OR STOMAZIC@MEDINAOH.ORG!

Health & Wellness

HEALTHY MEDINA COUNTY, THE COLLABORATIVE COMMUNITY WELLNESS PROGRAM FOCUSES ON YOUR HEALTH AND WELL BEING!

Back in 2012, the Mayor of Medina, Dennis Hanwell, and then-President of Cleveland Clinic Medina Hospital, Dr. Tom Tulisiak, agreed to collaborate to promote optimal health for their employees and the community. Healthy Medina was born and has been changing people's lives ever since.

In 2019 alone, participants:

- Lost more than 700 pounds!
- Health challenge participants lost an average of 14.89 pounds over the year
- 75% improved their blood pressures
- 33% went from an abnormal to normal blood pressure range.

The Healthy Medina County program offers year-long programming focused on improving your health and well being. We're with you every step of the way, providing information on nutrition, exercise and encouragement. With three themed health challenges, Healthy Medina County also provides a bridge programs in between challenges to stay motivated, connected and on track. Health challenges focus on small, doable changes and provide opportunities to know your (screening) numbers, to learn from local health/nutrition/exercise experts along with access to MCRC to work out. Throw in weekly raffles and prizes for the top point earners in the challenge and you've got a motivational program that supports your efforts to be healthy all year long! In 2020, join us for The 4th Annual Medina County Meltdown, Healthy Medina County: C.H.E.F. Edition (Cook Healthy, Eat Fresh) and our Fall Health Challenge! Register online at medinarec.org or stop in the Rec Center. Sign up today!



**PRESCRIPTION
FITNESS**
PERSONAL TRAINING CENTER

- Adult Weight Loss Programs • Speed and Strength Training for Youth
- Post Rehabilitation Exercise Program • Sports Specific Training

We work hard, have fun, and get results. See you at the top!

Outstanding Staff - Our trainers are nationally certified, hold degrees in the field and have strong athletic resumes. We have a trainer to fit your needs.

Accountability - We will call, text, or email through the week to keep you on track and on top of your goal!
We fit every budget - designing days to do on your own while mixing and matching services, we will meet your goals and pocketbook.

Work at YOUR Pace for YOUR needs at YOUR Budget! Stop in and meet our team today!
Call today for a FREE Health Risk Assessment or FREE Fitness Room/Equipment Orientation!

www.prescription-fitness.com • (440) 552-6729 • info@prescription-fitness.com



Debrae Barendsfeld
330-620-3333

Debrae is a NFPT certified trainer. She has trained & exercised for more years than she is willing to admit. Debrae believes resistance training to be a fountain of youth. She says the benefits to training hard are endless for men and women of all ages. Whether you want to change your body, get stronger, lose weight, get tone or just feel better and more confident, Debrae wants to help you reach your fitness goals.



Joan Dutko
330-635-3198

Joan is an ACE certified trainer working with men & women of all ages. From youth to seniors, she specializes in helping clients increase muscular strength & cardiovascular endurance, increase metabolism, and improve overall fitness and health. Joan offers a variety of optional fitness testing to establish a client's baseline upon which later comparisons can be made. Joan is looking forward to helping clients achieve their goals!



Maria Buckel
Buckel Down Fitness, LLC
330-591-7531
NFPT certified
RN, BSN

Maria has made a lifelong commitment to overall health and fitness both personally and professionally. She combines her life experience and her clinical background with a passion for getting and staying fit. No matter what your age or ability, Maria can design a workout routine specific to meet your needs. She looks forward to helping you improve your fitness and reach your goals.



Healthy  Medina County

A collaborative community wellness initiative

4th Annual MEDINA COUNTY MELTDOWN



WEIGHT LOSS CHALLENGE

Join us for the first of three Healthy Medina County health challenges. If you're looking to shed a few pounds, eat a little healthier and move a little more, sign up for the Meltdown now! Learn about healthy eating, exercise, heart health, managing diabetes and pre-diabetes and more. Join us as we learn and burn to reach our goals!

Register at the MCRC Front Desk
\$20 Member, \$35 Non-Member

Pre & Post Biometrics
Tuesday, January 7 & Tuesday February 25
4:00p-8:00p

call 330.721.5992 for screening time after registration

Weekly Meetings/Weigh-Ins (at MCRC)
Tuesdays, January 14-February 18
6:00pm

- Weekly weigh-ins, speakers, raffles, prizes and workout demos
- Free MCRC class punch card (8 classes)
- For non-members, free entrance into MCRC to work out (8 visits)
- Small group, and one on one wellness coaching available
- Brought to you by Healthy Medina County and MCRC

SAVE THE DATE:
Healthy Medina County: C.H.E.F. EDITION
(Cook Healthy, Eat Fresh)
Coming in April 2020

FREE EQUIPMENT ORIENTATIONS

Are you unsure how to use the fitness machines properly? Can't figure out how to adjust the seats and change the weight? Come to a FREE orientation session presented by Prescription Fitness. Learn how to use the equipment to get the best results and in a safe way.

All orientations are held from 6-7pm in the fitness room

- Jan 7
- Jan 21
- Feb 4
- Feb 18
- Mar 10
- Mar 24
- Apr 7
- Apr 21

Please sign up at the Front Desk or at the Fitness Room Entrance Desk

[prescription-fitness.com](http://www.prescription-fitness.com) info@prescription-fitness.com 440-552-6729



Aquatics

LEARN TO SWIM REGISTRATION

Open Registration for the Winter Learn to Swim classes begins Saturday, December 17 at 8:00a. Go to www.medinarec.org and click the ONLINE REGISTRATION button on the right.

Any questions call the Rec Center 330.721.6901

LEARN TO SWIM IS A VERY POPULAR PROGRAM, SO PLEASE REGISTER EARLY. IF THE CLASS IS FULL, YOU MAY ADD YOUR NAME TO THE WAIT LIST.

Learn to Swim Program

Our goal is to offer a quality, exciting, informative and structured aquatic program and to create and maintain the best possible learning environment for swimmers.

Our instructors have been professionally trained and prepared to instruct swimmers in various stages of development.

Our commitment is to have a department with an open door policy. Please contact the Aquatics Manager (Darlene Donkin 330.721.6942) or Pool Manager (Julie Worsdall 330.721.6943) with any questions.

Wait list

There is a NEW Learn to Swim WAIT LIST. If a class is full add your name to the on-line waiting list. On occasion if there are openings in classes after we secure hold spots, or if we have the ability to add additional instructors, we may call those who have their name on the wait list. Having your name on the wait list does NOT guarantee that you will receive a phone call or a spot in a class. The Aquatics Department will check the wait list after the session ends to determine if there is class availability. Please make sure you have updated your account so that we have the best number to reach you.

Hold Spots

Hold spots will be reserved for those enrolled in a previous session until the last day of those classes. The hold spot class must be the same day and time unless an open, non-hold spot is available in another session. To ensure that you are eligible to have a hold spot you must present one of the following documents to the front desk on the last day of class: learn to swim report card or toddler participation certificate. If you are unable to be here for the last class please contact the Aquatics Manager before the session ends. Occasionally some classes will not have a following class in which to enroll.

Online & In-Person

Winter Learn to Swim Registration

Tuesday, December 17

Winter sessions begin in January.

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 arm's length away from their parent at any time!

OUR BUSINESS IS KEEPING YOUR CHILD SAFE!

TODDLER SWIM

AGES: 6-35 MONTHS

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

Day	Dates	Time	Classes	Fee	Online Reg
M	Jan 6-Feb 17	4:30-5:00p	7	\$40/\$50	12/17/19
M	Jan 6-Feb 17	6:00-6:30p	7	\$40/\$50	12/17/19
M	Feb 24-Apr 13	4:30-5:00p	7	\$40/\$40	2/18/20
M	Feb 24-Apr 13	6:00-6:30p	7	\$40/\$40	2/18/20
Sat	Jan 11-Feb 22	9:00-9:30a	7	\$40/\$50	12/17/19
Sat	Jan 11-Feb 22	9:30-10:00a	7	\$40/\$50	12/17/19
Sat	Jan 11-Feb 22	10:00-10:30a	7	\$40/\$50	12/17/19
Sat	Mar 7-May 2	9:00-9:30a	7	\$40/\$50	2/23/20
Sat	Mar 7-May 2	9:30-10:00a	7	\$40/\$50	2/23/20
Sat	Mar 7-May 2	10:00-10:30a	7	\$40/\$50	2/23/20

GREEN FISH

AGES: 3 & 4

This class will orient children to the aquatic environment and establish basic aquatic skills. This class is for children who cannot float on their front or back. We recommend children wear a t-shirt with their name on it.

Day	Dates	Time	Classes	Fee	Online Reg
M	Jan 6-Feb 17	4:30-5:00p	7	\$40/\$50	12/17/19
M	Jan 6-Feb 17	5:30-6:00p	7	\$40/\$50	12/17/19
M	Feb 24-Apr 13	4:30-5:00p	7	\$40/\$50	2/18/20
M	Feb 24-Apr 13	5:30-6:00p	7	\$40/\$50	2/18/20
W	Jan 8-Feb 19	4:30-5:00p	7	\$40/\$50	12/17/19
W	Jan 8-Feb 19	5:30-6:00p	7	\$40/\$50	12/17/19
W	Feb 26-Apr 15	4:30-5:00p	7	\$40/\$50	2/20/20
W	Feb 26-Apr 15	5:30-6:00p	7	\$40/\$50	2/20/20
Sat	Jan 11-Feb 22	8:30-9:00a	7	\$40/\$50	12/17/19
Sat	Jan 11-Feb 22	12:00-12:30p	7	\$40/\$50	12/17/19
Sat	Mar 7-May 5	8:30-9:00a	7	\$40/\$50	2/23/20
Sat	Mar 7-May 5	12:00-12:30p	7	\$40/\$50	2/23/20

No class March 23, 25, 28 & April 11

BLUE FISH

AGES: 3 & 4

Prerequisite: 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	Classes	Fee	Online Reg
M	Jan 6-Feb 17	5:00-5:30p	7	\$40/\$50	12/17/19
M	Feb 24-Apr 13	5:00-5:30p	7	\$40/\$50	2/18/20
W	Jan 8 - Feb 19	5:00-5:30p	7	\$40/\$50	12/17/19
W	Feb 26-Apr 15	5:00-5:30p	7	\$40/\$50	2/20/20
Sat	Jan 11-Feb 22	9:00-9:30a	7	\$40/\$50	12/17/19
Sat	Jan 11-Feb 22	12:30-1:00p	7	\$40/\$50	12/17/19
Sat	Mar 7-May 2	9:00-9:30a	7	\$40/\$50	2/23/20
Sat	Mar 7-May 2	12:30-1:00p	7	\$40/\$50	2/23/20

No class March 23, 25, 28 & April 11

GOLD FISH

AGES: 3 & 4

Prerequisite: 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 and swim on their back leveled off for 5 yards.

Day	Dates	Time	Classes	Fee	Online Reg
W	Jan 8 - Feb 19	4:30-5:00p	7	\$40/\$50	12/17/19
W	Feb 26-Apr 15	4:30-5:00-p	7	\$40/\$50	2/20/20
S	Jan 11 - Feb 22	9:00-9:30a	7	\$40/\$50	12/17/19

No class March 23, 25, 28, & April 11

TURTLES

AGES: 5 & UP

Children entering this class will establish basic levels of aquatic skills. This class is for children who cannot float on the front or back.

Day	Dates	Time	Classes	Fee	Online Reg
M	Jan 6-Feb 17	7:00-7:50p	7	\$47/\$57	12/17/19
M	Feb 24-Apr 13	7:00-7:50p	7	\$47/\$57	2/18/20
W	Jan 8-Feb 19	7:00-7:50p	7	\$47/\$57	12/17/19
W	Feb 26-Apr 15	7:00-7:50p	7	\$47/\$57	2/20/20
Sat	Jan 11-Feb 22	10:00-10:50a	7	\$47/\$57	12/17/19
Sat	Mar 7-May 2	10:00-10:50a	7	\$47/\$57	2/23/20

No class March 23, 25, 28 & April 11

SEALS 1

AGES: 5 & UP

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

Day	Dates	Time	Classes	Fee	Online Reg
M	Jan 6-Feb 17	6:00-6:50p	7	\$47/\$57	12/17/19
M	Feb 24-Apr 13	6:00-6:50p	7	\$47/\$57	2/18/20
W	Jan 8-Feb 19	6:00-6:50p	7	\$47/\$57	12/17/19
W	Feb 26-Apr 15	6:00-6:50p	7	\$47/\$57	2/20/20
Sat	Jan 11-Feb 22	11:00-11:50a	7	\$47/\$57	12/17/19
Sat	Mar 7-May 2	11:00-11:50a	7	\$47/\$57	2/23/20

No class March 23, 25, 28, & April 11

SEALS 2

AGES: 5 & UP

Prerequisite: 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 and swim leveled off on their back for 5 yards. Class will be taught in 5-13' of water.

Day	Dates	Time	Classes	Fee	Online Reg
M	Jan 6-Feb 17	7:00-7:50p	7	\$47/\$57	12/17/19
M	Feb 24-Apr 13	7:00-7:50p	7	\$47/\$57	2/18/20
W	Jan 8-Feb 19	7:00-7:50p	7	\$47/\$57	12/17/19
W	Feb 26-Apr 15	7:00-7:50p	7	\$47/\$57	2/20/20
Sat	Jan 11-Feb 22	12:00-12:50p	7	\$47/\$57	12/17/19
Sat	Mar 7-May 2	12:00-12:50p	7	\$47/\$57	2/23/20

No class March 23, 25, 28, & April 11

OTTERS 3

AGES: 5 & UP

Prerequisite: 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 & face in the water for 10 yards. Children must also be able to swim on their back leveled off for 10 yards.

Day	Dates	Time	Classes	Fee	Online Reg.
M	Jan 6-Feb 17	5:00-5:50p	7	\$47/\$57	12/17/19
M	Feb 24-Apr 13	5:00-5:50p	7	\$47/\$57	2/18/20
W	Jan 8-Feb 19	5:00-5:50p	7	\$47/\$57	12/17/19
W	Feb 26-Apr 15	5:00-5:50p	7	\$47/\$57	2/20/20
Sat	Jan 11-Feb 22	9:00-9:50a	7	\$47/\$57	12/17/19
Sat	Mar 7-May 2	9:00-9:50a	7	\$47/\$57	2/23/20

No class March 23, 25, 28, & April 11

OTTERS 4

AGES: 5 & UP

Prerequisite: Swimmers must be able to demonstrate proper form of the following strokes and the required distances: front crawl 20 yards, back crawl 20 yards.

Day	Dates	Time	Classes	Fee	Online Reg.
M	Jan 6-Feb 17	6:00-6:50p	7	\$47/\$57	12/17/19
M	Feb 24-Apr 13	6:00-6:50p	7	\$47/\$57	2/18/20
W	Jan 8-Feb 19	6:00-6:50p	7	\$47/\$57	12/17/19
W	Feb 26-Apr 15	6:00-6:50p	7	\$47/\$57	2/20/20
Sat	Jan 11-Feb 22	10:00-10:50a	7	\$47/\$57	12/17/19
Sat	Mar 7-May 2	10:00-10:50a	7	\$47/\$57	2/23/20

No class March 23, 25, 28, & April 11

SCUBA CERTIFICATION

Aqua Marine Scuba Diving will be at the MCRC

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

CHECK AT THE FRONT DESK FOR DATES

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.

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

Medina MAKOS USA SWIM TEAM **LEVEL 1**
 HEAD COACH: ANTHONY PETRUZZI
 please visit www.medinaswimming.com for details

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

THIS INCLUDES ALL NON-MEMBER CLASS PARTICIPANTS

LEVEL 5

AGES: 5 & UP

Prerequisite: Swimmers must be able to demonstrate proper form of the following strokes and the required distances for each stroke: Front crawl 30 yards, back crawl 30 yards, elementary back stroke 20 yards.

Day	Dates	Time	Classes	Fee	Online Reg.
M	Jan 6-Feb 17	6:00-6:50p	7	\$47/\$57	12/17/19
M	Feb 24-Apr 13	6:00-6:50p	7	\$47/\$57	2/18/20
W	Jan 8-Feb 19	6:00-6:50p	7	\$47/\$57	12/17/19
W	Feb 26-Apr 15	6:00-6:50p	7	\$47/\$57	2/20/20
Sat	Jan 11-Feb 22	11:00-11:50a	7	\$47/\$57	12/17/19
Sat	Mar 7-May 2	11:00-11:50a	7	\$47/\$57	2/23/20

No class March 23, 25, 28, & April 11

LEVEL 6

FITNESS DIVING / PERSONAL WATER SAFETY

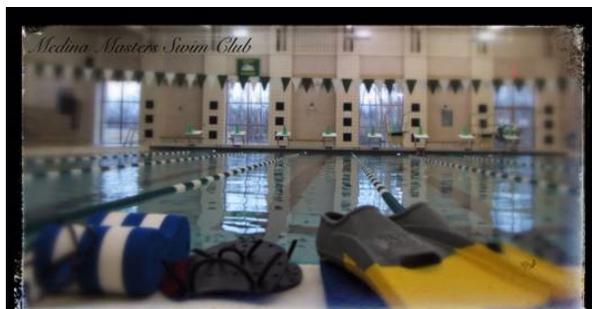
AGES: 5 & UP

Prerequisite: Swimmers must be able to demonstrate proper form of the following strokes and 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	Classes	Fee	Online Reg.
W	Jan 8-Feb 19	6:00-6:50p	7	\$47/\$57	12/17/19
W	Feb 26-Apr 15	6:00-6:50p	7	\$47/\$57	2/20/20

Sat	Jan 11-Feb 22	11:00-11:50a	7	\$47/\$57	12/17/19
Sat	Mar 7-May 2	11:00-11:50a	7	\$47/\$57	2/23/20

No class March 23, 25, 28, & April 11



MEDINA MASTERS SWIM CLUB

COACHES: LOU SCHAEFER & AMRO HASSAN

Open to any swimmer 18 & over
 Encouraging & promoting improved physical fitness & health in adults

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

SWIM MEET SCHEDULES

PLEASE NOTE THE FOLLOWING COMP POOL CLOSINGS

• Dec 28 • Jan 2 • Jan 14 • Jan 17 • Jan 25



ADULT LEARN TO SWIM

AGES: 16 & UP

Beginners: for adult non-swimmers who want to establish comfort in 3'-5' water. Beginners will learn basic levels of aquatic skills & acquaint you to the aquatic environment. Intermediate: for adults who have completed a beginner's class and are comfortable in the water. Participants will learn and refine swim strokes.

Class is customized to meet the aquatic needs of each participant.

Day	Dates	Time	Classes	Fee	Online Reg.
Beginner Classes					
T/TH	Jan 7-28	5:30-6:20p	7	\$56/\$66	12/17/19
T/TH	Feb 4-25	5:30-6:20p	7	\$56/\$66	12/17/19
T/TH	Mar 3-31	5:30-6:20p	7	\$56/\$66	12/17/19
T/TH	Apr 7-28	5:30-6:20p	7	\$56/\$66	12/17/19

Intermediate Classes					
T/TH	Jan 7-28	6:30-7:20p	7	\$56/\$66	12/17/19
T/TH	Feb 4-25	6:30-7:20p	7	\$56/\$66	12/17/19
T/TH	Mar 3-31	6:30-7:20p	7	\$56/\$66	12/17/19
T/TH	Apr 7-28	6:30-7:20p	7	\$56/\$66	12/17/19

No classes spring break Mar 23-27

AQUATIC CENTER RULES:

- All non-members, visitors and spectators will be required to show a photo ID to enter the facility.

- Non-members must purchase a daily pass if you wish to recreationally swim before or after swim lessons.

- Children 7 and under and children with coast guard approved life jackets must be within arm's reach of an adult at **ALL** times.

- Children 7 and under must wear a wristband obtained from the front desk.

- Children 8-10 may be in the natatorium unattended but must have an adult in the facility at all times.

- Proper swimming attire is required in the natatorium. Swim diapers (child/adult) are required in the pool.



Aquatics

WATER EXERCISE

INSTRUCTOR: MARY BETH
AGES 16 & UP

PURCHASE A 5 CLASS PUNCH CARD
MEMBER \$30 NON-MEMBER \$40

- 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

Wednesday & Friday 9:30a-10:20a
January 3 through April 29

NOTE: No Monday Classes
No classes April 10-21

Tuesday & Thursday 8:00a-8:50a
January 2 through April 30

NOTE: No Monday Classes
No classes April 10-21

SILVERSNEAKERS SPLASH

INSTRUCTOR: MARY BETH

Free for SilverSneakers Members

All fitness levels welcome and no swimming ability required.
Develop strength & balance while improving flexibility & cardiovascular endurance.

Wednesday & Friday 10:30-11:15a
January 3 - April 29

NOTE: No Monday Classes No classes April 10-21

Tuesday & Thursday 9:00-9:45a
January 2 - April 30

NOTE: No Monday Classes No classes April 10-21

Not a SilverSneakers member? Purchase per-class drop-in pass for \$10
or 5-class punch card for \$20/member; \$35/non-member

ARTHRITIS AQUATICS AQUATIC EXERCISE ASSOCIATION

INSTRUCTOR: MARY BETH
PURCHASE A 5 CLASS PUNCH CARD
MEMBER \$20 NON-MEMBER \$35

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

Wednesday & Friday 8:30a - 9:30a
Jan 3 - April 29

No classes April 10-21

Tuesday & Thursday 10:00a-11:00a
Jan 2 - April 30

No classes April 10-21

AQUATIC EXERCISE FOR FIBROMYALGIA MEDINA HOSPITAL CLASS

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

- Designed for people with fibromyalgia or arthritis
- Exercises improve joint flexibility & decrease pain

Tuesdays & Thursdays : 3:00p-4:00pm

PURCHASE A 5 CLASS PUNCH CARD
MEMBER \$20 NON-MEMBER \$35



AMERICAN RED CROSS LIFEGUARD TRAINING COURSE

Must be at least 15 years old by the end of the class. All Classes are Mandatory. NO EXCEPTIONS and No Refunds after the 1st day of class. Students should bring a swim suit, towel, highlighter, writing utensils and paper to each class. After you have registered for the class a prerequisite will be done prior to your first day. Call the Aquatics Department to set up an appointment (330.721.6943). Prerequisite is: Swim 20 yards, surface dive & retrieve a 10# brick from 7-10' depth & swim back 20 yards within 1 minute 40 seconds. Swim 300 yards using front crawl and breast stroke. Tread water 2 minutes with legs only. Call 330-721-6942 to find out how you can be reimbursed for the registration fee.

Day	Dates	Time	Classes	Fee	Online Reg.
Various	Dec 22-Jan 2	varies	6	\$235/\$245	NOW
M-F	Mar 23 - 27	10:00a-1:30p	5	\$235/\$245	12/14/19
Sun	Mar 29-April 26	10:00a-1:30p	5	\$235/\$245	12/14/19



A Partner in Wellness

Cleveland Clinic
Medina Hospital

Now Hiring: LIFEGUARDS

AT MEDINA RECREATION CENTER

Great job for: students, stay at home parents, retired adults, home schooled students

NOW - Higher pay and Ohio Public Employees Retirement System

Flexible schedule

Discounted Rec Center membership

NOT A CERTIFIED LIFEGUARD?
Register for Medina Rec Center's
LIFEGUARD TRAINING COURSE
Contact ddonkin@medinaoh.org for details



Senior Programs

SilverSneakers® FITNESS



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

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

**FOR NON-SILVERSNEAKERS MEMBERS:
PURCHASE A 5 CLASS PUNCH CARD
MEMBER \$20 NON MEMBER \$35**

SILVERSNEAKERS® CLASSIC



Free for SilverSneakers Members

Move to the music through a variety of exercises designed to increase strength and range of motion. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is used for support.

CHECK MEDINAREC.ORG FOR DATES AND TIMES

SILVERSNEAKERS® YOGA



Free for SilverSneakers Members

Move through a whole-body series of seated and standing yoga poses and breathing exercises. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

CHECK MEDINAREC.ORG FOR DATES AND TIMES

SILVERSNEAKERS® CIRCUIT



Free for SilverSneakers Members

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Focus on upper-body strength with hand-held weights, and use resistance tubes and a SilverSneakers ball for a low-impact aerobics workout. A chair is used for support.

CHECK MEDINAREC.ORG FOR DATES AND TIMES

SILVERSNEAKERS® SPLASH



INSTRUCTOR: MARY BETH

Free for SilverSneakers Members

SPECIFIC CLASS DATES & TIMES ON PAGE 6

PICKLEBALL

MONDAYS THRU FRIDAYS • 8:00A-10:00A

Join in on the fastest growing sport in the US. Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. Great for all ages and abilities, easy to learn and FUN! Free for MCRC/SilverSneakers Members and \$4 for Non-Members per day.

DECEMBER 16-MAY 29, 2020

SENIOR WALKING CLUB

FRIDAYS • 10:00A-11:30A

Log your miles and watch them add up by running, walking, using machines or swimming. Free for MCRC/SilverSneakers Members and \$1 for Non-Members per day.

DECEMBER 20-MAY 29, 2020

SENIOR BUNCO

1ST TUESDAY OF THE MONTH @ 10:00A

Have fun testing your luck and rolling the dice at the MCRC. Class meets in the Cafe. Snacks provided by Western Reserve Masonic Community and Sanctuary Medina. Free for MCRC/SilverSneakers Members and \$1 for Non-Members per day.

• JAN 7 • FEB 4 • MAR 3 • APR 7 • MAY 5

KNITTING & CROCHET

2ND & 4TH THURSDAY • 1:00P-3:00P

Sponsored by Brookdale Medina South & North

Socialize, learn new stitches and patterns and have fun! Completed projects may be donated to community organizations. Free for MCRC/SilverSneakers Members and \$1 for Non-Members per day.

• JAN 9 & 23 • FEB 13 & 27 • MAR 12 & 26
• APRIL 9 & 23 • MAY 14 & 28

WII BOWLING

10:00A-12:00P FRIDAYS - SELECT DATES

Ages 55+ get healthy, stay active and meet new friends! Free for MCRC/SilverSneakers Members and \$1 for Non-Members per day.

• JAN 17 & 31 • FEB 14 • MAR 13 & 27
• APR 10 • MAY 8 & 22

EUCHRE & CHESS

TUESDAY & THURSDAY FROM 10:00A-12:00P

Join friends for light conversation, and some friendly games of cards and chess. All supplies provided. Meet in cafe area. Free for MCRC/SilverSneakers Members; \$1 for Non-Members per day.

DECEMBER 17 - MAY 28, 2020

WELCOME NANCY JOHNSON SENIOR PROGRAMS COORDINATOR



Nancy had a 30 year career in business where she developed skills and experience in marketing, publicity, event planning, team leadership, and project management. In her new job, Nancy hopes to bring a sense of community to our seniors with education, activities, friendship and fun. She lives in Medina with her little bad-mannered schnoodle, Molly.

55+

LECTURE & LUNCH SERIES

EXERCISE THE BODY, EDUCATE THE MIND & MAKE NEW FRIENDS!

Join us to learn about important topics and issues, meet local historians, senior service specialists, medical professionals, and much more! Free to all 55+ MCRC members and non-members. ID required for non-members. Members and non-members, please be sure to check in at the front desk when you arrive.

- Friday from 10:30a-Noon
- Lunch and/or refreshments to follow each lecture, generously provided by our sponsors
- Coffee generously provided by Medina McDonald's
- For more info contact Nancy Johnson at 330.721.6934

- Jan 10 **YOUR BEST HEALTH IN 2020**
Therese Reymann Kerns
Integrative Health & Wellness Coach
Lunch provided by Elmcroft of Medina
- Jan 24 **JIM GILDER & THE WESTERN RESERVE MASONIC COMMUNITY READERS THEATER**
Lunch provided by Cardinal Court
- Feb 7 **WHAT'S NEW IN THE HISTORIC DISTRICT:**
Matt Wiederhold, Director, Main Street Medina
Lunch provided by Life Care Center
- Feb 21 **A HEALTHY HEART**
Dr. Jeffrey Hershey, Cardiologist, Cleveland Clinic
Lunch provided by Danbury Senior Living
- Feb 28 **COOL, CALM & INVESTED: INVESTMENT STRATEGIES FOR SENIORS**
George Hoose, Financial Advisor
Lunch provided by Edward Jones
- Mar 6 **HELLO KIDNEYS! HOW ARE YOU?**
Barb Harshey, Volunteer, National Kidney Foundation
Lunch provided by Pearlview
- Mar 20 **THE MANY FACES OF AFRICA**
Beth Schnabel, World Traveler & Mission Worker
Lunch provided by Life Care Center
- Apr 3 **RED CROSS DISASTER RELIEF**
Tom Quinn, Volunteer, Red Cross
Lunch by Western Reserve Masonic Community
- Apr 17 **VASCULAR DISORDERS AND THEIR MANAGEMENT**
Dr. Daniel Kassavin, Vascular Surgeon, Cleveland Clinic
Lunch provided by Medina Meadows
- Apr 24 **THE AMERICAN CIVIL WAR**
Ron Chojnacki, Civil War Historian
Lunch by provided by Elmcroft Senior Living
- May 1 **HAYDEN GROVE SINGS THE GREAT AMERICAN SONGBOOK**
Hayden Grove, Singer, Sports Writer and Speaker
Lunch provided by Echelon of Medina
- May 15 **KEEPING YOUR BRAIN FIT**
Suzanne Sparks, MS Psych
Lunch provided by Brookdale Medina South
- May 29 **THE REAL IRELAND: CEAD MILE FAILTE**
Fiona Quade & Sue Becks, Travel Advisors
Lunch provided by Avenue of Medina
Stay afterwards for some end of the season fun -
Bingo & Prizes!

Topics are subject to change



Fitness & Wellness

Fitness classes are a fun and effective way to start getting fit. 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. Classes are designed for men and women ages 15 & up, all shapes, sizes and fitness levels. They're set to tasteful music and include a warm-up, full body conditioning and cool down stretch. All equipment provided for classes. Bring water bottle! Children may not attend class. Classes & instructors are subject to change based on enrollment. A calendar will be published at the beginning of each month listing the classes that will be held that month. Calendars will be available at front desk, online and posted outside the Fitness Room.

VARIETY OF ENROLLMENT OPTIONS

DROP-IN

Purchase per-class pass on the day of the class. *General Land Aerobic Class:*
Member: \$8 Non-Member: \$10

PUNCH CARDS

Purchase a 5 class punch card that can be used for any land aerobics class. Punch cards do not expire.
Member: \$20 Non-Member: \$35

FITNESS FLEX PASS

The Flex-Pass can be purchased by members and non members allowing them to attend any scheduled land aerobics class during the month. FLEX PASSES are available the Friday prior to the start of the new month starting @ 4pm

- DEC 27 • JAN 31 • FEB 28 • MAR 27
- \$48/Member \$72/Non-Member- monthly pass
- \$170/Member \$255 Non-Member - session pass

ALL EQUIPMENT PROVIDED FOR FITNESS CLASSES. PLEASE BRING A WATER BOTTLE & TOWEL TO EACH CLASS.

ALL NON-MEMBERS MUST BRING PHOTO ID. CHECK IN AT FRONT DESK.

The #1 New Year's Resolution Mistake Everyone Makes (According to Experts)

By Macaela Mackenzie, Shape.com

Every January, the internet explodes with tips on how to make healthy New Year's resolutions and prevent yourself from becoming one of the 80 percent of people who've fallen off the wagon by February. But your boxing gloves gathering dust by Valentine's Day isn't necessarily the worst mistake you can make when it comes to your January gym goals.

"One of the biggest mistakes people make is going all in on the first week of the year," says Kris Cueva, CPT, master instructor at Burn 60 Studios. Being too committed to your New Year's fitness resolutions can actually backfire and lead to overtraining syndrome, the result of too much training with too little rest. Overtraining syndrome can cause you to start underperforming, open the door to injury, and even have effects on your mood (hello, burnout). "It is almost impossible to maintain an extreme switch, and you'll be back to where you started before the first month is over," says Cueva. "When you overdo your workout schedules by either signing up for too many classes or struggling through a run when your body is actually exhausted, you chip away at your mental resolve."

While "new year, new gym goal" is an awesome mantra, too many extreme promises and not enough balanced thinking is a mistake, says Ashley Borden, CSCS. It's important to pay attention to your body. "If you feel like you can't move after a day of training, that's an indicator of overtraining," says Borden. A little soreness the next day is normal-after a kickass workout you should be around a 6 to 8 on a scale of 1 to 10. But extreme pain (a 9 or 10) where you can't move is not what you are aiming for, says Borden.

You can also keep tabs on overtraining during your workout by watching your heart rate and level of exertion: "If you can't hold a conversation while working out, that can be an issue," says Noam Tamir, CSCS, founder of TS Fitness in New York. Check your fitness tracker during your cooldown to make sure your heart rate is returning to normal.

To prevent a case of resolution-ruining overtraining syndrome, follow these five fitness rules when you hit the gym in January.

1. Pace yourself.

Don't go from zero to 60 on New Year's Day. "If you've barely worked out for the last six months and now think you're going to go five days a week nonstop, you are setting yourself up for failure," says Borden.

Setting realistic goals is a huge part of preventing injury and burnout-if you've never run more than a 5K, signing up for a half marathon in January isn't the best move. (Sometimes, setting lofty goals can work in your favor, but you need to play it smart.) "You lose confidence when you feel like you can't perform at your expected level," says Cueva. "But by setting up practical goals and a weekly workout game plan that's achievable and realistic, you set up confidence boosters."

2. Pay attention to form.

"If you don't move correctly, you won't see results and injury can be just around the corner," says Borden. If you're venturing into new gym territory, work with a trainer for your first session or watch trainer videos on YouTube to make sure you're not making rookie mistakes. (Like these common workout mistakes for even simple exercises.) Then, while you're adjusting to your new routine, "slow down your movements so you get a better connection to what body part is working," she says. (You can even use a slow-motion strength training routine to see bigger gains.)

3. Shake it up instead of going harder.

When you hit the gym in January, it can be tempting to just double down on your current routine-beefing up the pace on the treadmill, showing off with the heavier set of weights, or making your occasional morning runs a daily routine. But rather than going harder, which can lead to overtraining syndrome, get more creative. "Add variety to your training-strength training or weights one day and a HIIT or yoga class on another day," says Cueva. "Keeping your training fresh is a great way to keep you motivated and on track." (Need a plan? Here's a perfectly balanced week of workouts.)

4. Set a bedtime goal.

"Making sure to get enough sleep is huge for our nervous sys-

tem and mental health," says Tamir. To prevent burnout, make healthy bedtime goals just as important as your gym goals. To get the most out of your workouts, shoot for six to eight hours a night. "Using yoga and meditation is another great way to aid in mental recovery," says Tamir. (This is how to do a rest day the right way for max benefits.)

5. Give yourself a workout review.

The best way to avoid overtraining syndrome is by evaluating your workout performance, says Cueva. "This means asking myself questions such as: Was I not able to lift as much weight today? Did my normal weight feel too heavy? Was I able to reach my average amount of reps? Did I need more recovery between sets?" If you're struggling to keep up a week into your New Year's routine, you're overdoing it. Back off, and you'll thank yourself later-specifically, three months down the road, when you're still grinding on that goal.



**Classes are subject to change monthly due to instructor availability, and enrollment. See Front Desk for monthly updated calendars.*

HIIT

INSTRUCTOR: KELLY T

HIIT, High Intensity Interval Training, alternates short periods of intense anaerobic exercise with less-intense recovery periods. This workout will speed up your metabolism and burn more calories to reduce body fat. Improve your energy and endurance and reap the benefits long after your workout ends. Please bring a water bottle and towel to class.

MONDAYS 9:30-10:30A-TRACK AREA
WEDNESDAYS 6:45-7:45P

YOGA/PILATES MIX

INSTRUCTOR: BETHANY

A perfect mid-day Yoga and Pilates mix class. This class is designed to build strength and tone your muscles while improving flexibility and fostering mind and body harmony. Pilates exercises mixed with Yoga postures are sure to strengthen your abs, buttocks, arms, chest, obliques and shoulders.

CHECK MONTHLY CALENDAR FOR TIMES

STRENGTH & TONE

INSTRUCTOR: BETHANY

Beginner to intermediate class with low to no impact. Plenty of mat and floor work will be performed to strengthen and tone those trouble zones. A variety of equipment will be used to keep workouts fun.

CHECK MONTHLY CALENDAR FOR TIMES

ZUMBA®

INSTRUCTOR: SHANNON

Perfect For Everybody and every body! We take the work out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often called exercise in disguise.

MONDAYS 10:30-10:45A
TUESDAYS 5:15-6:00P
WEDNESDAYS 10:45-11:30A
SATURDAYS 10:30-11:15A

WOMEN ON WEIGHTS

INSTRUCTOR: KIM

This class is a total body strength class designed to work every muscle in a variety of ways. Some cardio may be incorporated. You will be challenged and expect to sweat.

MONDAYS 5:30-6:30P
WEDNESDAYS 5:30-6:30P

XFIT: TOTAL BODY

INSTRUCTOR: KELLY M

This total body interval class mixes calisthenics and body weight exercises with cardio and strength training. The classes are designed to be different all the time and push participants harder than they'd push themselves. Head to toe workout so you'll be ready for anything life brings.

MONDAYS 6:45-7:30P

SCHWINN CYCLE BURN

INSTRUCTOR: KIM

This is the most renowned cycling program on the planet and will burn more calories than any other workout. Send your energy levels soaring! Arrive 5 minutes early for proper bike fit. Bring lots of water and a towel.

TUESDAYS 5:30-6:15PM

SLOW FLOW YOGA

INSTRUCTOR: JEANNE

This strength and length yoga practice will challenge your muscular strength as well as encourage increased range of motion and muscular balance. Modifications available for all levels and special needs.

TUESDAYS 7:30-8:15P

MAT-BARRE

INSTRUCTOR: JEANNE

A low impact sculpting class that incorporates functional mat work as well as ballet-inspired fitness conditioning.

WEDNESDAYS 9:00-9:45A COMMUNITY ROOM
THURSDAYS 10:45-11:30A

TOTAL INTERVAL TRAINING

INSTRUCTOR: KIM

This intense fast paced class moves from upper to lower body exercises intermixed with intervals of cardio and complete core work. Expect to be challenged. Equipment varies weekly. Class level: intermediate to advanced. Modifications will be shown.

WEDNESDAYS 9:30-10:30A

DEEP STRETCHING

INSTRUCTOR: JEANNE

Learn and apply techniques in assisted stretching, soft tissue release, and self massage. Promotes muscle recovery, restoration of muscular balance, and increased range of motion.

WEDNESDAYS 10:15-10:45A-COMMUNITY ROOM

ADAPTIVE YOGA

INSTRUCTOR: BETHANY

Instruction provides a safe environment to explore yoga forms using props to develop one's own practice, while exploring breathing and meditation. Chairs are used. Stability shoes or tennis shoes and towels are encouraged.

CHECK MONTHLY CALENDAR FOR TIMES

FIT FOR YOGA

INSTRUCTOR: JEANNE

Challenge your strength in this fitness-focused yoga practice. Blends various styles of Hatha Yoga with traditional functional strength repetitions and holds. All levels welcome!

THURSDAYS 9:30-10:30A

BOOT CAMP

INSTRUCTOR: JEANNE

Moderate to high intensity body weight intervals designed to maximize muscular fatigue and challenge your anaerobic capacity. Utilizes various equipment, stairs, and track!

FRIDAYS 9:15-10:00A

TOTAL STRENGTH

INSTRUCTOR: JEANNE

Total body strength training using a variety of equipment and movement styles to challenge the muscular system. Modifications provided for various levels of ability and physical limitations.

FRIDAYS 10:30-11:15A

YOGA

INSTRUCTOR: KIM

This class is designed to challenge you in your mind and body. Flowing postures, longer holding patterns and balance will be accompanied by moments of rest. Class will end with rest, relaxation and time to quiet your mind and let go.

FRIDAYS 4:45-5:30PM
SUNDAYS 10:15-11:00A

TAI CHI

INSTRUCTOR: DAN

A slow, gentle range of motion activity, that can be done standing or sitting to help increase balance, flexibility, and boost brain activity, and immune system. Reduce pain caused by arthritis, increase mobility, improve sleep, and get more energy. All fitness levels welcome! No additional equipment needed! Meets in Community Room.

SATURDAYS 9:00-10:00A

CARDIO CIRCUIT

INSTRUCTOR: MICHELLE

This results-oriented class will burn fat and simultaneously tone the entire body, zooming in on the trouble zones. Burn and firm with bursts of cardio and strength training throughout. All equipment provided. Designed to be fun, high energy, and a real calorie burning class.

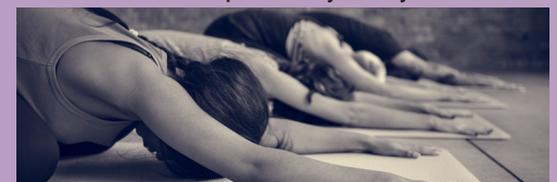
SATURDAYS 9:15-10:15A

SPRING LEARN & BURN

SATURDAY APRIL 27 9:00-11:00AM

INSTRUCTOR: JEANNE

Guidance on MyFitnessPal website and features, paired with Beginner Yoga instruction, using available props for modifications and added benefit. Sponsored by Healthy Medina. FREE



PRENATAL YOGA WORKSHOP

SUNDAY MAY 5 11:00A-12:30P

INSTRUCTOR: BETHANY

Review the benefits of yoga, followed by class instruction. Please bring a blanket and pillow to class. Blocks may be used. Chairs provided to assist. A friend or partner is welcomed but not required.

\$8/Members \$10/Non-members

Sports

TINY TOTS SPORTS

Ages 3-5

Tiny Tots Sports is an instructional based program that will introduce children to sports in a fun, structured environment that encourages participation, builds confidence, and promotes living a healthy lifestyle. Coached by MCRC staff, children will learn the fundamentals of the game through fun drills, stations, and games.

Day	Dates	Time	Classes	Fee
All Sports Intro				
Tue	Jan 7 - 28	10:30-11:00am	4	\$24/\$32
Tue	Mar 3 - 24	10:30-11:00am	4	\$24/\$32
Tue	Mar 31 - Apr 21	10:30-11:00am	4	\$24/\$32
Lacrosse				
Tue	Jan 7 - 28	11:00 - 11:30am	4	\$24/\$32
Soccer				
Tue	Feb 4-25	10:30-11:00am	4	\$24/\$32
Basketball				
Tue	Feb 4 - 25	11:00-11:30am	4	\$24/\$32
Hockey				
Tue	Mar 3 - 24	11:00-11:30am	4	\$24/\$32
T-Ball				
Tue	Mar 31 - Apr 21	11:00 - 11:30am	4	\$24/\$32



TENNIS CLASS

Designed for players of all levels. Will focus on proper technique, stroke development, ball control and good sportsmanship.

Our dedicated staff is committed to helping kids improve their tennis skills through fun drills and games. All equipment provided.

Day	Dates	Time	Ages	Fee
T	Mar 17 - May 5	5:30-6:00pm	5-8	\$48/\$64
T	Sep 10-Oct 29	6:00-6:30pm	9-13	\$48/\$64

TODDLER OPEN GYM

Ages: 5 and under

Bring your little one in from the cold for a place to run, skip, hop, jump, throw and just play! The MCRC will provide equipment (small basketball hoops and balls, tumbling mats, parachute and more) to keep your little ones occupied and burning energy. Parents must remain with children at all times (no MCRC staff supervision).

TUESDAYS & THURSDAYS
10:30A - 12:00P
JANUARY 7 - MARCH 19

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

MEDINA YOUTH FLOOR HOCKEY LEAGUE

Boys & Girls - GRADES K- 5th

Learn the basics of hockey including stick handling, passing, shooting, defense and equal playing time. MCRC provides sticks and equipment for players. No skates necessary.



Day	Dates	Grades	Time	Classes	Fee
M	Mar 16 - May 4	K-1	5:30-6:00pm	8	\$55/\$70
M	Mar 16 - May 4	2nd & 3rd	6:00-6:45pm	8	\$55/\$70
M	Mar 16 - May 4	4th & 5th	6:45 - 7:30pm	8	\$55/\$70

ADULT SUMMER SOFTBALL LEAGUES

- Tuesday Men DH • Friday CO-ED DH
- Sunday Men DH (more details to come)

- \$325 (Resident team-minimum 8 residents)
- \$375 (Non-Resident team)
- Umpire fees \$36 per team/per night
- Forfeit fee \$75 cash on file

• Double header format, 9-12 weeks including playoffs at Reagan Park fields one, four and six, one ball per game/per team provided. ASA rules. Games run late May-mid August.

ROSTERS AVAILABLE ONLINE OR AT THE REC AFTER MARCH 1ST.

REGISTRATIONS ACCEPTED WITH PROPER PAPERWORK AT MCRC FRONT DESK UNTIL MAY 1ST.



DODGEBALL

DODGEBALL CLUB

Ages 8-14

Join us after school and burn off some energy! Friendly competition, MCRC staff will be on hand to help make teams, officiate games, and keep everyone having fun! Wear gym attire, and court shoes, bring water bottle.

Day	Dates	Time	Classes	Fee
M	Jan 13-Mar 2	4:00-5:00pm	8	\$24/\$32

CO-ED DODGEBALL TOURNAMENT

Friday March 27th 6-9:00pm

6 on 6 (max 8 on roster)

\$40 / team

Ages 16 and up

Sign up as a team or individually and be placed on a team. Teams will consist of 6-8 players. Foam balls will be used.

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	Classes	Fee
Tu/Th	Jan 2-30	6:00-7:00p	9	\$45/\$54
Tu/Th	Feb 4-27	6:00-7:00p	8	\$40/\$48
Tu/Th	Mar 3-26	6:00-7:00p	8	\$40/\$48
Tu/Th	Mar 31 - Apr 30	6:00-7:00p	9	\$45/\$54

KARATE II

Ages: 12 & up

Day	Dates	Time	Classes	Fee
Tu/Th	Jan 32-30	7:00-8:30p	9	\$54/\$63
Tu/Th	Feb 4-27	7:00-8:30p	8	\$48/\$56
Tu/Th	Mar 3-26	7:00-8:30p	8	\$48/\$56
Tu/Th	Mar 31 - Apr 30	7:00-8:30p	9	\$54/\$63

SPARRING

- Class open to all ages and martial arts styles
- Students will work on blocking and striking in a controlled environment, with one or more training partners.
- Proper safety gear required.
- Contact instructor for more details

Day	Dates	Time	Fee
Sat	Jan 4-Apr 25	9:15-10:15a	\$5 per class drop in Pay at Front Desk prior to class.

SAVE THE DATE!

Family First Night

NO HOMEWORK NO PRACTICE NO EXCUSES NOT TO SPEND TIME TOGETHER

Monday, March 16

Put your family first! Set aside the phones, the iPads, and the laundry! Just spend time with your family. Play a board game, go to a movie, eat dinner together...do something fun! Coaches and teachers have agreed to give you a free night with your family so take advantage of it!

BRING THE FAMILY TO MEDINA REC FOR GREAT EATS AND FUN FAMILY ACTIVITIES! MORE TO FOLLOW

Welcome to the Rascal Room



Children 6 months-8 years

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

Rascal Room Fees

Pay per visit or purchase a punch card (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 Winter Hours

Monday-Friday 8:30a-12:30p Monday-Thursday 4:30p-7:30p Saturday 8:30a-12:30p
*room may close 30 minutes early with no appointments scheduled.

Parents Night Out

Friday, February 14

5:30 to 9 pm

Ages 5 TO 12

Go out with your sweetie and leave the kids with us!

- Pizza and snacks
- Games, crafts and activities
- Showing of a movie - TBA
- Supervised by trained staff

\$10 PER CHILD FOR MEMBERS

\$12 PER CHILD FOR NON-MEMBERS

Pre-registration is required. Register at the Front Desk or online at medinarec.org

TODDLER OPEN GYM

Ages: 5 and under

Bring your little one in from the cold for a place to run, skip, hop, jump, throw and just play! The MCRC will provide equipment (small basketball hoops and balls, tumbling mats, parachute and more) to keep your little ones occupied and burning energy. Parents must remain with children at all times (no MCRC staff supervision).

TUESDAYS & THURSDAYS

10:30A - 12:00PM

JANUARY 7 - MARCH 19

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



BABYSITTER TRAINING

Ages: 11 - 16

This American Red Cross Course fee includes 2 books and a CD. Students will learn to make good decisions, solve problems and handle emergencies such as injuries, illness and household accidents while caring for children and infants. Students will be taught basic first aid and choking (no certificate given). Bring a pencil, pen, paper and a baby doll to class. Drinks are permitted.

Day	Date	Time	Class	Fee
Wed	Mar 25	9:00a-1:00p	1	\$55/\$60



DISCOVER CAMP!

Join us this summer and discover the fun! Camps available for ages 3-14! Amazing camp themes, field trips, enrichment and more will help your camper make great memories all summer long!

Check out our Spring/Summer Brochure in April and our website for full camp details!

Medina Community Recreation Center

Parents Night Out

Friday, February 14
5:30 to 9 pm
Ages 5 TO 12

Go out with your sweetie and leave the kids with us!

- Pizza and snacks
- Games, crafts and activities
- Showing of a movie - TBA
- Supervised by trained staff

\$10 PER CHILD FOR MEMBERS
\$12 PER CHILD FOR NON-MEMBERS

Pre-registration is required. Register at the Front Desk or online at medinarec.org

PARTY FUN AT MEDINA RECREATION CENTER!



HOST A BIRTHDAY PARTY!

Celebrate with your guests in one of our private rooms!

Include the use of the Pool or Gym Court!

Book a Community Room by the hour!

- Rentals for up to 30 guests (adults and children)
 - Tables and chairs will be setup and are included in rental fee
- You may bring in food, cake, decorations etc. to personalize your party (some restrictions apply)

Let us take care of the party details for you!

- Ask about our upgrades!
- Decorations
 - Colorful plates
 - Forks
 - Cups
 - Happy Birthday napkins
 - Cake plates/napkins
 - Soda and Capri Sun
 - Table coverings
 - Coffee
 - Outside food, cake, and decorations welcome (some restrictions apply)

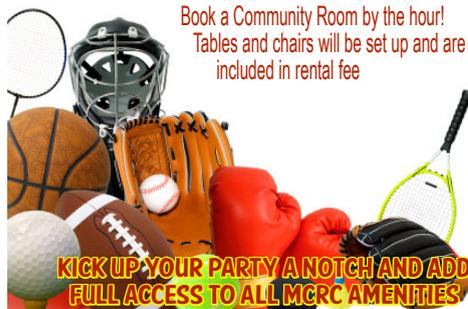


Rent our Bounce House inflatable!

Book a 2 hour Bounce House Party! April - September only

PLAN YOUR SPORTS BANQUET AT THE MCRC

BOOK A COMMUNITY ROOM, BRING IN YOUR FOOD & AWARDS AND YOU ARE ALL SET!



Book a Community Room by the hour! Tables and chairs will be set up and are included in rental fee

KICK UP YOUR PARTY A NOTCH AND ADD FULL ACCESS TO ALL MCRC AMENITIES

MEETING ROOMS

FOR BUSINESSES AND NON-PROFIT BOARDS!

- Free access to WiFi, podium, white board, & presentation screen. Projector rental is \$25
- Rental fees by the hour, ask for business rates
- Free set up of chairs and tables
- No extra service charge or sales tax
- Enjoy the Rec Center after the meeting with MCRC membership card or \$7 daily pass



FOR MORE DETAILS, AND TO BOOK YOUR EVENT CONTACT SANDY AT STOMAZIC@MEDINAOH.ORG OR 330-721-6918

Come in from the cold!

Seniors can purchase a \$3 WINTER DAILY PASS to come indoors at Medina Community Recreation Center Good from Jan 1st to Mar 31st



LIFEGUARD TRAINING COURSE

OVER CHRISTMAS BREAK - DEC. 22-JAN 2

FOR INFO, CONTACT DARLENE AT DDONKIN@MEDINAOH.ORG

MCRC GIFT CERTIFICATES Make great gifts!

They can be used to purchase:

- Memberships
- Aerobics and Aquatics classes
- Punch cards

Stop at the Front Desk to purchase!

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MEDINA COMMUNITY RECREATION CENTER

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