



ACTIVITIES

100 Avon Belden Road (southwest corner of Lake & 83) • (440) 930-4135

Below are on-going activities offered at no cost unless otherwise indicated.

Indoor Walking Club

Monday through Friday from 8:00 a.m. to 9:00 a.m.

Senior Fitness Group

Monday through Friday from 9:00 a.m. to 10:00 a.m.

Intermediate & Advanced Bridge

Mondays, Wednesdays & Fridays at 12:00 p.m.

Canasta

Mondays and Fridays at 12:30 p.m.

Pinochle

Mondays and Fridays at 12:00 p.m.

Reiki

Third Monday of each month at 10:00 a.m. *FREE!*

Reiki is used to reduce pain, anxiety, and fatigue; help manage symptoms; reduce side effects of medications; and support recovery after injuries or surgery.

Watercolor Art Class

At the Lakehouse Mondays at 12:30 p.m. *Cost to participate.*

Ballroom Dance Lessons

Intermediate classes on Mondays at 7:00 p.m. *Cost to participate.*
Beginners classes on Wednesdays at 7:30 p.m. *Cost to participate.*

Hatha Yoga

Tues. and Thurs. from 11:30 a.m. to 12:45 p.m. *Cost to participate.*

Senior Hot Lunch

Third Tuesday of every month at 12:00 p.m. *Cost to participate.* (reservations required)

Dominoes & Mahjong

Tuesdays & Fridays at 1:00 p.m.

Tae Kwon Do

Classes on Tuesdays & Thursdays at 6:30 p.m. *Cost to participate.*

Bridge Lessons

Wednesdays at 10:00 a.m. (per request)

Ladies For Healthy Living Support Group

Wednesdays at 10:00 a.m.

Wednesday Morning Movies at 10:15 a.m

Recent DVD releases projected on the big screen. Popcorn, snacks & coffee provided.

Tai Chi For Arthritis & Balance

Thursdays at 10:00 a.m. *Cost to participate.*

Creative Needles

Fridays at 10 a.m. All kinds of hand work, not limited to textiles.



Ultrasound technology to view the plaque build up in your carotid arteries, the main arteries that carry blood to the brain. Blockages in these arteries are a leading cause of stroke. We are hosting Life Line Screening event on 11/8/2016 at Old Fire House Community Center. For information please call 1-888-653-6441 or visit www.lifelinescreening.com/community-partners. Cost is \$149 for all screenings.

FREE Lunch & Learn at the Old Firehouse

Programs begin at Noon unless otherwise noted.

Tuesday, October 11, 2016

Avon Oaks, A Caring Community

Friday, October 14, 2016

Advancements In Cataract Surgery

Friday, November 1, 2016

VA Aid & Attendance Benefit



AARP Safe Driving Class on October 6th*

Cost: \$15 for AARP members; \$20 for non-members.

*Could reduce your insurance rate. Check with your insurance agent.

Get your FLU SHOTS on October 13th

**Blood Pressure, Glucose, Cholesterol,
Bone Density Screening on October 18th**



2016 CITY OF AVON LAKE HOLIDAY Dinner & Lights Tour

Friday, December 9 at the Old Firehouse
Dinner at 5:30pm
Adults: Kielbasa, Cabbage & Noodles
Children: Chicken Nuggets, Mac & Cheese Bites
Lights Tour departs at 6:30pm

Visit www.avonlake.org or call 930-4135 for pricing and registration.

MUST REGISTER BY DECEMBER 2



PARKS & RECREATION
City of Avon Lake

alrec autumn 2016



A GUIDE TO THE CITY OF AVON LAKE RECREATION DEPARTMENT PROGRAMMING FOR CHILDREN, FAMILIES & SENIORS



Department Of Parks & Recreation

Monday-Friday 8:00 AM-4:30 PM

Tim Pinchek
Director

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Lorrie Bruce
Secretary

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Recreation Program Coordinator
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Marketing/Senior Programming
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(440) 930-4135

Parks & Recreation Office
150 Avon Belden Rd.
Avon Lake, OH 44012
Phone (440) 930-4130
Fax (440) 933-0051

Old Firehouse Community Center
100 Avon Belden Rd.
Avon Lake, OH 44012
Phone (440) 930-4135



NEW!

Kindergarten & Preschool Basketball

Saturdays at Learwood Middle School

New this year, we are partnering with Preschool Sports to offer Preschool and Kindergarten basketball in both fall and winter. This program is designed to introduce children ages 3-6 to the game of basketball in a non-competitive environment through repetition and teamwork. We will work to develop listening skills, following direction, forming lines, taking turns, and most importantly having fun! Age appropriate equipment like Little Tykes hoops and mini-basketballs will be used. There is a maximum of 80 children in each the Preschool and Kindergarten programs. Each child should bring a change of shoes and a water bottle.

Preschool Basketball is for children 3-5 years of age. This will be group instruction with a maximum of 40 children in each one hour session. We will max out at 80 participants.

Kindergarten Basketball is for 5-6 year olds currently in Kindergarten. Teams will be formed and each one hour time slot

Avon Lake Youth Basketball

Designed to teach skills over a period of time, this program is for first through eighth grade students. Registration for this program will be available online and we also accept in office registration and mail-in registration.

This winter program will begin in early January and end in early March.

In an attempt to establish equitable teams we will be conducting player evaluations for 3rd - 8th grade players in November.

Early Bird Registration September 15-September 30

1st & 2nd grade \$55.00 • 3rd - 8th grade \$65.00

October 1-October 31

1st & 2nd grade \$65.00 • 3rd - 8th grade \$75.00

Registration deadline is October 31. Late registrations will be based on availability and late fees may be applied.



will consist of 30 minutes of skills and 30 minutes of scrimmage against another team.

Preschool: 10am-Noon (specific times will be assigned)

Kindergarten: Noon-2pm (specific times will be assigned)

Fall Session - five weeks
November 5th-December 17, 2016 (no program on 11/26)

Registration Fee:
Early Bird: September 15-September 30 \$55.00
October 1-October 23 \$65.00

Winter Session - four weeks
January 7th-February 4th, 2016 (no program on 1/21)

Registration Fee:
Early Bird: September 15-October 31 \$45.00
November 1-December 11 \$55.00

AVON LAKE PARKS & RECREATION IN ASSOCIATION WITH SPEVOK'S NAUTICAL LANES

Youth Coed Bowling, Ages 7-14

Teams of four: 7/8, 9/10, 11/12, 13/14 years old divisions.
\$99/child includes 2 games, shoe rental & Cosmic Pizza
Party at end of season.

Tuesdays 3:30-5:30 January 10-February 28

Info & registration at
www.avonlake.org or 930-4130



OCTOBER						NOVEMBER						DECEMBER										
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
TAI KWON DO Tuesdays & Thursdays 6:30pm-7:45pm		HATHA YOGA Tuesdays & Thursdays 11:30am-12:30pm		TAI FOR ARTHRITIS & BALANCE Thursdays 10am-11am		1 Registration Available	Join us for one of our Senior Luncheons on the 3rd Tuesday of each month! <i>Provided by Jake's On The Lake</i> Cost is \$8.00. FREE for 90+!		1 Lunch & Learn Old Firehouse VA Aid & Attendance	2 Wednesday Movie 10:15am Old Firehouse	3 Acrylic Painting	4 Acrylic Painting	5 Courage To Connect 10-11:30 The Village Project	An Evening of Ballroom Dancing Most Friday evenings (check calendar) at the Old Firehouse. All ages are welcome and partners are not required. Cost is \$11/person/evening and is payable at the door. Classes Available. Call (440) 930-4135 for more information.						1	2	3
2	3	4	5 Wednesday Movie 10:15am Old Firehouse	6 Safe Driving Class 1:00-5:00pm Acrylic Painting Bitty Brushes	7 Acrylic Painting Bitty Brushes	8 Courage To Connect 10-11:30 Lorain Count Metro Parks, Beaver Creek	6	7 Pottery Classes	8 Life Line Screening Old Firehouse 8:30-5:30	9 Wednesday Movie 10:15am Old Firehouse	10 Acrylic Painting	11 Acrylic Painting	12	4	5 Pottery Classes	6 Holiday Cookie Class	7 Wednesday Movie 10:15am Old Firehouse	8 Life Line Screening	9 Holiday Dinner & Lights Tour	10		
9	10	11 Lunch & Learn Old Firehouse Avon Oaks	12 Wednesday Movie 10:15am Old Firehouse	13 FLU SHOTS 8:30am-1:30pm Acrylic Painting Bitty Brushes	14 Acrylic Painting Bitty Brushes- Lunch & Learn	15 Trail of Haunted Tales	13	14 Pottery Classes	15 Senior Luncheon 12:00pm Old Firehouse	16 Wednesday Movie 10:15am Old Firehouse	17	18	19	11	12 Pottery Classes	13	14 Wednesday Movie 10:15am Old Firehouse Holiday Cookie Class	15	16	17 Courage To Connect 10-12 Youth Challenge		
16	17	18 Senior Luncheon Noon, Old Firehouse Health Screenings 12:30-2:00pm	19 Wednesday Movie 10:15am Old Firehouse	20 Acrylic Painting Bitty Brushes	21 Acrylic Painting Bitty Brushes	22	20	21 Pottery Classes	22	23 Wednesday Movie 10:15am Old Firehouse	24 Thanksgiving	25 OLD FIREHOUSE CLOSED	26	18	19	20 Senior Luncheon 12:00pm Old Firehouse	21 Wednesday Movie 10:15am Old Firehouse Holiday Cookie Class	22 Sweet & Savory Holiday Treats	23 Sweet & Savory Holiday Treats	24		
23	24	25	26 Wednesday Movie 10:15am Old Firehouse	27 Acrylic Painting Bitty Brushes	28 Acrylic Painting Bitty Brushes	29	27	28 Pottery Classes	29	30 Wednesday Movie 10:15am Old Firehouse	HAPPY HOLIDAYS Baseball sign-ups & Pool Passes early next year. Parks & Rec Gift Certificates make a great gift!		25 Christmas	26 OLD FIREHOUSE CLOSED	27	28 Wednesday Movie 10:15am Old Firehouse	29	30	31			
30 Registration Closes	31 Trick or Treat																					

ADULT OPEN GYM

The Parks and Recreation Department is once again offering open gym for adults to play basketball. Bring a friend and join us at the Avon Lake High School Auxiliary Gym on Tuesdays and Thursdays from 9-10:30 p.m. Questions call 440-930-4130. Full season membership - \$80 resident/\$90 non-resident - Partial Season (Sept 27-Dec 20, 2016) - \$35 resident/\$45 non-resident - Partial Season (Jan 3-May 18, 2017) - \$55 resident/\$65 non-resident. ADULT OPEN GYM DROP-IN RATES AVAILABLE FOR \$5.00 PER PERSON/PER SESSION PAYABLE AT THE DOOR!

Holiday Cookie Décor Class

Young chefs, 6-12 years of age, create professional looking cut out cookies using classic baking methods, making sugar cookie dough & royal icing at the Lakehouse. Three separate, but identical, 2.5 hour sessions will be offered: December 6, 14 & 21 from 5:30-8:00pm. Visit www.avonlake.org or call 930-4130 for more info and to register.

Sweet & Savory Holiday Treats Course

Young chefs, 6-12 years old, will learn how to make a variety of sweet and savory treats for the upcoming holidays. Two separate, but identical, 2-day/2.5 hour sessions will be offered: Thurs., Dec. 22 and Fri. Dec. 23 from 10:00AM-12:30PM OR Session, Thurs., Dec. 22 and Fri. Dec. 23 from 1:30PM-4:00PM. Visit www.avonlake.org or call 930-4130 for more information and to register.

create Play With Clay

Mondays Nov. 7-Dec. 12

- Mommy & Me Pottery (ages 3-6) 10:00-10:45am
- Inspirational Pottery & Sculpture (ages 6-10) 5:00-6:00pm
- Using Nature In Pottery (Ages 11-15) 3:40-4:40pm
- Pottery By The Lake (adult) 6:30-8:30pm

BOO BY THE WOODS

The Trail of Haunted Tales

Drop in—free tickets will be available at the 'gate'.

Saturday, October 15 6:00pm - 9:00pm

Avon Lake Public Library & the trails of the Kopf Family Reservation

This program is made possible through the support of the Friends of the Library, Avon Lake Parks & Rec, Friends of the Parks, Avon Lake Kiwanis, and the Avon Lake High School Key Club.

Friday, October 21, 2016

Ohio's Vintage Wine Trail

Cost: \$74 (Moderate Walking & Drinking)

For more information and to register check www.avonlake.org or call 930-4135 (Payment due at time of registration)

ACRYLIC PAINTING FOR ADULTS

Thursdays or Fridays in Oct. 6-Nov. 11 12:30-2:30pm

Mommy & Me: Bitty Brushes

Thursdays or Fridays in October 9:30-11:00am

COURAGE TO CONNECT CLE

Sensory Super Saturday Explorations

Saturday, October 8 from 10:00-11:30 with the Lorain County Metroparks. Meet at Beaver Creek Reservation.

We will investigate the reservation using all of our senses. We will explore all things Fall!

Saturday, November 5 from 10:00-11:30 Meet at The Village Project.

How many senses do you use as you create something new? We will explore different delights and see what it our favorite taste!

Saturday, December 17 from 10:30-12:00. Meet at Youth Challenge.

We will engage our proprioceptive and vestibular senses in an active way with different equipment!

We will meet at each of the partner organizations location.

Register at www.avonlake.org
For more information visit www.couragetconnectcle.org