

color key:  
 Seven Hills  
 Gemini Center  
 Beachwood High  
 North Olmsted  
 Metroparks  
 \*= Weather Dependent

# GROUP PROGRAMS AND EVENTS NOVEMBER 2024

Register or contact  
[amber@rec2connect.org](mailto:amber@rec2connect.org) for  
 more information!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 9:00-9:45a - Cardio Drum Kids 10:00- 10:45a - Cardio Drum 11:15a- 12:15p - Razorsharks Practice 9:00a- 12:00p Razorsharks practice ★ 4:00 - 6:00p Adult Social Club Game Night @ Brecksville Community Center
3 12:00-1:00p Razorsharks practice	4 9:00- 10:00a Razorsharks Masters Practice 4:45-7:30p Razorsharks practice	5 5:00-6:00p Fit Friends 6:15-7:00p Cardio Drumming ★ 5:00 -7:00p Rock Climbing @ Shaker Rocks	6 3:00- 4:00p Razorsharks practice 4:00- 5:00p Razorsharks practice	7 4:30- 5:15p Cardio Drum 5:30-6:15p Pedal Power 6:30- 7:30p Fit Friends	8	9 9:00-9:45a - Cardio Drum Kids 10:00- 10:45a - Cardio Drum 11:15a- 12:15p - Razorsharks Practice 9:00a- 12:00p Razorsharks practice
10 12:00-1:00p Razorsharks practice	11 9:00- 10:00a Razorsharks Masters Practice 4:45-7:30p Razorsharks practice	12 5:00-6:00p Fit Friends 6:15-7:00p Cardio Drumming ★ 5:00 -7:00p Rock Climbing @ Cleveland Rocks	13 3:00- 4:00p Razorsharks practice 4:00- 5:00p Razorsharks practice	14 6:30 - 9:30p ★ Celebrity Bartending Fundraiser @ Collision Bend Brewing Co.  GROUPS CANCELLED	15	16 9:00-9:45a - Cardio Drum Kids 10:00- 10:45a - Cardio Drum 11:15a- 12:15p - Razorsharks Practice 9:00a- 12:00p Razorsharks practice
17 12:00-1:00p Razorsharks practice	21 9:00- 10:00a Razorsharks Masters Practice 4:45-7:30p Razorsharks practice	19 5:00-6:00p Fit Friends 6:15-7:00p Cardio Drumming ★ 5:00 -7:00p Rock Climbing @ Shaker Rocks	20 3:00- 4:00p Razorsharks practice 4:00- 5:00p Razorsharks practice	21 4:30- 5:15p Cardio Drum 5:30-6:15p Pedal Power 6:30- 7:30p Fit Friends	22	23 9:00-9:45a - Cardio Drum Kids 10:00- 10:45a - Cardio Drum 11:15a- 12:15p - Razorsharks Practice 9:00a- 12:00p Razorsharks practice
24 12:00-1:00p Razorsharks practice	25 9:00- 10:00a Razorsharks Masters Practice 4:45-7:30p Razorsharks practice	26 5:00-6:00p Fit Friends 6:15-7:00p Cardio Drumming ★ 5:00 -7:00p Rock Climbing @ Cleveland Rocks	27	28 Thanksgiving 	29	30 9:00-9:45a - Cardio Drum Kids 10:00- 10:45a - Cardio Drum 11:15a- 12:15p - Razorsharks Practice 9:00a- 12:00p Razorsharks practice



# Current Programs

Dedicated to utilizing fully inclusive recreation therapy programs to connect people with and without disabilities and their families to community recreation, wellness, and lifelong leisure skills.

For more information visit [rec2connect.org](http://rec2connect.org) or contact Amber Bailey at [amber@rec2connect.org](mailto:amber@rec2connect.org)

## Hiking Club

60-minute hiking program that runs March-October. Focus on endurance, social skills, following directions, and teamwork while hiking through various Metropark locations. Ages 7 and up.

## Outdoor Adventure

2-hour long outdoor activity-based experience that explores rock climbing, hiking, snowshoeing, rowing, kayaking and other adventurous activities. Ages 8 and up - locations vary

## Fit Friends

60-minute fitness class with focus on weight training and cardiovascular exercise to promote endurance and increase strength. Ages 15 and up.

Tuesdays- Seven Hills Rec Center 5:00pm  
Thursdays- Gemini Center (Fairview) 6:30pm

## Cardio Drum Kids

45-minute fitness class with focus on cardiovascular exercise and rhythm to improve balance, gross motor coordination, endurance, sequencing and cooperation with others! Kids ages 10 - 14.

Saturdays- Seven Hills Rec Center 9:00am

## Cardio Drumming

45-minute fitness class with focus cardiovascular exercise and rhythm to improve range of motion, endurance, strengthening, flexibility, coordination and body awareness. Ages 15 and up.

Tuesdays- Seven Hills Rec Center 6:15pm  
Thursdays- Gemini Center (Fairview) 4:30pm  
Saturdays- Seven Hills Rec Center 10:00am

## Pedal Power

45-minute fitness class that utilizes stationary bikes and other equipment to encourage improvement in balance, strength and coordination. (Perfect for any bike-riders who want to practice their skills over the winter) Ages 13 and up.

Thursdays- Gemini Center (Fairview) 5:30pm

## Razorsharks Swim Team

60 minute swim team practice with focus on refining each of the 4 swim strokes, increasing speed and endurance, and practicing for competitions. Ages 7 and up- North Olmsted, Seven Hills, Beachwood

## Aquatic Therapy/Adapted Aquatics

45 minute sessions, starting with a standardized assessment. Weekly program focus on swimming skills, balance, motor planning, strength, and swim safety. Ages 1 and up- Beachwood, Akron, Seven Hills, Westlake, and North Olmsted

## Customized School and Adult Day Programs

Weekly programming provided in community rec centers, schools, and/or Adult Day Program Facilities. Programming can include but not limited to: Leisure Education, Gross Motor Gym Classes, Recreation Skill Acquisition, and Swimming

## Adult Social Club

Adult Social Club is an opportunity for adults to explore leisure opportunities while creating connections with friends. This program focuses on social independence and community experiences. Ages 18 and up- locations vary

## Bike Connect

60 minute 1:1 or small group program with focus on beginner bike riding skills that runs March - October. Activities include balancing, navigating obstacles, starting and stopping, and pedaling. Ages 5 and up - Big Creek Center, Parma

## Adapted Rock Climbing

2-hour program ran weekly on Tuesdays at either Shaker Rocks or Cleveland Rocks. Focus on climbing skills and climbing terms. Build upon and learn new skills weekly. Promotes socialization, problem-solving, physical activity, and teamwork. Ages 7 and up. Schedule subject to change.  
1st and 3rd Tuesdays of the Month - Shaker Rocks 5:00pm  
2nd and 4th Tuesdays of the Month - Cleveland Rocks 5:00pm

## Adapted Kayaking

Offered as either a 60-minute program or 2-hour program on select Thursdays throughout the summer. Focus on either entry-level kayaking skills or entry-level to moderate kayaking skills. Build upon problem solving and social skills with opportunities to learn more advanced paddle strokes and rescues. Ages 7 and up.  
Thursdays- Berea 4:00pm  
Thursdays- Berea 5:30pm

# Included. Always.