

color key:
 Seven Hills
 Gemini Center
 Beachwood High
 North Olmsted
 Metroparks
 Stephanie Tubbs Jones Building

GROUP PROGRAMS AND EVENTS JANUARY 2025

Register or contact
amber@rec2connect.org for
 more information!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1  New Year's Day	2 4:30- 5:15p Cardio Drumming 5:30-6:15p Pedal Power 6:30- 7:30p Fit Friends	3	4 9:00-9:45a - Cardio Drumming Kids 10:00- 10:45a - Cardio Drumming 11:15a- 12:15p - Razorsharks Practice 9:00a- 12:00p Razorsharks practice 3:00 - 5:00p ★ Adult Social Club Game Night @ Brooklyn Branch Cuyahoga County Library
5 12:00-1:00p Razorsharks practice 3:00 - 4:00p Winter Hiking Club	6 9:00- 10:00a Razorsharks Masters Practice 4:45-7:30p Razorsharks practice	7 5:00-6:00p Fit Friends 6:15-7:00p Cardio Drumming ★ 5:00 -7:00p Rock Climbing @ Shaker Rocks	8 3:00- 4:00p Razorsharks practice 4:00- 5:00p Razorsharks practice 5:00 -6:00p Connect and Move Ages 3 - 6 6:00 -7:00p Connect and Move Ages 7 - 14	9 4:30- 5:15p Cardio Drumming 5:30-6:15p Pedal Power 6:30- 7:30p Fit Friends	10	11 9:00-9:45a - Cardio Drumming Kids 10:00- 10:45a - Cardio Drumming 11:15a- 12:15p - Razorsharks Practice 9:00a- 12:00p Razorsharks practice
12 12:00-1:00p Razorsharks practice 3:00 - 4:00p Winter Hiking Club	13 9:00- 10:00a Razorsharks Masters Practice 4:45-7:30p Razorsharks practice	14 5:00-6:00p Fit Friends 6:15-7:00p Cardio Drumming ★ 5:00 -7:00p Rock Climbing @ Cleveland Rocks	15 3:00- 4:00p Razorsharks practice 4:00- 5:00p Razorsharks practice 5:00 -6:00p Connect and Move Ages 3 - 6 6:00 -7:00p Connect and Move Ages 7 - 14	16 4:30- 5:15p Cardio Drumming 5:30-6:15p Pedal Power 6:30- 7:30p Fit Friends	17	18 9:00-9:45a - Cardio Drumming Kids 10:00- 10:45a - Cardio Drumming 11:15a- 12:15p - Razorsharks Practice 9:00a- 12:00p Razorsharks practice 2:00 - 4:00p ★ Adult Social Club @ Rock and Roll Hall of Fame
19 12:00-1:00p Razorsharks practice 3:00 - 4:00p Winter Hiking Club	20 MLK Day 9:00- 10:00a Razorsharks Masters Practice 4:45-7:30p Razorsharks practice	21 5:00-6:00p Fit Friends 6:15-7:00p Cardio Drumming ★ 5:00 -7:00p Rock Climbing @ Shaker Rocks	22 3:00- 4:00p Razorsharks practice 4:00- 5:00p Razorsharks practice 5:00 -6:00p Connect and Move Ages 3 - 6 6:00 -7:00p Connect and Move Ages 7 - 14	23 4:30- 5:15p Cardio Drumming 5:30-6:15p Pedal Power 6:30- 7:30p Fit Friends	24	25 9:00-9:45a - Cardio Drumming Kids 10:00- 10:45a - Cardio Drumming 11:15a- 12:15p - Razorsharks Practice 9:00a- 12:00p Razorsharks practice
26 12:00-1:00p Razorsharks practice 3:00 - 4:00p Winter Hiking Club	27 9:00- 10:00a Razorsharks Masters Practice 4:45-7:30p Razorsharks practice	28 5:00-6:00p Fit Friends 6:15-7:00p Cardio Drumming ★ 5:00 -7:00p Rock Climbing @ Cleveland Rocks	29 3:00- 4:00p Razorsharks practice 4:00- 5:00p Razorsharks practice 5:00 -6:00p Connect and Move Ages 3 - 6 6:00 -7:00p Connect and Move Ages 7 - 14	30 4:30- 5:15p Cardio Drumming 5:30-6:15p Pedal Power 6:30- 7:30p Fit Friends	31	



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 or contact Amber Bailey at 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.