

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

GROUP PROGRAMS AND EVENTS

APRIL 2025

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 5:00-6:00p Fit Friends 6:15-7:00p Cardio Drumming ★ 5:00 -7:00p Rock Climbing @ Shaker Rocks	2 4:00- 5:00p Razorsharks practice 5:00- 6:00p Razorsharks practice 5:00 - 6:00p Connect and Moves Ages 3 - 6 6:00 -7:00p Connect and Move Ages 7 - 14	3 4:30- 5:15p Cardio Drumming 5:30-6:15p Pedal Power 6:30- 7:30p Fit Friends	4	5 9:00-9:45a - Cardio Drumming Kids 10:00- 10:45a - Cardio Drumming 9:00a- 12:00p Razorsharks practice ★ 9:00 - 11:00a Family Event @ Get Air Middleburg Heights 12:45 - 2:45p ★ Teen Social Club Game Time @ Parma Heights Branch of Cuyahoga Library 3:00 - 5:00p ★ Adult Social Club Game Night @ Parma Heights Branch of Cuyahoga Library
6 12:00-1:00p Razorsharks practice 3:00 - 4:00p East Hiking Club Ages 13+ 4:15 - 5:15p East Hiking Club Ages 7 - 12	7 9:00- 10:00a Razorsharks Masters Practice 5:00-8:00p Razorsharks practice	8 5:00-6:00p Fit Friends 6:15-7:00p Cardio Drumming ★ 5:00 -7:00p Rock Climbing @ Cleveland Rocks	9 4:00- 5:00p Razorsharks practice 5:00- 6:00p Razorsharks practice 5:00 - 6:00p Connect and Moves Ages 3 - 6 6:00 -7:00p Connect and Move Ages 7 - 14	10 4:30- 5:15p Cardio Drumming 5:30-6:15p Pedal Power 6:30- 7:30p Fit Friends	11	12 9:00-9:45a - Cardio Drumming Kids 10:00- 10:45a - Cardio Drumming 9:00a- 12:00p Razorsharks practice
13 12:00-1:00p Razorsharks practice 3:00 - 4:00p East Hiking Club Ages 13+ 4:15 - 5:15p East Hiking Club Ages 7 - 12	14 9:00- 10:00a Razorsharks Masters Practice 5:00-8:00p Razorsharks practice	15 5:00-6:00p Fit Friends 6:15-7:00p Cardio Drumming ★ 5:00 -7:00p Rock Climbing @ Shaker Rocks	16 4:00- 5:00p Razorsharks practice 5:00- 6:00p Razorsharks practice 5:00 - 6:00p Connect and Moves Ages 3 - 6 6:00 -7:00p Connect and Move Ages 7 - 14	17 4:30- 5:15p Cardio Drumming 5:30-6:15p Pedal Power 6:30- 7:30p Fit Friends	18	19 9:00-9:45a - Cardio Drumming Kids 10:00- 10:45a - Cardio Drumming 9:00a- 12:00p Razorsharks practice ★ 10:00a - 12:00p Adult Social Club @ Cleveland Museum of Art
20 Easter	21 9:00- 10:00a Razorsharks Masters Practice 4:00 - 5:00p Connect and Moves Ages 3 - 6 5:15 -6:15p Connect and Move Ages 7 - 14 6:30 - 7:30p Inclusive Cheer and Spirit Squad 5:00-8:00p Razorsharks practice	22 5:00-6:00p Fit Friends 6:15-7:00p Cardio Drumming ★ 5:00 -7:00p Rock Climbing @ Cleveland Rocks	23 4:00- 5:00p Razorsharks practice 5:00- 6:00p Razorsharks practice 5:00 - 6:00p Connect and Moves Ages 3 - 6 6:00 -7:00p Connect and Move Ages 7 - 14	24 4:30- 5:15p Cardio Drumming 5:30-6:15p Pedal Power 6:30- 7:30p Fit Friends	25	26 9:00-9:45a - Cardio Drumming Kids 10:00- 10:45a - Cardio Drumming 9:00a- 12:00p Razorsharks practice
27 ★ 9:00 - 11:30a Intrasquad Swim Meet @ North Olmsted Rec Center 3:00 - 4:00p East Hiking Club Ages 13+ 4:15 - 5:15p East Hiking Club Ages 7 - 12	28 9:00- 10:00a Razorsharks Masters Practice 4:00 - 5:00p Connect and Moves Ages 3 - 6 5:15 -6:15p Connect and Move Ages 7 - 14 6:30 - 7:30p Inclusive Cheer and Spirit Squad 5:00-8:00p Razorsharks practice	29 5:00-6:00p Fit Friends 6:15-7:00p Cardio Drumming	30 4:00- 5:00p Razorsharks practice 5:00- 6:00p Razorsharks practice 5:00 - 6:00p Connect and Moves Ages 3 - 6 6:00 -7:00p Connect and Move Ages 7 - 14			



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

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

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

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. 2025 season to be determined. Ages 5 and up - Big Creek Center, Parma

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

Teen Social Club Game Time

Teen Social Club Game Time is for individuals ages 13 - 17 to have the opportunity to connect with others through table games, video games and board games. Ages 13- 17- locations vary

Connect and Move

Provides children with the opportunity to explore a variety of exercise and sport activities while developing essential skills in teamwork, social interaction and motor planning. Ages 3 - 6 and 7-14.

Mondays April 21st - June 16th - Gemini Center (Fairview) 4:00 - 5:00pm, Ages 3 - 6

Mondays April 21st - June 16th - Gemini Center (Fairview) 5:15 - 6:15pm, Ages 7 - 14

Inclusive Cheer and Spirit Squad

Cheer participants will be able to do light conditioning, learning about cheerleading, and work on multiple cheers. Participants will build confidence and team-working skills while forming new friendships! Ages 8 and up.

Mondays April 21st - June 16th - Gemini Center (Fairview) 6:30 - 7:30pm

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

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

Hiking Club

60-minute hiking program that runs April-October. Focus on endurance, social skills, following directions, and teamwork while hiking through various Metropark locations. Ages 7 and up. Sundays-North Chagrin Reservation 3:00 - 4:00pm, Ages 13+ Sundays-North Chagrin Reservation 4:15 - 5:15pm, Ages 7 - 12

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. Starting June 19th.

Thursdays- Berea 4:00pm
Thursdays- Berea 5:30pm

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. 2025 season to be determined.

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, Cross Motor Gym Classes, Recreation Skill Acquisition, and Swimming

Included. Always.