



WORKING | LEARNING | THRIVING
TOGETHER

Winter/Spring 2024
CITYWIDE
ACTIVITY GUIDE





City of Solon DEIB Statement

The City of Solon's mission and core values guide us to embrace diversity, equity, inclusion and belonging through a culture rooted in compassion and kindness, allowing us to work, learn and thrive in an inclusive and forward-thinking community. We believe innovation is inspired and we learn more about ourselves and others through engagement with people who see the world from a breadth of divergent perspectives, therefore we welcome people of all races, religions, genders, sexual orientations, abilities, age, socioeconomic status, backgrounds, and philosophies. Ultimately, it is our goal to create a community where all voices are heard and respected.

Solon commits to enriching the quality of life for our residents, businesses, and visitors by delivering superior services which promote a safe, active, healthy, and connected learning community for all. We hope that our commitment to diversity, equity, inclusion and belonging is reflected in our practices, allowing us to build a stronger workforce to assist those in our community for whom we are here to serve. If your experience is not to your satisfaction, please contact mfarley@solonohio.org.



City Directory

CITY OF SOLON

City of Solon

Mayor Edward H. Kraus

Solon City Council

Ward 1 - Macke Bentley

Ward 2 - Robert N. Pelunis

Ward 3 - Jeremy Zelwin

Ward 4 - Michael S. Kan

Ward 5 - Nancy E. Meany, Vice Mayor

Ward 6 - Bob Shimits

Ward 7 - William I. Russo

DEPARTMENTS

Arts Center (440) 337.1400

City Hall (440) 248.1155

Fire Station #1 (440) 349.6333

Fire Station #2 (440) 248.6939

Fire Station #3 (440) 337.1500

Grantwood (440) 248.4646

Police (440) 248-2932

Recreation (440) 248.5747

Senior Center (440) 349-6363

Service (440) 248-5834



Explore the Website

Flip through the online Citywide Activity Guide, search each department online and find city newsletters and information at www.solonohio.org.



Like us on Facebook

Get notifications regarding special events at Solon Center for the Arts, Solon Recreation, Grantwood and the Solon Senior Center.
www.facebook.com/SolonArtCenter
www.facebook.com/solonrec
www.facebook.com/GrantwoodGolfCourse
www.facebook.com/solonseniorcenter



Follow us on Instagram

Follow @CityofSolon to find out what's happening right now.
 @SolonArts
 @SolonRecDept

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Community Center



COMMUNITY CENTER HOURS OF OPERATION

Monday - Thursday 5:30 AM - 9:00 PM
Friday 5:30 AM - 8:00 PM
Saturday & Sunday 7:00 AM - 5:00 PM

ADJUSTED HOURS

Thanksgiving | CLOSED - Thursday, November 23
 Christmas Eve | CLOSED - Sunday, December 24
 Christmas Day | CLOSED - Monday, December 25
 New Year's Eve | CLOSED - Sunday, December 31
 New Year's Day | CLOSED - Monday, January 1, 2024

Did you know that our community center is all about bringing people together and promoting a healthy and active lifestyle? We offer an exciting array of fitness classes for all levels, whether you're a beginner or a fitness fanatic. We have a fantastic swimming pool where you can cool off and have a splash-tastic time! If hitting the gym is more your thing, we've got top-notch equipment and a friendly atmosphere to keep you motivated. But that's not all, we also have amazing youth programs that are designed to engage and inspire the younger members of our community. So, come on down and be a part of our vibrant and sociable community center.

MEMBERSHIP INFORMATION

	12 Month Full Access		6 Month Full Access		3 Month Full Access		30-Day Full Access	
	Solon Resident	Glenwillow Resident Working in Solon	Solon Resident	Glenwillow Resident Working in Solon	Solon Resident	Glenwillow Resident Working in Solon	Solon Resident	Glenwillow Resident Working in Solon
Family Pass	\$445	\$750	\$230	\$385	\$125	\$220	\$60	\$100
Adult (Ages 24-59)	\$300	\$450	\$160	\$230	\$95	\$125	\$40	\$60
Couple (Married, No Children)	\$370	\$645	\$200	\$335	\$110	\$190	\$50	\$85
Senior (Ages 60+)	\$155	\$275	\$80	\$145	\$45	\$80	\$20	\$35
Senior Couple (Ages 60+)	\$265	\$535	\$135	\$280	\$80	\$160	\$35	\$75
Young Adults (Ages 19-23)	\$125	\$155	\$75	\$85	\$45	\$55	\$20	\$25
Youth/Child (Ages 7-18)	\$90	\$155	\$60	\$85	\$35	\$45	\$15	\$20
Toddler (Ages 6 and under)	Free	Free	Free	Free	Free	Free	Free	Free

Community Center - Health

AMERICAN RED CROSS BLOOD DRIVE

AGES 18 AND OLDER

The gift of life. Come and assist Northeast Ohio medical centers by donating blood. Individuals can donate blood once every 56 days. One pint of blood can help up to three individuals. To register for the blood drive, please call the American Red Cross at 1-800-733-2767 or log onto: www.redcrossblood.org

DAY	DATES	TIME	FEE
Sat	12/2, 1/6, 2/3, 3/2, 4/6	9:00AM - 2:00PM	FREE

LOCATION: Solon Community Center/Solon Senior Center Community Rooms

BLOOD PRESSURE SCREENINGS

Get a gauge of your health by getting FREE Blood Pressure Screenings on a monthly basis courtesy of the Solon Recreation Department and University Hospitals – Ahuja Medical Center. University Hospital nurses will be available for the screenings and explain the results.

DAY	DATES	TIME	FEE
Thurs	1/11, 2/8, 3/14, 4/11	5:00 - 6:00PM	FREE

CPR/FIRST AID & AED TRAINING

AGEES 16 AND OLDER

As part of the “Building Lifesaving Communities” initiative, the Solon Recreation Department and University Hospitals - Ahuja Medical Center is offering a CPR/AED training class for City of Solon staff and the community. The prompt delivery of cardiopulmonary resuscitation (CPR) and the use of an automated external defibrillator (AED) by a trained individual can significantly increase a person’s chance of survival. CPR and AED administration techniques are beneficial skills to have – at home, at work and in public places.

DAY	DATE	TIME	FEE
Tues	5/21	4:30 - 8:30PM	FREE

LOCATION: Solon Community Center Banquet Hall
REGISTRATION: Jan. 15, 2024 through May 15, 2024.
LIMIT: 10 Minimum/40 Maximum

HEALTH SCREENINGS

Leap into your New Year’s resolution of living a healthy lifestyle by participating in FREE Biometric Health Screenings courtesy of the Solon Recreation Department and University Hospitals – Ahuja Medical Center. Come and get a measurement of your health and stay on your wellness track. Take advantage of Free Health Screenings (Blood Pressure, Glucose, and Cholesterol) and the opportunity to talk to health professionals about your test results.

DAY	DATE	TIME	FEE
Sat	1/20	9:00AM - 12:00PM	FREE

SAFE SITTER® BABYSITTING CLASS

AGE 11 YEARS OLD *by the date of the class*

The Solon Recreation Department, in conjunction with University Hospitals, will once again be offering the popular Safe Sitter® Babysitting Class. Safe Sitter® is a program designed to instruct boys and girls ages 11 to 13 proper child care basics and how to handle emergencies when caring for children. This class teaches safe and nurturing child care techniques, behavior management skills, and appropriate responses to medical emergencies.

- Would you know how to rescue a choking child?
- Do you know how to perform CPR on a child and an infant?
- What if the child got a nosebleed?
- Do you know how to screen babysitting jobs to decide when to accept or refuse?
- Would you know what to say if you had to call 911?
- Do you know how to change a diaper?
- Safe Sitters learn these things...and more!

DAY	DATE	TIME	FEE
Mon	2/19	9:00AM-1:30PM	\$65

LOCATION: Solon Community Center Meeting Rooms
REGISTRATION: Nov. 15, 2023 to Jan. 15, 2024 (or until full); Please contact Rachel Farinelli at 216-983-1107

LIMIT: 10 Minimum/20 Maximum

Community Event



NOVEMBER 22 | 4 PM - 7 PM

SOLON CITY HALL | 34200 BAINBRIDGE ROAD
Holiday Lighting Ceremony at 6:45 PM

ENTERTAINMENT • INFLATABLES • TREE LIGHTING

PRESENTED BY
SOLON CENTER FOR THE ARTS
SOLON PARKS & RECREATION
EVENT INFORMATION | TSULLIVAN@SOLONOHIO.ORG



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SOLON HOMETOWN HOLIDAY
Market

SOLON COMMUNITY CENTER
35000 PORTZ PARKWAY • SOLON, OH

SATURDAY, DECEMBER 9
10:00 AM - 4:00 PM

SHOP A VARIETY OF LOCAL ARTISANS & CRAFTERS

JEWELRY • GIFTS • HOME DECOR • SWEETS

IN CONJUNCTION WITH
Avant-Garde
Art & Craft Show

Interested in being a vendor, contact Becki Silverstein at
SPECIALEVENTS@SOLONOHIO.ORG

PRESENTED BY
SOLON PARKS & RECREATION
SOLON CENTER FOR THE ARTS
EVENT INFORMATION: TSULLIVAN@SOLONOHIO.ORG



Recreation

Welcome to the team!

**Introducing
New Sports
Coordinator
Brian Carpenter**



Brian Carpenter has joined the City of Solon Recreation Department as a Program Coordinator for Sports. Brian comes to Solon having previously held the role of Program Coordinator for Sports for the City of Ravenna.

Additionally he worked many years in Collegiate Athletics, most recently he was the Assistant Athletic Director for Facilities and Compliance at Case Western Reserve University.

Brian resides in Moreland Hills with his wife Kate and two sons Will and Ben.

t: 440.337.1429
bcarpenter@solonohio.org



Recreation - Youth Sports Classes and Clinics

PEE WEE BASKETBALL INSTRUCTIONAL LEAGUE

GRADES 1 AND 2 | BOYS

Partnered with coaches from the Cleveland Cavaliers, Jr. Cavs program, the Pee Wee Basketball Instructional League is an 8-week program for 1st-2nd Grade boys who are interested in learning the basic skills and terminology of basketball, while taking part in structured practices and modified gameplay.

Week 1 - 3: participants are split into different groups each week, traveling from station to station while receiving instruction, practicing different skills and learning the terminology of basketball.

Week 4 - 5: participants are put into teams that they will be with for the remainder of the program. Participants will follow a practice schedule to enhance skills and get ready for modified gameplay.

Week 6 - 8: in their teams, participants will take place in modified game play, while working on the skills they have learned over the course of the program. Game play will be paused for teachable moments and substitutions. Score will not be kept at games.

DAY	DATE	TIME	FEE
Sat	12/2 - 2/10	10:00 - 11:00AM	\$85

LOCATION: SCC Gymnasium

LIMIT: 40 Participants

NO CLASS 12/9, 12/23, 12/30

PEE WEE SOCCER CLINIC: SESSION 3

AGES 3 - 5 YEARS OLD | COED

The Solon Recreation Department, partnered with Dennis Weyn and the Weyn Soccer Group, will be offering a Pee Wee Soccer Clinic, for boys and girls ages 3 - 5 years old, held in the Solon Community Center Gymnasium. The program will introduce basic soccer skills in a fun-filled environment. Instructors will focus on teaching footwork, dribbling, passing, and teamwork.

DAY	DATE	TIME	FEE
Mon	1/22 - 3/4	1:00 - 2:00PM	\$119

LOCATION: SCC Gymnasium

LIMIT: 20 Participants

NO CLASS 2/19

JUNIOR BASKETBALL INSTRUCTIONAL LEAGUE

GRADES KINDERGARTEN AND FIRST | Girls

Partnered with coaches from the Cleveland Cavaliers, Jr. Cavs program, the Junior Basketball Instructional League is an 8-week program for Kindergarten-1st Grade girls who are interested in learning the basic skills and terminology of basketball, while taking part in structured practices and modified gameplay.

Week 1 - 3: participants are split into different groups each week, traveling from station to station while receiving instruction, practicing different skills and learning the terminology of basketball.

Week 4 - 5: participants are put into teams that they will be with for the remainder of the program. Participants will follow a practice schedule to enhance skills and get ready for modified gameplay.

Week 6 - 8: in their teams, participants will take place in modified game play, while working on the skills they have learned over the course of the program. Game play will be paused for teachable moments and substitutions. Score will not be kept at games.

DAY	DATE	TIME	FEE
Sat	12/2 - 2/10	11:30AM - 12:30PM	\$85

LOCATION: SCC Gymnasium

LIMIT: 40 Participants

NO CLASS 12/9, 12/23, 12/30



Recreation - Youth Sports League Information

EVALUATION INFORMATION

The Solon Recreation Department conducts Youth Sport League Evaluations in an attempt to put teams together fairly in leagues where score is kept and playoffs are at the conclusion of the season. The evaluations are not a determining factor on whether or not players are selected for a team. All participants who are registered for their respective league will be drafted no matter their skill level. We ask that all participants who are available to please attend their league evaluation. In these leagues, teams are determined via a player draft by our volunteer coaches.



DRAFT INFORMATION

The Solon Recreation Department conducts Youth Sport League Drafts in an attempt to put teams together fairly in leagues where score is kept and playoffs are at the conclusion of the season. Volunteer coaches draft players for their teams based upon information gathered from evaluations and various other avenues. Volunteer coach's children will automatically be selected onto their teams.

TEAM MAKING / PLACEMENT INFORMATION

In leagues that do not require evaluations and drafts to construct teams, participants are grouped together based upon the schools they attend and neighborhoods that they live in. Participants in different grades are split up evenly amongst teams. In leagues that are co-ed, boys and girls are split up evenly amongst teams as well.

VOLUNTEER ROLES

Head Coach – The Solon Recreation Department strongly relies upon parent volunteers for head coaching roles in our youth sport leagues. Head coaches are provided resources (rules, equipment, schedules and practice drills) to aid them in their coaching role. Head coaches are allowed to request a maximum of two (2) assistant coaches who will automatically be placed on their team roster. Co-head coaching is encouraged. If interested, please fill out the appropriate information at the time of registration.

Assistant Coach – The Solon Recreation Department strongly relies upon parent volunteers for assistant coaching roles in our youth sport leagues. Volunteers can choose to be the assistant coach for a specific head coach or help out whichever team their participant(s) ends up with. If interested, please fill out the appropriate information at the time of registration.

Team Administrator – The Solon Recreation Department strongly relies upon parent volunteers for team administrator roles in our youth sport leagues. The team administrator role was created to help coaches with duties beyond what takes place on the field or court. Team administrators can assist with communication, provide updates and reminders, pick up equipment and uniforms and other tasks requested by team coaches.

If interested, please fill out the appropriate information at the time of registration.

Recreation - Youth Sports Leagues

MINOR BASKETBALL LEAGUE

GRADES 3 AND 4 | Boys

Participants will learn the fundamentals of basketball while participating in team practices and games. Teams are constructed via a player draft by our volunteer coaches. Teams will take part in either a practice or game on Tuesday or Thursday evenings as well as Saturday morning/early afternoons starting in the middle of December and extending throughout January and February. No practices or games will be held over winter break.

EVALUATIONS: Sat., Nov. 11 at 9:00AM

LOCATION: Solon Community Center Gymnasium

FEE: \$90

MAJOR BASKETBALL LEAGUE

GRADES 5 AND 6 | Boys

Participants will learn the fundamentals of basketball while participating in team practices and games. Teams are constructed via a player draft by our volunteer coaches. Teams will take part in either a practice or game on Tuesday or Thursday evenings as well as Saturday morning/early afternoons starting in the middle of December and extending throughout January and February. No practices or games will be held over winter break.

EVALUATIONS: Sat., Nov. 11 at 10:30AM

LOCATION: Solon Community Center Gymnasium.

FEE: \$90

MIDDLE SCHOOL BASKETBALL LEAGUE

GRADES 7 AND 8 | Boys

Participants will learn the fundamentals of basketball while participating in team practices and games. Teams are constructed via a player draft by our volunteer coaches. Teams will take part in either a practice or game on Monday or Wednesday evenings as well as Sunday early afternoons starting in the middle of December and extending throughout January and February. No practices or games will be held over winter break.

EVALUATIONS: Sat., Nov. 11 at 12:00PM

LOCATION: Solon Community Center Gymnasium

FEE: \$90

TRI-COUNTY "LEVEL 1" BASKETBALL LEAGUE

GRADES 2 AND 3 | Girls

Participants will learn the fundamentals of basketball while participating in team practices and games. Teams are constructed by Solon Recreation Department Staff. Teams will take part in either a practice or game on Monday or Wednesday evenings as well as Saturday early afternoons starting in the middle of January and extending throughout February and March.

FEE: \$90

TRI-COUNTY "LEVEL 2" BASKETBALL LEAGUE

GRADES 4 AND 5 | Girls

Partnered with and competing against teams from Kenston and Aurora, participants will learn the fundamentals of basketball while participating in team practices and games. Teams are constructed via a player draft by our volunteer coaches. Practices will take place once a week, in Solon, on weekday evenings starting in the middle of January and games will take place on Saturday mornings/early afternoon in either Solon, Kenston or Aurora throughout February and March.

EVALUATIONS: Sat., Jan. 6 at 1:00PM

LOCATION: Solon Community Center Gymnasium.

FEE: \$90

TRI-COUNTY "LEVEL 3" BASKETBALL LEAGUE

GRADES 6 THRU 8 | Girls

Partnered with and competing against teams from Kenston and Aurora, participants will learn the fundamentals of basketball while participating in team practices and games. Teams are constructed via a player draft by our volunteer coaches. Practices will take place once a week, in Solon, on weekday evenings starting in the middle of January and games will take place on Saturday mornings/early afternoon in either Solon, Kenston or Aurora throughout February and March.

EVALUATIONS: Sat., Jan. 6 at 2:00PM

LOCATION: Solon Community Center Gymnasium

FEE: \$90

Community Center - Aquatics

Indoor Pool

**OPEN
SWIM**

Tuesdays and Thursdays

4:00pm-7:00pm

Saturdays and Sundays

12:00pm-4:30pm

All other times designated for patrons 14 and older, lap swim and water exercise only

Community Center - Aquatics

Water Exercise Class Schedule

Monday

- *River Run 12-12:45p (Paula F)*
- *Water Zumba 6:30-7:15p (Magalie F)*

Tuesday

- *Aqua Athletics 11-11:45a (Paula F)*
- *Silver Splash* 12-12:45p (Paula F)*

Wednesday

- *Water Exercise 10-10:45a (Marian J)*

Thursday

- *Silver Splash* 12-12:45p (Paula F)*

Friday

- *Water Exercise 10-10:45a (Marian J)*
- *Water Zumba 6:30-7:15p (Magalie F)*

Sunday

- *Water Exercise 11-11:45a (Instructor Rotates)*

Note: No Class Dec. 24th - 31st

Community Center - Aquatics

Introducing

PARENT

&

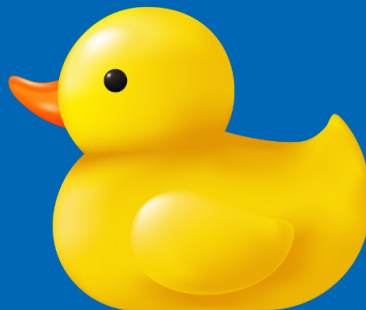
TODDLER

SWIM

MONDAY-FRIDAY

10A-12P

Starting October 9th



For ages 5 and under

All children must be accompanied in the water by an adult

Only Coast Guard approved Flotation devices or Lifejackets allowed

Individuals in diapers must wear a swim diaper or rubber pants

**Schedule different on Solon City School Days Off*

Community Center - Aquatics

SOLON RECREATION DEPARTMENT

WINTER LEARN-TO-SWIM 2023/2024

REGISTRATION BEGINS

SATURDAY, November 4th at 9:00AM

ONLINE

WWW.SOLONOHIO.ORG

OR IN PERSON

SOLON COMMUNITY CENTER CUSTOMER SERVICE DESK



SWIM LESSONS ARE
OPEN TO SOLON AND
GLENWILLOW
RESIDENTS ONLY

FEES:

6 CLASSES

Solon
Resident
\$45
Glenwillow
Resident
\$55

- Each class is 25 minutes.
- Goggles are permitted during lessons for level 2 and up, no mask covering the nose is permitted.
- The schedule does not allow for make-up classes.

FOR MORE INFORMATION
PLEASE CONTACT JIM SORDI

AJSORDI@SOLONOHIO.ORG

LEARN TO SWIM LEVELS/SKILLS

(THIS IS NOT A COMPLETE LIST OF SKILLS)

LEARN-TO-SWIM LEVEL 1

(MUST BE 4 YEARS OF AGE)

introduction to water skills

enter/exit pool, blow bubbles, face in water, front and back float

LEARN-TO-SWIM LEVEL 2

(MUST BE 4 YEARS OF AGE AND COMPLETED LEVEL 1)

fundamental aquatic skills

floating independently, swimming with arms and legs, jumping in

LEARN-TO-SWIM LEVEL 3

(MUST BE 5 YEARS OF AGE AND COMPLETED LEVEL 2)

stroke development

front crawl, elementary backstroke, rotary breathing, treading water, survival float

LEARN-TO-SWIM LEVEL 4

(MUST HAVE COMPLETED LEVEL 3)

stroke improvement

become proficient in front crawl, elementary backstroke
introduce breaststroke, butterfly, back crawl, sidestroke

LEARN-TO-SWIM LEVEL 5

(MUST HAVE COMPLETED LEVEL 4)

stroke refinement

refine all 6 strokes, diving, turns

PARENT-CHILD

FOR SWIMMERS 6MONTHS-3 YEARS

water exploration, safety, and swimming readiness skills

TEEN LTS

(FOR SWIMMERS AGES 13-17)

skills taught depend on the needs of the participant and are based on the ARC levels 1 - 5

ADULT LTS

(FOR SWIMMERS AGES 18 AND UP)

skills taught depend on the needs of the participant and are based on the ARC levels 1- 5

Community Center - Aquatics

SOLON RECREATION DEPARTMENT

W I N T E R L E A R N - T O - S W I M 2 0 2 3 / 2 0 2 4



ADDITIONAL INFORMATION:

Registration:

- On-line registration can be accessed on the city website www.solonohio.org
- You must have an account set-up on CIVIC REC to register. If you haven't done so already, please go on and verify your password so that you can get on the program when registration begins.
- Be sure to list all the swimmers you will be registering for swim lessons.

Class Information:

- Solon Recreation Learn-to-Swim is offered to SOLON AND GLENWILLOW RESIDENTS only.
- All classes are 25 minutes. Please make sure your swimmer is on time.
- There are **no make up classes**. Participants are only allowed to attend the time that they are registered.
- On the first day of class, participants will be directed to a designated area to meet each class prior to getting in the pool.
- All Fall session classes are held at the Solon Community Center.

Children's Levels:

- We have input the most recently passed level for your child on your CIVIC REC account. If you are new to Solon Recreation LTS or if you believe that your child has been placed in the wrong level, we can test them prior to registration.
- Someone will be available for testing Saturdays, 9a-3p

Session 1

Nov. 27-Dec. 13

Mondays & Wednesdays

Times	Levels
4:30pm	1, 2, 3, 4
5:00pm	1, 2, 3, 5
5:30pm	1, 2, 3
6:00pm	1, 2, 3, P/C

Session 2

Jan. 8- Jan. 29
No Class Jan 15

Mondays & Wednesdays

Times	Levels
4:30pm	1, 2, 3, 4
5:00pm	1, 2, 3, 5
5:30pm	1, 2, 3
6:00pm	1, 2, 3, P/C

Session 3

Dec. 2-Jan. 27
No Class Dec 23, 30, or Jan. 13

Saturdays

Times	Levels
9:00am	3, adult, teen
9:30am	1, 2, 3, 5
10:00am	1, 2, 3, 4
10:30am	1, 2, 3, P/C

Community Center - Fitness

GROUP FITNESS PROGRAM CLASS DESCRIPTIONS

POWER PUMP: This class is strength training and toning with constant instructions to assure participants are using correct form. It is a full body class and participants will experience varying heart rates, but all cardio moves are low impact for joint protection. The hour is very challenging but appropriate for all ages and levels of fitness.

BOOT CAMP: A cardio-based class consisting of various drills to accelerate your heart rate, while burning calories and fat. Boot camp also offers the added benefit of mental and physical discipline.

SPINNING: Indoor cycling is fun and challenging! The instructor sets the "course" and puts it to energetic music. Cycling enables your heart and lungs to function more efficiently, ultimately improving cardiovascular endurance and reducing overall body fat. Students will change their resistance to simulate riding up or down hills or flats. Each student ultimately determines the intensity of their workout. Wear comfortable clothes and stiff shoes or indoor cycling shoes with cleats. A water bottle is a must!

YOGA (BASIC or GENTLE): This class explores gentle movements to increase flexibility, strength and well-being. Students are led through stretches, yoga postures and breathing practices and then guided into deep relaxation. This class is ideal for those with chronic pain or stress, those returning from illness or injury, or anyone who would like a gentle approach to practicing yoga.

ZUMBA: Zumba (Latin Cardio Dance) combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. Zumba is a "feel-happy" workout that is great for body and mind!

TOTAL BODY TONE: This workout focuses on both large and small muscle groups. Participants will use body-weight, resistance bands and lighter dumbbells to reach those hard to work places! The training will include balance work for stabilizing muscles and isolated core work to improve abdominal strength. A great workout for all ages and levels of fitness!

FITNESS FUSION: This is a fun-filled action packed workout! This class provides a great low-impact cardio workout combined with toning, strength and stretch. Participants will use a variety of equipment including dumbbells, resistance bands, jump ropes and hula-hoops. The exercises change weekly to keep the format new and interesting. Great for all levels of fitness and anyone looking for something new and different.

CARDIO FUSION: This class will be a fun, full-body, cardio based workout full of variety. The workout will consist of body weight moves but you may be asked to turn up the heat by using light dumbbells, resistance bands and jump ropes for an extra burn.

HIIT (High Intensity Interval Training): Class is either a Tabata or Cardio Interval format. Both contain moderate-to-high impact exercises that can easily be modified for lower intensity exercisers. This HIIT workout is set to energetic music. Tabata is a unique form of cardiovascular exercise that delivers more health benefits than virtually all traditional physical exercises. Tabata helps burn fat, protect muscle tissue and increase anaerobic and aerobic capacities. Tabata training is a form of high-intensity training, broken down into rounds. Each round consists of 20 seconds of intense activity followed by 10 seconds of rest. Number of rounds fluctuates between classes. Cardio Interval consists of intervals of :15, :30 and :45 for multiple sets of cardio exercises.

STEP AEROBICS: Discover the total body, fat burning way to stay in shape. The step workout is for a wide range of fitness levels. Adjusting the height of the step can easily modify the intensity level of the workout.

BARRE/PILATES FUSION: This class is a combination of ballet using the ballet bar, sculpting using weights, yoga stretching and lengthening, and Pilates core work. A full body workout that leaves you feeling stronger and toned from head to toe.

Community Center - Fitness

METABOLIC BOOST: Weight training class to tone your muscles and create lean tissue mass with inclusion of cardiovascular exercises to stimulate your metabolism and core moves to improve your balance and stability.

YOGA AND MAT PILATES FITNESS FUSION: This class is for all fitness levels incorporating a mind body balance approach toward the goal of overall fitness. This class will improve balance, strength, endurance, posture, flexibility and tone muscles using Yoga postures, Mat Pilates, light weights and bands.

CARDIO SCULPT: is a low impact, total-body workout designed to challenge each individual's fitness level. Aerobic weight training helps build lean muscle and increase cardio conditioning. With varying weights, people can customize each workout to introduce beginners to fitness and can be taken up a level for participants who are ready to reach new personal health goals.

YOUTH FITNESS CLASS

GRADES 3 - 8

Come and join Krista Moegling, Certified Personal Trainer, in a fun filled learning fitness environment. This class is great for kids looking to learn how to exercise properly and to get a great workout in! This class is designed to keep everyone active and having fun at the same time! Speed, agility, and strength topics will be covered in each class.

DAY	DATES	TIME	FEE
Mon	10/2 - 10/30	6:00 - 7:00 PM	\$60

LOCATION: Solon Community Center Gymnasium

INSTRUCTOR: Krista Moegling



Community Center - Wellness

WELLNESS SERVICES PRICE LIST

PERSONAL TRAINING INDIVIDUAL COUPLE (2)

Single Session	\$45	\$35ea.
Session Pkg.	\$210	\$160ea.
10 Session Pkg.	\$390	\$290ea.
20 Session Pkg.	\$680	\$480ea.

* Packages include a FREE Fitness Assessment

FITNESS ASSESSMENT \$45

*Free with the purchase of any Personal Training Package (not included in the price of a single session)

BODY COMPOSITION ASSESSMENT \$20

NUTRITION CONSULTATION

Single sessions	\$45
3 Session Package	\$130
5 Session Package	\$210

COMBINATION PACKAGES - TRAIN AND TRIM

Basic Package \$255

- 3 Personal Training Packages
- 3 Nutritional Consultations

*Includes FREE Fitness Assessment

ULTIMATE PACKAGE \$395

- 5 Personal Training Sessions
- 5 Nutritional Consultations

*Includes FREE Fitness Assessment

For more information on any of these fitness programs or to make an appointment, call Linda Tisch, Personal Trainer or Samantha Humpal, Registered Dietitian at 440.248.5747 ext. 2125. All appointments require a minimum of 24-hour notice for cancellation. Gift Certificates are available.

NUTRITION CONSULTATION

A BLEND OF IN PERSON AND VIRTUAL SESSIONS
Meeting with the Registered Dietitian will allow the client to establish healthy eating patterns. There will be a comprehensive nutrition assessment, calculation of calories, and goal setting, as well as touch on topics like portion control and label reading. This will provide the tools needed to live a healthier lifestyle.

FREE Introductory Session: Meet the Dietitian

PART ONE:

Review three-day diet, review goals, and take measurements and anthropometrics. Provide diet booklet. This will be an in-person consultation.

PART TWO:

2 - 3 Zoom conferences (Virtual or in person - it's up to the client, based on comfortability) to review progress, answer questions, adjust goals, etc.

PART THREE:

Meet in person to take measurements and review another three-day diet, discuss long-term goals. (Virtual or in person - up to the client)

FEE: \$210

Estimated length of time: 5 sessions total 2 - 3 months based on client need/progress



Community Center - Youth Programs



SNAPOLOGY ENGINEERS: MASTERMINDS

AGES 8 - 12

This program gives students the tools they need to understand mechanical movement through the foundations of simple machines, physics, and engineering design. They will see moving parts up close as they follow instructions to build various LEGO® machines, then use the models to develop new design ideas and test concepts

DAY	DATE	TIME	FEE
Mon	11/6 - 12/11	5:30 - 6:30PM	\$120

LOCATION: SCC Multi-Purpose Room 3

REGISTRATION: Now until one week prior to the start of the session.

LIMIT: Minimum 8 / Maximum 16

SNAPOLOGY DISCOVERING DINOSAURS

AGES 5 - 7

During this exciting, hands-on program, students will travel far back in time and explore the world of the stegosaurus, tyrannosaurus, and raptors. They will identify basic body parts, habitats, and diets of some of their favorite dinosaurs; all while building with LEGO® bricks, and having fun!

DAY	DATE	TIME	FEE
Mon	1/8 - 2/26	5:30 - 6:30PM	\$120

LOCATION: SCC Multi-Purpose Room 3

REGISTRATION: Now until one week prior to the start of the session.

LIMIT: Minimum 8 / Maximum 16

NO CLASS: 1/15, 2/19

SNAPOLOGY MOVIE MAKING - SUPERHEROS

AGES 8 - 12

Hey kids, get ready to create an amazing superhero-filled movie using stop motion animation, LEGO® bricks, and your favorite superheroes and villains! Your student will work with a team to create a superhero tale, complete with a unique set, characters, and plot line. Ready, set, build, action!

DAY	DATE	TIME	FEE
Mon	3/11 - 4/29	5:30 - 6:30PM	\$120

LOCATION: SCC Multi-Purpose Room 3

REGISTRATION: Now until one week prior to the start of the session.

LIMIT: Minimum 8 / Maximum 16

NO CLASS: 3/25, 4/1

BEGINNER SKATING LESSONS

GRADES K - 5

This class is for all youngsters, Kindergarten through fifth graders, who want to learn how to roller-skate or roller-blade. The Chagrin Valley Roller Rink offers this 6-week program. The first five lessons are instructional and the sixth lesson is fun time skating, and a chance for the students to show their family and friends what they have learned.

Rental skates are included in the fee for this class.

Call CVRR with any questions at 440.247.4224.

Lessons will be cancelled if Kenston, Solon, Aurora, or Orange schools are cancelled due to weather.

SESSION	DATES	TIME
Wednesdays		
SESSION 3	1/3 - 2/7	4:30 - 5:15 PM
SESSION 4	2/14 - 3/20	4:30 - 5:15 PM
SESSION 5	4/3 - 5/8	4:30 - 5:15 PM

FEE: \$60 per child per session

LOCATION: Chagrin Valley Roller Rink

REGISTRATION: Now until one week prior to the start of the session.

Community Center - Youth Programs

PRESCHOOL FUTURE SCIENTISTS

AGES 3 - 5

FUTURE SCIENTISTS is where children question, challenge, and examine their world with excitement and hands-on activities! During each class, students experiment, analyze, predict, and make a project emphasizing the topic. Taught by Future Scientists trained and certified teachers. Our goal is to excite children about science in a nurturing environment exploring the scientific method.

Class Topics Session 3: Students will examine how baby animals look like their parents in (1) Amazing Animal Genes & Heredity; Learn the importance of eating properly in order to take care of our hearts in (2) Nurturing Nutrition & Healthy Heart; Explore how the sun and earth and moon's rotation affects the phases of the moon in (3) Mighty Moon & Extraordinary Earth and learn about metamorphic, sedimentary and igneous rocks as well as ERUPT their own volcano in (4) Rocky Rocks & Erupting Volcanoes.

Class Topics Session 4: Students will play with (1) Simple Machines that are used in our home while learning the differences Explore and create (2) Super Goop, Learn the relationship between different metals and (3) Magnetic Attraction; Learn how freezing temperatures affect (4) Wonderful Winter.

Class Topics Session 5: Students will explore sundials and the importance of sunscreen in (1) Super Seasons; Explore the animals and plants that live in (2) Wet Wetlands and Rainforests; Explore old technology in (3) Communication Science; and learn about weather patterns with clouds, sun, wind and precipitation in (4) Wonderful Weather.

DAY	DATES	TIME	FEE
Mondays			
SESSION 3	1/8 - 2/5	9:30 - 10:15AM	\$68
SESSION 4	2/26 - 3/18	9:30 - 10:15AM	\$68
SESSION 5	4/15 - 5/6	9:30 - 10:15AM	\$68

LOCATION: SCC Multi-purpose Room 1

REGISTRATION: Now until one week prior to the start of the session.

LIMIT: Minimum 5 / Maximum 12

NO CLASS: 1/15, 2/19

FUTURE SCIENTISTS

AGES 5 - 8

FUTURE SCIENTISTS is where children question, and examine their world with excitement and hands-on activities! Each class students experiment, analyze, predict, and make a project emphasizing the topic. Taught by Future Scientists trained and certified teachers. Our goal is to excite children about science in a nurturing environment exploring the scientific method.

Class Topics Session 3: Students will learn about animal characteristics as it relates to (1) Animal Genes & Heredity; See the role science plays in (2) Nurturing Nutrition & Healthy Heart; Explore the relationship between (3) Moving Moon & Extraordinary Earth and learn about metamorphic, sedimentary and igneous rocks as well as ERUPT their own volcano in (4) Rocky Rocks & Erupting Volcanoes.

Class Topics Session 4: Students will learn how home items are (1) Simple Machines that make our life easier; Explore and create (2) Sensational Slime; Learn the relationship between different metals and (3) Magnetic Attraction; Explore the differences between insects in (4) Beautiful Bugs.

Class Topics Session 5: Students will learn how the Earth's rotation around the sun creates (1) Sizzling Seasons; Learn the importance of saving (2) Wonderful Wetlands and Rainy Rainforests; Explore old technology in (3) Communication Science; and learn about weather patterns with clouds, sun, wind and precipitation in (4) Wonderful Weather.

DAY	DATES	TIME	FEE
Mondays			
SESSION 3	1/8 - 2/5	3:30 - 4:15PM	\$68
SESSION 4	2/26 - 3/18	3:30 - 4:15PM	\$68
SESSION 5	4/15 - 5/6	3:30 - 4:15PM	\$68

LOCATION: SCC Meeting Rooms

REGISTRATION: Now until one week prior to the start of the session.

LIMIT: Minimum 5 / Maximum 12

NO CLASS: 1/15, 2/19

Community Center - Youth Programs

FENCING

Fencing is one of the fastest growing sports in the United States and appeals to all individuals from youth to adults. It is a safe sport that holds great interest for the “intellectual athlete.” Fencing enhances physical and mental skills including: Coordination, Agility, Balance, Flexibility, Strength, Cardiovascular Endurance, Mental Strength/Concentration, Strategic Thinking and Decision-Making in a fun and challenging environment.

BEGINNER CLASS:

AGES 8 AND OLDER

This class encompasses the fundamentals and techniques of Foil Fencing by focusing on the proper aspects of stretching, footwork, lunges, attack, bouting, tactics, strategy etiquette and sportsmanship.

Education, safety and fun are key elements of the class.

Coach Nagy provides all necessary equipment.

DAY	DATE	TIME	FEE
Wed	1/17 – 2/21	6:00 - 7:30PM	\$65

INTERMEDIATE CLASS:

AGES 8 AND OLDER

This class is for students who have completed the Beginner Class. This class covers an advanced level of footwork and technical skills, bouting tactics, lunges, attack and parry-riposte while concurrently emphasizing etiquette and sportsmanship. The 7th & 8th parries will be added along with lateral and circular parries, offenses and penalties, and referee training. Coach Nagy provides all necessary equipment.

DAY	DATE	TIME	FEE
Wed	1/17-2/21	7:30 - 9:00PM	\$65

LOCATION: Solon Community Center Meeting Rooms A&B

REGISTRATION: November 15, 2023 through January 15, 2024

LIMIT: Minimum 6 / Maximum 12

BEGINNING TAEKWONDO

AGES 4 - 16

This program is designed to introduce children to the sport of Taekwondo. Taekwondo is defensive martial arts from Korea that focuses on discipline, concentration, respect, balance and coordination. Students should expect to have fun while learning basic kicking and punching techniques, as well as beginning self-defense. This session will run for four weeks, with students attending two beginner classes of their choice per week. Instructor Grand Master Ki Moon Kwon, World Champion and U.S. National Team Coach.

LOCATION: 31300 Solon Road, Suite 15, Solon, Ohio 44139
(440)498-1456

REGISTRATION: Now until one week prior to the start of each session.

NOTE: Fee includes an Academy t-shirt and white belt | \$99/session includes 2 times per week - 8 classes total.

WINTER SESSION 1:	1/8 – 2/2	\$99
WINTER SESSION 2:	2/5 – 3/1	\$99
WINTER SESSION 3:	3/4 – 3/29	\$99
SPRING SESSION 1:	4/1 – 4/26	\$99
SPRING SESSION 2:	4/29 – 5/24	\$99

AGES: 4 - 9

DAY	TIME
Mon Wed Fri	5:00 – 5:45 PM
Tues Thurs	6:00 – 6:45 PM

AGES: 10 - 16

DAY	TIME
Tues Thurs Fri	6:45 - 7:30 PM

Community Center - Youth Programs



DADDY DAUGHTER DANCE

GRADES K - 4 & Dads

Step into a world of glamour and enchantment as we invite you to the "Barbie Dreamland" Daddy Daughter Dance. This memory-making event will celebrate fathers and daughters while immersing them in the timeless and magical universe of Barbie. Get ready for an unforgettable evening of fun, fashion, and dancing! Join us in celebrating the extraordinary bond between fathers and their little princesses and make this night a dream come true. We cannot wait to see you at this event!

DAY	DATE	TIME	FEE
Sat	2/3	6:30 - 8:30PM	\$36

LOCATION: SCC Lobby & Gym

REGISTRATION: Now until one week prior to the start of the session.

LIMIT: Maximum 120

NOTES: \$36 per special guy & his young lady, \$18 each additional special young lady. Only need to register the daughter(s).



Information regarding Solon Parks and Recreation Summer Camp will be coming soon. Summer camp registration will begin on Saturday, March 2, 2024 at 9AM. Registration will remain open for two weeks and will close on Saturday, March 16, 2024 at 2pm. The sessions will include swimming, games, arts and crafts, field trips and activities for current Kindergartners – 6th graders.



Please be sure to fill out the 2024 Summer Camp Information Form prior to registration. This will be found online on the Solon Community Life website under the 2024 Summer Camp tab.

Please watch www.solonohio.org or Facebook@solonrec for information to be released in the near future.

If you have any questions, please contact Dina Snook at dsnook@solonohio.org or (440)248-5747.

SUMMER CAMP COUNSELOR – Be a part of our team!

The Solon Recreation Department is looking for people interested in becoming summer camp counselors. Applicants must be at least 16 years of age by June 3, 2024 and want to work with children and peers. All applicants under the age of 18 must provide a work permit. All applications must be submitted between December 1, 2023 and January 31, 2024. Please fill out and submit your application online at <http://solonohio.org>. If you have any questions about this position, please have the applicant call Dina Snook at the Recreation Department, (440) 248-5747.

Community Center - Preschool Programs



ATTENTION

TODDLER
OPEN GYM

will begin
November 1
Wednesdays
9-10:30am

Excluding: 11/22, 12/20, 12/27, 1/3, 3/27

PARENT/CAREGIVER SUPERVISION REQUIRED

QUESTIONS: CALL 440-248-5747
SOLON COMMUNITY CENTER
GYMNASIUM - BACK HALF

Community Center - Preschool Programs

SOLON RECREATION
PRESENTS

ROCKWALL CLIMBING

DAYS & HOURS



WEEKDAYS
3:30 - 6PM
WEEKENDS
12PM - 3PM

**DAYS AND HOURS
SUBJECT TO CHANGE
DUE TO STAFFING**

QUESTIONS: CALL 440-248-5747

Community Center - Youth Programs

Preschool

BAKING



Adult-and-Me Program

Join your young baker in learning to make delicious treats! Children will practice basic baking skills while adults learn strategies to maximize teaching opportunities in the kitchen. In our winter series, we will prepare one item each week ranging from baked breakfast items, Valentine's treats, and more. This is the perfect class for preschoolers at any level. Make the mess in class and take your treat home to enjoy with family! Taught by Bake to Learn instructor, Elizabeth Rogers. Adult participation required.

AGES 3 - 5 YEARS OLD

DAY	DATE	TIME	FEE
Tues	1/23 - 2/20	9:30 - 10:30AM	\$125

LIMIT: Minimum 6 / Maximum 8

Holiday

BAKING

Holiday cookies are a fun tradition for everyone! Join us as we decorate winter-themed cookies while sprinkling in early learning skills. While young bakers work on their creations, adults will learn tricks for making time in the kitchen fun and educational. Each adult-child pair will take home treats to share. Nut-free, gluten-free available upon request. Taught by Bake to Learn instructor, Elizabeth Rogers. Adult participation required.

AGES 3 - 5 YEARS OLD

DAY	DATE	TIME	FEE
Wed	12/13	9:30 - 10:30AM	\$29

LIMIT: Minimum 6 / Maximum 8

Valentine's

BAKING

What is better than sharing a sweet treat with loved ones on Valentine's Day? Spending time preparing these treats with your kids without the mess in your kitchen! While working together to prepare a loving treat, young bakers will delight in making their sweet while simultaneously gaining age-appropriate skills (e.g. colors, counting, following directions, etc.). Adults will learn tricks for making time in the kitchen fun and educational. Each adult-child pair will take home treats to share with your other Valentines. Nut-free, gluten-free available upon request. Taught by Bake to Learn instructor, Elizabeth Rogers. Adult participation required.

AGES 3 - 5 YEARS OLD

DAY	DATE	TIME	FEE
Wed	2/14	9:30 - 10:30AM	\$29

LIMIT: Minimum 6 / Maximum 8

LOCATION: SCC Multi-Purpose Room I

REGISTRATION: Now until one week prior to the start of EACH session.

After-school Registration



SAVE THE DATE!
Arts & Recreation
After-school
programs
registration
Saturday, April 27
@ 9:00AM

More information to follow

Community Event



SOLON CIVIC CLUB'S
Lunch with Santa
and fun in the Dreidel Den



DECEMBER 9, 2023
11:00 AM TO 2:00 PM



NEW *Sensory Friendly Hour*

10:00 AM to 11:00 AM

Limited tickets will be available for those with Sensory Sensitivities

**SOLON MIDDLE SCHOOL
6835 SOM Center Road**

Ticket: \$10 per person

**TICKET INCLUDES: PIZZA LUNCH,
GAMES, MAKE AND TAKE CRAFTS,
MAGIC SHOW, DREIDEL DEN, VISIT WITH
SANTA AND MRS. CLAUS, AND THE
POCKET LADY**

NOTE: ALL Adults and children 2 & older must have a ticket
(No exceptions). Children must be accompanied by an adult.

For more information:

www.soloncivicclub.org

or email: civicclubsolon@gmail.com

Grantwood Golf Course

WINTER CLINICS

Get back into the swing of golf before Spring comes! Join us for a 3 week golf clinic for juniors, adults and seniors this winter. Classes will be taught at our Driving Range with heated stalls that are covered. Equipment and hot chocolate will be provided if need! Come out and enjoy winter at Grantwood Golf Course!

\$75 per golfer

Register online at grantwoodgolf.net

ADULT CLINICS | Ages 17 and Up
Tuesdays 5:00 - 6:00PM
February 20 - March 5

JUNIOR CLINICS | Ages 8-16
Wednesdays 5:00 - 6:00PM
February 21 - March 6



LOOKING FOR PLACE TO HOST YOUR NEXT EVENT?

Grantwood is a perfect gathering spot for intimate groups of 30 or larger groups up to 120 all year long!

Call to view our Banquet Hall or Pavilion today!

Grantwood Golf Course
38855 Aurora Road | Solon, Ohio
440.248.4646

Grantwood Golf Course

Swinging through a Century Celebrating 100 years of golf

April 13, 2024

Get ready to tee off an incredible celebration of beer, community, and good times!
Grantwood is turning 100!

Stay tuned for more details, including ticket information, brewery partners, and a schedule of events.



Grantwood Golf Course

2024 Spring Golf Clinics

JUNIOR CLINICS: Solon Residents

\$120 Non-Residents \$135 5 WEEK SESSIONS

LITTLE LINKSTERS (AGES 4 - 6)

Tuesdays 4:00 - 4:50PM 4/23-5/21

Saturdays 9:00 - 9:50AM 4/27-5/25

JUNIOR SERIES (AGES 7 - 10)

Tuesdays 5:00 - 5:50PM 4/23-5/21

Saturdays 10:00 - 10:50AM 4/27-5/25

INTERMEDIATE JUNIORS (AGES 11 - 16)

Wednesdays 4:00 - 4:50PM 4/24-5/22

Saturdays 11:00 - 11:50AM 4/27-5/25

ADULT CLINICS: Solon Residents

\$145 Non-Residents - \$155 5 WEEK SESSIONS

LADIES GOLF CLINIC

Tuesdays 6:00 - 7:00PM 4/23-5/21

Wednesdays 5:00 - 6:00PM 4/24-5/22

ADULT "GET GOLF READY 1 FOR BEGINNERS"

Saturdays 1:00 - 2:00PM 4/27-5/25

ADULT "GET GOLF READY 2 FOR INTERMEDIATES"

Thursdays 5:00 - 6:00PM 4/25-5/23

Sign up online at
grantwoodgolf.net

Solon Center for the Arts Summer Camp Preview

Session A: June 3 thru June 7

AGES 3 – 5 (*must be fully potty trained*)

Preschool Lil Arts Camp | 9:00AM – 12:00PM

Princess Dance and Tumble Camp | 9:00AM – 12:00PM

AGES 6 – 8

SCA Theater Camp | 9:00AM – 12:00PM

SCA Art Camp | 1:00PM – 4:00PM

Princess Dance and Tumble Camp | 9:00AM – 12:00PM

AGES 9 – 12

SCA Theater Camp | 1:00PM – 4:00PM

SCA Art Camp | 9:00AM – 12:00PM

AGES 9+

Lyrical/Contemp. & Acro Brush Up Camp | 1:00PM – 4:00PM

Ballet, Tap, Jazz Brush Up Camp | 9:00AM – 12:00PM

Ensemble Dance Intensive | 1:00PM – 4:00 PM

Session B: June 10 thru June 14

AGES 3 – 5 (*must be fully potty trained*)

Superhero Dance and Tumble Camp | 9:00AM – 12:00PM

AGES 6 – 8

SCA Theater Camp | 9:00AM – 12:00PM

Pottery Camp | 10:30AM – 12:00PM

SCA Art Camp | 1:00PM – 4:00PM

Superhero Dance and Tumble Camp | 9:00AM – 12:00PM

Lyrical/Contemp. Acro Brush Up Camp | 1:00PM – 4:00PM

AGES 9 – 12

SCA Theater Camp | 1:00PM – 4:00PM

Pottery Camp | 9:00AM – 10:30AM

SCA Art Camp | 9:00AM – 12:00PM

AGES 9+

Ballet, Tap, Jazz Brush Up Camp | 9:00AM – 12:00PM

ALL AGES

Flexibility and Contortion Intensive | 1:00PM – 4:00 PM

Session C: June 17 thru June 21 (No camp on 6/19)

AGES 6 – 8

SCA Theater Camp | 9:00AM – 12:00PM

Pottery Camp | 10:30AM – 12:00PM

SCA Art Camp | 1:00PM – 4:00PM

AGES 9 – 12

SCA Theater Camp | 1:00PM – 4:00PM

Pottery Camp | 9:00AM – 10:30AM

SCA Art Camp | 9:00AM – 12:00PM

Session D: June 24 thru June 28

AGES 3 – 5 (*must be fully potty trained*)

Preschool Lil Arts Camp | 9:00AM – 12:00PM

Classic Disney Dance & Tumble Camp | 9:00AM – 12:00PM

AGES 6 – 8

SCA Theater Camp | 9:00AM – 12:00PM

SCA Art Camp | 1:00PM – 4:00PM

Descendants Dance and Tumble Camp | 9:00AM – 12:00PM

continued

Session D continued:

AGES 9 – 12

SCA Theater Camp | 1:00PM – 4:00PM

SCA Art Camp | 9:00AM – 12:00PM

High School Musical II Dance & Tumble Camp | 1:00PM – 4:00PM

AGES 11+

So You Think You Can Dance Camp | 9:00AM – 12:00PM

Ballet and Pre-Pointe Camp | 1:00PM – 4:00PM

Session E: July 1 thru July 5 | NO CAMPS

Session F: July 8 thru July 12

AGES 3 – 5 (*must be fully potty trained*)

Jr. Olympic Gold Medalist Dance & Tumble Camp | 9:00AM – 12:00PM

AGES 6 – 8

SCA Theater Camp | 9:00AM – 12:00PM

Pottery Camp | 10:30AM – 12:00PM

SCA Art Camp | 1:00PM – 4:00PM

Olympic Gold Medalist Dance & Tumble Camp | 9:00AM – 12:00PM

AGES 9 – 12

SCA Theater Camp | 1:00PM – 4:00PM

Pottery Camp | 9:00AM – 10:30AM

SCA Art Camp | 9:00AM – 12:00PM

AGES 9+

Ensemble Leadership Camp I | 9:00AM – 12:00PM

Contemporary/Lyrical Workshop MWF | 1:00PM – 4:00 PM

Acrodance Workshop T/TH | 1:00PM – 4:00PM

Session G: July 15 thru July 19

AGES 3 – 5 (*must be fully potty trained*)

Preschool Lil Arts Camp | 9:00AM – 12:00PM

Dance and Tumble Camp | 9:00AM – 12:00PM

AGES 6 – 8

SCA Theater Camp | 9:00AM – 12:00PM

SCA Art Camp | 1:00PM – 4:00PM

Dance and Tumble Camp | 9:00AM – 12:00PM

Lyrical/Contemp. Acro Brush Up Camp | 1:00PM – 4:00PM

AGES 9 – 12

SCA Theater Camp | 1:00PM – 4:00PM

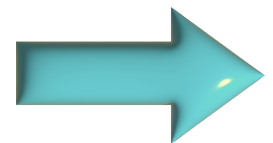
SCA Art Camp | 9:00AM – 12:00PM

AGES 9+

Ensemble Leadership Camp II | 9:00AM – 12:00PM

Ballet/Jazz /Tap Intensive | 1:00PM – 4:00 PM

**CAMP PREVIEW
CONTINUED**



Solon Center for the Arts Summer Camp Preview

Session H: July 22 thru July 26

AGES 3 – 5 (must be fully potty trained)

Swinter Holidays Dance and Tumble Camp | 9:00AM – 12:00PM

AGES 6 – 8

SCA Theater Camp | 9:00AM – 12:00PM

Triple Threat Jr. Theater Camp | 9:00AM – 12:00PM

SCA Art Camp | 1:00PM – 4:00PM

Swinter Holidays Dance and Tumble Camp | 9:00AM – 12:00PM

AGES 9 – 12

SCA Theater Camp | 1:00PM – 4:00PM

Triple Threat Theater Camp | 9:00AM – 4:00PM

SCA Art Camp | 9:00AM – 12:00PM

Sewing Camp | 1:00PM – 4:00PM

Swinter Holidays Dance and Tumble Camp | 9:00AM – 12:00PM

AGES 11+

Nutcracker in July Ballet Camp | 9:00AM – 12:00PM

Cheer/Pom/Tumble Camp | 1:00PM – 4:00PM

Session I: July 29 thru August 2

AGES 3 – 5 (must be fully potty trained)

Broadway Baby Dance and Tumble Camp | 9:00AM – 12:00PM

AGES 6 – 8

SCA Theater Camp | 9:00AM – 12:00PM

SCA Art Camp | 1:00PM – 4:00PM

Broadway Baby Dance and Tumble Camp | 9:00AM – 12:00PM

Razzle, Dazzle Camp | 1:00PM – 4:00PM

AGES 9 – 12

SCA Theater Camp | 1:00PM – 4:00PM

SCA Art Camp | 9:00AM – 12:00PM

Razzle, Dazzle Camp | 1:00PM – 4:00PM

AGES 9+

Ensemble Leadership Camp III | 9:00AM – 12:00PM

I Want to be a Rockette Camp | 1:00PM – 4:00 PM

MUSICAL THEATER WORKSHOP (*going into grades 3 – 8)

This popular five-week camp will introduce the basic principles of acting, singing and movement as students will work towards producing an hour long production. Director Kris Ferencie returns this summer to teach students theater games and techniques along with other SCA Staff including counselors, a music director and a choreographer. The workshop will conclude with a performance in July. This camp has limited availability and early registration is encouraged. All students who sign up will receive a role and be in all performances. Auditions will take place during the first week of camp.

SHOW ANNOUNCEMENT TBD

NO CAMP: Wednesday, June 19 and Thursday, July 4

DAYS	DATE	TIME	FEE
M-F	6/10 - 7/12	9:30AM - 12:30 PM	\$500

*Must commit to performances on Friday, July 12 | 7:00PM & Saturday, July 13 | 2:00PM & 7:00PM

SCA BACKSTAGE ARTS CAMP: MUSICAL THEATER WORKSHOP SHOW

This special workshop has been added for students who enjoy working Backstage in the Theater Arts! Combining both various Art and Theater students and teachers we will work together to create set pieces, props and costumes for SCA's upcoming summer production (show TBD). Ever wanted to make a mask? Now you can! Good at crafting or sewing? We need your help with costumes! This show includes various stylings and artistic elements that are needed to bring our summer camp show to life. Students who assist will receive 1 comp ticket to 2024 Summer MTW Camp production in July!

NO CAMP: Wednesday, June 19

DAYS	DATE	TIME	FEE
M,T,TH,F	6/17,6/18,6/20,6/21	1:00PM – 4:00PM	\$100

*If you plan on staying with us for the whole day at CAMP, lunch monitoring is included. We do not provide lunch, so make sure to bring your own delicious meals, snacks and a water bottle to keep you energized throughout the day.

Solon Center for the Arts - Dance



My name is Kayleigh Becker and I am the new Kindergarten Club and Dance Department Coordinator! I am thrilled to be here and to be a part of your child's day!

A little about me: I grew up dancing in Mayfield, Ohio training in ballet, tap, jazz, contemporary, and pointe techniques while dancing on the competitive team at the studio. I went on to get my Bachelor of Arts in Dance Education, graduating Cum Laude from the University of North Carolina – Charlotte.

Since graduation, I have received my Acrobatic Arts and Youth Protection Advocates in Dance certifications and maintain a membership through Dance Master of America; Chapter 16 – Ohio Dance Masters as well as the National Dance Education Organization. I am also currently pursuing a Master of Science degree from Shenandoah University in Performing Arts Leadership and Management. For the last three years, I have been on faculty at Hawken School and worked with students Toddler - 8th grade in general academics and performing arts so I am very excited to be able to have a great group of Kindergarten friends at the studios every day! I am still currently teaching and coaching dancers and am so very excited to be here at SCA!

Outside of dance, work, and my studies, I don't have a lot of free time, but I spend that little bit of time with my husband, Alex, 15 month old son, Grant, and Australian Shepherd mix, Zero. I am an avid crocheter and crafter and enjoy a good hike when the weather allows.

Solon Center for the Arts - Dance

SCA DANCE CLASSES

SCA dance classes encourage creativity while emphasizing proper technique and terminology so that students become strong, knowledgeable, and passionate dancers. Each student will learn steps in a progressive manner that will allow them to focus on body placement, timing, fluidity, musicality, and expression. SCA dance instructors teach with a nurturing and supportive attitude so that students are able to learn in an environment conducive to growth and development.



- It is **HIGHLY RECOMMENDED** that students wishing to advance their technique take a ballet class **AND** a second technique class.
- SCA's Annual Dance Recital will be held on **Saturday, May 11, 2024**.
A **MANDATORY** dress rehearsal will take place on **Saturday, May 4, 2024**. Students wishing to participate in the Annual Dance Recital must be enrolled by Friday, January 19, 2024.
- SCA offers low-cost, high quality dance education. Tuition and costume fees are kept affordable so that your family can enjoy dance without feeling a financial strain.



DANCE CLASS DESCRIPTIONS

Twirling Tots AGES 2 - 4

With a focus on rhythmic awareness, active movement and basic coordination, this class for little ones will provide a fun and engaging introduction to movement! Participation by caregivers are required.

Intro to Movement AGES 3 - 4

This fun and exciting class was designed to introduce young students to a form of self-expression and imagination through movement! Students will improve basic coordination and rhythm while learning to dance.

Intro to Acro AGES 3 - 4

Beginning Acro AGES 5 - 7

Acro I AGES 8+

Acro II AGES 11+

Acro provides students with the opportunity to learn basic acrobatic skills. Students will explore different conditioning exercises which will increase their development or coordination, flexibility and strength.

Solon Center for the Arts - Dance

Intro to Tap AGES 3 - 4

Beginning Tap AGES 5 - 7

Tap is a great form of dance for rhythm awareness, coordination and body control. All classes consist of a blend of rhythm and Broadway tap being explored by a center floor and traveling work. Emphasis will be on correct terminology, technique and timing. As students progress to higher levels of tap, they will be introduced to more complex rhythms and combinations with more of an emphasis on clarity of sounds.

Creative Movement AGES 4 - 6

Creative Movement introduces children to the basics of ballet, tap, and creative forms of movement. Students will learn to express themselves through movement as well as develop a sense of grace, coordination, and rhythm in a focused and fun environment.

Beginning Jazz/Hip Hop AGES 5 - 7

Jazz/Hip Hop I AGES 8 - 10

Jazz/Hip Hop II AGES 11 - 13

will explore classic and contemporary jazz techniques as well as popular hip-hop. Isolations, rhythm, attitude and performance quality will be emphasized. +) Hip hop is a structured form of street dancing often found in music videos. Hip Hop teaches coordination, strength, rhythm, quickness, agility and endurance. SCA uses only clean, radio-version music that is energizing throughout the entire class.

Beginning Ballet AGES 5 - 7

Ballet I AGES 8 - 10

Ballet I/II AGES 8+

Dancers will gain a sense of self-discipline, confidence, and poise as they explore work at the barre, center and across the floor. Emphasis will be placed on proper alignment, terminology and phrasing. As students' progress, musicality, choreography, technique and artistry will be stressed. Older students will focus on perfecting the art of ballet, while bringing personality and fluidity to the movement.

Dance Combo I AGES 5 - 7

Dance Combo II AGES 8 - 10

If you want to explore multiple styles of dance, Dance Combo is for you! Students will learn basics of ballet, jazz and tap while adding in elements of modern and acro dance as appropriate. Students must have ballet shoes, tap shoes, and footless or convertible tights. Jazz shoes are recommended.

Musical Theater II/III AGES 11+

This class is designed for those students wishing to improve their dancing skills for theater and show choir. Students will study ballet and jazz technique as well as movement for the stage.

Modern I AGES 8+

Dancers will learn the basics of modern dance, focusing on technique, history and anatomical terms while being introduced to choreographic concepts and various techniques.

Beginning Jazz AGES 5 - 7

Jazz II AGES 11 - 13

Jazz dance includes strength, flexibility and conditioning technique and progressions including turns, kicks and leaps. In this class, students also learn many fun and trendy dance steps that are used for all forms of dance. Students will learn choreography to popular and age appropriate music of today along with vintage styles of jazz from past decades.

Beginning Lyrical/Contemporary AGES 5 - 7

Lyrical/Contemporary I AGES 8 - 10

Lyrical/Contemporary II AGES 11 - 13

With shows like So You Think You Can Dance, lyrical and contemporary styles have become more popular. This class will teach students how to express emotion while dancing and learning to move in a fluid and melodic manner. This class will explore the qualities of released dancing while daring students to find disparate qualities of stillness and explosion.

Adult Ballet, Adult Jazz, Adult Tap AGES 18+

Stay in shape and have fun doing it! Students will gain flexibility, increase stamina and strengthen their bodies and minds. Classes are suitable for new and previously trained dancers.

Solon Center for the Arts - Dance

MONDAY ~ 14 Weeks | until May 6

1:00 - 1:15PM	Creative Movement	\$140
1:15 - 1:45PM	Intro to Acro	\$98
4:15 - 4:45PM	Intro to Movement	\$98
4:45 - 5:45PM	Beginning Jazz/HipHop	\$140
5:00 - 5:30PM	Intro to Tap	\$98
5:45 - 6:30PM	Acro I/II	\$140
6:30 - 7:30PM	Dance Combo I - <i>NEW CLASS BEGINS 11/1</i>	\$182
7:30 - 8:15PM	Adult Ballet	\$140
9:15 - 9:00PM	Adult Tap	\$140

NO CLASS 12/25, 1/1, 1/15, 2/19, 3/25, 4/1

TUESDAY ~ 17 Weeks | until May 7

4:45 - 5:45PM	Ballet I*	\$221
5:15 - 5:45PM	Twirling Tots - <i>NEW CLASS BEGINS 11/7</i>	\$119
5:30 - 6:15PM	Creative Movement	\$170
5:45 - 6:15PM	Twirling Tots - <i>NEW CLASS BEGINS 11/7</i>	\$119
5:45 - 7:15PM	Ballet I/II*	\$340
6:15 - 7:30PM	Beginning Lyrical/Contemporary	\$170

NO CLASS 12/26, 1/2, 3/26

WEDNESDAY ~ 17 Weeks | until May 8

4:45 - 5:30PM	Beginning Jazz	\$170
5:30 - 6:15PM	Jazz/Hip Hop I	\$170
5:30 - 6:15PM	Jazz II	\$170
6:15 - 7:00PM	Lyrical/Contemporary II	\$170
6:15 - 7:00PM	Beginning Acro - <i>NEW CLASS BEGINS 11/1</i>	\$170
7:00 - 7:45PM	Lyrical/Contemporary I	\$170
7:00 - 7:45PM	Adaptive Adult	\$170
7:45 - 8:30PM	Adult Jazz	\$170

NO CLASS 11/22, 12/20, 12/27, 1/3, 3/27

**Prices shown reflect a start date of 1/8/2023. Pro-rating is available if you wish to start sooner!*

Email kbecker@solonohio.org

SCA Dance Ensemble

AGES 6+

This is a perfect opportunity for students who love dancing and performing! Dancers will learn several dance that they will perform at various shows throughout the community. To be eligible to be a part of SCA Dance Ensemble, dancers must be registered for a regular scheduled dance class throughout the week. All students who are interested in participating in the ensemble should contact Kayleigh Becker at kbecker@solonohio.org.

Winter Performance Dates:

Wednesday, November 22, 2023

Sunday, December 10, 2023



Get your sweet tooth ready as we invite you to join us in the Land of Sweets! SCA Dance Ensemble will be performing a nontraditional version of the Nutcrack in the SCA Theater. This event is perfect for the entire family to enjoy the holiday season!

Performances: Sunday, December 10, 2023

Times: 11:30AM (Sensory Friendly) & 2:00PM

Tickets: \$5 per person | On-sale 11/10 at 12:00PM online at solonarts.org

Solon Center for the Arts - Dance

THURSDAY ~ 17 Weeks | until May 9

4:30 - 5:00PM	Twirling Tots	\$119
5:45 - 6:30PM	Beginning Acro - <i>NEW CLASS BEGINS 11/2</i>	\$170
5:45 - 6:30PM	Jazz/Hip Hop	\$170
6:30 - 7:15PM	Beginning Ballet - <i>NEW CLASS BEGINS 11/2</i>	\$170
6:45 - 7:30PM	Jazz/Hip Hop II	\$170
7:15 - 8:00PM	Musical Theater II/III	\$170
7:30 - 8:15PM	Lyrical/Contemporary II	\$170
NO CLASS 11/23, 12/21, 12/28, 3/28		

FRIDAY ~ 17 Weeks | until May 10

9:30 - 10:00AM	Twirling Tots	\$119
10:00 - 10:30AM	Intro to Movement	\$119
10:30 - 11:15AM	Creative Movement	\$170
11:15 - 11:45AM	Intro to Acro	\$119
4:30 - 5:00PM	Intro to Acro	\$119
4:30 - 5:15PM	Beginning Tap	\$170
5:45 - 6:30PM	Modern I	\$170
6:00 - 6:45PM	Beginning Jazz/Hip Hop	\$170
NO CLASS 11/10, 11/24, 12/22, 12/29, 3/15, 3/29		

SATURDAY ~ 15 Weeks | until April 27

9:30 - 10:00AM	Twirling Tots	\$105
9:30 - 10:15AM	Creative Movement	\$150
10:15 - 11:15AM	Dance Combo I	\$195
10:30 - 11:45AM	Dance Combo II	\$225
11:15 - 12:00PM	Creative Movement - <i>NEW CLASS BEGINS 11/4</i>	\$150
NO CLASS 12/23, 12/30, 3/23, 3/30		



*These classes are designed for continuing students who have already participated in dance and are for the dancer looking for a challenge. Skills will be introduced at an accelerated pace. Ballet is highly recommended as well as a combination of classes including Acro, Jazz, Lyrical/Contemporary and Modern.

Class schedules may be subject to change.
Please join the waitlist! Waitlists will begin when classes are full.
Keep checking the website for new and additional classes.

Solon Center for the Arts - Art

DRAWING CLASSES

Basic Drawing AGES 5 - 6

Basic Drawing AGES 7 - 9

Basic Drawing I AGES 9 - 13

Basic Drawing II AGES 12 - 15

Adv. Teen Drawing AGES 15 - 18

Adult Drawing AGES 18+

All drawing classes are offered to enrich student development and improve drawing ability through practice of the many principles of art including line, texture, value, composition, design, light and color. Various mediums such as pencil, pen and ink, charcoal and pastels may be introduced. Reference may be in person or from photos.

Drawing Skills

AGES 9 - 15

For the more serious drawing student, this class will focus on specifics such as hands, eyes, glass objects, etc. but also value, tone, light. These will be studied and then skills will be used in a few finished pieces.

Cartoon Drawing

AGES 10 - 14

Draw cartoons all the time? Me too. Expand on what you already like to draw using a variety of tips and techniques to help with cartooning and drawing in general. Learn about using simple shapes, expression, and motion to create and build characters. Explore character design and storyboarding. Most importantly, find and refine your own personal cartoon style. Even tackle how to draw hands and feet so you don't have to hide them in pockets and tall grass. - Jennifer Harney

Beginner Glass Fusion

Adv. Glass Fusion

AGES 18+

Join Sheri and learn the basics of glass fusing in Beginner Glass Fusion. Take the basics and then apply them in the Advanced Glass Fusion class.

Kids Draw and Paint

AGES 6 - 8 | AGES 9 - 12

You can't really paint without learning how to draw. This combination of your two favorite classes will bring out your child's creativity while practicing skills and trying out new mediums.

My First Art Class

AGES 3 - 5

Let's get these little artists messy and creative. They will express themselves in multi media projects but also refine fine motor skills such as holding a pencil and cutting. This class is designed for their care-givers to share this time together.

FABRIC ARTS

Sewing for Arts Sake

Yarn Art - Knitting

AGES 9 - 13

Fabric, yarn, thread etc. are very tactile art supplies. In sewing for art, learn basic sewing techniques and make fun art projects using them.

POTTERY

Lil Kids Pottery AGES 4 - 6

Kids Pottery AGES 6 - 9

Kids Pottery AGES 10 - 13

Teen Pottery AGES 13 - 17

Adult Pottery AGES 18+

Come get your hands dirty! hand-building, glazing techniques, wheel-work as determined by the instructor. Adult pottery is for any level potter and is designed to offer many choices to the student.

Saturday General Art

AGES 6 - 10

Too busy during the week? Can't commit to a full session? Join us once a month for a general art class. Projects will vary each month



Solon Center for the Arts - Art

MONDAY ~ 16 Weeks | Jan. 8 - May 20

Adult Adv. Glass Fusion	10:00AM - 12:00PM	\$440
My First Art Class	12:45 - 1:30PM	\$170
Sewing	5:15 - 6:15PM	\$200
Basic Drawing (Ages 7 - 9)	5:15 - 6:15PM	\$170
Basic Drawing I	6:15 - 7:15PM	\$170
Basic Drawing II	7:15 - 8:15PM	\$170
Family Art	5:30 - 6:15PM	\$170

MONDAY ~ 8 Weeks | Jan. 8 - Mar. 11

Beginner Glass Fusion	6:00 - 7:30PM	\$180
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MONDAY ~ 7 Weeks | April 8 - May 20

Beginner Glass Fusion	6:00 - 7:30PM	\$165
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MONDAY ~ 6 Weeks | Jan. 8 - Feb. 26

Jewelry Making	6:30 - 7:30PM	\$100
NO CLASS 1/15, 2/19, 3/25, 4/1		

TUESDAY ~ 19 Weeks | Jan. 9 - May 21

Kids Draw & Paint (6 - 8)	5:15 - 6:15PM	\$265
Drawing Skills	5:15 - 6:15PM	\$265
Kids Draw & Paint (9 - 12)	6:15 - 7:15PM	\$265
Adv. Teen Drawing	6:15 - 7:30PM	\$325
Adult Drawing	7:30 - 8:30PM	\$265
NO CLASS 3/26		

WEDNESDAY ~ 19 Weeks | Jan. 10 - May 22

My First Art Class	5:00 - 6:00PM	\$200
Cartoon Drawing	5:15 - 6:15PM	\$265
Basic Drawing (Ages 5 - 6)	5:45 - 6:45PM	\$265
Kids Pottery (Ages 6 - 9)	5:45 - 7:00PM	\$275
Adult Pottery	7:00 - 8:15PM	\$335
Teen Pottery		\$335
NO CLASS 3/27		

THURSDAY ~ 19 Weeks | Jan. 11 - May 23

Adult Pottery	10:00AM - 12:00PM	\$515
Lil Kids Pottery	1:15 - 2:00PM	\$200
Kids Pottery (Ages 6 - 9)	5:15 - 6:15PM	\$275
Kids Pottery (Ages 10 - 13)	6:15 - 7:15PM	\$275

THURSDAY ~ 6 Weeks | Jan. 11 - Feb. 15

Knitting	5:00 - 6:00PM	\$95
NO CLASS 3/28		

FRIDAY ~ 18 Weeks | Jan. 12 - May 24

Adult Painting	1:00 - 2:15PM	\$315
NO CLASS 3/15, 3/29		

SATURDAY ART CLASS

January 20	11:00AM - 12:15PM	\$15
February 10	11:00AM - 12:15PM	\$15
March 9	11:00AM - 12:15PM	\$15
April 20	11:00AM - 12:15PM	\$15
May 18	11:00AM - 12:15PM	\$15

Dollar Store Craft Workshops

New idea alert! You can create amazing stuff using items from the dollar store! It's just once a month, so join us for a quick, fun, and super creative time.

Pre-registration required one week prior to class. Can't wait to see you there!

WEDNESDAY

November 29	1:00 - 2:15PM	\$20
January 31	1:00 - 2:15PM	\$20
February 28	1:00 - 2:15PM	\$20

We highly encourage you to join the waitlist if any of the above class offerings are full.

If we have the staff and room to add additional classes, WE WILL!

PAYMENT PLANS ARE AVAILABLE AT REGISTRATION!

Solon Center for the Arts - Music

Private Music Instruction

Private lessons offer students one-on-one time to explore an instrument with a professional instructor. SCA instructors are skilled at understanding a student's individual needs and aspirations. The instructor and student work for a common goal, to play the solo, get the part, or be better prepared to play in the band, orchestra or sing in the choir.

Lessons are available for piano, woodwinds, guitar and string instruments. All of SCA's instructors hold degree-level certification on their instruments and are accomplished performers. Instruction is offered in 30, 45 or 60 minute lessons. SCA offers high quality music education. To help keep tuition affordable for your family, payment plans are available. For more information about private music lessons, please call SCA at 440.337.1400.

For available lesson times, please visit www.solonohio.org



Lessons begin at.....

Piano

Dr. Alex Kostritsa age 5
Jan Bis age 6

Orchestral Strings

Nataliya Shehluk age 4
Violin, Viola

Guitar

Tom Poore age 4
Dan Molina age 8

Voice

Kiko Weinroth age 9
Dan Molina age 8

Woodwinds

Jonathan Griffin age 10
Saxophone, Clarinet, Flute

Preschool Music

AGES 3 - 5
11:00 - 11:30 AM

Tot Music

AGES 3 AND UNDER
10:15 - 10:45 AM

Session 1 | January 10 – February 14 (6-weeks) \$54

Session 2 | February 21 – March 20 (5-weeks) \$45

Session 3 | April 3 – May 8 (6-weeks) \$54

Class Minimum of 3, Maximum of 5

This interactive and engaging class is designed specifically for those little ones and their caregivers to explore the joy of music together. Through a variety of musical activities, we aim to nurture your child's early development and foster a lifelong love for music. Caregivers are expected to actively participate in the sessions alongside their child. Let's explore the magic of music together!

Winter music lessons and classes begin the week of January 9, 2024. Payment plans available.

Solon Center for the Arts - Theater Productions

SPOTLIGHT YOUTH THEATER - THE SECRET GARDEN (A PLAY)

GRADES 6 - 8

From the Novel by Frances Hodgson Burnett

Adapted by: Tim Kelly

Directed by: Ms. Stephanie McCarthy



The literary classic beloved for years comes to the SCA stage this spring. Mary Lennox, known as a difficult child, is sent to live at her uncle's estate in England-Misselthwaite Manor which turns out to be a gloomy fortress. Her uncle is rarely home, and his young son, Colin, never leaves his room, convinced he's an incurable invalid. To her surprise, Mary discovers a strange walled garden that has been locked up for years. With the assistance of Dickon, the gardener's apprentice, Mary brings the garden back to life with wonderful, magical effects on all who come into it. The garden helps Mary to restore Colin to health and to reunite him with his father once and for all.

REHEARSALS:

DAYS	DATES	TIME	FEE
Mon./Wed.	1/10 - 3/2	5:30 - 7:30PM	\$135
Sat.	1/20 - 3/2	11:30AM - 1:30PM	

NO REHEARSALS: 1/13, 1/15, 2/17, 2/19

MANDATORY TECH/DRESS REHEARSALS: Mon. 3/4 - Thurs. 3/7 | 5:30 - 8:30PM

PERFORMANCES:

Fri.	3/8	7:00PM	*Call time 5:30PM
Sat.	3/9	2:00PM	*Call time 12:30PM
Sat.	3/9	7:00PM	*Call time 5:30PM
Sun.	3/10	2:00PM	*Call time 12:30PM

LOCATION: SCA Theater

**Students MUST LIST ALL conflicts with regular rehearsals on audition form. Availability will be a consideration in casting. There are NO ABSENCES permitted during Mandatory Technical or Dress Rehearsals.*

THE SECRET GARDEN AUDITIONS

GRADES 6 - 8

Students should review the audition materials given and familiarize themselves with them. Memorization is encouraged but not required.

Monologue and scene selections will be provided via email upon sign ups.

GROUP AUDITIONS (*Pick 1 of 2):

DAYS	DATES	TIME	FEE
Mon.	1/8	5:30 - 7:30PM	Free to Audition
Tues.	1/9	5:30 - 7:30PM	Free to Audition

*Student should plan on staying the entire time

LOCATION: SCA Theater

CAST LIST POSTED: Wed., Jan. 10 | 3:30PM via email

*There will be NO CALLBACKS for this production



Register for auditions at solonarts.org beginning Monday, November 13 at 12:00PM

Solon Center for the Arts - Theater Productions

STORIES ON STAGE - FINDING NEMO KIDS! (A MUSICAL)

GRADES 4 - 5

Directed by: Ms. Michelle Wilson

Music Directed by: Ms. Lia Bendix

Choreographed by: Ms. Kaylen Durham

Coming to the SCA stage this spring is Disney's Finding Nemo KIDS! A musical adaptation of the beloved Pixar movie starring Marlin, an anxious and over-protective clownfish who lives in the Great Barrier Reef with his son Nemo. Nemo longs to explore the world beyond their anemone home, but when Nemo is captured and taken to Sydney, Australia - Marlin faces his fears and sets off on an epic adventure across the ocean. With the help of lovable characters such as optimistic Dory, laid-back sea turtle Crush, and the supportive Fish Tank Gang, Marlin and Nemo both overcome challenges on their journey to find each other and themselves.

REHEARSALS:

DAYS	DATES	TIME	FEE
Tues/Thurs	1/23 - 3/21	6:00 - 8:00PM	\$165
MANDATORY TECH/DRESS REHEARSALS: Mon. 4/1 - Thurs. 4/4 6:00 - 8:30PM			

PERFORMANCES:

Fri	4/5	7:00PM *Call time 5:30PM
Sat	4/6	2:00PM *Call time 12:30PM

LOCATION: SCA Theater



FINDING NEMO KIDS! AUDITIONS

GRADES 4 - 5

Students should review the audition materials given and familiarize themselves with them. Students should pick one song selection to perform at auditions - memorization is encouraged but not required. Selections will be provided via email upon registration.

DAYS	DATES	TIME	FEE
Tues	1/16	6:00 - 8:00PM	Free
Thurs	1/18	6:00 - 8:00PM	Free

*Student must attend both days

CAST LIST POSTED: Tues., Jan. 23 | 3:30PM via email

LOCATION: SCA Theater

Book by: Lindsay Anderson | Music and Lyrics by: Kristen Anderson-Lopez Robert Lopez | Music and Orchestrations Adapted and Arranged by: Myrna Conn | Based on the 2003 Disney / Pixar film Finding Nemo written by Andrew Stanton, Bob Peterson, David Reynolds and directed by Andrew Stanton

Register for auditions at solonarts.org beginning Monday, November 13 at 12:00PM

PEEWEE PLAYBILLDERS - THE VELVETEEN RABBIT (A PLAY)

GRADES 2 - 3

Adapted by: Lauren Mayer

Directed By: Mr. Matthew Wilks

Gramma tells her grandkids the story of young Theodore, whose toys come to life whenever they're alone in the nursery. They yearn to become real someday, but as Horse tells the others, toys only become real through a child's love. Theodore's nanny gives him a velveteen bunny to help him sleep, and Bunny is so cuddly and soft, it immediately becomes Theodore's favorite toy, accompanying him everywhere. After Theodore recovers from a scary bout of scarlet fever, the doctor instructs Nanny to get rid of all the contaminated bedding... and Bunny too! As poor Bunny awaits its fate, the Magic Nursery Fairy arrives to make the velveteen rabbit real because he's been truly loved.

REGISTRATION: Begins on Mon., 11/13 at 12:00PM There will be no formal auditions for this production. Roles will be assigned throughout rehearsal. All students who sign up will receive a speaking role with lines. Please sign your child up before the first rehearsal. Space is limited! Only 20 spots available! Register early!

REHEARSALS:

DAYS	DATES	TIME	FEE
Sat.	1/6 - 2/24	9:00 - 11:30AM	\$125

NO REHEARSALS: 1/13, 2/17

MANDATORY TECH/DRESS REHEARSALS: Tues. 2/27 and Thurs. 2/29 | 5:30 - 7:30PM

PERFORMANCES:

Fri	5/1	7:00PM *Call time 5:30PM
Sat	3/2	2:00PM *Call time 12:30PM

LOCATION: SCA Theater



Solon Center for the Arts - Theater

THEATER PRODUCTIONS



*NEW! SCA TALENT SHOW 2024

GRADES 2 - 8

Brand new this year SCA is offering students to audition for our talent show! Any talent is welcome: martial arts, theater scenes or monologues, dance performances, comedy acts, singing, etc. Come with your best material prepared! Students will workshop their performance with SCA coaching staff for two weeks before a dress rehearsal and then the final performance.

GROUP AUDITIONS: (*Pick 1 of 2):

DAY	DATE	TIME
Mon.	4/15	5:30 - 7:00PM
Wed.	4/17	5:30 - 7:00PM

*Students will sign up for half hour time slots and up to 5 entries can be taken in a time slot.

REGISTRATION:

Mon. 3/13 12:00PM

REHEARSALS:

TBD 4/22 - 5/10

*Students must be available to rehearse at least one day a week. Students will receive feedback on their acts from SCA Coaching Staff members.

DRESS/TECH REHEARSALS:

Mon. - Thurs. 5/13, 5/14, 5/15, 5/16 *Times - TBD
students may only need to attend certain days

PERFORMANCE:

Fri. 5/17 7:00PM

PRODUCTION FEE: \$75 *Due after auditions (one fee per student even if they're in multiple acts)

THEATER CLASSES

PRESCHOOL THEATER

AGES 3 - 5

This class will introduce your little ones to the stage as we explore the basic fundamentals of theater. Students will play theater games that explore using their voices, bodies and imaginations to create stories and have fun! Students will explore songs, games and more as we play together in the world of Theater. **Parent participation is required. Spaces are limited.*

DAY	DATE	TIME	FEE
Mon	1/8 - 2/26	1:30 - 2:15PM	\$60
NO CLASS: 1/15, 2/19			
Wed	1/10 - 2/28	5:15 - 6:00PM	\$80

MONOLOGUE MONDAYS

GRADES 4 - 8

Students in this course will learn how to select, beat out, rehearse and perform a monologue. Preparing monologues will help students study and learn about the audition process. A performance of monologues will take place at the end to showcase the students work.

DAY	DATE	TIME	FEE
Mon	1/8 - 2/26	5:15 - 6:15PM	\$80
NO CLASS: 1/15, 2/19			

MUSICAL THEATER TECHNIQUES: DISNEY ONSTAGE

GRADES 5 - 8

Students will study Disney movies being re-created for the stage in some of Broadway's most famous hits such as Beauty and the Beast, Lion King, Aladdin and Frozen. This class is movement based - please wear tennis shoes.

DAY	DATE	TIME	FEE
Mon	1/8 - 2/26	7:30 - 8:30PM	\$80
NO CLASS: 1/15, 2/19			

Solon Center for the Arts - Theater

THEATER FACE MAKE UP CLASS: FANTASY LAND

GRADE 4 AND UP

Students will learn how to turn themselves into different fantasy animals and characters using stage make up. Students will learn intricate techniques such as eyes, face and realistic scars. This class is for beginners and intermediates. We will start small and work towards creating bigger characters to transform into. Note that liquid latex will be used throughout classes.

DAY	DATE	TIME	FEE
Wed	1/10 - 2/28	5:15 – 6:15PM	\$105

THE ACTOR'S EVOLUTION

GRADES 5 - 8

Students will participate in theater games, improvisations, acting exercises, scene work and discussion. The goal is to help students become more comfortable on stage, explore new modes of creative expression/taking risks, develop ways to gain authenticity, live truthfully, explore choices, enhance active listening on stage, recognize how they as individuals impact their own choices on stage, demonstrate the ability to be honest and committed in their acting and more. Students will develop a process for creating character using techniques such as choosing objectives and assessing given circumstances.

DAY	DATE	TIME	FEE
Wed	1/10 - 2/28	7:30 - 8:30PM	\$105

SCA TECH CLUB

GRADES 4 - 8

This club will give students the opportunity to explore the technical side of theater. Students will be taught basic production practices and give students the chance to create: props lists, design & construction, lighting cues, stage management practices and costuming essentials. The club will meet on a weekly basis to learn new technical theater skills and will have the opportunity to assist with the current season of SCA Youth Theater productions. 5 classes total.

DAY	DATE	TIME	FEE
Sat	1/6 - 2/10	10:00 - 11:15AM	\$85

NO CLASS: 1/13



BLUE RIBBON PROGRAMMING

The Solon Blue Ribbon Adapted Recreation Program provides community-based recreation and leisure activities for persons with developmental disabilities, enabling each to enhance his or her personal potential by sharing in the emotional, social and physical benefits fostered by such experiences. Activities are designed especially for individuals with physical, sensory, or developmental disabilities. All abilities are welcome to participate. This program promotes participation in general (inclusive) community recreation programs through advocacy and support services.

Blue Ribbon programs are open to non-Solon residents as well as residents. This program also promotes participation in general (inclusive) community recreation programs through advocacy and support services.

Registration takes place on the [Community Life Civic Rec](#) website (found within the Blue Ribbon Adapted Recreation tab) as well as in-person at the Solon Community Center Front Desk at 35000 Portz Parkway, Solon.

You can also follow us on [Facebook](#)

For more information, contact:

Jillian Babej at [440-337-1427](tel:440-337-1427) or jbabej@solonohio.org

Jane Voelker at jvoelker@solonohio.org

For questions regarding programs with Empower Sports, contact Zach Marinello at zach@empowersports.org

To locate other Cleveland area recreational and social activities for those with developmental disabilities, go to: [Guide to Inclusive Places, Jobs, and Events | Cuyahoga County Board of Developmental Disabilities \(cuyahogabdd.org\)](#)

EMPOWER SPORTS BASKETBALL

AGES 10 AND OVER

Join us for an exciting and inclusive basketball program hosted by Empower Sports. This program is designed to empower individuals of all abilities to enjoy the thrill of the game while fostering a sense of community, teamwork, and personal growth. At Empower Sports, we believe in the power of community and are always looking for enthusiastic volunteers to join our programs. As a volunteer, you can make a significant impact on the lives of our participants and help create an inclusive and supportive environment for all.

DAY	DATE	TIME	FEE
Mon	11/13 - 12/18	6:00 - 7:15PM	\$30

LOCATION: Solon Community Center

REGISTRATION: Occurs through EMPOWER SPORTS online at www.empowersports.com.

LIMIT: Maximum 40

EMPOWER SPORTS EXERCISE CONDITIONING

AGES 10 AND OVER

Empower Sports is offering a 6-week circuit training exercise class. Each session includes rotations of body-weight exercises, strengthening, and use of light weights and medicine balls. The program is designed to help athletes with disabilities improve movement, flexibility, and cardio health. Whether you're a seasoned player looking to take your skills to the next level or a beginner eager to build a strong foundation, this class has something for everyone.

DAY	DATE	TIME	FEE
Wed	11/15 - 12/20	6:00 - 7:15PM	\$30

LOCATION: Solon Community Center

REGISTRATION: Occurs through EMPOWER SPORTS online at www.empowersports.com.

LIMIT: Maximum 15

BLUE RIBBON PROGRAMMING

FOODIES COOKING CLUB

AGES 16 AND OVER

Blue Ribbon's popular Cooking Club continues this Winter with creative and tasty recipes! We provide the ingredients and supplies for each step of your culinary experience: following a recipe, measuring, cooking/baking, and kitchen cleanup. You can count on being a taste-tester, too! In prep for the holiday season, our December class will be a food-craft you can keep or give as a gift! Masks are required, and all participants must have a helper with them during the class.

DAY	DATE	TIME	FEE
Sun	12/3	1:30 - 2:30PM	\$12

RECIPE: Cookie Mix & Make

Thurs	1/11	6:15 - 7:15PM	\$12
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RECIPE: Banana Bread in a Mug

Sun	2/11	1:30 - 3:00PM	\$12
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RECIPE: Sweet Valentine Fondue

LOCATION: Solon Community Center

REGISTRATION: Through 11/25, 1/5, 2/5

LIMIT: Minimum 4 / Maximum 6

ARTSY PAINT NIGHT!

AGES 16 AND OVER

So-So Artsy's staff will lead you step by step to paint a pre-selected Winter scene on canvas – giving it your creative twist. All supplies are provided, and no experience is necessary. You'll create your very own work of art! If individual is not able to participate independently, a parent or caregiver must attend and assist.

DAY	DATE	TIME	FEE
Thurs	12/14	6:15 – 7:45PM	\$20
Fri	2/2	6:15 – 7:45PM	\$20
Fri	3/8	6:15 – 7:45PM	\$20

LOCATION: Solon Community Center Arts & Crafts Room

REGISTRATION: Through 12/9, 1/27, 3/2

LIMIT: Minimum 5 / Maximum 12

GAMES GALORE

AGES 16 AND OVER

Calling all game-lovers to play Blue Ribbon's series of games! Jump into the fun and laughter when you participate in a variety of TV show-like games, such as Bingo and Jeopardy – and more.. It's time to show off your gaming talents! Snacks and a drink will be served.

DAY	DATE	TIME	FEE
Old-Fashioned Board Games			
Fri	12/22	6:30 – 7:30PM	\$10
Bingo Bash 1			
Sun	1/7	1:30 – 2:30PM	\$10
Name That Tune			
Fri	2/23	6:30 – 7:30PM	\$10
Bingo Bash 2			
Sun	3/17	1:30 – 2:30PM	\$10

LOCATION: Solon Community Center Meeting Rooms

REGISTRATION: Through 12/13, 1/3, 2/16, 3/13

LIMIT: Minimum 8 / Maximum 25

WINTER MUSIC PROGRAM

AGES 16 AND OVER

The Winter Music Program, led by Kevin Teplitzky, a Board-Certified Music Therapist, will focus on building social skills, instrument exploration, and having fun. Sessions will consist of musical games or activities to promote social interaction and introduce participants to various styles of music and unique instruments each week. This is a new program, and is intended to explore participant interest in future, similar offerings. As such, it is a trial program, and the cost of \$5 per class is thus much less than it would be for future sessions.

DAY	DATE	TIME	FEE
Wed	1/24 – 2/21	5:15 – 6:15PM	\$ 25

LOCATION: Solon Community Center

REGISTRATION: Through 1/15

LIMIT: Minimum 3 / Maximum 10

BLUE RIBBON PROGRAMMING

“NOON” YEARS EVE PARTY

AGES 16 AND OVER

Join us in ringing in the New Year at Noon instead of Midnight! We will have music, dancing, karaoke, photo booth, and a “countdown to Noon” with a gigantic balloon drop. Finger food and sparkling grape juice will be served.

DAY	DATE	TIME	FEE
Sun	12/31	11:00 – 12:30PM	\$12

LOCATION: Solon Community Center Banquet Rooms

REGISTRATION: Through 12/22

LIMIT: Minimum 10 / Maximum 30

MARIO KART RACING

AGES 16 AND OVER

Whether you want to collect gold coins or throw a turtle shell, join us for a friendly night of twists and turns when you play this video racing game on our big screen. Although competitive in nature, this event is meant to be fun for all and will have many levels of skill present. Snacks and drinks provided.

DAY	DATE	TIME	FEE
Fri	1/12	6:00 – 7:30PM	\$10

LOCATION: Solon Community Center

REGISTRATION: Through 1/15

LIMIT: Minimum 4 / Maximum 12

HAND FEED A CHICKADEE / PANERA BREAD

AGES 16 AND OVER

Travel with us to Brecksville Reservation, Cleveland Metroparks, where small birds will actually eat right out of your hand. All this while enjoying the beautiful surroundings at the park. Afterward, we will stop at Panera Bread to eat. Bring cash/credit for your meal and gratuity. Transportation is provided.

DAY	DATE	TIME	FEE
Sat	2/3	10:15 – 1:15PM	\$10

LOCATION: Meet at Solon Community Center

REGISTRATION: Through 1/26

LIMIT: Minimum 6 / Maximum 10

ROCKY RIVER MAPLE SUGARING DAYS

AGES 16 AND OVER

Enjoy the sights, sounds and smells of maple sugar being made in the picturesque surroundings of Rocky River Reservation’s Maple Grove Picnic Area. We’ll enjoy a self-guided hike through the “sugarbush,” a plantation of sugar maples.

Afterward, we will stop for a quick lunch, location TBD. Please bring cash/credit for meal.

Transportation provided.

DAY	DATE	TIME	FEE
Sat	3/9	11:00 – 3:00PM	\$12

LOCATION: Meet at Solon Community Center

REGISTRATION: Through 3/1

LIMIT: Minimum 6 / Maximum 10

KARAOKE NIGHT

AGES 16 AND OVER

Your singing and dancing moves will be inspired by our musically talented DJ on this Winter karaoke night. Get ready for fun and fame as you sing to your favorite music jams. Pizza, chips, and a beverage will be served.

DAY	DATE	TIME	FEE
Fri	3/1	6:00 – 7:30PM	\$12

LOCATION: Solon Community Center Banquet Rooms

REGISTRATION: Through 2/19

LIMIT: Minimum 10 / Maximum 50



BLUE RIBBON PROGRAMMING

MEETING INVITATION

The Solon Recreation Department is looking to start a young adult social group for Autistic adults ages 18 - 23, for a way to connect and make friends with other adults with ASD. We would love to hear from you! Please join us for an informal discussion and **ice cream social**.

Saturday, November 4, 2023

1:00 - 2:30PM

Solon Community Center



For more info contact: Jillian at
jbabej@solonohio.org

ACTIVE ADULTS 60+

SENIOR CENTER NUTRITIONAL PROGRAMS

Senior Produce Market 4th Tuesday of the Month

1:30 - 3:00PM

FEE: \$0

This event is open to all registered SSC members. Distribution contains fresh fruit and vegetables. Pre-registration will be required for the Senior Produce Market. You can register online or by calling the SSC. You will be contacted before each event with your assigned pickup time.

The SSC parking lot will close at 12:00 PM for the Senior Produce Market on the scheduled days.

Solon Mobile Pantry 3rd Tuesday of the Month

5:00 - 6:00PM

FEE: \$0

Monthly food distribution open to all households with income of 200% of poverty level or lower.

**This event is held at The Church of the Resurrection
32001 Cannon Road, Solon OH 44139**



Greater Cleveland
Food Bank



Good food, Good life

SENIOR CENTER GROUP FITNESS CLASSES

The SSC & SCC accept Silver Sneakers[®], Silver & Fit[®] and Optum Fitness Advantage for all group fitness classes!

A benefit provided by certain Medicare insurance plans includes no-charge health memberships. Members with these plans may participate at no charge in all SSC group fitness classes, as well as utilize the SCC. Members without fitness coverage can participate in SSC group fitness through an option below.

SSC FITNESS CARD OPTIONS:

One month: \$15 3 Months: \$37 6 Months: \$65 One year: \$115

Arthritis Exercise Alternate Wednesdays

10:00 - 10:45AM

FEE: \$3

Join Janet Kennedy for a gentle but challenging class focused on joint mobility and strengthening exercises to improve daily function. Exercise with or without weights.

Boom Muscle & Move Thursdays

8:30 - 9:15AM

FEE: \$3

Laura Bianchini will lead you through muscle conditioning blocks and cardio activity drills to improve strength and functional skills. Laura will combine cardio and endurance with simple dance moves that will build into more complex sequences.

Boomer Barbell Mondays

11:30 AM - 12:15PM

Fridays

12:00 - 12:45PM

FEE: \$3

Dionne Jones or Jenn Herman will coach you through this safely challenging class that will leave you feeling strong and energized! Class will include barbell and bodyweight exercises.



ACTIVE ADULTS 60+

SENIOR CENTER GROUP FITNESS CLASSES CONTINUED:

Cardio Drumming

Wednesdays

11:00 - 11:45AM

Fridays

9:00 - 9:45AM

FEE: \$3

Liz Martin will show you Cardio can be fun! This class turns a fitness ball into a drum to burn calories. Be creative at home using wooden spoons and anything that you can drum on to bang the beat. Come join the fun!

Cardio Intervals

Mondays

8:30 - 9:15AM

FEE: \$3

Join Janet Kennedy as she leads you through a low-impact cardio workout for active older adults. Hand weights and elastic tubing exercises follow to promote muscle endurance and strength.

Chair Yoga

Alternate Thursdays

1:00 - 1:45PM

FEE: \$3

Janet Kennedy will lead you in this chair based yoga class designed to increase flexibility, balance and range of motion. Breathing and final relaxation help reduce stress and clear the mind leaving the participant feeling refreshed!

Exercise for Parkinson's

Thursdays

11:15 - 12:00PM

FEE: \$0

Janet Kennedy will lead this fitness program designed to empower people with Parkinson's Disease by optimizing their physical function and helping to delay the progression of symptoms. The classes address common movement challenges experienced by those with PD with easy to follow exercises.

Flex Chair Yoga & Guided Meditation

Tuesdays

9:15 - 10:15AM

FEE: \$3

Linda Solomon will guide you through gentle seated and standing stretches. The varied postures are designed to increase flexibility, balance and range of motion, while establishing mindful awareness of body and breathing. Class is suitable for every fitness level!

Functionally Fit

Tuesdays

12:30 - 1:15PM

FEE: \$3

Tim Carney will show you how being FUNctionally Fit leads to living your BEST life. Build strength, muscular endurance, flexibility and heart-lung capacity from the ground-up. You will need to bring your own mat for floor work.

Gentle Yoga/Pilates

Alternate Thursdays

1:00 - 1:45PM

FEE: \$3

Janet Kennedy will help you increase flexibility, reduce stiffness and improve balance. Class includes Pilates and mat work. Participants are required to bring their own mats.

ACTIVE ADULTS 60+

SENIOR CENTER GROUP FITNESS CLASSES CONTINUED:

Line Dancing

Wednesdays

12:30 - 1:30PM

FEE: \$0

Jeanne Stainbrook will help you glide, slide and step your way to fitness. This cardio activity does not require experience or a partner.

Rhythm & Blues Line Dancing

Mondays

12:30 - 1:15PM

FEE: \$3

Get your dancing feet ready for this low-impact cardio workout! Jackie Ward will lead you through a variety of easy-to-follow, energizing movements used to promote a healthy heart.

Silver Sneakers Cardio Fit

Wednesdays

9:00AM - 9:45AM

FEE: \$3

Janet Kennedy will lead you in this low-impact cardio workout for active older adults. Hand weights and elastic tubing exercises follow to promote muscle endurance and strength.

Silver Sneakers Classic

Mondays

10:30 - 11:15AM

Alternate Wednesdays

10:00 - 10:45AM

FEE: \$0

Join DJ or Janet for this low-impact cardio workout for active older adults to promote a healthy heart. Hand weights and elastic tubing exercises follow to promote muscle endurance and strength.

Strength & Balance

Fridays

10:00 - 10:45AM

FEE: \$3

Join DJ Jones as she leads you through exercises that will improve your overall strength and balance, helping to maintain your independence.

Tabata Fusion

Fridays

11:00AM - 11:45AM

FEE: \$3

Join DJ Jones as she coaches you through Tabata interval training: exercise, rest, repeat! Its sure to be fun and effective!

Tai Chi

Tuesdays

10:30 - 11:30AM

Thursdays

10:00 - 11:00AM

FEE: \$3

Master Cao will lead you through a series of gentle movements done in a slow, focused manner to help reduce stress, increase flexibility & improve balance.

Zumba Gold

Mondays

9:30 AM - 10:15PM

Tuesdays

1:30 - 2:15PM

Fridays

12:15 - 1:00PM

FEE: \$3

Cookie Bass will lead you through an easy-to-follow program that lets you move to the beat at your own speed. It is an invigorating dance fitness class.



ACTIVE ADULTS 60+

SENIOR CENTER SPORTS

Chair Volleyball

Wednesdays

2:00 - 3:00PM

FEE: \$0

Join in on the fun! No experience necessary, just the ability to laugh and keep your rear seated.



PICKLEBALL

Different levels of play available.
Contact SSC for schedule details.

Solon Senior Center Memberships

There is no charge for membership to the Solon Senior Center for Solon residents. Membership to the Solon Senior Center is open to non-residents for \$40 which is valid for one year from the date of purchase.

Older adults with qualifying health and fitness memberships, such as Silver Sneakers[®], Silver & Fit[®], and Renew Active, are able to participate in group fitness classes at no charge, and do not require a SSC membership.



SENIOR CENTER SUPPORT GROUPS

Alzheimer's Support Group

2nd Wednesday of the Month

1:00 - 2:00PM

FEE: \$0

Support series for caregivers of those affected by memory loss. Call SSC for more information.

Parkinson's Support Group

3rd Thursday of the Month

11:00AM - 12:00PM

FEE: \$0

Education and discussion for people living with PD and their loved ones giving them an opportunity to come together to share their common experiences. The group provides comfort, encouragement, knowledge, advice and inspiration. Call SSC for more information.

**STRONGER
TOGETHER**

ACTIVE ADULTS 60+

SENIOR CENTER ACTIVITIES

ACT II Singers

Tuesdays

12:30 - 2:00PM

FEE: \$0

No previous vocal experience needed to participate in our group! Weekly rehearsals.

Bingo

Join us monthly for an afternoon of F.U.N. Let's get together, play a few games of Bingo (\$.25 per card), win some great prizes and enjoy being with each other. Snacks provided.

Book Discussion

4th Tuesday of the month

10:30 - 11:30AM

FEE: \$0

Join Solon Librarians on the last Tuesday of the month for lively book discussions. Book titles available through the SCC.

BUNCO

Meets Monthly

Let the good times roll! No experience necessary - just roll the dice and Lady Luck is yours!

Monthly Card Making Class

Tuesday, Dates TBD

9:30AM - 12:00PM

FEE: \$12

Handcrafted cards add a personal touch. Join Maria from the SCA to create 4 of your own personalized special occasion cards to share with family and friends while interacting with others from the SCC.

Card Playing

Mon./Wed./Thurs.

12:00 - 3:00PM

FEE: \$0

Enjoy meeting up with new and old friends for various card games!

Coffee & Conversation

Weekdays

9:00AM

FEE: \$0

Meet up with friends while enjoying a hot cup of coffee or tea!

Computer Lab Drop-In

Weekdays

8:00AM - 4:30PM

FEE: \$0

The Solon Senior Center offers open access to our computer lab allowing participants an opportunity to use the Internet and utilize computer software. Computer Lab access is available to all SSC members.

Eat Local

Let's Eat Local! Use the "drive-thru" at the SSC (aka the front door) to pick up a weekly lunch from local eateries. See Senior Sentinel for times and menu. Supported by Rotary club of Solon.



Monthly Home Decor Class and Jewelry

Dates and Dates TBD

10:00AM - 12:00PM

FEE: Varies

Join SCA instructors to create different home decor or jewelry projects each month.

Life Writing

3rd Tuesday of the Month

11:00AM - 12:00PM

FEE: \$0

A monthly group that meets to share a lifetime of experiences through writing. Open to all!

ACTIVE ADULTS 60+

SENIOR CENTER ACTIVITIES

Mah Jongg

Mondays

12:00 - 3:00PM

FEE: \$0

Are you a beginner? Not a problem! Mary Triest will teach you how to arrange your tiles into a winning hand. All levels of play welcome to join in the fun!

Monthly Paint & Pastries Class

Tuesday Date TBD

10:00AM - 12:00PM

FEE: \$18

Discover your creative side while enjoying some delicious treats and interacting with other SSC members. Sheri from the SCA will lead you to creating a masterpiece! Supplies provided.

Senior Chinese Group

Thursdays

11:00AM - 1:00PM

Join us on Thursdays in the Teen Lounge. Call the Senior Center for more information.

World in Your Backyard

3rd Thursday of the month

2:00PM

Spend time learning about new cultures from those native to the area. A great way to broaden your knowledge of our diverse world.

MONTHLY SPEAKERS

We offer a wide range of timely topics.

See the SSC Newsletter for more info.



SENIOR CENTER EXCURSIONS

**Dueling Piano Holiday at Windows on the River
Wednesday, December 13**

FEE: \$94

CELEBRATE THE HOLIDAYS

Holiday Luncheon Wednesday, December 6

Holiday Breakfast Tuesday, December 19

New Year's Eve Luncheon Friday, December 29

Valentine Celebration Wednesday, February 14

See the SSC Newsletter for more information.

ACTIVE ADULTS 60+

SENIOR CENTER TRANSPORTATION SERVICES

Serving City of Solon residents who are at least 60 years of age as well as adults with disabilities. Transportation services are available for medical appointments, routine errands, recreation, religious and social events. Please contact the SSC to schedule a transportation consultation to register and get to your destination.

In-Town Transportation Service

Operated by the Department of Senior Services, in-town transportation is provided at no charge to eligible residents. Reservations can be made by contacting the SSC. Trips are provided Monday through Friday from 9:00AM to 3:30PM. Call to schedule a ride today!

To ensure proper sanitation between trips in-town transportation rides will be scheduled every 30 minutes beginning at 9:00AM - 12:00PM and 1:00 - 3:30PM.



Out-Of-Town Transportation

Senior Transportation Connection

Trips are provided through Senior Transportation Connection after registering through the SSC. Reservations can be made by calling 216-265-1489. 3 business days of advance notice required.

COST:

\$4 one-way*

\$8 round-trip*

*Payment due at the time of ride

HOURS OF OPERATION:

Monday - Friday

8:00AM - 4:00PM

Uber Health

The Solon Senior Center offers out-of-town transportation utilizing the Uber Health Network. Trips are provided to locations throughout Northeast Ohio for those that qualify. Uber Health out-of-town transportation reservations are made through the SSC, and rides are provided by Uber drivers.

COST:

\$4 one-way*

\$8 round-trip*

*Payment invoiced monthly by the City of Solon

HOURS OF OPERATION:

Monday - Friday

8:00AM - 4:00PM

SOLON SENIOR CENTER REFUND POLICY

If an activity is canceled by the Solon Senior Center, which had a registration fee, you will receive a credit voucher for the activity's registration fee. There are no cash refunds. Should you, as a member cancel a registered activity that has a registration fee, no less than 7 days prior to the scheduled activity date, you will receive a full credit voucher for the registration fee, only if there is a waiting list and the SSC is able to fill your place at the activity. If you cancel less than 7 days prior to a registered activity and/or your place in the activity cannot be filled by a waiting list, there will not be credit issued. Credit vouchers may be issued, depending on the circumstance, at the discretion of the Director of Senior Services. If a trip is sponsored by a tour group and the tour group cancels, your refund will come directly from the tour group or the City of Solon.



Facility Rentals *Available*

SOLON COMMUNITY CENTER



David Peleg
dpeleg@solonohio.org

Solon Community Center offers a wide range of rental opportunities. From large weddings & birthdays to small meetings and everything in between. Rentals are available in the Banquet Rooms, Meeting Rooms, Gymnasium, Park Pavilions and more.

GRANTWOOD GOLF COURSE



Stephanie Koval
skoval@solonohio.org

Host your next family gathering, birthday party, shower, wedding or more in the newly renovated clubhouse banquet room. This room fits up to 120 people for large events. An outdoor Pavilion that overlooks the golf course is also available.

SOLON CENTER FOR THE ARTS



Pam Peters
ppeters@solonohio.org

Specialty rentals are available at Solon Center for the Arts. SCA Theater can host your next meeting or recital. Rentals are also available in the Music Rooms, Gallery and Dance Studios.

CONTACT US NOW FOR PRICING AND AVAILABILITY