













Serving
Youth
Adults
Seniors

2025 SPRING PROGRAM GUIDE & SUMMER PREVIEW

City Council

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City Manager Michael S. Mallis

Finance Director Jennifer Howland

Parks and Recreation DirectorMichael Callahan



Bedford Parks & Recreation Dept.

124 Ellenwood Avenue 440-735-6570 recreation@bedfordoh.gov

Monday through Friday 8:00 am to 4:30 pm

3 Easy Ways to Register

On-line at bedfordoh.myrec.com

Create your household profile. Pay using Discover, MasterCard, Visa or American Express.

In Person

Stop in Ellenwood Center Monday through Friday from 8:00 am to 4:30 pm. Pay using credit, debit, cash or check.

Phone 440-735-6570

Call the Parks & Recreation Department and our friendly staff will be happy to process your registration. Pay using Discover, MasterCard, Visa or American Express.



Check out the City's website at www.bedfordoh.gov for the latest information and newsletters



@BedfordRecreation



@BedfordRec



@BedfordOHRec

SPECIAL EVENTS

Dates, times, and fees are subject to change without notice.

Easter Egg Hunt

Children and grandchildren 12 years of age and younger are invited to join the Parks & Recreation Department, family, and friends at this fun event. The Easter Bunny will be available throughout the event for photos.

Bedford Residents Only.

Location: Bedford Bearcat Stadium, 481 Northfield Rd.

Date: Saturday, April 12 **Time:** Gates open at 9:45 am

Easter Egg Hunt starts at 10:00 am sharp Fee: Free; pre-registration required

Registration will not be accepted the day of the event.



Memorial Day Parade

The annual Bedford Memorial Day parade will be on Monday, May 26 at 10:15 am. The parade will begin at Bedford City Hall and proceed on Center Road to Broadway Avenue, halting at the Bedford Commons where the raising of the flag and decorating of Memorials occurs. At the conclusion of these ceremonies, the parade will reassemble and proceed south on Broadway to the Bedford Cemetery for the concluding ceremonies. The Memorial Day Parade is sponsored by the Bedford Veterans Memorial Day Parade Committee.

Fourth of July Parade

The Cities of Bedford and Bedford Heights are hosting its 40th annual Independence Day Parade on Friday, July 4th beginning at 10:00 am. The parade starts at Columbus and Washington Street, proceeds east on Columbus Road to Perkins Road, disbanding at Bedford Heights City Hall. For more information or to participate, please visit www.bedfordoh.gov or call Bedford City Hall at 440-735-6502.

SAVE THE DATES for these other upcoming Community Events:

May 16 & 17: Bedford Garden Club Plant Sale at Ellenwood Center

May 17: Community Shred Day at Bedford City Hall

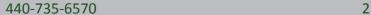
June 13, 14, 15: Bedford Historical Society's Annual Strawberry Festival

July 11: Family Movie Night at Bedford Commons

July 18, 19, 20: Rotary Club of Bedford's Annual Ribfest

Visit bedfordoh.gov in April/May for the list of our Summer Concert Series and other Community Events





FAMILY PROGRAMS

Sweetheart Ball: Father & Daughter Dance

Join us for a memorable evening of dancing, heart-warming smiles and celebrating the special bond between fathers/father-figures in the lives of our daughters. This event includes music from Terry Macklin Entertainment, refreshments and a photo station. Guests are encouraged to wear semiformal or formal attire. Girls in Grades K - 5 and their father/grandfather/uncle/special adult

Location: Ellenwood Center Gym **Date:** Friday, February 21 **Time:** 6:30 pm - 8:30 pm

Fee: \$15 per couple, \$5 per extra child

Pre-Registration required. Registration will not be accepted at the door.

Family Karaoke Night

NEW! Bring the family for an evening of fun, music, and food! A family-friendly environment with supportive vibes, whether you're a karaoke pro, first-timer or just a spectator. Over 70,000 song choices for all ages and music tastes. Attendees will get 2-slices of pizza, bag of chips, cookies and drink.

Location: Ellenwood Center Gym Date: Friday, March 14 Time: 6:00 pm - 9:00 pm Fee: \$5 Resident/\$7 Non-Resident

Pre-Registration required. Registration will not be accepted at the door.

Light Up the Night: Mother & Son GLOW Dance

Wear white or neon colors and join us for an unforgettable evening that provides special time for mothers and sons! This special GLOW event includes a black light dance floor, music from Terry Macklin Entertainment, refreshments, glow sticks and photo station. Boys in Grades K-5 and their mother/grandmother/aunt/special adult

Location: Ellenwood Center Gym

Date: Friday, April 11 **Time:** 6:30 pm - 8:30 pm

Fee: \$15 per couple, \$5 per extra child

Family Game Night

NEW! Get ready for an action-packed evening of fun and friendly competition at our Family Game Night! With something for everyone, it's the ultimate way to connect, play, and unwind with your family. Enjoy our board game room with classics and new favorites for all ages or our video game station featuring exciting multiplayer options. Basketball and kickball games in the gym for those who love to stay active. Attendees will get 2-slices of pizza, bag of chips, cookies and drink.

Location: Ellenwood Center
Date: Friday, May 9
Time: 6:00 pm - 9:00 pm
Fee: \$5 Resident/\$7 Non-Resident

Pre-Registration required. Registration will not be accepted at the door.

Parent & Child Open Gym Play

This program builds your child's gross motor, creativity, spatial awareness and coordination through play and movement. Meet other local parents and share ideas and support. Ages 2 - 5. This program is led by a volunteer and/

or parents

Location: Ellenwood Center Gym

Dates: Tuesdays, March 4, 11, 18, 25, April 1, 8, 15

Time: 12:00 pm - 1:30 pm

Fee: Free

YOUTH PROGRAMS

Our youth enrichment programs are drop-off only. Parents and caregivers are welcome to briefly observe their child's enrichment class. However, we kindly request that parents and siblings refrain from waiting in the classroom.

Thank you for your understanding and cooperation.

Brick Builders Club

NEW! Unleash your creativity and explore the world of LEGO® in our monthly meet up! In this fun and interactive club, participants work individually or in teams to complete building challenges, share ideas, and bring their imaginations to life. Perfect for builders of all skill levels, this program encourages critical thinking, collaboration, and endless creativity.

All materials are provided during class. Grades K-5

Instructor: Matt Skvasik, STEAM and technology instructor

Location: Ellenwood Center Room 3

Dates: Last Wednesday of the Month, February 26, March 26, April 30, May 28

Time: 5:30 pm - 6:30 pm

Fee: \$20 Resident/\$25 Non-Resident

Level-Up Legends: Video Game Club

Calling all young gamers to join our club where we will engage in friendly competitions and develop valuable gaming and social skills. Foster teamwork and camaraderie through cooperative gaming experiences! This club is designed to be a positive and inclusive space where young gamers of any level can connect and learn from each other. We will rotate play on Nintendo Switches and Roblox. No equipment is required in order to join.

Grades 3-6

Instructor: Matt Skvasik, STEAM and technology instructor

Location: Ellenwood Center Room 1

Spring Session 1 Dates: Thursdays, March 6, 13, 20, 27, April 3, 10 Spring Session 2 Dates: Thursdays, April 24, May 1, 8, 15, 22, 29

Time: 5:30 pm - 6:45 pm

Fee per Session: \$15 Resident/\$20 Non-Resident

Billiards Basics: Learn How to Play Pool

NEW! Beginners will learn the rules and etiquette of the game, proper stance and grip, and the essential techniques for accurate aiming and controlled shots. Through hands-on practice and friendly guidance, beginners will gain confidence in handling the cue, understanding ball trajectories, and executing basic shots. Intermediate level players will learn how to plan shots, control the cue ball, and anticipate opponent moves. Equipment provided during class. Class size is limited. Additional time slots may be added to accommodate more participants.

Instructor: Tony Love, Kool Pool & Chess Club owner and two-time

National Champion
Location: Ellenwood Center Room 2

Dates: Tuesdays, March 18, 25, April 1, 8, 15, 22

Grades 4+ Time: 4:15 pm - 5:15 pm **Adults & Teens Time:** 5:30 pm - 6:30 pm

Fee per Session: \$30 Resident/\$40 Non-Resident

Check out our website for more information on Learn to Skate lessons at Chagrin Valley Roller Rink.

Exploring STEAM Workshops

NEW PROJECTS! Step into the world of endless possibilities with our Exploring STEAM workshops! These workshops are designed to inspire curiosity, foster creativity, and ignite a passion for learning in the fields of Science, Technology, Engineering, Arts, and Mathematics (STEAM). Each workshop encourages critical thinking, problem-solving, and collaboration on an exciting project. All sessions are hands-on and do not require previous coding or circuit experience.

Instructor: Matt Skvasik, STEAM and technology instructor

Location: Ellenwood Center Room 3 Grades K - 2 Time: 6:00 pm - 7:00 pm Grades 3 - 6 Time: 6:00 pm - 7:30 pm

Fee per Workshop: \$5 Resident/\$7 Non-Resident

Workshops for Grades 3-6

SnapCircuits Challenge: Wednesday, March 5

Learn how to build and test circuits while completing challenges and $% \left(1\right) =\left(1\right) \left(1\right$

tasks.

Code a Video Game: Wednesday, April 9

Use SCRATCH to code your own Pong style video game.

WeDO LEGO® Robotics: Wednesday, May 7

Build and program a LEGO® Robot through a series of challenges.

Workshops for Grades K-2

Build a Catapult: Wednesday, March 19

Learn to build your own mini catapult and compete to fling marshmallows through hoops and for distance.

WeDO LEGO® Robotics: Wednesday April 16

Build and program a LEGO® Robot through a series of challenges.

<u>Basics Circuits with Makey Makeys and Snap Circuits</u>: Wednesday, May 14 Learn how to build and test circuits to complete challenges and tasks.

STEAM Workshops are offered in partnership with



Inspired by Josie: Monthly Art Fun

NEW! Each month we will explore an art medium that is inspired by the season/holiday. Students will be guided through creating a piece of art and expand their creativity. **Grades K - 5**

Instructor: Josie Spoto, Art graduate and instructor

Location: Ellenwood Center Room 3

Time: 6:00 pm - 7:15 pm

Fee per class: \$5 Resident/\$7 Non-Resident
Collagraph Printmaking - Tuesday, March 11
Tissue Paper Stained Glass - Tuesday, April 8
Mother's Day Craft - Tuesday, May 6
Father's Day Craft - Tuesday, June 10

Art Explorers

NEW PROJECTS! Each month in Art Explorers we will explore an art element, technique and medium that is inspired by the season, an artist or culture. Students will be guided through creating a piece of art and expand their creativity. Techniques covered may include printing, painting, textiles, collage, drawing and more! **Grades K-5**

Instructor: Tina Stradiot, homeschool art instructor

Location: Ellenwood Center Room 10

Dates: Third Thursday of the month - February 20, March 20, April 17

Time: 6:00 pm - 7:30 pm

Fee per class: \$5 Resident/\$7 Non-Resident

Little Artists

Little Artists is a fun, creative experience for your preschooler to learn about color, shapes, and texture while experimenting with various art materials. Each monthly class will have a story and special seasonal project. Dress to get messy! All supplies included. **Ages 3-5**

Instructor: Recreation Staff and/or Senior Club volunteers

Location: Ellenwood Center Room 3

Time: 2:00 pm - 2:45 pm

Fee per class: Free for Resident/\$5 Non-Resident

Leprechaun Theme - Monday, March 10 Easter Egg Theme - Monday, April 14 Mother's Day Theme - Monday, May 5 Father's Day Theme - Monday, June 2

Block It Out

NEW! From blocking out distractions to mastering self-defense techniques, kids are guided through sessions by Two Tigers Kung Fu instructor Robert Fleming. This program promotes resiliency, confidence and the skills and strategy to protect yourself. **Ages 6+**

Instructor: Robert Fleming, Two Tigers Kung Fu Academy

Location: Ellenwood Center Room 4 Dates: Fridays, April 25, May 2 Time: 4:15 pm - 5:15 pm

Fee: \$20 Resident/\$25 Non-Resident

Foil Fencing

Learn the fundamentals of foil fencing. Fencing improves hand-eye coordination, agility, dexterity, and stamina, as well as develops social skills and manners. Classes include stretching, footwork, lunges, attack, parryriposte, strategy, tactics, techniques and bouting. All equipment is provided during class. **Ages 8 and older.**

Instructor: Tom Nagy, Head Coach ON TARGET Fencing Team,

Member of USFA

Location: Ellenwood Center Room 4

Spring Session 1 Dates: Fridays, March 7, 14, 21, 28, April 4

Spring Session 2 Dates: Fridays, April 25, May 2, 16, 23, 30 (No class 5/9)

Time: 6:30 pm - 8:00 pm

Fee: \$45 Resident/\$55 Non-Resident

Chess Club

Participants will learn basic rules and principles, tactical themes, and checkmate patterns in a supportive setting. Sessions will include interactive lectures, supervised open play and problem solving exercises. Chess sets and worksheets are provided, players of all abilities welcome. **Grades K-8.**

Instructor: Staff from Progress with Chess, Cleveland area's premier

chess teaching organization
Location: Ellenwood Center Room 3

Dates: Mondays, March 3, 10, 17, 31, April 7, 14, 21, 28, May 5, 12

(No class 3/24) **Time:** 4:00 pm - 5:00 pm

Fee: \$20 Resident/\$30 Non-Resident

Chess Club is offered in partnership with







YOUTH SPORTS

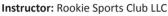


The mission of the Bearcat Sports programs is to teach, develop, organize, manage, and offer youth players the opportunity to learn the fundamental skills of a variety of sports while instilling life-lessons and values such as character, teamwork, discipline, respect and sportsmanship.

BEARCAT Spring Soccer

Ages 5-8: Instructional clinic with group practices and scrimmages.

Ages 9-12: NEW! Instructional league that consists of several group practices in a clinic format, then players will be placed on teams and play scheduled games. Saturday mornings/ early afternoons beginning April 5, weather permitting. Led by Rookie Sports Club coaches. Participants will receive a shirt. Participants must provide and wear their own shin guards. Soccer cleats are recommended.



Location: Bearcat Stadium or Hutchinson Field

Dates: Saturdays beginning April 5; weather permitting

Fee: \$55 Resident/\$65 Non-resident

Registration Deadline for Spring Soccer - March 7

March Baseball Clinic

FREE! Join Bedford City Council Member Vic Fluharty and friends for a fun indoor baseball clinic, free of charge to the first 20 participants per age group!

Location: Ellenwood Center Gymnasium Date: Saturday, March 22, 2025 Time: Ages 5-7 - 10:00am - 10:50am Ages 8-10 - 11:00am - 12:00pm

Bring baseball glove and water bottle.

The program will take place indoors at Ellenwood Center Gymnasium, and will use wiffle balls and bats! Space is limited. Don't miss out! Pre-registration is required. Open until full!

BEARCAT Spring Volleyball Clinic

Participants will learn, play, and develop fundamental skills of volleyball in a dynamic and engaging environment. Rookie Sport Club coaches will provide hands-on instruction on the essential skills such as serving, passing, and setting, all while enjoying a variety of drills and games tailored to their age and ability. Knee pads are recommended for Grades 4-6. Participants will receive a shirt. Limited to 20 participants per age group. Boys and girls grades 1 - 6.

Instructor: Rookie Sports Club LLC Location: Ellenwood Center Gym

Dates: Wednesday, March 12, 19, 26, April 2, 9

Grades 1 - 3 Time: 5:00 pm - 5:45 pm

Grades 4 - 6 Time: 5:50 pm - 6:40 pm or 6:45 pm - 7:35 pm

Fee: \$55 Resident/\$65 Non-Resident

Registration Deadline for Spring Volleyball - March 7

Check out our website for more information later this spring for information on a new Summer Volleyball Instructional League!



BEARCAT Youth Baseball

Boys and girls ages 5 - 15. Weeknights and/or Saturdays beginning in June; weather permitting. Participants receive a game shirt and hat. The number of registered participants at any age group will determine the format of the program. In the event that participation numbers do not allow for multiple teams in each age group, the Parks & Recreation Dept. will run the program in a camp/clinic format with instruction from Rookie Sports Club, LLC.

Fee: \$55 Resident/\$65 Non-resident

Registration Deadline for Youth Baseball - April 4

Youth Open Gym Basketball

Registered participants can sharpen their basketball skills and enjoy friendly pickup games with peers in a welcoming, non-competitive environment for all skill levels. Space is limited. Be sure to change into basketball shoes to keep the court clean and safe.

Location: Ellenwood Center Gym

Register online or in-person with a parent. Must register for the entire session. Daily drop-ins not accepted. No Refunds. Dates, times, and fees are subject to change without notice.

Grades 4 - 6

Dates: Tuesdays, April 1 - May 27 (No gym 5/6)

Time: 4:00 pm - 5:15 pm

Fee: \$15 Resident/\$25 Non-Resident

Grades 7 - 9

Dates: Mondays & Thursdays, March 31 - May 29 (No gym 5/26)

Time: 4:00 pm - 5:15 pm

Fee: \$30 Resident/\$40 Non-Resident

Grades 10 - 12

Dates: Tuesdays, April 1 - May 27 (No gym 5/6)

Time: 7:15 pm - 8:30 pm

Fee: \$15 Resident/\$25 Non-Resident

RESIDENCY MEMBERSHIP

Our Residency Membership provides exclusive access to our highdemand programs and discounts for verified residents. This program ensures that local households enjoy the benefits our community has to offer while supporting fair and equitable enrollment and use of resources.

Membership is currently required for Summer Day Camp early enrollment at resident pricing and Summer Pool Passes. Proof of residency is required every 2 years per household member. Verify residency by emailing required documents to:

recreation@bedfordoh.gov

or visit our office during business hours.

Proof of Residency Requirements for Adults and Households:

To verify residency, please provide one of the following documents with name and current address:

- Valid government-issued photo ID (driver's license, state ID, or passport)
- Utility bill (utility bill dated within the last 30 days)
- · Lease or mortgage agreement
- Property tax bill (owner occupied)

Proof of Residency Requirements for Children:

To verify residency, please provide one of the following documents with child's name and current address:

- School enrollment documentation (report card/enrollment letter with address)
- Official correspondence addressed to child at residence
- Birth certificate or guardianship documents (accompanied by the adult's residency proof)

YOUTH CAMPS

Summer Day Camp

The Summer Day Camp is a fun-filled, action-packed summer of adventure and new experiences for children ages 5 - 12 (must be minimum of 5 years old and a maximum of 12 years old on first day of camp). Camp consists of age-appropriate activities, games, swimming, weekly field trips and much more. Held at Ellenwood Center, this camp runs Monday through Friday from 9:00 am - 4:00 pm.

NEW Summer Day Camp has moved to a weekly format.

Register only for the weeks you need! Proof of residency is required for early registration at the resident rate. See Residency Membership for more details. Cancellation and refund request deadline is May 30.

DATES

 Week 1: June 16 - 20 (No camp 6/19)
 Week 5: July 14 - 18

 Week 2: June 23 - 27
 Week 6: July 21 - 25

 Week 3: June 30 - July 3 (No camp 7/4)
 Week 7: July 28 - August 1

 Week 4: July 7 - 11
 Week 8: August 4 - 8

FEES

Bedford Resident Weekly Rate - \$79 | Non-Resident Weekly Rate - \$99

REGISTRATION

Resident Registration Begins February 10 at 9:00am Non-Resident Registration Begins March 10 at 9:00am

PARTIAL PAYMENT OPTION

Pay 50% upfront with the remaining balance due by May 30.

EXTENDED CARE

Must register and pay in full at least one week prior to service. Drop-in enrollment may be accepted, based on enrollment maximums. Mornings are 7:00 am to 9:00 am and Evenings are 4:00 pm to 6:00 pm. Cost is \$20 per week AM or PM (\$40 per week if both before and after) when registered in advance or \$5 drop-in per day/per AM or PM session. Drop-ins accepted based on availability. Registration for extended care will begin on May 1.

Camp Counselor-In-Training Program

Our Counselor-in-Training program invites students in grades 8-10 to apply and volunteer in a leadership program to prepare for positions as future camp counselors and youth mentors. Experience teamwork, responsibility, accountability, safety, leadership and child supervision techniques. CITs will help facilitate camper activities and assist the counselors with daily responsibilities. The CIT program will provide job training and experience in a work environment. CITs will receive performance feedback and a certificate of completed hours.

Requirement: Must currently be in Grades 8 - 10. Must be able to attend inservice training the week of June 9. Must be available for at least 6-weeks of camp. Must have reliable transportation to camp.

Participation in the CIT program is by selection only. Interested applicants will need to complete an application form, submit references, and attend an interview. Application deadline is March 31. Interviews and reference checks will be conducted in April. All candidates will be notified of acceptance by May 1. Limited CITs will be accepted. This is an unpaid volunteer position.

Several of our youth enrichment activities, sports clinics and day camps offerings are eligible services for reimbursement!

Please contact the Parks & Recreation office with additional questions.



TEEN PROGRAMS

Babysitting Class with UH

This course is designed to equip students with the skills they need to stay safe when home alone, caring for younger siblings, or babysitting. The class is packed with engaging games, demonstrations, and role-playing activities. Participants will learn essential skills like changing a diaper, following BEST routines for babysitters, and knowing when to call a backup adult or dial 911. **Ages 11+**

Instructor: Briana Price, Childhood Injury Prevention Coordinator

at UH Rainbow

Location: Ellenwood Center Room 1

Date: Saturday, April 5 Time: 10:00 am - 12:00 pm

Fee: Free, pre-registration required

YES Club - Youth Engaged in Service

The YES (Youth Engaged in Service) Club provides opportunities for Grades 6-12 students to contribute and give back to the community. Volunteers are needed for Bedford Parks & Recreation and City of Bedford special events and program activities. All community service through the YES Club will be documented and available for members to obtain a printable record for high school, college, or job application usage.

This is an unpaid, volunteer position. Limited volunteers will be accepted. Interested volunteers must fill out an application and will be interviewed. Please contact our office for more information.

Job Applications & Interview Techniques

Will you be looking for a summer job? Practice how to properly fill out a job or volunteer application. Gain strategies on how to answer typical interview questions and learn how to make a dynamic first impression.

Grades 7 - 12

Instructor: Sarah Gnoddie, Recreation Coordinator

Location: Ellenwood Center Room 1

Date: Tuesday, April 8 **Time:** 5:30 pm - 6:30 pm

Fee: Free, pre-registration required

Several of our Adult Programs are also available for older teens. Please check our website or call our office for more information.

ADULT SPORTS

Adult Basketball

We are pleased to continue our adult basketball program this spring, which will take place in a pickup format, led by a contracted facilitator. The program is limited to the first 12 registered participants. Participants must register for the entire 8-week session. The gym will only be open to preregistered participants (no day-of registration, no guests or spectators).

Facilitator: Justin Mitchell **Location:** Ellenwood Center Gym

Dates: Thursdays, March 20, 27, April 3, 10, 17, 24 May 1, 8

Time: 7:30 pm - 9:00 pm

Fee: \$40 Resident/\$50 Non-Resident

Priority registration for Bedford residents through February 28. Space-permitting, non-residents may register beginning March 1.

Coed Adult Softball

LET'S PLAY BALL! Don't miss an exciting season of coed adult softball! This league follows USA/ASA rules and plays double headers on Friday nights at Tim Lally Field (The Glens). Alternate fields are Ellenwood and Hutchinson. Season starts May 2, 2025. Game times are 6:30 pm, 7:30 pm, 8:30 pm and 9:30 pm.

Regular Season: 18 - 20 game season (No Games 5/23, 7/4)

Playoff/Tournament: Single elimination 1st round, double elimination after

 $\mathbf{1}^{\text{st}} \ round$

Awards: Regular Season and Tournament Champion team plaques and

individual t-shirts awarded

Fees: Team entrance fee \$400 (includes game balls) plus Umpire & Scorer

fee \$30 per team/per game

Uniforms: Players are required to wear same colored jersey with minimum

6" number on back. Mandatory Managers Meeting - TBD

HOW TO REGISTER

Online Registration: https://bedfordoh.myrec.com/

Phone: Managers may register teams by phone. Call the Parks & Recreation Department Monday through Friday 8:00 am - 4:30 pm at 440-735-6570. Once the team is registered, individual players must register online to complete waivers and declare their team. Players must have an invitation from a team manager. There is no additional charge for individual player registration.

Pickleball Rotational Play

Players register for a one-hour time slot and must rotate play with other players. Bring your own equipment or borrow from Ellenwood Office. Limit of 6 players per time slot.

Location: Ellenwood Center Gym

Dates: Select Monday & Thursday afternoons.

NOW OFFERING SELECT EVENINGS See online calendar for availability.

Must be registered in advance.

Fee: Free to Bedford Senior Club Members / \$3 per class

Beginner Pickleball Lessons

Pickleball is a fun sport that combines traditional elements of tennis with a wiffle-style ball and paddle on a smaller court. Players will learn the fundamental rules, basic skills and court positioning for singles and doubles play. Equipment provided during class.

Instructor: Rich Abston, certified Pickleball instructor

Location: Ellenwood Center Gymnasium

Spring Session 1 Dates: Thursdays, March 6, 13, 20, 27 Spring Session 2 Dates: Thursdays, April 3, 10, 17, 24

Time: 12:30 pm - 1:30 pm

Fee per session: Free to Bedford Senior Club members/\$20 for non-

members per session

Co-Ed Pickleball League

NEW! Paddle up and join the excitement of our intermediate Pickleball League! This league is perfect for players who have advanced from beginner status and are looking for more challenging and strategic matchups. Enjoy friendly competition through rotational team play in a fun and welcoming atmosphere.

Facilitator: Rich Abston, certified Pickleball instructor

Location: Ellenwood Center Gymnasium

Spring Session 1 Dates: Thursdays, March 6, 13, 20, 27 Spring Session 2 Dates: Thursdays, May 1, 8, 15, 22

Time: 1:30 pm - 3:30 pm

Fee per session: Free to Bedford Senior Club members /\$20 for non-

members per session

ADULT PROGRAMS

Home Repair Workshops

NEW! We are partnering with the Home Repair Resource Center to provide Bedford residents with valuable skills and knowledge to tackle common household repairs. Home Repair Resource Center provides instruction, tools, and resources that enable homeowners to repair and maintain their own homes economically. Home Repair Resource Center also offers a Tool Library of 7-day rentals of over 1000 tools for a \$25 yearly fee! To learn more, visit: https://hrrc-ch.org/. Presented by Home Repair Resource Center

Location: Ellenwood Center Room 4

Time: 7:00 pm - 8:30 pm

Fee per Workshop: \$5 Resident/\$8 Non-Resident Power Tools 101: Tuesday, March 11

Participants will learn the fundamentals of using power tools safely and effectively, empowering them to take on a wide range of projects.

Plumbing Basics: Tuesday, April 8

Students learn the essentials of plumbing maintenance, including fixing leaks, unclogging drains, and replacing fixtures.

Downsizing & Decluttering

NEW! If you're ready to tackle unwanted items in your home, join us for AARP's Downsizing and Decluttering program. Discover helpful organizing tips and learn how simplifying your space can lead to a happier, less stressed, and more productive life. At this free event, you'll explore:

- How to begin your decluttering and organizing journey
- Practical strategies for simplifying your space
- The positive impact better organization can have on your daily life

Location: Ellenwood Center Room 4

Date: Tuesday, April 22 Time: 6:00 pm - 7:00 pm

Fee: Free, pre-registration required

Climate Change & Single-Use Plastics: Make a DIY T-Shirt Bag

NEW! Discover the connection between single-use plastics and climate change in this engaging presentation. Learn about:

- An overview of climate change and its impact on Northeast Ohio and the Great Lakes.
- A brief history of plastics and how their entire life cycle contributes to climate change.
- Practical actions you can take to address this growing issue.

Following the presentation, take part in a hands-on workshop to create no-sew reusable bags from old t-shirts. Bring your own unused, stained, or unwanted t-shirt, or use one provided during the workshop. Presented by Katharyne Starinsky, Program Officer from the Cuyahoga County Department of Sustainability.

Location: Ellenwood Center Room 4

Date: Tuesday, April 29 **Time:** 6:30 pm - 7:30 pm

Fee: Free, pre-registration required

Intro to Al-Generated Art & Video: DALL-E & Sora for Beginners

NEW! Discover the exciting world of Al-generated creativity in this beginner-friendly class! Learn how to use DALL-E to create stunning images from simple text prompts and explore Sora, OpenAl's powerful Al video generator. We'll cover the basics of crafting effective prompts, understanding Algenerated visuals, and practical applications for personal and professional projects. No prior experience is needed—just bring your curiosity and imagination! Bring your own smart device or laptop to use. We also have a limited amount of chromebooks to share.

Instructor: Heather Rhoades, Digital Content Extraordinaire

Location: Ellenwood Center Room 4

Daytime Date & Time: Thursday, April 24, 1:00 pm - 2:30 pm Evening Date & Time: Wednesday, April 23, 6:30 pm - 8:00 pm

Fee: Free; pre-registration preferred

Local Motion with Jaki: Aerobic Line Dancing

POPULAR! This upbeat program will have you sweating and smiling as you enjoy a fun cardio workout to a mix of club and urban dance beats. Whether you're a beginner or an experienced dancer, you'll love the energy and excitement of this dance party!

Instructor: Jaki Ward

Location: Ellenwood Center Gym

Dates: Mondays, March 3 - May 19 (No class 5/5)

Time: 6:00 pm - 6:45 pm

Fee per class: \$6 Bedford Resident/\$7 Non-Resident

Free to Senior Club Members, must register in advance Register for the entire Spring session and save!

Sunset Serenity Yoga

This program offers a calming and restorative practice designed to help you unwind and reflect as the day transitions into evening. It includes gentle, slow-paced poses and stretches that focus on releasing tension and promoting relaxation. The session concludes with deep relaxation and meditation to help you find inner peace, making it an ideal way to end your day. The class is adaptable to various fitness levels, ensuring a safe and inclusive space for all participants. Bring a yoga mat.

Instructor: Julionne Brown-Little, certified instructor Location: Ellenwood Center Gym or Room 4 Dates: Tuesdays, March 4 - May 27 (No class 3/18, 5/6)

Time: 6:00 pm - 7:00 pm

Fee per class: \$9 Resident/\$11 Non-Resident

Free to Senior Club Members, must register in advance Register for the entire Spring session and save!

Barre Above®

Experience a dynamic and empowering workout that combines elements of Pilates, yoga, and dance strength training. Elevate your fitness routine and sculpt your body in a motivating group fitness class. Suitable for participants of all fitness levels; the class is designed to be adaptable, allowing you to progress at your own pace. Bring a yoga mat.

Instructor: Julionne Brown-Little, certified instructor

Location: Ellenwood Center Gym

Dates: Thursdays, March 6 - May 29 (No class 3/20, 4/17)

Time: 6:00 pm - 7:00 pm

Fee per class: \$9 Bedford Resident/\$11 Non-Resident

Free to Senior Club Members, must register in advance Register for the entire Spring session and save!

Energizing Morning Yoga

NEW! Invigorate your body and mind, setting a positive tone for the day ahead. Classes include a series of energizing poses, stretches, and breathwork techniques aimed at boosting your energy levels, improving flexibility, and enhancing mental clarity. The class is adaptable to various fitness levels, ensuring a safe and inclusive space for all participants. Bring a yoga mat. Pre-registration required.

Instructor: Julionne Brown-Little, certified instructor

Location: Ellenwood Center Room 4 or Gym

Dates: Saturdays, March 29, April 5, 19, 26, May 3, 10, 17

(No class 4/12) Time: 9:00 am - 10:00 am

Fee per class: \$9 Resident/\$11 Non-Resident

Free to Senior Club Members, must register in advance Register for the entire Spring session and save!

Tai Chi

Learn basic movements and techniques to increase energy level, improve balance and coordination, and build leg and core strength. Through training in these exercises, you will become stronger, healthier, and safer.

Instructor: Robert Fleming, Two Tigers Kung Fu Academy

Location: Ellenwood Center Room 4

Dates: Fridays, March 7, 14, 21, 28, April 4, 25, May 2, 16

(No class 4/11, 4/18, 5/9)

Time: 5:30 pm - 6:15 pm Fee: \$65 Resident/\$75 Non-Resident

Bedford Senior Club Members are free and must register in advance

Chair Yoga Flow

Embark on a journey of gentle movement and relaxation. Seated comfortably in a chair or using it as a prop, participants will experience the rejuvenating effects of yoga postures, stretches, and breathwork in a supportive and inclusive environment. The nature of this class ensures that individuals with varying physical abilities can comfortably participate. Bring a yoga mat. Yoga blocks and bands can be borrowed from the instructor.

Instructor: Yvonne Williams, certified Yoga instructor

Location: Ellenwood Center Room 4

Dates: Wednesdays, March 5 - May 28 (No class 4/2)

Time: 5:30 pm - 6:30 pm

Fee per class: \$9 Resident/\$10 Non-Resident

Free to Senior Club Members, must register in advance Register for the entire Spring session and save!

Upcycle & Sew: Drop-In Sewing Workshops

NEW! Join us for a fun and creative drop-in sewing class where you can mend and repair clothes, transform ordinary t-shirts into unique items like tote bags and pillows, or work on a sewing project of your choice! Whether you're upcycling old clothes or learning to measure and cut a simple pattern, this class is perfect for all skill levels. Lisa Barham from SAFY of Cleveland will guide you through basic machine sewing, mending, and repairs. Bring your own fabric, or pattern, or choose from our limited selection. Sewing machines are available to share, or feel free to bring your

own. Ages: 12+ & Adults

Instructor: Lisa Barham, SAFY of Cleveland Location: Ellenwood Center Room 1/3

Dates: Mondays, February 24, March 3, 10, 17, 24, 31

Time: 6:00 pm - 8:00 pm

Fee: Free, pre-registration preferred

Painting w/ So-So Artsy

Join Melinda with So-So Artsy for canvas painting. Participants follow stepby-step instructions to recreate a painting. No experience required. All supplies included. This program is for adults & older teens unless indicated otherwise.

Instructor: Melinda, So-So Artsy Location: Ellenwood Center Room 3

Time: 6:00 pm - 8:00 pm

Fee: \$25 per painting; \$45 per porch leaner



Cherry Blossom Lane Tuesday, March 4







Lucky Fish Tuesday, May 13

Better Days Tuesday, May 27

SENIOR PROGRAMS

Bedford Senior Club

The City of Bedford Parks & Recreation Department offers a wide variety of recreation and education programs and activities for those 60 years of age and older. Our goal is to positively impact our community by creating opportunities for healthy aging through social engagement, physical wellbeing, and life-long learning. Activities include congregate meals, exercise and fitness, crafts, movies, trips, and more.

Must be a Bedford resident to join. There is no membership fee.

Senior Newsletter: Newsletters are published the second Wednesday of each month and distributed at the first congregate lunch of the month. The newsletter provides information on programs and activities, City wide information, senior interest stories, recipes, puzzles, games, and more. The Newsletter is also available at Ellenwood Center. Pick up your copy today!

Programs: Check our monthly newsletter for a listing of programs that are **FREE** to Bedford Senior Club members. Some of our popular activities are:

Senior Line Dancing (weekly class) Get Crafty (monthly craft class)

Shelf Indulgence Book Club (monthly book club)
Reach With Rhythm Workout (weekly chair aerobics)
Sparkling Portraits (monthly non-alcoholic Sip and Paint class)
Strength & Balance (weekly sitting and standing workout)
Lunch & Learn (monthly lunch with a presentation)

Silver Screen Seniors (weekly movies)

Games & Leagues: Skeeball, Table Shuffleboard, Billiards, Wii Bowling
Senior Day Trips

Special Guests and more!

Congregate Meals: Lunches are scheduled for the second and fourth Wednesday of the month in January through October and only the second Wednesday of the month in November and December. Reserve your meal online or call 440-735-6570 during the advertised registration dates in the Senior Newsletter. Meals are free and available for Bedford Senior Club Members only. Must register by deadline. Menu subject to change. Please indicate during registration if you prefer a vegetarian option. Keep an eye on the calendar for special Entertainment or Stay & Play activities that will be held after our bi-monthly lunches.

Human Services: A licensed social worker is available to residents who need services and/or information.

Senior Transportation Connection

The City offers door-to-door transportation service for Bedford residents 60 years of age and older and can be used for medical appointments and errands such as banking, grocery shopping, etc. Wheelchair accessible vans are available. Service is not available to residents in nursing homes, assisted living or retirement facilities. Boundary lines for all trips are: north - UH Ahuja Medical Center; south - Northfield Plaza; east - City of Solon; west - Cleveland Clinic Independence.

Transportation service is provided by Senior Transportation Connection which operates: Monday through Friday 8:00 am to 4:30 pm. A fee of \$2 per round trip is required. For more information call 440-735-6570. An application must be on file with the Parks & Recreation Department prior to service.

Senior Volunteer Crew

Join our Volunteer Crew! Use the skills and talents you've learned over the years, or develop new ones while serving in a variety of volunteer capacities! We are looking for Senior Volunteers to help us with our existing community programming and possibly even develop new and exciting offerings! Add another healthy habit to your routine; volunteer! Contact our office at 440-735-6570 to learn more! Volunteers must fill out a volunteer application and may be subject to a background check when working with youth participants.

Strength & Core

Strength and core is an intermediate class programmed to develop overall body strength. Participants will use various equipment for resistance training for the first half of class and then do mat Pilates for core conditioning. Participants must be able to get themselves down to the floor and back up, with assistance if needed.

Instructor: Tony Binkowski, Functional Aging Specialist

Location: Ellenwood Center Gymnasium **Dates:** Fridays, March 7 - May 30 (No class 4/18)

Time: 10:45 am - 11:30 am

Fee per class: \$6 Resident/\$7 Non-Resident

Bedford Senior Club Members are free and must register in advance

Healthy Living for the Brain and Body

NEW! This program offers science-based recommendations about taking care of our brains and bodies. While there are currently no proven methods to prevent cognitive decline or dementia, research has shown that we can take action to reduce our risk of developing it and help maintain or potentially improve overall health. Lunch will be provided, please indicate if you need a vegetarian option.

Presented by the Alzheimer's Association

Menu: Rascal House wraps (chicken, Italian, veggie) and salad

Location: Ellenwood Center Room 4

Date: Wednesday, April 16 Time: 12:00 pm - 2:00 pm

Fee: Free, pre-registration required for lunch





Mind Challenge for The New Majority® is a regional trivia competition for the active 50 years and over community to compete for prizes, money for our senior program and bragging rights.

Bedford Parks & Recreation will sponsor one or more teams to represent our senior program. Teams consist of 4 - 6 players. Our team(s) will be in the "Central" division, competing against other communities such as Bedford Heights, Maple Heights, and Warrensville Heights.

Team Formation and Practice Round:

Monday, April 28, 9:30am at Bedford Heights Community Center

Mind Challenge Competition Dates, Times & Locations:

Central Region Play - Monday, May 5, 1:00pm at Bedford Heights Community Center. Additional dates if our team(s) advances

Program Fee: Free, pre-registration required

LUNCH & LEARN SERIES

Join us for lunch and a great historic presentation. Lunch will be served promptly at noon and the presentation will start at 12:30 pm. Doors open at 11:30 am. Deadline for



these programs will be the Friday before the program or until all seats are sold. There will be limited seating and registration is required for these presentations. Walk-ins will not be accepted. More information and lunch menus are available online or inquire with Recreation office.

Time: 12:00 pm - 1:30 pm Location: Ellenwood Center Gym

Fee per Program: Free to Bedford Senior Club members

\$15 for non-members

The Incredible Life of Dorothy Fuldheim Wednesday, March 5

Ghoulardi: Cleveland's King of Cool Wednesday, April 2

C'mon CAVS 50+ Years or Memories Wednesday, May 7

Sound & Soul: Celebrating Black Music Month

Wednesday, June 4

The Case of Sam Sheppard Wednesday, July 16

> **50 Years of JAWS** Wednesday, August 6

Video Gaming (Adaptive)

NEW! Hang out and enjoy non-competitive weekly video game play on Nintendo Switch game systems and Roblox with rotating game offerings geared for an adaptive audience. **Ages 15+**

Instructor: Matt Skvasik, STEAM and technology instructor

Location: Ellenwood Center Room 1

Spring Session 1 Dates: Thursdays, March 6, 13, 20, 27, April 3, 10 Spring Session 2 Dates: Thursdays, April 24, May 1, 8, 15, 22, 29

Time: 7:00 pm - 8:00 pm

Fee per Session: \$15 Resident/\$30 Non-Resident

Jacobs Ladder Boxing Basics (Adaptive)

A 60-minute program that teaches the basics of boxing: stance, punches, conditioning, footwork, combinations. It is about individual development; not sparring. This program is for youth ages 15+ and adults with special needs

Instructors: Boxing & fitness instructors from Jacob's Ladder Fitness

Location: Ellenwood Center Gym

Dates: Mondays, March 3, 10, 17, 24, 31, April 7

Time: 7:00 pm - 8:00 pm

Fee: \$15 Resident/\$30 Non-Resident



ADAPTIVE RECREATION

Programs listed in this section are activities designed for individuals with physical, sensory or developmental disabilities. People of all abilities are welcome to register.

Bedford Parks & Recreation is excited to announce special needs programming and inclusion support to our community. With grant funding from Cuyahoga County Board of Developmental Disabilities, we are able to offer free and affordable opportunities at Ellenwood Center and reduce the registration fees for adult Bedford residents who register for our hosted programs and with our cooperative partners. Everyone - regardless of ability - should have access to and be equal participants in all aspects of community life. Bedford Parks & Recreation is a proud participant of Cuyahoga County Board of DD's ALL means ALL community initiative.

Canvas Painting (Adaptive)

Melinda from So-So Artsy will give step-by-step instructions to create a beautiful painting. All supplies included. No experience required. This will be creative and fun! **Ages 14+**

Location: Ellenwood Center Room 3

Time: 6:00 pm - 8:00 pm

Fee: \$5 Resident/\$10 Non-Resident







Jacobs Ladder Special Needs Fitness (Adaptive)

Experience a 60-minute exercise class packed with stretching, planking, and callisthenics like jumping jacks, squats, lunges, and push-ups. Engage in fun and effective drills using weighted balls, resistance bands, agility tools, and fitness ropes. Don't forget to bring a water bottle and a yoga mat or towel.

Ages 15+

Instructors: Boxing & fitness instructors from Jacob's Ladder Fitness

Location: Ellenwood Center Gym

Dates: Mondays, April 21, 28, May 5, 12, 19

Time: 7:00 pm - 8:00 pm

Fee: \$10 Resident/\$25 Non-Resident

UH Walking Club

Join neighbors for a morning of walking and talking to decrease stress, increase endurance, strengthen bones, manage your weight, and improve overall health. A workout for the mind, body and soul. Call UH Age Well Be Well at 440-735-2559 to register.

Location: Ellenwood Center Archibald Willard Pavilion (walking inside in inclement weather)

Dates: Thursdays

Time: 9:30 am - 10:30 am

Fee: Free

Please check our website for additional program opportunities and reduced pricing with our partners at LEAP, Solon Blue Ribbon, Mayfield Village and Orange Community Education & Recreation.

AQUATICS

Bedford Municipal Pool

The outdoor pool offers Bedford residents the opportunity to cool off during the summer months. The pool features zero depth entry, lap lanes, large slide, and splash park.

Programs include open and adult swim, American Red Cross Learn-To-Swim classes, youth swim team, and more. Bedford residents can enjoy open and adult swim with the purchase of a family or individual season pass or pay a daily drop-in fee. Non-Bedford residents are able to register and participate in Learn-To-Swim classes and can attend open swim as a guest of a Bedford resident passholder.

Season Pool Passes - Season passes are available for Bedford residents who show proof of residency (see Residency Membership on page 5 for more details.) Season pass holders enjoy the benefit of expedited entry and the ability to bring guests with applicable fees. Season pass fees:

- \$40 per person age 3-59
- \$20 per resident senior age 60 and up
- Family of four \$100
- Each additional family member \$15

Resident Day Passes - Residents may purchase a day pass for \$5.00. Residents who purchase a day pass must show proof of residency (i.e. valid ID, utility bill, lease). Children under the age of 14 must be present with a responsible adult in the facility at all times. Resident day pass purchasers must also provide name, date of birth and emergency contact information. Resident children age 2 and under are admitted free of charge. Children who are unable to provide proof of residency should come with an adult who can present proof on their behalf.

Non-Resident Guests - Non-resident guests are welcome; provided they meet the following requirements: Non-resident guests must be present with a current adult season passholder. Non-resident guests must provide name, date of birth and emergency contact information. A limit of one non-resident guest per passholder per day. Non-resident guests are required to wear a guest wristband. Non-resident daily guest fee is \$10.

Pool information updates including swim schedule, learn-to-swim dates, swim team information and more will be available this spring. Please visit www.bedfordoh.gov for updates. Summer Learn-to-Swim registration for Bedford residents will begin on May 1.

Lifeguards Wanted:

Bedford Parks & Recreation is looking to hire lifeguards for the summer season. Lifeguards must be American Red Cross Certified. Interested candidates must be at least 15 years of age and complete a Seasonal Employment Application which is available on-line at www.bedfordoh.gov or at Ellenwood Center.

If you are interested in becoming a certified lifeguard, please contact the Recreation Department at 440-735-6570 for more information. Lifeguard certification may be available at a free or reduced cost for new and returning employees.

RENTAL INFORMATION

Ellenwood Center

Ellenwood Center has a gymnasium with a warming kitchen, a multipurpose room, and several classrooms. Residents 25 years and older may apply to rent the Center. The resident permit holder must be present the duration of the event. To request use of the Center the resident must complete an application. Applications are accepted no more than 6 months in advance of the event date. Applications and Rental Rules and Regulations for use of Ellenwood Center are available at the Parks & Recreation Department and online at www.bedfordoh.gov

The City reserves the right to require police security for any event at the applicant's expense. All events offering alcohol and/or expect 75 people or more require police security. Police security must remain on duty throughout the scheduled event.

Rental and Deposit – Ellenwood Center is available for rent Saturdays 11:00 am - 11:00 pm and Sundays 11:00 am - 10:00 pm with a minimum rental of 3 hours. A deposit to hold the date is due within 5 business days of application approval. The required deposit is equivalent to one hour of rental time plus a maintenance fee. The deposit goes toward the total cost to rent the Center. The balance of the rental fee is due no later than one month prior to the event.

Gymnasium

Maximum seating capacity - 150

Deposit - \$200

Rental Fee - \$100 per hour (includes use of the warming kitchen)

Maintenance Fee - \$100 per event

Multi-purpose Room (Room 4)

Maximum seating capacity - 50

Deposit - \$150

Rental Fee - \$75 per hour

Maintenance Fee - \$75 per event

Archibald Willard Park Pavilion

Archibald Willard Park Pavilion at Ellenwood Center has one open air pavilion with two sections available for rent from May 1 - September 30. When not rented, the pavilion can be used on a first come, first served basis. Pavilion rental hours are 9:00 am - dusk. The pavilion must be vacated at dusk. Each side has enough seating for approximately 70 people.

Residents 25 years and older may apply to rent the pavilion. The resident permit holder must be present the duration of the event. To request use of the pavilion the resident must submit a completed application to the Parks & Recreation Department. Proof of residency required.

PAVILION APPLICATIONS ACCEPTED MARCH 1

Fee: \$25 for 4-hours or \$50 for the day per section. All fees are due at the time the application is approved. The date will not be secured until fees are paid in full. Rentals are subject to availability. Grilling is permitted only on the grills provided. Renter must provide their own grilling supplies; i.e. charcoal, lighter fluid, etc. Grills are for use by pavilion users only during the period of rental. No personal grills permitted.

The following is prohibited:

- · Inflatable structures/games
- · Rock walls and/or other portable climbing structures
- · Pets
- · Fireworks
- · Drugs and alcohol
- · Use of profane or abusive language
- · Gambling, raffles and other games of chance
- · Selling, soliciting or peddling any item/article regardless of value

Concurrent Use – The City of Bedford reserves the right to allow the concurrent use of other areas of Archibald Willard Park and/or Ellenwood Center not being used by applicant.

There are other pavilions located throughout Bedford Parks; however, these pavilions cannot be reserved. These pavilions are occupied on a first come, first served basis.

Rental Applications & Rental Rules & Regulations available at Ellenwood

Center or on-line at <u>www.bedfordoh.gov</u>

GENERAL INFORMATION

<u>Bedford Resident:</u> A resident must live in the City of Bedford.

Proof of residency may be required at the time of registration.

Other General Information including Policy and Procedures of the Parks & Recreation Department are available online at www.bedfordoh.gov

Dates, times, fees, and locations are subject to change without notice. Programs may have a minimum or maximum and may be cancelled or postponed based on enrollment.

BEDFORD PARKS & RECREATION

124 Ellenwood Avenue Bedford, Ohio 44146



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LOOK INSIDE FOR INFO ON OUR SUMMER CAMP!



To register and view our full listing of programs

◆ Independent Contractors - Instructors with program ideas

Apply online at https://bedfordoh.gov/employment-opportunities

bedfordoh.myrec.com

or contact 440-735-6570

Registration can also be completed by phone at 440-735-6570 or in-person at Ellenwood Center (M-F 8:00 am - 4:30 pm).

Questions? Contact the Bedford Parks & Recreation Department

Dates, times, and fees are subject to change without notice.



REGISTER HERE