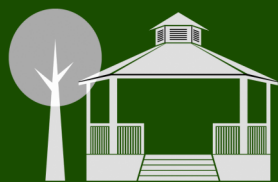


# BEDFORD PARKS & RECREATION



*Serving*  
Youth  
Adult  
Seniors



**BEDFORD**  
PARKS & RECREATION

PROGRAM GUIDE



## Parks & Recreation Department

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

Monday through Friday  
8:00 am to 5:00 pm

### 3 Easy Ways to Register

#### On-line at [www.bedfordoh.gov](http://www.bedfordoh.gov)

Click on the Recreation Department in the upper right hand corner. Pay using Discover, MasterCard, Visa, or American Express.

#### In Person

Stop in Ellenwood Center Monday through Friday from 8:00 am to 5:00 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](http://www.bedfordoh.gov) for the latest information and newsletters.



Like us on Facebook@BedfordRecreation to get notifications on upcoming programs and events.



Follow us on Twitter@BedfordRec to stay up on what's happening now.

## Recreation opportunities for the whole family

Our staff is excited to bring you recreational and educational opportunities the whole family can enjoy. Please take a look through this brochure and see all of the new wonderful programs and activities for children and adults of all ages. Also, please make sure to check out our website at [www.bedfordoh.gov/departments/parks-recreation](http://www.bedfordoh.gov/departments/parks-recreation) for any updates and additional programs.

Don't miss out. Sign up today!

## FAMILY PROGRAMS

### Parent & Child Toddler Play

This program builds gross motor, creativity and problem-solving skills through interactive games, play and music. Meet other local parents and share ideas and support.

Ages: 18 months - 3 years old and caregiver

Instructor: Recreation Staff

Location: Ellenwood Center Gym or Room 4

Dates: Tuesdays - February 18, 25, March 3, 10, 24, 31 (No class 3/17)

Time: 10:00 - 10:45 am

Fee: Free (Pre-registration required)

### Preschool Gym

Get your body moving through movement, fitness, games and music. Our weekly creative play date will promote balance, coordination, spatial awareness and gross motor skills. Parents are encouraged to stay and play.

Instructor: Recreation Staff

Location: Ellenwood Center Gym or Room 4

Ages: 4-5

Dates: Tuesdays - February 18, 25, March 3, 10, 24, 31 (No class 3/17)

Time: 2:00 - 2:45 pm

Fee: Free (Pre-registration required)



## PARENT/CHILD DANCES

Join us for an unforgettable evening that provides special time for fathers and daughters and mothers and sons. Each special dance event includes music from Terry Macklin Entertainment, refreshments and a complimentary keepsake photo from Venditti Studio. Space is limited, register early!

### Daddy/Daughter Dance

Girls in Grades K-5 and their father, grandfather, uncle or special adult friend.

Location: Ellenwood Center Gym

Date: Friday, February 21, 2020

Time: 6:30 - 8:30 pm

Fee: \$15 per couple, \$5 per sibling

### Mother/Son Dance

Boys in Grades K-5 and their mother, grandmother, aunt, or special adult friend.

Location: Ellenwood Center Gym

Date: Friday, March 13, 2020

Time: 6:30 - 8:30 pm

Fee: \$15 per couple, \$5 per sibling

# YOUTH & TEEN PROGRAMS

## 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. Dress to get messy! All supplies included.

Ages: 4-5

Instructor: Recreation Staff

Location: Ellenwood Center Room 1

Dates: Thursdays - March 5, 12, 19, 26

Time: 2:00 - 2:45 pm

Fee: \$20 resident / \$25 non-resident

## Foil Fencing

Learn the fundamentals of foil fencing. Swordsmanship has been practiced for centuries. First, it was to train for combat - the duel. Now, it is FUN and SAFE! Fencing improves hand-eye coordination, agility, dexterity, and stamina, as well as develops social skills and manners. Class includes stretching, footwork, lunges, attack, parry-riposte, strategy, tactics, techniques and bouts. All equipment is provided.

Grades: 2-6

Instructor: Tom Nagy, Head Coach ON TARGET Fencing Team, Member of USFA

Location: Ellenwood Center Room 1

### Session I

Dates: Tuesdays - February 4, 11, 18, 25

Time: 6:00 - 7:30 pm

Fee: \$45 resident/\$55 non-resident

### Session II

Dates: Tuesdays - March 10, 24, 31, April 7 (No class 3/17)

Time: 6:00 - 7:30 pm

Fee: \$45 resident/\$55 non-resident

## Youth Karate

*Presented by Two Tigers Kung Fu Academy*

Our goal is to increase focus, self-control, confidence and health in our children while having FUN! Your child will learn basic self-defense, when and where to use martial arts, blocking techniques create awareness punching techniques create focus kicking skills create flexibility, rolling and break falls create safety martial arts routines create coordination, and breathing techniques create self control. Kids receive a free uniform.

Ages: Ages 9-13

Instructor: Robert Fleming

Location: Ellenwood Center Room 4

Dates: Mondays - March 30, April 6, 13, 20, 27, May 4

Time: 5:10 - 5:50 pm

Fee: \$99 resident/\$109 non-resident

## Kickboxing (Ages 13 & Up)

*Presented by Two Tigers Kung Fu Academy*

**See page 6**

## Hip Hop Dance for Kids

This program is a fusion of hip hop dance moves to different genres of music. We will learn choreography, adaptability, and add our own personality to movements as well. There will be a performance for parents at the last class.

Instructor: Simeon Fuller

Location: Ellenwood Center Room 3

Grades K-3 6:00 - 6:45 pm

Grades 4-8 7:00 - 8:00 pm

### Session I

Dates: Wednesdays - February 5, 12, 19, 26

Fee: \$55 resident/\$65 non-resident

### Session II

Dates: Wednesdays - March 11, 18, 25, April 1

Fee: \$55 resident/\$65 non-resident



## Art With Purpose

Offers purposeful guidance, direction and encouragement. Students will be instructed to:

- heighten their sensitivity
- creatively respond to challenges
- strengthen problem solving skills
- practice decision making
- explore new medias & methods
- develop artistic skills
- follow projects through to their rewarding culmination



Classes are designed to help the student; see like an artist, do art, appreciate art, and develop a highly active brain. "I am dedicated to my students and have planned an exciting purposeful program. I believe those who participate will benefit from this program. It is my privilege to once again team up with the Bedford Parks & Recreation Department as they offer exciting opportunities for our residents to build relationships, and skills." Tina Stradiot, instructor and long-time resident of Bedford. Our program requires in-depth involvement and sequential growth.

Grades: K-10

Instructor: Tina Stradiot

Location: Ellenwood Center Room 10

Dates: Thursdays - February 6, 13, 20, 27, March 5, 12, 19, 26.

Time: Grades K-5 5:45 - 6:45 pm

Grades 6-10 7:00 - 8:00 pm

Fee: \$25 resident/\$35 non-resident

## Easter Egg Hunt

Saturday, April 4

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 Egg Hunt starts at 10:00 am sharp at Bedford Stadium. Registration begins February 1.

Pre-registration strongly encouraged. **Bedford Residents Only.**

# YOUTH & TEEN PROGRAMS

## Mix It Up Cooking

MIX IT UP is a FUN and HEALTHY hands on cooking program for kids! We will work individually and in groups to cook creative meals, snacks, and desserts! Students will gain cooking skills and vocabulary, such as how to measure, whisk, and knead. Learn the importance of washing hands before cooking and to safely work with foods and kitchen utensils. Please Note: In class we do use milk products, eggs, and some ingredients that may have been in contact with nut products. Try new foods and make new friends while having a blast!

Grades: K-5

Instructor: Stefani Apple, Mix It Up

Location: Ellenwood Center Room 3

### Session I

Dates: Thursdays - February 6, 13, 20, 27

Time: 6:30 - 7:15 pm

Fee: \$55 resident/\$65 non-resident

### Session II

Dates: Thursdays - March 12, 19, 26, April 2

Time: 6:30 - 7:15 pm

Fee: \$55 resident/\$65 non-resident



## American Red Cross Babysitting Certification

The American Red Cross Babysitting course provides universal skills and techniques that every babysitter should have. Topics include: Basic Care for Infants and Children, Basic First Aid, Child Behavior, Age-Appropriate Activities, Emergency Protocols, Professionalism, Leadership, and Growing Your Business. Bring a packed lunch and water bottle.

Grades: 6-12

Instructor: Sarah Gnoddie, Recreation Coordinator & ARC Instructor

Location: Ellenwood Center Room 1

Date: Saturday, March 7

Time: 10:00 am - 3:00 pm

Fee: \$35 resident/\$45 non-resident



**American Red Cross**  
Training Services

## American Red Cross Adult and Pediatric First Aid/CPR/AED

*See page 6*

## Transitioning Out of High School for Graduating Seniors & Parents

Students and parents will learn about college and career success. Students who aren't heading to college can also learn about other options.

Instructor: Jimmy Malone; founder of The Malone Scholarship At College Now and co-host of the WMJI morning radio show.

Location: Ellenwood Center Room 4

Date: Tuesday, April 21

Time: 7:00 - 8:00 pm

Fee: Free (Pre-registration preferred; drop-ins welcomed)

## GiGalearn - Jr. GameBOT Club (Grades 1-3)

Want to make video games? Love building with LEGO® bricks? This club is for you! Learn how to create video games using Scratch, free software from MIT you can use at home after the class. Bring a flash drive to save your project. Then, we'll bring the action to life as we build and program LEGO® WeDo® robots to go with our game. We'll have a different theme with new games, robots and adventures for each session.

Instructor: Sarah Kepple

Location: Ellenwood Center Room 1

### Session I

Dates: Thursdays - February 6, 13, 20, 27

Time: 6:00 - 7:00 pm

Fee: \$99 resident/\$109 non-resident

### Session II

Dates: Thursdays - March 12, 19, 26 April 2

Time: 6:00 - 7:00 pm

Fee: \$99 resident/\$109 non-resident



*Session I Theme  
Superheroes*

## GiGalearn - GameBOT Club (Grades 4-8)

Learn to code as you create video games and program LEGO® MINDSTORMS® Robots. Over multiple sessions we'll follow student interests to explore options such as Alice 3D animation, Python, JavaScript and Robot C. No prior programming experience necessary.

Instructor: Sarah Kepple

Location: Ellenwood Center Room 1

### Session I

Dates: Thursdays - February 6, 13, 20, 27

Time: 7:15 - 8:30 pm

Fee: \$99 resident/\$109 non-resident

### Session II

Dates: Thursdays, March 12, 19, 26 April 2

Time: 7:15 - 8:30 pm

Fee: \$99/resident \$109 non-resident



*Session I Theme  
Star Wars*

## Resume Writing and Interview Techniques Workshop

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 2

Date: Tuesday, March 10

Time: 7:00 - 8:30 pm

Fee: Free (Pre-registration required)

# YOUTH & TEEN PROGRAMS

## Instrumental Music Lessons

Instrumental music lessons are available for students Grades K-12 with certified Ohio music educator Raelene Jones. During each 30-minute lesson students will enhance their skills in technique, sight-reading, and individual solo performance. Students of all ability levels are welcome. Weekly lessons are offered on the following instruments: flute, clarinet, saxophone, trumpet, trombone, baritone/tuba, and snare drum/bells. Students are required to provide their own instrument for all sessions. Lessons are by appointment only. Please call (440) 735-6570 for more information.

Grades: K-12

Location: Ellenwood Center

Dates & Times: By Appointment Only

Fee: \$15 per 30 minute session  
\$25 per 60 minute session



## Parents Night Out

Parents, enjoy a night out while your kids have a great time at Ellenwood Center. Children will enjoy playing in the gym, games, arts and crafts, and more. Pizza and snacks provided.

Ages: 5-12

Instructors: Day Camp Staff

Location: Ellenwood Center

Date: Friday, February 28

Time: 6:00-9:00 pm

Fee: \$15 per resident, \$10 for each additional sibling  
\$20 per non-resident, \$12 for each additional sibling

*Minimum 10 participants/Maximum 30 participants*

# YOUTH SPORTS

## Open Gym Basketball

You got game? Bring it to Open Gym basketball! Try a full court game with your peers or just shoot around. Space limited. Please change into your basketball shoes to avoid tracking water and salt onto the court.

Winter Session: January 13, 2020 – March 26, 2020

Location: Ellenwood Center Gym

Fee: \$25 per person

Grades 4-6: Mondays and Wednesdays, 3:30 - 5:00 pm

*(No open gym on 1/20 & 2/17)*

Grades 7-9: Tuesdays and Thursdays, 3:30 - 5:00 pm

*(No open gym on 3/17)*

Grades 10-12: Mondays & Wednesdays, 5:30 - 7:00 pm

*(No open gym on 1/20 & 2/17)*

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

## Spring Soccer

Boys and girls ages 5 to 12. 8-weeks on Saturdays beginning in April. Participants receive a game shirt. Players must provide and wear their own shin guards. Soccer cleats are recommended. In-person registration being offered Saturday, March 7 from 10:00 am - 12:00 pm.

Fee: \$55 resident/\$65 non-resident

**Register for Spring  
Soccer  
by March 7**



## Challenger International Soccer Camp

The Challenger International Soccer Camp provides young players with a wide variety of coaching styles, practices, and influences that will help them develop a well-rounded skill set. We have taken the best coaching methodologies and practices from England, Brazil, Spain, USA and France and have woven them together in a multi-faceted on and off-field coaching experience.

Camp registration includes a free soccer ball, T-shirt, and end of program evaluation/certificate. Early registrants receive a free replica jersey. Participants will also receive access to the TopYa! app with free skill-building videos, providing access to a virtual coaching world that will motivate players to practice more at home!

Ages: 6-9 & 10-14

Location: Hutchinson Field

Dates: Monday, August 3 - Friday, August 7

Time: 6:00 - 8:00 pm

Fee: \$99 per participant

Register directly with Challenger Sports online at  
[www.challengersports.com](http://www.challengersports.com)



## Youth Baseball

Boys and girls ages 5-12. Practice may begin May 1 and will be scheduled based on coaches availability. Games to begin the first week of June and end the third week of July; weather permitting. Participants receive a game shirt and hat. Every player should have a pair of white baseball pants and a mitt. **Volunteers Needed!** The Recreation Department relies on volunteer coaches at all levels to coordinate each team. In-person registration being offered Saturday, April 4 from 11:00 am - 1:00 pm.

Fee: \$55 resident/\$65 non-resident

**Register for Youth Baseball by April 4**

# YOUTH CAMPS

## Summer Day Camp

Summer Day Camp is a fun-filled, action packed summer of adventure and new experiences for children ages 5 to 12 (must be minimum 5 years old and maximum 12 years old on first day of camp). Camp consists of age appropriate activities, games, swimming, field trips and much more. Camp is limited to the first 100 participants per session. Don't delay - camp will fill!

CAMP HOURS: 9:00 am - 4:00 pm

DATES: Two sessions to choose from or sign up for both and save!

Session 1: June 8 - July 2 (No camp 7/3)

Session 2: July 6 - July 31

FEE:

8 weeks/Bedford Resident - \$500

8 weeks/Non-Bedford Resident - \$550

4 weeks/Bedford Res - \$275 per session

4 weeks/Non-Bed Res - \$300 per session

REGISTRATION:

Bedford Resident Registration Begins February 1

Non-Resident Registration Begins March 1

*Camp is limited to the first 100 participants per session*

PARTIAL PAYMENT OPTION

Register prior to April 30 and use our partial payment option. This allows you to pay 50% at the time of registration with the remaining balance due by May 30.

EXTENDED CARE:

Must register and pay in full at least one week prior to service. 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.



## Spring Break Camp

Spring Break Camp is 5 days of fun for children in grades Kindergarten through 5th. Kids will enjoy activities such as sports, games, arts & crafts, special guests and local field trips. Campers must bring a lunch each day, dress for scheduled activities, and bring extra clothes for outdoors. Minimum 12 - Maximum 24

Grades: K-5

Location: Ellenwood Center

Dates: Monday, April 13 through Friday, April 17

Time: 9:00 am - 4:00 pm

Fee: \$100 resident/\$125 non-resident



Extended Care: must register and pay in full prior to service

Before Camp Care 7:00 – 9:00 am \$5 per day

After Camp Care 4:00 – 6:00 pm \$5 per day

## August Adventure Camp

NEW! We are now offering an extension from our traditional summer day camp for campers who love it and parents who need it! Register for 1 or 2 weeks of additional camp fun! August camp will consist of daily swimming, hiking in parks, games, camp visitors, and other age appropriate activities. Space is limited.

Grades: K-5

Location: Ellenwood Center

Dates: Week 1 - Monday, August 3 through Friday, August 7

Week 2 - Monday, August 10 through Friday, August 14

Time: 9:00 am - 4:00 pm

Fee: \$100 resident per week/\$125 non-resident per week

Extended Care: must register and pay in full prior to service

Before Camp Care 7:00 – 9:00 am \$5 per day

After Camp Care 4:00 – 6:00 pm \$5 per day

## Summer Day Camp Counselor-In-Training Program

Our Counselor-in-Training (CIT) 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 in-service training typically held the week before camp starts. Must be available for an entire 4-week session or all 8-weeks. 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.



# ADULT PROGRAMS

## Lunch Time Yoga

The Dawn Experience - Movement, mudras, mantras, meditation and more are part of this all-levels yoga experience that will inspire, engage, and enliven your practice. Beginners are welcomed and encouraged to attend. Please bring your yoga mat.

Instructor: Dawn Rivers

Location: Ellenwood Center Room 3

### Session I

Dates: Tuesdays - February 4, 11, 18, 25

Time: 12:30 - 1:30 pm

Fee: \$55 resident/\$65 non-resident

### Session II

Dates: Tuesdays - March 3, 10, 24, 31 (No class 3/17)

Time: 12:30 - 1:30 pm

Fee: \$55 resident/\$65 non-resident



## Evening Yoga

The Dawn Experience - Movement, mudras, mantras, meditation and more are part of this all-levels yoga experience that will inspire, engage, and enliven your practice. Beginners are welcomed and encouraged to attend. Please bring your yoga mat.

Instructor: Dawn Rivers

Location: Ellenwood Center Room 3

### Session I

Dates: Tuesdays - February 4, 11, 18, 25

Time: 6:00 - 7:00 pm

Fee: \$55 resident/\$65 non-resident

### Session II

Dates: Tuesdays - March 3, 10, 24, 31 (No class 3/17)

Time: 6:00 - 7:00 pm

Fee: \$55 resident/\$65 non-resident

## Kickboxing (Ages 13 & Up)

*Presented by Two Tigers Kung Fu Academy*

Chinese kickboxing or (san shou) is a combination of grappling, and kickboxing techniques. The Health and self-defense applications are out of this world! You will gain balance, speed, strength as well as amazing coordination and stamina.

Ages: 13 & Up

Instructor: Robert Fleming

Location: Ellenwood Center Room 4

Dates: Mondays - May 11, 18, June 1, 8, 15, 22 (No class 5/25)

Time: 5:10 - 5:50 pm

Fee: \$99 resident/\$109 non-resident

## Local Motion with Jaki: Aerobic Line Dancing

This program will make you sweat while having a fun cardio experience to a musical fusion of club and urban dance styles. This program is for beginners and experienced dancers.

Instructor: Jaki Ward

Location: Ellenwood Center Room 4

### Session I

Dates: Mondays, February 3, 10, 24, March 2 (No class 2/17)

Time: 6:30 - 7:45 pm

Fee: \$25 per participant

### Session II

Dates: Mondays, March 9, 16, 23, 30

Time: 6:30 - 7:45 pm

Fee: \$25 per participant

## American Red Cross Adult and Pediatric

### First Aid/CPR/AED

This blended course combines engaging and interactive online simulation learning plus an in-person classroom session to learn and practice critical lifesaving skills that will prepare you to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving adults, children and infants. The online portion must be completed prior to attending the in-class portion and must be taken on a PC or tablet with a high speed Internet connection. Online course information will be emailed to participants, please allow approximately 2 hours 30 minutes to complete the online portion. Upon successful completion of this course you will receive a digital certificate for Adult and Pediatric First Aid/CPR/AED valid for two years. Fee includes online content, skills session, certification and digital materials.

For Teens & Adults

Instructor: Sarah Gnoddie, Recreation Coordinator, ARC Instructor

Location: Ellenwood Center Room 2

### Choose ONE In-Person Skills Session:

Thursday, February 27      6:30 - 8:15 pm

Saturday, March 7      3:30 - 5:15 pm

Fee: \$80 resident/\$90 non-resident

## Tai Chi

*Presented by Two Tigers Kung Fu Academy*

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

Instructor: Robert Fleming

Location: Ellenwood Center Room 4

Dates: Mondays - February 3, 10, 24, March 2, 9, 16 (No class 2/17)

Time: 5:10 - 5:50 pm

Fee: \$99 resident/\$109 non-resident

# ADULT PROGRAMS

## Fun with Music & Creativity With Kristen Boyesen



Bedford resident Kristen Boyesen is originally from Northern New York. She was a working artist for over 30 years, exhibiting in shows and galleries in New York State and Ohio, before deciding that bringing the joy of creative expression to others was her calling.

She presented talks, slideshows and workshops on art for several years, offering creative experiences for various art groups, retreats, festivals, and for the Veteran's Administration. She has 54 credits towards a Masters in Art Therapy and Counseling from Ursuline College and is a Certified Validation Worker.

As an Activities Assistant at a local nursing home, she planned and directed several "Family Creativity Days" for residents and their families. Kristen currently works at an area psychiatric hospital for older adults, providing meaningful life experiences through art, music, and patient-generated imagery writing of stories and poetry. She plays baritone ukulele to accompany singalongs of Grandma's favorites in several genres, from 1920 to the 1960's. "Fun with Music & Creativity" with Bedford Parks and Recreation will draw upon the many programs Kristen has presented for seniors, adults, and children over the years.

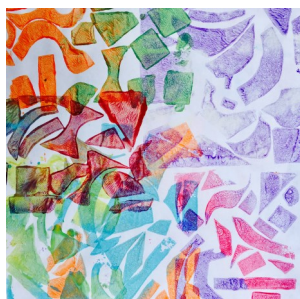
## Printmaking

Create infinite design variations using tempera paint and a wide variety of handmade printing plates, or assemble your own printing plate using the supplies provided. Activate your brain by planning complicated designs. Enjoy the surprise of printing one color over the other to see how they mix.

This project is fun for parents with their children of all ages. Frame in 8.5x11 document frame, or cut out sections to glue to cardstock for thank you notes or birthday cards.

While your projects drying, join Kristen in a short singalong of well-known favorites from "Sentimental Journey", to "Oh Suzanna", and "Blue Suede Shoes" as she accompanies us on her baritone ukulele.

Instructor: Kristen Boyesen  
Location: Ellenwood Center Room 3  
Date: Monday, February 10  
Time: 6:00 - 8:00 pm  
Fee: \$10 resident/\$15 non-resident



## African Style Fabric Printing

Symbols are communication methods used around the world in various cultures, from indigenous peoples to ancient Egypt, the Mayans, to the Nazca lines of Peru seen only from aircraft, and many others. Participants will be using hand cut Adinkra symbols from West Africa to create a one-of-a-kind cotton tote bags to use for shopping or to give as a gift. Handouts will be provided to identify the meanings associated with the African symbols. In the tradition of Senufo mud cloth, the printing colors are black and shades of brown. Acrylic paint does not wash out. Please wear old clothes and/or an apron.

Instructor: Kristen Boyesen  
Location - Ellenwood Center Room 3  
Date: Monday, February 24  
Time: 6:00 - 8:00 pm  
Fee: \$10 resident/\$15 non-resident



## Kirigami Flowers

Think Spring! Enliven your favorite space with these brightly colored paper flowers. Hang two-sided mobile versions from an indoor plant or tree, from an overhead light, or in front of a window. One sided creations hang from a wall or display nicely as a table accent or centerpiece. Kirigami is like origami in that paper is folded to make shapes, but with kirigami, the paper is cut with scissors after folding. Forms are available for this kirigami session, to trace the cutting lines onto the folded paper. After practice with the forms, you may want to try drawing your own shapes to cut into flower petals! All materials are provided.

Instructor: Kristen Boyesen  
Location - Ellenwood Center Room 3  
Date: Monday, March 9  
Time: 6:00 - 8:00 pm  
Fee: \$10 resident/\$15 non-resident



## JOIN OUR TEAM

Do you have a program idea, hobby, or expertise  
you'd like to share?

If so please contact us to share your ideas. We'd welcome you in joining our team to help fulfill our mission of offering recreational and educational programs for youth and adults of all ages.

440-735-6570  
recreation@bedfordoh.gov

# SENIOR PROGRAMS

## Bedford Senior Club

The Bedford Senior Club meets at Ellenwood Center on the second and fourth Wednesday of each month from 11:30 am to 3:00 pm.

To join the club you must be a Bedford Resident, at least 55 years of age, and pay annual dues. At the gatherings, seniors share a brief business meeting, enjoy lunch with beverages and desserts, and take pleasure in plenty of social time with their friends.

Following a delicious lunch, folks can choose from a variety of activities including bingo, card games, or a movie. The Senior Club also plans a variety of bus trips and special outings to museums, theatres, concerts, and other great events. Food, friends, and fun!

## Community Transportation Service

The City offers door-to-door transportation service for Bedford Residents 60 years of age and older and disabled persons over the age of 18 and can be used for medical appointments and errands such as banking, grocery shopping, etc. Service is not available to residents in nursing, assisted living or retirement facilities. A wheelchair accessible van is available. Boundary lines for all trips are: north - South Pointe Hospital; south - Northfield Plaza; east - City of Solon; west - Marymount Hospital.



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

## Ten Warning Signs of Alzheimer's

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources. Minimum 15 participants.

Presenter: Alzheimer's Association Staff

Location: Ellenwood Center Room 4

Date: Thursday, February 20

Time: 2:00 - 3:00 pm

Fee: This program is free of charge; however, pre-registration is required

alzheimer's  association®

## DROP-IN PROGRAMS

### Line Dancing

Ellenwood Center - Gym

Resumes February 3

Mondays 10:30 am - 12:00 pm

Fee: Free to Bedford Resident Seniors

### Reach with Rhythm Workout

Seniors wanting to sit up, shape up, and have fun while listening to great music will enjoy this low impact chair aerobics aiming to stretch, strengthen, and tone your muscles.

Ellenwood Center - Gym

Thursdays 11:00 am - 12:00 pm

Fee: \$1.00 per person/per class

## Friday Flicks

Popcorn and snacks included

Ellenwood Center - Room 2

Third Friday of each month

Movie starts at 1:00 pm

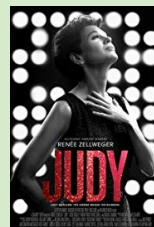
Fee: Free to Bedford Resident Seniors

January 17 - The Art of Racing in the Rain

February 21 - Judy

March 20 - Once Upon a Time in Hollywood

April 17 - Harriet



## UPCOMING SENIOR BUS TRIPS

### Presque Isle Casino

Tuesday, March 24 - Details to follow. Cost \$20

### Hanna Theater/Great Lakes Theater: Ain't Misbehavin'

Tuesday, May 12 - Tony-Award winning musical. Masterful stylings of Jazz musician Thomas "Fats" Waller. Delight in the heyday of American big band jazz. Hits include "The Joint is Jumpin," "Spreading Rhythm Around," "Honeysuckle Rose," and "Ain't Misbehavin." Cost is \$30. Bus, show, and gratuities included. Lunch on your own at Hofbrauhaus. Leave Ellenwood Center at 10:30 am returning after show approximately 5:00 pm.

### Cleveland Indians vs. Minnesota Twins

Friday, July 3 at 7:00 pm - Leave Ellenwood Center at 5:00 pm returning after the game. Details to follow. Limit 40 seats. **CLUB MEMBERS ONLY**

# SENIOR PROGRAMS

## Senior Health Fair

Wednesday, March 18

9:00 - 11:00 am

Ellenwood Center - Gym



B/P, glucose, cholesterol screenings, lung capacity, talk with the pharmacist, talk with the dietitian

## Morning Senior Yoga

Chair yoga is a gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support. It is beneficial for people with limited mobility and for those who want to practice yoga at their home or workplace. Please bring your own yoga mat.

**Pre-registration required.**

Instructor: Dawn Rivers

Location: Ellenwood Center Room 3



Session I

Dates: Tuesdays - February 4, 11, 18, 25

Time: 11:00 am - 12:00 pm

Fee: \$10 resident/\$15 non-resident

Session II

Dates: Tuesdays - March 3, 10, 24, 31 (No class 3/17)

Time: 11:00 am - 12:00 pm

Fee: \$10 resident/\$15 non-resident

# AQUATICS

## Bedford Municipal 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, Aquasize, and the Battlesharks Summer Swim Team.

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 participate in Learn-To-Swim classes; as well as, attend open swim if they are the guest of a Bedford resident.

Please go to [www.bedfordoh.gov](http://www.bedfordoh.gov) for more information on purchasing pool passes and class dates and times.

## Bedford Battlesharks



The Battlesharks Summer Swim Team is for children ages 5-18. Team practices at Bedford Municipal Pool Monday through Friday 8:45-10:00 am. Swim meets are typically held in various near by communities mid June through July.

## Exercise & Fitness Walking Club

Put on your walking shoes and join the Age Well Be Well Walking Club every Monday. Take a few laps around the gym at Ellenwood Rec Center, our new walking location. (Please bring a pair of indoor walking shoes that are appropriate for the gym floor.) New walkers will receive a complimentary T-shirt.

Ellenwood Center - Gym

Mondays

January 6, 13, 27 (No program 1/20)

February 3, 10, 24 (No program 2/17)

March 2, 9, 16, 23, 30

9:30 - 10:00 am



**To Register Call UH 440-735-4739**

## SERVICE PROJECT - Aluminum Tabs Collection



The Ronald McDonald House of Cleveland recycles aluminum pull tabs from any container (soda pop, soup, pet food, etc.). The proceeds from the recycling helps support the families that stay at RMH by providing meals and items for families, assistance in emergencies, and giving families special moments. Please drop off clean tabs to our collection box at Ellenwood Center. Thank you in advance for supporting our service project!



## 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](http://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.

# 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. Necessary Information for Rental Rules and Regulations for use of Ellenwood Center are available at the Parks & Recreation Department and online at [www.bedfordoh.gov](http://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. Applicant must contact the Bedford Police Department to make appropriate arrangements. Payment shall be made directly to police security. **Bedford Police Department Non-Emergency Phone Number: 440-232-1234.**

Rental and Deposit – Ellenwood Center is available for rent Fridays 5:00 pm to 11:00 pm, Saturdays 11:00 am to 11:00 pm, and Sundays 11:00 am and 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 balance of the rental fee is due no later than one month prior to the event. Applications may be submitted no more than 6-months in advance of the event date.

Private parties utilizing the gymnasium require a one hundred-dollar (\$100.00) deposit. Private parties utilizing the multipurpose room or classrooms require a fifty-dollar (\$50.00) deposit. The deposit will be applied toward the total rental fee.

### Ellenwood Center Rental Fees –

#### Gymnasium

Maximum seating capacity – 200

Deposit – \$100

Fee – \$75 per hour (includes use of the warming kitchen)

#### Multipurpose Room (Room 4)

Maximum seating capacity – 70

Deposit – \$50

Fee – \$55 per hour

#### Classroom

Maximum seating capacity – 30

Deposit – \$50

Fee – \$40 per hour

**Rental Applications & Rental Rules available at Ellenwood Center or on-line at [www.bedfordoh.gov](http://www.bedfordoh.gov)**

## Archibald Willard Park Pavilion

Archibald Willard Park Pavilion at Ellenwood Center. The park has one open air pavilion with two sections available for rent from May 1 through September 30. When not rented, the pavilion can be used on a first come, first served basis. Pavilion rental hours are 9:00 am to 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 may be required.

**Applications are accepted the first full week in March for the same calendar year.**

**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 or 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.*

# GENERAL INFORMATION

**Bedford Resident** - 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](http://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 Day



### Cleveland State Vikings vs. Wright State Raiders

Saturday, February 22 @ 3:00 pm  
at the Cleveland State Wolstein Center

Family Value Weekend: Fans can enjoy a FREE KidZone with Inflatables and a balloon artist. Plus \$1 hot dogs and \$2 draft beers\*. After the game, fans can enjoy cake in celebration of Magnus' birthday. Plus kids 12 and under can do layups on the main court.

Please note: Doors open at 2:00 pm. Everyone 3 and older must have a game tickets.  
\*\$2 draft beers only available from 2:00-3:00 pm in the Baseline Bar.

**Tickets Only \$2.16 each**  
LOWER LEVEL ENDZONE

To order tickets call the Cleveland State Ticket Office:  
Carrie Neville at 216-687-5440

Please note: Deadline to purchase tickets in advance is Friday, February 21 at 12:00 pm. After the deadline, tickets must be purchased from the Box Office and will be full price (\$10). Only orders turned in together will be sat together. This offer is not valid through the Cleveland State Box Office. Orders must be redeemed in advance.

*You're cordially invited to attend*

## Parks & Recreation Department Town Hall Meeting

Saturday, March 21, 2020  
Ellenwood Center @ 10:00 am

*Community members, participants, neighbors, and friends please join us to share your thoughts and ideas on the future of recreational and educational opportunities in Bedford. We will discuss current programs; as well as, listen to your ideas for the future. Meet the staff and learn some of the new opportunities the department has to offer.*



## BEDFORD PARKS & RECREATION

124 Ellenwood Avenue  
Bedford, Ohio 44146



Phone: 440-735-6570  
[www.bedfordoh.gov](http://www.bedfordoh.gov)