

BEDFORD PARKS & RECREATION



BEDFORD
PARKS & RECREATION

2023 WINTER/SPRING PROGRAM GUIDE

Serving
Youth
Adults
Seniors

City Council

Stanley C. Koci, Mayor
Sandy Spinks, Ward 1
Walter Genutis, Ward 2
Victor Fluharty, Ward 3
Frank Smith Jr., Ward 4
Jeff Asbury, Ward 5
Donald Saunders, Ward 6

City Manager

Michael S. Mallis

Finance Director

Jennifer Howland

Parks and Recreation Director

Michael Callahan



Photo courtesy of Eileen Barto, Bedford resident

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.

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 Road

Date: Saturday, April 1

Time: Gates open at 9:45 am and the Easter Egg Hunt starts at 10:00am sharp.

Fee: Free; pre-registration required.

Registration begins February 1. Registration will not be accepted the day of the event.

Character Breakfast

NEW! Meet and greet your favorite characters, such as Mickey Mouse, Winnie the Pooh, Elmo and more at our Character Breakfast! Families will enjoy an all-you-can-eat pancake breakfast with sausage, bacon and pastries. Children are encouraged to come dressed in costume! All guests must be pre-registered. Registration will not be accepted on the day of the event. Space is limited. *Bedford Residents Only*

Location: Ellenwood Center Gym

Date: Saturday, May 20

Breakfast Session 1: 9:00 am – 10:30 am

Breakfast Session 2: 11:00 am – 12:30 pm

Fee: \$6 for Resident children ages 3-11 /\$10 for Resident adults and children ages 12+
Children ages 2 and under are free

Secondhand Sports Swap

NEW! Do you have athletic gear and shoes that your child has outgrown? Do you have equipment just laying around and taking up valuable storage space? Want to try a new sport but don't want to commit to buying new equipment? Come to our Sports Swap of secondhand, gently used equipment and shoes that are in good condition and have life left! Come to buy "new to you" gear or sell, gift or trade to the Bedford Community.

Pre-register a sales table for only \$5. Ellenwood Center will accept used, clean donations the week of the event, March 18. These donations will be put on a "freebie" table. Equipment that is left on site after the event will be donated/disregarded. All money proceeds from this event will go towards our youth sports program.

Inspect the size and condition of equipment before purchase. All sales are final. No refunds. The Bedford Parks & Recreation Department is not responsible for injury or loss/damage of property from this event. Well-used equipment, used helmets of any kind, life vests and scuba equipment are not permitted for swap or sale.

Location: Ellenwood Center Gym

Date: Saturday, March 18

Table Setup: 9:30 am

Swap/Sale Time: 10:00 am – 12:00 pm

Seller Fee: Pre-register a sales table for \$5/\$10 day of event, if space is available

Attendee Fee: Free, no registration required

Bedford Parks & Recreation Dept. Day with the Cleveland State Vikings

Join us to cheer on Cleveland State Vikings Men's Basketball team in their final home game of the season vs. Northern Kentucky Norse. Free KidZone with inflatables and post-game layups on the court for youth 12 and under. Our tickets are lower bowl (regularly priced \$12). Deadline to register is February 16.

Transportation Add-on: We will provide school bus transportation to those who register for the add-on. We will start boarding the bus at 1:30pm on the pavilion side of Ellenwood Center. We will depart Ellenwood at 1:45 pm. We will board for departure 30 minutes after end of

game to allow post-game activities and restroom. Our estimated return to Ellenwood is 6:00 pm. Please contact the Parks & Recreation Department if you need special travel accommodation. All youth must be accompanied by an adult.

Location: Wolstein Center, 2000 Prospect Avenue E, Cleveland 44115
Date: Sunday, February 19
Game Time: 3:00 pm tip-off
Fee for Ticket only: \$7 per ticket
Fee for Ticket & Transportation: \$12 per ticket



FAMILY PROGRAMS

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 keepsake photo. Space is limited, register early!

Daddy/Daughter Dance Girls in Grades K-5 and their father, grandfather, uncle or special adult

Location: Ellenwood Center Gym
Date: Friday, February 10
Time: 6:30 pm – 8:30 pm
Fee: \$15 per couple, \$5 per extra child



Mother/Son Dance Boys in Grades K-5 and their mother, grandmother, aunt or special adult

Location: Ellenwood Center Gym
Date: Friday, April 14
Time: 6:30 pm – 8:30 pm
Fee: \$15 per couple, \$5 per extra child

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. Space is limited; pre-registration required.

Toddler & Preschool (Ages 18 months-4 years)
 This program is led by a Senior Club volunteer and/or parents
Location: Ellenwood Center Room 4
Dates: JAN 17, 24, 31, FEB 7, 14, 21, 28, MAR 7, 14
Time: 10:00 am – 11:00 am
Fee: Free



YOUTH 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. Each monthly class will have a story and special seasonal project. Dress to get messy! All supplies included. **Ages 4-5.**



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
Dates:

- Snowflake Theme – Monday, January 23
- Heart Theme – Monday, February 13
- Shamrock Theme – Monday, March 13
- Rain Theme – Monday, April 17
- Flower Theme – Monday, May 8
- Sunshine Theme – Monday, June 5

Art Explorers

NEW! Each week 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 watercolor, paint, decoupage, mixed media, clay, etc. Each class and session will be different! Projects will vary by grade level.

Instructor: Josie Spoto, Recreation staff and art student
Location: Ellenwood Center Room 3
Winter Session Dates: Mondays, February 27, March 6, 13, 20
Spring Session Dates: Mondays, April 10, 17, 24, May 1

Grades 1-5

Time: 6:00 pm – 7:00 pm
Fee per session: \$40 Resident
 \$50 Non-Resident

Grades 6+

Time: 7:15 pm – 8:45 pm
Fee per session: \$50 Resident
 \$60 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 bouting. All equipment is provided. **Ages 8 and older.**



Instructor: Tom Nagy, Head Coach ON TARGET Fencing Team, Member of USA
Location: Ellenwood Center Room 4
Spring Session Dates: Fridays, April 21, 28, May 5, 12, 19, 26
Time: 6:30 pm – 8:00 pm
Fee: \$54 Resident/\$66 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: Saturdays, April 15, 22, 29, May 6, 13

Time: 10:00 am – 11:00 am

Fee: \$55 Resident/\$60 Non-Resident

Mix It Up Cooking

NEW! MIX IT UP is a fun and educational cooking class that offers kids of every level the opportunity to be a chef and gain the knowledge and understanding of how to create recipes on their own. They will develop culinary techniques, try new foods, and make new friends in this delicious, hands-on cooking class! In addition to cooking, your child will participate in interactive structured games, crafts and activities. All supplies included. **Grades 1-5**

Instructor: Stefani Apple, Mix It Up Instructor

Location: Ellenwood Center Room 3

Time: 6:00 pm – 6:45 pm

Fee per class: \$16 Resident/\$18 Non-Resident



Rainbow Tie Dye Waffles

Date: Friday, March 17



All Bottled Up: Pickled in a Jar

Date: Friday, April 21



Edible Cookie Dough Ice Cream Cones

Date: Friday, May 12

Making History Series

NEW! Each week learn about pioneers in Science, Technology, Engineering, Art or Math and then work collaboratively on a hands-on experiment or project inspired by these makers' discoveries. Intergenerational program for **Grades 2+ and Adults**

Instructor: Sarah Kepple, Gigalearn instructor

Location: Ellenwood Center Room 3

Time: 6:00 pm – 7:00 pm

African American STEAM Stars

Dates: Wednesdays, February 1, 8, 15, 22

Fee: \$20 per person

Women STEAM Stars

Dates: Wednesdays, March 1, 8, 15

Fee: \$15 per person

The Making History Series is brought in part by



Self Defense for Beginners

Build confidence in your ability to stay safe through training that includes environmental awareness, risk reduction, posture and verbal skills, and break-away techniques and physical skills. We will also cover topics of internet and social media safety, stranger danger, and bullying/harassment. No prior experience or training is necessary to participate.

Ages 10+ & Adults.

Instructor: Robert Fleming, Two Tigers Kung Fu Academy

Location: Ellenwood Center Gym

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

Time: 5:00 pm – 5:45 pm

Fee: \$55 Resident/\$60 Non-Resident

Gigalearn



Jr. GameBOT Grades 2-5

Wanna 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 that you can use at home long after the class. Then, we'll bring the action to life as we build and program LEGO® WeDo® robots. Bring a USB flash drive to save your games. If you've taken this course before, don't worry! We explore different themes and make different games and robots each time.

Grades 2-5.

Instructor: Sarah Kepple, Gigalearn instructor

Location: Ellenwood Center Room 3

Dates: Wednesdays, April 5, 12, 19, 26

Time: 6:00 pm – 7:00 pm

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



GameBOT Grades 6-8

Learn to code as you create video games with Scratch, free software from MIT that you can use at home long after the class. Bring a flash drive to save your game! Then you and a partner will build and program with our LEGO® MINDSTORMS® Robots. No prior programming experience necessary. If you've taken this class before, don't worry! There are new games and robot challenges each time.

Grades 6-8.

Instructor: Sarah Kepple, Gigalearn instructor

Location: Ellenwood Center Room 3

Dates: Wednesdays, May 3, 10, 17, 24

Time: 6:00 pm – 7:00 pm

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

Check out our website for more information on Learn to Skate lessons at Chagrin Valley Roller Rink and our online Esports League for youth, teens and adults.

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

Boys and girls ages 5-12. 8-weeks on Saturdays beginning in April; weather permitting. Participants will be assigned to groups based on age/enrollment. Program consists of weekly (Saturday mornings or early afternoons) instructional group practices and scrimmages in a clinic format, led by Rookie Sports Club LLC. Participants receive a T-shirt. Participants must provide and wear their own shin guards. Soccer cleats are recommended. Location is Bearcat Stadium or Hutchinson Field.

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

Registration Deadline for Spring Soccer - March 3

BEARCAT Spring Volleyball

NEW! Boys and girls grades 4-6. 6-weeks on Monday evenings April 3-May 15 (no activities on May 1). The first 3 weeks will consist of practices, followed by 3 weeks of games. Program will be led by Rookie Sports Club LLC with an emphasis on fun and fundamentals! Location is Ellenwood Center Gymnasium. Practices and games will take place at either 5:30 pm or 6:30 pm. **Limited to first 40 participants.**

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

Registration Deadline for Spring Volleyball - March 3

BEARCAT Youth Baseball

Boys and girls ages 5-15. Weeknights beginning in June; weather permitting. Participants receive a game shirt and hat. The number of registered participants at any age group will determine the program format. 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 7

Open Gym Basketball

Bring your game 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 dirt onto the court.

Location: Ellenwood Center Gym

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

<u>Grades 3-5</u>	<u>Grades 6-8</u>	<u>Grades 9-12</u>
<p>Dates: Mon + Wed APR 3 - MAY 31 (No gym on 5/29) Time: 4:00 pm – 5:30 pm Fee: \$20/participant</p>	<p>Winter Session: Tues + Fri, JAN 10 - MAR 24 Spring Session: Tues + Thurs, APR 4 - JUN 1 (No gym on 2/10, 5/2) Time: 4:00 pm – 5:30 pm Fee: \$20/participant per session</p>	<p>Dates: Tuesdays APR 4 - MAY 30 (No gym on 5/2) Time: 5:30 pm – 7:00 pm Fee: \$10/participant</p>

YOUTH CAMPS

Spring Break Camp

Bedford Parks & Recreation is offering 5 days of fun at our Spring Break Camp! You will enjoy activities such as sports, games, arts & crafts, and special guests. Campers must bring lunch each day, dress for scheduled activities, and bring extra clothes for outdoors. This program is for children currently in Grades K-5.

Min. 12 / Max. 24

Bedford Resident \$20 per day.

Registration opens FEB 1st for Residents

Non-Resident \$25 per day.

Registration opens MAR 1st for Non-Residents

Grades: K-5

Location: Ellenwood Center

Dates: Monday, March 27

Tuesday, March 28

Wednesday, March 29

Thursday, March 30

Friday, March 31

Time: 9:00 am – 4:00 pm

(Extended Care is not available)

Fee: Bedford Resident \$20 per day/Non-Resident \$25 per day



Summer Day Camp

The 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. Held at Ellenwood Center, this 8-week camp runs Mondays through Fridays from 9:00 am to 4:00 pm, June 12 through August 4.

DATES

2 Sessions to choose from or sign up for both sessions and save!

Session 1: June 12 - July 7 (No camp on 6/19 & 7/4)

Session 2: July 10 - August 4

FEES

8 weeks/Bedford Resident - \$525

8 weeks/Non-Resident - \$575

4 weeks/Bedford Resident - \$300 per session

4 weeks/Non-Resident - \$325 per session

REGISTRATION

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% 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.

TEEN PROGRAMS

Kickboxing

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. Instructor Robert Fleming is a multi-time National Chinese kickboxing champion. **Adults & Teens age 13+**

Instructor: Robert Fleming, Two Tigers Kung Fu Academy

Location: Ellenwood Center Room 4

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

Time: 5:00 pm – 5:45 pm

Fee: \$77 Resident/\$84 Non-Resident

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. Free to attend, registration required. **Grades 7-12.**

Instructor: Sarah Gnoddie, Recreation Coordinator

Location: Ellenwood Center Room 1

Date: Tuesday, March 7

Time: 5:30 pm – 6:45 pm

Fee: Free

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 snack and water bottle. **Ages 11+**

Instructor: Sarah Gnoddie, Recreation Coordinator, ARC Instructor

Location: Ellenwood Center Room 2

Date: Saturday, March 18

Time: 12:00 pm – 5:00 pm

Fee: \$45 Resident/\$50 Non-Resident

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 in-service training the week of June 5. Must be available for an entire 4-week session or all 8-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.

SEE YOUTH SECTION FOR ART EXPLORERS FOR GRADES 6-8
SEE ADULT SECTION FOR PROGRAMS THAT ARE ALSO FOR TEENS

ADULT SPORTS

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 Gymnasium

Dates: Select Monday & Thursday afternoons. See online calendar for availability.

Fee: Free to Senior Club Members/\$3 per class for non-club members

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. Paddles and balls are provided. Participants must register in advance.

Instructor: Rich Abston, certified Pickleball instructor

Location: Ellenwood Center Gymnasium

Spring Session Dates: Thursdays, April 13, 20, 27, May 4

Summer Session Dates: Thursdays, June 1, 8, 15, 22

Beginner/Intermediate Time: 12:30 pm – 2:00 pm

Intermediate/Advance Time: 2:00 pm – 3:30 pm

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

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 April 28, 2023. Game times are 6:30 pm, 7:30 pm, 8:30 pm and 9:30 pm.

Regular Season: 18-20 game season (No Games 5/26)

Playoff/Tournament: Single elimination 1st round, double elimination after 1st 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 \$27 per team/per game

Uniforms: Players are required to wear same colored jersey with minimum 6" number on back

Mandatory Managers Meeting - All managers or a representative must be present on Tuesday, April 11 at 6:30 pm, meeting will be via Zoom

HOW TO REGISTER

Online Registration - Register a team online at 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.

ADULT PROGRAMS

Barre Above®

Barre Above® fuses the best of Pilates, yoga, and elements of dance strengthening exercises. Barre Above® delivers a results-driven workout that is not only fun and dynamic, but it will sculpt your body and help you feel more confident in your fitness. Take your fitness to new heights! Bring a yoga mat or borrow from the instructor.

Instructor: Julionne Brown-Little, certified instructor

Winter Session: Thursdays, February 23, March 2, 9, 16, 23

Time: 6:30 pm – 7:30 pm

Location: Ellenwood Center Room 3 or Room 7

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

Bedford Senior Club Members are free and must register in advance

Spring Session: Thursdays, APR 6, 13, 20, 27, MAY 4, 11, 18, 25

Time: 6:30 pm – 7:30 pm

Location: Ellenwood Center Gymnasium

Fee: \$72 Resident/\$88 Non-Resident

Bedford Senior Club Members are free and must register in advance

Gentle Yoga

This class incorporates yoga postures, gentle movement sequences, breath work, and meditation, and guided relaxation to support increased awareness and mindfulness of the breath and body and quieting of the nervous system. Those with limited mobility can do yoga from a seated position and/or standing with chair support. Pre-registration required.

Instructor: Julionne Brown-Little, certified instructor

Location: Ellenwood Center Room 4

Dates: Saturdays, MAR 18, 25, APR 15, 22, 29, MAY 6, 13, 20
(No class 4/1, 4/8)

Time: 9:00 am – 10:00 am

Fee: \$10 per participant per class or register for the entire session for \$70

Bedford Senior Club Members are free and must register in advance

Yoga will be moved outdoors during the summer months.

Keep an eye out later this spring for information on Yoga in the Park!

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 be stronger, healthier, and safer.

Instructor: Robert Fleming, Two Tigers Kung Fu Academy

Location: Ellenwood Center Gym

Time: 5:50 pm – 6:35 pm

Winter Session: Fridays, February 17, 24, March 3, 10, 17, 24, 31

Fee: \$77 Resident/\$84 Non-Resident

Bedford Senior Club Members are free and must register in advance

Spring Session: Fridays, April 21, 28, May 5, 12, 19

Fee: \$55 Resident/\$60 Non-Resident

Bedford Senior Club Members are free and must register in advance

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. **Adults & Teens age 15+**

Instructor: Jaki Ward

Location: Ellenwood Center, Room 4

Time: 6:45 pm – 7:45 pm

Winter Session: Mondays, JAN 9, 23, 30, FEB 6, 13, 27, MAR 6, 13, 20, 27
(No class 1/16, 2/20)

Fee: \$6 per participant per class or register for the entire session for \$50
Bedford Senior Club Members are free and must register in advance

Spring Session: Mondays, April 3, 10, 17, 24, May 1, 8, 15, 22

Fee: \$6 per participant per class or register for the entire session for \$40
Bedford Senior Club Members are free and must register in advance

Painting w/ So-So Artsy

Join Melinda with So-So Artsy for canvas painting. Participants follow step-by-step instructions to recreate a painting. No experience required. All supplies included. This program is for adults & older teens unless indicated otherwise. **Adults & Teens age 15+**

Instructor: Melinda, So-So Artsy

Location: Ellenwood Center Room 3

Time: 6:00 pm – 8:00 pm

Fee: \$25 per painting



Mountain Falls
Tuesday, January 24



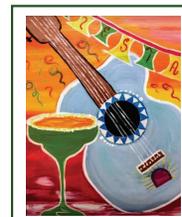
Party Llama
Tuesday, February 28
Parent/Child & Adults



Disco Nights
Tuesday, March 14



Cherry Trail
Tuesday, March 28



Fiesta Fiesta
Tuesday, April 25



Moonlighting
Tuesday, May 9



Faith, Family, Freedom
Tuesday, May 23

Dollars & Sense: Foundational Estate Planning

Having a basic will does not avoid probate. Moreover, relying on just a basic will is only one element of the many estate planning tools that every family should have in place. This workshop takes a hands-on approach to learn about the following foundational estate planning musts:

- *Pour-over Will
- *Healthcare POA
- *Financial POA
- *Guardianship
- *Trusts
- *IPAA
- *Living Will
- *Executorship

Workshop includes light dinner. Deadline to register is April 11.

Instructor: Attorney Dan Baron with Baron Law LLC

Location: Ellenwood Center Room 4

Date: Tuesday, April 18

Time: 6:30 pm – 8:00 pm

Fee: Free

Grief Recovery Method

NEW! Join us for an introductory presentation and weekly workshops for residents and their loved ones who may have experienced all forms of losses including faith, death, health, unemployment, trust, divorce, safety, etc.

Instructor: Danyell Goggans, Licensed Psychotherapist contracted through University Hospitals

Location: Ellenwood Center Room 1

Fee: Free

Introduction Presentation

Date: Tuesday, March 14

Time: 12:00 pm – 1:00 pm

Recovery Workshop

Dates: Tuesdays, March 28, April 4, 11, 18, 25, May 9, 16, 23 (No class 5/2)

Time: 1:00 pm – 2:30 pm

Participants are not obligated to attend all sessions

Creative Writing Workshop

NEW! Join creative writer, teacher, and director of Writing Blooms, Jamie Cole, to discover innovative and imaginative writing techniques. Ms. Cole infuses fun in her educational writing activities and is excited about the opportunity to share her creative writing strategies with writers of all levels. Beginners welcome! *Each class needs a minimum of 5 participants.*

Location: Ellenwood Center Room 1

Fee per class: \$15 Bedford Resident/\$20 Non-Resident

Bedford Senior Club Members are free and must register in advance

Writing From the Heart Series: Wedding Vows

Are you looking for the right words to help you say I DO? Well, Let Writing Blooms help YOU! This class is great for the person looking to propose, the newly engaged couple or the couple looking to renew their wedding vows.

Date: Saturday, April 1

Time: 12:00 pm – 2:00 pm

Writing From the Heart Series: Family Writing

When written, Words are Forever! In this class, create momentos of love, appreciation and admiration for the special people in your life. This is a family class that is just in time to celebrate Mother's Day and Father's Day. Grandparents, we would love to see you there with your grandchildren too!

Date: Saturday, May 6

Time: 10:00 am – 12:00 pm

Check out our website or stop by Ellenwood Center to get a copy of our latest Senior Newsletter.

Get more details on the following programs that are FREE to Bedford Senior Club members:

Senior Line Dancing (weekly class)

Friday Flicks (weekly movies)

Shelf Indulgence Book Club (monthly book club)

Get Crafty (monthly craft class)

Sparkling Portraits (monthly non-alcoholic Sip and Paint class)

Reach With Rhythm Workout (weekly chair aerobics)

Strength & Balance (weekly sitting and standing workout)

Leagues: Wii Bowling, Skee-ball, Table Shuffleboard

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 well-being, 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 at the beginning 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!

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

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 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 Stay & Play activities that will be held after our bi-monthly lunches. Activities will start at 1:00pm. Pre-registration preferred; drop-ins welcome if space permits.

Senior Transportation Connection

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.



Strength & Core

NEW! 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

Time: 10:30 am – 11:30 am

Winter Session: Fridays, JAN 6, 13, 20, 27, FEB 3, 10, 17, 24, MAR 3, 10, 17, 24

Fee: Free to Bedford Senior Club Members /\$75 for non-members

Spring Session: Fridays, APR 14, 21, 28, MAY 5, 12, 19, 26

Fee: Free to Bedford Senior Club Members/\$45 for non-members

Paying Online

NEW! More and more apps like Venmo, Zelle, PayPal and Cash App are replacing the way friends exchange funds and small businesses get paid. Over three sessions we'll review how these money transfer apps work. Participants will need to sign a waiver acknowledging that Gigalearn does not provide financial or security advice.

Instructor: Sarah Kepple, Gigalearn instructor

Location: Ellenwood Center Room 3

Dates: Wednesdays, May 10, 17, 24

Time: 12:30 pm – 1:30 pm

Fee: Free to Bedford Senior Club Members/\$45 for non-members



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 Gymnasium

Fee per Program: Free to Bedford Senior Club members/\$15 for non-members

The Extraordinary Life of Martin Luther King Jr.
Wednesday, February 1

The Making of "The Princess Bride"
Wednesday, February 15

Women in History: Victoria Woodhull & Josephine Baker
Wednesday, March 1

The Four Stooges - Larry, Curly, Moe and Shemp
Wednesday, April 19

The Personal Life of Grace Kelly
Wednesday, May 3



Mind Challenge

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 Garfield Heights. To advance to the next round, our team(s) must finish in the top 50% of competing teams in the region.

Informational Meeting and Team Formation: Thursday, May 11, 9:30 am at Ellenwood Center Room 4

Mind Challenge Competition Dates, Times & Locations:

Central Region Play - Thursday, May 18, 1:00 pm at Ellenwood Center Gym

Central Region Play - Thursday, May 25, 1:00 pm at Ellenwood Center Gym

Additional dates if our team(s) advances.

Fee: Free

Lunch & Listen: Lyrical Songs of the Irish

NEW! Elise Panehal shares Celtic culture, accompanying her songs with piano and folk harp. The poetic lyrics paint the picture of how the Irish came to America. *60-minute performance.*

Irish Themed Meal: Shepherd's pie, roll and dessert

Registration opens February 1. Registration deadline is March 10.

Doors open at 12:00 pm with lunch being served at 12:30 pm.

The performance will start at 1:00 pm.

Date: Wednesday, March 15

Time: 12:30 pm – 2:00 pm

Location: Ellenwood Center Gymnasium

Fee: Free to Bedford Senior Club members/\$15 for non-members

Lunch & Listen: Elvis Tribute

NEW! Elvis Tribute Artist Frank Worley is native to the greater Cleveland area's west side where his education excelled in theater and music performance. KINGtinued was created in 2010 to tribute Elvis' live performances and continue the King's legacy. KINGtinued specializes in Elvis in concert style re-enactments from '68 Comeback to '77 In Concert. No lip syncing here; it's all real vocals to professional backing tracks of live in concert versions of Elvis' stage shows. *90-minute performance.*

One of Elvis' Favorite Meals: Chicken-Fried Steak and Gravy with mashed potatoes, green beans and dessert.

Registration opens April 1. Registration deadline is May 10.

Doors open at 12:15 pm with lunch being served at 12:30 pm.

The performance will start at 1:00 pm.

Date: Monday, May 15

Time: 12:30 pm – 2:30 pm

Location: Ellenwood Center Gymnasium

Fee: Free to Bedford Senior Club members/\$15 for non-members

DAY TRIPS for SENIORS



Cleveland Monsters Hockey Game Saturday, April 1

Join us for the Cleveland Monsters and Hersey Bears matchup at Rocket Mortgage Fieldhouse on Saturday, April 1st. Do not miss this fast-paced, action packed ice hockey game! Enjoy Sully the mascot and fun entertainment and music between periods and time-outs. If we meet our ticket sales goal, one lucky Senior Club attendee will be able to ride atop one of the Monsters' Zambonis during the first intermission!



We will be riding a school bus provided by Bedford City Schools. Board the school bus at 4:15 pm by the pavilion and leave Ellenwood Center at 4:30 pm. Estimated return is 9:00 pm.

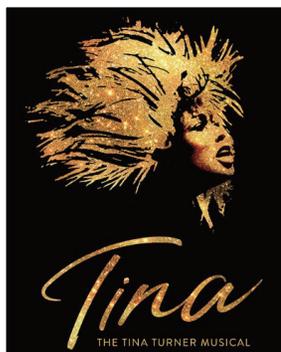
Please contact the Parks & Recreation Department if you need special travel accommodation. Our tickets are lower level, section 122 (regularly priced \$44). Price includes one ticket and transportation. Food on your own. 40 ticket limit; don't delay! Registration for Bedford Club Members begins January 1. Non-Club members may register beginning February 1. Deadline to register is February 28.

\$35 Bedford Senior Club members/\$40 for non-members

Lunch and a Show

Tina: The Tina Turner Musical at Playhouse Square Saturday, May 13

An uplifting comeback story like no other, TINA - THE TINA TURNER MUSICAL is the inspiring journey of a woman who broke barriers and became the Queen of Rock n' Roll. One of the world's best-selling artists of all time, Tina Turner has won 12 Grammy Awards® and her live shows have been seen by millions with more concert tickets sold than any other solo performer in music history.



We will be riding a school bus provided by Bedford City Schools. Board the school bus at 10:15 am by the pavilion and leave Ellenwood Center at 10:30 am. Lunch on your own at Hofbräuhaus Cleveland. Followed by theatre performance starting at 1:30 pm. Runtime including intermission is 2 hours and 45 minutes. We will depart immediately after show and head back to Ellenwood. Estimated return is 5:00 pm.

Please contact the Parks & Recreation Department if you need special travel accommodation. Our theatre tickets are lower level, Orchestra C (regularly priced \$70). Price includes one theatre ticket and transportation. Restaurant is subject to change. Food on your own. 40 ticket limit; don't delay! Registration for Bedford Club Members begins January 1. Non-Club members may register beginning March 1. Registration deadline March 31.

\$55 Bedford Senior Club members/\$60 for non-members

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.

Basketball (Adaptive)

Learn basketball through fun, team-oriented drills and scrimmages. All skill levels welcome. Empower Sports Programs emphasize socialization skills, self-esteem, teamwork, discipline and most importantly, HAVING FUN! **Ages 14+**

Instructor: Empower Sports

Location: Ellenwood Center Gymnasium

Winter Session 1 Dates: January 23, 30, February 6, 13, 27, March 6 (No class 2/20)

Time: 6:00 pm – 7:00 pm

Fee: \$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. **Ages 15+**

Instructors: Jake D'Orazio, certified boxing and fitness instructor

Assisted by Tony D'Orazio, certified fitness instructor

Location: Ellenwood Center - Gymnasium

Dates: Wednesdays, April 19, 26, May 3, 10, 17, 24

Time: 6:30 pm – 7:30 pm

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

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 13+**

Location: Ellenwood Center Room 3

Time: 6:00 pm – 8:00 pm

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

Check our website for information on So-So Artsy's free, adaptive Virtual Drawing class.



Bubbly Jellyfish
Tuesday, February 21



Spring Flowers
Tuesday, April 11



Wishful Dandelions
Tuesday, May 30

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. 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 to 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.

Ellenwood Center Rental Fees

Gymnasium

Maximum seating capacity – 175

Deposit – \$150

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

Maintenance Fee – \$75 per event

Multipurpose Room (Room 4)

Maximum seating capacity – 60

Deposit – \$120

Rental Fee – \$60 per hour

Maintenance Fee – \$60 per event

Classroom

Maximum seating capacity – 30

Deposit – \$100

Rental Fee – \$50 per hour

Maintenance Fee – \$50 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 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 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 www.bedfordoh.gov

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

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.

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. The pool house is undergoing a significant renovation this spring with a targeted completion in time for the summer swim season. Programs include open and adult swim, American Red Cross Learn-To-Swim classes, 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. Please go to www.bedfordoh.gov for updates including swim schedule, pass information, learn-to-swim dates and more.

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.

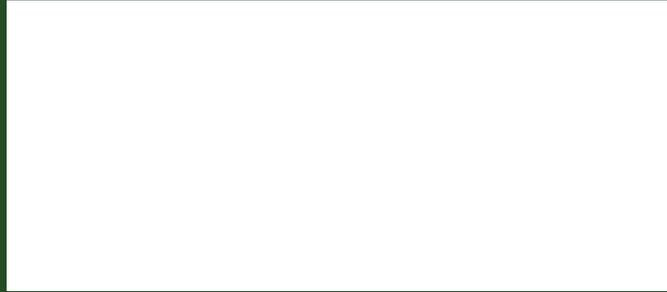
If you are interested in becoming a certified lifeguard, please contact the Recreation Department at 440-735-6570 for more information. Lifeguard certification may be available at a free or reduced cost for new and returning employees.

BEDFORD PARKS & RECREATION

124 Ellenwood Avenue
Bedford, Ohio 44146



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www.bedfordoh.gov



**Bedford Parks & Recreation Day
with Cleveland State Vikings
Men's Basketball**

Sunday, February 19th at
CSU Wolstein Center

Discounted tickets AND transportation!
Details on pages 2-3.

JOIN OUR TEAM

Open Positions

- ◆ Sports Assistants
- ◆ Municipal Pool Lifeguards & Cashiers
- ◆ Summer Camp Staff
- ◆ Seasonal Labor - Field Maintenance
- ◆ Independent Contractors - Instructors with program ideas

Apply online at <https://bedfordoh.gov/employment-opportunities>
or contact 440-735-6570



Starting at
\$12
per hour



 REGISTER HERE

To register and view our full listing of programs

bedfordoh.myrec.com

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.