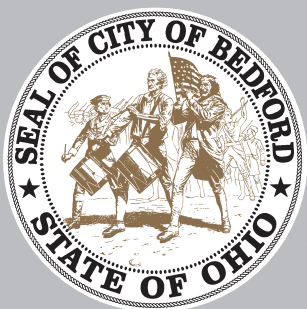


BEDFORD

PARKS & RECREATION



*Serving
Youth
Adults
Seniors*

2024 WINTER/SPRING PROGRAM GUIDE

City Council

Stanley C. Koci, Mayor
Sandy Spinks, Ward 1
Steve Salvi, Ward 2
Victor Fluharty, Ward 3
Frank Smith Jr., Ward 4
Jeff Asbury, Ward 5
Anthony Longino, 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.

Bedford Parks & Recreation Department Day with the Cleveland State Vikings

Saturday, February 17, 2024

Wolstein Center, 2000 Prospect Ave. E

Join us for a doubleheader of CSU Women's Viking Basketball vs. Milwaukee Panthers at 12:00 pm and Men's Viking Basketball vs. Youngstown State Penguins at 3:00 pm. Attend one game or stay for both!

Purchase tickets at: <https://fevo-enterprise.com/event/Citybedford> for \$15 each which includes: voucher for free hotdog, popcorn and soda at concession stand.

Ticket holders have access to: Free KidZone, \$1 hot dogs, Post game layups on the court for youth 12 and under.



Total Solar Eclipse of 2024

Enjoy an insightful presentation into the science of solar eclipses; exploring the alignment of the Sun, Moon, and Earth that leads to these awe-inspiring occurrences. Through stunning visuals and animations, we will illustrate the various stages of the eclipse, from the initial partial phases to the dramatic moment of totality. We will also review safety precautions in seeing a solar eclipse.

Every attendee will receive a pair of safe shade direct sun viewing glasses for the upcoming Total Solar Eclipse event on April 8, 2024! To enhance the experience, each family will have the exciting opportunity to craft their very own cardboard viewers too! Light refreshments will be served.

Location: Ellenwood Center Gym

Date: Saturday, March 23

Times: 1:00 pm - 3:00 pm

Fee: Registration is free however this is a ticketed event with limited space and supplies.

Resident registration starts February 1. Non-Resident registration starts March 1.

Pre-Registration required. Registration will not be accepted at the door. Additional sun viewing glasses will be available for purchase at the conclusion of the program, while supplies last.

Presentation by Carl Quatraro with Speaking on Q. This program is a collaboration with the City of Bedford, Bedford Branch of Cuyahoga County Library and Friends of the Bedford Library.

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 Road

Date: Saturday, March 23

Time: Gates open at 9:45 am,

Easter Egg Hunt starts at 10:00 am sharp

Fee: Free; pre-registration required

Registration begins February 1.

Registration will not be accepted the day of the event.



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 semi-formal or formal attire.

Girls in Grades K - 5 and their father/grandfather/uncle/adult

Location: Ellenwood Center Gym

Date: Friday, February 16

Time: 6:30 pm - 8:30 pm

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

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. Guests are encouraged to wear white or neon colors!

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

Location: Ellenwood Center Gym

Dates: Friday, April 12

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. **Ages 2 - 5**

This program is led by a volunteer and/or parents

Location: Ellenwood Center Gym

Dates: Tuesdays, February 13, 20, 27, March 5, 12, 26, April 2, 9
(No gym 3/19)

Time: 12:00 pm - 1:30 pm

Fee: Free, pre-registration required



YOUTH PROGRAMS

Our youth enrichment programs are drop-off only. Parents/caregivers are always welcome to briefly observe their child's enrichment class. However, we ask that parents and siblings do not wait in the classroom. Thank you for your cooperation.

Level-Up Legends: Video Game Club

NEW! Calling all young gamers in grades 3 - 6 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 7, 14, 21, 28, April 4, 11

Spring Session 2 Dates: Thursdays, April 25, May 2, 9, 16, 23, 30

Time: 5:30 pm - 6:45 pm

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

Video Game Club is offered in partnership with



Exploring STEAM Workshops

NEW! Step into the world of endless possibilities with our Exploring STEAM workshops! Register for one or all three evenings! 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. **Grades 3 - 6**

Circuits and Conductivity

Did you know you can make an instrument out of a banana using conductivity and simple circuits? Explore the basics of circuits, conductivity and electricity to interact with physical items.

Video Game Coding

Make your own playable video game using code and online tools using SCRATCH. Then challenge your friends to play your own video game creations. Bring a flashdrive to save your game and play at home.

Music Creation & Coding

Do you love to make your own music? Make your own electronic music by using code, and loops to create your own original songs.

Instructor: Matt Skvasik, STEAM and technology instructor

Location: Ellenwood Center Room 3

Circuits & Conductivity Session: Thursday, February 22

Video Game Coding Session: Thursday, February 29

Music Creation & Coding: Thursday, April 18

Time: 6:00 pm - 7:30 pm

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

STEAM Workshops are offered in partnership with



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. Class size is limited. Additional time slots may be added to accommodate more participants. **Grades 3 - 8**

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

Location: Ellenwood Center Room 2

Session 1 Dates: Tuesdays, March 5, 12, 19, 26, April 2, 9

Session 2 Dates: Tuesdays, April 23, 30, May 7, 14, 21, 28

Time: 4:15 pm - 5:15 pm

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

Billiards Basics is offered in partnership with



So-So Artsy Kids

NEW! Each month students will be guided through creating a piece of art and expand their creativity. **Grades K - 5**

Instructor: Melinda, So-So Artsy

Location: Ellenwood Center Room 3

Time: 6:00 pm - 7:15 pm

Fee per Class: \$12 Resident/\$14 Non-Resident

Wadded Paper Easter Egg/Bunny – Monday, March 25

Mother's Day Hand Painted Reusable Bag – Monday, April 22

Father's Day Popcorn Card – Monday, May 20

Art Explorers

NEW! Each month 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: First Tuesday of the month - February 6, March 5, April 2, May 7

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

Snowflake Theme – Monday, January 29

Heart Theme – Monday, February 12

Shamrock Theme – Monday, March 11

Rain Theme – Monday, April 15

Flower Theme – Monday, May 6

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. Class includes stretching, footwork, lunges, attack, parry-riposte, strategy, tactics, techniques and bouts. All equipment is provided.

Ages 8+

Instructor: Tom Nagy, Head Coach

ON TARGET Fencing Team, USFA Member

Location: Ellenwood Center Room 4

Dates: Fridays, April 19, 26, May 3, 10, 17

Time: 6:30 pm - 8:00 pm

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



Mix It Up Cooking

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

Dates: Thursdays, March 28, April 4, May 16

Location: Ellenwood Center Room 3

Time: 4:00 pm - 5:00 pm

Fee per class: \$16 Resident/\$18 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 4, 11, 18, 25, April 1, 15, 22, 29, May 6, 13 (No class 4/8)

Time: 4:00 pm - 5:00 pm

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

Chess Club is offered in partnership with



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

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 1

BEARCAT Spring Volleyball Clinic

NEW! Boys and girls grades 1 - 6. Participants will learn, play, and develop fundamental skills of volleyball in a dynamic and engaging environment. 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. Limited to 20 participants per age group.

Instructor: Rookie Sports Club LLC

Location: Ellenwood Center Gym

Dates: Tuesdays, March 12, 26, April 2, 9, 16 (No class 3/19)

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

Grades 4 - 6 Time: 5:50 pm - 6:50 pm

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

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 Department will run the program in a camp/clinic format with instruction from Rookie Sports Club, LLC. **Registration Deadline for Youth Baseball - April 5**

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



Afterschool Open Gym Basketball

Registered participants are able to practice their basketball skills and enjoy friendly pickup games with their peers in a welcoming, non-competitive atmosphere for all skill levels. Space is limited. Please change into your basketball shoes to avoid tracking water and dirt onto the court.

Location: Ellenwood Center Gym

Time: 4:00 pm - 5:15 pm

Register online or in-person with a parent. Must register for the entire session. Daily drop-ins not accepted. No Refunds.

Grades 4 - 6

Spring Session Dates: Thursdays, April 4-May 30

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

Grades 7 - 9

Winter Session Dates: Mondays, January 22 - March 25 (No gym 2/19)

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

Spring Session Dates: Mondays & Wednesdays, April 1 - May 29 (No gym 4/8, 5/27)

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

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 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 - 4:00 pm, June 10 through August 2.

DATES

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

Session 1: June 10 - July 5 (No camp on 6/19 & 7/4)

Session 2: July 8 - August 2

FEEES

8 weeks: \$575 Resident/\$675 Non-Resident

4 weeks: \$325 Resident/\$375 Non-Resident - per session

REGISTRATION

Resident Registration Begins February 1 at 9:00 am

Non-Resident Registration Begins March 1 at 9:00 am

Camp is limited to the first 100 participants per session

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.

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 3. 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.



ACE Provider ID: 203211

TEEN PROGRAMS

Babysitting Class with UH

This course is designed to prepare students to be safe when they're home alone, watching younger siblings, or babysitting. The instructor led class is filled with fun games, demonstrations, and role-playing exercises. Topics include learning how to change a diaper, BEST routines for babysitters, and when to call a backup adult or 911. **Ages 11 - 14**

Instructor: Briana Price, Childhood Injury Prevention Coordinator at UH Rainbow

Location: Ellenwood Center Room 1

Date: Saturday, April 13

Time: 10:00 am - 12:00 pm

Fee: Free, pre-registration required

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 9

Time: 6:00 pm - 7:30 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

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 3, 2024. Game times are 6:30 pm, 7:30 pm, 8:30 pm and 9:30 pm.

Regular Season: 18 - 20 game season (No Games 5/24, 7/5)

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 \$28 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.

See online calendar for availability.

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

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 pre-registered participants (no day-of registration, no guests or spectators).

Facilitator: Justin Mitchell

Location: Ellenwood Center Gym

Dates: Thursdays, March 14, 21, 28, April 4, 11, 18, 25, May 2

Time: 7:30 pm - 9:00 pm

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

Priority registration for Bedford residents through February 29.

Space-permitting, non-residents may register beginning March 1.

ADULT PROGRAMS

Tax Assistance

NEW! Free Tax Assistance for State and Federal returns is available to Bedford residents who qualify. Limited appointments are available at Ellenwood Center on Wednesday, February 28 and Thursday, February 29.

In order to qualify you MUST:

1. Be a Bedford Resident (non-residents may register beginning February 19 space permitting)
2. Earn less than \$64,000 per year
3. No Rental Income
4. No business loss filings or paid employees

List of Documents to Bring:

1. Photo ID: Driver License, Passport, Government-Issue Photo ID
2. Social Security Cards for every person that will be listed on return (including children) or ITINS
3. All tax documents that have been received for the tax year (including but not limited to: W-2, 1095-A, 1098-T, 1098-E, 1099-R, 1099-INT, 1099-DIV, 1099-MISC, 1099-SSA, 1099-B)
4. Records for any other income
5. Last Year's Tax Return (if possible)
6. Bank account and routing number if using direct deposit to receive tax refund
7. If taxpayer has childcare expenses, need documentation of the amount paid, address of facility, and provider's Federal EIN number or provider's SSN
8. Identity Protection PIN if the IRS has assigned one to you
9. Retirement contributions
10. State and local taxes you've paid
11. Mortgage statements and property tax bills
12. College tuition and student loan statements
13. Receipts for charitable donations
14. Medical and dental bills
15. Records for supplies used as an educator

Failure to bring all required documentation with you to your appointment will delay the processing time and possibly forfeit your appointment.

To register for an appointment, please call the Bedford Parks & Recreation Department at (440) 735-6570. No walk-ins are accepted; you must have an appointment.

10 Warning Signs of Alzheimer's

NEW! 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. Light refreshments will be provided.

Presented by the Alzheimer's Association

Location: Ellenwood Center Room 1

Date: Tuesday, March 12

Time: 6:30 pm - 7:30 pm

Fee: Free, pre-registration required

Managing Money: A Caregiver's Guide to Finances

NEW! Caregivers: How much do you know about managing money? This free program by the Alzheimer's Association will help you learn about the costs of caregiving and the benefits of early planning, and teach you how to avoid financial abuse and fraud, start a conversation about finances, assess financial and legal needs, and find support. Light refreshments will be provided.

Presented by the Alzheimer's Association

Location: Ellenwood Center Room 4

Date: Monday, April 8

Time: 6:30 pm - 7:30 pm

Fee: Free, pre-registration required

Dollars & Sense: Don't go Broke in a Nursing Home

NEW! Medicare only covers the first 100 days and the average yearly cost of a nursing home is \$111,936.00. Learn the essential asset protection planning tools through this workshop to shield what you've spent a lifetime trying to build. Through various elder law planning strategies, attendees will learn about Medicaid Asset Protection Trusts, LTC insurance, Veterans benefits, and more. Workshop includes light lunch. Deadline to register is March 27.

Instructor: Attorney Dan Baron with Baron Law LLC

Location: Ellenwood Center Room 4

Date: Wednesday, April 3

Time: 12:00 pm - 1:30 pm

Fee: Free, pre-registration required

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 (Winter) or Gym (Spring)

Dates: Mondays, January 8, 22, 29, February 5, 12, 26, March 4, 11, 25, April 1, 8, 15, 22, 29, May 6, 13, 20 (No class 1/15, 2/19, 3/18)

Time: 6:00 pm - 6:45 pm

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

Fee for entire session: \$85 Resident/\$95 Non-Resident

Bedford Senior Club Members are free and must register in advance

Stretch & Recovery

Embark on a journey of self-care and restoration. Experience a soothing and rejuvenating class designed to help you unwind, release tension, and promote overall well-being. The class combines static and dynamic stretching and breathwork to enhance flexibility, alleviate muscle tightness, improve range of motion and promote a deep sense of calm. Suitable for individuals of all fitness levels. Bring a yoga mat.

Instructor: Julionne Brown-Little, certified instructor

Location: Ellenwood Center Room 4 or Room 9

Winter Session Dates: Tuesdays, January 9, 16, 23, 30, February 6, 13, 20, 27, March 5, 12

Spring Session Dates: Tuesdays, April 2, 9, 16, 23, 30, May 7, 14, 21, 28

Time: 6:00 pm - 7:00 pm

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

Fee for entire Winter session: \$80 Resident/\$90 Non-Resident

Fee for entire Spring session: \$70 Resident/\$80 Non-Resident

Bedford Senior Club Members are free and must register in advance

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 Room 9 (Winter) or Gym (Spring)

Winter Session Dates: Thursdays, January 11, 18, 25, February 1, 8, 15, 22, 29, March 7, 14, 21

Spring Session Dates: Thursdays, April 4, 11, 18, 25, May 2, 9, 16, 23, 30

Time: 6:00 pm - 7:00 pm

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

Fee for entire Winter session: \$85 Resident/\$95 Non-Resident

Fee for entire Spring session: \$70 Resident/\$80 Non-Resident

Bedford Senior Club Members are free and must register in advance

Gentle Yoga Flow

This class is an invitation to slow down, unwind, and explore the rejuvenating benefits of yoga through a series of gentle, flowing movements, breath awareness, and mindful relaxation. This program promotes flexibility, balance, and a sense of inner calm. Suitable for everyone, including beginners, seniors, or those recovering from injury. 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 Room 4

Winter Session Dates: Saturdays, January 13, 20, February 3, 10, 17, 24, March 2, 9, 16 (No class 1/27)

Spring Session Dates: Saturdays, April 6, 13, 20, 27, May 4, 11, 18

Time: 9:00 am - 10:00 am

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

Fee for entire Winter session: \$70 Resident/\$80 Non-Resident

Fee for entire Spring session: \$55 Resident/\$65 Non-Resident

Bedford Senior Club Members are free and must register in advance

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 can learn to be stronger, healthier, and safer.

Instructor: Robert Fleming, Two Tigers Kung Fu Academy

Location: Ellenwood Center Gym

Dates: Fridays, April 19, 26, May 3, 10, 17

Time: 5:30 pm - 6:15 pm

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

Bedford Senior Club Members are free and must register in advance

Chair Yoga Serenity

NEW! 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 instructor.

Instructor: Yvonne Williams, certified Yoga instructor

Location: Ellenwood Center Room 4

Winter Session Dates: Wednesdays, January 10, 17, 24, 31, February 7, 14, 21, 28, March 6, 13, 20

Spring Session Dates: Wednesdays, April 3, 10, 17, 24, May 1, 8, 15, 22, 29

Time: 5:30 pm - 6:30 pm

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

Fee for entire Winter session: \$80 Resident/\$90 Non-Resident

Fee for entire Spring session: \$65 Resident/\$75 Non-Resident

Bedford Senior Club Members are free and must register in advance

Upcycling Sewing Class

NEW! Learn how to transform ordinary t-shirts into unique and stylish pieces, such as tote bags, pillows or even a blanket! This class not only teaches valuable sewing skills but also promotes sustainable and mindful crafting by giving new life to clothing that might otherwise go unused. Participants are encouraged to bring their own t-shirts, limited fabric will be provided. Sewing machines are available to share. **Ages: 12+ & Adults**

Instructor: Lisa Barham, SAFY of Ohio

Location: Ellenwood Center Room 1

Dates: Mondays, March 4, 11, 18, 25, April 1, 8

Time: 6:30 pm - 8:00 pm

Fee: Free, pre-registration required

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.

Instructor: Melinda, So-So Artsy

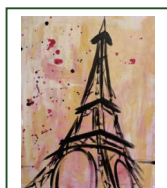
Location: Ellenwood Center Room 3

Time: 6:00 pm - 8:00 pm

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



Chinese New Year
Tuesday, February 6



Eiffel Tower
Tuesday, February 27



Spring Porch Leaner
Tuesday, March 5



Center Peace
Tuesday, March 26



White Birch
Tuesday, April 16



Delicate Dandelion
Tuesday, April 30



Santa Cruz
Tuesday, May 14

Grandparent Class with UH

NEW! This course is designed to prepare grandparents for new baby's arrival! Grandparents can refresh their baby safety skills by learning newborn care, safe sleep, childproofing, child passenger safety, and infant hands-only CPR. By the end of the course, attendees will be updated on the latest trends in childcare, health, and safety.

Instructor: Briana Price, Childhood Injury Prevention Coordinator at UH Rainbow

Location: Ellenwood Center Room 1

Date: Saturday, May 18

Time: 10:00 am - 12:00 pm

Fee: Free, pre-registration required

Healthy Joints & Strong Bones: Preventing Knee and Hip Pain

NEW! Join us for an enlightening medical talk that delves into the intricate world of joint health, specifically focusing on knees and hips. Gain insights into the common causes of knee and hip pain and proactive measures to prevent the need for surgery, emphasizing the crucial role of metabolic bone health in the context of osteoporosis and arthritis.

Presenter: Dr. Yianni Apostolakos, MD, MPH with University Hospitals, specializes in Orthopedic Sports Medicine and Orthopedic Shoulder Surgery

Location: Ellenwood Center Room 4

Date: Monday, April 15

Time: 6:30 pm - 7:30 pm

Fee: Free, pre-registration required

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 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: Skee-ball, Table Shuffleboard, Billiards, Wii Bowling

Senior Day Trips (bi-monthly)

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 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 - Marymount Hospital.

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.

Golden Rock Choir

NEW! Join our new, dynamic senior glee club that proves that the spirit of rock 'n' roll knows no age limit! Participants will sing and unleash a musical time capsule of classic rock hits from the 1960s and 1970s. Singing improves memory and cognitive function and releases endorphins to improve your mood! We will "rock the house" with a performance for family and friends on Ellenwood Center's stage on Wednesday, May 29 at 6:00pm. **Ages 55+**

Instructor: Musician Sheela Das, lead vocalist, SATO rock band and Ohio Arts Council roster teaching artist.

Location: Ellenwood Room 1

Dates: Wednesdays, April 3, 10, 17, 24, May 1, 8, 15, 22, 29

Time: 4:00 pm - 5:30 pm

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

Bedford Senior Club Members are free and must register in advance

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

Team Formation and Practice Round:

Thursday, April 25, 1:00 pm at Ellenwood Center Gym

Mind Challenge Competition Dates, Times & Locations:

Central Region Play - Thursday, May 2 and May 9, 1:00 pm at Ellenwood Center Gym

Additional dates if our team(s) advances.

Program Fee: Free, pre-registration required

AARP Smart Driver Course

NEW! The AARP Smart Driver Course is the nation's first and largest driver safety course designed especially for drivers age 50+. The course covers defensive driving techniques and the normal changes in vision, hearing, and reaction time associated with aging. The course also provides practical techniques for adjusting to these changes to ensure the driver's own safety and that of others on the road.

Topics include:

- *Maintaining proper following distance
- *Minimizing the effect of dangerous blind spots
- *Limiting driver distractions such as eating, smoking, and cell phone use
- *Properly using safety belts, air bags, and all car features
- *Effects of medications on driving
- *Maintaining physical flexibility
- *Monitoring the driving skills and capabilities of yourself and others

Although the course is geared toward drivers 50+, it can be taken by licensed drivers of all ages, and there are no tests. Participants may be eligible to receive a discount on their auto insurance premiums; contact your insurance company or agent for more details. Participants must attend both sessions to receive the AARP Smart Driver certificate.

Instructor: April Dugan

Location: Ellenwood Center Room 4

Dates: Tuesdays, April 9 & April 16

Time: 1:00 pm - 3:00 pm

Fee: \$25 per participant

Bedford Senior Club Members are free and must register in advance

Registration opens on February 1. Limited to 24 students.

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.

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

JFK Assassination: Searching for the Truth 60 Years Later
Wednesday, January 31

The Evolution of L-O-V-E
Wednesday, February 21

Total Solar Eclipse of 2024
Wednesday, March 6

Stephen King and The Shawshank Redemption
Wednesday, April 17

The Unknown Story of Doris Day
Wednesday, May 1

The Larry Doby Story
Wednesday, June 5

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.

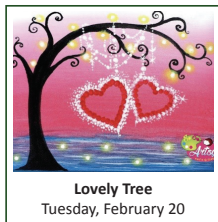
Canvas Painting (Adaptive)

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

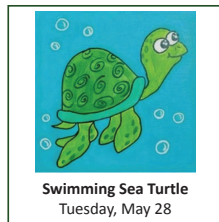
Fee: \$5 Resident/\$10 Non-Resident



Lovely Tree
Tuesday, February 20



Solar Eclipse
Tuesday, April 9



Swimming Sea Turtle
Tuesday, May 28

Line Dancing (Adaptive)

This program will make you sweat while having a fun cardio experience to a variety of line dances. **Ages 15+**

Instructor: Jaki Ward

Location: Ellenwood Center Room 4

Dates: Mondays, January 8, 22, 29, February 5, 12, (no class 1/15)

Time: 7:00 pm - 8:00 pm

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

Basketball (Adaptive)

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

Instructor: Empower Sports

Location: Ellenwood Center Gym

Dates: Wednesdays, March 13, 20, 27, April 3, 10, 17

Time: 6:00 pm - 7:30 pm

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

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

Dates: Thursdays, March 7, 14, 21, 28, April 4, 11

Time: 7:00 pm - 8:00 pm

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

Volleyball (Adaptive)

NEW! Participants will learn, play, and develop fundamental skills of volleyball in a dynamic and engaging environment. Rookie Sports 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. **Ages 15+**

Instructor: Rookie Sports Club LLC.

Location: Ellenwood Center Gym

Dates: Tuesdays, March 12, 26, April 2, 9, 16 (No class 3/19)

Time: 7:00 pm - 8:00 pm

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. **Ages 15+**

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

Location: Ellenwood Center Gym

Dates: Mondays, February 26, March 4, 11, 25, April 1, 8 (No class 3/18)

Time: 7:00 pm - 8:00 pm

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

Jacobs Ladder Special Needs Fitness (Adaptive)

A 60-minute exercise class including: dynamic stretching, planking, callisthenics (jumping jacks, squats, lunges, push-ups), tossing weighted balls, using resistance bands, agility drills, fitness ropes and yoga. Bring a water bottle and yoga mat/towel. **Ages 15+**

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

Location: Ellenwood Center Gym

Dates: Mondays, April 15, 22, 29, May 6, 13, 20

Time: 7:00 pm - 8:00 pm

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

Spring Fling Dance

SAVE THE DATE! The evening of Friday, March 22, we will be co-hosting a Spring Fling Dance with LEAP for older teens and adults with disabilities. Check our website in late winter for more details!



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, 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.

Pool information updates including swim schedule, pass information, learn-to-swim dates 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 multi-purpose 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 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 - \$150

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

Maintenance Fee - \$75 per event

Multi-purpose Room (Room 4)

Maximum seating capacity - 50

Deposit - \$120

Rental Fee - \$60 per hour

Maintenance Fee - \$60 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
- Smoking, vaping, 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.

HELP WANTED:

Bedford Parks & Recreation hires part-time seasonal positions throughout the year in various areas including sports, grounds, camps and adaptive programming.

For current openings, check the city's website, www.bedfordoh.gov

Applications are available online or at Ellenwood Center. It is never too early to apply to be a summer lifeguard!

BEDFORD PARKS & RECREATION

124 Ellenwood Avenue
Bedford, Ohio 44146



PRSRT STD
U.S. Postage
PAID
Cleveland, OH
Permit #1723



Bedford Parks & Recreation Day with Cleveland State Vikings

Saturday, February 17th at
CSU Wolstein Center

Discounted tickets & concession vouchers!
Details on page 2.

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



 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.