

Cleveland Heights **Parks and Recreation**

PROGRAM GUIDE

Fall/Winter 2025-26



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Community Center Overview

Visit Us: 1 Monticello Boulevard | Contact Us: **216-691-7373** | Register for Classes Online: chparks.com

Youth Recreation Fund

The Youth Recreation Fund provides financial assistance to children living in the Cleveland Heights-University Heights School District who may otherwise be unable to participate in recreation programs and activities. The Youth Recreation Fund offers reduced rates for those residents who qualify. Applications are available at the Community Center Front Desk.

Disability Policy

The Cleveland Heights Department of Parks & Recreation is sensitive to the needs of people living with or experiencing physical challenges or limitations and encourages the participation of all individuals. **All of our facilities meet ADA requirements.**

Picnic Shelter Reservations

Reservations will be accepted starting on Monday, January 5, 2026.

Picnic shelters may be reserved from May 1 through October 5, 2026. Complete information on the rules, regulations and cost of picnic shelter rentals can be found at chparks.com or by calling **216-691-7373**.

In-Person Class/Program Registration

You can register in person for most programs at the Community Center during these hours:

Monday–Friday: 6am–9pm Saturday–Sunday: 9am–5pm

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The Field House

Fitness Center/Track Policy

Users must be 16 years or older to use the Fitness Center or Track.

Youth 12 to 15 years of age may use the Fitness Center or Track accompanied by a paying adult/guardian. Fees apply.

Youth under the age of 12 are not permitted in the Fitness Center or Track.

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Personal Training Services

We offer one free 30-minute personal training demo for new community center members.

Individualized personal training programs are adapted by certified experts to fit your goals & needs. All of our expert trainers design your individual program to make your goals a reality. All fitness levels are welcome, ages 13 and up. One-on-one, couples and small group training sessions available for 60-minute and 30-minute sessions.

Together with your trainer, you will develop safe and effective workouts to improve your muscular strength, muscular endurance, cardiovascular endurance, flexibility and body composition. Our trainers are able to accommodate many physical and cognitive limitations, such as rehabilitation from injuries or surgeries. All of our personal trainers are certified and insured fitness professionals with years of experience. Our facility has a large variety of training equipment, including a private training room with specialized equipment.

Field House or Fitness Center Membership is **NOT REQUIRED** for participation in personal training programs.

Call or text Ty Richardson, our head of Personal Training Services, at **216-694-8414** for a quick phone consultation today.

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COMMUNITY CENTER

Room Rentals

The Community Center has several rooms to accommodate your next event no matter how big or small. Tables and chairs are available for your specific set-up style. Please feel free to visit the Community Center to view any of our indoor facilities. Should you be interested in reserving a room, please come to the Community Center in person to see the room and make the reservation.

All persons must reserve the room in person and submit an Indoor Facility Request Form no less than fourteen (14) days in advance of rental. Payment of half the rental fee and the security deposit are due at the time the request is submitted. Final payment in full is due no later than 48 hours prior to the start of the scheduled event (credit card preferred). Failure to make final payment prior to the start of the event will lead to cancellation. **Rental price is by the hour, unless otherwise stated.**

Please visit chparks.com for additional facility rental rules and requirements.



Activity Room 1A/1B

Maximum Capacity: 50

\$55.00 Resident

\$110.00 Non-Resident

Security Deposit: **\$110**



Multi-Purpose Room

Maximum Capacity: 150

\$150.00 Resident

\$300.00 Non-Resident

Security Deposit: **\$300**



Activity Room 7

Kitchen Available

Maximum Capacity: 100

\$110.00 Resident

\$220.00 Non-Resident

Security Deposit: **\$220**



Senior Center Conference

Maximum Capacity: 20

\$25.00 Resident

\$50.00 Non-Resident

Security Deposit: **\$50**



South Atrium

Maximum Capacity: 50

\$35.00 Resident

\$70.00 Non-Resident

Security Deposit: **\$70**



Gymnasium

Maximum Capacity: Depends on Activity

\$50.00/hr. per Court



South Field House

Maximum Capacity: 600

Fee is based on usage:

Long-Term Rental

\$50.00-\$70.00

Daily Rental

\$150.00-\$200.00

Trade Show

\$1,000.00/day

Security Deposit: **\$500**

COMMUNITY CENTER

Fitness Center Overview

Annual Fitness Center Memberships, 30-Day Memberships, and Daily Admission are available.

Age Requirements:

- Eligible people 16 years and older may pay to use the Fitness Center, Gym, or Track.
- The only exceptions are infants and toddlers who are permitted on the Track in strollers or infant front/backpack carriers.
- Youth ages 12 to 15 years may use the Fitness Center and Track when accompanied by a paying parent or guardian.
- Infants, toddlers, and youth under the age of 12 are not permitted in the Fitness Center and Gym or on the Track.

Fee Levels

Users may purchase admission/membership to the Fitness Center at two fee levels: Resident and Non-Resident.

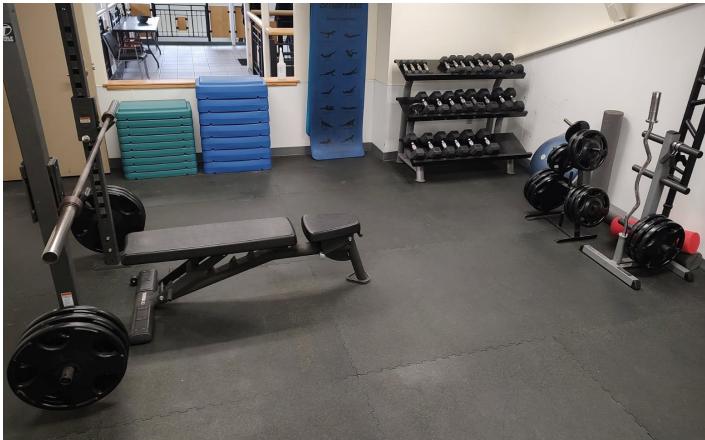
Resident Fees

Resident level fees are available to anyone living in Cleveland Heights.

Non-Resident Fees

Non-Resident Fees Apply to:

- Anyone attending kindergarten or older living within the boundaries of the CH-UH School District, but not in Cleveland Heights.
- Anyone employed within the boundaries of Cleveland Heights (must bring a pay stub).
- Families with children in the Community Center's ice programs.



FITNESS CENTER

Fitness Center Membership Pricing

Residents of Cleveland Heights may use the Field House, which includes the Fitness Center, Track, and Gym, at the Cleveland Heights Community Center by:

- **Paying \$6 per day to use the Fitness Center and Track**
- **Purchasing an annual Field House/Fitness Center pass for unlimited usage of the Field House***
- **Purchasing a 30-day unlimited Field House pass***

*Resident and Non-Resident Field House pass rates vary by age.

Cleveland Heights Resident	One-Year Membership	30-Day Membership
Youth (Grade K to Age 11)	\$84.00	\$10.00
Youth (Age 12 to 18)	\$110.00	\$18.00
Young Adult (Age 19 to 24)	\$180.00	\$27.00
Adult (Age 25 to 59)	\$220.00	\$33.00
Senior Adult (Age 60+)	\$115.00	\$17.00
Family*	\$345.00	\$55.00
Non-Resident	One-Year Membership	30-Day Membership
Youth (Grade K to Age 11)	\$126.00	\$15.00
Youth (Age 12 to 18)	\$165.00	\$27.00
Young Adult (Age 19 to 24)	\$248.00	\$39.00
Adult (Age 25 to 59)	\$299.00	\$45.00
Senior Adult (Age 60+)	\$165.00	\$25.00
Family*	\$499.00	\$79.00

*Family definition for Fitness Center Memberships is adult head of household and his/her spouse or partner and dependent children age 18 and under occupying household.

Where to Purchase Memberships

Fitness Center memberships, Ice memberships, and Community Center memberships may be obtained at the Cleveland Heights Community Center (**1 Monticello Boulevard at Mayfield Road**). Call **216-691-7373** for days and times.

Residency Documentation

All memberships and drop-in visits require documentations to confirm residency.

- We require photo ID. This may be a driver's license, a state ID, or a passport.
- If the photo ID includes a Cleveland Heights address, one additional document is needed. If not, two additional documents are needed.
 - Utility bills, bank statements, and phone bills dated within the past month are acceptable.
 - Leases, insurance cards, and car registrations are not acceptable.
- Infinite Campus is acceptable for students attending open gym. School ID is not acceptable.

Noon Year's Eve | Dec. 31

Noon Year's Eve

Does the ball drop after your bedtime? **Not this year!**

Stop by the Cleveland Heights Community Center and join us for Noon Year's Eve – our annual family favorite event!

Don't worry about missing midnight. Join us for a countdown to a 12 noon balloon drop!

Admission includes ice skating, games, activities, raffles, face painting, and more! Lots to do for skaters and non-skaters!

Questions? Call **216-691-7434**

Day: December 31

Time: 11am–1pm

Location: Cleveland Heights Community Center
1 Monticello Boulevard

\$10.00 Admission



Previous Event Showcase



The Black History Month celebration happens each February at our Community Center. Look out for upcoming information about the 2026 event soon!



COMMUNITY EVENTS

Martin Luther King Day Celebration

The Cleveland Heights Annual Martin Luther King Day Celebration

This year, we're joining with The King Center, a nonprofit dedicated to ensuring that the King legacy not only remains relevant and viable, but is effectively leveraged for positive social impact.

The King Center's 2026 theme is: Mission Possible II: Building Community, Uniting a Nation the Nonviolent Way. According to the nonprofit, "This theme is more than a banner; it's a blueprint for action...anchor[ing] our commitment to building the Beloved Community: a world where injustice ends, violence is replaced by compassion, and love becomes the prevailing force."

These are both large and complex ideas, and we encourage teachers of our younger students to focus on the power of choosing kindness over meanness. **Students are invited to explore these ideas in essay form, in a poem, or visually in a poster.**

Deadline for all submissions: December 31, 2025

CH staff will review all submissions in preparation for the **Tuesday, January 13 ceremony at the Cleveland Heights Community Center, 6 pm**. All students, their families, and friends are invited to attend the event. A selection of students will be asked to share their work on stage and will be notified in advance if selected. For submission instructions, **visit clevelandheights.gov**.

Previous Event Showcase



Fall Fest was a gathering for the entire community to celebrate the fall season. With attractions including food trucks, music, city vehicle showcases, raffles, bounce houses, face painting, and so much more!

COMMUNITY EVENTS

Preschool Programs

Preschool Open Gym

Parent/legal guardian must stay with their children.

Age: Children (Age 1–5) **Must be accompanied by parent**

Day: Mondays–Thursdays

Time: 9am–12pm

Location: South Rink

\$5.00 per family per visit

\$20.00 punch pass valid for 6 visits

Creative Dance for Kids

Creativity, imagination, and joyful expression are nurtured while young dancers explore movement concepts, develop dance skills, strengthen the body and brain, and connect with others. Come dressed to move; no dance-specific attire required. Bare feet or ballet slippers recommended.

Children in the 1.5 to 3-year-old class must be accompanied by a caregiver at all times.

Instructor: Danielle Dowler

Day: Tuesdays

Winter 1: January 13–February 17

Winter 1: February 24–March 31

Location: Aerobics Room

Ages 1.5–3 (with caregiver)

Time: 9:15am–9:45am

\$50.00 Resident

\$65.00 Non-Resident

Ages 3–5

Time: 4:30pm–5:15pm

\$60.00 Resident

\$75.00 Non-Resident

Ages 5–7

Time: 5:15pm–6pm

\$60.00 Resident

\$75.00 Non-Resident

Adult Programs

Argentine Tango Lessons & Practica

This drop-in class emphasizes the fundamentals of the Tango, the dance of Buenos Aires, and focuses on quality of movement, elegance, musicality, and connection.

A dance session (practica) will follow the class.

No partner necessary.

Argentine Tango Lessons & Practica **CONTINUED**

Day: Sundays (On-going)

Time: Lessons | 1:30pm–2:30pm

Practica | 2:30pm–4:30pm

Location: Aerobic Room

\$5.00 drop-in fee (Covers both sessions)

Yoga for Any and Every Body

This class covers the fundamentals of yoga for beginners, those returning to yoga, or anyone looking for a gentler approach to yoga. There will be an emphasis on the basics of poses, along with breathing and relaxation of the mind and body.

Instructor: Michelle Gore, CPA, RYT 200

Day: Thursdays (October 25–December 4, 2025)

Time: 6:30pm–7:30pm

Location: Aerobic Room

\$38.00 Resident **\$44.00 Non-Resident**

Fit in 45 Minutes

Fifteen minutes each of cardio, strength training, and abdominal work. Wear comfortable workout clothes and bring an exercise mat, towel and spill-proof water bottle.

Instructor: Pia Alesci

Day: Fall 2: November 8–December 20

Winter 1: January 10–February 14

Winter 2: February 28–April 4

Time: 9:15am–10am

Location: Aerobic Room

\$38.00 Resident **\$44.00 Non-Resident**

Evening Barre Workout

For those new to the practice, Barre class has the elements of dance with the principles of strength and safety in Pilates. This is a barefoot workout. Wear comfortable workout clothes and bring an exercise mat, towel, and spill-proof water bottle.

Maximum class size is 12 participants.

Instructor: Pia Alesci

Day: Mondays

Fall 2: November 24–December 15

Winter 1: January 5–February 9

Winter 2: February 23–March 30

Time: 6pm–7pm

Location: Aerobic Room

\$38.00 Resident **\$44.00 Non-Resident**

RECREATION PROGRAMS

Mat Pilates

Pilates is a series of targeted exercises that strengthen muscles while improving postural alignment and flexibility generated from the core. Wear comfortable clothing and bring your own exercise mat, towel, and spill-proof water bottle.

Maximum class size is 15 participants.

Instructor: Pia Alesci

Day: Wednesdays

Fall 2: October 29–December 3

Winter 1: January 9–February 11

Winter 2: February 25–April 1

Time: 6pm–7pm

Location: Aerobic Room

\$38.00 Resident \$44.00 Non-Resident

JAZZERCISE

We've mastered the art of fun fitness! Jazzercise is the iconic dance fitness workout that focuses on fun, sustainable fitness you can stick with for life! We combine high energy dance cardio with strength training, Pilates, hip-hop, yoga, and kickboxing all set to a motivating, danceable playlist.

With easy to follow choreography and a supportive group atmosphere, you'll burn calories, build muscle, and fire up your metabolism. Come see why our average participant sticks with us for seven years! Whether you're new or returning, we can't wait to see you on the dance floor.

What to Bring:

- Optional: 3–5 lb hand weights (for an extra burn!)
- A mat and supportive shoes
- A water bottle

Instructor: Mary Beth McCann

440-655-5394 or marybethmccann@gmail.com

Tuesday and Thursday Class

Time: 6:30pm

Saturday and Sunday Class

Time: 9:30am

Additional classes are available off-site

New Customers: Try Two Weeks for \$29.00

Hula Hooping All Over Challenge

This class is a safe, fun way to burn calories and body fat. In this class, your challenge is to learn to hoop in both directions and keep the hoop flowing on your waist, hips, arms, legs, and hands! Benefits: Tone all over if you hoop all over! Your body will love it!

Hula Hooping All Over Challenge CONTINUED

Instructor: Gerri McCully

Day: Wednesdays

Fall 2: November 12–December 17

Winter 1: January 21–February 25

Time: 6:30pm–7:30pm

Location: Room 7

\$38.00 Resident \$44.00 Non-Resident \$5.00 Drop-In

Strength Training Class with Alice

This is a fun-filled, action-packed workout! This class provides a great low-impact cardio workout combined with toning, strength, and stretch. Participants will use a variety of equipment, including dumbbells, resistance bands and jump ropes. The exercises change weekly to keep the format new and interesting.

Instructor: Alice Jackson

Day: Mondays and Wednesdays

Fall 2: November 10–December 17

Winter 1: January 5–February 11

Time: 6:15am–7:15am

Location: Aerobic Room

\$45.00 Resident \$51.00 Non-Resident

Swing Dancing

Swing dancing offers numerous physical benefits, including a full-body, low-impact aerobic workout that improves cardiovascular health, strengthens muscles, and enhances flexibility, balance, and coordination. It also provides significant mental and social benefits, such as reducing stress, improving mood, boosting self-esteem, and stimulating cognitive function by improving memory and decision-making skills. Additionally, swing dancing is a highly social activity, fostering new connections, improving communication, and potentially strengthening relationships.

Instructor: Deanna Coleman

Day: Tuesdays

Winter 1: January 6–January 20

Winters 2: February 3–February 17

Time: 7:45pm–8:45pm

Location: Aerobic Room

\$50.00 Resident \$65.00 Non-Resident

Cardio Drumming

Cardio Drumming strengthens and tones muscles in the arms, core, legs, and shoulders, improving endurance and efficiency. While drumming won't lead to significant muscle mass, it can contribute to a more toned physique, particularly in areas like forearms, wrists, and ankles.

RECREATION PROGRAMS

Cardio Drumming CONTINUED

Instructor: Nema Saleem-Green

Sunday Class

Time: 9:30am–10:30am

Tuesday Class

Time: 6:30pm–7:30pm

Location: Aerobic Room

\$15.00 Drop-In \$44.00 4-Pack

R&B Line Danz.xercise

Line dancing offers a combination of physical and mental benefits, including improved cardiovascular health, coordination, balance, and cognitive function. Line dancing can also be a fun and social activity, making it an enjoyable way to stay active.

Instructor: Tina Swift

Day: Mondays (On-going)

Time: 7:45pm–8:45pm

Location: Room 7

\$5.00 Drop-In

GET FIT WITH JERMAINE

This class combines strength training and toning with constant instruction to ensure participants are using the correct form. Participants will experience varying heart rates, but all cardio moves are low-impact for joint protection.

The 45 minutes class is challenging but appropriate for all ages and levels.

Instructor: Jermaine Davis

Day: Mondays, Wednesdays, and Fridays

Fall 2: October 27–December 5

Time: 9am–11am

Winter 1: December 8–January 16

Time: 9am–11am

Location: Room 7

\$64.00 Resident \$73.00 Non-Resident

TOTAL BODY STRETCH WITH JERMAINE

Get limber with Jermaine. This class is designed to improve flexibility, reduce muscle tension and enhance mobility. All are welcome. Whether you're recovering from a workout, easing everyday stiffness or just looking to unwind.

Instructor: Jermaine Davis

Day: Mondays and Wednesdays (October 27–December 3)

Time: 12pm–12:30pm

Location: Aerobic Room

\$38.00 Resident \$44.00 Non-Resident

Heights High School Pool Membership

The high school's pool will be available to use for patrons residing in the CHUH City School District. Indoor pool passes are available, though residents with a current fitness center membership are able to use the pool at no additional charge. Memberships are sold at the community center. No memberships will be sold at the pool. Proof of residency and a photo ID will be required when purchasing a membership. No Silver Sneakers or Renew Active will be accepted at the pool, regardless of residency.

The pool will be closed when the school is closed. This includes November 26, 27, and 28 for the Thanksgiving Holiday. The school district has the right to close the pool whenever they deem necessary.

Check In Procedures:

- All patrons must check in before entering the pool.
- Patrons will enter the school through Door 8, and proceed to the pool.
- Staff will have a table to check patrons in at the pool entrance. At this table, patrons will need to scan their membership tag/card.
- After checking in, they will be allowed to enter the pool.

Day: Mondays–Fridays

Time: 6am–7:30am

\$40.00 Adult (19–59) \$30.00 Senior (60+)

\$20.00 Punch Card (Good for 10 general admissions)



RECREATION PROGRAMS

Martial Arts Programs

Kuk Sool Won™ (WKSA)

The traditional martial art of Korea. Class includes: etiquette (respectful behavior), rolling & acrobatics, safety falls, meditation practice, hand/foot striking & blocking, forms training (Hyung), and self defense techniques.

Instructor: Bob Williams, 6th Degree Black Belt

Location: Room 7

Fall 2: Mini-Kids (Ages 5–6)

Day: Tuesdays and Thursdays
November 4–December 30

Time: 6pm–6:30pm

Winter 1: Mini-Kids (Ages 5–6)

Day: January 1–February 28
Tuesdays and Thursdays: 6pm–6:30pm
AND Saturdays: 9am–10am

\$61.00 Resident **\$68.00 Non-Resident**

Fall 2: Youth (Ages 7–13)

Day: Tuesdays and Thursdays
November 4–December 30

Time: 6:30pm–7:15pm

Winter 1: Youth (Ages 7–13)

Day: January 1–February 28
Tuesdays and Thursdays: 6:30pm–7:15pm
AND Saturdays: 9am–10am

\$120.00 Resident **\$125.00 Non-Resident**

Fall 2: Adult (Ages 14+)

Day: Tuesdays and Thursdays
November 4–December 30

Time: 7:15pm–8pm

Winter 1: Adult (Ages 14+)

Day: Tuesdays and Thursdays
January 1–February 28: 7:15pm–8pm
AND Saturdays: 9am–10am

\$120.00 Resident **\$125.00 Non-Resident**

Tai Shin Doh: Youth Beginner Self-Defense

Children are taught control, discipline, awareness, responsibility, and consideration in a martial arts environment.

Beginners to yellow belts eligible.

Instructor: David Jones, 7th Degree Black Belt

Day: Fridays

Fall/Winter 1: November 14–February 6

Winter/Spring 1: February 13–April 17

Time: 6:30pm–8pm

Location: Room 7

\$64.00 Resident **\$73.00 Non-Resident**

Tai Shin Doh: Adult & Youth-Advanced Self-Defense

For adults wishing to learn self-defense and students who have attained the level of green belt in Tai Shin Doh. Participants will learn to master the art of Tai Shin Doh.

Note: Adult Self-Defense/Tai Shin Doh is now combined with the Youth Advanced Self-Defense/Tai Shin Doh class.

Instructor: Roan Adognravi

Day: Saturdays

Fall/Winter 1: November 15–February 7

Winter/Spring 1: TBD

Time: 10:30am–12pm

Location: Room 7

\$64.00 Resident **\$73.00 Non-Resident**



MARTIAL ARTS

Youth Sports Programs

Winter Youth Recreational Basketball

Current Leagues:

• Grades K–1 Coed

Day: Thursdays (December 11–February 12)
One skills session / game each Thursday

Time: 6:30pm–7:20pm

• Grades 2–3 Boys • Grades 2–4 Girls

• Grades 4–5 Boys • Grades 5–6 Girls

• Grades 6–8 Boys

Day: Practice one evening per week, Monday through Thursday
Beginning the week of Monday, December 8
One game Saturdays: December 13–February 14

Time: 1-hour practice

Registration:

Registration for the 2025–26 Winter Youth Recreational Basketball Leagues are currently open.

The Registration Deadline is Friday, November 28.

\$60.00 Resident

\$80.00 All Others Eligible

Eligibility:

Open to Cleveland Heights residents and all students who live within the boundaries of the Cleveland Heights–University Heights School District and neighboring communities.

Player Clinics—Saturday, November 8 and 22: (All Players Grades 2–8 Should Attend)

Grades K–1 Coed: 10am–11am	Grades 2–3 Boys: 11:15am–12:15pm	Grades 4–5 Boys: 12:30pm–1:30pm	Grades 4–6 Girls: 1:45pm–2:45pm	Grades 6–8 Boys: 3pm–4pm
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Player Team Selection Day is Saturday, December 6 (Coaches Only)

Upcoming Programs for Boys and Girls

AAU Basketball Tryouts

February TBD

Volleyball

March TBD

HUSA Spring Soccer

April TBD



2026 Heights Youth Baseball League

Current Leagues:

• Tee Ball

Ages 3–4: In-House League

Ages 5–6: In-House League

• Recreational League

Ages 7–8: South Euclid League

Ages 9–10: South Euclid League

• Travel League

Ages 11–12: Lyndhurst League

Ages 13–14: Willoughby League

Registration:

In-person and online registration for the 2026 Heights Youth Baseball League begins on Saturday, February 14.

The Registration Deadline is Saturday, May 2.

\$90.00 Resident

\$125.00 All Others Eligible

Eligibility:

Open to Cleveland Heights residents and all students who live within the boundaries of the Cleveland Heights–University Heights School District and neighboring communities.

Location:

Forest Hill Ballpark

SPORTS PROGRAMS

Open Basketball (18 and Under)**Day:** Mondays–Fridays**Time:** 4pm–5:45pm**\$3.00 Resident Drop-In****\$15.00 Cleveland Heights Resident - 10 Admissions****\$20.00 University Heights Resident - 10 Admissions****2026 Heights Girls Softball League****Current Leagues:****• Coach Pitch Recreational League****Ages 7–8:** Willoughby League**\$60.00 Resident \$85.00 All Others Eligible****• Fastpitch League****Ages 10 up:** Willoughby League**Ages 12 up:** Willoughby League**Ages 14 up:** Willoughby League**\$90.00 Resident \$95.00 All Others Eligible****Registration:**

In-person and online registration for the 2026 Heights Girls Softball League begins on Saturday, February 14.

The Registration Deadline is Saturday, April 11.**Eligibility:**

Open to Cleveland Heights residents and all students who live within the boundaries of the Cleveland Heights–University Heights School District and neighboring communities.

Location:

Forest Hill Ballpark

Youth Sports Team Sponsorships

When you sponsor a Cleveland Heights Youth Sports team, you're helping keep our recreation programs affordable by covering the costs of t-shirts, jerseys, and hats.

In return, your business name and logo will appear on your team's uniforms and will be displayed on the City of Cleveland Heights' website. You will also receive a post-season recognition plaque to thank you for giving back to the community.

Best of all, you'll have the satisfaction of supporting local youth. **Please consider becoming a sponsor today.** For more information, visit: chparks.com/330/Sponsorships**Adult Sports Programs****Adult Open Basketball (19 and Over)****Day:** Mondays–Fridays**Time:** 6am–9am**\$3.00 Resident Drop-In****\$15.00 Cleveland Heights Resident - 10 Admissions****\$5.00 Non-Resident Drop-In****\$25.00 Non-Resident - 10 Admissions****Coed Softball League****Day:** Mondays

League play begins in May. Date TBD

Location: Larry Shaw Softball Complex, Forest Hill Park**\$400.00 Resident \$475.00 Non-Resident****Men's Softball League****Day:** Wednesdays and Fridays

League play begins in May. Date TBD

Location: Larry Shaw Softball Complex, Forest Hill Park**\$650.00 Resident \$725.00 Non-Resident****Umpire and Score Keeper Fees separate***Recreational Indoor Pickleball**

Pickleball is a combination of tennis, badminton and ping pong and is designed to be played by all ages. This program is for ages 18+. Participants should wear clothing that allows movement and court shoes or athletic shoes. Water fountains, locker rooms, and restrooms are available. There are six courts available for play. We have a few beginner Pickleball paddles for those who do not have their own paddle.

Day: Mondays through Fridays

Beginning September 2, 2025

Time: 9:15pm–1pm**Location:** Gym Courts 1 & 2**SINGLE DAY:** **\$3.00 Resident \$6.00 Non-Resident****10 DAY PASS:** **\$25.00 Resident \$50.00 Non-Resident****SPORTS PROGRAMS**

Ice Rink General

Public Skate Attendance Fees:

Skate Rental Only	Preschoolers (5 and under)
	• Must be accompanied by an adult
	• Limit of 2 children per adult
\$2.00	Students (Ages 5-18)
	• Requires proof of residency
\$3.00	Adult Residents
\$5.00	General Admission/All Others

Public Skate General Fees:

\$2.00	Skate Rental
\$16.00	Skate Rental Book (book of 10)
\$45.00	Guest Book (book of 10)

Ice Rink Special Events

Nov. 27:	Closed for Thanksgiving
Dec. 6:	Speedskating Meet
Dec. 24-25:	Closed for Christmas Eve and Christmas
Dec. 26:	Annual Barden-Benner-Carter Alumni Hockey Game
Dec. 26-28:	Heights High School Holiday Tournament
Dec. 31:	Noon Year's Eve Event
Jan. 1:	Closed for New Year's Day
Feb. 21:	Speedskating Meet

Birthday Parties

For ages 7-12, you may reserve the North Atrium for a private group (maximum 20 children) to enjoy your birthday celebration while skating in one of our public sessions. Outside food and refreshments are permitted.

Fee includes atrium rental, skating admission, and skate rental. **Advance registration is required.** Most Saturday and Sunday afternoons are available March–October.

\$140.00 Resident \$210.00 Non-Resident

For group and hourly rentals, please contact Heather Janor: **216-691-7395** or hjanor@clevelandheights.gov.

Learn to Skate

The Cleveland Heights Community Center offers beginning hockey, figure skating, and speedskating lessons for all ages. For more information visit chparks.com, call **216-691-7434**, or email learntoskate@clevelandheights.gov.

Private Lessons

In addition to group lessons, the professional skating staff is available for private instruction. A list of professionals is available at the ice rink desk. Please contact individual instructors directly for availability and fee structure.

Call **216-691-7434** for information.

Learn-to-Skate USA

Offering the best skating program in the United States, our Learn-to-Skate program is geared for ages three-to-adult. Learn-to-Skate is a collaboration between U.S. Figure Skating, USA Hockey, and U.S. Speedskating offering basic skating concepts as well as fitting the needs of those skaters looking to progress to the sports of figure skating, hockey, and speedskating.

Please go to chparks.com for a comprehensive schedule or visit the community center registration desk. Classes meet once a week for 30 minutes. We offer a variety of times to fit your needs.

Day: Fall 2: October 29–December 21

Skip dates: Nov. 26, 28, 29, & 30

Winter 1: January 7- February 22

Skip dates: Jan. 14, 17, 18 & Feb. 11, 14, 15

5 Weeks

\$50.00 Resident \$60.00 Non-Resident

\$10 skate rental fee if needed, residents and non-residents

6 Weeks

\$60.00 Resident \$72.00 Non-Resident

\$12 skate rental fee if needed, residents and non-residents

7 Weeks

\$70.00 Resident \$84.00 Non-Resident

\$14 skate rental fee if needed, residents and non-residents

Baby Blades

Specially designed for those skaters 18 months – 3 years of age. The class is structured with off-ice play, and an on-ice lesson with craft or storytime. This class is a great way to get your little skaters excited about taking to the ice. Offered in four-week sessions.

Time: 11:30am–12pm

Winter 2: Jan. 9, 16, 23, 30

\$40.00 Resident \$48.00 Non-Resident

Winter 1: Dec. 5, 12, 19 (three classes only)

Winter 3: Feb. 6, 13, 20 (three classes only)

\$30.00 Resident \$36.00 Non-Resident

Registration Procedures

To register for group skating lessons in person, come to the Community Center front desk Monday–Friday 9am–8pm, or Saturday and Sunday, 9am–5pm. You may also register online at chparks.com.

Registration Reminders

You need to present proof of residency in order to receive reduced rates on lessons. Classes canceled due to inclement weather cannot be rescheduled. Classes with insufficient enrollment may be canceled or combined with other classes.

Hockey Programs

Eastside Tigers

Eastside is a Cleveland Heights Youth Hockey Association and Cleveland Skating Club partnership founded in 2016. The Eastside Tigers community aims to create a fun, fair, and safe hockey environment children will cherish for a lifetime. Programming is based on USA Hockey's American Development Model for girls and boys ages 5–14 with prior skating experience. Teams schedule games through the Cleveland Suburban Hockey League. The Eastside Tigers is open to both residents and non-residents of Cleveland Heights. **Contact: eastsidetigershockey@gmail.com**.

New to Travel Hockey?

Please contact Bob Jacobson at robertejacobsonjr@gmail.com, or call the rink desk at **216-691-7434**.

Learn-to-Play Hockey

The Mini Monsters Learn to Play program presented by University Hospitals at Winterhurst Ice Arena and Cleveland Heights is designed to provide a simplified introductory hockey development pathway for boys and girls ages 3 to 13* who are eager to learn the fundamentals of hockey in a fun and supportive environment. In partnership with Ohio Hockey Project, which will provide coaching and program development, the Mini Monsters introduces young athletes to the exciting world of hockey, focusing on basic skills, teamwork, and sportsmanship. ***Age groups determined by location.**

Participants Receive:

- Three months of twice-a-week, on-ice hockey instruction at Winterhurst Ice Arena or Cleveland Heights
- Ticket to a Monsters game and recognition for completion of the program
- Head-to-toe equipment rental including stick, helmet with cage, shoulder pads, elbow pads, hockey pants, shin guards, socks, neck guard, and hockey skates
- Mini Monsters hockey jersey

Registration:

For registration and more details visit clevelandmonsters.com/grow-the-game/mini-monsters

Hockey Rink Concessions Stand

The hockey rink concessions stand is open for the ice skating season at the Cleveland Heights Community Center. Weekend hours are **Friday 7pm–10 pm, Saturday 12pm–9:30pm and Sunday 12pm–8:30pm**. Hot dogs, popcorn and nachos are offered in addition to a variety of candy, soda, and salty treats. Check us out as our menu continues to expand.

Our city's concession stands provide employment opportunities for high school students and helps raise money for youth sports programs.

High School Hockey

Cleveland Heights High School shutout.com
Benedictine High School cbhs.net
University School us.edu

College Hockey

Case Western Reserve University cwruhockey@case.edu

Adult Hockey

Cleveland Heights Senior B Hockey League chshl.sportngin.com
Cleveland Heights Coed Hockey League funhockey@gmail.com
Cleveland Heights 50+ League ch50hl@outlook.com

Adult Lunch Time Pick-Up Hockey

Age: 18+
Day: Tuesdays
Time: 11:30am–1pm

\$5.00

Adult Sunday Morning Pick-Up Hockey

Full equipment is required for adult pick-up hockey.
For schedule or more information call **216-691-7434**, or go online to chparks.com

Age: 18+
Day: Sunday mornings
Time: 8am–10am

\$10.00

Advanced Ice Skating

Pavilion Skating Club

A member of U.S. Figure Skating, the Pavilion Skating Club is an organization developed to enhance and provide skating opportunities for figure skaters. Whether you're interested in achieving Olympic greatness or just want to develop your skills to achieve your goals, the Pavilion Skating Club has a program for you!

Please contact pscoffice@pavilionfsc.com or visit pavilionfsc.com for more information.

City Freestyle

The City of Cleveland Heights offers additional ice time geared to those skaters who are interested in learning and developing more advanced skating skills to include jumps and spins. A ten hour (10) session card may be purchased. Private lessons may also be taught at this time.

Call the rink at **216-691-7434**, or go online at chparks.com for more information.

Cleveland Heights Speedskating Club

This is a sport for all ages, and families are encouraged to skate together. Some equipment is required (hard shell helmet, long sleeves, gloves, knee pads, and shinguards), but many skaters have gotten their start using rental, hockey, or figure skates.

If you are interested in learning how to speedskate, please contact Barb Rosenbaum at **216-401-9392**, or bkrosenbaum97@gmail.com.



ICE RINK

Senior Activity Center Overview

The Cleveland Heights Senior Activity Center is open Monday–Friday, from 9am until 4pm, and is located at 1 Monticello Boulevard. Senior activities include arts and crafts, creative movement, book discussions, card games, Zumba, Accessible Yoga, Senior Strength Training, lectures, wellness programs and more.

Contact the Senior Activity Center for class dates and registration information at **216-691-7377**, or visit chparks.gov.

Membership Information

Senior Activity Center membership is limited to Cleveland Heights residents and non-residents residing in the Cleveland Heights–University Heights City School District aged 60 and older with a current Senior ID. IDs may be obtained at the Senior Activity Center or community center front desk at no cost. **Proof of residency is required.**

Transportation to and from the Senior Activity Center is available for Cleveland Heights senior residents and must be scheduled in advance by calling **216-691-7194**.

A current senior ID is required to participate in all programs/activities.

Free Senior Activity Programs

Table Tennis

Join in the fun and get a workout too!

Day: Mondays and Thursdays

Time: 10am–11am

Matinee Movie

Join your Senior Activity Center friends for a movie on the Center's big screen. Bring a snack, sit back, relax, and enjoy the show! The movie selection is subject to change based on availability.

Advanced registration is required by the Wednesday before the movie. Call 216-691-7377.

Day: Last Friday of each month

Time: 1pm

Book Discussion

In partnership with the Cleveland Heights–University Heights Public Library. Read preselected books and discuss in a group setting. Copies of books can be borrowed in advance at the Senior Activity Center.

Day: First Thursday of each month

Time: 11am–12pm

Genealogy Group

Meet with other genealogy enthusiasts to learn, share information, and have fun.

Day: Second Wednesday of each month

Time: 2pm–4pm

Meet Greet & Eat

Share lunch with old friends and meet new ones at an area restaurant. Participants are responsible for the cost of their meals. Transportation is available on a first come, first served basis.

Advanced registration is required and limited due to restaurant accommodations.

Day: Third Thursday of the month

Time: 11:30am

iHABLEMONOS!

A Spanish conversation group meeting weekly to listen, speak, and understand the language. **Must be able to speak the language fluently.**

Day: Thursdays

Time: 3pm–4pm

Stitch Together

Join the Stitch Together group to learn about knitting, crocheting, and other needle crafts. Work on your own projects, and enjoy good conversation!

Day: Fridays

Time: 1pm–3pm

Senior Walking

Seniors who do not have a fitness center pass can walk the track. Participants must scan a current Senior ID at the Senior Activity Center desk.

Day: Monday–Friday

Time: 9am–1pm

SENIOR ACTIVITY CENTER

Card Games

Join your Senior Activity Center friends and play Bid Whist, Bridge, and Pinochle.

Day: Tuesdays

Time: 12:30pm–3:30pm

Tai Chi & Qigong

Tai Chi is a movement activity, while Qigong is an ancient form of breathing skills. Both bring better health & inner peace. All levels welcome.

Day: Tuesdays and Thursdays

Time: 10am–11am

Gentle Workout

A gentle workout w/ weights, bands, and balls. Participate at your own level, standing or seated.

Day: Wednesdays

Time: 12pm–12:30pm

Creative Movement Dance Class

Move, groove, and express yourself in this fun, low-impact class that blends simple dance styles with creativity and personal expression. No experience needed – just bring your energy and let the music inspire your body and spirit!

Advanced registration is required.

Day: Thursdays

Time: 11:30am

Location: Movement Space (Former Computer Lab)

Chair Volleyball

Enjoy this ongoing activity full of wonderful volleyball excitement... all while staying comfortably seated. This lively game promotes teamwork, laughter, and light exercise. Perfect for boosting coordination, energy and camaraderie.

Advanced registration is required.

Day: Thursdays

Time: 10am

Location: Mult-Purpose Room

Paid Senior Activity Programs

Payment can be made online through chparks.com and in person at the Community Center Front Desk or the Senior Activity Center Front Desk. **Class rates are for six sessions unless otherwise noted.**

Accessible Yoga

Modified for seniors, this style of yoga links movement and breath, increasing flexibility and balance. Please wear comfortable clothing and bring a mat with you.

Day: Fridays

Time: 11:30am–12:30pm

\$20.00 Resident

\$25.00 Non-Resident

Quilting

Learn to hand-piece starting with traditional log cabin block and then curved piecing. A basic list of supplies will be provided upon registration.

Day: Tuesdays

Time: 1pm–3pm

\$15.00 Resident

\$20.00 Non-Resident

Drawing

Join our drawing class where you will work from still life, photographs, and personal objects. Explore composition, color and mark making using charcoal, graphite, pastels and colored pencils. A basic list of supplies will be provided upon registration.

Day: Thursdays

Time: 1pm–3pm

\$50.00 Resident

\$55.00 Non-Resident

Senior Strength Training

Exercise with weights, increase muscle mass/strength and bone density, and improve balance and overall wellness. Listed cost covers a six week session for both mondays and wednesdays. However, patrons are welcome to register for either day individually if preferred.

Day: Mondays and Wednesdays

Time: 1pm–2pm

\$40.00 Resident

\$45.00 Non-Resident

Zumba Gold

Get ready to dance and have fun in this Zumba class designed for seniors. Movements are modified to your ability.

Day: Tuesdays

Time: 11am–12pm

\$20.00 Resident

\$25.00 Non-Resident

SENIOR ACTIVITY CENTER

Office on Aging Services

Office on Aging services are available to Cleveland Heights and University Heights residents ages 60 and older. For more information, please visit our office at **1 Monticello Boulevard** or call **216-691-7377**, Monday–Friday from 9am until 4pm.

Legal Consultations

Contact Daniel P. Seink Co. - Ohio Elder Law Attorneys at **440-546-0483**.

Medicare Counselors

Available by appointment.

Applications

Living will declarations, power of attorney, HEAP, and homestead exemption forms and applications are available.

Benefits

Visit benefitscheckup.org

Meals on Wheels

The Cleveland Heights Meals on Wheels program delivers hot and cold meals four times a week to Cleveland Heights senior citizens ages 60 and up or home-bound adults.

Volunteers deliver meals with a friendly greeting between 11:30am and 12:30pm every weekday except Tuesday.

The hot meals include a meat option, a vegetable, and a side dish; the cold meals includes a sandwich, salad, fruit, and dessert.

To request service or get more information, please call the Senior Activity Center at **216-691-7377**.

CARE

CARE is a membership program that supports homeowners 60 and older with projects around their homes and property. The Cleveland Heights Office on Aging is a participating agency. There is no cost for those who are income eligible. For more information, call CARE at **216-970-0599**, or visit careneo.org.

Parkinson's Support Group

This group is for Parkinson's patients and their families to help them cope with the disease and share information and research findings.

Day: First Wednesdays of each month

Time: 2:15pm–3:30pm

Help with Hardships

Have you suffered a hardship and need a little assistance? The Cuyahoga County Department of Senior and Adult Services (DSAS) can help! For more information, please call **216-420-6700**, or visit: dsas.cuyahogacounty.us.

AARP

The AARP Cleveland Heights Chapter 5018 meets monthly at the Senior Activity Center and welcomes Cleveland Heights residents age 50+.

For more information, please contact

aarpchapter5018@gmail.com.

Day: Last Thursday of the month (no meeting in Jul. or Aug.)

Time: 1pm–3:30pm



SENIOR ACTIVITY CENTER

Stay Up to Date

Mayor's Action Center (MAC)

The MAC is the place to reach out if you want to get in contact with the City of Cleveland Heights! There is no need to try and hunt for the correct person or department. The MAC is your one-stop city services shop!

Questions about your trash collection? Being plagued by a pothole? Concerned about your sidewalk? Contact the MAC!



Don't hesitate to reach out! Call: **216-291-2323**, Email: **MAC@clevelandheights.gov**, or scan the QR code above to learn more about the MAC or download the app.

Get Your City News

Get the latest Cleveland Heights City news straight from the source. Whether it is upcoming events, public service announcements, or updates from throughout the city, you won't want to miss what is happening in Cleveland Heights.

Sign up now by scanning the QR Code!



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Parks and Recreation
1 Monticello Blvd.
Cleveland Heights, 44118

Come Visit Us!

