

2012 SOAR! Programs for Jan. 3rd – Feb. 9th



Kick off the new year with some great activities.....

Sign Up Today!

Join us for the first session of SOAR! activities of 2012! We'll start on Mondays with bowling, enjoy water aerobics on Tuesdays, join Angie & aerobicize on Wednesdays and walk on Thursdays at Parmatown. Plus, we'll have four Saturday evenings of the ever-popular 'seated volleyball' at the Gemini Center in Fairview so, sign up today as registration is limited!

<u>Mondays</u>	<u>Tuesdays-NEW TIME & LOCATION!</u>	<u>Wednesdays</u>	<u>Thursdays</u>	<u>Saturdays</u>
<p>BOWLING 3:30–5:00 PM Where: Freeway Lanes, 12859 Brookpark Road (Just east of West 130th Street)</p> <p>Description: Join us for some late afternoon bowling. We'll bowl from 3:30 until 4:45 and then enjoy a snack. Always a fun day...hope you can 'spare' the time! ☺</p> <p>Limited to 28 participants Dates: January 9th, 16th, 23rd, 30th & February 6th Fee: \$ 25.</p>	<p>WATER AEROBICS:7:00- 7:45 PM Where: Gemini Center, 21225 Lorain Road Note: participants will need to sign a Fairview Park Recreation "Release Agreement" prior to participation.</p> <p>Description: Cool off & stretch those muscles with water aerobics at the Gemini Center! Participants must be able to stand, take direction & move independently in 3-4 feet of water. Always a GREAT time!</p> <p>Limited to 25 participants Dates: January 3rd, 10th, 17th, 24th 31st & February 7th Fee: \$20.</p>	<p>AEROBICS: 6:30–7:30 PM Where: Parma Developmental Center, 6149 West 130th</p> <p>Description: Join Angie and your friends from SOAR! at aerobics. Move, groove and have a ton of fun as we burn off some of those holiday calories.</p> <p>Limited to 45 participants Dates: January 4th, 11th, 18th, 25th & February 1st & 8th Fee: \$20</p>	<p>WALKING: 6:30 – 7:30 PM Where: Parmatown Mall We'll meet at the benches next to Dick's Sporting Goods....NW corner of mall</p> <p>Description: Walk, stroll & enjoy the warmth of some early winter mall walking. Done at a pace to enjoy conversation with all of your friends.</p> <p>Limited to 25 participants Dates: January 5th, 12th, 19th, 26th & February 2nd & 9th Fee: \$12.</p>	<p>SEATED VOLLEYBALL: 6:00-7:30 PM Where: Gemini Center, 21225 Lorain Road (Fairview Recreation Center)</p> <p>Description: Join us for an evening of seated volleyball. We'll use a beach ball to test your VB skills. Ideal for wheelchair participants and is always a wonderful time!</p> <p>Limited to 20 participants Dates: January 14th, 21st, 28th & February 4th Fee: \$20.</p>

(Fee includes: SOAR! souvenir & snacks at each activity)

Registration Deadline is Tuesday, December 27th for all activities

FOR A MASTER REGISTRATION FORM AND TO REGISTER FOR AN ACTIVITY CALL US AT (440) 327-6454

Mail Registration form & fee to: SOAR!, 4937 Mills Industrial Parkway, North Ridgeville, Ohio - 44039

