

Join the SOAR! team today

And chase those winter 'blahs' away!

(February 13th – March 22nd)



Join us for the next session of SOAR! Winter activities. In addition to the popular bowling, water aerobics, aerobics & walking programs, we're continuing our Saturday evening indoor games classes; Meet us at the Gemini Center in Fairview Park and join the fun. We'll meet, greet & play with a great time guaranteed for all!

<u>Mondays</u>	<u>Tuesdays</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 our second session of late afternoon bowling. We'll bowl from 3:30 til 4:45 then enjoy a snack as your hard earned reward...hope to see you there!</p> <p>Limited to 28 participants</p> <p>Dates: February 13th, 20th, 27th March 5th, 12th & 19th</p> <p>Fee: \$ 25.</p>	<p>WATER AEROBICS: 7:00-7:45 PM Where: Gemini Center, 21225 Lorain Road. NOTE: Participants must sign a Fairview Park "Release Agreement" prior to participation.</p> <p>Description: Cool off and 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</p> <p>Dates: February 14th, 21st, 28th, March 6th, 13th & 20th</p> <p>Fee: \$20.</p>	<p>AEROBICS: 6:30 – 7:30 PM Where: Parma Developmental Center, 6149 West 130th Street</p> <p>Description: Join this VERY popular activity with Angie. We'll listen to some great tunes while we work on strength, endurance and flexibility.....Maybe even work out to the "Car Wash" song! ☺</p> <p>Limited to 45 participants</p> <p>Dates: February 15th, 22nd, 29th March 7th, 14th & 21st</p> <p>Fee: \$20</p>	<p>WALKING: 6:30 – 7:30 PM Where: Parmatown Mall (Meet at the benches by Dick's Sporting Goods!)</p> <p>Description: Walk, stroll & enjoy the warmth of some late winter mall walking. Done at a pace that works for everyone, so join us today!</p> <p>Limited to 25 participants</p> <p>Dates: February 16th, 23rd, March 1st, 8th, 15th & 22nd</p> <p>Fee: \$12.</p>	<p>INDOOR GAMES: 6:00 – 7:30 PM Where: Gemini Center 21225 Lorain Road, Fairview Recreation Center</p> <p>Description: Join us for our first session of indoor games! We'll play wiffleball, kickball, seated volleyball as well a 'mystery game' or two!</p> <p>Limited to 20 participants</p> <p>Dates: February 18th, 25th, March 10th & 17th</p> <p>Fee: \$20.</p>

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

Registration Deadline is Wednesday, February 8th, so sign up today!!!

FOR ADDITIONAL INFORMATION OR TO REGISTER FOR AN ACTIVITY CALL US AT **(440) 327-6454**
 Mail completed form and registration fee to: SOAR!, 4937 Mills Industrial Parkway, North Ridgeville, Ohio - 44039

