



NEW RECREATION PROGRAMS FROM SOAR!

GET MOVING AND JOIN THE FUN TODAY!

(MAY 28th – JULY 3rd)

Join us for the next session of SOAR! Spring/Summer activities! In addition to the popular walking programs, meet us at the Gemini Center for our Dancercise class! Meet at Big Creek Center for the ever-popular aerobics class or, play bocce ball at the Rocky River Adult Activities Center on Friday nights.....**There's something for everyone so sign up today!**

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<p>DANCERCIZE: 6:30 – 7:30PM Where: Gemini Center, 21225 Lorain Road (Just West of 210th Street)</p> <p>Description: Join us for an active hour of moving and grooving. Guaranteed to be a great (and FUN!) workout so shake it out!....Sign up today.</p> <p>Limited to 40 participants</p> <p>Dates: June 3rd, 10th, 17th 24, July 1st</p> <p>Fee: \$20.</p>	<p>WALKING: 6:30-7:30 PM Where: Rocky River Reservation, Rockcliff Spring Parking lot. (1¼ miles south of Detroit Road park entrance)</p> <p>Description: Experience late Spring and early Summer with your walking friends at SOAR! Take a leisurely stroll or 'step it out'whichever you prefer!</p> <p>Limited to 30 participants</p> <p>Dates: May 28th, June 4th, 11th 18th, 25th & July 2nd</p> <p>Fee: \$12.</p>	<p>AEROBICS: 6:30 – 7:30 PM Where: Big Creek Center (6149 West 130th Street)</p> <p>Description: Join this popular activity with Angie. Listen to great tunes while we work on strength, endurance & flexibility. Always a great time... see you there!</p> <p>Limited to 45 participants</p> <p>Dates: May 29th, June 5th, 12th, 19th, 26th, July 3rd</p> <p>Fee: \$20.</p>	<p>WALKING: 6:30 – 7:30 PM Where: Brooklyn Memorial Park (7727 Memphis Avenue)</p> <p>Description: Stroll through the beautiful, paved, Memorial Park setting for a wonderful evening out! Perfect for walkers, wheelchairs and anyone that wants to join in!</p> <p>Limited to 30 participants</p> <p>Dates: May 30th, June 6th, 13th, 20th & 27th</p> <p>Fee: \$12.</p>	<p>BOCCE BALL: 6:00 – 7:30 PM Where: Rocky River Adult Activities Center (20120 Detroit Road)</p> <p>Description: Join us for a fun time as we enjoy the great game of bocce ball! Anyone can play so start your weekend with your friends at SOAR!</p> <p>Limited to 20 participants</p> <p>Dates: May 31st, June 7th, 14th & 21st</p> <p>Fee: \$15.</p>

(Fee includes: snacks at each activity)

Registration Deadline is Wednesday, May 22nd, 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!, 32730 Walker Road – Suite I - 1, Avon Lake, Ohio 44012
 *If not on file for the current year

WWW.SOARprograms.org

