



FANTASTIC FALL FUN WITH SOAR!

GET MOVING AND JOIN THE FUN TODAY!

(August 26th – October 3rd)

Join us for the first session of SOAR! Fall activities! In addition to the popular outdoor walking programs, meet us at the Gemini Center for Dancercise on Mondays and venture to the Big Creek Center for the ever popular aerobics class on Wednesdays. Plus, on Friday evenings, we'll be playing Baseball at Memorial Field in the Cleveland Metropark!.....**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) Description: Join the SOAR! team for a fantastic hour of moving and grooving. We'll work out those aches and pains and a fun time will be had by all!</p>	<p>WALKING: 6:30-7:30 PM Where: Rocky River Reservation, Rockcliff Spring Parking lot. (1¼ miles south of Detroit Road park entrance) Description: Time to rejoin the great outdoors and enjoy the crisp Fall air! We'll walk on the paved path and enjoy the company of friends!</p>	<p>AEROBICS: 6:30 – 7:30 PM Where: Big Creek Center (6149 West 130th Street) 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>WALKING: 6:30 – 7:30 PM Where: Brooklyn Memorial Park (7727 Memphis Avenue) 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>BASEBALL: 5:30 – 7:00 PM Where: Memorial Fields (Rocky River Reservation) Description: Join us for an evening of baseball. We'll use a "soft" ball to test your hitting & fielding skills. Ideal for all levels of participants... lots of fun!</p>
<p>Limited to 45 participants Dates: August 26th Sept. 9th, 16th, 23rd & 30th Fee: \$15.</p>	<p>Limited to 30 participants Dates: August 27th Sept. 3rd, 10th, 17th, 24th October 1st Fee: \$12.</p>	<p>Limited to 45 participants Dates: August 28th Sept. 4th, 11th, 18th, 25th October 2nd Fee: \$20.</p>	<p>Limited to 30 participants Dates: August 29th Sept. 5th, 12th, 19th, 26th October 3rd Fee: \$12.</p>	<p>Limited to 30 participants Dates: August 30th September 6th, 13th & 20th Fee: \$15.</p>

(Fee includes: snacks at each activity)

Registration Deadline is Wednesday, August 21st, 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

