



# JUMP INTO SPRING WITH SOAR!

## GET MOVING AND JOIN THE FUN TODAY!

### (APRIL 15<sup>th</sup> – MAY 23<sup>rd</sup>)

Join us for the next session of SOAR! activities! In addition to the relaxing walking programs in the Metroparks and Brooklyn Memorial Park, meet us at the beautiful Gemini Center in Fairview Park for our Monday night dancercize and Saturday evening volleyball classes. Or, join our ever popular aerobics class on Wednesdays at Big Creek Center.....**There's something for everyone so sign up today!**

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	SATURDAYS
<p><b>DANCERCIZE:</b> 6:30 – 7:30PM  <b>Where:</b> Gemini Center, 21225 Lorain Road (Just West of 210<sup>th</sup> Street)</p> <p><b>Description:</b> Join Mary Lou and your SOAR! staff for a fantastic hour of moving and grooving. We'll work out those winter aches and pains and a fun time will be had by all!</p> <p>Limited to 45 participants</p> <p><b>Dates:</b>            April 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>            May 6<sup>th</sup>, 13<sup>th</sup> &amp; 20<sup>th</sup></p> <p><b>Fee:</b> \$20.</p>	<p><b>WALKING:</b> 6:30-7:30 PM  <b>Where:</b> Rocky River Reservation, Rockcliff Spring Parking lot. (1¼ miles south of Detroit Road park entrance)</p> <p><b>Description:</b> Time to rejoin the great outdoors and enjoy the crisp Spring air! We'll walk on the paved path and enjoy the company of friends!</p> <p>Limited to 30 participants</p> <p><b>Dates:</b>            April 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>            May 7<sup>th</sup>, 14<sup>th</sup> &amp; 21<sup>st</sup></p> <p><b>Fee:</b> \$12.</p>	<p><b>AEROBICS:</b> 6:30 – 7:30 PM  <b>Where:</b> Big Creek Center (6149 West 130<sup>th</sup> Street)</p> <p><b>Description:</b> Join this popular activity with Angie. Listen to great tunes while we work on strength, endurance &amp; flexibility. Always a great time... see you there!</p> <p>Limited to 45 participants</p> <p><b>Dates:</b>            April 17<sup>th</sup>, 24<sup>th</sup>            May 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> &amp; 22<sup>nd</sup></p> <p><b>Fee:</b> \$20.</p>	<p><b>WALKING:</b> 6:30 – 7:30 PM  <b>Where:</b> Brooklyn Memorial Park (7727 Memphis Avenue)</p> <p><b>Description:</b> 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><b>Dates:</b>            April 18<sup>th</sup>, 25<sup>th</sup>            May 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> &amp; 23<sup>rd</sup></p> <p><b>Fee:</b> \$12.</p>	<p><b>SEATED VOLLEYBALL:</b>            5:30 – 7:00 PM  <b>Where:</b> Gemini Center, (21225 Lorain Road)</p> <p><b>Description:</b> Join us for an evening of seated volleyball. We'll use a beach ball to test your VB skills. Ideal for wheelchairs and promises lots of fun &amp; laughs!</p> <p>Limited to 26 participants</p> <p><b>Dates:</b>            April 20<sup>th</sup>, 27<sup>th</sup>,            May 4<sup>th</sup> &amp; 11<sup>th</sup></p> <p><b>Fee:</b> \$20.</p>

(Fee includes: snacks at each activity)

 **Registration Deadline is Wednesday, April 3<sup>rd</sup>, so sign up today!!!** [www.SOARprograms.org](http://www.SOARprograms.org)

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

