

Adult Sports & Activities

Indoor Volleyball Session I

Monday: Women's Intermediate (every week)

Thursdays: Co-Ed Intermediate (every week)

Start Dates: Monday, Sept. 16, 2019 [6833]
Thursday, Sept. 19, 2019 [6832]

Location: Alexander Community Center

All players must be 18 years of age, unless written parental consent is given. If less than four teams register for any league, the league will be cancelled and your deposit refunded. Teams are also responsible for a \$10 referee fee per match.

Fee: Mon., Thur.
\$300

Program Note:

NO BABYSITTING. Children should NOT be left unattended while parents are participating.

Adult Water Aerobics

Water is the best place to exercise and not put extra stress on your body. Join Ashley on Monday and Wednesday evenings.

Start Date: Sept. 16, 2019 [6814]

End Date: Nov. 18, 2019

Location: Cleveland Hill Pools

Days/Times: Monday & Wednesday, 7:35-8:35pm

Days Off: Oct. 14; Nov. 11

Resident Fee: \$45

Fee: \$65

Daily Walk-in Fee: \$4

Guided Nature Walks

Celebrate nature! Enjoy a morning walk along the nature trails in Stiglmeier Park and learn about the wildflowers, trees, and wildlife in this beautiful wooded area. This is an opportunity for the entire family to become acquainted with this unique environmental resource.

Dates: September 14 and October 5

Time: Walks will start promptly at 9:30 am weather permitting

Location: Meet at the Community Center at the Losson park entrance.

Ages: Open to all ages—bring your family

Note: No formal groups such as scouts, clubs, day care, etc.

Fee: FREE

Pickleball

We have one court available to use at the Alexander Community Center. This is an open gym time with no instructor present. Tuesday morning's walk-ins are welcome. Wednesday nights you must pay for in advance and we need 8 people registered in order for class to run.

Location: Alexander Community Center

Start Date: Tuesday, September 17
Wednesday, September 18

End Date: Tuesday, November 19
Wednesday, November 20

Days Off: Wednesday, October 9

Times: Tuesday: 10:30am-12:30pm
Wednesday 6:15-8:15pm

Fee: Tuesday: \$2 per class
Wednesday: \$18 (must pre-pay)

Adult Fitness (Mornings)

Come and start your mornings off with a great workout! Join us on Tuesdays and Thursdays for a wide variety of different classes. Calendars will be given out with types of classes being done each month. Just remember: you don't have to be great to start but you DO have to start to be great!

Start Date: Tuesday September 3 [6852]

End Date: Thursday December 19

Number of classes: 28

Time: 9:00-10:00am

Resident Fee: \$60

Fee: \$80

Daily: \$5 Resident
\$10 Non-resident

Adult Fitness

Do your workout in Cleveland Hill School fitness room beginning at 7:00pm. The pool will be available for swimming beginning at 7:35pm.

Start Date: Sept. 16, 2019 [6812]

End Date: May 27, 2020

Location: Cleveland Hill High School

Days Off: School Holidays

Days/Times: Monday & Wednesday, 7:00-8:30pm

Resident Fee: \$105

Fee: \$140

Daily Walk-in Fee: \$5 Resident
\$10 Non-resident