

City of Berea

PARKS & RECREATION

Programs & Facilities Guide

CITY OF BEREA
Department of Recreation

**DAVE TRESSEL
MEMORIAL POOL
PASSES ARE ON
SALE NOW AT
THE BEREA
RECREATION
CENTER**



CONTACT INFO

Lori Jakobsky

**Coe Lake Rentals &
Recreation Programing**

(440) 826-5890

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Keith Wilson

Youth Sports Commission

(440) 826-5890

kwilson@cityofberea.org

Carol Roman

Aquatics

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Michelle Skutt

Active Senior Network

(440) 234-6080

[mskutt@cityofberea.org](mailto:mस्कutt@cityofberea.org)

Natalie Guzzo

Community Outreach

(440) 826-4891

nguzzo@cityofberea.org

May 2023

Facility Rentals

Facility Location Fee Rental time

Pergola	Coe Lake Nature Trail	Call for pricing	2-hour
Gazebo	Coe Lake Park	Call for pricing	2-hour
Pavilion	Coe Lake Park	Call for pricing	2-hour
Outdoor or Indoor Pool	Indoor Pool (451 Front St.) Outdoor Pool (Near Coe Lake)	Call for pricing	Time varies
Berea Recreation Center Gym, fitness rooms, Active Senior Network Room	Berea Recreation Center 451 Front St.	Call for pricing	Time varies

All rentals require approval and permit issued from the City of Berea.

Please contact **Lori Jakobsky** for more information
(440) 826-5890
ljakobsky@cityofberea.org

Membership Rates

All memberships are sold annually



RECREATION CENTER MEMBERSHIP	Ages	Berea Resident	Work in Berea	Our Neighbor	Non-Resident
		Fees	Fees	Fees	Fees
First Adult	18-59	\$107.00	\$196.00	\$217.00	\$246.00
Additional Adult Same Household	18-59	\$97.00	\$175.00	\$196.00	\$211.00
Additional Youth/ Teen Same Household	8-17	\$35.00	\$92.00	\$92.00	\$113.00
Single Youth	8-12	\$48.00	\$134.00	\$154.00	\$154.00
Single Teen	13-17	\$68.00	\$140.00	\$168.00	\$168.00
Single College Student	18-24	\$83.00	\$83.00	\$83.00	\$83.00
Senior	60+	\$48.00	\$92.00	\$99.00	\$127.00
Temp Mem -30 days	NA	\$43.00	\$68.00	\$68.00	\$68.00
Temp Mem- 90 days	NA	\$80.00	\$128.00	\$128.00	\$128.00

OUTDOOR POOL MEMBERSHIP	Ages	Berea Resident	Work in Berea	Our Neighbor	Non-Resident
		Fees	Fees	Fees	Fees
First Family Member	2-59	\$64.00	\$83.00	\$94.00	\$105.00
Additional Member Same Household	2-59	\$49.00	\$66.00	\$73.00	\$80.00
Senior	60+	\$36.00	\$43.00	\$46.00	\$49.00

*OUR NEIGHBORS INCLUDE: Brook Park, Middleburg Heights, Olmsted Falls, Olmsted Twp., Columbia Station & Strongsville

REVISED 01/23



SilverSneakers Fitness



Classic (MSROM)	Mondays, Wednesdays & Fridays	10:45 a.m.
Yoga Stretch	Tuesdays & Thursdays	10:30 a.m.
	Mondays, Wednesdays & Fridays	9:30 a.m.
SilverSplash	Monday-Friday	9 a.m.

Class Descriptions

Silver Sneakers-Classic (MSROM)-

Have fun and move to the music through a variety of exercises designed to increase muscular strength and range of movement to assist with daily living skills. Hand held weights, elastic tubing with handles and a ball are offered for resistance, and a chair is used for sitting and /or standing support.

Silver Sneakers-Yoga Stretch-

Move your body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of motion. Breathing exercises and final relaxation will promote stress reduction and mental clarity.

Silver Sneakers- SilverSplash-

A shallow-water exercise class that uses a signature splash-board to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers. The pool provides many benefits when used for aerobic exercise and resistance training.

Adult Programs

Power Pass Classes

Try a class in a fun social environment while taking advantage of the high-energy support and leadership of our top-notch instructors. To participate in any of the classes listed below, a purchase of a power pass card is required or you may purchase a daily drop in fee per class.

Spinning	Mondays, Wednesdays & Fridays	8-8:45 a.m.
	Thursdays	5-5:45 p.m.
	Saturdays	10:30-11:15 a.m.
Tai Chi	Tuesdays & Thursdays	11 a.m.-12 p.m.
Yoga- Gentle Flow	Mondays, Wednesdays & Fridays	9-10 a.m.
Water Yoga	Saturdays	9 a.m.

SPINNING®

Spinning is an indoor cycling workout of a stationary bike. The intensity will carry throughout the class thanks to different body positions (i.e. standing versus sitting), pedal speed, and resistance. The instructor will tell you when to change your settings so your ride feels like it would outdoors- complete with hill climbs, sprints, and coasting.

Mondays: 8 - 8:45 a.m.

Thursdays: 5 - 5:45 p.m.

Wednesdays: 8 - 8:45 a.m.

Fridays: 8 - 8:45 a.m.

Saturdays: 10:30 - 11:15 a.m.



BEDFORD PHYSICAL THERAPY AND FITNESS

Bedford Physical Therapy and Fitness is now offering Aquatic Therapy/Physical Therapy and Water Fit Classes at the Brea Recreation Center.

Water Fit Classes are available Tuesday & Thursday evenings at 5pm for just \$10 per class. You can register online or on site with Liz Bedford prior to class.

For more information on everything Bedford Physical Therapy and Fitness has to offer, visit them at www.bedfordptfit.com or give them a call at (440) 973-4952.



WATER YOGA CLASS

With Mardi

Saturdays: 9-10 a.m.

at the Brea Recreation Center.

Practicing Yoga in the water presents a whole new venue for the art. Many students may find yoga on a mat somewhat limiting, and may have difficulty getting into certain poses. Yoga in the water gives participants the feeling of weightlessness, helping take the stress out of and stabilizing the joints in order to relieve muscular discomfort. Even the most experienced yoga students find that they can take their practice to a whole new level by practicing familiar or new poses on a deeper level.



Tai Chi

With Jared who has over 20 years of experience in Chinese martial arts. He is a certified instructor in Clear Tai Chi and the Chen family style of Taijiquan.

**Tuesday & Thursday
11 a.m. - 12 p.m.**

at the Brea Recreation Center

This class will teach fundamental Tai Chi principles and skills that are testable with other people. When Tai Chi is practiced with a strong understanding of the underlying principles the practitioner will gain the greatest benefits regardless of age or experience.

Adult Programs

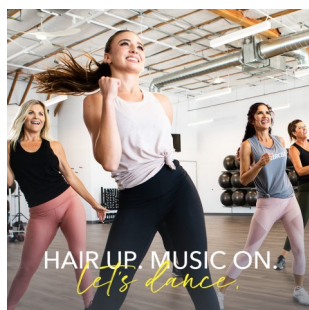


Mondays:
9:30 - 10:30 a.m.
& 6 - 7 p.m.

Wednesdays:
9:30 - 10:30 a.m.
& 6 - 7 p.m.

Fridays:
9:30 - 10:30 a.m.

Saturdays:
9 - 10 a.m.



For more information, cost and registration, contact Lisa Ortiz at (440) 865-3976 or lisaortizdesigns@gmail.com

WE OFFER *Personal Training*



Megan Reilly, Certified Personal Trainer
(440) 668-7859 or megreilly123@gmail.com

Megan Reilly is a certified personal trainer who offer a variety of services to their clients. Please contact Megan to discuss your goals and come up with a fitness plan.

BODY SCULPTING™ Tuesdays and Thursdays 6 - 7 p.m.

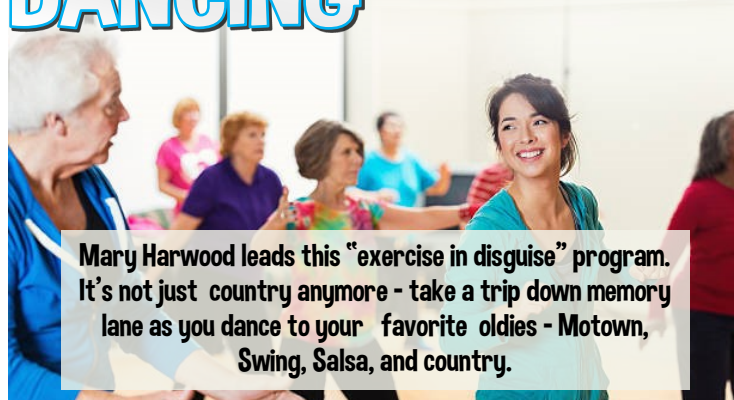
A cardiovascular strength-training class designed to make you lean and defined providing a results-oriented whole body workout. Build and sculpt muscles, strengthen your core, improve your strength and flexibility while burning fat and calories by using just one set of 5 lb. dumbbells. Bring a set of 5 lb. dumbbells, exercise mat, water bottle, and stretch band to class (available on our website). Accommodates all fitness levels. Work out at your own pace.

For program information, cost and registration, contact Gina at gina@flexcity.com or (440) 729-3463.



LINE DANCING

May 24-June 14
June 28-July 19



Mary Harwood leads this "exercise in disguise" program. It's not just country anymore - take a trip down memory lane as you dance to your favorite oldies - Motown, Swing, Salsa, and country.

Family & Youth Initiative



Pink Ladies BATON CORPS

The Pink Ladies Baton Corps of Berea, Ohio teaches **baton twirling classes** at the recreational and competitive levels to girls ages 4 and up. We perform at special events like parades, festivals, fundraisers, and half-time shows. Our twirlers come from cities all across **NE Ohio**.

For more information, please visit:
www.pinkladiesbaton.com or contact
Coach Jill Folino at pinkladiescoachjill@gmail.com

FAMILY HAPKIDO Korean Martial Arts

Thursdays 6 - 6:45 p.m. &
Saturdays 9 - 10 a.m.



Student has choice of taking class weekly or biweekly

Price: \$50 per 8 class punch card

These classes provide students with common values upon which the martial arts instill honesty, respect, responsibility, integrity, courage, tolerance, justice, self-confidence, politeness and courtesy. Participants must be at least 5 years old, but less than 18 years old. For more information, visit www.kmartialarts.com

BEREA RECREATION DEPARTMENT

2023 - SUMMER

LEARN TO SWIM SCHEDULE



Session 1 Monday-Thursday June 12 - June 22	
Class Levels and Times	

Preschool / Tadpole	11:30pm
L1 Starfish	10:00am 10:45am
L2 Sea Horse	10:00am 10:45am
L3 Dolphin	10:00am 10:45am

Session 2 Monday-Thursday June 26 - July 6	
Class Levels and Times	

Preschool / Tadpole	11:30pm
L1 Starfish	10:00am 10:45am
L2 Sea Horse	10:00am 10:45am
L3 Dolphin	10:00am 10:45am

Session 3 Monday-Thursday July 10 - July 20	
Class Levels and Times	

Preschool / Tadpole	11:30pm
L1 Starfish	10:00am 10:45am
L2 Sea Horse	10:00am 10:45am
L3 Dolphin	10:00am 10:45am

ALL CLASSES ARE HELD AT THE DAVE TRESSEL MEMORIAL POOL.

LEVELS 1, 2, & 3 ARE 45 MINUTES IN LENGTH. PRESCHOOL/TADPOLE IS 30 MINUTES IN LENGTH. CLASSES ARE NEVER CANCELLED. IN THE CASE OF INCLEMENT WEATHER CLASSES WILL BE MOVED TO PAVILLION.

Registration Fees: \$80.00 for all outdoor classes

CLASS	DESCRIPTIONS
TADPOLE (30 minutes) (Pre-School Aquatics)	Children ages 3-5 learn to be comfortable in the water and participate independently (without parent) in the small pool. All STARFISH skills are taught in this class. Must be at least 3 years of age on the first day of class.
STARFISH: (Level 1) (45 minutes)	Participants learn to be comfortable in 3 ft. of water with face in the water, gliding, floating, kicking, face in the water, breathe control and crawl stroke. Ability to stand on the bottom of the big pool is helpful for active participation.
SEA HORSE: (Level 2) (45 minutes)	Participants develop floating, gliding and rhythmic breathing skills along with swimming across the width of the pool on their front and back. Develop skills learned in Starfish.
DOLPHIN: (level 3) (45 minutes)	Participants develop front crawl and back crawl and learn to swim the length of the pool with proper breathing. Scissor, dolphin kick and survival floating are introduced.

ALL SESSIONS ARE INDIVIDUAL. WE CANNOT PRORATE, SPLIT SESSIONS, OR DO MAKE UP CLASSES. PARENTS MUST SIT IN DESIGNATED AREAS DURING LESSONS AS THEY ARE NOT PERMITTED TO SIT ON THE POOL DECK. THANK YOU FOR YOUR COOPERATION.



2023 TITAN SHARKS SUMMER SWIM TEAM

Enjoy swimming? Want to meet new friends? Want to see how much you can improve as a swimmer? We are a summer competitive swim team that teaches swimmers stroke development, endurance, and sportsmanship. We are a member of the Southwest Swim League and swim several meets, including a whole league relay and a culminating championship meet.

Swimmers practice in the morning.

Registration available at the

Berea Recreation Center.

Cost: \$110.00 if registered by May 14th

\$120.00 if registered after May 14th.



FOR MORE INFORMATION, CHECKOUT
TITAN SHARKS SWIMMING

GROZA

FOOTBALL & CHEER

TITANS
FOOTBALL

FLAG, TACKLE, CHEER
GRADES PRE K-6TH
REGISTER HERE
BEFORE JULY 1ST



SCAN ME

QUESTIONS - KEITH WILSON 440-382-8570



In Partnership with the Berea Police and Fire Departments, Safety Town offers a variety of interactive activities and field trips plus the use of bikes, traffic signals and classroom activities to teach children safety measures. The children will focus on safety skills that can be used on a daily basis. They will practice walking to school and riding the bus and will learn how to react safely in an emergency. They also will work on learning their phone number and home address.

Safety Town is for children entering kindergarten in the fall of 2023.

SAFETY TOWN SCHEDULE

SESSION #1



June 5 – June 9
9:30 – 12 p.m.

SESSION #2



June 5 – June 9
12:30 – 3 p.m.

REGULAR CLASS SESSIONS
MONDAY – THURSDAY
ARE HELD AT THE
BEREA RECREATION CENTER

SESSIONS 1&2 GRADUATION
IS SCHEDULED ON
FRIDAY, JUNE 9 AT 11 AM
AT COE LAKE PAVILION



Registration Fees: \$65

REGISTRATIONS ARE
NOW OPEN!

LOOKING FOR VOLUNTEERS

Registrations are open now. The Berea Recreation department is seeking out motivated volunteers to work with the children in the Safety Town program. High school students are preferred, but we will consider any person entering at least the 8th grade.

If you are interested in volunteering, please contact Melissa Azzano at (216) 704-6323.

Active Senior Network



2023 Mind Challenge Tournament

Team Formation, Knockout and Smart Sixteen Rounds



Wed. May 17, May 24, May 31
9:30 a.m. in Brecksville

Contact Michelle Skutt at (440) 234-6080

Best of Luck to the Active Senior Network Mind Challenge Teams who will compete against teams from other cities all across Northeast Ohio!

BROWN BAG BUDDIES



FUN FRIDAYS!

FRIDAYS
11 a.m. – 1 p.m.
Active Senior Network

Pack your lunch and join in the senior led FUN FRIDAYS. If you enjoy bingo, cards, corn hole, and games this group is for you.

REGISTRATION REQUIRED: CONTACT MICHELLE SKUTT
440-234-6080



Wednesday, May 31

11:30 a.m. at the Active Senior Network

Registration Required/ Spaces Limited
Contact Michelle Skutt at (440) 234-6080

Plan the iconic game of Bingo by replacing numbers with music. Instead of calling numbers, songs will be played. Tap your toes and sing along and you might even get the chance to shout out "Music Bingo" to take home a non-cash prize.

RETIREMENT PLANNING AND ANNUITIES

Representatives from WestPoint Wealth Management will explain how annuities fit into some retirement plans, but not others.

Join us in the Senior Room at the Rec Center (451 Front St.) on:
Wednesday, May 24 from 1-1:30 p.m.
to determine if an annuity is appropriate for your retirement plan.
RSVP to Natalie Guzzo at (440) 826-4891
or nguzzo@cityofberea.org



The Berea Community Outreach Food Pantry will be
closed on Thursday, May 12.

For that week only, we will open on the Wednesday before.
We will be open **Wednesday, May 11** from 11:30am – 4pm.



SHUFFLEBOARD



Active Senior Network

The full sized shuffleboard game is up and ready for some action!

PING-PONG

Table tennis, ping-pong, or whiff whaff whatever you call it you can play in the Active Senior Network!

BE ACTIVE AND
HAVE FUN!



Active Senior Network
Contact Michelle Skutt
440-234-6080



On your mark get set Go! It's Walking Club season!
If you enjoy nature, walking, and talking this group is for you!

EVERY WEDNESDAY AT 10:30 a.m.
Starting April 5

CALL FOR LOCATIONS
Contact Michelle Skutt at (440) 234-6080

Active Senior Network



SENIOR LUNCHEONS

Tuesday, May 9
St. Paul Lutheran Church
Registration Required by May 4

Tuesday, June 13
Registration Required by June 7
*June will mark the return to
Coe Lake for the monthly Luncheons*
Rain Location is St. Paul Lutheran Church

Luncheons start at Noon
Cost: \$5 per person

Contact Michelle Skutt
(440) 234-6080

Mystery Lovers BOOK CLUB

Monday, May 1
Monday, June 5

1 p.m. at The Active Senior Network
Call to get the book title so you
can figure out who done it.

Registration required/
spaces limited

Contact:
Michelle Skutt
440-234-6080



Hooks & Needles



Thursdays
10 am - noon
Active Senior Network

This fun senior led group brings their
"Hooks & Needles" and enjoys sharing
patterns, conversations, and laughs.

Contact Michelle Skutt (440) 234-6080



ABOUT TOWN

Value World Thrift Superstore/ Maya
Free Ride/Meal on your own
Monday, May 15

VALUE WORLD
Thrift Superstore



Registration Required/Spaces Limited

Value World thrift stores have a wide selection and fair pricing
on quality items. A true treasure hunters delight. Maybe you
will find a sombrero to wear to lunch at Maya where you will
enjoy a Mexican lunch!

StitchCrafters

KNIT, CROCHET, COLOR
IT'S A MORNING OF CREATIVITY!

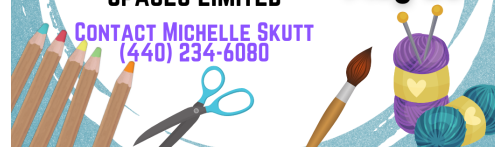
10 A.M. - NOON

May 2

REGISTRATION REQUIRED/
SPACES LIMITED

May 23

CONTACT MICHELLE SKUTT
(440) 234-6080



MYSTERY BUS TRIP



JULY 5

Join us on a Mystery Trip for a day full of surprises, unique areas and attractions.
Lunch is included. You will need a sense of adventure and good walking shoes.

We will depart the Coe Lake parking lot at 8 a.m. and return around 6:30 p.m.

Registration will take place on Wednesday, June 14 from 12:30-1:30 p.m.
in-person in the Senior Room at the Rec Center (451 Front St.).

Payment is due at that time. The trip is \$99 for non-Berea residents and \$49.50 for
Berea residents. Contact Natalie Guzzo for more information at 440-826-4891 or
nguzzo@cityofbera.org.