NEW RECREATION PROGRAMS FROM SOAR!

GET MOVING AND JOIN THE FUN TODAY!

(MAY 29th – JULY 3rd)

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| 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 Dancercize 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!** | | | | | | | | |
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| **MONDAYS** | **TUESDAYS** | | | **WEDNESDAYS** | | **THURSDAYS** | | **FRIDAYS** |
| **DANCERCIZE:** 6:30 – 7:30PM  **Where:** Gemini Center,  21225 Lorain Road  (Just West of 210th Street) | **WALKING:** 6:30-7:30 PM  **Where:** Rocky River Reservation,  Rockcliff Spring Parking lot. (1¼  miles south of Detroit Road park entrance) | | | **AEROBICS:** 6:30 – 7:30 PM  **Where:** Big Creek Center (6149 West 130th Street) | | **WALKING:** 6:30 – 7:30 PM  **Where:** Brooklyn Memorial Park (7727 Memphis Avenue) | | **BOCCE BALL:**  6:00 – 7:30 PM  **Where**: Rocky River Adult Activities Center (20120 Detroit Road) |
| **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.  Limited to 40 participants | **Description:** Experience late Spring and early Summer with your walking friends at SOAR! Take a leisurely stroll or ‘step it out’ ….whichever you prefer!  Limited to 30 participants | | | **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!  Limited to 45 participants | | **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!  Limited to 30 participants | | **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!    Limited to 20 participants |
| **Dates:**  June 4th, 11th, 18th & 25th  July 2nd | **Dates:**  May 29th, June 5th, 12th  19th, 26th & July 3rd | | | **Dates:**  May 30th, June 6th, 13th,  20th & 27th | | **Dates:**  May 31st, June 7th, 14th,  21st & 28th | | **Dates:**  June 1st, 8th, 15th & 22nd |
| **Fee:** $20. | **Fee:** $12. | | | **Fee:** $20. | | **Fee:** $12. | | **Fee:** $15. |
| SOAR(Fee includes: snacks at each activity) | | | | | | | | |

# SOAR

# Registration Deadline is Wednesday, May 23rd, 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**](http://WWW.SOARprograms.org)