

Quantum LEAP Activities 2024

Spring Session I: Monday, Feb. 26th - Friday, Apr. 5th

Registration Deadline: Friday, February 23, 2024



The Quantum LEAP Recreation Program offers opportunities for socialization, recreation, and athletic activities for adults with disabilities (ages 18+).

Please review the "[Quantum LEAP Return to In-Person Activity Guidelines](#)" prior to signing up for an activity to fully understand our Covid-19 protocols and requirements. More information can be found on our website at leapinfo.org/services/recreation.

- All activities are in-person.
- Register for these activities online at www.leapinfo.org/events or complete the [2024 Activities Registration](#) and return to LEAP.
- The [2024 Annual Participant Registration](#) is also **required** to be on file with LEAP for participation. You only need to complete once for the full 2024 program year.

Adaptive Jazzercise with Patty

Date: Mondays, February 26th - April 1st

Time: 6:00pm - 6:45pm

Description: Have fun in this mix of aerobics, cardio and dance fitness with instructor Patty! Come join us in-person!

Due to Covid-19 protocols, please plan to bring your own water.

Limit: 20

Duration: 6 weeks

Cost: \$30.00

Location: Rocky River Rec Center

Address: 21016 Hilliard Blvd, Rocky River, OH 44116

Walking Club

Date: Mondays, February 26th - April 1st

Time: 6:00pm - 7:00pm

Description: Get together with others to walk and move! All fitness levels welcome to join us for exercise and socialization! Come stretch your legs and get some exercise!

Due to Covid-19 protocols, please plan to bring your own water.

Limit: 20

Duration: 6 weeks

Cost: \$15.00

Location: Beachwood Mall

Address: 26300 Cedar Rd, Beachwood, OH 44122

We will meet in front of the 2nd Floor Food Court at Beachwood Mall.

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Jacob's Ladder Boxing Fitness

Date: Mondays, February 26th - April 1st *

Time: 7:00pm - 8:00pm

* There is no class on March 18th.

Description: A fun way to exercise! This program teaches the basics of boxing: stance, punches, conditioning, footwork and combinations. It is about individual development, **not** sparring!

Due to Covid-19 protocols, please plan to bring your own water.

Limit: 20 **Duration:** 5 weeks **Cost:** \$25.00

Location: Ellenwood Center

Address: 124 Ellenwood Ave, Bedford, OH 44146

QL Choir with Music Izz Groovy

Date: Tuesdays, February 27th - March 26th **

Time: 6:00pm - 7:00pm

Description: If you enjoy singing and performing, come join the Quantum LEAP Choir led by Music Izz Groovy staff as you learn new songs. There will be a live performance at the "QL Spring Fling" on March 22nd in Bedford! Choir members attend the Spring Fling for FREE!

Due to Covid-19 protocols, please plan to bring your own water.

Limit: 12 **Duration:** 5 weeks** **Cost:** \$25.00

Location: Cottman Vistas

Address: 1725 E. 115th St, Cleveland, 44106

Painting in Bedford - ONE DAY ONLY!

Date: Tuesday, April 9th

Time: 6:00pm - 8:00pm

Description: Join Melinda from So-So Artsy to paint your masterpiece. Melinda will provide step-by-step instructions to create a gorgeous painting. We will express our creativity & have fun!

Due to Covid-19 protocols, please plan to bring your own water.

Limit: 20 **Duration:** 1 evening **Cost:** \$10.00

Location: Ellenwood Center

Address: 124 Ellenwood Ave, Bedford, OH 44146

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Bowling League (WEST)

Date: Tuesdays, February 27th - April 2nd

Time: 6:00-7:15pm -or- 7:15-8:30pm

Description: With equal parts strategy and skill, bowling is a fun activity for everyone. Come see the highest score you can get!

When registering, please select one of two time slot options so that we can help ensure as many can participate as possible. Thank you.

Due to Covid-19 protocols, please plan to bring your own water.

Limit: 18 per Group (or time slot)

Duration: 6 weeks

Cost: \$50.00

Location: AMF Brookgate Lanes

Address: 14950 Snow Rd, Brook Park, OH 44142

Bowling League (EAST)

Date: Wednesdays, February 28th - April 3rd

Time: 6:30 - 8:00pm

Description: With equal parts strategy and skill, bowling is a fun activity for everyone. Come see the highest score you can get!

Due to Covid-19 protocols, please plan to bring your own water.

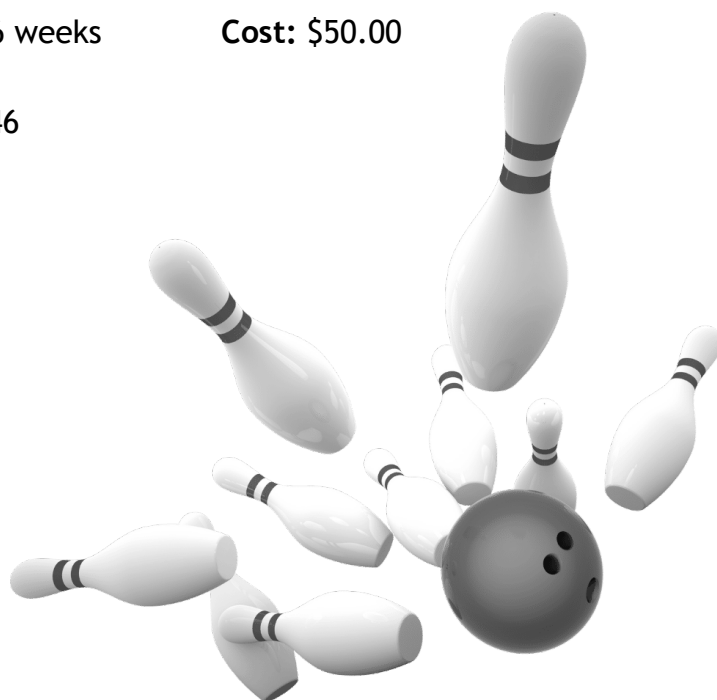
Limit: 24

Duration: 6 weeks

Cost: \$50.00

Location: Roseland Lanes

Address: 26383 Broadway Ave, Oakwood, OH 44146



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Music Therapy Sampler with Music Izz Groovy

Date: Wednesdays, February 28th - April 3rd

Time: 6:30pm - 7:30pm

Description: This all-inclusive Music Therapy program will have a specific theme to demonstrate all that Music Therapy can offer. This series is designed for all abilities, while also highlighting areas such as socialization, communication, relaxation, and expression. We cannot wait to see each individual's musicality shine through Music Therapy! We'll play games, try instruments and sing together!

Due to Covid-19 protocols, please plan to bring your own water.

Limit: 12 **Duration:** 6 weeks **Cost:** \$30.00

Location: Music Izz Groovy

Address: 6659 Pearl Rd, Suite 302, Parma, OH 44130

Make and Create Art

Date: Thursdays, February 29th - April 4th

Time: 5:45pm - 6:45pm

Description: Join us to show your creativity making easy crafts to take home! All ability levels welcome to come and be artistic!

Due to Covid-19 protocols, please plan to bring your own water.

Limit: 20 **Duration:** 6 weeks **Cost:** \$20.00

Location: Cove Community Center

Address: 12525 Lake Ave, Lakewood, OH 44107

Video Gaming with Matt

Date: Thursdays, March 7th - April 11th

Time: 7:00pm - 8:00pm

Description: Hang out and enjoy non-competitive weekly video game play on Nintendo Switch game system and Roblox with rotating game offerings geared for an adaptive audience.

Due to Covid-19 protocols, please plan to bring your own water.

Limit: 20 **Duration:** 6 weeks **Cost:** \$30.00

Location: Ellenwood Center

Address: 124 Ellenwood Ave, Bedford, OH 44146

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Virtual Activities Peer Group

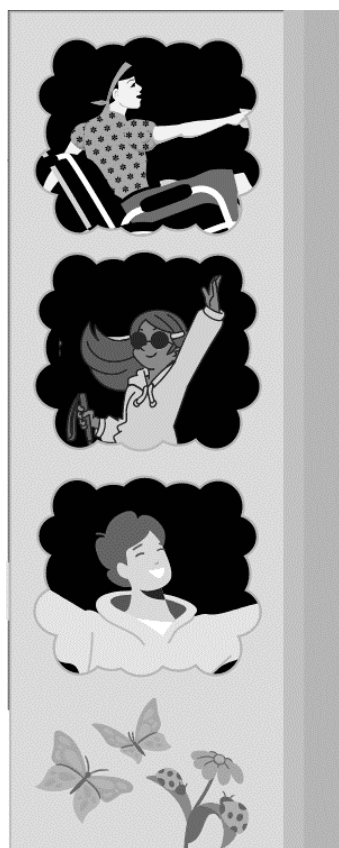
Date: Fridays, Fridays, March 1st - April 5th

Time: 3:00pm - 4:00pm

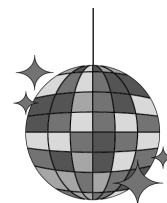
Description: Join us each week as we discuss our local Northeast Ohio sports teams, and interactivities like virtual jigsaw puzzles and games, and more! For more information or questions, please contact Maria Sutter, Peer Support Specialist at (216) 456-0839 or msutter@leapinfo.org.

Limit: n/a **Duration:** 6 weeks **Cost:** FREE

Location: Virtual ([Zoom Link](#)) No pre-registration required.



Spring Fling DANCE



Date: Friday, March 22nd

Time: 6:00pm - 8:30pm

Description: The Quantum LEAP program is excited to host a dance for people to gather with their friends for some fun! There will be music, activities, a photo booth, and pizza available to enjoy.

Cost: \$10.00

Location: Ellenwood Center

Address: 124 Ellenwood Ave, Bedford, OH 44146

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Crafts with Cleveland Museum of Art

Date: LAST SATURDAY of the MONTH (February 24th and March 30th)

Time: 10:00am - 12:00pm

Description: Every weekend, the Cleveland Museum of Art Community Arts Center hosts open hours at The Pivot Center. On the last Saturday of each month, LEAP will attend as a group. Please join us for some Saturday morning crafts with friends! We will meet at The Pivot Center. Call Ted for more details or to register, 216-456-083. You can also register online. Cleveland Museum of Art Community Art Center has free parking on Castle Avenue.

Limit: n/a **Cost:** FREE

Duration: Last Saturday of the month
(February 24th and March 30th)

Location: CMA The Pivot Center

Address: 2937 West 25th St, Cleveland, OH 44113

Important Information

- For updates on cancelations of Quantum LEAP events or activities due to weather, or any unforeseen circumstances, please call (216) 456-0840. This line will be updated for cancelations only, 2 hours prior to the start of an event or activity.
- Please review the “[Quantum LEAP Return to In-Person Activity Guidelines](#)” prior to signing up for an activity
- Please contact Ted Sielski with accommodation questions at (216) 456-0832 or tsielski@leapinfo.org.

To access forms & printable calendar, please visit: www.leapinfo.org/programsservices/recreation
Register online at: www.leapinfo.org/events

For questions or concerns, contact: Ted Sielski at (216) 456-0832 or tsielski@leapinfo.org