The Quantum LEAP Recreation Program offers opportunities for socialization, recreation and athletic activities to people with developmental disabilities. Participants must be at least 18 years of age, reside in Cuyahoga County and be eligible to receive services from the Cuyahoga County Board of Developmental Disabilities.

Quantum LEAP offers year-round activities in the evenings and on weekends. These activities are specifically designed or adapted for persons with disabilities. Sessions are typically six weeks long and change throughout the year.

To register for these activities, please complete the February - March 2020 Session Registration and return to LEAP or register online at https://www.leapinfo.org/events.

A 2020 Annual Registration is also required to be on file with LEAP for participation.

### Walking Club

**Date:** Mondays, February 24th - March 30th  
**Time:** 6:00pm - 7:00pm  
**Description:** Walking is proven to be one of the best forms of exercise. As a safe and low impact activity, walking improves cardiovascular health, strengthens bones, and can even boost your mood. Spring Session 1 of Walking Club meet at 2nd Floor Food Court at Beachwood Place Mall. Come stretch your legs and get some exercise!

**Limit:** N/A  
**Number of Sessions:** 6  
**Cost:** $14.00  
**Location:** 2nd Floor Food Court. We meet at the tables near the elevator.  
**Address:** 26300 Cedar Rd, Beachwood, OH 44122

### Basketball Clinic

**Date:** Tuesdays, February 25th - March 31st  
**Time:** 6:30pm - 8:00pm  
**Description:** It’s time to lace up those sneakers and grab the basketball. Let’s get back onto the basketball court, learn the fundamentals and have competitive fun.

**Limit:** 25 participants  
**Number of Sessions:** 6  
**Cost:** $32.00  
**Location:** Wildcat Sport & Fitness - Door #18 - Behind Mayfield High School  
**Address:** 6116 Wilson Mills Rd, Mayfield, OH 44143
Quantum LEAP Activities 2020
Spring Session I: Monday, February 24th – Friday, April 3rd
Registration Deadline: Friday, February 14, 2020

**Bowling League**

**Date:** Wednesdays, February 26th - April 1st  
**Time:** 6:00pm - 8:00pm

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

**Limit:** 75 participants

**Number of Sessions:** 6

**Cost:** $48.00

**Location:** RollHouse Wickliffe

**Address:** 28801 Euclid Ave, Wickliffe, OH 44092

**Aerobics - Dance Jams**

**Date:** Thursdays, February 27th - April 2nd  
**Time:** 6:00pm - 7:00pm

**No class March 26th**

**Description:** Exercise is an important part of a healthy lifestyle. Aerobic exercise strengthens your heart and lungs, improves circulation, lowers blood pressure, and increases the amount of energy you have throughout the day. It also promotes deeper sleep and boosts mood. Incorporate fitness components into a full body workout to music.

**Limit:** 35 participants

**Number of Sessions:** 5

**Cost:** $18.00

**Location:** Mayfield Village Civic Center

**Address:** 6622 Wilson Mills Rd, Mayfield Village, OH 44143

**Movie Night**

**Date:** Friday, February 28th  
**Time:** 6:00pm

**Description:** From silent films to drive-ins to modern day blockbusters, movies are a keystone of American culture. During Movie Night, we will show a film on the drop-down screen at Mayfield Village Civic Center in their theatre room. Come enjoy a classic night of entertainment, popcorn and good company. **Movie starts at 6:15pm**

**Limit:** 75 participants

**Number of Sessions:** 1

**Cost:** $5.00

**Location:** Mayfield Village Civic Center

**Address:** 6622 Wilson Mills Rd, Mayfield, OH 44143
Quantum LEAP Activities 2020
Spring Session 1: Monday, February 24th – Friday, April 3rd
Registration Deadline: Friday, February 14, 2020

**Game Nights**

Date: Friday, March 13th & April 3rd  Time: 6:00pm - 8:00pm
Description: Come unwind and test your skills at a night of strategy, chance and fun!
Participants will participate in board games, bingo, volleyball, basketball and more. Game Nights meet at Mayfield Middle School, and include pizza, chips and a beverage.
Limit: 90 participants per date
Number of Sessions: 2
Cost: $6.00 per date
Location: Mayfield Middle School
Address: 1123 SOM Center Rd, Mayfield Heights, OH 44124

**Spring Dance**

Date: Friday, March 20th  Time: 7:00pm - 9:00pm
Description: Let’s celebrate the ending of the winter months and the beginning of spring.
Wear your favorite spring colors! A chicken finger dinner will be served, with a cookie and brownie dessert.
Limit: 150 participants
Number of Sessions: 1
Cost: $15.00
Location: Hilton Garden Inn
Address: 700 Beta Dr, Mayfield Village, OH 44143

**Pizza Bowl**

Date: Saturday, March 21st  Time: 1:00pm - 3:00pm
Description: What a fantastic way to spend a Saturday afternoon! Enjoy two hours of bowling with friends. The cost also covers one slice of cheese pizza, a small soft drink and a small cup of ice cream (for participants only).
Limit: 100 participants - six bowlers max per lane
Number of Sessions: 1
Cost: $16.00
Location: RollHouse Wickliffe
Address: 28801 Euclid Ave, Wickliffe, OH 44092

2545 Lorain Ave, Cleveland, OH 44113  •  (216) 696-2716  •  www.leapinfo.org
Activity/event cancelation line: (216) 456-0840
Quantum LEAP Activities 2020
Spring Session 1: Monday, February 24th – Friday, April 3rd
Registration Deadline: Friday, February 14, 2020

**Solon Fun Fest**

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<tr>
<th>Date:</th>
<th>Saturday, March 21st</th>
<th>Time:</th>
<th>6:30pm - 9:00pm</th>
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**Description:** Join the Solon Blue Ribbon program for their 17th annual FUN FEST for participants, families and caregivers. The St. Patrick’s Day themed fun will include: music - dancing - refreshments - bingo - arts & crafts - photo booth - clown - air brush artist.

**Limit:** 75 participants  
**Number of Sessions:** 1  
**Cost:** $5.00 - *Caregivers and family members must also pay to attend*  
**Location:** Solon Community Center  
**Address:** 35000 Portz Pkwy, Solon, OH 44139

To access forms and calendars, please visit:  
[http://www.leapinfo.org/programsservices/recreation](http://www.leapinfo.org/programsservices/recreation)

**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.

For all activities, an aid or assistant (which can be a parent, guardian or caregiver) **MUST BE PRESENT** for assistance.

Please contact Jayme or Gary with any accommodation questions.

**For questions or concerns, contact:**

Gary Edler  
(216) 696-2716 ext. 822 or gedler@leapinfo.org

Jayme Jirousek  
(216) 696-2716 ext. 824 or jjirousek@leapinfo.org

After hours: (216) 456-0824 - **new phone number**