

# Quantum LEAP Activities 2021



Session 1: Monday, April 19<sup>th</sup> – Friday, May 14<sup>th</sup>

Session 2: Saturday, May 22<sup>nd</sup> – Friday, June 18<sup>th</sup>

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. The duration is four weeks long and change throughout the year.

Register for these activities online at <https://www.leapinfo.org/events> or complete the 2021 Session Registration and return to LEAP. The registration deadline is one week prior to the start of each session.

A 2021 Annual Registration is required to be on file with LEAP for participation.

## *Walking Club*

**Dates:** Session 1: Mon., April 19<sup>th</sup> - May 10<sup>th</sup>

Session 2: Mon., May 24<sup>th</sup> - June 14<sup>th</sup>

**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. We meet at Euclid Creek. Come stretch your legs and get some exercise!

**Limit:** 10 participants per session

**Duration:** 4 weeks - No Walking Club Memorial Day, May 31<sup>st</sup>

**Cost:** \$12/session

**Location:** Highland Picnic Shelter - Located next to the basketball courts

**Address:** Euclid Creek Reservation, Euclid, OH 44123

## *Bocce Ball*

**Dates:** Session 1: Tues., April 20<sup>th</sup> - May 11<sup>th</sup>

Session 2: Tues., May 25<sup>th</sup> - June 15<sup>th</sup>

**Time:** 6:00pm - 7:00pm

**Description:** Learn how to play Bocce Ball, the third most popular sport in the world, as we have a fun competition each week. Please note the new outdoor location below.

**Limit:** 10 participants per session

**Duration:** 4 weeks

**Cost:** \$12/session

**Location:** New location Mayfield Village Parkview Bocce Courts - Next to the baseball fields

**Address:** 425 N. Commons Blvd, Mayfield Village, OH 44143

2545 Lorain Ave, Cleveland, OH 44113 • (216) 456-0824 • [www.leapinfo.org](http://www.leapinfo.org)

**Activity/event cancelation line: (216) 456-0840**

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### Dance Fitness Fun

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**Dates:** Session 1: Wed., April 21<sup>st</sup> - May 12<sup>th</sup>

Session 2: Wed., May 26<sup>th</sup> - June 16<sup>th</sup>

**Time:** 5:00pm - 5:45pm

**Description:** Communities in Motion will lead us in a low impact dance class. Dance strengthens your heart and lungs, improves balance & strength, and increases the amount of energy you have throughout the day. It also helps to boost your mood.

**Limit:** 10 participants per session

**Duration:** 4 weeks

**Cost:** \$39/session

**Location:** The Grove Outdoor Amphitheater

**Address:** 425 N. Commons Blvd, Mayfield Village, OH 44143

### Kickball

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**Dates:** Session 1: Fri., April 23<sup>rd</sup> - May 14<sup>th</sup>

Session 2: Fri., May 28<sup>th</sup> - June 18<sup>th</sup>

**Time:** 5:00pm - 5:45pm

**Description:** What are you doing on Friday evenings this spring? Join us for this awesome, socially distant game of Kickball. Let us get outside, kick the ball, and run the bases.

**Limit:** 10 participants per session

**Duration:** 4 weeks

**Cost:** \$15

**Location:** Parkview Softball Field - Green

**Address:** 425 N. Commons Blvd, Mayfield Village, OH 44143

### Spring Scavenger Hunt

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**Date:** Session 2: Saturday, May 22<sup>nd</sup>

**Time:** 1:00pm - 3:00pm

**Description:** Enjoy music and dancing before you head down the paved path in search of spring related items during the scavenger hunt. We will have a few game stations along the way. Come and find out what we will be looking for.

**Limit:** 10 participants

**Duration:** 1 event

**Cost:** \$7

**Location:** The Grove Outdoor Amphitheater

**Address:** 425 N. Commons Blvd, Mayfield Village, OH 44143

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### Spring Outdoor Fun

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**Date:** Session 2: Thursdays, May 27<sup>th</sup> - June 17<sup>th</sup>

**Time:** 6:00pm - 7:00pm

**Description:** Spring calls us to get outside and enjoy the sunshine. During this session, we will play a variety of sports and fun games, including volleyball, soccer, kickball, and catch. Please note the new location below.

**Limit:** 10 participants per session

**Duration:** 4 weeks

**Cost:** \$12

**Location:** New Location Parkview Soccer Fields - Located in front of Progressive Insurance

**Address:** N. Commons Blvd, Mayfield Village, OH 44143

To access forms and calendars, please visit: [www.leapinfo.org/services/recreation](http://www.leapinfo.org/services/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 with any accommodation questions.

### For questions or concerns, contact:

Jayme Jirousek (216) 456-0824 or [jjirousek@leapinfo.org](mailto:jjirousek@leapinfo.org)



In collaboration with



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