

Quantum LEAP Activities 2022

Fall Session I: Monday, September 19th - Thursday, October 27th

Registration Deadline: Friday, September 16, 2022



The Quantum LEAP Recreation Program offers opportunities for socialization, recreation, and athletic activities for adults with disabilities (ages 18 - 59) and senior citizens (age 60 and over).

We are excited to resume in-person activities. 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.

- Register for these activities online at www.leapinfo.org/events or complete the [2022 Activities Registration](#) and return to LEAP.
- The [2022 Annual Participant Registration](#) is also **required** to be on file with LEAP for participation. You only need to complete once for the full 2022 program year.

Walking Club - East (IN-PERSON)

Date: Mondays, September 19 - October 24 **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!

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

Limit: 20 **Duration:** 6 weeks **Cost:** \$15.00

Location: Beachwood Mall (We will meet at the front of the food court.)

Address: 26300 Cedar Rd, Beachwood, OH 44122

Jazzercise with Patty (IN-PERSON)

Date: Mondays, September 19 - October 24 **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: Welcome House Community Center (Meet at the rear of the building.)

Address: 24650 Center Ridge Rd, Westlake, OH 44145

Quantum LEAP Activities 2022

Summer Session I: Monday, June 13th – Tuesday, July 26th

Registration Deadline: Friday, June 10, 2022

Jacob's Ladder Fitness (IN-PERSON)

Date: Mondays, September 19 - October 24 **Time:** 6:30pm - 7:30pm

Description: An exercise class that will have you work up a sweat by using dynamic stretching, calisthenics and equipment to help make you stronger!

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

Limit: 10 **Duration:** 6 weeks **Cost:** \$30.00

Location: Ellenwood Center

Address: 124 Ellenwood Ave, Bedford, OH 44146

Adaptive Rhythm & Movement Class (VIRTUAL)

Date: Tuesdays, September 20 - October 25 **Time:** 12:00pm - 12:45pm

Description: Using rhythm as the source of inspiration to discover a new group fitness experience, Drums Alive® combines the benefits of a traditional physical fitness program w/ music & rhythm. The class can be done from a seated position & will incorporate rhythm, dance, & stretching. We'll work to foster a healthy balance physically, mentally, emotionally, & socially. Join us & experience how it provides an element of fun & creative expression!

Materials needed:

- A pair of "drumsticks," which can be drumsticks or something like wooden spoons, full-sized pencils, pool noodle cut in half, etc.
- Something to drum on like an upside-down trash can or laundry basket, a box, etc.

Limit: 20 **Duration:** 6 weeks **Cost:** \$12.00

Location: ZOOM

Bowling League! (IN-PERSON)

Date: Tuesdays, September 20 - October 25 **Time:** 6:00pm - 7:15pm OR 7:15pm - 8:30pm

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 per Group (or time slot) **Duration:** 6 weeks **Cost:** \$40.00

Location: AMF Brookgate Lanes

Address: 14950 Snow Rd, Brook Park, OH 44142

Quantum LEAP Activities 2022

Summer Session I: Monday, June 13th – Tuesday, July 26th

Registration Deadline: Friday, June 10, 2022

Jacob's Ladder **Boxing Fitness**

(IN-PERSON)

Date: Wednesdays, September 21 - October 26 **Time:** 6:30pm - 7:30pm

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.

Limit: 10 **Duration:** 6 weeks **Cost:** \$30.00

Location: Ellenwood Center

Address: 124 Ellenwood Ave, Bedford, OH 44146

Sports Talk with Ted

(VIRTUAL)

Date: Wednesdays, September 21 - October 26 **Time:** 12:00pm - 1:00pm

Description: Join Ted to talk about Cleveland and national sports news! We'll discuss Browns, Cavaliers, Guardians and any other team you would like. Share your team pride!

Limit: 20 **Duration:** 6 weeks **Cost:** FREE

Location: ZOOM

Chair Yoga and Relaxation

(VIRTUAL)

Date: Thursdays, September 22 - October 27 **Time:** 12:00pm - 12:45pm

Description: Activate muscles that help you find and maintain strength for better posture and energy while learning relaxation and stress reduction techniques.

Limit: n/a **Duration:** 6 weeks **Cost:** \$12.00

Location: ZOOM

Walking Club - West

(IN-PERSON)

Date: Thursdays, September 22 - October 27 **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!

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

Limit: 20 **Duration:** 6 weeks **Cost:** \$15.00

Location: Great Northern Mall (Meet in front of the food court.)

Address: 4954 Great Northern Blvd, North Olmsted, OH 44070

Quantum LEAP Activities 2022

Summer Session I: Monday, June 13th – Tuesday, July 26th

Registration Deadline: Friday, June 10, 2022

Acrylic Painting with Bernadette (IN-PERSON)

Date: Thursdays, September 22 - December 15 **Time:** 9:30am - 11:30am

**** This class runs for 12 weeks, ending on December 15.**

There will be no class on November 24 for Thanksgiving.

Description: During these art classes, the group will explore the techniques and skills necessary to work with acrylic paint. Each week's concept will be introduced and experienced with a "spotlight artist" to practice technique, perspective and medium. Adaptations will be made based on the abilities of the participants. Students will create original artwork with the objective to confidently draw inspiration from their own life and experience. An art show will be the culminating activity.

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

Limit: 20 **Duration:** 12 weeks** **Cost:** \$15.00

Location: Murtis Taylor

Address: 13411 Union, Cleveland, OH 44120

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 virtual activities, **all participants need to be able to fully operate ZOOM by themselves or must have an assistant present.**
- 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