

Quantum LEAP Activities 2023

Winter Session I: Monday, Jan. 9th - Thursday, Feb. 16th

Registration Deadline: Friday, January 6, 2023



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).

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 [2023 Activities Registration](#) and return to LEAP.
- The [2023 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, Jan. 9th - Feb. 13th ** **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:** 5 weeks** **Cost:** \$15.00

Location: Beachwood Mall (We will meet in front of the 2nd Floor Food Court.)

Address: 26300 Cedar Rd., Beachwood, Oh 44122

Jazzercise with Patty (In-Person)

Date: Mondays, Jan. 9th - Feb. 13th ** **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:** 5 weeks** **Cost:** \$30.00

Location: Parma Adult Activity Center

Address: 12660 Plaza Dr., Parma, OH 44130

** There will be no class on Monday, January 16th as LEAP will be closed in observance of Martin Luther King Jr. Day.

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Bowling League (In-Person)

Date: Tuesdays, Jan. 10th - Feb. 14th **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

Game Night (In-Person)

Date: Wednesdays, Jan. 11th - Feb. 15th **Time:** 6:00pm - 6:45pm

Description: Join us for some fun as we will play Bingo, Uno, and other tabletop games! Bring your favorite games to share with the group!

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

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

Location: Ellenwood Center

Address: 124 Ellenwood Ave., Bedford, OH 44146

Walking Club (WEST) (In-Person)

Date: Thursdays, Jan. 12th - Feb. 16th **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

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Basketball Skills (In-Person)

Date: Thursdays, Jan. 12th - Feb. 16th **Time:** 6:00pm - 6:45pm

Description: Come and practice your basketball skills. Each week we will work on improvement and focus on having fun!

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

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

Location: Green Road Developmental Center

Address: 4329 Green Rd., Highland Hills, OH 44128

Sports Talk Peer Support (Virtual)

Date: Thursdays, Jan. 12th - Feb. 16th **Time:** 4:00pm - 5:00pm

Description: Join us each week as we discuss our local Northeast Ohio sports teams and more! This is offered over this [Zoom link](#). No pre-registration required and no cost!

For more information or questions, please contact Maria Sutter, Peer Support Specialist at (216) 456-0839 or msutter@leapinfo.org.

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