

## Quantum LEAP Activities 2026

Summer I Session: Monday, June 15<sup>th</sup> - Friday, July 24<sup>th</sup>

**Registration Deadline: Friday, June 12<sup>th</sup>, 2026**



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](http://leapinfo.org/services/recreation).

- **All activities are in-person**  
Register for these activities online at [www.leapinfo.org/events](http://www.leapinfo.org/events) or complete the Session Registration Form found on our [website](#) (bottom of page) and return to LEAP.
- The **2026 Annual Participant Registration** is also **required** to be on file with LEAP for participation. You only need to complete once for the full 2026 program year.

### Restorative Yoga **West**

**Date:** Mondays, June 15<sup>th</sup> - July 20<sup>th</sup>

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

**Description:** Join yoga instructor Xan Forest Phillips for adaptive yoga and relaxation! Xan shapes his practices with mindfulness regarding sensory and learning nuances experienced by people with disabilities, especially those on the ADHD and Autism spectrum.

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

**Limit:** 20

**Duration:** 6 weeks

**Cost:** \$25.00

**Location:** Fine Arts Garden (Behind the Cleveland Museum of Art)

**Address:** 11130 East Blvd Cleveland, Ohio 44106

### Walk, Talk, and Roll Club **East**

**Date:** Mondays, June 15<sup>th</sup> - July 20<sup>th</sup>

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

**Description:** Join us for a walk and roll around Acacia Reservation Metroparks. Have some fun conversations while getting in some exercise.

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

**Limit:** 20

**Duration:** 6 weeks

**Cost:** \$15.00

**Location:** Acacia Reservation Metroparks (Beachwood Mall is bad weather backup)

**Address:** 527 Cedar Rd, Lyndhurst, OH 44124

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### Fitness with Jacob's Ladder Fitness **East**

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**Date:** Mondays, June 15<sup>th</sup> - July 20<sup>th</sup>

**Time:** 7:00pm - 8:00pm

**Description:** A 60-minute adapted exercise class that includes stretching, planking, calisthenics, agility drills, fitness, and yoga. Come and move with your friends! All ability levels are welcome!

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

### Bowling **West**

**Date:** Tuesdays, June 16<sup>th</sup> - July 21<sup>st</sup>

**Time:** 6pm - 7:10pm -or- 7:20pm - 8:30pm

**Description:** Our bowling league is a great place to socialize while practicing your bowling skills.

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

### Acting and Stage Presence with Nera **East**

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**Date:** Tuesdays, June 16<sup>th</sup> - July 21<sup>st</sup>

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

**Description:** Learn acting and improv techniques, stage presence, and have the opportunity to write and perform in a skit for LEAP's Talent Show! The talent show is at the Beck Center on July 18<sup>th</sup>

**Limit:** 20

**Duration:** 6 weeks

**Cost:** \$20.00

**Location:** Green Road Developmental Center

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

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### Art with TJ **West**

**Date:** Wednesdays, June 16th - July 22nd

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

**Description:** Join us for a drawing and painting class where we will discuss the basics and put the 'fun' in fundamentals as we build on the same piece each week. Participants can submit their piece to our Art and Talent Show in July!

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

**Limit:** 20

**Duration:** 4 weeks\*

**Cost:** \$20.00

**Location:** Youth Challenge

**Address:** 800 Sharon Dr, Westlake, OH 44145

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\*No class July 1<sup>st</sup> or July 15<sup>th</sup>

### Bowling **East**

**Date:** Wednesdays, June 17th - July 22nd

**Time:** 5:45 pm - 6:45pm -or- 7:00pm - 8:30pm

**Description:** Our bowling league is a great place to socialize while practicing your bowling skills.

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:** Roseland Lanes

**Address:** 26383 Broadway Ave, Oakwood, OH 44146

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### Bocce Ball **West**

**Date:** Thursdays, June 18th - July 23rd

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

**Description:** Join us for some fun playing Bocce, one of the most popular sports worldwide! It's easy to play but challenging to master, come and give it a try! All ability levels are welcome.

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

**Limit:** 20

**Duration:** 6 weeks

**Cost:** \$20.00

**Location:** Rocky River Adult Activity Center

**Address:** 20120 Detroit Ave Rocky River, OH 44116

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### Softball **East**

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**Date:** Thursdays, June 18th - July 23rd

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

**Description:** We will be having a fun and non-competitive game of softball where all skill levels are welcome! Get outside and enjoy playing with friends!

Welsh Woods Picnic Area is located in the Euclid Creek Reservation off the Euclid Creek Parkway, between Highland and Green roads in Euclid.

**Limit:** 20

**Duration:** 6 weeks

**Cost:** \$20.00

**Location:** Welsh Woods Picnic Area

**Address:** Euclid Creek Reservation Euclid, OH 44143

### Craft Hour

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**Date:** Fridays, June 26th - July 24th

**Time:** 2:00pm - 3:00pm

**Description:** Bring the current project you are working on for an hour of crafting and socializing. Crafting materials will also be provided

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

**Limit:** 20

**Duration:** 5 weeks\*

**Cost:** \$15.00

**Location:** LEAP Office

**Address:** 2545 Lorain Ave, Cleveland, OH 44113

**\*LEAP office is closed for Juneteenth**

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### Special Activities

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#### Nature Walk, Roll and Picnic at Shaker Nature Center

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**Date:** Saturday, June 20th

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

**Description:** Join us at Shaker Nature Center for a fully accessible walk and roll through nature. Bring lunch for a picnic! **Food will not be provided.**

**Limit:** 30

**Cost:** Free!

**Location:** Shaker Heights Nature Center

**Address:** 21016 Hilliard Blvd Rocky River, OH 44116

#### Ice Cream Social

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**Date:** Saturday, July 11th

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

**Description:** Come and socialize with your pals over a cold scoop of ice cream at Mitchells in Ohio City!

**Limit:** 30

**Cost:** Free to attend. Mitchell's has ice cream available for purchase.

**Location:** Mitchell's Ice Cream

**Address:** 1867 W 25th St, Cleveland, OH 44113

#### Painting in the Park with Melinda

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**Date:** Monday, July 27<sup>th</sup>

**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 and have fun!

**Limit:** 20

**Cost:** \$10.00

**Location:** Ellenwood Center

**Address:** 124 Ellenwood Ave, Bedford, OH 44146

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## Crafts with Cleveland Museum of Art

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**Date:** Last Saturday of the month

**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!

**Limit:** n/a

**Cost:** Free!

**Location:** 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 Nera Birch with accommodation questions at (216) 456-0849 or [nbirch@leapinfo.org](mailto:nbirch@leapinfo.org).

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

Register online at: [www.leapinfo.org/events](http://www.leapinfo.org/events)

**For questions or concerns, contact:** Nera Birch at (216) 456-0849 or [nbirch@leapinfo.org](mailto:nbirch@leapinfo.org) or Hannah Laudo at 216-227-5508 or [hlaudo@leapinfo.org](mailto:hlaudo@leapinfo.org)

