Quantum LEAP Activities 2020
End of Summer Session: Monday, August 24th – Friday, September 18th
Registration Deadline: Friday, August 21, 2020

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 is resuming outdoor activities. Please review the “Quantum LEAP Return to In-Person Activity Guidelines” prior to signing up for an activity.

To register for these activities, please register online at [https://www.leapinfo.org/events](https://www.leapinfo.org/events)

- Due to very limited office access, we are only taking registration online.

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

**Walking Club Mondays**

**Date:** Mondays, August 24th - September 14th

**Time:** 5:00pm - 6:00pm or 6:15pm - 7:15pm

**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. Walking Club on Mondays will meet at Highland Picnic Shelter at Euclid Creek Reservation for a socially distant, safe walk in the park.

**Limit:** 10 participants per time slot

**Number of Sessions:** 3

**Cost:** $9.00

**Location:** Highland Picnic Shelter - located off Euclid Creek Parkway, near basketball courts

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

**Dance Fitness Fun - this class is run through Mayfield Village Rec Department**

**Date:** Tuesdays, August 25th - September 15th

**Time:** 4:00pm - 4:45pm or 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 mood.

**Limit:** 10 participants per time slot

**Number of Sessions:** 4

**Cost:** $39.00

**Location:** The Grove Outdoor Amphitheater

**Address:** 425 N. Commons Blvd, Mayfield, OH 44143
Quantum LEAP Activities 2020
End of Summer Session: Monday, August 24th – Friday, September 18th
Registration Deadline: Friday, April 3, 2020

Walking Club Thursdays

Date: Thursdays, August 27th - September 17th
Time: 5:00pm - 6:00pm or 6:15pm - 7:15pm
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. Walking Club on Thursdays will meet at the North Chagrin Nature Center at North Chagrin Reservation for a socially distant, safe walk in the park.
Limit: 10 participants per time slot
Number of Sessions: 4
Cost: $12.00
Location: North Chagrin Nature Center
Address: North Chagrin Reservation, Willoughby, OH 44094

Outdoor Painting with Artfully Mine

Date: Saturday, September 12th
Time: Time 1: 12:00pm - 1:00pm Time 2: 1:30pm - 2:30pm Time 3: 3:00pm - 4:00pm
Description: It’s time to paint! This one-time painting class offers step by step instruction, while allowing you to put your own spin on an awesome design. All supplies are provided, including an apron. The canvas is 16”x20” with acrylic paints. This class is open to everyone.
*Classes will be combined if not enough participants sign up for a certain time slot*
Limit: 10 participants per time slot
Number of Sessions: 1
Cost: $25.00 per time slot
Location: The Grove Outdoor Amphitheater
Address: 425 N. Commons Blvd, Mayfield, OH 44143

To access forms and calendars, please visit: https://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.

Jayme Jirousek (216) 456-0824 or jjirousek@leapinfo.org

In collaboration with

CUYAHOGA COUNTY Board of Developmental Disabilities

2545 Lorain Ave, Cleveland, OH 44113  ●  (216) 696-2716  ●  www.leapinfo.org

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