

# Quantum LEAP Activities 2019

Spring Session 1: Monday, February 18<sup>th</sup> – Thursday, March 28<sup>th</sup>  
Registration Deadline: Friday, February 8, 2019

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. Sessions are six weeks long, and change throughout the year.

***To register for these activities, please complete the February – March 2019 Session Registration and return to LEAP. A 2019 Annual Registration is also required to be on file with LEAP for participation.***

## ***Walking Club***

**Date:** Mondays, February 18<sup>th</sup> – March 25<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. Spring session 1 of Walking Club meet at the 2<sup>nd</sup> Floor Food Court at Beachwood Place Mall. Come stretch your legs and get some exercise!

**Limit:** N/A

**Number of Sessions:** 6

**Cost:** \$10.00

**Location:** 2<sup>nd</sup> Floor Food Court. We meet at the tables near the elevator.

**Address:** 26300 Cedar Rd, Beachwood, OH 44122

## ***Basketball Clinic***

**Date:** Tuesdays, February 19<sup>th</sup> – March 26<sup>th</sup> **Time:** 6:30pm – 8:00pm

**Description:** Feeling like LeBron? Come channel your inner Cavalier at Basketball Clinic! Each week, we will learn the fundamentals of basketball, including skills practice and rule review.

**Limit:** 25 participants

**Number of Sessions:** 6

**Cost:** \$25.00

**Location:** Wildcat Sport & Fitness – Door #18 – Behind Mayfield High School

**Address:** 6116 Wilson Mills Rd, Mayfield, OH 44143 – **NEW LOCATION**

## ***Bowling League***

**Date:** Wednesdays, February 20<sup>th</sup> – March 27<sup>th</sup> **Time:** 6:00pm – 8:00pm

**Description:** With equal parts strategy and skill, bowling is a fun activity for everyone. Come see the highest score you can get! Six bowlers max per lane

**Limit:** 75 participants

**Number of Sessions:** 6

**Cost:** \$40.00

**Location:** RollHouse Wickliffe

**Address:** 28801 Euclid Ave, Wickliffe, OH 44092



Linking Employment, Abilities and Potential  
2545 Lorain Ave, Cleveland, OH 44113  
216.696.2716 www.leapinfo.org  
**Activity/event cancelation line: 216.456.0840**



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## ***Aerobics – Dance Jam***

**Date:** Thursdays, February 21<sup>st</sup> – March 28<sup>th</sup> **Time:** 6:00pm – 7:00pm

**Description:** Exercise is an important part of a healthy lifestyle. Aerobic exercise strengthens your heart and lungs, improves circulation, lowers blood pressure, and increases the amount of energy you have throughout the day. It also promotes deeper sleep and boosts mood. Incorporate fitness components into a full body workout to the beat of your favorite music.

**Limit:** 35 participants

**Number of Sessions:** 6

**Cost:** \$16.00

**Location:** Forest Hill Center

**Address:** 14800 Private Dr., East Cleveland, OH 44112

## ***Game Night #1***

**Dates:** Friday, February 22<sup>nd</sup> **Time:** 6:00pm – 8:00pm

**Description:** Come unwind and test your skills at a night of strategy, chance, and fun! Participants will participate in board games, volleyball, basketball, ping pong, and more. Game Nights meet at **Mayfield Middle School**, and include pizza, chips and a beverage.

**Limit:** 90 participants per date

**Number of Sessions:** 1

**Cost:** \$6.00

**Location:** Mayfield Middle School

**Address:** 1123 SOM Center Rd, Mayfield Heights, OH 44124

## ***Solon Fun Fest***

**Date:** Saturday, March 2<sup>nd</sup> **Time:** 6:30pm – 9:00pm

**Description:** Join the Solon Blue Ribbon program for their 16<sup>th</sup> annual FUN FEST for participants, families, and caregivers. The St. Patrick's Day themed event will be held at the Solon Community Center. There will be music – dancing – refreshments – bingo – arts & crafts – entertainment – photo booth – clown – air brush artist and a visit from a special guest.

**Limit:** N/A

**Number of Sessions:** 1

**Cost:** \$5.00 – **Caregivers and family members must also pay to attend**

**Location:** Solon Community Center

**Address:** 35000 Portz Pkwy, Solon, OH 44139

## ***Game Night #2***

**Dates:** Friday, March 8<sup>th</sup> **Time:** 6:00pm – 8:00pm

**Description:** Come unwind and test your skills at a night of strategy, chance, and fun! Participants will participate in board games, volleyball, basketball, ping pong, and more. Game Nights meet at **Mayfield Middle School**, and include pizza, chips and a beverage.

**Limit:** 90 participants per date

**Number of Sessions:** 1

**Cost:** \$6.00

**Location:** Mayfield Middle School

**Address:** 1123 SOM Center Rd, Mayfield Heights, OH 44124



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## **Pizza Bowl**

**Date:** Saturday, March 16<sup>th</sup> **Time:** 1:00pm – 3:00pm

**Description:** What a fantastic way to spend a Saturday afternoon! Enjoy two hours of bowling with friends. The cost also covers one slice of cheese pizza, a small soft drink and a small cup of ice cream **for the participant.**

**Limit:** 90 participants – *Six bowlers max per lane*

**Number of Sessions:** 1

**Cost:** \$16.00

**Location:** RollHouse Wickliffe

**Address:** 28801 Euclid Ave, Wickliffe, OH 44092

## **Spring Party & Dance**

**Date:** Friday, March 22<sup>nd</sup> **Time:** 7:00pm – 9:00pm

**Description:** Let's celebrate the ending of the winter months and the beginning of spring. Wear your favorite spring colors! A dinner of chicken fingers, steamed broccoli, mac & cheese and cookies will be served.

**Limit:** 150 participants

**Number of Sessions:** 1

**Cost:** \$12.00

**Location:** Hilton Garden Inn

**Address:** 700 Beta Dr, Mayfield Village, OH 44143

To access forms and calendars, please visit:

<http://www.leapinfo.org/programsservices/recreation>

\* We are now taking online registrations at: <http://www.leapinfo.org/events> \*

## **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 or Gary with any accommodation questions.

### **For questions or concerns, contact**

Gary Edler at 216-696-2716 ext. 822

Jayme Jirousek at 216-696-2716 ext. 824

[gedler@leapinfo.org](mailto:gedler@leapinfo.org) or [jjirousek@leapinfo.org](mailto:jjirousek@leapinfo.org)

After hours: 216-287-9641



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