

# Quantum LEAP Activities 2018

Winter Session 1: Monday, October 22<sup>nd</sup> – Friday, December 14<sup>th</sup>  
 Registration Deadline: Friday, October 19, 2018

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 October – December 2018 Session Registration and return to LEAP. A 2018 Annual Registration is also required to be on file with LEAP for participation.***

## ***Walking Club***

**Date:** Mondays, October 22<sup>nd</sup> – December 10<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. Winter sessions 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:** 8

**Cost:** \$12.00

**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, October 23<sup>rd</sup> – December 11<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:** 8

**Cost:** \$28.00

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

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

## ***Bowling League***

**Date:** Wednesdays, October 24<sup>th</sup> – December 12<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:** 8

**Cost:** \$48.00

**Location:** RollHouse Wickliffe

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



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## **Aerobics**

**Date:** Thursdays, October 25<sup>th</sup> – December 13<sup>th</sup> –

**No class November 22<sup>nd</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 music.

**Limit:** 35 participants

**Number of Sessions:** 7

**Cost:** \$18.00

**Location:** Forest Hill Center

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



## **Game Nights #1 & #2**

**Dates:** #1 – Friday, October 12<sup>th</sup> / #2 – Friday, November 16

**Time:** 6:30pm – 8:30pm – **NEW TIME – Please note time change**

**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 **Wildcat Sport & Fitness (Mayfield High School)**, and include pizza, chips and a beverage. Enter at the blue awning at Door #18

**Limit:** 90 participants per date

**Number of Sessions:** 2

**Cost:** \$6.00 per date

**Location:** Wildcat Sport & Fitness, Mayfield High School – **NEW LOCATION – Please note location change**

**Address:** 6116 Wilson Mills Rd, Mayfield, OH 44143

**\*\* Please Note – Game Nights on Friday, October 12<sup>th</sup> and Friday November 16<sup>th</sup> are at a different location than the Game Night on Friday, December 7<sup>th</sup>. \*\* We apologize about any confusion.**

## **Halloween Party & Dance**

**Date:** Friday, October 26<sup>th</sup> **Time:** 7:00pm – 9:00pm

**Description:** Dress in your best Halloween costume and dance the night away. Awards will be given out for the weirdest, funniest, scariest, most creative, and best overall costumes.

Cheeseburger/hamburger, fries and beverage will be provided.

**Limit:** 150

**Number of Sessions:** 1

**Cost:** \$12.00

**Location:** Hilton Garden Inn – Mayfield Village

**Address:** 700 Beta Drive, Mayfield, OH 44143

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## **Movie Night**

**Date:** Friday, November 2<sup>nd</sup> **Time:** 6:00pm

**Description:** From silent films to drive-ins to modern day Blockbusters, movies are a keystone of American culture. During Movie Night, we'll show a film on a drop-down screen at Mayfield Village Civic Center, in their theatre room. Come enjoy a classic night of entertainment, popcorn, and good company. **Movie starts at 6:15pm.**

Popcorn and water will be provided.

**Limit:** 75 participants

**Number of Sessions:** 1

**Cost:** \$5.00

**Location:** Mayfield Village Civic Center

**Address:** 6622 Wilson Mills Rd, Mayfield, OH 44143

## **Blue Ribbon Line Dance**

**Date:** Friday, November 9<sup>th</sup> **Time:** 6:30pm – 9:00pm

**Description:** The sensational *Dancing for You Urban Line Dancers* are presenting a fantastic dance performance. This performance will be followed by everyone line dancing to the latest dance moves. A full chicken parmesan and pasta dinner will be served.

**Limit:** 75

**Number of Sessions:** 1

**Cost:** \$11.00

**Location:** Solon Community Center

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

## **Pizza Bowl**

**Date:** Saturday, November 17<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 (formally Game of Wickliffe)

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



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## **Game Night #3**

**Dates:** Friday, December 7<sup>th</sup> **Time:** 6:00pm – 8:00pm – **Please note time change**

**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 Night in December meet at **Mayfield Middle School**, and include pizza, chips and a beverage

**Limit:** 90 participants per date

**Number of Sessions:** 1

**Cost:** \$6.00 per date

**Location:** Mayfield Middle School – **Please note location change**

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

**\*\* Please Note – Game Nights on Friday, October 12<sup>th</sup> and Friday November 16<sup>th</sup> are at a different location than the Game Night on Friday, December 7<sup>th</sup>.** \*\* We apologize about any confusion.

## **Holiday Party & Dance**

**Date:** Friday, December 14<sup>th</sup> **Time:** 7:00pm – 9:00pm

**Description:** Celebrate the holiday season with us. Wear your ugly holiday sweaters. We will have a competition for the ugliest sweater. Ugly sweaters are not required but are encouraged. Dress code is casual. Penne pasta with meat and tomato marinara sauce, house salad with 2 dressings, breadstick, cookies and beverage will be provided.

**Limit:** 150 participants

**Number of Sessions:** 1

**Cost:** \$12.00

**Location:** Hilton Garden Inn – Mayfield Village

**Address:** 700 Beta Drive, Mayfield, 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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