

Quantum LEAP Activities 2018

Fall Session: Saturday, September 1st – Thursday, October 11th
 Registration Deadline: Friday, August 24, 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 September – October 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, September 10th – October 8th **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. Fall sessions of Walking Club meet at Upper Highland Picnic Area at Euclid Creek Reservation. Come stretch your legs and get some exercise!

Limit: N/A

Number of Sessions: 5

Cost: \$10.00

Location: Upper Highland Shelter – located off Euclid Creek Parkway, near the Highland Road entrance of Euclid Creek Reservation. The shelter is next to the basketball courts.

Address: Euclid Creek Reservation, Euclid, OH 44123

Basketball Clinic

Date: Tuesdays, September 4th – October 9th **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, September 5th – October 10th **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



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Activity/event cancelation line: 216.456.0840



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Aerobics – Line Dance

Date: Thursdays, September 6th – October 11th – **No class September 13th**

Time: Class 1: 6:00pm – 6:45pm **OR** Class 2: 7:00pm – 7:45pm

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 while learning new line dances.

Limit: 35 participants per class time

Number of Sessions: 5

Cost: \$18.00 per class time

Location: Forest Hill Center

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

Painting with Artfully Mine

Date: Saturday, September 1st **Time:** 12:00pm

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 this awesome design. All supplies are provided, including an apron. The canvas is 16"x20" with acrylic paints. This class is open to everyone.

Limit: 25 participants

Number of Sessions: 1

Cost: \$26.00

Location: Mayfield Village Civic Center

Address: 6622 Wilson Mills Rd, Mayfield, OH 44143



Pizza Bowl

Date: Saturday, September 8th **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

Date: TBD **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 per date

Location: Mayfield Middle School

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

Blue Ribbon Karaoke

Date: Friday, September 21st **Time:** 6:00pm – 9:00pm – **New start time**

Description: Come sing, dance, and be merry. Our amazing DJ, Denise Formica, will be serving up the best jams in town, while we experience the awesome talents of our karaoke singers. Dinner will be served.

Limit: 75

Number of Sessions: 1

Cost: \$10.00

Location: Solon Community Center

Address: 35000 Portz Pkwy, Solon, OH 44139

Goodtime III

Date: Saturday, September 29th **Time:** 11:30am – 2:00pm

Description: Enjoy the experience of a cruise on the Cuyahoga River and Lake Erie aboard the Goodtime III. The Goodtime III is Cleveland's largest sight-seeing vessel. Make sure to bring your camera for some spectacular scenes you'll want to capture!! Boarding starts at 11:30am. Goodtime III leaves promptly at **12:00pm**. Transportation is on your own. All persons attending, including parents/caregivers must purchase a ticket. There is parking on the E. 9th Street Pier as well as surrounding lots. Please make sure to bring money for parking, just in case. Food items can be purchased onboard the Goodtime III.

Limit: N/A

Number of Sessions: 1

Cost: \$15.00 - **All persons attending must purchase a ticket**

Location: East 9th Street Pier

Address: 825 E 9th St, Cleveland, OH 44114



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Fall Hike, Fire Building & S'mores

Date: Saturday, September 29th **Time:** 5:00pm – 7:00pm

Description: Enjoy the beauty of a Northeast Ohio Fall with an easy hike along an accessible path before learning how to build a fire. Reward your fire building skills with the sweetness of chocolate, marshmallows and graham crackers as you make the perfect S'more. Dress in layers and be prepared for the weather.

Limit: 20 participants

Number of Sessions: 1

Cost: \$8.00

Location: Nature Education Building, North Chagrin Reservation

Address: North Chagrin Reservation – there is no address to the Nature Education Building, please call if you need directions



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 or jjirousek@leapinfo.org

After hours: 216-287-9641



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