

Quantum LEAP Activities 2019

Winter Session 2: Wednesday, January 2nd – Saturday, February 16th
 Registration Deadline: Friday, December 14, 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 January – February 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, January 7th – February 4th **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 2nd Floor Food Court at Beachwood Place Mall. Come stretch your legs and get some exercise!

Limit: N/A

Number of Sessions: 4

Cost: \$8.00

Location: 2nd Floor Food Court. We meet at the tables near the elevator.

Address: 26300 Cedar Rd, Beachwood, OH 44122

Basketball Clinic

Date: Tuesdays, January 8th – February 5th **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: 5

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, January 2nd – February 6th **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

Date: Thursdays, January 3rd – February 7th **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: 6

Cost: \$16.00

Location: Forest Hill Center

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

Game Night

Dates: Friday, January 11th

Time: 6:00pm – 8:00pm – **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 **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 – **NEW LOCATION – Please note location change**

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

**** Please Note – We are going back to Mayfield Middle School and the time is 6:00pm – 8:00pm**

Pizza Bowl

Date: Saturday, January 12th

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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Painting with Artfully Mine

Date: Saturday, January 26th **Time:** 1:00pm

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. The painting will be similar to the winter themed painting below.

Limit: 25 participants

Number of Sessions: 1

Cost: \$26.00

Location: Mayfield Village Civic Center

Address: 6622 Wilson Mills Rd, Mayfield, OH 44143

Blue Ribbon Karaoke

Date: Friday, February 1st **Time:** 6:00pm – 9:00pm

Description: Come sing, dance and be merry. The amazing DJ Denise will be serving up the best jams in town, while we experience the awesome talents of our karaoke singers. Lasagna, salad, rolls and a dessert dinner will be served.

Limit: 75

Number of Sessions: 1

Cost: \$10.00

Location: Solon Community Center

Address: 35000 Portz Pkwy, Solon, OH 44139

Movie Night

Date: Friday, February 15th **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



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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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