

Quantum LEAP Activities 2018

Spring Session 2: Friday, April 6th – Saturday, May 26th
 Registration Deadline: Friday, March 30, 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 April – May 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, April 9th – May 21st **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 2 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: 7

Cost: \$11.00

Location: Upper Highland Shelter – located off Euclid Creek Parkway, near the Highland Road entrance of Euclid Creek Reservation.

Address: Euclid Creek Reservation, Euclid, OH 44123

Indoor Bocce

Date: Tuesdays, April 10th – May 22nd **Time:** 6:00pm – 7:30pm

Description: Bocce Ball has been around for ages. It's a great way to spend time in the company of others. Develop your strategy and test your skills in healthy competition and fun!

Limit: 30 participants

Number of Sessions: 7

Cost: \$37.00

Location: RollHouse Wickliffe (formally Game of Wickliffe) – Bocce Ball courts

Address: 28801 Euclid Ave, Wickliffe, OH 44092

Spring Outside Fun

Date: Wednesdays, April 11th – May 23rd **Time:** 6:00pm – 7:00pm

Description: Spring calls us to get outside and enjoy the sunshine. During this session, we will play a variety of sports and fun games to get in shape for the season. For inclement weather, activities will be held inside unless otherwise stated on the weather line.

Limit: 60 participants

Number of Sessions: 7

Cost: \$11.00

Location: Mayfield Middle School Soccer Field – Behind the middle school

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



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 2545 Lorain Ave, Cleveland, OH 44113
 216.696.2716 www.leapinfo.org
Activity/event cancelation line: 216.456.0840



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Aerobics – Line Dance

Date: Thursdays, April 12th – May 24th

Time: Two classes – Time 1: 6:00pm – 6:45pm **OR Time 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: 7 per class time

Cost: \$19.00 per class time

Location: Forest Hill Center

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



Game Night

Date: Friday, April 6th / Friday, May 11th **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: 2

Cost: \$6.00 per date

Location: Mayfield Middle School

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

Blue Ribbon Swim Party

Date: Saturday, April 7th **Time:** 6:00pm – 8:00pm

Description: Come on out for a party in the pool! There's a spacious pool, hot tub, and water features in the aquatic facility at the Solon Community Center. The party will then continue with a meal of pizza, salad, and a cookie. Food will be served at 7:30pm.

Limit: 50 participants

Number of Sessions: 1

Cost: \$11.00

Location: Solon Community Center Indoor Pool

Address: 35000 Portz Pkwy, Solon, OH 44139

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Blue Ribbon Fish & Picnic

Date: Saturday, May 5th **Time:** 2:00pm – 4:00pm

Description: Bring your fishing poles, complete with hooks, line, and sinkers; and we'll supply the bait. We'll fish in the pond at Solon's beautifully secluded Timberlake Park. Cleveland Metroparks will show us what fishing is all about, and will provide a limited number of fishing poles and tackle. No fishing license required. A waiver form must be completed by everyone attending.

Limit: 15 participants

Number of Sessions: 1

Cost: \$13.00 – includes a ham/turkey sandwich with sides

Location: Timberlake Park – take Aurora Rd. to Pettibone (east), then north on Root Rd.

Address: Root Rd., Solon, OH 44139 – **Please call prior to event if directions needed**

Pizza Bowl

Date: Saturday, May 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

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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