

# Quantum LEAP Activities 2018

Spring Session 1: Monday, February 19<sup>th</sup> – Thursday, March 29<sup>th</sup>  
Registration Deadline: Friday, February 9, 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 February – March 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, February 19<sup>th</sup> – March 26<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 minimal impact activity, walking improves cardiovascular health, strengthens bones, and can even boost your mood. Spring Session 1 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

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

## ***Basketball Clinic***

**Date:** Tuesdays, February 20<sup>th</sup> – March 27<sup>th</sup> **Time:** 6:00pm – 7:30pm

**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

**Number of Sessions:** 6

**Cost:** \$25.00

**Location:** Green Rd Services Center

**Address:** 4329 Green Road, Highland Hills, OH 44128

## ***Bowling League***

**Date:** Wednesdays, February 21<sup>st</sup> – March 28<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:** \$42.00

**Location:** Game of 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 – Circuit Training***

**Date:** Thursdays, February 22<sup>nd</sup> – March 29<sup>th</sup> **Time:** 6:00pm – 7:00pm

**Description:** Exercise is an important part of a healthy lifestyle. This hour long, moderately intense 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. Circuit Training will consist of short intervals of muscle strengthening followed by cardio.

**Limit:** 35 participants

**Number of Sessions:** 6

**Cost:** \$16.00

**Location:** Forest Hill Center

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

## ***Movie Night***

**Date:** Friday, February 23<sup>rd</sup> **Time:** 6:00pm – 7:45pm

**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.**

**Limit:** 75 participants

**Number of Sessions:** 1

**Cost:** \$5.00 – cost includes popcorn and water.

**Location:** Mayfield Village Civic Center Theatre Room

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

## ***Solon Fun Fest***

**Date:** Saturday, March 3<sup>rd</sup> **Time:** 6:30pm – 9:00pm

**Description:** Join the Solon Blue Ribbon program for their 15<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 – bingo – art – basketball – and MUCH MORE!

**Limit:** N/A

**Number of Sessions:** 1

**Cost:** \$3 in advance, \$5 at the door. **Caregivers and family members must also pay**

**Location:** Solon Community Center

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

## ***Pizza Bowl***

**Date:** Saturday, March 10<sup>th</sup> **Time:** 1:00pm – 3:00pm – **NEW TIME**

**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:** Game of Wickliffe – **NEW LOCATION**

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



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## **St. Patrick's Day Dance**

**Date:** Friday, March 16<sup>th</sup> **Time:** 7:00pm – 9:00pm

**Description:** Dress all in green for this St. Patrick's Day Dance. We will be celebrating the end of the winter months and the beginning of spring. Dinner will consist of penne pasta with meat & tomato marinara sauce, a bread stick, and a side salad.

**Limit:** 150 participants

**Number of Sessions:** 1

**Cost:** \$12

**Location:** Hilton Garden Inn Cleveland East

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

## **Game Night**

**Date:** Friday, March 23<sup>rd</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 each session

**Number of Sessions:** 1

**Cost:** \$6.00

**Location:** Mayfield Middle School

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

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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