



BRITISH SOCCER

SOCCER CAMP

Register for Challenger Sports' British Soccer Camp and join over 150,000 players who will learn the Challenger Way this year. Each camp will feature the 1,000 Touches Curriculum, packed with drills and practices designed to improve individual ball control, footskills, fakes, moves, juggling and core techniques!

MAYFIELD VILLAGE PARKS AND RECREATION
July 27th-31st @ Parkview Soccer Fields
300 North Commons Blvd, Mayfield Village, OH 44143
 Camp includes FREE ball & t shirt

OVER \$100 OF FREE GIFTS

Sign up at www.challengersports.com or visit www.mayfieldvillage.com to find out more

Walk in applications accepted at **Mayfield Village Civic Center** 6622 Wilson Mills Road, Mayfield Village, OH 44143 (Mail applications and checks payable to Challenger Sports to same address)

Camp Coordinator is Sean Supler, contact on 440-461-5163 or ssupler@mayfieldvillage.com

SIGN UP TODAY!
www.challengersports.com // 800.878.2167

First Kicks	Ages 3-4	9-10am OR 12.30-1.30pm	\$92
Mini Soccer	Ages 4-6	10.30am-12pm OR 2-3.30pm	\$107
Half Day (Recreation)	Ages 6-16	9am-12pm OR 12.30-3.30pm	\$139
Half Day (Advanced)	Ages 6-16	9am-12pm OR 12.30-3.30pm	\$139
Full Day (Recreation)	Ages 8-18	9am-12pm & 12.30-3.30pm	\$198
Full Day (Advanced)	Ages 8-18	9am-12pm & 12.30-3.30pm	\$198
GK Clinic*	Ages 8-18	10am-12pm (Saturday Aug 2nd only)	\$30

*Saturday clinic only available as a bonus session for week-long campers

FREE jersey only available for online registration or at any spring promotion for participants registered by June 12th 2014
 To avoid \$10 late fee register by July 17th 2014

Wildcat Sport & Fitness



Located at 6116 Wilson Mills Road

Thanks to the collaboration and cooperation of our Mayfield City School District communities - Gates Mills, Highland Heights, Mayfield Heights, Mayfield Village - the former Mayfield High School Pool and Field House has a new name and a newly remodeled facility. Welcome to Wildcat Sport & Fitness! Residents of the Mayfield City School District now have the opportunity to purchase individual, senior (65+) and family memberships to Wildcat Sport & Fitness where members will enjoy new recreation programs and access to new weight and cardio equipment. Further program details can be found online at www.mayfieldschools.org/wildcatsportfitness.aspx.

Children under 13 years old MUST be with a responsible adult 18 years or older at all times unless they are enrolled in an organized program.

Hours of Operation

• Hours will be posted on the bulletin board near the front desk and online at www.mayfieldschools.org/wildcatsportfitness.aspx

Pool Hours		Field House/Track Hours	
Mon. – Fri.	5:30 am – 2:30 pm 6:00 – 9:00 pm	Mon.-Fri.	5:30 am – 2:30 pm 6:15 – 9:30 pm
Saturday	10:00 am – 1:00 pm (swim lessons/18+ member only lap swim) 1:00 - 7:30 pm	Saturday	12:15 pm – 8:00 pm
Sunday	10:00 am – 5:30 pm	Sunday	10:00 am – 6:00 pm

*Hours will vary per season and are subject to change without notice

Facility Highlights

New Weight and Cardio Room: Located on the second floor, the Weight and Cardio room consists of over 1,800 square feet of exercise space with a mix of cardio and strength equipment to accommodate a wide-range of participants' needs. The area features new equipment that includes both free weights and weight machines. Cardio equipment includes treadmills, ellipticals and stationary bikes all with a personal viewing screens to watch TV or listen to music.

Indoor Track: The 4-lane indoor track is located on the second floor and loops above the 3 Gym courts and includes areas for warm-up and cool-down. The track has been lowered and is now completely level, and measures 1/10 of a mile per lap on the outer 2 lanes, and 1/11 of a mile on the 2 inner lanes.

Direction of Lanes: Monday, Wednesday, Friday: Clockwise
Tuesday, Thursday, Saturday, Sunday: Counter-Clockwise

New Yoga Room: Located on the second floor, this is the primary space for yoga, and other small group workouts.

Gyms: Get active, make new friends, show off your skills or develop new ones by joining a recreational program or attending open gym. Choose from various programs or leagues that are offered in a safe, recreational environment.

The facility has 3 courts that can be divided according to needs. Gym space will be available to members and also Recreation Department programs.

Pool: Cool off and rejuvenate with some lap swimming and enjoy our 25 yard, 6 lane, competition pool with large instructional area. There is also a separate diving well with two 1 meter boards. We offer a variety of classes for all skill levels and interests, from preschool, youth, and private swim lessons to adult Aquacise and Deep Water exercise classes.

See current pool schedule posted at the front desk or online at www.mayfieldschools.org/wildcatsportfitness.aspx



Memberships

- Memberships are only available for purchase by Mayfield School District Residents. Mayfield School District Residents can also purchase a day pass. A parent must purchase a pass for anyone between the ages of 7 - 17 years old.

- Proof of residency is required as outlined below. Any falsification of information will result in forfeiture of membership fees and revoked membership.

- Membership allows use of general facilities when available... including basketball courts, indoor pool and indoor track. Classes, programs, clinics or special events will require additional fees and registration. The Wildcat Sport & Fitness staff reserves the right to schedule facilities/areas as deemed necessary. Certain facilities/areas may be closed due to school academic/athletic events as well as regular or emergency maintenance

Residency & Family Definition

- A Mayfield School District Resident is defined as a person whose primary domicile is within the boundaries of Gates Mills, Highland Heights, Mayfield Heights and Mayfield Village
- A family is defined as up to two adults residing at the same address, their children ages 7 – 18 and still in high school at time of purchase, of which they are legal guardians. No more than two adults may be on the same family membership plan.

Membership Fees

- Fees will be posted on the bulletin board near the front desk and online at www.mayfieldschools.org/wildcatsportfitness.aspx Fees are subject to change.

Individual (Ages 7-64)	\$32/yr
Family	\$105/yr
Senior Citizen Individual (65+)	\$12/yr
Daily Rate (School dist. resident only.)	\$5/ day

A parent must purchase a pass for anyone between the ages of 7 - 17 years old, 6 & under free with adult.



Memberships Continued

Purchasing Membership/Renewal and Day Pass

- Memberships are for a 12 month period.
- Initial membership purchase must be in person with below mentioned proof of ID and residency
- For renewal of membership bring ID and renewal letter.
- Memberships can be purchased or renewed at Wildcat Sport & Fitness Monday-Friday, 6:00 a.m. – 9:00 p.m., Saturdays 12 noon – 7:00 p.m. and Sundays from 10:00 a.m.-5:00 p.m.
- A day pass can be purchased, by district residents, at the Wildcat Sport & Fitness Front Desk. If younger than 18 years, a parent must show proof of residency and I.D. for themselves and child's birth certificate. The proper paperwork must be filled out. This paperwork will be updated every six months. After the initial day pass purchase and paperwork, the child may attend the facility by themselves as long as they are 13 years and older. Anyone 12 years and younger must be accompanied by an adult member or a paid day pass adult resident.

Proof of Identity and Residency

- Purchaser must present his/her photo ID and current gas or electric bill with the name matching the photo ID. The gas or electric bill must show address and must be from the month of application or the month prior. For an individual youth or family membership, a birth certificate must be provided.
- Note: A photo ID is proof of identity and the gas or electric bill is proof of residency.**

Membership ID Card/Check-In Process

- All members ages 7 and older will have their picture taken for a Wildcat Sport & Fitness ID card. Pictures will be re-taken on a regular basis determined by the staff.
- All members will be required to swipe their Wildcat Sport & Fitness ID card at the front desk upon arrival
- Members must bring their ID card each time or there will be a \$1.00 charge
- A \$5.00 replacement fee will be charged for each lost ID card

For More Information:

Wildcat Sport & Fitness Front Desk: 440-995-6840

Mayfield Heights Recreation Department: 440-442-2627

Mayfield Village Parks & Recreation Department: 440-461-5163

Highland Heights Recreation: 440-461-2440 ext. 149

Village of Gates Mills 440-423-4405

For space purposes School District Resident is SDR. Non School District Resident is NSDR.

Payment Information

*Next to each program, we have indicated where payment will be made to. MH (Mayfield Heights), MV (Mayfield Village), WSF (Mayfield City Schools). Please make checks, or other means of payment to that organization. Thank you.

Sports Corner

Athletic Leagues listed here are Mayfield based organizations that serve the Mayfield District Residents. These are not City/Village run organizations. Please use the contact numbers below to receive additional information about the league or sport.

Hurricanes Swim Team Highland Heights

Website: hhhurricanes.org

Contact: Hans Kim at 216-256-6387

Email: info@hhhurricanes.org or hails94@roadrunner.com

Mayfield Soccer Club

Website: www.mayfieldsoccer.com

Contact: Bob Gephart at 216-645-7177

Email: rgephart@monarchtt.com

Mayfield Wrestling Club

Website: www.mayfieldwrestling.org

Contact: Frank Palmisano at 440-463-5649

Email: mayfieldwrestling@gmail.com

Highland Heights Girls Softball

Website: www.highlandhts.com

Contact: Paul Kinczel 440-461-2440 ext. 235

Email: pkinczel@yahoo.com

Mayfield Boys Baseball League

Website: www.mayfieldbaseball.com

Contact: Randy Stovsky 440-463-6811

Email: randylstovsky@yahoo.com

Wildcat Youth Football Club

Website: www.mayfieldwyfc.org

Football Contact:

Doug Woods 216-407-6042

Email: dougwoods24@aol.com

Cheerleading Contact:

Contact: Michelle Shaw 216-780-0347

Email: shawwinnie@sbcglobal.net

Great Lakes Sailfish Swimming

Website: www.greatlakessailfish.com

Contact: Dawn Ferrante "Contact Us" on greatlakessailfish.com

Email: go to "Contact Us" on greatlakessailfish.com

Varsity Sports Camps

For the camps listed here, **please register with Mayfield Heights** by calling: 440-442-2627. **Please make checks payable to Mayfield Heights.**

MAYFIELD SPEED, POWER AND AGILITY CAMP

Who: Grades 6 -12 boys and girls (going into Fall of 2015)

When: June 15 - July 9, 9:00 A.M. – 11:00 A.M.,
Monday, Wednesday, and Thursday (first week starts on Monday)

Cost: \$185.00 or \$60.00 per week

Where: Wildcat Sport & Fitness

Details: Speed, power and agility have become important facets in enhancing an athlete's performance. We are holding an intense four week camp designed for athletes age 12 – 18 to increase all components of athletic ability including foot speed and quickness, strength/power, vertical jump. The camp is being run by Mr. Mike Pinto.



MAYFIELD FUNDAMENTAL BASKETBALL CAMP

Who: 3rd – 9th graders boys

When: Monday, June 22 – Thursday, June 25;
9:00 A.M. – 12:00 P.M.

Cost: \$75.00

Where: Wildcat Sport & Fitness

Details: Varsity Boys Coach Kevin Niemczura and assistants will work with your son. Emphasis on the camp is placed upon the fundamentals of basketball and fun which includes skill development, team building, and the enjoyment of competition!



LADY WILDCATS SKILLS CAMP

Who: K – 9th graders girls

When: Tuesday, June 16 – Thursday, June 18;
9:00 A.M. – 12:00 P.M.

Cost: \$65.00

Where: Wildcat Sport & Fitness

Details: The Mayfield Varsity Girls Basketball staff will instruct the proper techniques and drills to help develop your daughter's basketball game. Improvement on ball handling, proper stances, passing and shooting will be the goal. This camp will challenge those who've been playing while making sure the beginners have fun learning the game!

STROKE CLINIC FOR COMPETITIVE SWIMMING

Who: Competitive swimmers with 3+ years of swim team experience. (Limited to 30 participants)

When: July 13-July 16, 1:00-2:30

Cost: \$80.00

Where: Wildcat Sport & Fitness Pool

Details: The stroke clinic will be taught by the Mayfield Varsity Head Swim Coach, Rick Blacam and Lindsey Ahrens who most recently was the head coach at Hathaway Brown and named 2014 Division II coach of the year. This competitive stroke clinic is designed for individuals who have a passion for swimming with a purpose. Each swimmer will receive individualized instruction that will improve stroke efficiency, starts and turns. Swimmers will focus on one stroke a day with in-water drills and video analysis by staff members. **Please arrive 15 minutes before start time.**

MAYFIELD SUMMER VOLLEYBALL CAMP

Who: 4th – 8th grade girls (going into Fall 2015)

When: Monday, July 20 – Friday, July 24;
9:00 A.M. – 11:00 A.M.

Cost: \$65-School District, \$75-Non School District

Where: Wildcat Sport & Fitness

Details: Mayfield Varsity Coaches Rosella and Greg Glodkowski, and players, will work with participants on basic skills, rules and teamwork. Each player will get a shirt. **Be sure to wear tennis shoes and bring water.** Registration Deadline: July 13.

MAYFIELD WILDCAT FOOTBALL CAMP

Who: Boys grade 7 – 12 (going into Fall 2015)

When: July 27 – July 29
9:00 A.M. – 11:30 A.M. 7th - 9th graders
1:00 P.M. – 4:00 P.M. 10th - 12th graders

Cost: \$65.00

Where: Wildcat Park

Details: Join Mayfield Varsity Football Coach staff for their annual football camp. The camp will provide instruction in the Wildcat potent spread offense that set many school records in its first year of implementation, the Wildcat's swarming defense, and impact special teams. All players are encouraged to attend.

Youth Programs

MAYFIELD WILDCAT YOUTH VOLLEYBALL

WSF

Who: 5-8th Grade

When: Mondays April 13th to May 18 (6 weeks), 6-7:30pm

Cost: \$80 residents, \$90 non-residents

Learn basic and advanced fundamental skills for indoor volleyball from the Varsity Head Coach, Rosella Glodkowski, and Assistant Coaches. Skills to be covered: hitting, setting, passing, blocking, and game play. This is a great opportunity for those who have played before or are interested for the first time. All participants will receive a t-shirt.

YOUTH FUN/BALLET CREATIVE MOVEMENT

WSF

Who: K – 3rd Grade

Cost: \$39 or 2 Sessions or Sibling Discount for \$73

When: Thursday Nights 5:45-6:30p, April 16 - May 21

Details: This Super Fun Movement class includes ballet, jazz and modern type warm-ups. Play fun games to learn terminology and exercises as well as build posture. Dance class is great exercise for the mind and body.

YOUTH WATER POLO

WSF/MV

Who: 6 – 14 year olds

Cost: \$35

Spring Session 1: Sundays, April 19- May 10, 4:30 – 5:30p.m. at Wildcat Sport & Fitness

Summer Session 1: Saturdays, June 20-July 18 (except July 4), 9:00 – 10:00 a.m., Parkview Pool

Details: Participants will learn basic passing, swimming, treading, shooting techniques and the rules of the game while having tons of fun! Parents must remain at the pool during the program. While the game is played in the shallow end, the kids are expected to know how to swim and be comfortable in the water. You can sign up at the pool or online at www.clevelandwaterpolo.com.

Please contact Brendon Friesen

(brendon@clevelandwaterpolo.com) with questions.

LEARN LIFE ~ LEARN GOLF NEW

WSF

For children ages 8-12

Tuesday, May 5, 5:45 – 6:45pm at Wildcat Sport & Fitness

Tuesday, May 12, 5:45 – 6:45pm at Wildcat Sport & Fitness

Tuesday, May 19, 5:45 – 6:45pm at Washington Golf Learning Center, 3841 Washington Park Blvd, Newburgh Hts.

Cost is \$30 per person

Class Size: Minimum 6 - 24 maximum

The First Tee is a national non-profit youth development program that teaches life skills, core values and healthy habits through the game of golf. Participants will be introduced to fundamental golf skills (Putting, Chipping, Full Swing) through fun activities led by The First Tee Coach and volunteers. Equipment will be provided. Final class will be held at our Washington Golf Learning Center in Newburgh Heights. Participants will use the putting and chipping greens, hit from the tee line and play a few holes on a real nine hole golf course! The First Tee of Cleveland offers youth programming throughout the year, for more information visit our website www.thefirstteecleveland.org or call 216.641.7799.

Aquatics

YOUTH LEARN-TO-SWIM PROGRAM

WSF

Winter II Registration Dates: February 16th -26th

Lesson Dates: Saturday February 28, March 7, 14, 21, April 11 & 18

Spring I Registration Dates: April 20th – 30th

Lesson Dates: Saturday May 2, 9, 16, 23, 30, & June 6

Summer I Registration Dates: June 8th -18th

Lesson Dates: Saturday June 20, 27, July 11, 18, 25 & August 1

Classes for children ages 6 weeks to 12 years will be offered.

Cost for 6 week session \$42 for SDR and \$52 for NSDR

If you are not sure of what level your child should be registered for please contact Wildcat Sport & Fitness after September 2 for testing availability. Please be aware that for levels with less than 3 students per class may be changed. You will be notified of changes as soon as possible. For full class descriptions visit the facility or [www.mayfieldschools.org/Wildcat Sport & Fitness](http://www.mayfieldschools.org/WildcatSport&Fitness).

SCUBA LESSONS-GET CERTIFIED NEW

WSF

Are you ready for the adventure of a lifetime? Why not take the plunge and get certified as a Padi Open Water Diver? This is part-one of the PADI Certification process, which includes the pool and classroom training required to become a certified diver. This is the entry-level dive course designed to provide you with all of the knowledge and skills necessary to safely visit the underwater world. The class will prepare you to complete part-two of the Padi Certification process, 4 Open Water Dives. These dives can be completed during the summer months locally, or on your next vacation! Go ahead... Take the plunge!

Who: 12 years through adults

When: March 20-22

Time: Classroom at Just Add Water on Friday: 6:30 p.m. - 9:30 p.m.
Saturday & Sunday: 10:00am-2:00pm Pool and Classroom
3pm-7pm

Cost: \$345 (includes all materials except mask, fins, snorkel and boots)

DEEP WATER EXERCISE FOR ADULTS

Monday/Wednesday 11:00 a.m. - 12:00 p.m.

Tuesday/Thursday 6:30 - 7:30 p.m.

WSF

Cost: School District Resident \$50 /10 classes

Non- School District Residents \$60/ 10 classes

Need a fun different type of conditioning? This class is for you! By using a floatation device everyone is comfortable. This is a great way to work your cardiovascular system without injuring any joints. A workout good for all ages for both men and women. Class will take place in the diving well with Corky Carl instructing. All participants will receive a punch card for this class. The card will be punched at the front desk prior to each class. If you are unable to make a class in the session you registered for, you will be allowed to make up in a future session of that class.

AQUACISE

Tuesdays and Thursdays, 11:45 a.m. - 12:45 p.m.

Wednesday's 7:00 - 8:00 p.m.

WSF

Cost: School District Resident \$50 /10 classes

Non- School District Residents \$60/10 classes

Aquacise is a great form of exercise for all ages and abilities to maintain flexibility, range of motion and muscle strength. Classes are conducted in the shallow end or with floatation provided. No swimming skills required. All participants will receive a punch card for this class. The card will be punched at the front desk prior to each class. If you are unable to make a class in the session you registered for, you will be allowed to make up in a future session of that class.

Adult & Senior Programs

ZEN

Wednesdays 12:00 – 12:30, April 1st – June 24th
Cost is \$40

WSF

Stretch, breathe, meditate and restore (YIN) in this powerful ensemble of relaxation methods combined to lower blood pressure, heart rate, cleanse your mind and purge stress from your body. Visualization, breathing, meditation & EFT techniques are used along with massage. The class utilizes 528hz heart-healing vibrational music. The perfect choice for Corporate accounts, Type A personalities and stressful lifestyles. ZEN quiets the mind, lowers workplace stress, anxiety and blood pressure allowing better focus and concentration. Yoga Mat required, stretch band/towel. Wear loose clothing.

SVELTE

Mondays and Wednesdays, 11:00 a.m. – 12:00 p.m.
April 1st – June 24th
Residents: \$50.00 for 8 classes
Non Residents: \$60.00 for 8 classes.

WSF

Tighten and tone (Yin/yang movements) all of the muscle group utilizing simple Pilates, Dynamic stretching, yoga, dance, barr and balance postures. Svelte enhances youthfulness, improves strength, endurance, bone health and overall well-being. Remarkable increases flexibility and range of motion of the joints and muscles.

FUN WITH FITNESS

Fridays 11 am – 12 pm
Spring Session 1: April 3 - May 8
Spring Session 2: May 15 - June 19
Summer session: June 26 - July 31.
Cost is \$34.00.

WSF

Come work at your own level and improve your overall wellness. Low impact aerobics, dynaband work for resistance, and hand held weight workout for building strength, gives you a total body workout. Bring your own 2 or 3 pound weights.

WOMEN'S SELF DEFENSE

Monday Nights at Wildcat Sport & Fitness
April 13 – May 18, 7:00-8:00 PM
Cost: \$ 90.00

WSF

Women's Self-defense taught by life-long Hillcrest resident and black-belt in Minna-Jiu-Jitsu, Michael Cacolici in conjunction with The Mayfield Academy of Self-defense and its owner Steve Kovacs, author of Protect Yourself: The Simple Keys Women Need to be Safe and Secure. Women WILL learn how to defend themselves. Loose comfortable clothing is all that is needed by students.

The Jiu-Jitsu Black Belt Federation of the USA.

GENTLE YOGA

Thursdays 9:00 - 10:00 a.m.
Spring 1: April 2 – May 7
Spring 2: May 14- June 18

WSF

Cost is \$42 members, \$54 non-members, \$10 drop in
This class welcomes all levels, from advanced to those who are new to yoga. Each class will focus on the fundamentals of yogic breathing techniques, poses and meditation practices. We will experience the many physical benefits of yoga, such as increased flexibility, strength and balance as well as the mental benefits of yoga, such as stress reduction and relaxation. Comfortable clothing recommended. Minimum of 8 students.

PERSONAL TRAINING

WSF

Wildcat Sport & Fitness is offering personal training to all members! For more information on personal training, stop by the front desk for information on our personal trainers and their rates.

FITNESS EQUIPMENT DEMONSTRATIONS

Free for members only. Would you like to learn how to properly use our new weight or cardio equipment? This hands on small class will demonstrate how all the equipment works and allow for hands on learning. Members 13 – 16 years of age are required to complete an orientation prior to use of equipment. And individual 12 and under may not use the weight or cardio equipment. Class will last approximately 30 minutes.

WALKING CLUB

WSF

Fridays 9:30 – 10:30 a.m.

Cost: No charge, but you must have a Wildcat Sport & Fitness membership.

Join our Walking Club as we walk on the new indoor track.



Adult Sports

PICKLEBALL FOR SENIORS

WSF

Monday, Tuesday and Thursday: 11:30 am - 1:15 pm
Wednesday: 12 - 1:15 pm, Fridays: 8:30 - 10:15 am
Cost: Mayfield School District Residents: Drop in \$3/class
Non-School District Residents: Drop in \$5/class
\$20/month for residents
\$40/month for non-residents

Pre-registration is required.

Pickleball is a fun game which is a cross between tennis and badminton played on a court.

This is an icebreaker program to introduce you to new sports and to gauge interest to develop further programs for 2015.

Birthday Parties

Wildcat Sport & Fitness is pleased to offer school district residents the opportunity to host a birthday party at our facility. Packages are available on Friday's 6:30 – 8:30 p.m., Saturdays and Sundays 1-3 p.m. and include an hour of activity in the pool or field house (based on availability) and an hour in our multipurpose room for cake and presents.

*Party Packages: District Resident - \$170.00

*If you require more than 20 participating guests for your party there is a \$5.00 per person charge that must be paid 24 hours in advance of your scheduled party. All parties require a \$50.00 security deposit. Both the security deposit and rental fee are due at signing of the contract.

For more details please contact Wildcat Sport & Fitness at 440-995-6840 or email at Pschneider@mayfieldschools.org

**There will be exception dates due to school holidays and swim meets.
For complete schedules or more information please call 440.995.6840**