

# SELREC/YMCA Nov-Dec 2013 Programs

## Lifeguard Training (Ages 15+)

Lifeguarding class certifies students in Lifesaving, CPR-Pro and First-Aid. Must pass pre-course test on first day to be admitted and must be 15 years old by last day of class. Must pass written test with at least 80% and water test with 100% proficiency. Each class consists of water and class work. **Must attend all days!** Fee includes all supplies and certification. Pre-course skill requirements needed to take the class: (1) Swim continuously for 300 yards, which is 12 laps in our pool; (2) complete 25 yard swim and brick retrieval; (3) Tread water for 2-min. Instructor: Chris Tamasovich, Aquatics Director

4 Classes: Fri. 11/15 from 5-9 pm, Sun. 11/17 from Noon-6 pm, **and** Sat. & Sun. 11/23-11/24 from Noon-6 pm

**Member:** \$250 **Program Member:** \$260 **Non-Member:** \$275



## Dance Programs: at Beachwood Community Center

Bitty Ballet for age 2-3 w/parent

**#6284-3** 4 Wks. Tues. 11/19-12/10 9:45-10:15 am **OR**

**#6314-3** 4 Wks. Wed. 11/20-12/18 6:30-7:00 pm (NO CLASS 11/27)

Move & Groove for age 1-3 w/parent

**#6154-3** 4 Wks. Tues. 11/19-12/10 10:15-10:45 am **OR**

**#6314-3** 4 Wks. Wed. 11/20-12/18 7:00-7:30 pm (NO CLASS 11/27)

Princess Ballet for age 3.5-5

**#6344-3** 4 Wks. Tues. 11/19-12/10 11:30 am-Noon **OR**

**#6404-3** 4 Wks. Sat. 11/23-12/21 9:30-10:00 am (NO CLASS 11/30)

Tap & Twirl for age 3.5-5

**#6444-3** 4 Wks. Tues. 11/19-12/10 5:30-6:00 pm

Little Hip Hop & Tumble for age 3-5

**#6064-3** 4 Wks. Tues. 11/19-12/10 9:45-10:15 am **OR**

**#6094-3** 4 Wks. Wed. 11/20-12/18 6:30-7:00 pm (NO CLASS 11/27)

Cheer and Hip Hop for age 5-9

**#7924-3** 4 Wks. Wed. 11/20-12/18 5:00-5:45 pm (NO CLASS 11/27)

Hip Hop Dance and Tumble for age 5-8

**#7924-3** 4 Wks. Tues. 11/19-12/10 6:30-7:15 pm

Just Tumble for age 5-8

**#8444-3** 4 Wks. Sat. 11/23-12/21 10:00-10:45 am (NO CLASS 11/30)

**30-minute programs for Members:** \$29 **Program Members:** \$34 **Non-Members:** \$39

**45-minute programs for Members:** \$39 **Program Members:** \$44 **Non-Members:** \$49

Line Dancing for Adults at Beachwood Community Center

**#3084-3** 4 Wks. Tues. 11/19-12/10 7:30-8:30 pm

**Members:** \$25 **Program Members:** \$30 **Non-Members:** \$35

Belly dancing for Adults at the Hillcrest YMCA

5 Wks. Thurs. 11/21-12/26 7:00-7:50 pm (NO CLASS ON THANKSGIVING)

**Members:** \$25 **Program Members:** \$50

## Art Programs:

Watercolor Painting for Adults at Thornton Park in Shaker Hts.

**#1514-6** 8 Wks. Fri. 12/6-1/24 10:30 am-1:00 pm

**Members:** \$60 **Program Members:** \$70 **Non-Members:** \$80

Holiday Arrangement for Adults at the Orange Senior Center, 32000 Chagrin Bl.

**#2424-4** Mon. 12/2 10:30 am-Noon

**Members:** \$5 **Program Members:** \$5 **Non-Members:** \$5

Holiday Lights Photography Workshop for Adults through the Valley Arts Center, Chagrin Falls

**#2594-8** Sun. 12/8 4:30-7:00 pm

**Members:** \$25 **Program Members:** \$25 **Non-Members:** \$25

## To REGISTER for any of the above:

Call 216-382-4300 with a current Visa, MC, or Discover card

**Or** mail a check to SELREC/Hillcrest YMCA, 5000 Mayfield Rd., Lyndhurst, OH 44124

**Jewelry Projects** with Linnea Hadley:

Trend Cord Bracelets for High Schoolers-Adults at Brush HS, Room D106

#1554-0 Tues. 12/3 7:00-9:00 pm

Crochet with Wire and Beads for High Schoolers-Adults at Brush HS, Room D106

#1144-0 Tues. 12/10 7:00-9:00 pm

Wire Wrapping Jewelry for High Schoolers-Adults at Brush HS, Room D106

#1544-0 Tues. 12/17 7:00-9:00 pm

Members: \$15 Program Members: \$15 Non-Members: \$20

**Knitting/Crochet Projects** with Linnea Hadley:

Crochet Fingerless Gloves for High Schoolers-Adults at Brush HS, Room D106

#1064-0 Wed. 11/13 7:00-9:00 pm

#1074-0 Wed. 12/11 7:00-9:00 pm

Members: \$15 Program Members: \$15 Non-Members: \$20

**Upholstering Cushions for Chairs or Sofas** for Adults at Pepper Pike Learning Center, Room 53

#1084-4 4 Wks. Wed. 11/13-12/11 6:30-8:30 pm

Members: \$79 Program Members: \$79 Non-Members: \$79

**Zentangle Holiday** for Adults at Beachwood Community Center

#2844-3 Thurs. 11/14 6:00-8:00 pm

#2854-3 Fri. 11/15 10:00 am-Noon

Members: \$44 Program Members: \$44 Non-Members: \$49

**Business Classes for Adults:**

#3014-0 **Getting Started with Medicare** Thurs. 11/14 7:00-8:30 pm at Brush HS Library

#2034-0 **Medicaid Planning Mistakes** Wed. 11/20 7:00-9:00 pm at Brush HS, Rm. D105

#2054-0 **Special People, Special Planning** Wed. 12/12 7:00-9:00 pm at Brush HS, Rm. D105

#3644-0 **Social Security** Thurs. 11/14 7:00-8:00 pm at Brush HS, Rm. D107

#3654-0 **Social Security** Thurs. 12/5 7:00-8:00 pm at Brush HS, Rm. D107

Members: Free Program Members: \$10 Non-Members: \$15

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#3644-0 **Social Security** Thurs. 11/14 7:00-8:00 pm at Brush HS, Rm. D107

#3654-0 **Social Security** Thurs. 12/5 7:00-8:00 pm at Brush HS, Rm. D107

Members: Free Program Members: \$10 Non-Members: \$15

**Cooking Classes for Adults:** at Beachwood Middle School Home Ec Lab, 2860 Richmond Rd.

#1844-3 **Turkey 101** Thurs. 11/14 7:00-9:00 pm

#1774-3 **Herbal Breads** Wed. 11/20 7:00-9:00 pm

#1764-3 **Holiday Baking** Wed. 12/4 7:00-9:00 pm

#1804-3 **Cookies, Cookies, Cookies** Thurs. 12/12 7:00-9:00 pm

Members: \$14 Program Members: \$19 Non-Members: \$24



**Pee Wee Soccer**, skills class for beginners, Ages 3-4 at the Hillcrest YMCA gym

#6694-0 6 Wks. Tues. 11/15-12/10 1:30-2:30 pm

Members: \$89 Program Members: \$89 Non-Members: \$99

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