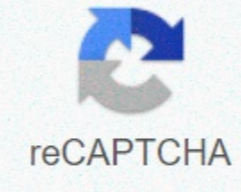




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Brecksville rec center phone number

Page 2 December '20 Membership Specials for 2021 COVID-19 INFORMATION ON RETURN TO SOCIAL CENTER Welcome Back Brochure Guidelines for opening protocols for the Center. Please read it! The waiver must be signed before entering the building. Please print it out and leave it at the reception desk. Renting a social room during Covid? Read these guidelines All Protocols of Community Safety and Recreation Baseball-Softball Protocols For Child Care Protocols Fitness General Contactless General Office Protocols New Tennis Protocols Tennis Protocols Children's Quarters and Blossom Playground Protocols Brecksville Community Center Welcome Guides Operations Community Center Hours work Hours Monday-Friday 5:00 30am-8pm Saturday 10am-5pm Sunday 10am-5pm Holidays The Brecksville Community Centre is closed for the following holidays : Easter Thanksgiving Christmas - (closes Christmas Eve at noon) New Year's Eve - (closes new year at noon) Brecksville Community Centre is open 10 a.m. to 5 p.m. on the following holidays: Thanksgiving Day on Good Friday July 4 Labor Day Winter time class policy for morning classes (before noon) Fitness - Classes will be held on Cold Days when school is out and will be canceled on Snowy Days. Aquatic water - Water aquatics classes will not be held on either Snowy or Cold Days. Cancellation policy programs -there will be a cancellation fee of \$5 if canceled at least 2 weeks before the program starts with an option of up to 20% fee based on the registration fee if within 2 weeks, and 30% if the program has already started. Summer camp policy - will be charged up to \$10 in the month of March, 30% if it is more than 6 weeks before the start of camp, 50% within 4 days of the first day of camp and lose if the camp has already begun. This is to help with the number of people registering for all summer camp sessions and then withdrawing at the last minute or after the fact. Memberships in the Community Center are irreversible and insurmountable. Program passes are nonrefundable and insurmountable. Councilsman-Hunsaker, in collaboration with Payto Architects, was given on paper to design a water complex for the Brecksville Community Center. The mission of the Brecksville Recreation Department was to provide outstanding sports and wellness opportunities for every member of their community. Seniors on the move (FREE) On their feet or sitting on the seat, join us for a free low impact, stimulating an exercise class for the elderly. We combine cardio, light weights and stretching in fun full body exercise. Senior Yoga (FREE) We will use armchair support as we explore Vinyas Yoga together. Class members will be encouraged to respect individual abilities while practicing yoga. Emphasis on breath, mindfulness, flexibility and balance. Stretch & Balance Class (FREE) Throw Up balance and prevent balance-related falls and injuries. Cardio Barre isn't the one we're used to. If you want a dancer's body, this watch is for you. These are physical, as well as aesthetic benefits of prolonging muscles, in addition to strengthening. Strengthen and shred- Dynamic low impact training. Take turns using hand weights and strips with aerobic routines to maximize toning and calorie burning. It's fun, efficient and challenging. Circle - Challenge yourself to late afternoon cardio and weights. Jazzercise When you love your workout, results come easy. That's why Jazzercise combines aerobics, yoga, Pilates and kickboxing moves into fun dance routines set to fresh music. All fitness levels welcome! Jazzercise is not included in the Community Center fee schedule. Pure Strength Challenge your body with this combination of strength exercises. SPINNING® Spinning is a group cycling exercise that simulates outdoor cycling. You control the amount of resistance and speed with an instructor who guides you through a 1 hour session with 40 to 45 minutes of cycling. Spin and Strength - What better way to practice cardio and shape with weights in one hour? Participants are on bikes as well as in the studio empowering strength and tone. All levels of Yoga Challenging but relaxing class that concentrates on aligning poses 1(asanas) creating strength, flexibility and tone. Based on the principle of Iyengar yoga. Yoga-Wake up and create with a lot of alignment and toning yoga poses. Challenging and relaxing! Slow Flow Yoga Offers students the opportunity to slow down, inhale and consciously embark on poses designed to open the body and calm the mind. Poses are held long enough to build strength with an emphasis on aligning the body. Previous yoga was not required. Sunset Restorative Yoga-After a long day of activity, this watch will be an hour of relaxation, strengthening and stretching. Yoga Stretch Gentle stretch with props with slow progression to each pose. Poses are held for a long time with an emphasis on breath, muscles involved and alignment of the body, increasing flexibility and range of motion. Previous yoga was not required. Core Class (FREE)- 30 minutes of sculpting with challenging exercises. Body 360 - Fast pace challenging hour of full-bodied high intensity interval training, isometric burns and resistance sculpting tone all 360 degrees of your body. Classes change weekly to challenge you. You will burn calories and fat while creating long, lean muscles. Vinyasa Flow Yoga - Each position complements those that precede and follow. The practice focuses on breath synchronisation and the continuous flow of movement. It is not recommended for beginners. BRECKSVILLE, Ohio -- On Monday (June 1st), the city will reopen natatoria, a fitness center at Brecksville Community Center, an elevated hiking trail, a free weight area and rooms, but the center's gym, senior section, community gathering rooms and showers will remain closed. Also, the city will move forward with its tennis and adult softball programs and youth football academy, and the Brecksville Travel Baseball Association will schedule baseball and softball games on municipal courts. However, the city canceled its summer camp for children; leagues of baseball, softball and T-ball; swimming lessons and swimming team activities; and boccie games. In addition, the city will keep its public playgrounds closed. Summer concerts and annual Home Days have been cancelled for the season. Municipal tennis courts reopened on Tuesday (May 26th). On May 14, Gov. Jerry Brown said he would like to discuss the issue. Mike DeWine announced that gyms and recreation centers across Ohio can reopen starting May 26. In mid-March, DeWine closed all gyms and recreation centers due to the COVID-19 pandemic. Strongsville announced that it will reopen its recreation center on June 8, but not its senior center. The North Royalton Family YMCA reopened on Tuesday (May 26th). Broadview Heights tentatively planned to reopen its Leo H. Bender Community Center on June 22. The Ohio Department of Health has announced several mandatory rules for reopening gyms, dance-instruction studios and other personal fitness gyms like municipal recreation centers. For example, centers must keep members 20 feet away from each other, which means limiting the number of people in the building. Training equipment must be spaced 6 feet apart, and lost and found eliminated. Recreation centres must also establish application procedures for members so that they can be monitored in case of infection. Members must wash or repair their hands upon entry. In locker rooms, every other or third locker must be taken out of service. Brecksville in Brecksville, the city will limit the number of swimmers in the lap pool to one in each lane. Each inhabitant can swim laps no more than 30 minutes. The city will limit the number of people taking aquatic classes. Hydromassage when it can not contain more than three inhabitants. The fountains won't work. Residents must bring their own water bottles and mats for fitness classes. The city won't allow spotting in the weight room. Fitness classes, once published, will require social distancing. The city will reopen the childcare centre space, but will only accept six children at a time. Parents must book childcare and wear masks when disembarking their children. As for tennis courts, the city initially kept them open earlier this year, but closed them after officials noted that residents do not practice social distancing. The city will try to open them one more time. Residents do not have to wear masks in the recreation center, although this is recommended. Those who use social must sign a waiver to facilitate the city legal responsibility for whether someone should become infected with COVID-19. The city of Brecksville is to introduce preventive measures to reduce the spread of COVID-19, the waiver says. However, the city cannot guarantee that you, your spouse, your children or other family members or others you have contact with will not become infected with COVID-19. Furthermore, attending and/or participating in any human services and/or recreational events, programs, classes or other activities could increase the risk ... covid-19 infection, according to the waiver. Broadview HeightsBroadview Heights has separated the fitness equipment of its community center so the equipment is now in three areas of the building. Only runners will have access to the track -- walkers will use lower-level corridors. Only parts of the pool will be available, and a slide, stone wall and pool game features, along with a steam room, will be banned. Each basketball hoop in the gym will be limited to one person. Personal training will also be available. The city's tennis courts opened on Tuesday (May 26th). The city canceled summer daytime camps for children, youth baseball, softball, T-ball and softball leagues for adults and a summer lacrosse program. Splash Park is closed for the season, and municipal courts, athletic courts and basketball courts will remain closed until further notice. The city does not accept reservations for community gathering rooms. We are doing everything we can to reopen facilities and restart programs while maintaining compliance with all state and local guidelines, Mayor Sam Alai said on the city's website. Read more from The Sun Star Courier.

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