

Centennial Celebration

Friday, August 10th & Saturday, August 11th

VOLUNTEER

**GREAT VOLUNTEER OPPORTUNITIES TOWARDS
COMMUNITY SERVICE HOURS**

WELCOME BOOTHS

KENNEDY HOUSE

BACCI PARK

KLIMA GARDENS

VARIOUS SHIFTS FRIDAY AND SATURDAY.

**CONTACT THE CUYAHOGA HEIGHTS VILLAGE HALL
TO SIGN UP @**

216-641-7020 OR A.DOMZALSKI@CUYAHOGAHEIGHTS.COM

Village of Cuyahoga Heights—Centennial Celebration



Bocce Ball Tournament

Friday, August 10, 2018

To honor our past traditions



Cornhole Tournament

Saturday, August 11, 2018

To honor our present traditions



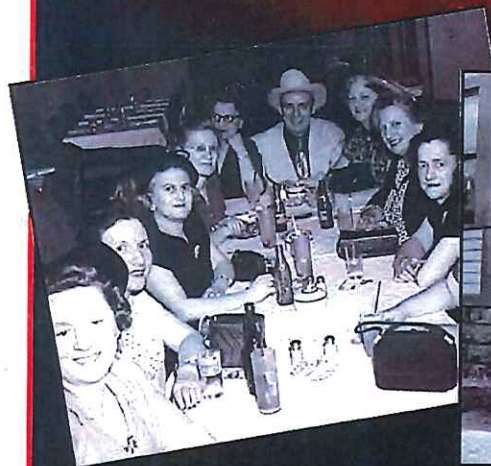
To sign your team up, contact Renato Contipelli at (216) 210-2307 or e-mail him at r.contipelli@cuyahogaheights.com. Teams of two or more are accepted, one member of the team must be 18 years of age.

Village Parade, Family Activities, Live Music, Food and Fireworks!



• CENTENNIAL CELEBRATION •

Friday, August 10th & Saturday, August 11th



For up-to-date information about this special event please visit www.CuyahogaHeights.com.

<https://tinyurl.com/ya4uo5wa>

CUYAHOGA HEIGHTS



ATHLETIC BOOSTERS

<https://tinyurl.com/ya4uo5wa>

Join us for the first annual CHS Athletic Boosters 5k Race!

- Race Day is September 30th.
- Registration starts at 8 A.M..
- Race packet pick up is day of the race
- Packet will include: shirt, map of course and waiver form.
- Race held rain or shine

Race Fee will be:

\$25 for 5k runners

\$10 for Kids fun run

Add \$5 for registrations made day of race.

- Please visit our website to register, pay and get course directions.
- <https://runsignup.com/Race/OH/ValleyView/CHSAthleticBoosters5K1mileKidsFunRun>

Cuyahoga Heights Village Swimming Pool

WILLIAM R. GERDON SWIMMING POOL

4863 E. 71st Street
Cuyahoga Heights
(216)341-7684



Summer 2018

Fun and exciting activities, swimming lessons and several special events are now being planned for upcoming summer.

The pool officially opens Saturday, June 2nd and will be available to rent to pass holders on Saturday evenings from 8:00-10:00 p.m. Tables and chairs are also available during open swim hours for small birthday parties.

Our playground instructors will be back again for summer fun Monday through Friday from 10:00 a.m. until 5:00 p.m.

If you have any questions prior to the pool opening, please contact us at pool@cuyahogaheights.com


Check us out on Facebook...
Cuyahoga Heights Recreation



Mark your calendar:

Christmas in July Pool Party

July 25



Starting
June 18th

The

Summer Playground

Instructor

is back!

MONDAY-FRIDAY 10:30-5:00

a

LL RESIDENT

CHILDREN OF PARENTS WHO HAVE
PURCHASED A POOL PASS ARE WELCOME
TO COME TO THE POOL TO ENJOY THE
PLAYGROUND, PARTICIPATE IN SWIMMING
LESSONS (REGISTRATION REQUIRED), AND
PLAY IN THE POOL DURING THE
AFTERNOON.



IMPORTANT DETAILS:

The Village bus will pick up the children on East 49th Street at 10:15 a.m. and again at 12:30 p.m. (M-F)
Please call the Village Hall by 3:00 p.m. the day before to let us know if your child will need a ride to the pool.

The pool will close promptly at 5:00 p.m. each day for the dinner hour. All children must leave the pool area during this hour. Parents of children must pick their children up promptly at 5:00 p.m.

Any child that is coming to the pool at 10:30 a.m. may bring a brown bag lunch with them. The pool will NOT be providing lunches for the children. Ice cream and beverages are available for purchase.

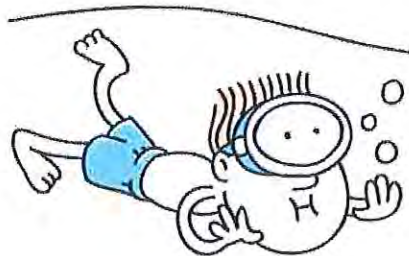
In the case of inclement weather, the children will be moved from the playground area to the Contipelli Civic Center located in the Village Hall. When the weather clears up, the children will once again return to the pool and playground areas.

In rare instances of extreme weather when the pool needs to be closed indefinitely, parents may be called to pick up their children immediately. If this should happen, children need to be picked up within 30 minutes of when they are called. The children that live on East 49th Street will also have the option to have the Village bus take them back to their homes.

The safety of our children is always our number one priority!

2018 Summer Swimming Lessons

at Cuyahoga Heights Village Pool



4863 East 71st Street

pool@cuyahogaheights.com

(216)341-7684

Swimming Lessons Session Dates:

Session 1: June 11-June 29

Session 2: July 2-July 20

Session 3: July 23-August 10

(You MAY sign up for more than one session)

Days of Week & Cost (per session):

Daily (\$30)	Mon/Wed/Fri (\$20)	Saturday Lessons(\$30)
Level 3-10:30	Level 6-10:30	<i>June 16-August 4</i>
Level 2-11:00	Level 5-11:00	Levels 1/3/5-11:00
Level 1-11:30	Level 4-11:30	Levels 2/4/6-11:30

See **BACK** for
LEVEL descriptions

Small Beginner: There are 4 Small Beginner slots per 1/2 hour

(both weekday & Saturday lessons)

First come, first serve until all slots are filled.

*Payment will be accepted once the pool opens

Please make checks payable to:

Cuyahoga Heights Village

*Pool Pass must be purchased prior to
attending swimming lessons



**NEW for
2018...**

"ONLINE REGISTRATION"

(Cuyahoga Height Village Website)

<http://www.cuyahogaheights.com/recreation/pool/>

Or follow this TinyURL: <https://preview.tinyurl.com/y7jdehr2>

Red Cross Swimming Levels

Requirements to Pass Each Level

To Pass Level 1 – “Water Exploration”

Fully submerge face
Release cramp
Supported kicking on back
Supported kicking on front
Walk 5 yards in chest-deep water, alternating arms
Supported float on front
Supported float on back
Walk 5 yards in chest-deep water, maintaining balance
Bubble blowing
Put on a life jacket on deck and enter shallow water
Learn water safety rules
Reaching assists without equipment
Enter and exit water independently using ladder, ramp or steps
Bounce up and down in chest-deep water 10 bounces

To Pass Level 2 – “Primary Skills”

Hold breath and fully submerge head for 3 seconds
Assist non-swimmer to feet
Step from the side into chest-deep water and recover to a vertical position
Get out from the side of pool
Supine float or glide, unsupported, and recovery
Level off from a vertical position
Rhythmic breathing with or without support
Orientation to deep water
Prone float or glide, unsupported, and recovery
Flutter kick on front
Flutter kick on back
Finning on back
Back crawl arm action
Combined stroke from front, using kick and alternating arm action
Combined stroke on the back, using kick and choice of arm movement
Turn over, front to back
Float in life jacket with face out of water
Perform reaching and extension assists from deck
Retrieve objects
Become familiar with rescue breathing

To Pass Level 3 – “Stroke Readiness”

Retrieve object, eyes open, no support
Bob, submerging head completely
Bob in water slightly over head to travel to safe area
Bob to standing depth
Dive from side of pool from kneeling and compact positions
Learn safe diving rules
Tread water
Jump into deep water wearing a life jacket
Reverse direction while swimming on back
Coordinate arm stroke for front crawl with breathing, breathing to the side
Prone glide with push-off
Supine glide with push-off
Reverse direction while swimming on front
Coordinate back crawl
Elementary backstroke
Learn how to open airway for rescue breathing
H.E.L.P. position
Huddle position
Jump into deep water from side of pool

To Pass Level 4

Deep water bobbing
Floating
Rhythmic breathing/rotary breathing
Front crawl with rotary breathing, 25 yards
Back crawl, 25 yards
Breaststroke on back, 5 yards
Elementary backstroke, 10 yards
Scissor kick for sidestroke, 10 yards
Turning at the wall
Stride and standing dives
Tread water, 2 minutes

To Pass Level 5

Alternate breathing
Front crawl, 50 yards
Back crawl, 50 yards
Breaststroke, 10 yards
Sidestroke, 10 yards
Elementary backstroke, 25 yards
Underwater swim, 3 body lengths
Racing dives, long shallow dives
Dolphin kick, 10 yards for butterfly
Open turns on front and back
Flip turns
Feet-first surface dives
Tread water, 2 minutes

To Pass Level 6

Front crawl, 100 yards
Front crawl with flip turns
Back crawl, 100 yards
Breaststroke, 25 yards
Breaststroke open turn
Breaststroke speed turn
Sidestroke turn
Racing dives, long shallow dives
Butterfly, 10 yards
Pike surface dive
Tuck surface dive
Tread water, 3 minutes, 1 minute no hands

To Pass Level 7

Front crawl, 200 yards
Back crawl, 100 yards
Back crawl with flip turn
Breaststroke, 50 yards
Sidestroke, 50 yards
Butterfly, 25 yards
Retrieve brick in deep water
Swim underwater, 15 yards
Tread water, 5 minutes
Review all strokes and turns from previous levels:
Front crawl with flip turn
Breaststroke with open turn
Breaststroke with speed turn
Sidestroke with turn
Backstroke with open turn

Village of Cuyahoga Heights Trip

**Saturday
July 21st**



Once again, the Village will be going to Cedar Point for a fun day with our fellow residents. The Village Bus will be available to those who wish to use it. As in the past, the Village will pay a portion of the discounted ticket price for each Village resident. Non-residents may purchase tickets at the group rate. This year all tickets will include an unlimited drink wristband (fountain drinks) and one meal!

Residents

Seniors Citizens	\$33
Children under 48" tall	\$33
Adult	\$33

*Under 2 Get in Free

Non-Residents*

Seniors Citizens	\$66
Children under 48" tall	\$66
Adult	\$66

*A bus fee of \$5 will be assessed for non-residents

To reserve your spot, please call the Village Hall at (216) 641-7020 or email a.domzalski@cuyahogaheights.com by June 29th.

TICKETS INCLUDE ALL DAY DRINK WRISTBAND & SINGLE MEAL DEAL

The Single Meal Deal includes an entree, side and a regular size fountain drink at participating restaurants throughout the park.

Dining Plans are currently accepted at the following locations* in the park:

Burger Patio	Corral	Grandstand	Hot Potato
Celebration Station	Dive In	Grist Mill	Coca-Cola Oasis
Coasters	Dragon's Inn	Happy Friar	Lakeside Express
Los Gatos	Pink's	Subway	Chickie's & Pete's
Midway Market	Raging River	Johnny Rockets	
Mr. Potato	Rapid Waves	Frontier Inn	
Panda Express	Red Garter Saloon	Chuck Wagon	



Look for the Dining Plan symbol at participating locations throughout the park.

**Dining Plan participating locations & menus subject to change without notice throughout the season and from year to year. Operating hours vary by location and some locations may not be open on select operating days. Operating hours vary by location.*

Tickets must be paid in full by June 29th



VILLAGE OF VALLEY VIEW
Recreation Department
6828 Hathaway Road
Valley View, Ohio 44125

2018 FOOTBALL CHEERLEADING REGISTRATION

REGISTRATION CLOSING ON WEDNESDAY, AUGUST 1 – LATE FEE IS \$25

\$50 PARTICIPATION FEE FOR NON-VALLEY VIEW RESIDENTS*

*The fee for Brooklyn Heights and Cuyahoga Heights residents is paid to Valley View by your home Village; non-residents are NOT guaranteed placement in the program, as registration numbers will determine if non-residents can be accepted

This activity is open to participants in Grades 3 through 6 during the 2018-2019 school year.

Name: _____ Grade (2018-19 School Year): _____
(First Name) Print (Last Name)

Address: _____ Birth Date: _____
(Month/Date/Year)

Phone: (Home) _____ (Work) _____

Parent/Guardian E-mail Address(es): _____

Please list any conflicts your child may have during the season (i.e. another activity on Mondays, etc):

I/We, the parents or legal guardian of the above named child, who is a candidate for a position on a Valley View cheerleading squad, hereby give my/our approval to her participation in any and all of the activities of the league during the current season. I/We assume all risks and hazards incidental to the conduct of the activities and transportation to and from activities. I/We do further hereby release, absolve, indemnify and hold harmless the Village of Valley View, the organizers, the sponsors or any of the supervisors appointed by them. I/We likewise release from responsibility any person transporting my/our child to or from activities. I/We will furnish a certified birth certificate of the above named candidate upon request of league officials.

Parent Signature _____ Date _____ Parent Signature _____ Date _____

In case of emergency and I cannot be reached, please contact:

Name/relation: _____ Number: _____

Select One:

T-Shirt Size:

- Youth Small (6-8)
- Youth Medium (10-12)
- Youth Large (14)
- Adult Small (34-36)
- Adult Medium (38-40)
- Adult Large (42-44)
- Adult X-Large

If you are interested in assisting, please list your name and phone number. _____



**VILLAGE OF VALLEY VIEW
RECREATION DEPARTMENT**

**6828 Hathaway Road
Valley View, Ohio 44125
(216) 524-9365**

YOUTH FLAG FOOTBALL REGISTRATION FORM

This activity is open to participants in Grades 3 through 6 during the 2018-2019 school year. The participants may be divided into teams regardless of age, so children from all four grade levels WILL be on the same team.

REGISTRATION CLOSING ON WEDNESDAY, AUGUST 1 (\$25 LATE FEE APPLIES)
THERE IS A \$50 PARTICIPATION FEE FOR NON-VALLEY VIEW RESIDENTS*

***Non-residents are NOT guaranteed a spot on a Valley View team – inclusion will be determined based upon the need for players by age group**

NAME _____ DATE OF BIRTH _____
ADDRESS _____ GRADE (2018-19 SCHOOL YEAR) _____
_____ PHONE _____
EMERGENCY CONTACT _____ PHONE _____

Parent/Guardian E-mail Address(es): _____

Please list any conflicts your child may have during the season (i.e. another activity on Mondays, etc):

PANTS AND SHIRT SIZES

Pants: _____ Shirt: _____

VOLUNTEER REGISTRATION:

NAME _____ Coach Assistant Yardage Keeper

PLEASE READ AND SIGN BELOW:

I/We the parents/guardians of the above named child, who is a candidate for a position on a Village of Valley View Youth Football Team, hereby give my/our consent and approval to his participation in any and all of the activities of the Valley View Recreation Department during the current season. I/We realize that such participation includes competitive athletic events among other things, may expose my/our child to risk of bodily injury and damage. In consideration of the approval of his application for this league, I/We agree to waive and release any claims that I/we may have, and agree to indemnify and save harmless the organizers, sponsors, commissioners, officers, coaches, assistant coaches, drivers, supervisors of the Valley View Youth Football team or any of its members against any loss or damage, or any claims for loss or damage, that may arise out of, or in connection with, my/our child's participation or membership in the aforesaid league. We agree to this release and indemnification, even if the damage or injury may be claimed to have been, or have been, due to the sole negligence of any of the aforesaid indemnities, I/we will furnish a certified birth certificate of the above named candidate upon request of League officials. I/we assume full responsibility for all equipment, uniforms, etc. (property of the Village of Valley View) turned over to my/our child, which will be returned immediately upon request of any League official or representatives.

PARENT / GUARDIAN SIGNATURE _____ DATE _____

CUYAHOGA HEIGHTS BUS & ACTIVITIES CALENDAR ~ JULY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 GARBAGE PICK UP	3 SPECIAL PICK UP	4 Independence Day Village Hall/Service Department Closed	5 CHARITY PICK UP	6 GROCERY SHOPPING	7
8	9 GARBAGE PICK UP	10 SPECIAL PICK UP	11	12	13 GROCERY SHOPPING	14
15	16 GARBAGE PICK UP	17 SPECIAL PICK UP	18 SOUTH PARK MALL 9:30 A.M.	19	20 GROCERY SHOPPING	21 VILLAGE CEDAR POINT TRIP
22	23 GARBAGE PICK UP	24 SPECIAL PICK UP	25	26	27 GROCERY SHOPPING	28
29	30 GARBAGE PICK UP	31 SPECIAL PICK UP				