

CITY OF BROADVIEW HEIGHTS  
MESSAGE SENT THROUGH CIVICPLUS 4/10/15

*Some of you may be receiving this message from our office for the first time. Messages will contain some general, as well as specific information that you may find helpful. If you know of anyone that would like to be included, please tell them to sign up through our website: <http://www.broadview-heights.org/>.*

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**UPCOMING EVENTS – THIS WEEK** *(click the link for more info)*

- **[“BRAND U”](#)** (Tues., Apr. 14, 7PM) – Brecksville Library
- **[HEALTHY HEART SCREENINGS](#)** (Thurs., Apr. 1, 9AM-12PM) – Broadview Heights Human Services Department
- **[MYTHOLOGY: HEROES, BEASTS, AND GODS](#)** (Sat., Apr. 18, 2PM) – Brecksville Library

**NEED A FEW ABLE-BODIED TEEN VOLUNTEERS** for tomorrow’s [Community Shred Day](#) (Sat., Apr. 11, 9AM-noon) at Broadview Center. This is a great opportunity for school community service hours. Come at 8:45AM to the Oaks Road side of the Community Building.

**HUMAN SERVICES DEPARTMENT TRIP**

There are a few openings for residents to attend a trip to Marietta on June 1-2, 2015. The bus leaves Monday morning and returns late afternoon on June 2. The cost is \$99/person and includes a cruise on the Valley Gem Sternwheeler, Campus Martius Museum, Ohio Historical Society Museum, one night and breakfast at the Lafayette Hotel. Call 440-526-4074 for information.

**RECREATION NEWS**

- **TAI CHI:** The next session runs 4/11 – 5/9 from 10-11AM. This Tai Chi program works each student through a series of slow moving meditative-like movements designed to improve balance, flexibility and leg strength while promoting relaxation and energizing the body. This feel-good exercise class is for all ages and body conditions. Each student will be instructed to perform the movements to the best of their current capability. Tai Chi is fun to do and creates great awareness of the mind/body connection. Classes are held once a week for 6 weeks.
- **YOUTH GYMNASTICS:** The next session for ages 1.5-7 begins this Saturday. Kindergymnastics for ages 1.5 to under 4 will run from 9:30-10:00AM and Beginning Gymnastics for children 4-7 will run from 10:00-10:45AM. Classes meet once a week for 5 weeks.
- **PRESCRIPTION FITNESS TRX:** Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a performance training tool that leverages gravity and the user’s

body weight to complete hundreds of exercises. The course runs for 8 Saturdays beginning April 18 from 11AM-Noon. Fees are \$89/session or \$15 drop-in. To enroll, call 440-552-6729 or visit [www.prescription-fitness.com](http://www.prescription-fitness.com)

- **SWIM TEAM:** The Blue Thunder Swim Team will concentrate on fundamental principles of swimming in a competitive environment while building stroke techniques and endurance. Team spirit and values will be instilled. Swim team begins on June 2, but the final session of conditioning will run May 5-26. All conditioning takes places from 6-7PM. Register now at the front desk.

For more information on any class or event, please visit our website at [www.bhrec.org](http://www.bhrec.org) or call (440) 838-4522. Find us on Facebook: Broadview Heights Rec

## NEW ADDITIONS TO OUR CALENDAR OF EVENTS *(click the link for more info)*

- **[“TOMATOES, TOMATOES” PRESENTATION](#)** (Sat., Apr. 25, 10AM) – Broadview Heights City Hall, second floor
- **[DISCOVER CAREERS THAT FIT YOUR PERSONALITY](#)** (Thurs., May 21, 6:30PM) – Brecksville Library
- **[CHILDREN’S SPRING RE-SALE](#)** (Sat., May 23, 8AM-1PM) – North Royalton High School Cafeteria & Gymnasium

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**MAYOR’S DROP-IN HOURS:** Wednesdays, 4:30-6:00PM - Last minute changes will be noted on the website.

**[CLICK HERE FOR CITY MEETINGS AND AGENDA](#)**

**RECREATION WEBSITE & BROCHURE :** [www.bhrec.org](http://www.bhrec.org)

**[CLICK HERE FOR LOCAL EVENTS CALENDAR](#)**

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