



# **Neighborhood Resource & Recreation Center**

PROGRAM GUIDE



Registration new open

Winter programming begins:

Dec. 4, 2023 - Dec. 15, 2023 & Jan. 8, 2024 - Mar. 1, 2024







# **Contents**

Welcome from Mayor Justin M.Bibb	5
Important NRRC Updates	6
Social Support Services	7
Program Offerings Overview	9
NRRC Locations, Phone Numbers and Clusters	10
Directory	11
Virtual & In-Person FREE Programs	12
Art Programs	13
Education Programs	17
Job and Career Readiness	20
• Leadership	20
Sports & Recreation	21
Health and Wellness Programs	23
Daily Programs	25
After School Meal Program	27
NRRC Registration Process	28
NRRC Registration Form	29

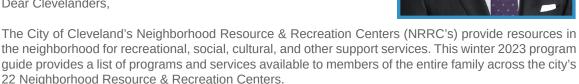






# Welcome!

Dear Clevelanders,



As we get ready for winter and continue to promote optimal wellness for all Clevelanders, I encourage you to review this program guide and take advantage of the opportunities available to you and your family. Opportunities in STEM, the arts, workforce training, and fitness are right in the heart of your neighborhood or in another community across the city.

Additionally, the social support services staff located in the NRRC's are available to assist you with any challenges you may be facing at this time. These services include referral support, benefits advocacy, and short-term counseling.

My administration is committed to creating desirable connections in your neighborhood and throughout Cleveland for everyone to enjoy.

The city will do all that we can to provide ample high-quality programming for children, youth, adults, and seniors as we build a stronger, safer, and healthier Cleveland for all.

Sincerely,

Mayor, City of Cleveland

#### **Mission Statement**

We are committed to improving the quality of life in the City of Cleveland by strengthening our neighborhoods, delivering superior services, embracing the diversity of our citizens, and making Cleveland a desirable, safe city in which to live, work, raise a family, shop, study, play and grow old.

# Important NRRC Updates

## **Facilities Open Winter 2023:**

The City of Cleveland maintains 21 Neighborhood Resource & Recreation Centers, 1 Cultural Arts Center and 1 Residential Camp.

\*During the Winter of 2023, Central NRRC and Clark NRRC will be closed for renovations.

### **Hours and Days of Operation**

NRRCs will be open Monday–Friday, 12 Noon – 7:30 p.m. and Saturday from 10:00 a.m. – 5:30 p.m. NRRCs will be closed on Sundays. Some programs may operate during special hours. Call your local NRRC for further information.

# **Early Open Centers for Senior Citizens**

#### Collinwood

M, W, F – 8:00 - 11:45 a.m.

#### **Estabrook**

M, W, F - 9:45 am (early swim)

#### **Fairfax**

M, W, F – 10 - 11 a.m.

#### **Frederick Douglass**

T - 10 a.m.

#### Glenville

T, W, TH – 10 a.m.

#### Gunning

M-F – 8:30 - 11:30 a.m.

#### Halloran

M-F - 11:30 a.m. & Sat. - 9:30 a.m.

#### **Lonnie Burten**

M, W, TH - 12 - 2:30 p.m.

#### **Zelma George**

M-F - 8:30 a.m.

## **Field Trips & Transportation**

Field trips and other activities requiring the use of City of Cleveland vans to transport youth will be limited and require a two-week advance request.

# **WINTER 2023 PROGRAM GUIDE**



# Social Support Services



## Who We Are

The City of Cleveland has demonstrated a long-term commitment to residents, working to create safe spaces in our Neighborhood Resource and Recreation Centers (NRRCs) where families can access free resources and support services. We are committed to working together, with families and other community providers, to identify and help families who are struggling to achieve a better quality of life.

# **Available Support Services:**

# Connecting and referring individuals to appropriate services

- Medical/hospital-related
- · Long Term counseling
- Public Assistance

# Advocates on behalf of families for public entitlements

- Veteran's benefits
- · Social Security
- · Medicare/Medicaid
- Food Stamps

- · Housing Assistance
- Head Start
- Student Loans

#### Support and guidance for youth

- Stigmatization
- Scapegoating
- Labeling
- Bullying
- · Substance abuse
- · Unhealthy relationships

# **Social Support Services Specialists**

To access the Social Support Services, leave a message at 216-664-2223 and a team member will return your call or call one of our Social Support Services Team members directly at the numbers listed below.

Eugenia Cash-Kirkland, Social Support Services Director 216-857-7052						
Rhonnetta Robinson, Social Support Services Supervisor 216-857-3137						
Michele Princeton, Social Support Services Supervisor 216-857-1213						
April Griffin, Specialist	216-857-7857					
Gerald Terry, Specialist	216-533-9063					
Myiba Ballard, Specialist	216-857-6963					
Anthony Funk, Specialist	216-857-7079					
Krisnia Hope, Specialist	216-857-3238					
Jacqueline Robinson, Specialist	216-857-1329					
Anthony Sims, Specialist	216-225-4269					
Eugene Smith, Specialist	216-857-1123					
Raul Williams, Specialist	216-664-2223					





# **Program Offerings Overview**

In an effort to offer accessible, high-quality, and interactive programming, the City of Cleveland's Office of Prevention, Intervention and Opportunity (PIO) and the Division of Recreation will continue to offer virtual and in-person activities in our NRRCs. All programs and activities center around six (6) areas: Youth and Adult Education; Job and Career Readiness; Health and Wellness; Youth Leadership Development, Mentorship and Community Service; the Arts; and Sports and Recreation. In addition, each NRRC will continue to offer traditional daily programs and activities.

# Virtual Programs

The City of Cleveland offers free virtual programs for City of Cleveland residents ages 5 and above. The City has selected Zoom as the platform to use for most program offerings. Virtual programming enables residents an opportunity to engage in live, interactive programs from the safety and comfort of their homes. See the Virtual Programs section of this brochure for more information about the programs available.

Individuals interested in participating in one or more of the City's virtual programs, must register in order to be provided access. Please be advised that each program can only accommodate a limited number of participants, so registration is required. See the Registration Process section of the brochure for information pertaining to the registration process.

Please note: A parent or guardian must be present during virtual programming if a child under the age of 13 is a program participant.

## In-Person Programs

The City of Cleveland offers a variety of free in-person classes that will be hosted at several NRRCs for residents ages 5 and up.

Please note that these NRRC programs are designed to assist each participant in achieving his/her potential. These classes are progressive, so each class builds upon the previous class session. Participants will use the knowledge and skills they gain in each class session to further their development. In order to get the maximum benefit from these programs, registrants are strongly advised and encouraged to attend each class session. See the In-Person Programs/Classes section of this brochure for information about programs available.

Individuals interested in participating in one or more of the City's in-person programs must register in order to be provided access. Please be advised that each program can only accommodate a limited number of participants, so registration is required. See the Registration Process section of the brochure for information pertaining to the registration process.

Please note: Children under the age of 8 must be accompanied by an adult.

# Daily NRRC Programs and Activities

(Arts and Crafts, Weight Training, Fitness, Baseball/Basketball Skills etc.):

The City of Cleveland's NRRCs offer several free daily activities and access to program rooms for residents ages 8 and up. For a complete list of the daily programs and activities available at your NRRC, please contact your NRRC directly.



# **NRRC Locations and Phone Numbers**

#### **Camp Forbes**

25440 Harvard Ave. Highland Hills, OH 44122 (216) 263-5325

#### Clark



#### Central



#### Collinwood

16300 Lakeshore Blvd. Cleveland, OH 44110 (216) 420-8323

#### Cory

10510 Drexel Ave. Cleveland, OH 44108 (216) 664-3389

#### **Cudell Fine Arts**

10013 Detroit Ave. Cleveland, OH 44102 (216) 664-4183

### Cudell Recreation 1910 West Blvd.

Cleveland, OH 44102 (216) 664-4137

#### Earle B. Turner

11300 Miles Ave. Cleveland, OH 44105 (216) 420-8358

#### EJ Kovacic

6250 St. Clair Ave. Cleveland, OH 44103 (216) 664-4140

#### **Estabrook**

4125 Fulton Ave. Cleveland, OH 44144 (216) 664-4149

#### **Fairfax**

2335 East 82<sup>nd</sup> St. Cleveland, OH 44104 (216) 664-4142

#### Frederick Douglass

15401 Miles Ave. Cleveland, OH 44128 (216) 664-6882

#### Glenville

680 East 113<sup>th</sup> St. Cleveland, OH 44108 (216) 664-2516

#### Gunning

16700 Puritas Ave. Cleveland, OH 44135 (216) 420-7900

#### Halloran Park

3550 West 117<sup>th</sup> St. Cleveland, OH 44111 (216) 664-4187

#### Hamilton

13200 Kinsman Rd. Cleveland, OH 44120 (216) 664-4121

#### Woodland

9206 Woodland Ave. Cleveland, OH 44104 (216) 664-4124

#### **Lonnie Burten**

2511 East 46<sup>th</sup> St. Cleveland, OH 44104 (216) 664-4139

#### Michael Zone

6301 Lorain Rd. Cleveland, OH 44102 (216) 664-3373

#### Stella Walsh

7245 Broadway Ave. Cleveland, OH 44105 (216) 664-4658

#### Sterling

1380 East 32<sup>nd</sup> St. Cleveland, OH 44114 (216) 664-2573

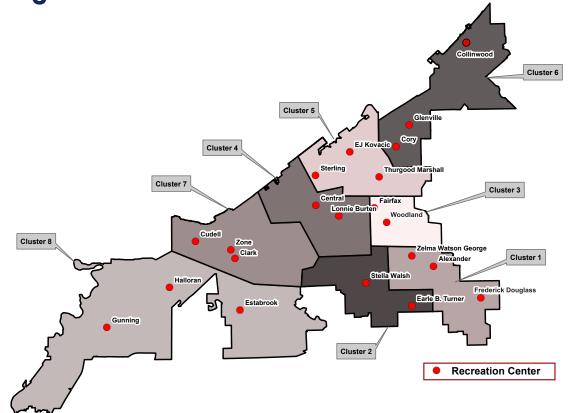
#### Thurgood Marshall

8611 Hough Ave. Cleveland, OH 44106 (216) 664-4045

#### Zelma George

3155 MLK Jr. Dr. Cleveland, OH 44104 (216) 420-8800

**Neighborhood Resource & Recreation Center Clusters** 





# **City of Cleveland Directory**

Need to contact a City of Cleveland department about city services? Check out the numbers below to get started.

City Hall - Main Line - (216) 664-2000

Department of Aging – (216) 664-2833

Division of Animal Care & Control – (216) 664-3069

Department of Building & Housing – (216) 664-2282

Department of Community Development - (216) 664-4000

Community Relations Board - (216) 664-3290

Emergency Medical Service – (216) 664-2555

Division of Fire - (216) 664-6800

Division of Police Non Emergency Line - (216) 621-1234

Mayor's Action Center - (216) 664-2900

Division of Water - (216) 664-2444

Division of Waste Collection and Disposal – (216) 664-3711

Division of Streets - (216) 664-2510

Department of Economic Development – (216) 664-2406

Department of Public Health - (216) 664-6256

PIO Expanded Programs - (216) 664-2241

Citizens can report concerns or give feedback by calling 311.

COVID-19 Vaccine Call Center - (216) 664-2222

# Connect With Us On Social Media:



cityofcleveland



cityofcleveland



cityofcleveland



MyCLErec

Division of Recreation 216-664-2570

# **Cleveland City Council**



Cleveland City Council, the legislative branch of the City of Cleveland, serves citizens by monitoring city departments, approving budgets, and enacting legislation to improve the quality of life in an effective and financially responsible way.

Council members serve two roles in their duties: to draft and enact legislation for the city of Cleveland

and act as ombudsmen for their constituents. For more information about Cleveland City Council call (216) 664-2840 or visit www. clevelandcitycouncil.org.

Joseph T. Jones, Ward 1
Kevin L. Bishop, Ward 2
Kerry McCormack, Ward 3
Deborah A. Gray, Ward 4
Richard A. Starr, Ward 5
Blaine A. Griffin, Ward 6
Stephanie D. Howse-Jones, Ward 7
Michael D. Polensek, Ward 8
Kevin Conwell, Ward 9

Anthony T. Hairston, Ward 10 Danny Kelly, Ward 11 Rebecca Maurer, Ward 12 Kris Harsh, Ward 13 Jasmin Santana, Ward 14 Jenny Spencer, Ward 15 Brian Kazy, Ward 16 Charles J. Slife, Ward 17





# Virtual Programming VIRTUAL

## Education

- Aspire GED
- Reach Success

# **In-Person Programming**

### Art

- Cultural Exploration through Art
- Get That Groove On!
- Jazz Funk Dance
- Cleveland Team Majorette Dance
- Photography

### Education

- After-School All-Stars
- Chess
- IConnect
- STEAM
- STEM Workshops

#### Health and Wellness

- Circuit Training
- · Healthy Cooking

# Sports & Recreation

ESports

# **Leadership**

Exploring Entrepreneurship

# Job and Career Readiness

 Phlebotomy and Medical Billing and Coding

# Daily NRRC Programs

- Arts and Crafts
- Basketball
- Boxing
- Ceramics
- Clay
- Drawing
- Fitness Room
- Gift Making
- Glaze Techniques
- Judo
- Painting
- Photography
- Senior Aerobics
- Senior Aquacise
- Swimming
- Tech Room/Game Room
- · ....and More















## **Cultural Exploration through Art**

(Art House)

**CULTURAL EXPLORATIONS SERIES** – These family workshops celebrate the cultural diversity of Cleveland through the visual arts. Workshops are designed to educate participants about cultural traditions they may already know as well as those they may not know. These include the Day of the Dead, the Mexican tradition of celebrating ancestors; Diwali, the Indian Festival of Light; the Chinese New Year and more. The goal of the series is to promote cross-cultural understanding and tolerance. This workshop series is designed for participants ranging from age 5 to adult. Both individual and group projects will be included in the series.

Course Code	Location	Description	Age	Day	Time
EBT-ARTT-103	Earle B. Turner	Cultural Exploration through Art	All Ages	M, W	4:30 - 5:30 p.m.
MZ-ARTT-101	Michael Zone	Cultural Exploration through Art	All Ages	T, TH	5:00 - 6:00 p.m.
CRY-ARTT-105	Cory	Cultural Exploration through Art	All Ages	M, W	4:00 - 5:00 p.m.

#### **Get That Groove On!**

(City Music)

Do you love music? Have you ever put new words to your favorite songs? Have you ever produced a beat to that song? Have you ever danced to that song? If so, this workshop is for you! The final step in your creative music project will be the Dance Jam, where you will come up with dance moves to match your beat's style and character!

Course Code	Location	Description	Grade	Day	Time
MZ-CM-104	Michael Zone	Get Your Groove On!	3-7	Т	6:00 - 7:00 p.m.

#### **Jazz Funk**

(Dancing Wheels)

Fierce, fun & energized, this class blends jazz dance and various other popular dance styles! This all-levels and all-abilities class for youth ages 5-15 meets once per week for one hour. Dancing Wheels is equipped to support youth with cognitive and physical disabilities. Earle B. Turner offers this class for our 55+ patrons.

Course Code	Location	Description	Age	Day	Time
ESB-DW-102	Estabrook	Jazz Funk Dance	5-15	F	4:00 - 5:00 p.m.
GNG-DW-101	Gunning	Jazz Funk Dance	5-15	TH	5:00 - 6:00 p.m.
EBT-DW-106	Earle B. Turner	Jazz Funk Dance	55+	Т	12:00 - 1:00 p.m.

# Capoeira

(Dancing Wheels)

Capoeira is a martial art disguised as dance. Learn from a master practitioner. All levels and abilities welcome.

Course Code	Location	Description	Age	Day	Time
WLD-DW-104	Woodland	Capoeira	Ages 5-15	Sa	3:30 - 4:30 p.m.
GLV-DW-105	Glenville	Capoeira	Ages 5-15	W	5:00 - 6:00 p.m.





## **Cleveland Team Majorette Dance**

(Buck Out Foundation)

Our majorette dance classes explore high energy, Hip-Hop inspired dance moves combined with the athleticism of gymnastics and the technique of Jazz dance. Dancers are strongly advised to bring water and wear athletic, flexible clothing including tennis shoes.

Course Code	Location	Description	Age	Day	Time
FF-MD-108	Fairfax	Cleveland Team Majorette Dance	9-17	T, TH	5:30 - 6:30 p.m.

### **Photography**

(Greater Cleveland Neighborhood Centers Association)

This introductory program will provide youth in grades 6-12 basic instruction in photography. Participants will learn basic camera operation, lighting and special techniques. Returning participants will go in depth with more advanced techniques and alternative processes for photography.

Course Code	Location	Description	Grade	Day	Time
CFA-PTG-108	Cudell Fine Arts	GCNCA Photography	6-12	W	4:30 - 5:30 p.m.
CRY-PTG-109	Cory	GCNCA Photography	6-12	F	4:30 - 5:30 p.m.





## Spoken Word - Club Create

(Lake Erie Ink)

Join us to write, connect and mingle with other local and rising poets in the Cleveland area. Each session will give space for writing, learning new techniques, and hearing spoken words. We'll conclude our final gathering of the season with an open mic to share fresh ink. All poems and writings created by participants will be compiled in a mini anthology of poetry available to view during open mic.

Course Code	Location	Description	Ages	Day	Time
GNG-SWD-102	Gunning	Spoken Word	8-17	W	5:00 - 6:30 p.m.
SW-SWD-103	Stella Walsh	Spoken Word	8-17	Т	5:00 - 6:30 p.m.





### **Aspire GED** (GED Prep/Adult Literacy Instruction)

(Cuyahoga Community College ASPIRE)





Course Code	Location	Description	Age	Day	Time
VIR-AGED-102	Virtual	ASPIRE GED	Adults 18+	T, TH	12:00 - 2:30 p.m.
VIR-AGED-103	Virtual	ASPIRE GED	Adults 18+	M,W	12:00 - 2:30 p.m.

### **After-School All-Stars** (Tutoring, Cultural Experiences and Other Activities)

(After-School All Stars)

This exciting program provides out-of-school time programs for 3<sup>rd</sup>-10<sup>th</sup> grade youth including academic assistance, sports and recreation, field trips, guest speakers, STEM focused hands-on activities and classes that broaden students' individual interests. Participants are grouped by age.

Course Code	Location	Description	Grade	Day	Time
FF-ASAS-101	Fairfax	After-School All-Stars	3-10	M, T, W, TH	3:00 - 6:00 p.m.
TM-ASAS-102	Thurgood Marshall	After-School All-Stars	3-10	M, T, W, TH	3:00 - 6:00 p.m.

#### Chess

(Progress with Chess)

Participants of all ages will participate in chess instruction and then move to competitive chess play.

Course Code	Location	Description	Age	Day	Time
CRY-PWC-102	Cory	Chess	Ages 5+	T, TH	4:00 - 5:30 p.m.
CWD-PWC-106	Collinwood	Chess	Ages 5+	M, W	3:00 - 4:30 p.m.
FD-PWC-103	Frederick Douglass	Chess	Ages 5+	T, TH	4:00 - 5:30 p.m.
ZG-PWC-108	Zelma George	Chess	Ages 5+	W, Sa	W: 5:00 - 6:30 p.m. Sa: 4:00 - 5:30 p.m.
ESB-PWC-112	Estabrook	Chess	Ages 5+	T, TH	5:00 - 6:30 p.m.

#### **IConnect**

(Greater Cleveland Neighborhood Centers Association)

Older adults (55+) who would like to reduce social isolation and better understand the growing tech and digital device world are encouraged to enroll in this exciting class. Adults will learn to connect with an array of content that includes health related topics, education, cultural experiences, exercise, music and games.

Course Code	Location	Description	Age	Day	Time
EJK-ICON-103	EJ Kovacic	GCNCA IConnect	55+	Т	12:00 - 1:00 p.m.
CWD-ICON-101	Collinwood	GCNCA IConnect	55+	М	10:00 - 11:00 a.m.
FF-ICON-105	Fairfax	GCNCA IConnect	55+	W	11:00 - 12:00 p.m.





#### **Musical Instrument Lessons**

(Center for Arts-Inspired Learning)

Do you love music and want to learn to play a musical instrument? Choose from violin, guitar, percussion, voice or trumpet. Instruments are provided and musicians who complete the seasonal session get to keep their instrument! A city-wide band will be formed with musicians completing lessons.

Please go to <a href="https://arts-inspiredlearning.org/play-it-forward-cleveland/">https://arts-inspiredlearning.org/play-it-forward-cleveland/</a> for more information and to register.

#### **STEAM**

(Greater Cleveland Neighborhood Centers Association)

This program will introduce youth in grades 5-8 to engineering concepts focused on math, science and literacy through project based learning activities. Youth will form teams that will compete with the projects they have completed.

Course Code	Location	Description	Grade	Day	Time
CWD-CGNCA - 101	Collinwood	GCNCA STEAM	5-8	W	5:30 - 6:30 p.m.
EBT-CGNCA - 102	Earle B. Turner	GCNCA STEAM	5-8	Т	5:00 - 6:00 p.m.

## **STEM Workshops**

(Great Lakes Science Center)

In this one-week program, K-8 participants will engage in multiple hands-on activities related to Science, Technology, Engineering and Mathematics (STEM). Activities are designed to encourage creativity and self-efficacy. Rotating family pass is available at each NRRC.

Course Code	Location	Description	Grade	Day	Time
MZ-GLSC-102	Michael Zone	GLSC STEM - 1 Week; January 8-12, 2023	K-8	M, T, W, T, F	4:30 - 5:30 p.m.

# Joh and Career Readiness

## **Job and Career Readiness Training and Placement**

(Ohio Means Jobs/Towards Employment)

Youth and young adults ages 18+ and up will be afforded job and career readiness training, assistance with job placement and coaching support; plus job retention and career advancement coaching services with possible opportunities for work experience or technical training.

Course Code	Location	Description	Age	Day and Time
EBT-JCR-101	Earle B. Turner	Job and Career Readiness	16+	Individually Scheduled
MZ-JCR-102	Michael Zone	Job and Career Readiness	16+	Individually Scheduled

## Phlebotomy and Medical Billing Certification Classes

(Henry Johnson Center)

This is a 10-week research-based certification program that is approved by the state of Ohio's State Board of Career colleges and Schools.

The **Phlebotomy program** is divided into 3 components: Didactic research-based coursework (3 weeks), Clinical Training (4 weeks), and Internship (3 weeks). Internships are hosted by the American Red Cross and Cleveland Clinic. Upon completion of the program participants will be prepared to complete the National Phlebotomy Certification exam. This certification allows graduates to work at hospitals, clinics, nursing homes, laboratories and other medical facilities.

The **Medical Billing and Coding program** is divided into 3 components: Didactic research-based coursework in Medical Billing (3 weeks), Coding coursework and training (4 weeks), and Internship (3 weeks). Internships are hosted by the Chillicothe clinical Research Resolutions. Upon completion of the program participants will be prepared to complete the National Billing and Coding Specialist Certification exam. This certification allows graduates to work at hospitals, clinics, nursing homes, laboratories and other medical facilities. Ages 18+

Course Code	Location	Description	Age	Day	Time
FD-HJC-103	Frederick Douglass	Medical Billing and Coding Classes	Adults	M, W	5:00 - 7:00 p.m.
SW-HJC-102	Stella Walsh	Phlebotomy Training	Adults	M, W	5:00 - 7:00 p.m.



# **Exploring Entrepreneurship**

(Teen Enterprise LLC)

Interested in learning how to start a business? From ideation to implementation, participants ages 13-17 go through the process of creating a product and promoting their concept during Young Entrepreneur Pop Up Shop!

Course Code	Location	Description	Age	Day	Time
LB-EE-101	Lonnie Burten	Exploring Entrepreneurship	13-17	т,тн	5:00 - 7:00 p.m.
EJK-EE-106	Kovacic	Exploring Entrepreneurship	13-17	M, W	5:00 - 7:00 p.m.
ZG-EE-104	Zelma George	Exploring Entrepreneurship	13-17	T, TH	4:00 - 6:00 p.m.
GLV-EE-110	Glenville	Exploring Entrepreneurship	13-17	T, TH	5:00 - 7:00 p.m.



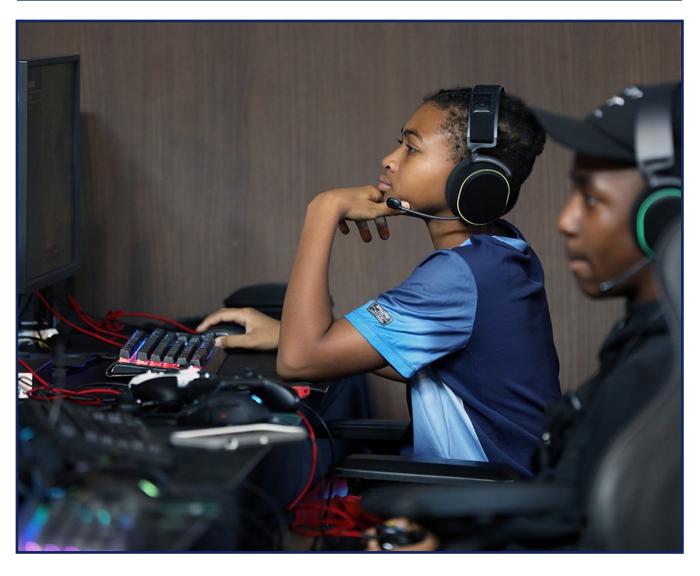


## **Esports**

(EsportScholar)

Youth will play Overwatch, Rocket League, League of Legends and Fortnite with coaching, e-skills sessions and scrimmages leading up to a final competition at the Cav's Lair.

Course Code	Location	Description	Grades	Day	Time
CDL-ESP-104	Cudell	Esports	Grades 6-12	т,тн	4:30 - 6:00 p.m.
EJK-ESP-101	EJ Kovacic	Esports	Grades 6-12	т,тн	4:30 - 6:00 p.m.
SW-ESP-105	Stella Walsh	Esports	Grades 6-12	т,тн	4:30 - 6:00 p.m.
FD-ESP-102	Frederick Douglass	Esports	Grades 6-12	т,тн	4:30 - 6:00 p.m.





# Health and Wellness

## **Circuit Training**

(Cray Consulting Group, Inc.)

Get in shape by participating in one of the most efficient beneficial forms of exercise, powered by Fit Circuit. Adult participants will be instructed through 8-10 different exercise stations which will work various muscle groups, completing 4 circuits in each training session.

Course Code	Location	Description	Age	Day	Time
EBT-CT-105	Earle B. Turner	Circuit Training	Adults	Т	5:30 - 6:30 p.m.
FD-CT-101	Frederick Douglass	Circuit Training	Adults	Т	12:00 - 1:00 p.m.
GLV-CT-110	Glenville	Circuit Training	Adults	TH	6:00 - 7:00 p.m.
EJK-CT-111	Kovacic	Circuit Training	Adults	TH	12:00 - 1:00 p.m.

## **Healthy Cooking**

(Exquisite Touch)

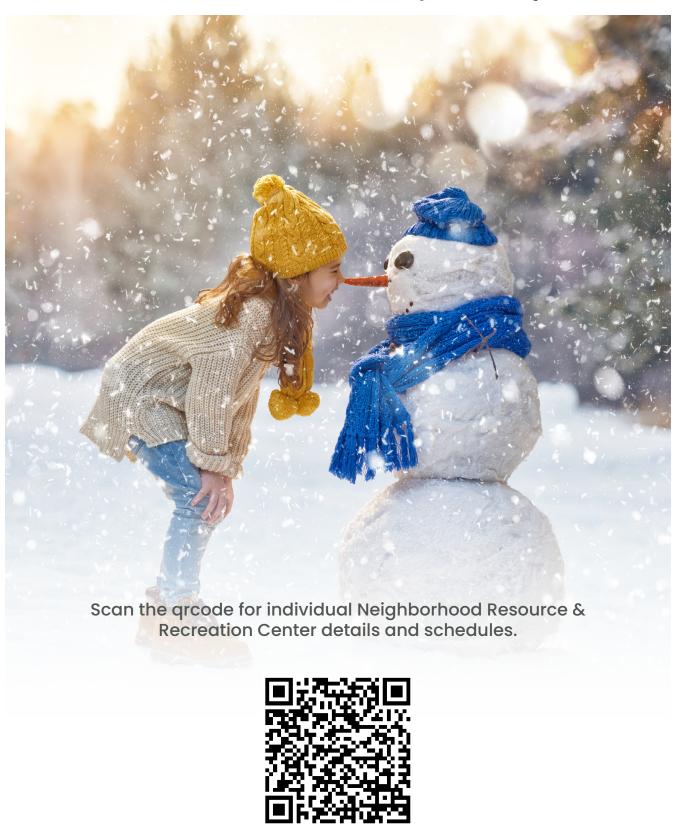
Participants will prepare healthy meals, learn about cleanliness in the kitchen and develop specific cooking skills.

Course Code	Location	Description	Age	Day	Time
FD-HC-102	Frederick Douglass	Healthy Cooking	6-18	W	4:00 - 6:00 p.m.
SW-HC-103	Stella Walsh	Healthy Cooking	6-18	Т	4:30 - 6:30 p.m.





# Taily Programs



# Meal Program



# Free After School Meals Program for ages 18 & under

Monday thru Friday, and on Saturdays.

Contact your NRRC for serving hours

# Registration Process

## **Registration for Virtual Programs:**

- To register for virtual programs, please complete the online registration form at <a href="https://clevelandohio.gov/city-hall/office-mayor/pioyya/fall-programs-registration">https://clevelandohio.gov/city-hall/office-mayor/pioyya/fall-programs-registration</a> and submit electronically.
- Each registrant will receive a letter within 48
  hours confirming their seat in the program, the
  date and time of the program and instructions
  regarding login and password.
- A waiting list will be kept for any program where the enrollment exceeds the maximum number of participants allowed.
- A participant who registers for a program and does not participate on the first day will be dropped from the program and the next person on the waiting list will be added unless prior arrangements have been made.
- Participants will be replaced after the first absence unless prior arrangements have been made with the instructor.

The Winter 2023 Programs Guide is available online at <a href="https://clevelandohio.gov/city-hall/office-mayor/pioyya/fall-programs-registration">https://clevelandohio.gov/city-hall/office-mayor/pioyya/fall-programs-registration</a>.

If you experience a problem connecting to the site or have questions regarding program offerings, please call Sherry Ulery at 216-664-2241 or email NRRC\_Registration@clevelandohio.gov.

# Registration for In-Person Programs:

Guests may register for the in-person program sessions described in the guide in one of three ways:

- Registrants can complete the registration form online and submit electronically. The online registration form can be located at <a href="https://">https://</a> clevelandohio.gov/city-hall/office-mayor/ piovya/fall-programs-registration
- Registrants may go to their local NRRC to pick up a paper copy of the registration form and submit it to one of the NRRC staff.
- 3. Registrants may call the NRRC between the hours of 2:00 p.m. 5:00 p.m. and register by phone.

Registrants will receive an email within 48 hours confirming their seat in the program. Registrants who do not have an email address will receive a phone call to confirm their registration.

- A waiting list will be kept for any program where the enrollment exceeds the maximum number of participants allowed.
- A participant who registers for a program and does not show up on the first day will be dropped from the program and the next person on the waiting list will be added.
- Participants will be replaced after the first absence unless prior arrangements have been made with the instructor.

If you have any questions pertaining to the inperson programs or the registration process, please call Sherry Ulery at 216-664-2241 or email NRRC\_ registration@clevelandohio.gov.



**Please Note:** If you do not have access to register online, please complete the form on *page 29* for the programs described on *pages 14-16, 18-19, 20, 22, and 24*.



# Neighborhood Resource & Recreation Center Registration Form

Type of participant: Child Adult
Participant Full Name: Male Female Age:  Grade Level: DOB: Race: (Optional)  School Name (if applicable)
Program
Type of participant: Child Adult  Participant Full Name: Male Female Age: Grade Level: DOB: Race: (Optional)  School Name (if applicable)  Program
Type of participant: Child Adult  Participant Full Name: Male Female Age: Male School Name (if applicable)  Program
Do you currently have a rec center number? Yes No Unsure
If yes,indicate your home Rec Center:
If yes,indicate your home Rec Center:  Adult Registrant or Parent/Guardian Contact Information  Name:Phone:
If yes,indicate your home Rec Center:  Adult Registrant or Parent/Guardian Contact Information
If yes,indicate your home Rec Center:  Adult Registrant or Parent/Guardian Contact Information  Name:Phone:
If yes,indicate your home Rec Center:  Adult Registrant or Parent/Guardian Contact Information  Name:Phone:  Address:ZIP:Email:





www.clevelandohio.gov https://clevelandohio.gov/city-hall/office-mayor/ pioyya/fall-programs-registration