

Ehrnfelt Recreation Center Information

The Ehrnfelt Recreation Center (ERC) serves as the Strongsville indoor home of SwimStrong from Labor Day to Memorial Day. The competition pool is an eight lane, 25-yard pool, with bleacher seating for approximately 500 people. This pool is also the home pool for the Strongsville High School Swimming and Diving Team. In addition to the competition pool, there is a 5-lane lap and activity pool, a water slide, and a wading area and pirate ship. The Aquatic Center also includes steam and sauna rooms and a 24-person whirlpool.

Other fantastic areas in the ERC include a cardio exercise room, two gymnasiums, an indoor track, both a strength training room and a youth strength training room, and a game area.

The center offers many challenging fitness classes including spinning, kickboxing, pilates, strength training, interval and plyometric training, step aerobics, yoga, gliding, karate, belly dancing, boxercise and jazzercise.

Youth and adult enrichment programs are offered at the facility. Youth programs are designed for babies 18 months old through teenagers. A few adult programs include line dancing, wood shop classes, and boot camp for baby boomers.

All SwimStrong swimmers swimming at the ERC are required by the city of Strongsville to be members of the ERC. Once you join you will have unlimited use of the center during all open recreation times. Also, from Nov. 1- Mar. 31, all Mondays, Tuesdays, and Wednesdays are member only days from 3:00 to 10:00 pm. Other benefits of membership include a free fitness assessment and exercise orientation, participation in members-only promotions and special events, and 40% savings on Open Skate Admissions at Iceland USA year round.

Below is the annual membership fee structure:

	Resident or Full-Time Work in Strongsville	Non-Resident
Adult Individual (Ages 19-59)	\$245	\$395
Youth Individual (Ages 4-18)	\$150	\$265
Family	\$395	\$660

The City of Strongsville has made available financial assistance for Strongsville residents to obtain an Ehrnfelt Recreation Center membership. Financial assistance will be reviewed by the Recreation Department. Please contact

Sarah Arold at 580-3260 with any questions.

Ehrnfelt Recreation Center Guidelines

We want to help you navigate the Ehrnfelt Recreation Center!

Please abide by all the rules of the Ehrnfelt Recreation Center.

Always enter on the right side of the front desk.

- If you are a member of the ERC, just punch in.
- If you are not a member during this 2 week trial, please sign in on the clipboard marked "SwimStrong".

Please use the locker rooms on the lower level. Please do not use the "family" locker rooms located at the bottom of the steps.

PUT A LOCK ON YOUR LOCKER! We can't stress this enough!

For the first few days of practice, there will be a table on deck staffed by SwimStrong volunteers to check in swimmers and collect missing forms. Please check in at the table **FIRST!**

When you come out on to the pool deck:

- You may bring what you need to practice with you in a mesh bag. (Towel, goggles, fins, water bottle, etc.)
- You may not bring on the pool deck your things such as your winter coat, book bags, or food.
- Please do not chew gum in the pool area.
- Please do not wear your "street" shoes on the pool deck.
- Please shower any "hair products" out before entering the pool.

Write your name on your belongings. SwimStrong has its own lost and found so your lost items will not go in the giant pile of ERC's daily lost and found!

If you have any questions, just ask a lifeguard, coach, board member or a parent with swim team experience!