

## Ehrnfelt Recreation Center

The Ehrnfelt Recreation Center (ERC) serves as the indoor home of SwimStrongsville during the fall and winter months. 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 SwimStrongsville swimmers 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:

	<u>Resident or Full-Time Work in Strongsville</u>	<u>Non-Resident</u>
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.