



## PRESS RELEASE

FROM THE OFFICE OF MAYOR MICHAEL P. BYRNE

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PARMA HEIGHTS CITY HALL  
6281 PEARL ROAD  
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(440) 884-9600 x15

### ADULT YOGA W/PILATES CLASS AT CASSIDY THEATRE

**Parma Heights** – Registrations are now being accepted for an Adult Yoga w/Pilates Class to be held at the Cassidy Theatre in the Greenbrier Commons. The six-week, one-hour class will run from November 11 through December 16, 2013, at 6:45 p.m. to 7:45 p.m.

“The fee for the class is \$40. The registration deadline is Thursday, November 7<sup>th</sup> but there are limited openings so early registration is recommended,” explained Director of Recreation Tom Moran. Persons interested in the class should come to the Recreation Office at Parma Heights City Hall, 6281 Pearl Road on Monday through Thursday between the hours of 8:30 a.m. – 1:30 p.m. and 3:30 p.m. – 4:30 p.m.

Residents with questions are asked to contact the Parma Heights Recreation Office at 440.884.9600 x37 or via email at [recreation@parmaheightsoh.gov](mailto:recreation@parmaheightsoh.gov).

### PARMA HEIGHTS RESIDENTS CAN ENJOY OPEN SWIM AT VALLEY FORGE HIGH SCHOOL

**Parma Heights** – Starting in November, Parma Heights residents will be able to swim for free at Valley Forge High School on selected Tuesdays evenings. “This is the second year we’ve had the program,” said Director of Recreation Tom Moran, “No registration is required but you must be able to prove your Parma Heights residency with a driver’s license or utility bill.”

Open swim at the high school’s pool, located at 9999 Independence Boulevard, will be available on Tuesdays starting November 12, 2013, through April 29, 2014, between the hours of 7:00 p.m. and 9:00 p.m. The program will not be available on December 24<sup>th</sup> and 31<sup>st</sup> or April 22<sup>nd</sup>.

Residents with questions are asked to contact the Parma Heights Recreation Office at 440.884.9600 x37 or via email at [recreation@parmaheightsoh.gov](mailto:recreation@parmaheightsoh.gov). “Please do not call the high school,” added Moran.

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