

Fall 2022 Programs Guide



ATHENS COMMUNITY CENTER HOURS

Monday-Friday 6:00 a.m.—8:00p.m.
Saturday 8:00 a.m.—4:00 p.m.
Sunday CLOSED

ARTS WEST HOURS

Tuesday-Friday 2:00 p.m.– 6:00 p.m.



Updates:

We have a new registration software called Civic Rec. To register online and view your accounts you will need to create a new account.

To register online use the following link: <https://secure.recl.com/OH/athens-oh/catalog>



How to Register:

1. Register in-person at the Athens Community Center or Arts West
2. Call the Athens Community Center at 740-592-3325 or Arts West at 740-592-4315
3. Register online:

For more information and to stay up to date on latest events/programs, follow us on Facebook and Twitter: @AthensCommCtr & @ARTSWest
Or check out our website: athensapr.com

Contact Us:

Email: athensparks&rec@ci.athens.oh.us
Phone: Athens Community Center—740-592-3325
Arts West—740-592-4315

Community Center Adult Programs

Slow Flow Yoga

Instructor: Holly Fitch

Mondays 5:30-6:30pm

September 19—November 14

Location: ACC Exercise Studio

Ages: 16+

Member—\$50

Non-member—\$65

Explore the details of breath and alignment as you hold poses in this slower paced flow class. Be ready for a variety of stretching, strengthening, and restorative poses.

Tai Chi

Instructor: Victoria Taylor

Saturdays 9-10:30am

September 17– November 19

Location: ACC Exercise Studio

Ages: 16+

Member—\$40

Non-member—\$55

This course will teach you the traditional 108 movements Yang Style as taught by Yang Ching Fu. This meditative exercise promotes relaxation, leg strength, and balance.

Karate

Instructors: Wendy McVicker

This class is for teen and adult beginners, and intermediate and advanced students. Students will learn and practice karate techniques, including kata and sparring.

Tuesdays and Thursdays

6:30-8:00 pm

September 13-November 16

Location: ACC Exercise Studio

Ages: 16+

Member—\$60

Non-member—\$75

Hatha Intermediate Yoga

Instructor: Barbara Rostad

This class seeks to balance the practitioner's mind and body through deepening body awareness in yoga poses and deepening mental focus through mindfulness in breath practices and meditation. This class is suitable for people with previous experience in basic poses and alignment.

Wednesdays 8:30-10:00am

September 14– November 16

Location: ACC Exercise Studio

Ages: 16+

Member—\$65

Non-member—\$80



Community Center Adult Programs

Bootcamp

Wednesdays and Fridays

6:30-7:30am

September 7—December 9 (No class Nov 23 & 25)

Ages: 16+

Member—\$70

Non-member—\$85

This class is perfect for blasting calories with short bursts of cardio followed by strength moves using body weight exercises mixed with targeted weight training. A great class for people of all fitness levels and abilities. Every week, we change it up to keep you and your muscles pushing through boundaries and reaching new heights. We promise there's something for everyone in every class!

Yoga for 50+

Fridays 10:15-11:15am

September 9– December 9 (No class Nov 25)

Ages: 50+

Member—\$65

Non-member—\$80

For mid-life and older beginners, this class offers an ideal low impact, invigorating way to keep the body supple, and the mind relaxed and focused.

Pound Fit

Pound, an exercise class with rock-star flair, is quickly gaining fans. The class consists of drumming, cardio and strength training. Throw in some yoga and Pilates, and it becomes a jam session that rocks the body and mind.

Thursdays 6:30-7:15pm

Session 1: Sept 15-Oct 20

Session 2: Oct 27-Dec 8 (No class Nov 24)

Ages: 16+

Cost: \$30 per session

NEW

NEW



Community Center SilverSneakers Program

Silver Sneakers Boom Move

Fridays 9:15-10:00am

Sept 9-Dec 9 (No class Nov 25)

Who: Silver Sneakers Members

Cost: FREE with valid Silver Sneakers Membership

Do you like fast-paced challenging workouts that are done in 45 minutes? BOOM was developed by leading fitness experts to improve strength, flexibility and endurance in convenient 45-minute workouts. These classes will challenge you, but don't worry: One-handed pushups aren't required.



SilverSneakers[®]
by Tivity Health

***Silver Sneakers participants are eligible for a free membership at the Athens Community Center. For assistance checking eligibility or to register your membership, please stop by the front desk.**

**If you are interested in becoming a class instructor for SilverSneakers and/or any other fitness class, please contact Erin Helms for more information at ehelms@ci.athens.oh.us or call 740-592-3325.*



Community Center Memberships

Members will have the benefits of the fitness room, jogging track, gymnasium, locker rooms, and leisure opportunities in the lobby. Members will also receive lower activity and rental rates

Limited Time Deal!

Back to School Membership Special

Get a 3 month individual membership for just \$65! Ages 9+. No residency requirements! This deal will be available through August 31st.

Annual Memberships

Category	Regular	Discounted*
Adult	\$265	\$190
Senior	\$190	\$135
Teen	\$190	\$135
Youth	\$175	\$110
Household	\$390	\$290
Walking Pass	\$125	\$85

6-Month Memberships

Category	Regular	Discounted*
Adult	\$205	\$135
Senior	\$150	\$100
Teen	\$150	\$100
Youth	\$130	\$80
Household	\$335	\$230

***Any potential member able to produce proof of currently paying the City of Athens Income Tax or current residency within city limits is eligible for the discounted membership rate.**

Other Options

Daily Admission	\$5
Punch Card (good for 20 visits)	\$65
Monthly Membership	\$30

Community Center Youth Programs

Cadet Strings

A Beginning Strings Class brought to you by the Athens Community Music School

Location: Community Center Arts & Crafts Room

Dates: September 12 to November 16

Class meets every Monday & Wednesday from 4-5pm

Ages: 9-12 years

Fee: \$35

Creative Movement

Hybrid class between Hippo Hoppo and Little Royals Ballet

When: Mondays 5:30-6:30pm

Session 1: Sept 12—Oct 24 (No Class Oct 10)

Cost: \$35

Session 2: Oct 31-Dec 5 (No class Nov 21)

Cost: \$30

Ages: 3-5 years

Hippo Hoppo

This class will have your preschooler moving to the music! Using games, songs, and imaginative play alongside short choreography blasts, dancers learn the fundamentals of dance and the basics of hip hop, including rhythm, musicality, and footwork. You'll enjoy watching your little one develop a love of dance while moving to age appropriate music in this high energy environment. We ask that parents stay in the building and are encouraged to stay in the room or even join in! Dancers should wear comfortable clothes, sneakers and long hair should be pulled back from the face.

When: Wednesdays 5:30-6:00pm

Session 1: Sept 14-Oct 19

Session 2: Oct 25-Dec 7 (No class Nov 23)

Cost: \$35 per session

Little Royals

Princesses and Princes will cover fundamentals of ballet vocabulary and technique in this fun, informal setting. Students will learn the importance of strength, flexibility, rhythm and musicality through games, songs, and choreography. No dance experience necessary. There is no dress code for this class; dancers should wear comfortable clothes and long hair should be pulled back. Soft ballet slippers are recommended but not required.

When: Mondays 6:00-6:30pm

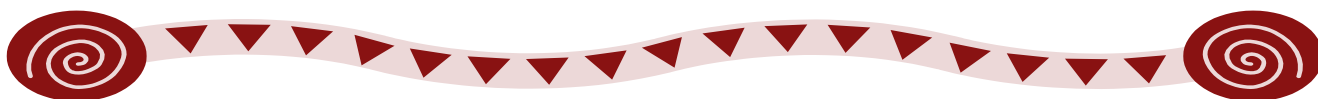
Session 1: Sept 12-Oct 24 (No class Oct 10)

Cost \$35

Session 2: Oct 31-Dec 5 (No class Nov 21)

Cost: \$30

Ages: 4-7 years



Community Center Youth Programs

Hip Pop Rock

Learn the fundamentals of hip hop, breaking, popping, locking, and funk mixed with your favorite moves from mainstream pop! We use an age-appropriate mix of music to teach basic steps, which dancers will combine in short choreographed combos and improvised cyphers. Students will develop body control and awareness, expand their fitness levels, create avenues to direct their own energy, and build self-confidence in a safe, fun environment. Dancers should wear comfortable clothing that they can move in but that is not too baggy (no jeans) and sneakers that tie.

When: Wednesdays 6:00-6:45pm

Sept 14-Dec 7 (No class Nov 23)

Ages: 5-11 years

Cost: \$80

Ballet 101

Everything you need to know for a solid foundation in this classical dance. This class will cover fundamentals of ballet vocabulary and technique while introducing dancers to a more structured class. Students will learn the importance of strength, flexibility, rhythm and musicality through exercises and choreography. No dance experience necessary. While we don't have a color-specific dress code for this class, female dancers should wear a leotard, tights, and a ballet skirt or shorts and long hair should be pulled back. Male dancers should wear dance pants or leggings (not sweats) and a fitted t-shirt. Fitted clothes allow for ease of movement and for alignment correction by the teacher. Soft ballet slippers are required (please do not wear these outside; bring street shoes). If you need help finding attire or shoes, please email info@rldancecompany.com

When: Wednesdays 6:45-7:30pm

Sept 14-Dec 7 (No Class Nov 23)

Ages: 6-10 years

Cost: \$80



Childcare

Preschool

The Community Center Preschool program is designed for children ages 3-5 years old. Students enrolled in Preschool must be potty trained.

Our Preschool is designed to give children a chance to learn in a safe, teacher planned, and active environment. Activities are planned by our preschool teachers to help children learn important social skills in preparation for kindergarten. Lesson plans are based on the following: Science, Math, Art, Reading, Writing, Gross Motor, Fine Motor, Drama, Sensory, and more.

This program is a licensed Day Care Program through Ohio Department of Job and Family Services, and will enroll up to 15 children. This program follows the Athens City School days off.

\$25 Registration fee per child at the time of registration. All registration is in person at the Athens Community Center.

Payments due on the first of each month. You can pay all months up front OR you can go on a payment plan. Those dates are as followed....

September \$240 (this also covers the last week of August)

October \$240

November \$240

December \$120 (class only half the month then holiday break)

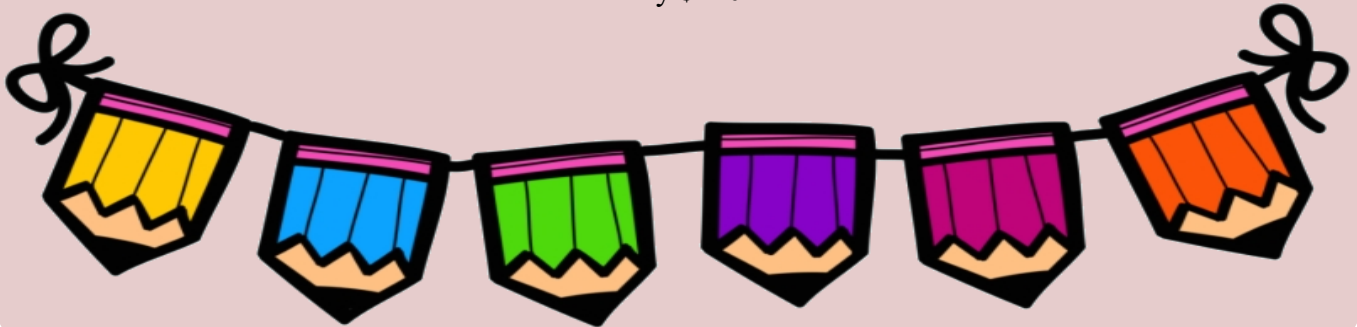
January \$240

February \$240

March \$180 (one week off for Spring Break)

April \$240

May \$240



Adult Sports

Athens Ohio Soccer Organization Adult Soccer

A recreational coed Saturday morning league with games played at a decent pace with players ranging in age from 16 to over 65. The league runs 70 minute games with teams of 9v9 with keepers. For more information contact AOSO on Facebook @AthensCommunitySoccer or via email athenscommunitysoccer@gmail.com

Ages: 16+

Season runs September 10th-November 19th

Games played on Saturday mornings between 8am-2pm

Cost: \$65



Arts West Youth Programs

After School Arts

Join local Arts Educators April Felipe, Dayton Willison, Luke Boyd, Carter Rice and Emily Beveridge in an afternoon of creative learning this fall semester. During each After School Arts class participants will be led by the instructor through a lesson in Theater, Drawing, Paint & Prints, STEAM Art, or Ceramics. These classes will be low key, and an ideal way to introduce new concepts in the arts to your student.

*Age range is K-3rd, 4-6th grade and 7th– 8th grade.

*Each class session meets once per week for a four to six week session.

*Classes will be held 4:00-5:30pm for elementary students and 3:00-5:30pm for Middle School Students.

*Classes will be available Monday – Thursdays at Arts West

Offerings for K-3rd

Session 1: Aug 29—Sept 27

STEAM! Power (Mondays) \$48

Ceramics: Fantastic Creatures (Tuesdays) \$60

Paints & Prints (Thursdays) \$60

Session 2: Oct 3—Nov 10

STEAM! Power (Mondays) \$48

Ceramics: Spooky Season (Tuesdays) \$72

Paints & Prints (Thursdays) \$72

Session 3: Nov 14—Dec 20

STEAM! Power (Mondays) \$60

Ceramics: Medieval Times (Tuesdays) \$72

Paints & Prints (Thursdays) \$72

Offerings for 4th-6th

Session 1: Aug 29—Sept 29

Triple Threat Bootcamp (Mondays) \$48

Paints & Prints (Tuesdays) \$60

STEAM! Power (Wednesdays) \$60

Ceramics: Fantastic Creatures (Thursdays) \$60

Session 2: Oct 3—Nov 10

Triple Threat Bootcamp (Mondays) \$48

Paints & Prints (Tuesdays) \$72

STEAM! Power (Wednesdays) \$60

Ceramics: Spooky Season (Thursdays) \$72

Session 3: Nov 14—Dec 21

Triple Threat Bootcamp (Mondays) \$60

Paints & Prints (Tuesdays) \$72

STEAM! Power (Wednesdays) \$60

Ceramics: Medieval Times (Thursdays) \$72

Arts West Youth Programs

After School Arts Cont'd.

Offerings for 7th-8th

Session 1: Aug 30—Sept 28

Deep Dive Drawing (Tuesdays) \$75

Ceramics: Fantastic Creatures (Wednesdays) \$75

Triple Threat Bootcamp (Wednesdays) \$75

Session 2: Oct 3—Nov 9

Deep Dive Drawing (Tuesdays) \$90

Ceramics: Spooky Seasons (Wednesdays) \$75

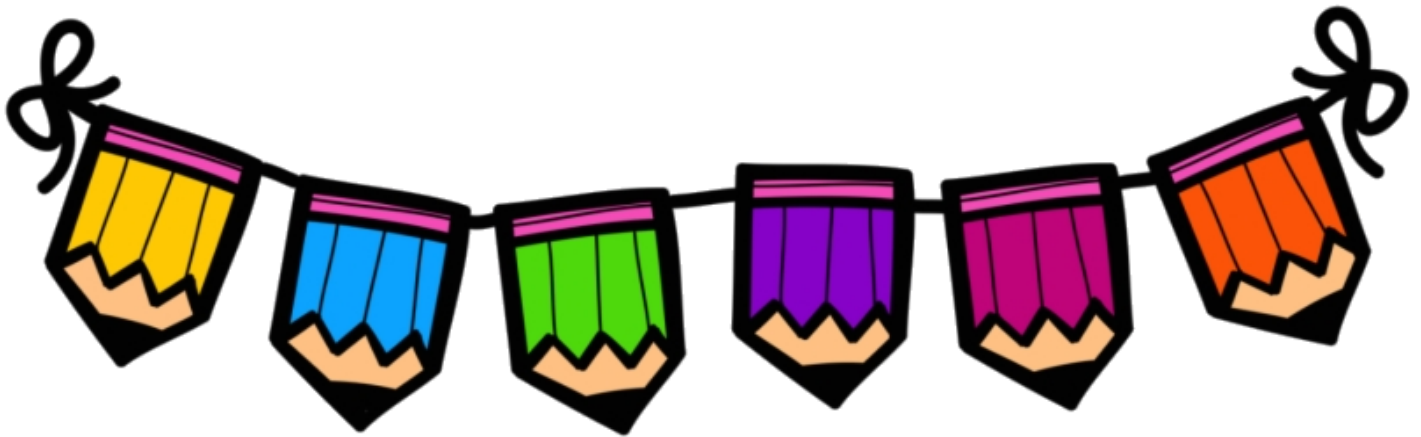
Triple Threat Bootcamp (Wednesdays) \$75

Session 3: Nov 15—Dec 21

Deep Dive Drawing (Tuesdays) \$90

Ceramics: Medieval Times (Wednesdays) \$75

Triple Threat Bootcamp (Wednesdays) \$75



Arts West Special Events

Holiday Prints Plants and Pots Sale:

Join us for the Holiday edition of the Prints, Plants & Pots Sale to be held in the performance space and lower gallery of Arts West! At this truly unique shopping experience, the focus will be on hand-made artwork, live plants, and ceramic work, all created or grown by local artists or horticulturalists.

Saturday, December 3rd from 12-5pm

Sunday, December 4th from 12-5pm.

Celebrate The Holidays while supporting your local economy! FREE and Open to the public. Parking available behind Arts West.

For more information contact: Emily Beveridge: ebeveridge@ci.athens.oh.us. or call Arts West: 740-592-4315 Arts West 132 West State Street Athens, Ohio

Cats Pajamas Clothing Exchange

Join Arts West on Friday, September 30th from 5-8pm & Saturday October 1st from 10am-5pm for the Cats Pajamas Clothing Exchange!

How it works:

To Get a Golden Ticket (take unlimited items)

1. Now through Thurs. September 29th bring unwanted clothes to Arts West
2. Pay Entry only once either \$15 Friday, Sept. 30th, or \$10 Saturday Oct. 1st
3. Return to exchange unlimited times with no additional fee.

To Get a Regular Ticket (take as many items as you brought, additional items \$1 each)

1. Bring clothes on exchange days (Sept 30th or Oct 1st)
2. Pay Entry only once either \$15 Friday, Sept. 30th or \$10 Saturday, Oct. 1st
3. Return to exchange unlimited times with no additional fee.

Arts West is located at 132 West State Street Athens, Ohio 45701

Phone: 740-592-4315

Email: ebeveridge@ci.athens.oh.us

Office Hours: 2-6pm Tues-Fri

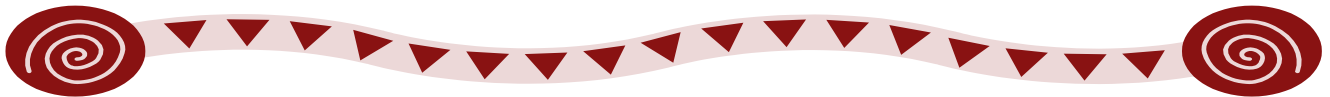
Special Events, cont.

Movie Night in the Park

Join Us September 23rd for a FREE Movie In The Park viewing Hocus Pocus. Movie will start at dark
There will be some pre-movie actives going on and free popcorn, drinks, and popsicles will be handed out while supplies last.

The movie will be located behind the Athens Community Center on the grassy area between the Tennis Courts and Skatepark.

Bring a lawn chair or blanket.



Dog Swim at the Athens City Pool

Bring your dog to the Athens City Pool to enjoy a special swim just for them!

When: Saturday, September 10th from 4:00p, - 7:00pm

Cost: \$5 donation per dog

Donations go to Integrated Services Pet Program.

*All pets attending but provide up to date vaccination records before entering the facility.

We also ask that you brush your dogs before coming/entering to reduce hair in the pool.

Arts West Memberships

All memberships include the ability to check out instruments from the SEO Musical Lending Library.

There are five levels of membership to choose from:

Morel Level \$50/year: includes a 50% discount to all Arts West Presents classes & events ; free admission for Member's Night of Cat's Pajama's Clothing Exchange; one hour of free rental of performance space or downstairs room

Paw Paw Patch Level \$100/year: include all of the Morel Level benefits for your household

Dogwood Level \$150/year: two hours of free rental in the performance space or a downstairs room (tech included); free admission to Arts West Presents classes & events; free admission for Members Night of Cat's Pajamas Clothing Exchange; 25% discount on Arts West merchandise; ability to attend Musical Lending Library events for free

Foothills Level \$200/year: everything included in the dogwood level plus one additional hour of free rentals in the performance space or a downstairs room (tech included; 3 hours total of rental use)

Skyline Level \$300/year: everything included in the Foothill level plus one additional hour of free rental in the performance space or a downstairs room (tech included; 4 hours total of rental use); one free Arts West or Southeast Ohio Musical Lending Library T-shirt or tote bag

For more information on these memberships or to purchase a membership stop by Arts West or call 740-592-4315 or email Program Specialist Emily Beveridge at ebeveridge@ci.athens.oh.us

