

**ATHENS ARTS, PARKS, AND RECREATION
DEPARTMENT**

Fall 2023 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 1:00 p.m.—5:00 p.m.

ARTS WEST HOURS

Updated Hours for September:

Monday, Wednesday, Friday,
& Saturday

3:30 p.m.—6:00 p.m.



SCAN ME

How to Register:

1. In-person at the Athens Community Center or Arts West
2. Over the phone by calling the Athens Community Center or Arts West
3. Online: <https://secure.rec1.com/OH/athens-oh/catalog>

For more information and to stay up to date on latest events/programs, follow us on Facebook @AthensCommCtr & @ARTSWest

Or check out our website: www.athensapr.com

Contact Us:

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

Arts West –Phone: 740-592-4315
Email: artswest@ci.athens.oh.us



Community Center Adult Programs

Bootcamp

Description: 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!

Instructor: Robyn Lindsay

When: September 13—November 17 6:30am-7:30am Wednesdays & Fridays

Where: Athens Community Center Exercise Studio

Age: 16+ Cost: Non-member-\$85; Member-\$70; Drop-In-\$10 per class

Yoga for 50+

Description: 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.

Instructor: Robyn Lindsay

When: September 15– November 17 Fridays 10:15-11:15am

Where: Athens Community Center Exercise Studio

Age: 50+ Cost: Non-member—\$65; Member—\$50; Drop-In \$10 per class

Hatha Intermediate Yoga

Description: 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.

Instructor: Barbara Rostad

When: September 13– November 15 Wednesdays 8:30-10:00am

Where: Athens Community Center Exercise Studio

Age: 16+ Cost: Non-member—\$80; Member—\$65; Drop-In \$10 per class

Strong Nation

Description: Strong Nation is a full body workout that incorporates muscle conditioning, cardio, HIIT, plyometric training and martial arts elements. Every lunge, every squat, every push-up, every move is perfectly synced to music making the workout more efficient.

Instructor: Ramiro Malgor

When: September 15– November 17 Fridays 5:30-6:30pm

Where: Athens Community Center Exercise Studio

Age: 16+

Cost: Non-member—\$65; Member—\$50; Drop-In \$10 per class

Community Center Adult Programs

Tai Chi

Description: 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.

Instructor: Victoria Taylor

When: September 16– November 18 Saturdays 9-10:30am

Location: Athens Community Center Exercise Studio

Ages: 16+ Cost: Non-member—\$55; Member—\$40; Drop-In \$10 per class

Teen/Adult Karate

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

Instructor: Wendy McVicker

When: September 12-November 16 Tuesdays and Thursdays 6:30-7:30 pm

Location: Athens Community Center Exercise Studio

Age: 12+ Cost: Non-member—\$75; Member—\$60; Drop-In—\$10 per class

Slow Flow Yoga

Description: 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.

Instructor: Holly Fitch

When: September 11—November 13 Mondays 5:30-6:30pm

Location: Athens Community Center Multipurpose Room A

Ages: 16+ Cost: Non-member—\$65; Member—\$50; Drop-In \$10 per class

Zumba

Description: Zumba is a fitness program that involves cardio and Latin-inspired dance. This dance class features high-and low-intensity intervals that help improve cardiovascular fitness while also enhancing balance, coordination, agility, and to some degree, strength through the application of beginner-accessible choreography. Zumba targets lots of different muscle groups at once for total body toning. Beginner, Intermediate, Advanced.

Instructor: Ramiro Malgor

When: September 16-November 18 Saturdays 11:00am-12:00pm

Location: Athens Community Center Exercise Studio

Age: 16+

Cost: Non-member—\$65; Member—\$50; Drop-In—\$10 per class

Community Center Adult Programs

Scottish Folk Dance

Scottish Country Dance a social dance form a bit like contra, but with more footwork. No partner or experience necessary. If you can walk briskly, you can dance! You must be signed up for the complete class to participate. No drop in's allowed this session. Open to all adults.

When: October 15—December 10 Sundays 2:00-4:00pm

Location: Athens Community Center Exercise Studio

Ages: 18+ Cost: \$40 per person; No drop-ins allowed this session.

Community Center SilverSneakers Program

Silver Sneakers Boom Move

Description: 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.

Instructor: Robyn Lindsay

When: September 15—November 17 Fridays 9:15-10:00am

Who: Silver Sneakers Members

Cost: FREE with valid Silver Sneakers Membership

Silver Sneakers Circuit

Description: This standing class alternates upper-body strength work with low-impact cardio to maximize fitness benefits. A chair and handheld weights or tubing are recommended.

Instructor: Stephanie

When: September 13—November 15 Wednesdays 12:45-1:45pm

Who: Silver Sneakers Members

Cost: FREE with valid Silver Sneakers Membership

***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 discounts on activity and rental rates.

Annual Memberships

<u>Category</u>	<u>Regular</u>	<u>Discounted*</u>
Adult (18-59)	\$265	\$190
Senior (60+)	\$190	\$135
Teen (13-17)	\$190	\$135
Youth (9-12)	\$175	\$110
Household	\$390	\$290
Walking Pass	\$125	\$85

6-Month Memberships

<u>Category</u>	<u>Regular</u>	<u>Discounted*</u>
Adult (18-59)	\$205	\$135
Senior (60+)	\$150	\$100
Teen (13-17)	\$150	\$100
Youth (9-12)	\$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 Admissions	\$5
Punch Card (20 visits)	\$65
Adult Monthly Membership	\$30
Senior Monthly Membership	\$25

Community Center Youth Programs

Hippo Hoppo Dance Class

Description: 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.

Instructor: Stephanie

When: Wednesdays 5:30-6:00pm

Session 1—September 13-October 11

Session 2—October 18-November 15

Where: Athens Community Center Exercise Studio

Ages: 3-5 years old

Cost: \$30 per session

Little Royals Ballet

Description: 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.

Instructor: Stephanie

When: Mondays 6:00-6:30pm

Session 1: September 11-October 9

Session 2: October 16-November 13

Where: Athens Community Center Exercise Studio

Ages: 4-7 years

Cost: \$30 per session



Community Center Youth Programs

Hip Pop Rock

Description: 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.

Instructor: Stephanie

When: September 13-November 15 Wednesdays 6:00-6:45pm

Where: Athens Community Center Exercise Studio

Ages: 5-10 years

Cost: \$75

Ballet 101

Description: 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

Instructor: Emma

When: September 13-November 15 Wednesdays 6:45-7:30pm

Where: Athens Community Center Exercise Studio

Ages: 6-10 years

Cost: \$75

Pre-K Gymnastics/ Cheer

Description: This class focuses on rolling, jumps and basic building foundations of gymnastics and cheer.

Instructor: Brooke Morgan

When: Saturdays 12:00-12:45pm Session 1: September 16-October 14; Session 2: October 21-November 18

Where: Athens Community Center Exercise Studio

Ages: 2-6 years

Cost: \$30 per session

NEW

Community Center Youth Programs

Cheerleading Fundamentals

Description: This class focuses on cheer positions, choreography, jumps and basic building foundations of gymnastics and cheer.

Instructor: Brooke Morgan

When: September 16—November 18 Saturdays 1:00-2:00pm

Where: Athens Community Center Exercise Studio

Ages: 6-13 years

Cost: \$60

NEW

Tumbling Level 1

Description: This class is basic foundation building skills of tumbling.

Instructor: Brooke Morgan

When: September 16—November 18 Saturdays 2:00-3:00pm

Where: Athens Community Center Exercise Studio

Ages: 6-13 years

Cost: \$60

NEW

Tumbling Level 2

Description: This class does more skill refinement of tumbling. It's for more advanced learners

Instructor: Brooke Morgan

When: September 16—November 18 Saturdays 3:00-4:00pm

Where: Athens Community Center Exercise Studio

Ages: 6-13 years

Cost: \$60

NEW

Wee Wigglers

Description: We will have mats, tricycles, tunnels, and more for you little one to crawl, jump, pedal, and explore! Great for physical, social, and emotional development.

When: Fridays 11:00am-12:00pm September 1—May 17

Where: Athens Community Center Gym B

Ages: 18 months—4 years

Cost: \$4 drop-in fee or \$52 for 15 visit punch pass

*This is a drop-in style program, no pre-registration is required.

Athens Community Center Childcare

Preschool

Description: Our preschool is designed to give children a chance to learn in a safe, teacher planned, and active environment. This is a play based preschool and lesson plans are created by the teachers around concepts of Science, Math, Art, Reading, Writing, Gross Motor, Fine Motor, Drama, Sensory, and more

When: Our preschool follows the Athens City School District schedule and will run August 23rd- May 23rd Monday- Thursday, 9am to 12pm

Ages: 3-5 years old and must be potty trained

Cost: \$25 registration fee, \$240 a month with discounted months in December (\$120) and March (\$180) for school breaks. Payments due at the first of each month.

All registration is in person at the Athens Community Center.

Before School Care 2023-24 School Year

Description: Students will have the opportunity to play and learn prior to the start of the school day. This program is a licensed Day Care Program through Ohio Department of Job and Family Services.

When: Our before school program follows the Athens City School District schedule and will run August 23rd- May 23rd Monday- Friday 7:30-8:30am (or when the bus picks the kids up)

Who: This is for kids attending East or The Plains in grades Kindergarten to 5th grade

Cost: There is a \$25 registration fee, and the cost per child per month is \$100, due by the first of the month.

All registration is in person at the Athens Community Center. Spaces are limited!

After School Care 2023-24 School Year

Description: Students will have the opportunity to participate in quality after school care. Students will be provided with an afternoon snack and will be able to participate in a variety of activities, snacks, and guest programs. This program is a licensed Day Care Program through Ohio Department of Job and Family Services.

When: Our after school program follows the Athens City School District schedule and will run August 23rd- May 23rd Monday- Friday 3:30-5:30pm

Who: This is for kids attending East or The Plains in grades Kindergarten to 5th grade

Cost: \$25 registration fee, \$240 a month with discounted months in December (\$100) and March (\$150) for school breaks. Payments due at the first of each month.

All registration is in person at the Athens Community Center. Spaces are limited!

Adult Sports

Athens Ohio Soccer Organization Adult Soccer

Description: 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 min games with teams of 9v9 with keepers. For more info contact us through Facebook under Athens Community Soccer.

New players and teams welcome! To have your team added to the spring schedule, you must have 8 players registered by August 26 (single players can register up to September 24) If you are looking for a team, introduce yourself in discord (<https://discord.gg/ZucRn9u4GZ>) and we will connect you to a captain.

Questions about this league? Contact the Athens Ohio Soccer Organization at athensohiosoccerorganization@gmail.com

When: September 9—November 18 Saturdays 8:00am-2:00pm

Where: Games will take place at either the Stimson Ave/Library fields or the West State Street Soccer Fields.

Ages: 16+

Cost: \$55

Unified Basketball

Description: Unified Basketball joins people with and without disabilities on the same team. It is inspired by a simple principle: Training together and playing together is a quick path to friendship and understanding.

Registration Open Through September 15.

When: October 3—November 2 Tuesdays & Thursdays 5:30-7:30pm

Where: Athens Community Center Gym B

Ages: 16+

Cost: \$20



Arts West Adult Programs

Ballroom Dance

Description: Learn to navigate a dance floor in this intro class with basics of Foxtrot, Waltz, Tango, Cha Cha, Rumba, Salsa and East Coast Swing. Students of this class will also be introduced to the theory behind lead and follow connection in partner dancing. No partner necessary. Students should wear comfortable clothes and shoes with non-rubberized soles (leather soled dance shoes or dress shoes work best).

When: October 18—November 15 Wednesdays 6:15-7:00pm

Where: Arts West Lower Gallery (Basement)

Ages: 16+

Cost: \$40

NEW

Arts West Youth Programs

Dance With Me

Description: A great way to spend time with your toddler while introducing them to the wonderful world of movement! Your little one will be introduced to the classroom while enjoying time with you, meeting new friends and learning to follow directions. We use games and songs to introduce dance fundamentals, rhythm, and musicality. We recommend wearing comfortable clothes and require either bare feet or socks with "grips" such as yoga socks. Since you will be an integral part of this class, we ask that you turn off and stow your cell phone prior to the start of class. This class is for toddlers over the age of 1 who CAN STAND BY THEMSELVES (it's okay if they are not fully walking yet).

Instructor: Robyn Lindsay

When: October 18—November 15 Wednesdays 5:00-5:30pm

Where: Arts West Arts & Crafts Room

Ages: 1-3 years

Cost: \$30

Creative Movement

Description: Our Creative Movement class is a mix between Hippo Hoppo and Little Royals Ballet.

Instructor: Robyn Lindsay

When: October 18—November 15 Wednesdays
5:30-6:00pm

Where: Arts West Arts & Crafts Room

Ages: 2-4 years

Cost: \$30

Cadet Strings

Description: A Beginnings Strings Class brought to you by Athens Community Music School.

Registration open through September 17.

When: September 11—November 15 Mondays &
Wednesdays 4:30-5:30pm

Where: Arts West Green Room

Ages: 9-14 years

Cost: \$35

Arts West Special Events

Cookie Decorating Adult Class

Description: Come and join Courtney of Courtney's Cutouts as she teaches you how to decorate your own cookies.

Registration open through December 1

When: Saturday, December 16 from 12:00-2:00pm

Where: Arts West Lower Gallery

Ages: 16+

Cost: \$45 per person

Cookie Decorating Kids Class

Description: Come and join Courtney of Courtney's Cutouts as she teaches you how to decorate your own cookies.

Registration open through December 1

When: Saturday, December 16 from 10:00am-12:00pm

Where: Arts West Lower Gallery

Ages: 7-15 years

Cost: \$30 per person

Paint A Mug Class

Description: It's the time of year to get cozy with a warm drink...why not enjoy your drink out of a mug that you design?!

Join us as we bring Art and Clay on Main to ArtsWest to offer this unique experience of painting your own mug. Once the mug is painted it will be glazed and then you'll pick it up the following week from ArtsWest and it will be ready for you to enjoy some coffee, hot cocoa, or warm cider. Great for adults and children alike so bring the family! Space is limited to 30 people.

Registration open through October 4

When: Sunday, October 8 from 3:00-5:00pm

Where: Arts West Lower Gallery

Ages: 5+

Cost: \$25 per person

Paint Your Own Ornament Class

Description: Tis the Season! Join us as we bring Art and Clay on Main to ArtsWest to offer this unique experience of painting your own ornament. You'll have a choice of ornament to decorate and once the ornament is painted it will be glazed and then you will pick it up the following week from Arts West. Great for adults and children alike so bring the family! Space is limited to 30 people.

Registration open through October 31.

When: Monday, November 6 from 6:00-8:00pm

Where: Arts West Lower Gallery

Ages: 5+

Cost: \$25 per person