



athens

ARTS, PARKS AND RECREATION

WINTER 2023-24 PROGRAM GUIDE

Athens Arts, Parks, & Recreation

Contact Us:

Email: athensparks&rec@ci.athens.oh.us

Community Center

Phone: (740) 592-3325

Address: 701 East State Street
Athens, OH 45701

Arts West

Phone: (740) 592-4315

Address: 132 West State Street
Athens, OH 45701

Email: artswest@ci.athens.oh.us

Follow us online:



@AthensCommCtr

@ARTSWest

www.athensapr.com

See a class you like? There are three ways to register:

1. In person at the front desk of the community center
2. Call 740-592-3325
3. Online at <https://secure.recl.com/OH/athens-oh/catalog>

*Note: Some programs may have special registration instructions listed outside of the above options.

Arts West Hours of Operation:

**Monday, Wednesday, Friday 3:30pm—
6:00pm**
Saturday 10:00am—2:00pm

Community Center Hours of Operation:

Monday—Friday 6:00am—8:00pm
Saturday 8:00am—4:00pm
Sunday 1:00pm—5:00pm

Winter Weather Policies

We follow the Athens County Sheriff Department level system.

- ◆ Level 1—All classes & sports are as scheduled
- ◆ Level 2—If it is 2 hours prior to start of a class/game & Athens County is under a level 2 then the class/game is cancelled. Fitness facility will remain open. During weekdays, if at a level 2 at 5am, the center will open at 8:00am.
- ◆ Level 3—Everything is cancelled. Facilities are closed.

There may be times the facility will have reduced hours or be closed outside of these levels due to impending severe weather conditions.

Youth Programs—Community Center

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.

Dates: Session 1: January 8– February 5 (excluding 1/15);

Session 2: February 12—March 11 (excluding 2/19)

Times: Mondays 5:30p-6:00p

Where: Athens Community Center Exercise Studio

Ages: 3-5 years old

Cost: \$33 per child, per session

Little Royals Ballet

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.

Dates: Session 1: January 8 to February 5,
Session 2: February 12—March 11 (excluding 2/19)

Times: Mondays 6:00pm-6:30pm

Where: Athens Community Center Exercise Studio

Ages: 4-7 years old

Fee: \$33, per child, per session

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

Dates: January 10 to March 13 (excluding 2/14)

Times: Wednesdays 6:00p-6:45p

Ages: 6-10 years old

Where: Athens Community Center Exercise Studio

Fee: \$75 per child

Youth Programs—Community Center

Cheer Fundamentals

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

Dates: January 20—March 30 (excluding 3/16)

Times: Saturdays 1:00p-2:00p

Where: Athens Community Center Exercise Studio

Ages: 6-13 years old

Cost: \$65

Pre-K Gymnastics/Cheer

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

Dates: Session 1—January 20-February 17

Session 2—February 24-March 30 (excluding 3/16)

Times: Saturdays 12:00p-12:45p

Where: Athens Community Center Exercise Studio

Ages: 2-6 years old

Cost: \$35 per session

Tumbling Level 1

This class is basic foundation building skills of tumbling.

Dates: January 20—March 30 (excluding 3/16)

Times: Saturdays 2:00p—3:00p

Where: Athens Community Center Exercise Studio

Ages: 6-13 years old

Fee: \$65

Tumbling Level 2

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

Dates: January 20—March 30 (excluding 3/16)

Times: Saturdays 3:00p—4:00p

Ages: 6-10 years old

Where: Athens Community Center Exercise Studio

Fee: \$65 per child

Kids Night Out

This is a time to give parents/guardians a much deserved evening to themselves! Guardians can drop off starting at 6:00pm and children must be picked up by 9:00pm. Childcare staff will lead kids in some crafts/activities/ We will also watch a movie and pizza will be served!

Please note on registration form if your child has any dietary needs

Registration opens January 8th

When: February 16th from 6:00pm—9:00pm

Where: Athens Community Center

Ages: Kids in grades K-5th

Fee: \$30 per child *sibling discount available*



Youth Programs—Community Center

Wee Wigglers

Join us for some wiggle worthy fun every Friday from 11:15am—12:15pm. Your littles ones can wiggle, crawl, pedal, run, and jump their way to a great time! Great for physical development as well as social and emotional development! No pre-registration required!

Recommended Ages: 18 months—4 years

Cost: \$5 drop-in fee or \$65 for 15 visit punch pass**

When: Fridays 11:00am—12:00pm

Where: Athens Community Center Gym B

Runs September—May

**These prices will begin January 1st, 2024

Spring Break Camp

Come join us for a week of Spring Break fun! Counselors will lead a number of activities, games, crafts, and more. Each day of Spring Break Camp will be themed around different summer camp themes we have used in the past (such as Great Outdoors, STEAM, etc.).

Camp hours are from 8:00am—5:00pm

Registration opens January 16th

When: Camp will run March 11th—15th

Where: Athens Community Center

Ages: Children in grades K—5th grade

Cost: \$200 per child *sibling discount available*

Preschool

Spaces are still available for 2023-24 Preschool year.

Preschool runs Monday-Thursday 9:00am—12:00pm until May 25th.

The Community Center Preschool program is designed for children ages 3-5 years old. Students must be potty trained. Preschool is designed to provide a chance to learn in a safe, teacher planned, and active environment. Activities will help children learn important social skills in preparation for kindergarten.

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

\$25 Registration fee per child at the time of registration.

Payments are 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 follows:

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 Classes— Community Center

Teen/Adult Karate

This class will introduce beginners to the basics of Shotokan karate and deepen the practice of intermediate and advanced students. Emphasizes building focus, strength, and self-defense skills.



Dates: January 9—March 14

Times: Tuesdays & Thursdays 6:30pm-7:30pm

Where: Athens Community Center Exercise Studio

Ages: 12+

Fee: Members—\$80; Non-member—\$65; Drop-in—\$10

Bootcamp

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!

Dates: January 10 to March 15 (Excluding 2/14)

Times: Wednesdays & Fridays 6:30am to 7:30am

Where: Athens Community Center Exercise Studio

Ages: 16+

Fee: Member-\$75, Nonmember-\$90; Drop-in—\$10



Hatha Yoga

This class seeks to balance the practitioner's mind and body through deepening body awareness in yoga poses. Ideal for people with previous experience in basic poses.



Dates: January 10—March 13

Times: Wednesdays 8:30am-10:00am

Where: Athens Community Center Exercise Studio

Ages: 16+

Fee: Member-\$70; Non-member-\$85; Drop-in-\$10

Adult Classes– Community Center

Yoga 50+

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.

Dates: January 12 to March 15

Times: Fridays 10:00am-11:00am

Where: Athens Community Center Exercise Studio

Ages: 50+

Fee: Member-\$55, Nonmember-\$70; Drop-in—\$10



Slow Flow Yoga with Holly

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

Dates: January 8 to March 11

Times: Mondays 5:30pm-6:30pm

Where: Athens Community Center Room A

Ages: 16+

Fee: Member-\$55, Nonmember-\$70; Drop-in -\$10

Adult Ballet/Jazz Combo

This class is designed to improve rhythm, flexibility, confidence and overall dance ability. Designed for both students who are new to ballet and jazz as well as those with experience, dancers will have a mix of group work as well as individual attention to help each dancer develop in their own journey. You will learn the fundamentals and some tricks, laying a foundation for a well rounded performer!

Dates: January 10 to March 13 (excluding 2/14)

Times: Wednesdays 6:45p-7:45p

Where: Athens Community Center Exercise Studio

Ages: 16+

Fee: \$65 per person; Drop-in-\$10

Adult Classes– Community Center

Zumba

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.

Dates: January 13 to March 16

Times: Saturdays 11:00am—12:00pm

Where: Athens Community Center Exercise Studio

Ages: 16+

Fee: Member-\$55, Nonmember-\$70; Drop-in-\$10

Strong Nation

Strong Nation is a full body workout that incorporates muscle condition 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.

Dates: January 12—March 15

Times: Fridays 5:30-6:30pm

Where: Athens Community Center Exercise Studio

Ages: 16+

Fee: Member-\$55, Nonmember-\$70; Drop-in-\$10

Tai Chi

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.

Dates: January 13 to March 16

Times: Saturdays 9:00a-10:30a

Where: Athens Community Center Exercise Studio

Ages: 16+

Fee: Member-\$45, Nonmember-\$60; Drop-in-\$10



Adult Classes– Community Center

Scottish Folk Dance

Scottish Country Dance is 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! No drop-in's allowed this session.

Dates: January 21 to March 24

Times: Sundays 2:00p-4:00p

Where: Athens Community Center Exercise Studio

Ages: 18+

Fee: \$45 per person

Silver Sneakers Classes—Community Center

SilverSneakers BOOM Move

A higher intensity dance workout class that improves cardio endurance and burns calories. MOVE is all about breaking a sweat and having fun. The class focuses on cardio endurance by starting with simple dance moves then building into more complex sequences, bringing you a great cardio workout.

There is no cost for this class but participants must register and sign in with a valid SilverSneakers membership at the front desk to attend class.

Dates: January 12 to March 15

Times: Fridays 9:00a-10:00a

Where: Athens Community Center Exercise Studio

Requirements: SilverSneakers membership*

SilverSneakers Circuit

This standing class alternates upper body strength work with low impact cardio to maximize fitness benefits.

There is no cost for this class but participants must register and sign in with a valid SilverSneakers membership at the front desk to attend class.

Dates: January 9 to March 13

Times: Tuesdays 12:45p-1:45p

Where: Athens Community Center Exercise Studio

Requirements: SilverSneakers membership*

*SilverSneakers 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.

YOUTH SPORTS

Start Smart Basketball

Ages: 3-5 years old
Season runs January 29th—February 26th
When: Mondays 5:30pm-6:15pm
Where: Athens Community Center Gym A
Cost: \$40 per child



Registration will run November 27th through January 7th

Start Smart Basketball teaches children (ages 3-5) the basic motor skills necessary to play organized basketball, while they work one-on-one and spend quality time with their parents. The program focuses on teaching children and their parents dribbling/ball handling, shooting, passing/catching, and running/agility skills without the threat of competition or the fear of getting hurt. Start Smart Basketball sessions are held one time per week for 5 weeks, and each week the exercises become more difficult as the class progresses and the children show improvement. ***Note: A waitlist will be utilized for anyone that misses the January 7th deadline. There will be a \$5 late registration fee added for any child that is selected to be registered from this list. No further registrations will be taken past January 10th. Please note that while we take all measures to find a team for children on the waitlist, we cannot guarantee a team for each waitlisted child.***

Instructional Basketball

Grades: K-2nd
Season runs January 29th—February 26th
Cost: \$40 per child
Kindergarten: Mondays 6:30-7:15pm
1st Grade: Wednesdays 5:30-6:15pm
2nd Grade: Wednesdays 6:30-7:15pm

Registration runs November 27th through January 7th

Our K-2nd basketball program is an instructional program focused on teaching kids the fundamentals of basketball. Each week, for 5 weeks, an instructor will lead participants through a skills session that will last 45 minutes to an hour. These sessions will work on skills such as dribbling, passing, shooting, and defense. As this is an instructional program there will be no formal games. ***Note: A waitlist will be utilized for anyone that misses the January 7th deadline. There will be a \$5 late registration fee added for any child that is selected to be registered from this list. No further registrations will be taken past January 10th. Please note that while we take all measures to find a team for children on the waitlist, we cannot guarantee a team for each waitlisted child.***

YOUTH SPORTS



Youth Basketball

Grades: 3rd—9th
Cost: \$40 per child*

Registration runs November 27th through January 7th

Our 3rd and 4th grade basketball league is a non-competitive program that is focused on skill development. Teams will play 1-2 times per week. Volunteer coaches will run practice session in the weeks leading up to the start of the season. The league does not keep track of game scores or team records.

Practices will run January 15th-27th (at coaches discretion)
Games Start the week of January 29th and end March 2nd

Coaches Meeting will take place on Thursday, January 11th at 6pm at the Athens Community Center

3/4th grade—Wednesdays & Saturdays
5th/6th grade—Mondays & Saturdays
7th/8th/9th grade—Tuesdays & Saturdays

Times: Weekdays—5:30pm-7:30pm
Saturdays—3rd/4th: 9a-10a; 5th/6th: 10a-11a; 7th/8th/9th: 11a-12p

Note: A waitlist will be utilized for anyone that misses the January 7th deadline.

There will be a \$5 late registration fee added for any child that is selected to be registered from this list. No further registrations will be taken past January 10th. Please note that while we take all measures to find a team for children on the waitlist, we cannot guarantee a team for each waitlisted child.

*Any age appropriate child who receives benefits through Athens County Job & Family Services is eligible to have their fees reduced to \$15 per child, per sport. This is valid for Youth Basketball Grades 3-9 only. Start Smart Basketball & Instructional Basketball Grades K-2 are not eligible at this time. In order to obtain this benefit you will be asked to show proof (via child's insurance card at time of registration).

We are always in need of coaches, officials, and sponsors. If interested please contact us at athensparks&rec@ci.athens.oh.us or call 740-592-3325.

YOUTH SPORTS

Sport Sampler

Description: The Sports Sampler program is run by Ohio University students who are in the Coaching Education program who are also working on creating a Virtual Coaching Education for Coaches, Parents, and Community through an outreach grant. The heart of this project aims to improve the youth sporting experience for children and adolescents by providing coaching education resources to stakeholders leading and supporting youth sport initiatives.

This program will offer a new sport each week for the participants to learn and navigate. The sports that will be covered are: Soccer/Futsal, Basketball, Volleyball, (Flag) Football, and T-ball. All classes will take place at the Athens Community Center. Depending on weather, some classes may take place outdoors while others will be indoors. Appropriate dress is required.

It's important to know that those who participate in this program will be recorded for training purposes and their images will be used for coaching education. A photo/video release form must be signed prior to the first lesson or the participant will not be able to participate.

When: January 26—February 23 Fridays 6:00pm-7:00pm

Where: Athens Community Center Gym B (except on February 2 it will be in Room AB)

Who: Grades 3rd & 4th (or ages 7-10 years)

Cost: \$10 per child

Space is limited to 15 participants

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

Annual Memberships

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

*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.

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

6-Month Memberships

Category	Regular Price	Discounted Price*
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

Day Pass	\$5
Punch card (Good for 20 visits)	\$65
Monthly Membership	\$30
Senior Monthly Membership (60+)	\$25

ARTS WEST—YOUTH PROGRAMS

Creative Movement

A hybrid class combining elements of Hippo Hoppo and Little Royals Ballet.

Dates: Session 1: January 10-February 7; Session

2: February 21— March 13

Times: Wednesdays 5:30p-6:00p

Where: Arts West Performance Space

Ages: 2-4 years old

Cost: \$33 per child, per session

Cadet Strings

A beginning strings class brought to you by the Athens Community Music School. Registration ends January 17

Dates: January 22—April 17 (Excluding 3/11, 3/13)

Times: Mondays & Wednesdays 4:30p-5:30p

Where: Arts West Multipurpose Room

Ages: 9-14

Cost: \$35 per participant

Dance With Me

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).

Dates: Session 1: January 10-February 7; Session 2: February 21— March 13

Times: Wednesdays 5:00p-5:30p

Where: Arts West Performance Space

Ages: 1-3 years old

Cost: \$33 per child, per session

Open Play

Come take a break from the cold weather and enjoy some indoor play time at the Community Center. Games and activities will be set up for kids in multipurpose room A. There will be a sensory station, blocks, board games, and gross motor play gym equipment! Parents are responsible for monitoring their children during this time.

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

When: Every other Saturday: January 13, 27; February 10, 24; March 9

Time: 10:00a—12:00p

Where: Arts West

Recommended Ages: 3-7 years

Cost: \$7 drop-in fee per child

ARTS WEST—ADULT PROGRAMS

Ballroom Dance

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 (leathered soled dance shoes or dress shoes work best).

Dates: January 10—March 13 (Excluding 2/14)
Times: Wednesdays 6:00p-7:00p
Where: Arts West Performance Space
Ages: 16+
Cost: \$50 per person

ARTS WEST—SPECIAL EVENTS

Thrift Shop Painting Class

We provide the art supplies, you provide the creativity! Breath some new life into thrifted paintings. We will have paint, markers, oil, pastels, charcoal, thread, cloth and more.

There will be a selection of thrifted paintings to choose from upon arrival. Two options: Bring your own painting or we can provide one for you!

Date: December 9
Times: Saturday 2:00p-5:00p
Where: Arts West Performance Space
Ages: 14+
Cost: \$20 if you bring your own painting or \$30 and you will be able to choose a painting from our provided selections.

Registration ends December 6th.

