



athens

ARTS, PARKS AND RECREATION

Contact Us

Athens Community
Center

701 E. State St.
Athens, OH 45701

Phone: 740-592-3325

Arts West

132 W. State St.
Athens, OH 45701

Phone: 740-592-4315

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

To Register:

1. Call us: Athens Community Center—740-592-3325 and Arts West 740-592-4315
2. Stop in to the Athens Community Center
3. Register online: <https://anc.apm.activecommunities.com/athensrec>

Summer 2021 Program Guide

COVID Policies:

- Masks are to be worn at all times unless actively exercising
- Class sizes have been reduced to promote proper social distancing
 - No drop-ins for fitness classes at this time
 - All participants will be properly distanced
- We ask you do not arrive more than ten minutes early to classes/ programs
- If you feel unwell or have been exposed to someone whom has tested positive for COVID-19, please do not attend class

Athens Community Center

Monday—Friday 6:00am—8:00pm
(Closed for Cleaning 12pm-1pm)

Saturday 8:00am—2:00pm

Sunday CLOSED

Arts West

Tuesday—Friday 2:00pm—6:00pm

Baby Yogis

A Mommy and Me class that's dedicated to the MOMMIES! Bring your newborn, toddler, or preschooler (or all of them!) along to this yoga and movement class where we focus on teaching you how to de-stress while incorporating your little one. Older children are also welcome to participate; we are homeschooling friendly (need some physical education time? We got you!) Breastfeeding welcome, temper tantrums are common, crying is expected in this no judgement zone; a place where we turn chaos into calm. We know what it's like to be a busy mom focused on your kids so let us help you focus on you for a little while. The ultimate in self-care. Comfortable clothes are recommended.

Ages: Any

When: Fridays 9:00-9:30am

Where: Athens Community Center Exercise Studio

Session 1: June 25th—July 23rd (no class July 2nd) Session 2: July 30th—August 20th

Fee: \$25 per session

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).

Ages: 1+

When: Fridays 10:00-10:30am

Where: Athens Community Center Exercise Studio

Session 1: June 25th—July 23rd (no class July 2nd) Session 2: July 30—August 20th

Fee: \$25 per session

Creative Movement

Hybrid class of Hippo Hoppo and Little Royals Ballet.

Ages: 3-5 years old

When: Fridays 11:00-11:30am

Where: Athens Community Center Exercise Studio

Session 1: June 25th—July 23rd (no class July 2nd)

Session 2: July 30th—August 20th

Fee: \$25 per session



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!

Who: Ages 16+
When: Mondays and Fridays 6:30am—7:30am
June 14th—August 20th (no class July 2, 5, & 23)
Where: Athens Community Center Exercise Studio
Fee: Member—\$60 Non-Member—\$75



Yoga 50+

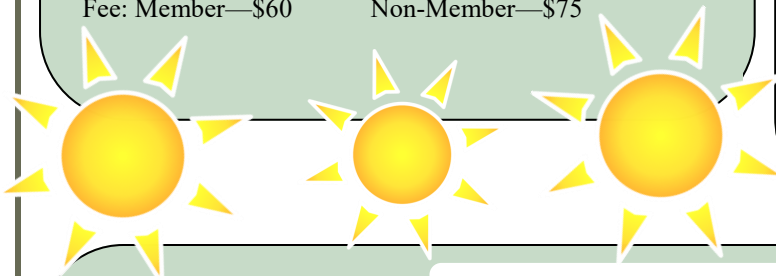
For mid-life and older beginners, this class offers an ideal low impact, invigorating way to keep the body supple, and the mind relaxed and focused.

Who: Ages 50+
When: Tuesdays 2:00pm—3:00pm
June 15th—August 17th
Where: Athens Community Center Exercise Studio
Fee: Member—\$60 Non-Member—\$75

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. This class is open to returning participants at this time or with instructor permission.

Who: Ages 16+
When: Saturdays 9:00am—10:30am
June 19th—August 21st
Where: Athens Community Center Exercise Studio
Fee: Member—\$45 Non-Member—\$60



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.

Who: Ages 16+
When: Mondays 5:30pm—6:30pm
June 14th—August 16th
Where: Athens Community Center Exercise Studio
Fee: Member—\$60 Non-Member—\$75



Karate

This class is for teen and adult beginners, and intermediate and advanced students of all ages, including children (with instructor's permission). Students will learn and practice karate techniques, including kata and sparring.

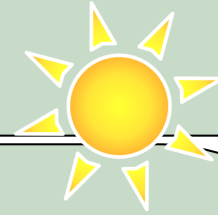
Who: Ages 16+

When: Tuesday and Thursday 6:30pm—7:30pm

July 27th—August 19th

Where: Athens Community Center Exercise Studio

Fee: Member—\$25 Non-member—\$30



Crafternoon!

For children grades K-3rd. Children will be led by the instructor through arts and crafts projects any kid will love!

Who: Children in grades K-3rd

When: Mondays & Wednesdays 3:30pm—5:30pm

May 24th—June 30h

Where: Athens Community Center Arts and Crafts Room

Cost—\$12 per class



May 24th—Sock Bunnies

May 26th—Air Dry Clay Mandrakes

June 2nd—Felt Crowns

June 7th—Skrinky Dink Snow Globes

June 9th—Clothespin Chompers

June 14th—Unicorn Horns

June 16th—Glove Monsters

June 21st—Egg Carton Animal Portraits

June 23rd—Dinosaur Eggs

June 28th—Air Dry Clay Alien Space Craft

June 30th—Firework Tapestries

Afternoon Arts

Afternoon Arts classes will give children the chance to experience different art forms and techniques. There are a variety of themed options to choose from including ceramics, movement, music, and puppets. See our class lineup below:

Who: Grades K-5th
 Cost: \$40 per session
 Where: Arts West

Afternoon Arts: Ceramics Greek Myths (grades K-5th)

K-2nd: June 2nd—June 23rd
 3rd—5th: June 1st—June 22nd

Description:

In Ceramics class, students will get a chance to experience different techniques to create art with clay. Our theme this unit will be Ancient Greek Myths!

Day 1: Ceramic Pegasus
 Day 2: Midas Hands
 Day 3: Glaze Day
 Day 4: Assembly of Pegasus / Pandora's Box

Afternoon Arts: Movement (grades K-5th)

K-2nd: June 1st—June 22nd
 3rd-5th: June 7th—June 21st

Description:

Play is essential for children! For the better part of two decades, I have worked with children using play as a therapeutic and creative outlet for personal development.

Afternoon Arts: Music (grades K-5th)

K-2nd: June 7th—June 21st
 3rd—5th: June 2nd—June 23rd

Description:

Sing together, play rhythm games, and make music! We'll be having fun with music, exploring different instruments, and making up some of our own songs too.

Afternoon Arts: Puppet Theater (grades K-5th)

K-2nd: June 3rd—June 24th
 3rd—5th: June 4th—June 25th

Description:

Puppetry is an art medium born from the storytelling traditions of many cultures. In this course we will explore the basic tenets of puppetry, create our own puppet creations, and practice acting out stories with puppets!

Afternoon Arts: Visual Art—Reptiles (grades K-5th)

K-2nd: June 4th—June 25th
 3rd—5th: June 3rd—June 24th

Description:

In Visual Art class, students will get a chance to experience many different materials and techniques to create 2-D and 3-D art. Our theme this unit will be reptiles!

Day 1: Air Dry Clay Dragons guarding treasure hordes.
 Day 2: Air Dry Clay Dragons guarding treasure hordes part two.
 Day 3: Dinosaur Eggs
 Day 4: Woven Fiber Art Turtles

Youth Baseball

Start Smart Baseball—\$35 per child

Start Smart Baseball is a developmentally appropriate introductory baseball program for children 3-5 years old. The program prepares children for organized tee ball, baseball and softball in a fun, non-threatening environment. Start Smart Baseball prepares children and their parents for organized baseball and softball without the threat of competition or the fear of getting hurt. Age appropriate equipment from Franklin Sports® is used in teaching throwing, catching, batting, running and agility.

All classes will take place in field behind the Athens Community Center (701 East State Street)

AM Session

June 23rd-July 21st
Wednesdays
10:00am-10:45am

PM Session

June 21st-July 19th
Mondays
5:30pm-6:15pm

Saturday Session

June 26th-July 24th
Saturdays
10:00am-10:45am

Youth Baseball Coach Pitch—\$35 per child

For ages 7-9.

If you have assistance through Athens County Job and Family Services for the child participating you qualify for a registration fee of \$10 per child, per sport. In order to take advantage of this fee you must register in person at the Athens Community Center and show proof of assistance at time of registration.

June 22nd—July 22nd

Games will be played on Tuesdays and Thursdays at either 5:30pm or 6:30pm

Youth Baseball T-Ball—\$35 per child

For ages 5-6.

If you have assistance through Athens County Job and Family Services for the child participating you qualify for a registration fee of \$10 per child, per sport. In order to take advantage of this fee you must register in person at the Athens Community Center and show proof of assistance at time of registration.

June 21st—July 21st

Games will be played Mondays and Wednesdays at either 5:30pm or 6:30pm.

