

# Fall 2021 Programs Guide



## ATHENS COMMUNITY CENTER HOURS

Monday-Friday 6:00 a.m.—8:00p.m.  
Saturday 8:00 a.m.—2:00 p.m.  
Sunday CLOSED

## ARTS WEST OFFICE HOURS

Tuesday-Friday 2:00 p.m.– 6:00 p.m.



## **Current Covid Policies:**

- *Masks are required regardless of vaccination status except when actively exercising.*
- *Drop-ins will be available for Fall classes. \$10 per class.*
- *Do not attend activities if you feel unwell or have been in contact with someone that has tested positive for COVID-19*
- *Practice social distancing when possible and good hand hygiene*

## How to Register:

1. Stop by the Athens Community Center front desk
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](http://athensapr.com)

## Contact Us:

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

# Adult Programs

## Slow Flow Yoga

Instructor: Holly Fitch  
Mondays 5:30-6:30pm  
September 13—November 15  
Location: ACC Exercise Studio  
Ages: 16+  
Member—\$60  
Non-member—\$75

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 18– November 20  
Location: ACC Exercise Studio  
Ages: 16+  
Member—\$45  
Non-member—\$60

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 or with instructor permission.*



## Bootcamp

Instructor: Robyn Lindsey  
Mondays and Fridays  
6:30a.m.—7:30 a.m.  
September 13-November 19  
Location: ACC Exercise Studio  
Ages: 16+  
Member—\$60  
Non-member—\$75

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!

## Ballet for Adults

Instructor: Robyn Lindsey (RL Dance Co)  
Mondays 7:00-8:00pm  
September 13– November 15  
Location: ACC Exercise Studio  
Ages: 16+  
Member—\$60  
Non-member—\$75

It's never too late to learn a new dance, while improving posture and flexibility in this mixed level class. Students will focus on developing a basic understanding of the foundations of ballet with exercises in the center of the floor and moving across the floor. No barre will be used at this time due to COVID restrictions. Clothing should be loose and comfortable, no denim. Bare feet or flat ballet shoes recommended.

**Cancelled**

# Adult Programs

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**\*NEW\***

## Swerk

Instructor: RL Dance Co.

Thursdays 6:00-7:00pm

September 16– November 18

Location: ACC Multi-Purpose Room A

Ages: 16+

Member—\$60

Non-member—\$75

SWERK is the newest and hottest dance fitness craze available. Upbeat routines are paired with the hottest pop and hip hop songs to make you sweat, work, and twerk your way to weight loss and toned bodies! We will have you movin and grooving with our booty poppin, glute-focused dance moves that'll have you shredding calories with a smile on your face. Perfect for all levels of fitness, no prior dance experience needed.



## Hatha Intermediate Yoga

Instructor: Barbara Rostad

Wednesdays 8:30-10:00am

September 15– November 17

Location: ACC Exercise Studio

Ages: 18+

Member—\$65

Non-member—\$80

## Karate

Instructors: Wendy McVicker and Howard Beebe

Tuesdays and Thursdays

6:30-7:30 pm

Advanced 7:30-8:00pm

September 14-November 18

Location: ACC Exercise Studio

Ages: 12+

Member—\$45

Non-member—\$60

# Youth Programs

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## **Hippo Hoppo Dance Class**

Instructor: Robyn Lindsey (RL Dance Co.)

Wednesdays 6:00-6:30pm

Session 1—September 15-October 6

Session 2—October 13-November 4

Location: ACC Exercise Studio

Ages: 3-5 years old

Cost: \$25 per session

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.

## **Little Royals Ballet**

Instructor: Robyn Lindsey (RL Dance Co)

Mondays 5:30-6:00pm

Session 1—September 13-October 4

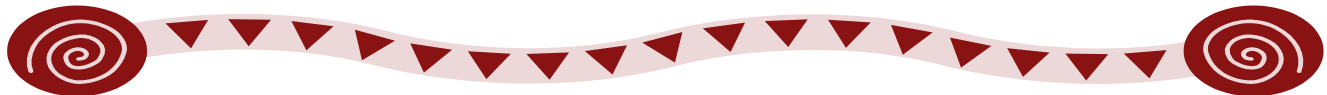
Session 2—October 11-November 4

Location: ACC Exercise Studio

Ages: 4-7 years old

Cost: \$25 per session

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.



# Youth Programs

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## Ballet 101

Instructor: Robyn Lindsey (RL Dance Co)

Mondays 6:00-6:45pm

September 13-November 15

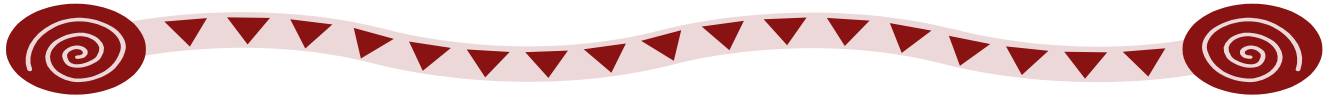
Location: ACC Exercise Studio

Ages: 6-10 years old

Cost: \$75

**FULL**

Everything you need to know for a solid foundation in this classical dance. Class will cover fundamentals of ballet vocabulary and technique while introducing dancers to a more structured class. Student will learn the importance of strength, flexibility, rhythm and musicality through exercising 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](mailto:info@rldancecompany.com)



## Creative Movement (Monday)

Instructor: Robyn Lindsey (RL Dance Co)

Mondays 4:30-5:00pm

Session 1—September 13-October 4

Session 2—October 11– November 1

Location: ACC Exercise Studio

Ages: 3-5 years old

Cost: \$25 per session

## Creative Movement (Friday)

Instructor: Robyn Lindsey (RL Dance Co)

Fridays 11:00-11:30am

Session 1—September 17-October 8

Session 2—October 15– November 5

Location: ACC Exercise Studio

Ages: 3-5 years old

Cost: \$25 per session

# Youth Programs

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## Baby Yogis

Instructor: Robyn Lindsey (RL Dance Co)

Fridays 9:00-9:30am

Session 1—September 17-October 8

Session 2—October 15-November 5

Location: ACC Exercise Studio

Age: Newborn+

Cost—\$25 per session

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 judgment 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.

## Dance With Me

Instructor: Robyn Lindsey (RL Dance Co)

Fridays 10:00-10:30am

Session 1—September 17-October 8

Session 2—October 15-November 5

Location: ACC Exercise Studio

Age: 18 months—3 years old

Cost—\$25 per session

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).

## Hip Hop Rock Dance Class

Instructor: Robyn Lindsey (RL Dance Co)

Wednesdays 6:00-7:15pm

September 15-November 17

Location: ACC Exercise Studio

Ages: 5-10 years old

Cost—\$75

**FULL**

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.

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# Youth Sports

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**REGISTRATION HAS ENDED**

## Youth Soccer

Grades K—6th

Registration open now through August 21st.

Cost: \$35 per child

Coaches Meeting: August 25th at 6:00pm

Practices (per coaches discretion) August 26-September 10

Games: September 13-October 14

Currently we are in need of coaches and soccer officials. Please contact us at 740-592-3325 or email us at [athensparks&rec@ci.athens.oh.us](mailto:athensparks&rec@ci.athens.oh.us) if you are interested.

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# Childcare

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## Preschool

For kids ages 3-5 years old who are fully potty trained

Location: Athens Community Center

This program follows the Athens City School District academic calendar for days off.

First day of classes is August 30th.

Classes run 4 days a week (Monday—Thursday) from 9am-12pm

This is a state licensed program through ODJFS

Cost: \$25 registration fee due at time of registration

Monthly fee of \$240 (excluding December—\$120 and March—\$180)

The program is limited to 15 children.

You must register in person at the Athens Community Center for this program.

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# Childcare

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## Before School Care

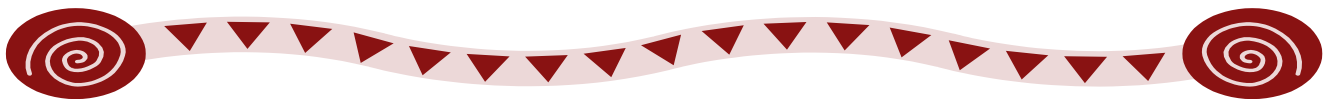
For K-5th graders who attend East or West Elementary  
Care takes place at the Athens Community Center. We are working with the Athens City School District Bus Garage for transportation to and from school.

This program is limited to 35 children.

You must register in person at the Athens Community Center.

Cost: \$25 registration fee due at time of registration. Registration fee is non-refundable.

Before Care is \$25 per 5 visit punch card.



## After School Care

For K-5th graders who attend East or West Elementary  
Care takes place at the Athens Community Center. We are working with the Athens City School District Bus Garage for transportation to and from school.

This program is limited to 35 children.

You must register in person at the Athens Community Center

Cost: \$25 registration fee due at time of registration. Registration fee is non-refundable.

Monthly cost is \$200 per month (excluding December—\$100 and March—\$150)

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# Arts West Programs

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## After School Arts

**What:** Join local Arts Educators April Felipe, Jamie Betit, Megan Bee, and Emily Beveridge in an afternoon of creative learning this fall. During each After School Arts class participants will be led by the instructor through a lesson in Costume Art, Puppet Theater, Music, Movement, Drawing or Ceramics. These classes will be low key, and an ideal way to introduce new concepts in the arts to your student. For questions, please contact Emily Beveridge, Program Specialist at 740-592-4315 or [ebeveridge@ci.athens.oh.us](mailto:ebeveridge@ci.athens.oh.us)

**Who:** Grades K-8th

**Where:** Arts West

**Puppet Theater (K-5):** Mondays 4:00-5:30pm

Session 2: Oct. 11—Nov. 8 (5weeks) Cost \$50

Session 3: Nov 15—Dec. 20 (5weeks) Cost \$50

**Music (K-5):** Tuesdays 4:00-5:30pm

Session 2: Oct. 12—Nov. 9 (4weeks) \$40

Session 3: Nov. 16—Dec. 21 (6weeks) \$60

**Deep Dive Drawing (Grades 6-8):** Tuesdays 3:00-5:30pm

Session 1: Sept. 14—Oct. 5 (4 weeks) \$60

Session 2: Oct. 12—Nov. 9 (4weeks) \$60

Session 3: Nov. 16—Dec. 21 (6 weeks) \$90



# Arts West Programs

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## After School Arts

**Movement (K-5):** Wednesdays 4:00-5:30pm

Session 1: Sept. 15—Oct. 6 (4weeks) \$40

Session 2: Oct. 13—Nov. 10 (5weeks) \$50

Session 3: Nov. 17—Dec. 15 (4 weeks) \$40

**Ceramics (Grades 6-8):** Wednesdays 3:00-5:30pm

Session 1: Sept. 15—Oct. 6 (4weeks) \$60

Session 2: Oct. 13—Nov. 10 (5weeks) \$75

Session 3: Nov. 17—Dec. 15 (4weeks) \$60

**Ceramics (Grades K-5):** Thursdays 4:00-5:30pm

Session 1: Sept. 16—Oct. 7 (4weeks) \$40

Session 2: Oct. 14—Nov 11 (5weeks) \$50

Session 3: Nov. 18—Dec. 16 (4 weeks) \$40

**Cosplay (Grades 6-8):** Thursdays 3:00-5:30pm

Session 2: Oct. 14—Nov. 11 (5weeks) \$75

Session 3: Nov. 18—Dec. 16 (4weeks) \$60

**Costume Art (Grades K-5):** Fridays 4:00-5:30pm

Session 1: Sept. 17—Oct. 8 (4 weeks) \$40

Session 2: Oct. 15—Nov. 12 (4weeks) \$40

Session 3: Nov. 19—Dec. 17 (4weeks) \$40

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