



Spring 2021 Program Guide

Contact Us

Athens Community
Center

701 E. State St.
Athens, OH 45701

Phone: 740-592-3325

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

To Register:

1. Call 740-592-3325
2. In-person at Athens Community Center
3. Online: <https://anc.apm.activecommunities.com/athensrec>



COVID Policies:

- Masks are to be worn at all times unless actively exercising
- Classes are reduced to a maximum of 9 participants
 - 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 Hours of Operation

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

Saturday 8:00am—2:00pm

Sunday CLOSED

Ballet for Adults

It's never too late to learn to 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.

Ages: 16+

When: Tuesdays 7:00-8:00pm
(April 13th—June 1st)

Fee:
Member—\$60 Non-Member—\$75



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!



Ages: 16+

When: Mondays and Fridays 6:30-7:30am
(April 9th—June 4th)

Fee:
Member—\$60 Non-Member—\$75

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

Ages: 16+

When: Mondays 5:30-6:30pm
(March 29th—May 24th)

Fee:
Member—\$55 Non-Member—\$70



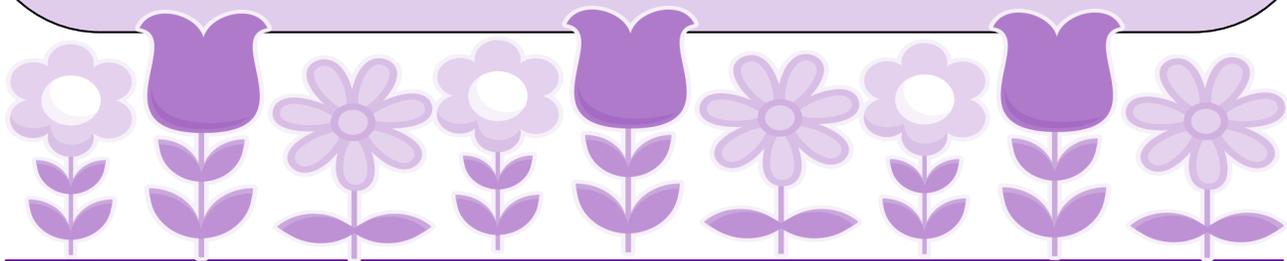
Tai Chi

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.**

Ages: 16+

When: Saturdays 9:00-10:30am
(April 3rd—May 29th)

Fee:
Member—\$40 Non-Member—\$55



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.

Ages: 50+

When: Tuesdays 2:00-3:00pm
(March 30th—May 25th)

Fee:
Member—\$55 Non-Member—\$70



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

Session 1 (April 16th—May 7th) Session 2 (May 14th—June 4th)

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

Session 1 (April 16th-May 7th) Session 2 (May 14th—June 4th)

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

Session 1 (April 16th—May 7th)

Session 2 (May 14th—June 4th)

Fee: \$25 per session



Hippo Hoppo Dance

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

Ages: 3-5 years

Fee: \$25 per session

Options:

Tuesday P.M.

5:00-5:30pm

Session 1 (April 13th—May 4th)

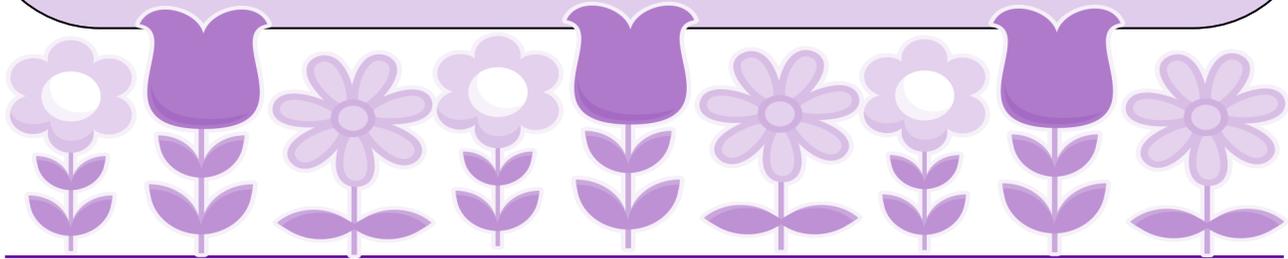
Session 2 (May 11th—June 1st)

Thursday P.M

4:00-4:30pm

Session 1 (April 15th—May 6th)

Session 2 (May 13th—June 3rd)



Little Royals Ballet Dance

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.

Age: 4-6 years

When: Thursdays 5:00-5:30pm

Session 1 (April 15th—May 6th) Session 2 (May 13th—June 3rd)

Fee: \$25 per session



Ballet 101 Ages 5-10

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

Ages: 5-10 years

When: Thursdays 6:00-6:30pm
(April 15th—June 3rd)

Fee: \$75

Hip Pop Rock Ages 5-11

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.

Ages: 5-11 years

When: Tuesdays 6:00-6:45pm
(April 13th—June 1st)

Fee: \$75



Crafternoon!

For children grades K-3rd. Children will be led by the instructor through arts and crafts projects any kid will love! Weekly classes will be held on Mondays from 4:00pm-5:30pm. Enrollment limited to 9 students per class. All classes will be held in the Arts & Crafts Room.

Grades K-3rd

Cost—\$10 per class

Craft Projects will be as follows:

March 8th—Gnome Homes

March 15th—Socktapus

March 22nd—Air Dry Clay Dragons

March 29th—Spiral Doodle Snail

April 5th—Japanese Carp Wind Socks

April 12th—Viking Ships

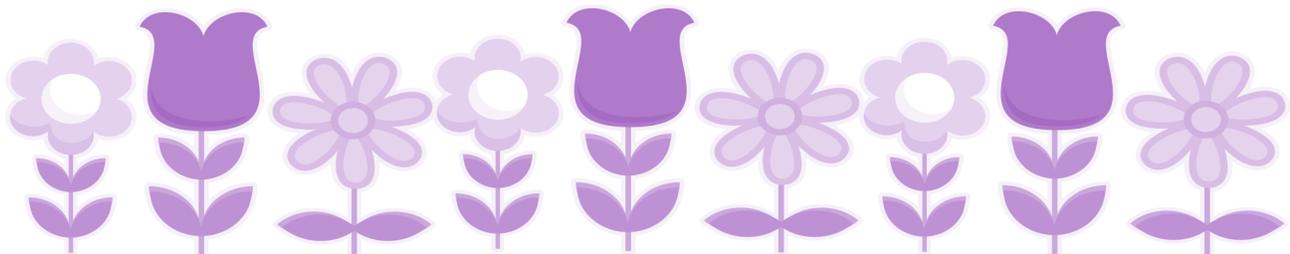
April 19th—Pet Rocks

April 26th—Birds in Yarn Nest

May 3rd—Sun Print Banners

May 10th—Pop Bottle Terrariums

May 17th—Food Houses



Start Smart Soccer

Join us for a parent and child engaging experience in the wonderful world of soccer. For kids ages 3-5 years old who want to learn skills of the game of soccer along with enjoying the interaction with their parents. This is a 5 week program that assists in the development of soccer skills as an introductory program. Parents will lead and participate along with their child during this program so that they can continue skill development at home after the program has ended. Start Smart Soccer will take place on the grass area behind the Athens Community Center between the skate park and the tennis courts. Covid prevention plan will be in place for this program. There will be a parent Zoom meeting April 8th at 6pm

Ages: 3-5 years

Options:

Mondays
5:30-6:15pm
April 12th-May 10

Wednesdays
10:00-10:45am
April 14-May 12)

Saturdays
10:00-10:45am
April 17-May 15)

Fee: \$35

Youth Soccer

Registration runs March 1st—March 31st.

Kindergarten plays Tuesday/Thursday April 20-May 20

1st/2nd grade plays Mondays/Wednesdays April 19-May 19

3rd/4th grade plays Tuesdays/Thursdays April 20-May 20

5th/6th grade plays Mondays/Wednesdays April 19-May 19

Parent Meeting via Zoom April 7th at 6pm.

Coaches Meeting (in-person) on April 5th at 6pm

*Coaches Needed—if interested contact Erin Helms at 740-592-3325 or ehelms@ci.athens.oh.us

