



athens

ARTS, PARKS AND RECREATION

To Register:

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

Keep up to date!

Check out our website,
athensapr.com

Follow us on social media!

@AthensCommCtr

@ARTSWest



Spring 2022 Program Guide

Athens Community Center

701 East State Street
Athens, Ohio 45701

Hours of Operation

Monday—Friday 6:00am—8:00pm

Saturday 8:00pm—4:00pm

Sunday CLOSED

Contact Us:

Phone: 740-592-3325

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

Arts West

132 West State Street
Athens, Ohio 45701

Hours of Operation

Tuesday—Friday 2:00pm—6:00pm

Contact Us:

Phone: 740-592-4315

Email: ebeveridge@ci.athens.oh.us

Community Center Adult Programs

Hatha Yoga ~ Intermediate Level

Age: 16+
When: April 6th—May 25th
Wednesdays 8:30am-10:00am
Cost: Member: \$60; Non-member: \$75

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.

Slow Flow Yoga with Holly

Age: 16+
When: April 4th—May 23rd
Mondays 5:30pm-6:30pm
Cost: Member: \$45; Non-member: \$60

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

Yoga 50+

Age: 50+
When: Fridays 10:15-11:15am
April 22-June 3
Cost: Member—\$45; Non-member—\$55

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.

Bootcamp

Ages: 16+
When: Wednesdays & Fridays 6:30-7:30am
April 20-June 3
Cost: Member-\$45; Non-member:-\$55

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!

Karate with Wendy McVicker

Age: 16+
When: April 5th—May 26th
Tuesdays & Thursdays 6:30pm-7:30pm
Cost: Member: \$50; Non-member: \$65

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.

Community Center SilverSneakers Program

Silver Sneaker Boom

Who: Silver Sneakers Members

When: Fridays 9:15-10:00am

April 22-June 3

Cost: FREE with valid Silver Sneakers membership

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.



***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 Youth Programs



**SUMMER
CAMP**

Who: Grades K– entering 6th

When: Registration begins March 14th at 8:30am*

Camp will run June 6th–August 5th (No camp 4th of July week)

*You must register in person at the Athens Community Center. Online and phone registrations are not available.

Cost:\$45 registration fee (due when registering) + \$105 camp fee (due one week prior to camp week)
= \$150 total cost per week.

For detailed descriptions of camp weekly themes please see the additional handout available at the front desk.



Community Center Youth Programs

Wee Wigglers

Age: 18 months—4 years

When: Fridays from 11:15am—12:15pm

Program will run through May 27th

Cost: \$4 per child or a 15 visit punch card may be purchased for \$52.

Description: Your little one can wiggle, crawl, pedal, run, and jump their way to a great time with this free play style program. It's great for physical, social, and emotional development. This is a drop in style program, no advance registration needed.



Ballet 101

Age: 6-10 years

When: Mondays 6:00-6:45pm

April 11-June 6 (no class April 18)

Cost: \$60

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



Community Center Youth Programs

Hip Pop Rock

Age: 5-10 years
When: Mondays 6:45-7:30pm
April 11-June 6 (no class April 18)
Cost: \$60

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.

Hippo Hoppo

Age: 3-5 years
When: Mondays 5:00-5:30pm
April 11-May 23 (no class April 18)
Cost: \$30

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.

Little Royals Ballet Dance

Age: 4-7 years
When: Mondays 5:30-6:00pm
April 11-May 23 (no class April 18)
Cost: \$30

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.



Youth Sports

Youth T-ball & Coach Pitch Baseball

Ages: 5-9 years

When: Registration runs April 11th-May 22nd

Cost: \$35/child*

Season runs June 13th to July 14th (no games July 4th)

T-ball:

For ages 5 & 6 will play on Mondays/Wednesdays

Coach Pitch:

For ages 7-9 will play on Tuesdays/Thursdays

Games will be at either 5:30pm or 6:30pm and will be held at the West State Street Ballfields (Fields—Three Rivers & Riverfront)

*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.



Adult Sports

AOSO & APR Adult Soccer League

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.

Cost: \$76 per player

Register in-person at the Athens Community Center or online (additional fees apply if register online).
Registration is open through May 31st

Season begins April 30th and ends July 30th. Registration is open through May so late registrants can still join.

Games will be on Saturdays and are determined by Athens Ohio Soccer Organization (AOSO)

For questions, please email the AOSO board at pkokgh@gmail.com

Follow their Facebook page for updates and more information: @AthensCommunitySoccer

Adult Sports

Pickleball Clinics

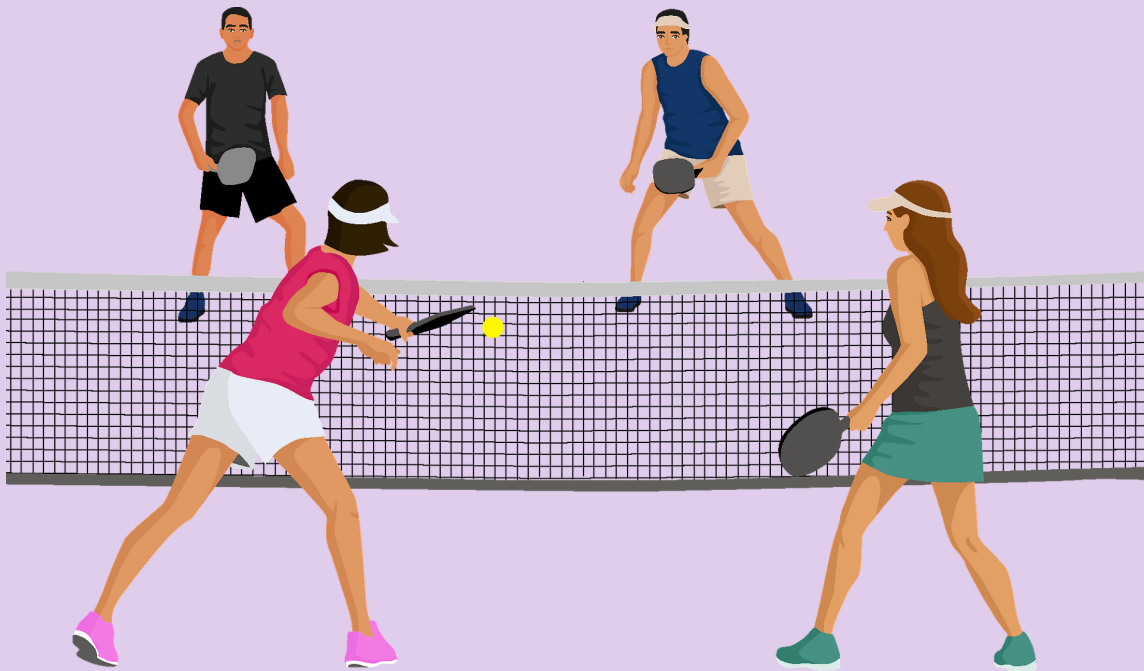
Ages: 16+

When: Three clinics to choose from:

April 19th 5:30-7:30pm; April 22 8:00-10:00am; April 23rd 10:00am-12:00pm

Cost: \$10 per person per clinic date

Come learn the game of pickleball with instructor Greg Lavelle! Learn proper movement, paddle skills & control while being introduced to the rules of the game and scoring. You are encouraged to bring your own equipment but some paddles & balls are provided. Wear sneakers & comfortable clothing



Arts West Youth Programs

Afterschool Arts: Paint & Prints

Who: Grades K-5th
**When: March 14—April 11 &
April 25—May 23**
Mondays 4:00-5:30pm
Cost: \$50 per session; per student

What: In Paint & Prints class, students will be lead through technique driven projects that will also allow them to experience new materials and concepts! In each session students will emerge with projects to be proud of, and their own original prints to share.

Afterschool Arts: Paint & Prints

Who: Grades 6th-8th
**When: March 17—April 14 &
April 21—May 26**
Thursdays 3:00-5:30m
Cost: \$75 session 1; \$90 session 2

What: In Paint & Prints class, students will be lead through technique driven projects that will also allow them to experience new materials and concepts! In each session students will emerge with projects to be proud of, and their own original prints to share.

Afterschool Arts: Ceramics (Epic Journeys)

Who: Grades K-5th
When: April 20-May 25
Wednesdays 4:00-5:30pm
Cost: \$60

What: In Ceramics class, students will get a chance to experience different techniques to create art with clay. Our theme this session will be Epic Journeys!

Afterschool Arts: Ceramics (The Four Elements)

Who: Grades 6th-8th
When: April 20-May 25
Wednesdays 3:00-5:30pm
Cost: \$90

What: In Ceramics class, students will get a chance to experience different techniques to create art with clay. Our theme this session will be The Four Elements!

Afterschool Arts: Ceramics (The Four Elements)

Who: Grades K-5th
When: April 21-May 26
Thursdays 4:00-5:30pm
Cost: \$60

What: In Ceramics class, students will get a chance to experience different techniques to create art with clay. Our theme this session will be The Four Elements!

Afterschool Arts: Deep Dive Drawing

Who: Grades 6th-8th
**When: March 15—April 12 &
April 19—May 24**
Tuesdays 3:00-5:30m
Cost: \$75 Session 1; \$90 Session 2

What: In this drawing focused art class, students will have the opportunity to develop their skills. Traditional techniques, as well as lessons geared towards students focusing on their own style and interests will be taught. This is a great class for students who wish to further their art skills beyond a typical school setting!



Arts West Affiliated Youth Programs*

PRISM LGBTQ+ After School Program

Who: Middle & High School age students
When: March 14, 21, 28, April 4, 11, 25, May 2, 9, 16, 23
Mondays 3:00-5:30pm at Arts West
Cost: Free

Description: Middle and High School Age students can meet in the basement of Arts West to learn and socialize with their peers. A snack will be provided each week, and students can join local artists for an afternoon of art projects and fun! This program is FREE and open to all students, although the schedule follows the Athens City Schools Schedule.

For more information, call Arts West: 740-592-4315, Or contact Lacey Rogers: lagaro88@gmail.com

* Please note: These programs are organized by an organization outside of Arts West and are not a program directly ran by Arts West. Please use the contact information provided to inquire about the program.

Arts West Adult Programs

Tai Chi Class

When: Meets in Arts West Performance Space on Mondays from 6-7pm
Cost: \$10 per class (no pre-registration, pay at time of class)

Description: Learn slow, graceful movements that will improve circulation, balance & massage your organs. This will be taught as a sequence, with each class more moves will be added on, so it is encouraged to attend as many classes as possible. **For more info email Gina at tigerlily1228@gmail.com**



Misc.

**Volunteers Wanted for Skate
Park Repair Work Days**

Come help us make repairs to the Athens Skate Park. We will be working with a local company to do some repairs to the park and the more hands the better!

Anticipated work days are May 7th–16th
(weather dependent)

Volunteer work tasks include: graffiti removal, concrete demo work, patch work prep, and general maintenance

If you are interested in volunteering for one or more days or even if you can only spare a few hours, contact us at kjordan@ci.athens.oh.us

