

Fall 2020 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

Closed Monday—Friday from
12:00p.m.-1:00 p.m. for cleaning.



Please note the following:

- *Masks are required when not actively exercising*
- *Please do not arrive more than 10 minutes prior to activity start time.*
- *Do not attend activities if you feel unwell or have been in contact with someone that has tested positive for COVID-19*
- *Maintain 6 foot social distancing and practice good hand hygiene*
- *All classes have a maximum of 9 participants*

Youth Sports—Start Smart Football

Ages: 5-7 years old

Cost: \$35 per child

Join us for a parent and child engaging experience in the wonderful world of football. This introductory program is designed to teach the skills of football along with enjoying the interaction with their parents. Parents will participate with their child during this program so that they can continue skill development at home after the program has ended.

This program will take place on the grass area behind the Athens

Community Center between the skate park and the tennis courts.

A Covid prevention plan will be in place for this program. For more details on this, please email Erin Helms at ehelms@ci.athens.oh.us

Registration runs through September 20th.

Parent meeting via Zoom Sept. 23rd @5:30p.m.

Sessions Available:

A.M.- Wednesdays

10:00a.m.-11:00a.m.

Sept. 30th—Oct. 28th

P.M.—Mondays

5:30p.m.-6:30p.m.

Sept. 28th-Oct. 26th



Adult Programs

All Levels Flow Yoga

Fridays 10:00a.m.-11:00a.m.
October 2nd - November 20th
Member—\$40
Non-member—\$55

Designed to be welcoming to beginners or more experienced students. Modifications offered to increase/decrease intensity so all students can find the practice that fits their body. Expect to move through a slow breath and alignment focused practice that builds naturally in intensity. And to hold poses to increase strength in the body and notice the activity in mind. Check in, listen, and connect.

Yoga 50+

Tuesdays 2:00p.m.-3:00p.m.
September 29th-November 17th
Member—\$40
Non-member—\$55

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

Mondays and Fridays
6:30a.m.—7:30 a.m.
September 28th-November 20th
Member—\$55
Non-member—\$70

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!

La Blast Saturday (Virtual Only)

Saturdays 10:00a.m.—11:00 a.m.
October 3rd – November 21st
Cost—\$22

LaBlast is a partner-free dance fitness workout designed for all levels. It leads you through an eclectic mix of classic ballroom dances set to a variety of music genres. Do the Cha Cha Cha, Salsa, and Jive set to pop, rock, hip hop, and country to burn fat and blast calories. Whether you want to tone your body, maintain a healthy lifestyle, learn to dance, or just have a great time, LaBlast offers something for everyone.

*Note: Class is completely virtual. You will need a smart device or computer with a camera to participate.

Youth Programs

Ballet 101 (Ages 5-10)

Thursdays 6:00p.m.—6:45p.m.

October 1st—November 19th

Cost—\$60

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.

Hip Hop Rock Dance Class (Ages 5-11)

Thursdays 7:00p.m.-7:45p.m.

October 1st—November 19th

Cost—\$60

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.



Hippo Hoppo Dance Class (Ages 3-5) Cost—\$25

A.M Class

Mondays 9:00a.m.-9:30a.m.

Sept. 28th-Oct.26th

P.M. Class

Thursdays 4:00p.m.-4:30p.m.

Oct. 1st-Oct.29th

A.M. Class at ArtsWest

Fridays 10:00a.m.-10:30a.m.

Oct. 2nd-Oct.30th

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!

Little Royals Ballet (Ages 4-6) Cost—\$25

A.M Class

Mondays 10:00a.m.-10:30a.m.

Sept. 28th-Oct.26th

P.M. Class

Thursdays 5:00p.m.-5:30p.m.

Oct. 1st-Oct.29th

A.M. Class at ArtsWest

Fridays 9:00a.m.-9:30a.m.

Oct. 2nd-Oct.30th

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.



Two ways to register:

- 1. Online at <https://anc.apm.activecommunities.com/athensrec>**
- 2. At the Front Desk of the Athens Community Center**

CONTACT INFORMATION

Athens Community Center
701 East State Street

Phone: 740-592-3325

Email: ehelms@ci.athens.oh.us

**Follow us on Facebook & Twitter —
@AthensCommCtr**
