RECREATION TIMES

A publication of the Wyoming Recreation Department

Inside the Guide

- Events
- Seniors
- Sports
- Health & Wellness

WYOMING RECREATION DEPARTMENT

Recreation Center Hours

M/T/W/TH	5 am-9 pm
F	5 am-7 pm
S	7 am-6 pm
SU	12-6 pm

Holiday Hours

Labor Day	Closed
Thanksgiving	Closed
Christmas Eve	Closed
Christmas	Closed
New Year's Eve	Closed
New Year's Day	Closed

www.wyomingohio.gov

Civic Center
513-821-5423

Recreation Center
513-821-5200

Rachel Leininger, Director
rleininger@wyomingohio.gov

Emily Dengler,
Communications/Events
edengler@wyomingohio.gov

Reece Dow, Sports/Programs
rdow@wyomingohio.gov

Jennifer Pospisil,
Front Desk/Civic Center Rentals
jpospisil@wyomingohio.gov

Brian World, Civic Center
bworld@wyomingohio.gov

Alisha Wood, Fitness Manager
awood@wyomingohio.gov

RECREATION CENTER MEMBERSHIPS

Memberships	**R/NR**
Family	$240/360
Dual/Single Parent Family	$216/310
Individual Adult (18+)	$180/270
Individual Senior (55+)	$125/208
Senior Couple (55+)	$170/260
Teen (12-17)	$108/185
College Student (3 months)	$80/95

COMBO Recreation Center and Pool Membership	
Family	$520/750
Dual/Single Parent Family	$437/583
Individual Adult (18+)	$344/486
Individual Senior (55+)	$204/370
Senior Couple (55+)	$311/455
Teen (12-17)	$189/378

Recreation Center Daily Drop-In Fee	
Under 18	$5
18 & Up	$10

KIDS EVENTS & ACTIVITIES

School's Out and Winter Break Camp Ages 5-12

Have fun while school is out! Students enjoy activities all day such as arts and crafts, movies, games, sports activities, and more. Students need to bring a bag lunch and drink. Afternoon snack will be provided. **Minimum of 10 registered for program to run.** Location: Recreation Center

Date	Day	Time	M/R/NR
Sept 22&25	F, M	7 am-5:30 pm	$45/50/55 per day
Dec 27-29	W-F	7 am-5:30 pm	$45/50/55 per day
Jan 3-5	W-F	7 am-5:30 pm	$45/50/55 per day
Jan 15	M	7 am-5:30 pm	$45/50/55 per day
Feb 16-19	F, M	7 am-5:30 pm	$45/50/55 per day

16th Annual Daddy Daughter Dance Grades Pre-K & Up

Registration Opens December 1, 2023 at 8:00 a.m.

Enjoy the most popular event of the year with your little girl! Dads, uncles, grandfathers, and caregivers can plan for a spectacular evening where girls wear their best dresses and men wear their suits. The evening is filled with snacks, non-stop dancing, and a keepsake photo. This is an evening you will never forget. Pre-registration is required at the Recreation Center and space is limited. THIS EVENT WILL SELL OUT! ***Pre-registration required. No walk-ins will be accepted.***

Location: Civic Center

Date	Day	Time	Resident	
Jan 26	F	7-9 pm	$30 per couple	+$15 additional girl
Jan 27	S	7-9 pm	$30 per couple	+$15 additional girl
Jan 28	SU	5-7 pm	$30 per couple	+$15 additional girl

SPECIAL EVENTS

40th Annual Fall Festival

Saturday, October 7, 10 am-5 pm, Wyoming Avenue • Free Admission

Watch Wyoming Avenue come alive for the 40th Annual Fall Festival! More than 80 artists, crafters, vendors, organizations, and more will participate in this fall classic you will not want to miss! Enjoy great local music and delicious food offerings. Musical entertainment can be heard throughout the day at Crescent Park. Email edengler@wyomingohio.gov for more info on becoming a vendor. Registration deadline is Friday, September 15 at 5:00 p.m.

Fall Festival Schedule of Events

Vendors Open 10 am-5 pm
Live Performances at Crescent Park 10 am-5 pm
Inflatables 10 am-5 pm
Petting Zoo 11 am-3 pm

Wyoming's Holiday Celebration

Saturday, December 9, 6-8 pm
Featuring JWC's Light Up Wyoming

The City of Wyoming and Joint Woman's Collaborative "Light Up Wyoming" will join together for a spectacular holiday event. Family and friends can gather for an exciting evening. Visit Wyoming Avenue and Village Green to visit Santa, a live reindeer display, do some holiday shopping, enjoy holiday music, grab a bite to eat, and experience the FIRST tree lighting ceremony! Join this exciting holiday tradition that shows community spirit and will "Light Up Wyoming!" For more information call 513-679-4628 or email edengler@wyomingohio.gov.

Holiday One Stop Shop

Saturday, December 2, Civic Center, 10 am-3 pm

Kick your holiday shopping off to a great start with a day of shopping that supports your local vendors. Watch as the Civic Center is transformed into a holiday bazaar. Shop for jewelry, personalized stationery, monogramming, spirit wear, and lots more! Enjoy holiday music and food at this event. Interested in becoming a vendor? Contact edengler@wyomingohio.gov or call 513-679-4628. Pre-registration is required and space is limited to 34 vendors. Vendor applications will go out mid-October. **Vendor registration deadline: November 17. Cost: $30 per/8 ft. table space.**

YOUTH SPORTS

Skyhawk's Basketball Ages 3-6

This fun, skill-intensive program is designed for beginning to intermediate athletes. Participants learn passing, shooting, dribbling, and rebounding making this one of our most popular programs. Boys and girls will also learn vital life lessons such as respect, teamwork, and responsibility. Register at www.skyhawks.com. **Registration deadline: November 1.** Location: Oak Gym

Session Dates	Day	Time	R/NR
Sep 10-Oct 15	Su	1-4 pm	$89
Oct 29-Dec 10	Su	1-4 pm	$89

Youth Basketball Grades 2-12

Wyoming teams are formed at random and play in the Cincinnati Premiere Youth Basketball League. Practices begins in November and games begin in December for a 10-week program which includes a post-season tournament. COACHES NEEDED. **Registration deadline: October 17 or until teams are filled.** Registration begins August 1. Location: Varies

Date	Day/Time	M/R/NR
Nov-Feb	Varies	$80/90/100 by Oct 17 $100/110/120 after Oct 17

Aikido Martial Arts Ages 5+

Register for this program by email: aikidocentercincinnati@gmail.com

Aikido is a form of self-defense that uses locks, holds and throws to disarm an opponent. For registration, contact them directly at aikidocentercincinnati@gmail.com. Location: Multi-Purpose Room

Date	Day	Time	Adult/Children
Sep-Dec	M, W	7-8:30 pm	$85/$65 (all 3 days)
	Sat	10-11:30 am	

ADULT SPORTS

Ultimate Frisbee League Ages 15+

Join us out on the Turf Field for Ultimate Frisbee fun! Groups meet every Wednesday evening (weather permitting) from 7:00-8:30 pm. Register by calling the Recreation Center at 513-821-5200. Location: Wyoming Turf Field A.

Date	Day	Time	M/R/NR
Nov-Feb	W	7-8:30 pm	$25/30/35

Adult Over 40 Basketball League Ages 40 & Up

This league plays a 12-week schedule beginning in late November. Interested players should attend one of the open gyms on November 1, 8, and 15 for team placement. You must be registered to play in the open gym dates. You must turn 40 before the season ends to be eligible. Game times are 7:30 pm, 8:30 pm, and 9:30 pm. **Registration deadline: November 1 or until teams are filled *roster hits 64 participants*.** Registration begins August 1. Location: Wyoming Middle School Gym

Date	Day	Time	M/R/NR
Nov-Apr	T	6-9 pm	$30/35/40 by Nov 1 $40/45/50 after Nov 1

SENIOR FITNESS

SilverSneakers® Classic

Have fun and move through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. Elastic tubing and a SilverSneakers® ball are offered for resistance. Difficulty level 1-2. Instructor: Alisha Wood. Location: Recreation Center Studio A

Date	Day	Time	M/Non-Members
Sep-Dec	M, F	10:30-11:30 am	Free/$2

SilverSneakers® Circuit

Upper-body strength work with tubing, weights, and a SilverSneakers® ball, is alternated with low-impact cardio movements to maximize fitness benefits while minimizing stress on joints. Difficulty level 3. Instructor: Alisha Wood. Location: Recreation Center Studio A

Date	Day	Time	M/Non-Members
Sep-Dec	W	10:30-11:30 am	Free/$2

Walking and More Ages 50 & Up

Join the Walking Club! The club will walk in the gym beginning in September and do low impact exercises with small weights. Instructor: Mary Corley. Location: Recreation Center Gym

Date	Day	Time	M/R/NR
Sep-Dec	T, TH	10-11 am	Free

Mat Pilates

This class will help stretch your muscles, focusing on your core, as well as strengthening arms and legs. Instructor: Katie H. Location: Recreation Center Studio A

Date	Day	Time	M/R/NR
Sep-Dec	T	9-10 am	Free/$2
	W	5-6 pm	Free/$2

Pilates for Osteoporosis

This class will focus on strengthening and stretching out muscles, as well as increasing muscle mass to help support bones. Pilates movements also improves balance, which can help prevent falls. Instructor: Katie H. Location: Recreation Center Studio A

Date	Day	Time	M/Non-Members
Sep-Dec	Th	9-10 am	Free/$2

HEALTH AND WELLNESS

Lower Training Room opens after Labor Day!

In order to make more room in the Fitness Center, we have created a small training room in the lower level for trainers to work with their clients and overflow space for our adult members (18 & Up).

Personal, Team, and Small-Group Training Ages 12 & Up

The Recreation Center has many new Certified Personal Trainers waiting to help you with your health and wellness goals. We offer individual training and small-group training by our highly qualified trainers. Fill out a Personal Trainer Request Form at the Front Desk or call 513-821-5200.

TRAINER HIGHLIGHT:

Evan Johnson has been a certified personal trainer for over 2 years, and has been at the Wyoming Rec Center in that time. He is also a certified boxing fitness coach, and an orthopedic exercise specialist, with the focus of continuing client progress after physical therapy rehab. Evan works with clients as young as 9 wanting to get stronger and more athletic, to seniors who want to stay independent and healthy. Evan's favorite exercises are boxing, and the Olympic clean and press.

When he isn't in the gym, he enjoys visiting local breweries and spending time with his wife and baby boy. If you ever see him out in public, there's a good chance he's wearing a hawaiian shirt, and a better chance that his son is wearing a matching shirt as well.

"My favorite part of being a trainer is getting to connect with people and see how training makes them happier and more confident in themselves. After all, the gym is a place for everyone."

Use MINDBODY Online to access class schedules, pay, and receive up-to-date information! Visit https://clients.mindbodyonline.com. Search and select WYOMING RECREATION CENTER. First time users create a LOG IN and continue to the site. Click on classes, programs, and appointments tabs to register and pay.

Fitness Class Fees

Fitness Punch Pass	M/R/NR
5 visits	$30/40/50
10 visits	$60/80/100

Class Drop-In Fee	M/R/NR
Group Fitness	$6/10/12

Unlimited Class Pass	M/R/NR
Monthly	$55/65/70

FITNESS CLASSES

Class Schedule Sept 5-Dec 31

Go to MINDBODY Online or download the MINDBODY app to view full class descriptions, receive up-to-date information, and pay with ease!

MONDAY

Class	Time	Instructor	Location	Class Type
Cycle and Core	6-6:45 am	Jessica J.	Cycle Room	Cardio/Strength
Body Pump	8-9 am	Karen M.	Studio A	Strength/Core
Mat Pilates	9-10 am	Karen M.	Studio A	Flexibility/Strength
SilverSneakers® Classic	10:30-11:30 am	Alisha W.	Studio A	Senior Fitness
Lunchtime Bootcamp	12:10-12:50 pm	Dawn M.	Studio A	Cardio/Strength
Mysfit Fitness	7:15-8:15 pm	Nina A.	Studio A	Cardio Dance

TUESDAY

Class	Time	Instructor	Location	Class Type
Interval HIIT	6-6:45 am	Jessica J.	Studio A	Cardio/Strength
Mat Pilates	9-10 am	Katie H.	Studio A	Senior Fitness
Walking & More	10-11 am	Mary C.	Rec Gym	Senior Fitness
Evening Bootcamp	6-7 pm	Dawn M.	Studio A	Cardio/Strength

WEDNESDAY

Class	Time	Instructor	Location	Class Type
Mat Pilates	9-10 am	Karen M.	Studio A	Flexibility/Strength
SilverSneakers® Circuit	10:30-11:30 am	Alisha W.	Studio A	Senior Fitness
Lunchtime Bootcamp	12:10-12:50 pm	Dawn M.	Studio A	Cardio/Strength
Mat Pilates	5-6 pm	Katie H.	Studio A	Senior Fitness

THURSDAY

Class	Time	Instructor	Location	Class Type
Total Body Barre	6-6:45 am	Jessica J.	Studio A	Flexibility/Strength
Pilates for Osteoporosis	9-10 am	Katie H.	Studio A	Senior Fitness
Walking & More	10-11 am	Mary C.	Rec Gym	Senior Fitness
Evening Bootcamp	6-7 pm	Dawn M.	Studio A	Cardio/Strength

FRIDAY

Class	Time	Instructor	Location	Class Type
SilverSneakers® Classic	10:30-11:30 am	Alisha W.	Studio A	Senior Fitness

Sunday

Class	Time	Instructor	Location	Class Type
Community Yoga	4:30-5:30 pm	Ray/Lauri N.	Multi-Purpose Room	Flexibility/Strength*

Punch Passes, Unlimited Class Pass, Drop-in | Senior Fitness – FREE for Members or $2
Monthly Fee – register at Rec Center | Community Yoga, donation-based class*

IMPORTANT DATES TO REMEMBER

September

4	Dawg Days of Summer
5	Fall Fitness Schedule Begins
22 & 25	School's Out Camp

October

7	40th Annual Fall Festival Fire Department Open House
9	Fall Leaf Collection Begins
17	Youth Basketball Registration Deadline

November

1	Skyhawk's Basketball Registration Deadline* Men's Over 40 Basketball League Registration Deadline* **or until teams are full*

December

1	Daddy Daughter Dance Registration Opens
1	Last Day for Fall Leaf Collection
2	Holiday One Stop Shop
9	Wyoming Holiday Celebration
27-29	Winter Break Camp

January

3-5	Winter Break Camp
15	School's Out Camp
26-28	Daddy Daughter Dance