

RECREATION TIMES

A publication of the Wyoming Recreation Department



Inside the Guide

-Events -Seniors
-Sports -Health & Wellness

WYOMING RECREATION DEPARTMENT

www.wyomingohio.gov

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

Recreation Center Holiday Hours

Christmas Eve	7 am-1 pm
Christmas	Closed
New Years's Eve	7 am-1 pm
New Year's Day	Closed

RECREATION CENTER MEMBERSHIPS

These rates take effect January 1, 2026

RECREATION CENTER MEMBERSHIPS R/NR

Family	\$273/410
Dual/Single Parent Family	\$245/352
Individual Adult (18+)	\$204/307
Individual Senior (55+)	\$142/236
Senior Couple (55+)	\$193/295
Teen (12-17)	\$122/210
College Student (3 months)	\$91/108

COMBO Recreation Center and Pool Membership

Family	\$586/846
Dual/Single Parent Family	\$497/657
Individual Adult (18+)	\$391/552
Individual Senior (55+)	\$232/420
Senior Couple (55+)	\$354/517
Teen (12-17)	\$214/328

Recreation Center Daily Drop-In Fee

Fitness Center (18 & Up ONLY)	\$10
Basketball Gym	\$5

***VALID PHOTO ID REQUIRED**

Civic Center

513-821-5423

Recreation Center

513-821-5200

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DIRECTOR'S MESSAGE

The Mission of the Recreation Department is to provide a broad spectrum of cultural, educational, athletic, and recreational opportunities that enrich the community's quality of life and community engagement.

Hello Wyoming!

After the busy holiday season, the calmness of the winter months often bring a sense of peace but can also be some of the greyest days of the year. Good news - we've got you covered with a variety of new programming and opportunities to stay engaged this winter.

Several of these new programs include our Family Hikes, Walking Talking Men, Women's Basketball, Wyo Rec Storytime, Wyoming Ping Pong Club, Youth Tennis Lessons, and our Earth Day Coloring Contest to name a few.

Of course, the start of a new year serves as a great launching point for all your fitness goals. Here at the Recreation Center, we are ready to support you with a dedicated team of fitness professionals, state-of-the-art equipment, and different classes to meet your needs. Join one of our popular Ballroom Dance Classes where you'll get to learn dances like the Waltz, Foxtrot, Salsa, Rumba, and Swing.

And finally calling all Pickleball players, don't forget that we offer indoor pickleball in the gym all winter long.

It is a privilege for our Recreation team to serve the residents of our community, and we appreciate your continued support.

Yours in Recreation,
Chris Skidmore



WE'RE HIRING



LOOKING FOR A SUMMER JOB?

APPLY TODAY!

- Camp Coordinator
- Camp Manager
- Camp Program Specialist (Outdoor Education)
- Camp Program Specialist (Art)
- Camp Counselor
- CIT (Counselor in Training - Volunteer Role)

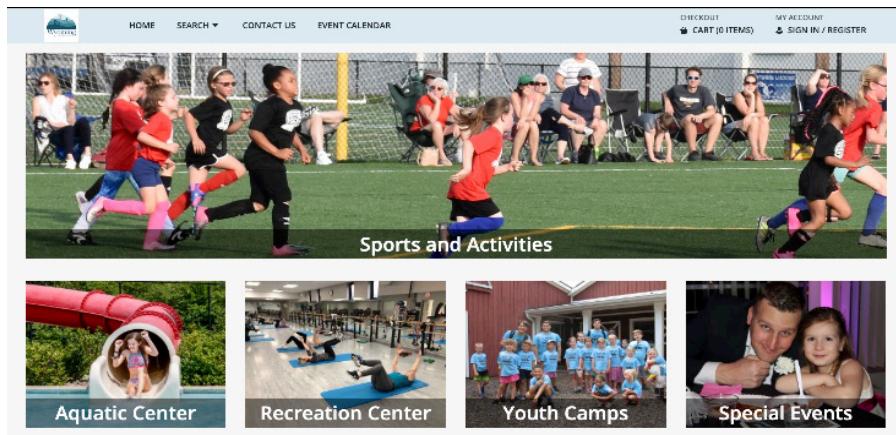
The City of Wyoming is an Equal Opportunity Employer.



ONLINE REGISTRATION

Visit <https://ohwyomingweb.myvscloud.com/webtrac/web/splash.html> to register for sports, programs, and activities through the Wyoming Recreation Center.

- Sign-in to your account at the top right hand of the screen.
- Select Forgot Username to retrieve the default household username. You can change the username under the My Account—My Profile settings once you have logged in.
- Click Forgot Password at the bottom of the login screen to create a new password. You will receive an email link to create a new password.
- Once the new password has been created login and register for activities.



- Click on the preferred activity and add it to the cart.
- Select which person in the household will be registered for the activity. If you do not see the family member listed, please contact the Recreation Center at 513-821-5200 to have them add a new member to the household.
- You will be prompted to select jersey size and/or sign waiver as applicable.
- Proceed to checkout screen.
- Click “Contact Us” or contact the Wyoming Recreation Center at 513-821-5200 for any questions concerning online registration.

Description	Dates	Times	Days	Location	Ages	Availability	Cost
Basketball Boys Grade 7	1/10/2024 - 4/26/2025	5:00 pm - 6:00 pm	M, Tu, W, Th, F, Sa	Wyoming Rec. Center	6-12 yrs	Available	\$110.00/\$120.00
Basketball Boys Grades 9/10	1/10/2024 - 2/24/2025	5:00 pm - 6:00 pm	M, Tu, W, Th, F, Sa	Wyoming Rec. Center	6-12 yrs	Available	\$110.00/\$120.00
Basketball Girls Grade 7	1/10/2024 - 4/26/2025	5:00 pm - 6:00 pm	M, Tu, W, Th, F, Sa	Wyoming Rec. Center	6-12 yrs	Available	\$110.00/\$120.00
Basketball Girls Grades 9/10	1/10/2024 - 2/24/2025	5:00 pm - 6:00 pm	M, Tu, W, Th, F, Sa	Wyoming Rec. Center	6-12 yrs	Available	\$110.00/\$120.00
Swim Center for Kids 3/18	1/17/2025 - 3/18/2025	6:00 pm - 6:30 pm	Tu	OMC Center	6-12 yrs	Available	\$50.00/\$50.00
Pottery Wheel 101 2/25/24	2/23/2024 - 4/18/2025	4:00 pm - 6:00 pm	Lu	OMC Center	7-12 yrs	Available	\$100.00/\$100.00

RECREATION EVENTS

Family Hike *New*

Saturday, January 3 & April 25, Recreation Center, 10-11 am

Looking to get outside this winter? Look no further! Come explore the beauty Wyoming has to offer during our Family Hike! We will meet at the Recreation Center and take off together for a walk on the trail. Please be sure to wear appropriate footwear. No pre-registration required. Open to all ages.

Wyoming Wellness Fair

Saturday, January 10, Civic Center, 10 am-3 pm

Join us for a day dedicated to your well-being! Our Wellness Fair will feature vendors and professionals who focus on all aspects of wellness—body, mind, and spirit. From nutrition guidance and fitness demos to mental health support and holistic health options, this event is a great way to learn, connect, and find inspiration for a healthier lifestyle. Bring your friends and family and see what wellness looks like in our community!



River City Puppets presents The Hungry, Hungry Bookworm

Sunday, March 15, Civic Center, 2 pm

The library has a bookworm on the loose, and it's gobbling up all the delicious stories right out of the books. Giant puppets, storytelling, and music come together to save the irresistible tales from the bookworm.

River City Puppets commissioned National Storyteller, Paul Strickland to write The Hungry, Hungry Bookworm. This show is performed by Dylan Shelton.



RECREATION EVENTS

Visit <https://ohwyomingweb.myvscloud.com/webtrac/web/splash.html> to register or call 513-821-5200.

Schools Out and Winter Break Camps Ages 6-12

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
Dec 22-23	M-TU	7:30 am-5:30 pm	\$50/55/60 per day
Dec 29-30	M-TU	7:30 am-5:30 pm	\$50/55/60 per day
Jan 2,5	F/M	7:30 am-5:30 pm	\$50/55/60 per day
Jan 19	M	7:30 am-5:30 pm	\$50/55/60 per day
Feb 16	M	7:30 am-5:30 pm	\$50/55/60 per day

Easter Egg Dash

Saturday, April 4, Oak Park, 11 am

Looking for a fun family activity? Come out to Oak Park on April 4th for our Easter Egg Dash sponsored by the Wyoming Firefighters Association! There will be plenty of eggs filled with candy and toys, and the Easter Bunny may be making a visit as well.

This free event starts at 11:00 a.m. All ages are welcome! If you have questions, reach out to Emily at edengler@wyomingohio.gov.



SON-Sational Evening Grades Pre-K & Up

Registration Opens February 2, 2026 at 6 am ONLINE REGISTRATION ONLY

Moms, grandmothers, aunts, and caregivers can enjoy a special evening with your child! Dress up for this special occasion. Dance to music played by a DJ, take a keepsake photograph, and have a sweet treat. This evening will be filled with unforgettable memories. Make plans with your friends now. Pre-registration is required online and space is limited to 175 people. **THIS EVENT WILL SELL OUT!** No walk-ins will be accepted. **Location: Civic Center**

Date	Day	Time	Resident
Apr 17	F	7-9pm	\$35 per Couple + \$15 additional child
Apr 18	Sa	7-9pm	\$35 per Couple + \$15 additional child

SUMMER CAMP

Visit <https://ohwyomingweb.myvscloud.com/webtrac/web/splash.html> to register or call 513-821-5200.

Summer Camp

Winter may have just begun, but we have summer on our minds! Our 2026 Summer Camp registration will be opening on **Monday, March 2nd** for both residents and non-residents. This year we are switching things up and offering both virtual AND in-person open house options to answer all your questions before registration begins.

Virtual Summer Camp Open House # 1

Thursday, January 29th at 7 pm

Virtual Summer Camp Open House # 2

Thursday, April 23rd at 7 pm

Mark your calendar for a round table on all things summer camp. Bring your questions and we will provide the answers! **Sign up now <https://forms.office.com/g/n7A64hKcFT>** to receive the virtual link and a reminder prior to the meeting or keep an eye on our social media pages closer to the date to join in on the conversation!

In-person Summer Camp Open House

Wednesday, May 27th from 6-7 pm

Stop in at the Recreation Center to meet camp staff, explore camp facilities and help get your camper on the right track to a great summer!

Important Dates to Remember

- Thursday, January 29, 7 pm
Virtual Open House #1
- Thursday, April 23, 7 pm
Virtual Open House # 2
- Monday, March 2, 10 am
Summer Camp Registration
Opens
- Wednesday, May 27, 6-7 pm
In-person Summer Camp Open
House at the
Recreation Center



YOUTH ACTIVITIES

Visit <https://ohwyomingweb.myscloud.com/webtrac/web/splash.html> to register or call 513-821-5200.

Aikido Martial Arts Ages 5 & Up

*Register for the program through Juan Torres by email: aikidocentercincinnati@gmail.com

Japanese martial art that focuses on blending and redirecting opponent's energy rather than using direct force to defeat them. Techniques consist of combining circular movements with joint locks, pins, throws, and strikes to control an attack by breaking an opponent's balance and immobilizing them without unnecessary harm. The use of traditional Japanese weapons such as the wooden sword (bokken), wooden staff (jo), and wooden knife (tanto) are also introduced. Each practice encourages maintaining a calm and focused mind and having a sense of empathy and respect for one's training partners. **Location: Recreation Center Multi-Purpose Room**

Date	Day	Time	Children/Adult
Jan-May	M, TH SA	6-8:30 pm 11 am-1pm	\$65/85 per month

Kidz Home Alone Ages 8-11

This interactive course teaches youth topics on how to be safe and smart when staying home alone. Students will learn first aid, self-Heimlich Maneuver, reasons to call 911, fire escape plans, microwave safety, and how to solve problems in out-of-the-ordinary situations. Visit <https://www.enrichingkidz.com> to register. **Instructor: Enriching Kidz**

Dates	Day	Time	Fee	Location
Jan 31 & Feb 7	SA	9-11 am	\$84	Civic Center Corral Room

Better Babysitters Class Ages 10 and Up

Your child will learn the skills needed to be a better babysitter. All students will receive their own first aid kit to take home. Students will learn First Aid safety, infant and child CPR with mannequins, practice care of the choking child and infant, how to handle emergencies, creative problem solving, and more! Visit <https://www.enrichingkidz.com> to register. **Instructor: Enriching Kidz**

Date	Day	Time	Fee	Location
Jan 31 & Feb 7	SA	12-4 pm	\$118	Civic Center Corral Room



YOUTH ACTIVITIES

Visit <https://ohwyomingweb.myscloud.com/webtrac/web/splash.html> to register or call 513-821-5200.



Felting Fun for Kidz Grades 3-6

Does your child love art? Felting Fun for Kidz will introduce your child to the magical world of wool! In this fun and engaging class, children will learn how to create their very own felted animal using needle felting techniques. Guided by a supportive instructor, kids will explore the basics of needle felting, from learning how to use a felting needle (finger guards will be provided) to shaping soft wool fibers into a sculpted, adorable animal. Visit <https://www.enrichingkidz.com> to register.

Date	Day	Time	Fee	Location
Feb 10 & 17	TU	4-6 pm	\$90	Civic Center Main Hall

Pottery Wheel 101 Grades 2-6

This class includes an introduction to the basic use of the pottery wheel as well as basic hand-building techniques. This is a great opportunity for students to receive hands-on experience. Classes on the pottery wheel emphasize technical, personal, and individual development for future abilities in the art world. Students will each complete a small pot on the pottery wheel and at least one other item using hand-building techniques. All artwork will be glazed by the student and fired. All supplies are included. Visit <https://www.enrichingkidz.com> to register.

Date	Day	Time	Fee	Location
Feb 4 & 11	W	4-6 pm	\$96	Civic Center Main Hall

WYO Rec Storytime *NEW*

Join Recreation Department staff at the Wyoming Library for a unique storytime experience! Participants will enjoy a seasonal book reading paired with a special interactive song. You don't want to miss this fun collaboration. Start time is 10:30 am. Free for all ages.

Date	Day	Time	Location
Feb 10	TU	10:30 am	Wyoming Library Branch
Apr 14	TU	10:30 am	Wyoming Library Branch

ADULT ACTIVITIES

Visit <https://ohwyomingweb.myvscloud.com/webtrac/web/splash.html> to register or call 513-821-5200.

Indoor Pickleball

Time to move the fun indoors to our heated gym! This program will take place throughout the week during November-April. Times will vary based upon the day. Beginner and advanced players welcome. **Location: Wyoming Recreation Center Gym**

Date	Day	Time	M/NM
Nov-Apr	M,W	12-3 pm	Free/\$25 for pickleball membership
	TU,F	11 am-3:30 pm	

Wyoming Ping Pong Club *NEW*

The people have spoken, and we are excited to offer table tennis in the basement of the Recreation Center this winter! Open tables will be set up each week, and we invite you to make new friends, enjoy friendly competition and build your skills. Bring your own paddle or we will have some extras on hand for you to use. We will provide the ping pong balls. Open to adults only. **Location: Recreation Center Multi-Purpose Room**

Date	Day	Time	M/NM
Jan-Apr	W	6:30-8:30 pm	Free/\$25 for ping pong membership
Oct-Dec	W	6:30-8:30 pm	

Walking Talking Men *NEW*

Men, you're invited to join this valuable initiative that combines physical activity with a meaningful way to engage with others in our community. The intention is to create a weekly day/time and begin our walks as soon as we can. Walks will take place on the trail with a starting and ending location TBD. This is a free program.

If interested, please email cskidmore@wyomingohio.gov for more information.

Women's Basketball Ages 18 and Up *NEW*

This program will take place Tuesdays 8-9 pm at Oak Gym. All skill level players welcome.

Date	Day	Time	M/R/NR
Nov-Apr	TU	8-9 pm	Free



ADULT ACTIVITIES

Visit <https://ohwyomingweb.myvscloud.com/webtrac/web/splash.html> to register or call 513-821-5200.

Ballroom Dancing Ages 16+ *NEW*

Register for classes through Jozsef Parragh jozsefr32@yahoo.com or 513-544-8404.

Each class includes a variety of styles from classic ballroom dances like the Waltz or Foxtrot, to vibrant Latin and Rhythm favorites such as Salsa, Cha Cha, Rumba, and Swing. Come as a single or with a partner to build confidence, improve coordination, meet new people in a positive, energetic environment and gain a life skill you can use at weddings, parties, and social events.

Location: Recreation Center Gym

Date	Day	Time	Adult
Jan-May	F	5:30-6:30 pm	\$15 (per class)



Men's Adult Softball League Ages 18 and Up

This recreational Monday night league is comprised of a maximum of eight teams. Teams are formed by the head coaches. Teams are required to bring their own umpire fees to games. Rosters are final two weeks after the first game. Register by calling 513-821-5200. Registration deadline: April 1st

Location: Foster Memorial Park

Date	Day	Time	M/R/NR
May 4-Aug 22	M	6:15/7:30 pm	\$60/65/70

YOUTH SPORTS

Visit <https://ohwyomingweb.myvscloud.com/webtrac/web/splash.html> to register or call 513-821-5200.

T-Ball Ages 4-5

This first-year baseball program for girls and boys focuses on basic skills, teamwork, and hitting a safety ball off a tee. Teams will play games on Mondays and practice on another week night. Players will receive a shirt and hat. Register online or by calling 513-821-5200.

Registration deadline: Feb 26, or until teams are full.

Session	Date	M/R/NR
Spring	Early Mar-Jun	\$75/80/86

\$20 Late Fee After Feb 26



Knothole Baseball Ages 7-16

In this boy's recreational baseball program, players will be placed in a class division based on birthdate. Players will receive a jersey and hat. Parents will be responsible for providing baseball pants, shoes, and socks. Register online or by calling 513-821-5200. **Registration deadline: Feb 23, or until teams are full.**

Session	Date	M/R/NR
Spring	Early Mar-Late Jun	\$163/173/194

\$20 Late Fee After Feb 23

Coaches Pitch Ages 6-7

This program teaches the fundamentals of baseball. The coach pitches with a safety ball. It is recommended that one year of t-ball is played before entering this program. Teams will practice one or two nights during the week and play games mostly on Saturdays. Players will receive a shirt and hat. Register online or by calling 513-821-5200. **Registration deadline: Feb 26, or until teams are full.**

Session	Date	M/R/NR
Spring	Early Mar-Jun	\$75/80/86

\$20 Late Fee After Feb 26



Girl's Softball Ages 7-14

Teams are formed and will play in the EHL recreational league. Players will receive a jersey and hat. Parents will be responsible for buying softball pants, shoes, and socks. Register online or by calling 513-821-5200. **Registration deadline: Feb 23, or until teams are full.**

Ages	Date	M/R/NR
U14	Early Mar-Mid Jun	\$121/126/137
U10, U12	Early Mar-End May	\$121/126/137
U8	Early Mar-End May	\$95/105/116

\$20 Late Fee After Feb 23

YOUTH SPORTS

Visit <https://ohwyomingweb.myscloud.com/webtrac/web/splash.html> to register or call 513-821-5200.

Lacrosse Grades K-8

Lacrosse is an awesome team sport to join to get your child involved in Wyoming athletics. Youth players of all skill levels are encouraged to participate. Players are required to provide additional equipment such as a lacrosse stick and protective gear. Register online or by calling 513-821-5200. **Registration deadline: Dec 31.** Registrations received after the deadline can't be guaranteed a spot on a team.

Grades	Date	M/R/NR
K-2	Late Feb-Mid May	\$83/94/116
3-6	Late Feb-Mid May	\$115/127/144
7-8	Late Feb-Mid May	\$138/149/165

\$30 Late Fee After Dec 31

SAY Soccer Ages 7-18

Teams are formed and will play in the SAY recreational soccer league. Register online or by calling 513-821-5200. **Registration deadline: Feb 24, or until teams are full.**

Session	Date	M/R/NR
Spring	Mar-May	\$95/100/112

\$20 Late Fee After Feb 24

Youth Track and Field Grades 3-6

Program is for Boys and Girls Grades 3-6. Practices will take place at Wyoming High School. **COACHES AND GENERAL VOLUNTEERS NEEDED.** Register online or by calling 513-821-5200. **Registration deadline: Mar 23.**

Session	Date	Fee
Spring	Mar-May	\$30

Pee Wee Soccer League

Ages 4-5

Instructional soccer league open to boys and girls. Children are taught the basics of soccer while playing a non-competitive game each week. The league meets on Wednesdays at Crescent Park for six weeks of practice/games. Team shirts are provided. Register online or by calling 513-821-5200. **Registration deadline: Feb 24, or until teams are full.**

Session	Day	Time	M/R/NR
Apr-May	W	5:30 or 6:30 pm	\$75/80/85

\$20 Late Fee After Jan 31

Dribblers Soccer Ages 5-6

Open to girls and boys. The league will play teams from surrounding communities. Each team will have one weekday practice and one Saturday game per week. Team shirts are provided. Register online or by calling 513-821-5200.

Registration deadline: Feb 24, or until teams are full.

Session	Date	M/R/NR
Spring	Mar-May	\$75/80/85

\$20 Late Fee After Feb 24



YOUTH SPORTS

Visit <https://ohwyomingweb.myvscloud.com/webtrac/web/splash.html> to register or call 513-821-5200.

Youth Tennis Academy Ages 4-14

Our Pee Wee Class (ages 4–6) focuses on introducing the fundamentals of tennis through engaging and enjoyable games that help young players develop skills while having fun. The Orange Ball Class is designed for kids ages 6–10. It offers a greater challenge than the Pee Wee class, introducing players to the fundamentals of match play as they begin learning how to play the game of tennis. The Green/Yellow Ball Class is for kids ages 10–14. In this class, players prepare for junior high and high school level tennis by developing advanced skills, learning game strategy, and gaining experience through match play. “Please contact Brion Huff at 513-276-0660 to get registered and utilize the below QR code for payment”

Session	Date	Fee
Spring	Apr 15-May 30	\$67 PeeWee one day a week \$133 Orange/Green/Yellow Ball one day a week

Schedule

Wednesday OR Friday

4:30-5:00 PeeWees
5:00-6:00 Orange Ball
6:00-7:00 Green/Yellow Ball

Send money with Zelle®

Scan in your banking app to pay

BRION HUFF



Zelle®

Saturday

10:00-11:00 Orange Ball
11:00-12:00 Green/Yellow Ball

Skyhawk's Basketball Ages 3-7

Dribble, shoot, score with Skyhawks Basketball! Perfect for developing athletes, this program sharpens passing, shooting, and dribbling skills, emphasizing sportsmanship and teamwork. Participants develop defensive and rebounding abilities in a dynamic setting that promotes personal and athletic growth. Get involved and make a difference on and off the court! Register at <https://register.skyhawks.com/search?zip=45215&zipdis=10&zipunit=1&cid=2441> **Location: Oak Gym**

Date	Ages/Times	Fee
Jan 11-Feb 15	3-5, 1-2 pm 5-7, 2:15-3:15 pm	\$100
Feb 22-Mar 29	3-5, 1-2 pm 5-7, 2:15-3:15 pm	\$100



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, weights, and a SilverSneakers® ball are offered for resistance. Difficulty level 1-2. Instructor: Alisha W. **Location: Recreation Center Studio A**



Date	Day	Time	M/Non-Members
Jan-May	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 W. **Location: Recreation Center Studio A**

Date	Day	Time	M/Non-Members
Jan-May	W	10:30-11:30 am	Free/\$2

Walking and More Ages 50 & Up

Join the Walking Club! The club alternates between walking laps around the gym at a moderate pace with low impact strength training using low weights. Stretching and range of motion work finishes out the hour. Instructor: Mary C. **Location: Recreation Center Gym**

Date	Day	Time	M/Non-Members
Jan-May	TU, TH	10-11 am	Free

Mat Pilates

This class will help to strengthen and stretch out your muscles, especially your core. This class also spends time focusing on strengthening arms and legs. Instructor: Katie H. **Location: Recreation Center Studio A**

Date	Day	Time	M/Non-Members
Jan-May	TU	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 the 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
Jan-May	TH	9-10 am	Free/\$2

HEALTH & WELLNESS

MINDBODY Online

FIND OUR GROUP FITNESS SCHEDULE ONLINE!!!

View group fitness class schedules, receive up-to-date information, and pay online!

Be sure to visit www.clients.mindbodyonline.com and search for Wyoming Recreation Center to login. New classes and programs will continue to be added throughout the year. Also available in the app store.

Fitness Class Fees

<u>Fitness Punch Pass</u>	<u>M/R/NR</u>	<u>Unlimited Class Pass</u>	<u>M/R/NR</u>	<u>Class Drop-In Fee</u>	<u>M/R/NR</u>
10 Visits	\$72/120/144	Monthly	\$75/94/106	Group Fitness	\$8/14/17
5 Visits	\$36/60/72				

TRAINER HIGHLIGHT:

Amy Dickinson



I'm Amy Dickinson and have had the privilege of teaching fitness classes at Wyoming Recreation Center for almost 2 years now. I'm honored to have been so well accepted and hope that all of the participants in my classes feel my sincere passion for teaching! I pride myself in knowing everyone's name and have developed wonderful friendships here. I've been in fitness since 1998, having been certified as a personal trainer back then. I am currently certified in Group Fitness, Spin, Barre and Strength and also teach at Evendale Rec and Blue Ash Rec.

Another passion of mine involves dogs. I fostered puppies for 15 years for a local rescue, but since losing my puppy wrangler, Fawn (my pitbull of 14 years, who played dog mommy to all my puppies), I've started a dog sitting business. Paws Play and Stay has been very successful and I'm enjoying taking care of a variety of dogs while their parents are out of town.

My third focus is eating disorder education. I speak to mental health professionals, families of patients in recovery, and directly to patients about my experience and road to recovery. I sought recovery at the age of 60 and am a proud advocate for seeking help and recovery at any age!

FITNESS CLASSES

Class Schedule Jan 2 - May 25

Mindbody Punch Passes, Unlimited Class Pass, Drop-in

Senior Fitness-FREE for Members or \$2

Community Yoga, Donation-based class*

Register directly with instructor.*

MONDAY

Class	Time	Instructor	Location	Class Type
Cycle & Core	6-6:45 am	Jessica J.	Rec Blue Room	Cardio/Core
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 HIIT	12:15-12:50 pm	Dawn M	Studio A	Cardio/Strength
Aikido	6-8:30 pm	Juan T.	Multi-Purpose Room	Martial Arts
Mysfit Fitness	7:15-8:15 pm	Nina A.	Studio A	Cardio/Strength

TUESDAY

Class	Time	Instructor	Location	Class Type
Mat Pilates	9-10 am	Katie H.	Studio A	Senior Fitness
Walking & More	10-11 am	Mary C.	Rec Gym	Senior Fitness
Stroller Strides	10:15-11 am	Kay D.	Pool Entrance/Studio A	Walking/Strength
Bootcamp	6-7:05 pm	Dawn M.	Studio A	Cardio/Strength
Ballroom Dance	5:30-6:30 pm	Jozsef P.	Studio B	Dance

WEDNESDAY

Class	Time	Instructor	Location	Class Type
Strictly Muscle	8-8:50 am	Amy D.	Studio A	Strength/Core
Mat Pilates	9-10 am	Karen M.	Studio A	Flexibility/Strength
SilverSneakers® Circuit	10:30-11:30 am	Alisha W.	Studio A	Senior Fitness
Bootcamp	12:15-12:50	Julie B.	Studio A	Cardio/Strength
Mat Pilates	5-6 pm	Katie H.	Studio A	Senior Fitness
Stroller Strides	6:10-6:55 pm	Kay D.	Pool Entrance/Studio A	Walking/Strength

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
Bootcamp	6-7 pm	Becky B.	Studio A	Cardio/Strength
Aikido	6-8:30 pm	Juan T.	Multi-Purpose Room	Martial Arts

FRIDAY

Class	Time	Instructor	Location	Class Type
Strictly Muscle	8-8:50 am	Amy D.	Studio A	Strength/Core
SilverSneakers® Classic	10:30-11:30 am	Alisha W.	Studio A	Senior Fitness
Lunchtime HIIT	12:15-12:50 pm	Dawn M.	Studio A	Cardio/Strength

SATURDAY

Class	Time	Instructor	Location	Class Type
Aikido	11 am-1 pm	Juan T.	Multi-Purpose Room	Martial Arts

SUNDAY

Class	Time	Instructor	Location	Class Type
Body Boost	1-2 pm	Kay D.	Studio A	Cardio/Strength
Community Yoga	4:15-5:30 pm	Ray/Lauri N.	Studio A	Flexibility/Strength

IMPORTANT DATES TO REMEMBER

January

- 2 Fitness Class Schedule Begins
- 2, 5 Winter Break Camp
- 3 Family Hike
- 10 Wellness Fair
- 12 Last Day of Christmas Tree Pick Up
- 19 School's Out Camp
- 23-25 Daddy Daughter Dances
- 28 Citizen of the Year Ceremony
- 29 Virtual Summer Camp Open House #1



February

- 2 Son-Sational Dance Registration
- 16 School's Out Camp
- 23 Registration Deadline for Knothole, Softball
- 24 Registration Deadline for SAY, Dribblers, Pee Wee Soccer
- 26 Registration Deadline for T-Ball, Coaches Pitch

March

- 2 Summer Camp Registration Opens
- 15 Winter Puppet Show
- 23 Registration Deadline for Youth Track and Field
- 30 Spring Leaf Curbside Pickup Starts

April

- 1 Registration Deadline for Adult Softball League
- 4 Easter Egg Dash
- 13 Last Day for Spring Leaf Collection
- 15 City of Wyoming Income Tax Returns Due
- 17-18 Son-Sational Evening
- 18 Yardwaste & Upcycle Day
- 23 Virtual Summer Camp Open House #2
- 25 Family Hike
- 25 Junk Day

EARTH DAY COLORING CONTEST

Earth Day Coloring Contest *NEW*

Calling all artists, now is your time to shine! To celebrate Earth Day, we are hosting a youth coloring contest. Let your imagination soar while appreciating the world we live in!

One winner for each age group 3-5, 6-8, 9-12. Winners will receive two individual entries to the Wyoming Family Aquatic Center.

Rules

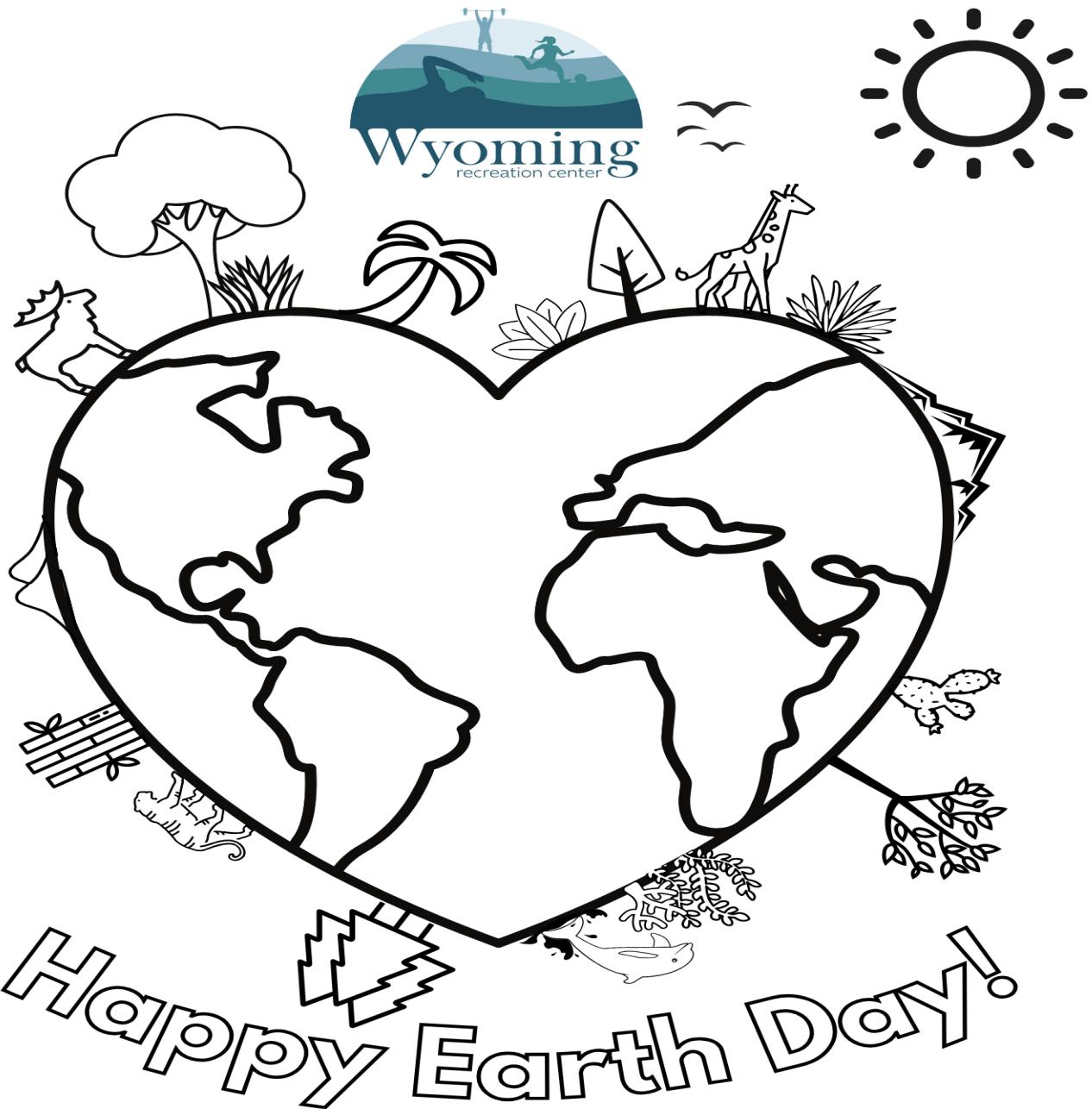
1. Only one entry per child, cost is FREE.
2. Only one winner for each age group.
3. All entries must be received at the Recreation Center by April 20, 2026 at 5 p.m.
4. Use only crayons, markers or colored pencils. No paint, glitter, stickers, etc...

Please deliver or mail entries to: Wyoming Recreation Center, 9400 Springfield Pike, Cincinnati, OH 45215.

*Find the
coloring page
on the next
page*



EARTH DAY COLORING CONTEST



Child's Name: _____

Parent's Name: _____

Address: _____

Phone: _____

Age: _____