

RECREATION TIMES

A Publication of the Wyoming Recreation Department

WINTER 2019



INSIDE THE GUIDE

COMMUNITY EVENTS
YOUTH AND ADULT SPORTS
FITNESS AND RECREATION

WYOMING RECREATION DEPARTMENT

Recreation Center Hours

M/T/W/TH	5 am-9 pm
F	5 am-7 pm
S	7 am-7 pm
SU	12-6 pm
<u>Childcare</u>	
M-TH	8:45-11:45 am 5-8 pm
Free for Members/\$5 Non Members	

Holiday Hours

Dec 24	5 am-1 pm
Dec 25	Closed
Dec 31	5 am-1 pm
Jan 1	Closed

Recreation Center Memberships

Memberships

Family	R/NR	\$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	R/NR	\$465/670
Dual/Single Parent Family		\$395/525
Individual Adult (18+)		\$315/445
Individual Senior (55+)		\$190/340
Senior Couple (55+)		\$285/415
Teen (12-17)		\$175/290

Daily Drop-In Fee

Under 18	\$5
18 & Up	\$10

www.wyomingohio.gov

CIVIC CENTER

513.821.5423

RECREATION CENTER

513.821.5200

Director

Rachel Leininger
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SPECIAL EVENTS



NEW!

WYOMING DAY AT OMNI FUNPLEX

Ages 7 & Up

Enjoy a day off school at the new state of the art family entertainment center! Enjoy bowling, multi-level laser tag arena, 6,000 square feet of Omni jump space, and more! Bring a bag lunch and drink, but concessions will be available to purchase. Bus transportation and supervision will be provided. This event is limited to 60 people. Now that's a FUN day off of school! Bus will depart from the Civic Center at 11 am and return at 5:30 pm. **All participants MUST pre-register at the Recreation Center by Jan 14 to secure Wyoming's group rate.** Space for the bus is limited so register early to guarantee a spot! For more information call 513.679.4640 or email lrusnak@wyomingohio.gov.

Date	Day	Time	Fee
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Jan 21	T	11 am-5:30 pm	\$30 per person
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(includes Omni Funplex ticket, bus transportation, and supervision)



13th ANNUAL DADDY DAUGHTER DANCE

Pre-K & Up

Dads, uncles, grandfathers, and caregivers, enjoy the most popular event of the year with your little girl. Girls can wear their best dresses and men can wear their suits. The evening will be filled with dancing, eating pizza, taking a keepsake photo, and making ice cream sundaes. This is an evening you both will never forget. Pre-registration is required at the Recreation Center and space is limited to 176 per evening. **THIS EVENT WILL SELL OUT SO REGISTER NOW!** No walk-ins will be accepted. **Registration deadline: Jan 29 or until sold out.** Location: Civic Center

Date	Day	Time	Resident	Non-Resident
Feb 7	F	7-9 pm	\$27 per couple	\$32 per couple \$12 additional child
Feb 8	S	7-9 pm	\$27 per couple	\$32 per couple \$12 additional child



EVENTS



MADCAP PUPPETS PRESENTS: Pinocchio

FREE!

Sunday, February 23, 2 pm

Join Geppetto's beloved puppet on a thrilling quest to become a real boy. Pinocchio is lured into every prank and scheme imaginable as giant puppets and audience participation are woven into this cherished classic tale. Location: Civic Center.

Date	Day	Time	Fee
Feb 23	SU	2 pm	Free!

TWO NIGHTS!

SON-SATIONAL EVENING Pre-K & Up

Moms, grandmothers, aunts, and caregivers enjoy a special evening with your little guy. Dress up for this special occasion. Dance to music played by a DJ, eat pizza, take a keepsake photograph, and make ice cream sundaes. This evening will be filled with unforgettable memories. Make plans with your friends now! Pre-registration is required at the Recreation Center and space is limited to 176 people. **THIS EVENT WILL SELL OUT SO REGISTER NOW!** No walk-ins will be accepted. **Registration deadline: Mar 20 or until sold out.** Location: Civic Center

Date	Day	Time	Resident	Non-Resident
Apr 3	F	7-9 pm	\$27 per couple	\$32 per couple \$12 additional child
Apr 4	S	7-9 pm	\$27 per couple	\$32 per couple \$12 additional child



YOUTH ACTIVITIES

SCHOOL'S OUT CAMP Ages 6-12

Wyoming students! Enjoy activities all day such as arts and crafts, movies, games, sports activities, and more. Snacks are provided, but students need to bring a bag lunch and drink. A minimum of 10 kids needed to host each day. Location: Recreation Center

Date	Day	Time	M/R/NR
Jan 20	M	7 am-6 pm	\$41/45/49
Jan 21	T	7 am-6 pm	\$41/45/49
Feb 17	M	7 am-6 pm	\$41/45/49
Feb 18	T	7 am-6 pm	\$41/45/49

TODDLER OPEN GYM

Ages 1-5 (Drop-in)

This program offers toddlers an indoor gym environment for fun, learning, and social interaction. Run, jump, and climb on various pieces of play equipment that will enhance gross motor skills. The kids will need a nap after this activity! Location: Recreation Center Gym

Date	Day	Time	M/R/NR
Jan 10-Mar 27	F	10-11:30 am	Free/\$3/5

JKO CINCINNATI KARATE

Ages 5-12

Students will discover a fun, new way to stay fit and healthy while learning to focus energy for discipline and strength. If attending both days, students will receive a FREE gi and can progress in achieving belt promotion at JKO Cincinnati dojo. Contact Shitokaiohio@gmail.com with questions. Instructor: Sensei Alex Dell. Location: Multi-purpose Room

Date	Day	Time	Fee
Jan-May	T, TH	4-5 pm	\$110/month (both days)

"THINK LIKE A SCIENTIST" ENRICHMENT CAMP Grades 4-9

This science camp aims at sparking your child's natural curiosity and critical thinking. Activities include "Meet-A-Scientist" (campers meet and interact with prominent local scientists); unique and fun hands-on activities on how scientists study and manipulate matter, creating familiar products and materials in their daily life while solving problems; and connecting the past with the present and future learning the History of the Sciences. This camp is great preparation for the 2020 Southwest Ohio Science and Engineering Expo held at the University of Cincinnati on Mar 14. **Text instructor Dr. Elizabeth Picos 513.307.2338 to register or for questions.** Location: Recreation Center

Grade	Date	Day	Time	Fee
4-6	Jan 11, 18, 25	S	1-3 pm	\$120
7-9	Jan 11, 18, 25	S	4-6 pm	\$120

SCIENCE MATTERS CLUB

Grades K-6

We bring STEM alive with hands-on, inquiry-based science. Start your child on a wondrous journey that lasts a lifetime. Students get involved in real science projects and



build 21st century skills. Science Matters is the place where STEM and fun are one! Instructor: Science Matters. Register at www.sciencematters.tv. Location: Recreation Center

Super Science Smorgasbord

Date	Day	Time	Cost
Feb 24-Mar 30	M	4:30-5:30 pm	\$75

Bristle Bots

Date	Day	Time	Cost
Apr 13-May 11	M	4:30-5:30 pm	\$75

YOUTH ACTIVITIES



HOME ALONE Ages 8-11

This interactive course teaches youth topics on how to be safe and smart when staying home alone. They will learn first aid, self-Heimlich Maneuver, reasons to call 911, fire escape plans, microwave safety, and how to problem solve out-of-the-ordinary situations. This is a two-part series and students should attend both classes. Instructor: Enriching Kidz. Location: Recreation Center

BETTER BABYSITTERS CLASS Ages 10 & 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 and practice with mannequins, care of the choking child and infant, how to handle emergencies, creative problem solving, and more. This is a two-part series and students must attend both classes for certification. Instructor: Enriching Kidz. Location: Recreation Center



Date	Day	Time	M/R/NR
Home Alone	Jan 25, Feb 1	9-11 am	\$60/65/70
Better Babysitters	Jan 25, Feb 1	12-4:30 pm	\$90/95/100



TEEN GIRLS TRAINING PROGRAM Ages 11-15

Teen girls often struggle with their changing bodies during the middle school and early high school years. In this eight week program, girls will learn how to lift weights, strengthen their cardiovascular endurance, increase their coordination, and find new confidence in themselves. Trainer, Kathy Lyons, will lead the girls into understanding and uncovering their hidden strengths. **Registration deadline: Jan 2.** Minimum of 4, maximum of 8 participants. Register at clients.mindbodyonline.com. Location: Studio A

Date	Day	Time	M/R/NR
Jan-Feb	T, TH	4-5 pm	\$160/170/180
Mar-Apr	T, TH	4-5 pm	\$160/170/180

GENERATION POUND® Ages 6-12

Generation POUND® is a youth-oriented program that fuses movement and music to improve focus, coordination, physical fitness, and teamwork skills. By combining exercise and interactive activities, kids learn new ways to explore movement, embrace their creativity, and ROCK OUT - ultimately building strength, confidence, and self-awareness. See the schedule and sign up on MINDBODY. Instructor: Lori Schreiner. Location: Studio A

Date	Day	Time	Cost
Jan-May	T	6:15-7 pm	\$28/month

YOUTH SPORTS



LACROSSE Grades K-8

Lacrosse is one of the most popular sports in Wyoming and for good reason! This program has been around for 10 years and still continues to grow. Youth players of all skill levels are encouraged to participate. Participants required to provide additional equipment. Register at the Recreation Center. **Registration deadline: Jan 31 or until teams are full.**

Grades	Date	M/R/NR
Grades K-2	Late Feb - Mid May	\$55/65/77
Grades 3-4	Late Feb - Mid May	\$85/95/107
Grades 5-6	Late Feb - Mid May	\$105/115/127
Grades 7-8	Late Feb - Mid May	\$105/115/127

\$25 Late Fee for all grades after Jan 31.

WYOMING TENNIS ACADEMY

Longtime Wyoming Tennis instructors, Anthony and Brion, will be offering spring tennis programs for players of all ages. Sign up and don't miss out on this opportunity. Clinics begin in Apr and run until May. For more information, please contact Anthony Heckle at 513.766.2830.

KNOTHOLE BASEBALL Ages 8-15

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. Volunteer Coaches NEEDED—contact the Recreation Center for more information. **Registration deadline: Feb 17 or until teams are full.**

Session	Date	M/R/NR
Spring	Early Apr-Jun	\$110/120/140

\$10 Late Fee after Feb 17.

COACHES PITCH Ages 5-6

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 in 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. Coaches are needed.

Registration deadline: Mar 16 or until teams are full.

Session	Date	M/R/NR
Spring	Late Apr-Jun	\$50/55/60

\$10 Late Fee after Mar 16.

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 of a tee. Teams will practice one night during the week and play games mostly on Saturdays. Players will receive a shirt and hat. Coaches are needed.

Registration deadline: Mar 16 or until teams are full.

Session	Date	M/R/NR
Spring	Late Apr-Jun	\$50/55/60

\$10 Late Fee after Mar 16.

GIRLS' SOFTBALL Ages 9-14

In this girls' recreational softball league, players will receive a jersey and hat. Parents will be responsible for buying softball pants. **Registration deadline: Feb 17 or until teams are full.**

Ages	Date	M/R/NR
U10, U12, U14	Late Mar-Jun	\$80/87/103

\$10 Late Fee after Feb 17.

YOUTH ACTIVITIES



SAY SOCCER Ages 7-18

Teams will be formed and play in the SAY recreational soccer league. Teams are formed at random. **Registration deadline: Feb 17 or until teams are full.**

Session	Date	M/R/NR
Spring	Mar-May	\$70/75/85

\$10 Late Fee after Feb 17.

DRIBBLERS SOCCER Ages 5-6

The Dribblers soccer league is open to girls and boys and will play teams within Wyoming. Each team will have one weekday practice per week and one Saturday game per week. Team shirts will be provided. **Registration deadline: Mar 16 or until teams are full.**

Session	Date	M/R/NR
Spring	Apr-May	\$40/44/52

\$10 Late Fee after Mar 16.

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. Coaches are needed. Team shirts are provided. **Registration deadline: Mar 16 or until teams are full.**

Session	Day	Time	M/R/NR
April-May	W	6 or 7 pm	\$40/44/52

\$10 Late Fee after Mar 16.



ADULT SPORTS & FITNESS

ADULT SPORTS

CO-ED ADULT SOCCER

Ages 30 & Up

Register your team or individually. Teams of 13-25 players play on Friday nights beginning Apr 17 for ten weeks and play 35-minute halves. Teams are now required to bring their own referee fees to games. A minimum of four teams are needed to run the league, with a maximum of eight teams. For information email bhill@wyomingohio.gov. **Registration deadline: Apr 1.** Location: Recreation Turf Field

Date	Day	Time	Fee
Apr-Jul	F	Evenings	\$200/team

MEN'S SOFTBALL **Ages 18 & Up**

This recreational league is comprised of a maximum of eight teams. Teams are formed by the head coaches. Teams are now required to bring their own referee fees to games. If you are interested in playing and are not on a team roster contact the Recreation Department at 513.821.5200 or email bhill@wyomingohio.gov. Rosters are final two weeks after the first game. **New teams can register starting Apr 1 if there is room.** Location: Foster Memorial Park

Date	Day	Time	Team
May 4-Aug 17	M	6:15 or 7:30 pm	\$240 team

50+ BASKETBALL LEAGUE

The 2nd annual 50+ basketball league is back again on Wednesday nights! To register, you must have turned 50 before games begin. You will register as an individual and the league committee will split teams up as fairly as possible. Register at the Recreation Center or email bhill@wyomingohio.gov with any questions. Location: **Registration deadline: Apr 1.** Recreation Center Gym

Date	Day	Time	M/R/NR
May 6-Jul 29	W	6:30 or 7:30 pm	\$25/\$30/\$35

55 & UP FITNESS

SilverSneakers® Classic

Move through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. A chair is available if needed. Instructor: Suzanna Smith. Location: Studio A

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

BOOM MUSCLE by SilverSneakers®

Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill. This is a higher intensity SilverSneakers® class. Instructor: Suzanna Smith. Location: Studio A

Date	Day	Time	Mem/Non-Members
Jan-May	M	12 pm	Free/\$2
Jan-May	F	9 am	Free/\$2

Walking and More **FREE!**

Club walks in the gym and does low impact exercises with small weights. Instructor: Mary Corley. Location: Recreation Center Gym

Date	Day	Time	Mem/Non-Members
Jan-May	T, TH	10-11 am	Free/Free

Pilates for Boomers

Beginner class to help strengthen and stretch your muscles, de-stress, and build body coordination. No equipment necessary. Instructor: Katie Hamilton. Location: Studio A

Date	Day	Time	M/Non-Members
Jan-May	W	4:30-5:30 pm	Free/\$2

Senior Stretch and Meditate

Gently warm up and stretch tight muscles. Focus on breathing and relaxing while stretching. Guided meditation for the last 10 minutes of class. Instructor: Suzanna Smith. Location: Studio A

Date	Day	Time	Mem/Non-Members
Jan-May	F	10 am	Free/\$2

Tai-Chi & Qi-Gong

Slow-moving, low-impact Chinese martial arts that stimulate healthier organs, and shown to reduce falls for older adults. Long pants and sneakers must be worn. Instructor: Kenneth Ware Location: Studio A

Date	Day	Time	Mem/Res/Non-Mem
Jan-May	F	11 am	\$28/34/40 (per/month)

TRAINER HIGHLIGHT



KATHY LYONS

As a resident of Wyoming for 18 years, our family of five has enjoyed the youth/adult activities and fitness center membership

offered at the Recreation Center. When I decided to become a Certified Personal Trainer, it was an easy decision for me to begin my career here and become part of their friendly staff.

Fitness is not new to my lifestyle. I have been a committed runner for most of my life and began cross-training after having children. Three years ago, I decided to put more of my time into weight training and found my passion. I am committed to this path and look forward to guiding teens and adults at the Recreation Center.

My motto for a healthy lifestyle is, "Go for it!" We all have the ability to be our best self and, perhaps, you're ready to push yourself to reach your fitness goals. Our bodies are strong and can be pushed harder than we think. Sometimes we just need a little "push" from someone else. I can help you with that, so stop by the Recreation Center for a class or personal training. C'mon...think about it and then..."Go for it!"

NEW FITNESS CLASS SCHEDULES DESIGNED TO MEET YOUR TOTAL BODY FITNESS

The Recreation Center is committed to making your fitness and wellness goals a reality by carefully planning our fitness programming to meet the needs of your whole family. Our new class schedule focuses on STRENGTH Monday, Wednesday, and Friday, while Tuesday, Thursday, and Saturday focus on CARDIO and CORE. Sunday is a day of meditation, stretching, and restoration with community yoga. The Recreation Center is committed to offering a variety of class formats to challenge your body, support your journey to wellness, and promote stress-reduction while living a balanced life. Join your community in making Wyoming the best place to live, work and stay fit!



Access class schedules, receive up-to-date information, and pay with ease.

Visit www.clients.mindbodyonline.com and search for Wyoming Recreation Center to login, view classes, reserve your space, and pay online. Also available in the app store!

Call 513.821.5200 for questions regarding fitness classes

Fitness Classes Fees	
Fitness Punch Pass	M/R/NR
5 visits	\$30/40/50
10 visits	\$50/80/100
Class Drop-In Fee	M/R/NR
Group Fitness	\$6/10/12
Unlimited Class Pass	M/R/NR
Monthly	\$55/65/70

FITNESS SCHEDULE

JAN 2 thru MAY 31

Use MINDBODY to view full class descriptions, receive up to date information, and pay with ease!

MONDAY

Class	Time	Instructor(s)	Location	Class Type
Strength & Sculpt Yoga	5:30-6:15 am	Dawn M.	Studio A	Strength/Flexibility
Strength Circuits	5:45-6:40 am	Emma G.	Multi-purpose	Strength/Cardio
Body Tone	9:15-10 am	Karen M.	Studio A	Strength/Cardio
Barbell Strength	4:30-5:15 pm	Rachel L.	Studio A	Strength/Cardio
Community Yoga	6:45-8 pm	Ray/Lauri N.	Multi-purpose	Strength/Flexibility
MysFit Dance Fitness	7:15-8 pm	Nina A.	Studio A	Dance/Cardio

TUESDAY

Strong HIIT	5:40-6:30 am	Dawn M.	Multi-purpose	Cardio/Core
Cycling	6-6:45 am	Jessica J.	Cycling	Cardio
Pilates	9-10 am	Karen M.	Studio A	Core/Flexibility
Cardio & Core	9:15-10 am	Kathy L.	Multi-purpose	Cardio/Core
Zumba	6-7 pm	Dawn M.	Civic Center	Dance/Cardio
POUND	7:15-8 pm	Lori S.	Studio A	Cardio/Core

WEDNESDAY

Barbell Strength	5:45-6:40 am	Emma G.	Studio A	Strength/Cardio
Barbell Strength	9:15-10 am	Kathy L.	Studio A	Strength/Cardio
Cycle/TRX/Rollout	12-1:15 pm	Suzanna S.	Studio A	Strength/Cardio/Core
Strength Bootcamp	7-8 pm	Dawn M.	Studio A	Strength/Cardio

THURSDAY

Strong HIIT	5:30-6:30 am	Dawn M.	Multi-purpose	Strength/Cardio
Total Body Barre	6-6:45 am	Jessica J.	Studio A	Strength/Core
Pilates	9-10 am	Karen M.	Studio A	Core/Flexibility
PiYo (Pilates/Yoga)	10:30-11:30 am	Becky F.	Studio A	Strength/Flexibility
Zumba	6-7 pm	Brianne D.	Civic Center	Dance/Cardio
BOSU Cardio & Core	7-7:45 pm	Lori S.	Multi-purpose	Cardio/Core

FRIDAY

Bootcamp Blast	6-6:30 am	Emma G.	Multi-purpose	Strength/Cardio
Barbell Strength	12:15-1 pm	Rachel L.	Studio A	Strength/Cardio

SATURDAY

POUND30	9-9:30 am	Lori S.	Studio A	Strength/Cardio
20/20/20 Cross-Train	9:30-10:30 am	Dawn M.	Multi-purpose	Strength/Cardio

SUNDAY

Community Yoga (Sun)	4-5:15 pm	Ray/Lauri N.	Multi-purpose	Strength/Flexibility
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• MINDBODY Punch Passes, Unlimited Class Pass, Drop-in

• Community Yoga – donation-based fees