RECREATION TIMES

A publication of the Wyoming Recreation Department

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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 pm-6 pm

www.wyomingohio.gov

Civic Center
513.821.5423

Recreation Center
513.821.5200

Family Aquatic Center
513.842.1408

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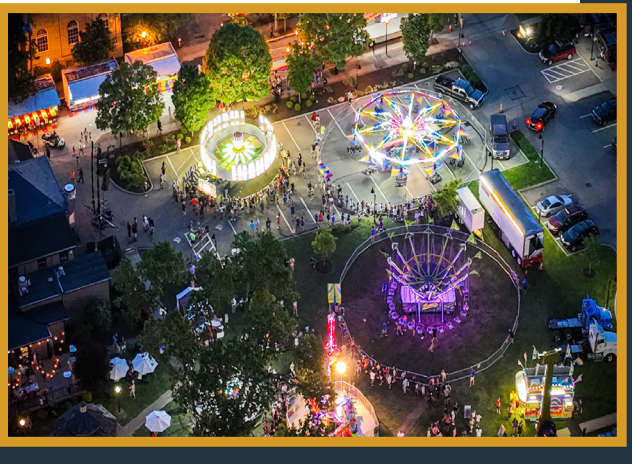
RECREATION CENTER MEMBERSHIPS

Recreation Center 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
Family Aquatic Center Memberships	
Family	$338/474
Dual/Single Parent Family	$270/338
Individual Adult (18+)	$203/270
Individual Senior (55+)	$102/203
Senior Couple (55+)	$176/246
Teen (12-17)	$102/135
Babysitter Pool Pass	$92 (add-on)
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	



FAMILY AQUATIC CENTER

2023 Hours of Operation

May 28 through September 4

M-TH	12-8 pm
F	12-9 pm
S-SU	12-8 pm
July 4th	12-5 pm
Labor Day	12-6 pm

School Day Hours

August 10 through September 1

M-TH	Closed
F	3:30-9 pm
S-SU	12-8 pm

Daily Admissions

Ages 2 and Under Free

	R/NR
Ages 3-17	$8/12
Ages 18+	$10/14
Seniors 55+	$8/12
Twilight (after 6 pm)	$6/12
School Day Fridays	$6/12

Season passes are available for purchase at the Wyoming Recreation Center. Passes are non-refundable and non-transferrable. Hours may vary during the season for special events, programs, and/or Seadragons Swim Team.

2023 Seadragon Swim Team Ages 5-18

Registration Opens April 1!

The Seadragons Swim Team is a great way to meet new friends and improve your swimming skills. Visit **wyomingseadragons.com** for 2023 team details as they become available, including date, time, and location of the parent information meeting/kickoff event and the 2023 season schedule. Swim team age groups are limited to 25 participants per group. Participants must be able to swim the length of the pool. Jr. Seadragons program available to new swimmers to bridge the gap between swim lessons and competitive swimming. Visit **wyomingseadragons.com** for more information.

Date	Day	Time	Fee
Jun-Jul	M-F	7:30-10:15 am	$82/72 (members/sibling) $137/127 (non-members/sibling)

Preschool Plunge Ages 6 and Under

Enjoy mornings in the Play & Spray area at the pool! Plunge available weekdays May 31-Aug 9, 9:30-11:30 am. Members are FREE, $6 for non-members!

Private Swim Lessons Children and Adults

Participants will be contacted by manager to set up available dates and times for lessons.

4, 1/2 hour sessions $80 members/120 non-members

FAMILY AQUATIC CENTER

Swim Lessons

Register for group swim lessons online at Wyoming.coursestorm.com. The full session schedules can also be viewed online.

Group Swim Lessons

Weekday Session Fees: $33 campers/40 members/60 non-members
Saturday Session Fees: $40 members/60 non-members

Weekday Swim Lesson Session Dates

Session 1: Jun 5-Jun 15, Registration Deadline May 31
Session 2: Jun 19-Jun 29, Registration Deadline Jun 14
Session 3: Jul 10-Jul 20, Registration Deadline July 5

Weekday Morning Lessons M-TH (30 min)

Level	Session	Times Available
Flounder	1, 2, 3	9:30-10/10:05–10:35/10:40-11:10 am
Jellyfish	1, 2, 3	9:30-10/10:05–10:35/10:40-11:10 am
Octopus	1, 2, 3	10:05–10:35/10:40-11:10 am

Saturday Swim Lesson Dates

Jun 10- Aug 5

Saturday Lessons (30 min)

Level	Times Available
Frog & Tadpole	11-11:30 am
Flounder	10-10:30/10:30-11 am
Jellyfish	10-10:30/10:30-11 am

Frogs and Tadpoles—Child and Parent Class
Flounder—Water Exploration
Jellyfish—Primary Skills
Octopus—Stroke Readiness

AQUATIC EVENTS

FREE Summer Senior Picnic

Tuesday, Jun 6 | 11 am-1 pm

Enjoy lunch by the pool with the seniors from Wyoming and Springfield Township. We will provide hamburgers and hot dogs while you can bring a dish to share. Enjoy socializing with your friends. Come see what the Aquatic Center is all about!

DJ on Deck

Wednesday, Jun 14 + Jul 19 | 1-3 pm

Dancing on the Deck! Join DJ Dave for an afternoon of live music, fun, games, and the wibit!

Dad's Day

Sunday, Jun 18 | All day

All dads enjoy a free day of swimming at the pool and Kona Ice!

4th of July Celebration

Tuesday, Jul 4 | 12-5 pm

Celebrate by the pool with All American games and a grill out! **Free** admission for Wyoming residents.

15th Annual Luau

Friday, Jul 15 | 7-9 pm

Enjoy the sounds of Hawaiian inspired music, special food offerings, games, and activities for the whole family! Buy a duck for a chance to win a party at the pool!

Deck Art Days

Friday, Jun 23 + Jul 21 | All day

Display your artistic talents by beautifying the pool deck with colorful creations (chalk provided)!

Back to School Super Sunday

Sunday, Aug 6 | 5-8 pm

All Wyoming primary and middle school kids are invited to enjoy a late summer splash for $2 admission! Enjoy live music from our DJ, sweet treats, and special food offerings! End the evening with a dive-in movie at the pool!

Dawg Days of Summer

Sunday, Sept 4 | 7-8:30 pm

The Aquatic Center is going to the dogs! Soft toys and balls for fetching are permissible. Dogs must remain under the control of their owners. One adult per dog is required. Children are not permitted in the water. Spectators are welcome. Cost per dog is $5 and humans are free! Rain or shine event.

JULY 4TH CELEBRATION

Tuesday, July 4 Festivities (Rain date Wednesday, July 5)

Get ready to celebrate all day! Festivities start with the 4th of July parade featuring "Freedom and Fireworks" as this year's theme. Use your imagination to celebrate our "Freedom and Fireworks" theme!! Talk to your neighbors and join the parade! Neighborhoods will compete to win a party at the Wyoming Family Aquatic Center pool! Children are encouraged to decorate their bikes and ride (with a helmet) in the parade. Neighborhoods, families, scouts, service men and women, and veterans are all welcome to join in! **Please line up on Crescent Avenue. Parade registration begins at 9 am at Crescent Park.**

Parade Route

The parade will line up on Crescent Avenue, then go west on Wyoming Avenue, north on Springfield Pike, east on Wentworth Avenue, south on Burns Avenue and then east on Wyoming Avenue. After the parade, children's games and an award ceremony will take place at **Crescent Park.**

Fireworks Parking

Parking at Oak Park will be restricted to emergency vehicles ONLY. Please park on one of the surrounding streets and walk to Oak Park. There will be golf carts available at the City Building to pick up anyone who needs assistance getting to the park

Schedule of Events

Morning events

9 am	Parade registration at **Crescent Park**
10 am	Parade begins; awards to follow at **Crescent Park**

Afternoon events

12-5 pm	FREE swimming for all residents at the Wyoming Family Aquatic Center

Evening events at Oak Park

6:30-9:30 pm	Inflatable slides, bounces, games and food!!
6:30-9:30 pm	The Tillers will perform
9:45 pm	Rozzi's Fireworks

Information: Call the Recreation Center at 513.821.5200 or email edengler@wyomingohio.gov.

SUMMER EVENTS

FREE!!! FAMILY ENTERTAINMENT SERIES

Mark your calendars for these super exciting events for the entire family to enjoy! You don't want to miss out on these amazing events that are **FREE** for the whole family! Location for events are noted.

Wump Mucket Puppets

Thursday, June 1 | 7 pm, Crescent Park

Puppeteer Terrence Burke is the voice and hands behind Wump Mucket Puppets. Terrence performs every character in the show and also writes every story, song, and silly bit of puppet fun. Terrence will be performing the popular Bee Happy show featuring stories about taking care of our planet, planting a flower garden, and learning all the wonderful things that bees do. We even invite the children in the audience to participate in a bee dance!

Touch-a-Truck Event

Thursday, June 15 | 6-8 pm, Wyoming Avenue

Kids of all ages get to explore a wide variety of trucks up close, get sprayed by the fire truck, honk horns, sit on a backhoe, jump aboard several trucks, check out the inside of an ambulance and a police car, and much more!

Circus Mojo

Thursday, June 29 | 7 pm, Crescent Park

Circus Mojo is a youth and adult circus arts program, where physical skills such as juggling, balancing, uni-cycling and stilt walking coalesce with creative expression such as improvisation, character development and group performance. This is an event the entire family will enjoy!

Cincinnati Circus Children's Musician

Thursday, July 20 | 7 pm, Crescent Park

More information to come!

SUMMER EVENTS

LIVE on the Green Concert Series

The FREE Live on the Green Concert Series is back in 2022 bringing some awesome music to Wyoming. Stop by your favorite local restaurant for some delicious food, enjoy a DORA beverage, and relax while listening to music. Don't forget to bring your lawn chairs and/or blankets and be sure to invite your friends and neighbors! **NEW LOCATION: Crescent Park**

Date	Day	Time	Music	Genre
Jun 7	W	7-9 pm	The Troublemakers	Classic Blues Satin
Jun 21	W	7-9 pm	No Guarantees	Cover Band
Jul 12	W	7-9 pm	Similar Nature	Covers & Originals
Jul 26	W	7-9 pm	Satin Smooth Project	R&B

Pop-Up Dog Park is back!

Mark your calendars!! The pop-up dog park is back this year at the grass area north of the public parking lot at Wyoming Avenue and Van Roberts Place and will be popping up each month for you and your pooch to enjoy! **NEW LOCATION: Grass area north of Wyoming Ave next to the railroad tracks.**

- April 14-16
- May 26-28
- June 16-18
- July 14-16
- August 18-20
- September 22-24
- October 13-15

SUMMER EVENTS

End of Summer Celebration

Friday, August 4 | 7-9 pm, Wyoming Avenue

Come enjoy live music and celebrate the end of summer! Live music provided by the Evan Mathews band. There will be plenty of family friendly activties for all ages and delicious food!

Wyoming Car Show

Saturday, August 26 | 5-8 pm, Wyoming Avenue

The popular Wyoming Car Show will be happening again in 2023. Wyoming's Car Show features 40+ exotic and super cars. Come down and enjoy live music, food, and drinks from our local businesses. This is a family-friendly event that is great for everyone of all ages!

2023 SUMMER CAMP

Summer Camp Entering Grades K–6

Summer Camp 2023 will be jam packed with lots of activity and guarantees each camper will spend their days with lots of PLAY! Classic games, challenging crafts, nature activities, swimming at the Family Aquatic Center, and more! Campers will meet new friends and build lasting friendships with our counselors who become role models to the campers. Our excellent staff includes certified school teachers, college students, and high schoolers who have all participated in a well-rounded training program.

Registration/Payment: Payment in full is due Thursday two weeks prior to each week the child is registered to participate.

Lunch/Snack: Campers must bring a sack lunch and drink, and will have the option to purchase a concession card to use at the pool. An afternoon snack is also provided.

Pick-Up and Drop-Off: Parents will be able to drive to the back of the Recreation Center for easy and convenient drop off and pick up procedures.

Dates	Hours	M/R/NR
May 30-Aug 8	7 am–5:30 pm	$195/213/231 Five Day Weekly Rate $45/50/55 Daily Fee

One-time Camp Enrollment fee per child: $45/55

Swimming

All campers will be tested by SwimSafe Pool Management to determine what areas they can swim in. Campers will swim daily with their age groups at the Family Aquatic Center. Swim lessons are available to campers at discount rates. Register for lessons at **wyoming.coursestorm.com.**

Field Trips

Field trips are on Thursdays unless otherwise noted. Field trip days have an additional fee to cover bussing and additional activity expenses. All field trip days must be paid at the time of registration. A schedule of field trips will be provided in the parent packet along with any fees. All children signed up for camp on field trip days must attend the field trip. There will be no camp at the Recreation Center on those days. Each child will receive a camp shirt for field trip days.

For more information regarding registration deadlines for summer camp visit:

https://wyomingohio.gov/departments/recreation-department/summer-day-camp/

MINI CAMPS

June 5- June 9

Skyhawks Beginning Golf Camp Ages 5-9

Participants will learn the fundamentals of swinging, putting, body positioning, etiquette and keeping score. The program is specifically designed for the entry-level player, simplifying instruction so that young players can make an easy and effective transition onto the golf course. All equipment provided. **Register at Skyhawks.com.** Location: Recreation Center

Dates	Day	Age	Time	Fee
June 5-9	M-F	5-9	9 am-12 pm	$155

UKULELE KIDZ CAMP- Beginners Entering Grades 2-6

Taught by Wyoming Primary Music Teacher, Kelly James, at the Wyoming Civic Center! **Learn more and register at https://www.ukulelekidz.com/camp/#registercamp to save your spot!** Location: Civic Center Beginner (no prior experience required)

Dates	Day	Grade	Time	Fee
June 6-9	T-F	2-6	1-3 pm	$130

Skyhawks Baseball Camp Ages 6-12

Learn the fundamentals of fielding, catching, throwing, hitting, and base running - all in a fun, positive environment. Specifically designed for beginning and intermediate players. This program teaches athletes new baseball skills along with vital life lessons such as respect, teamwork and responsibility. **Register at Skyhawks.com.** Location: Recreation Center

Dates	Day	Age	Time	Fee
June 5-9	M-F	6-12	1-4 pm	$155

UKULELE KIDZ CAMP- Intermediates Entering Grades 2-6

Taught by Wyoming Primary Music Teacher, Kelly James, at the Wyoming Civic Center! **Learn more and register at https://www.ukulelekidz.com/camp/#registercamp to save your spot!** Location: Civic Center

Dates	Day	Grade	Time	Fee
June 6-9	T-F	2-6	2-4 pm	$130

MINI CAMPS

June 12-16

Challenger's British Soccer Camp Ages 3-14

Join this awesome soccer camp with international flair! **Register at www.challengersports.com before May 6 for a FREE Challenger International jersey.** Location: Turf Field

Age	Dates	Day	Time	Fee/After May 10
3-5	June 12-16	M-F	9 am- 12 pm	$120
6-14	June 12-16	M-F	9 am- 12 pm	$120
6-14	June 12-16	M-F	9 am- 3 pm	$205

Junior Police Camp Entering Grades 2-6

Come join your friends and meet your local Wyoming Police Officers! They will introduce you to the K-9 unit, learn tactics from the SWAT team, take an exciting tour of the firing range, and get an up close and personal view of how Taser's are used. Fee includes a Police T-shirt! **Register by calling the Recreation Center at 513-821-5200.**

Dates	Day	Time	M/R/NR	Location
June 12-16	M-F	8 am-12 pm	$40/44/52	Safety Services Building

June 19-23

Skyhawks Mini-Hawk Camp Ages 4-7

This multi-sport program was developed to give children a positive first step into athletics. Sports are taught in a safe, structured environment filled with encouragement and fun. Through exciting games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace. **Register at Skyhawks.com.** Location: Wyoming Rec Center

Dates	Day	Time	Fee
June 19-23	M-F	9-12 am	$155

June 26-30

Wyoming Mini-Music Camp: Ages 5-8

Taught by Wyoming Primary Music Teacher, Kelly James, at the Wyoming Civic Center! Learn more and register at **https://www.ukulelekidz.com/camp/#registercamp** to save your spot! **Location: Civic Center**

Dates	Day	Time	Fee
June 27-30	T-F	1-2 pm	$75

MINI CAMPS

July 10-14

UKULELE KIDZ CAMP- Beginners Entering Grades 2-6

Taught by Wyoming Primary Music Teacher, Kelly James, at the Wyoming Civic Center! **Learn more and register at https://www.ukulelekidz.com/camp/#registercamp to save your spot!** Location: Civic Center
Beginner (no prior experience required)

Dates	Day	Grade	Time	Fee
July 10-13	M-TH	2-6	9-11 am	$130

UKULELE KIDZ CAMP- Intermediates Entering Grades 2-6

Taught by Wyoming Primary Music Teacher, Kelly James, at the Wyoming Civic Center! **Learn more and register at https://www.ukulelekidz.com/camp/#registercamp to save your spot!** Location: Civic Center

Dates	Day	Grade	Time	Fee
July 10-13	M-TH	2-6	10am- 12pm	$130

July 31-August 4

Skyhawks Mini-Hawk Camp Ages 4-7

This multi-sport program was developed to give children a positive first step into athletics. Sports are taught in a safe, structured environment filled with encouragement and fun. Through exciting games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace. **Register at Skyhawks.com.** Location: Wyoming Rec Center

Dates	Day	Time	Fee
July 31-August 4	M-F	9-12 am	$155

Skyhawks Basketball Camp Ages 7-12

This fun, skill-intensive program is designed for beginning to intermediate players. Using our progressional curriculum, we focus on the whole player - teaching sportsmanship and teamwork. Boys and girls will learn the fundamentals of passing, shooting, ball handling, rebounding, and defense through skill-based instruction and small-sided scrimmages. **Register at Skyhawks.com.** Location: Recreation Center

Dates	Day	Time	Fee
July 31- August 4	M-F	1-4 pm	$155

Challenger's British Soccer Camp Ages 3-14

Join this awesome soccer camp with international flair! **Register at www.challengersports.com before May 6 for a FREE Challenger International jersey.** Location: Turf Field

Age	Dates	Day	Time	Fee/After May 10
3-5	July 31-August 4	M-F	9 am-12 pm	$120
6-14	July 31-August 4	M-F	9 am-12 pm	$120
6-14	July 31-August 4	M-F	9 am-3 pm	$205

YOUTH ACTIVITIES

Aikido Ages 5 and up

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: Studio A

Date	Day	Time	Adult/Children
Jun-Aug	M	6-7 pm	$85/65 per month (all 3 days)
	W	7-8:30 pm	
	Sat	10-11:30 am	

Better Babysitters Class Entering Grades 5-8

This popular class is for girls and boys. Students will receive their own first aid kit to take home and will learn first aid safety, infant and child CPR, how to handle emergencies, creative problem solving, job professionalism, and much more. This is a two-part series and students must attend both classes. Please bring a snack or lunch. Instructor: Enriching Kidz. Location: Civic Center Corral Room. **Register at https://www.hisawyer.com/enriching-kidz/schedules/activity-set/414584**

Date	Day	Time	Price
Jul 25, 27	T, TH	2 -6 pm	$110

Home Alone Entering Grades 4-6

This interactive course teaches topics for youth 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: Civic Center Corral Room. **Register at https://www.hisawyer.com/enriching-kidz/schedules/activity-set/414659**

Date	Day	Time	Price
Jul 24, 26	M, W	4 pm-6 pm	$80

YOUTH SPORTS

Wyoming Youth Football & Cheerleading Entering Grades 3-6

Wyoming Youth Football Association (WYFA) is a place for your child to learn the game of football in a safe environment that takes pride in promoting teamwork and sportsmanship. WYFA teaches its players to respect themselves, teammates, coaches, family, and the community. WYFA is a member of the Eastern Hills Youth Football League. We compete against the following football programs: Maderia, Marimont, CHCA, MVCA. Players participating in the WYFA program must be current residents or attend Wyoming City Schools. Register at the Recreation Center. **Registration deadline for football is July 1 or until teams are full. Registration deadline for cheerleading is August 1 or until teams are full.**

Activity	Date	Time	Fee
Football	Jul-Oct	Varies	$150
Cheerleading	Jul-Oct	Varies	$100

SAY Soccer Ages 7-18

Open to boys and girls. Teams will be formed at *random* and play in the SAY recreational soccer league. Register by calling the Recreation Center at 513-821-5200. **Registration deadline is Jul 17, or until teams are full.**

Date	M/R/NR
Aug-Oct	$70/75/85 by July 17
	$80/85/95 after July 17

Pee Wee Soccer League Ages 4-5

This instructional soccer league is open to boys and girls. Volunteer coaches will teach the basic skills. The league meets at Oak Park every Wednesday. Teams will meet for six weeks of practice/games. Coaches are needed. Team shirts are provided. Register by calling the Recreation Center at 513-821-5200. **Registration deadline is July 17 or until teams are full.**

Date	M/R/NR
Sept 11-Oct 20	$50/60/70 by July 17
	$60/70/80 after July 17

Dribblers Soccer Ages 5-6

This league is open to girls and boys and will play teams within Wyoming and Evendale. Each team will have one weekday practice per week and one Saturday game per week. Team shirts will be provided. Register by calling the Recreation Center at 513-821-5200. **Registration deadline is July 18, or until teams are full.**

Date	M/R/NR
Sept-Oct	$50/60/70 by July 17
	$60/70/80 after July 17

Fall CPYVL Volleyball League Entering Grades 3-8

This six week, 10 match program will consist of matches against other communities starting in September. Teams will be divided based on grade. Practices are twice a week. COACHES NEEDED. Register by calling the Recreation Center at 513-821-5200. **Registration deadline: July 17, or until teams are full.** Location: Recreation Center

Date	Day	M/R/NR
Sept-Oct	T, TH	$70/75/80 by July 17
		$80/85/90 after July 17

Flag Fanatics Football Ages 3-14

The City of Wyoming is partnering with Flag Fanatics to bring flag football back! Games and practices are typically on Sundays. Play against other kids in your community! **Register at the playfanatics.com or email questions to info@playfanatics.com. Registration deadline: Aug 1.**

Date	Day	Fees	Location
Aug-Nov	SU	$65-135	Turf Field

ADULT SPORTS

Co-Ed Adult Outdoor Soccer League Ages 30 and Up

This league will consist of teams of 13-25 players. The league will be 10-weeks and play 35-minute halves. Teams are required to bring referee fees for each game. **Register by contacting Reece Dow @ rdow@wyomingohio.gov May 1-Aug 1.** Location: Turf Field

Date	Day	Time	Fee
Aug-Nov	F	7-9 pm	$200/team (does not include referee fees)

Men's Adult Open Basketball League Ages 18 and Up

Join us for pick-up basketball games on Tuesday nights with neighbors and friends! Location: Recreation Center Gym

Date	Day	Time	M/R/NR
Jun-Aug	T	7-9 pm	Free/Free/$30 (annual fee)

SENIOR FITNESS

Walking and More

Join the Walking Club! They do low impact exercises with small weights in an air-conditioned setting during the summer. Instructor: Mary Corley. Location: Middle School Gym

Date	Day	Time	M/R/NR
May-Aug	T, TH	10-11 am	Free

SilverSneakers® Classic

Have fun and 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 for seated or standing support. Instructor: Alisha Wood. Location: Rec Gym

Date	Day	Time	M/NM
Jun-Aug	M, G	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: Rec Gym

Date	Day	Time	M/NM
Jun-Aug	W	10:30-11:30 am	Free/$2

Mat Pilates

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

Date	Day	Time	M/NM
Jun-Aug	W	10:30-11:30 am	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 Hamilton. Location: Recreation Center Studio A

Date	Day	Time	M/NM
Jun-Aug	W	10:30-11:30 am	Free/$2

HEALTH AND 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

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

TRAINER HIGHLIGHT:

Dawn Moseley

I live in Wyoming with my husband Jason (Salus) and 4 large rescue dogs (Jax, Bourbon, Rye & Kahlua). My son Gavin is currently attending school at the University of Cincinnati for Middle Childhood Education. I work for Givaudan Flavors as a Demand Planner for my regular job, but fitness is my passion. I currently hold American Council on Exercise (ACE) certifications as a Personal Trainer and Group Fitness Instructor, 200 hour Power Yoga Certification/Yoga Alliance, and many other certs such as Zumba, BOSU, TRX, Aqua Zumba, Corrective Exercise, Coconut Beach Bootcamp, Water HIIT, and STRONG by Zumba.

I really enjoy teaching because I love to help people to feel better and healthier. Group training and group fitness are my favorite because I love the vibe of a group, new friendships that are formed, how people feed off each other to help each other to do better and stay accountable. I love seeing someone's progress and happiness when they advance from 30 second planks to 1 minute planks.

In my spare time I love to travel, host bourbon tastings, hang out at our local restaurants and bars, bargain shop, and take Yoga class as a student. The things I look forward to in the summer are hanging by the pool with friends, Dairy Queen opening, going down to the Village Green to listen to live music and the 4th of July holiday in our town.

FITNESS CLASSES

Class Schedule May 29-Sept 5

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 & Core	6-6:45 am	Jessica J.	Rec Gym	Cardio/Core
Body Pump	8-9 am	Karen M.	Studio A	Strength/Core
Mat Pilates	9-10 am	Karen M.	Studio A	Cardio/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
HydroFit	6:30-7:30 pm	Betsy C.	Pool	Aquatic Fitness
Mysfit Fitness	7:15-8:15 pm	Nina A.	Studio A	Cardio/Strength

TUESDAY

Class	Time	Instructor	Location	Class Type
Strong HIIT	6-6:45 am	Jessica J.	Studio A	Cardio/Strength
Mat Pilates	9-10 am	Katie H.	Studio A	Flexibility/Strength
Walking & More	10–11am	Mary C.	M.S. Gym	Senior Fitness
Boot camp	7:15-8:15 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® 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
Mat Pilates	5-6 pm	Katie H.	Studio A	Baby Boomer Fitness
Hydrofit	6:30-7:30 pm	Betsy C.	Pool	Aquatic 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	10–11am	Mary C.	M.S. Gym	Senior Fitness
Bootcamp	7:15-8:15 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
Lunchtime Bootcamp	12:10-12:50 pm	Miles M.	Studio A	Cardio/Strength

SATURDAY

Class	Time	Instructor	Location	Class Type
Hydrofit	10-11 am	Betsy C.	Pool	Aquatic Fitness

Sunday

Class	Time	Instructor	Location	Class Type
Community Yoga	4:15-5:30 pm	Ray/Lauri N.	Studio A	Flexibility/Strength

Punch Passes, Unlimited Class Pass, Drop-in; Senior Fitness/FREE for Members or $2; Register directly with instructor.
Community Yoga, donation based class.

IMPORTANT DATES TO REMEMBER

May

26-28	Pop-Up Dog Park at the Van Roberts Grass Area
28	Wyoming Family Aquatic Center Opens
30	Summer Camp Begins

June

1	Family Entertainment Series Featuring: Wump Mucket Puppets
6	Summer Senior Picnic
7	LIVE on the Green Concert Series Featuring: The Troublemakers
15	Touch-a-Truck
16-18	Pop-Up Dog Park at the Van Roberts Grass Area
21	LIVE on the Green Concert Series Featuring: No Guarantees
29	Family Entertainment Series Featuring: Circus Mojo

July

4	July 4th Celebration
12	LIVE on the Green Concert Series Featuring: Similar Nature
14-16	Pop-Up Dog Park at the Van Roberts Grass Area
14	14th Annual Family Luau at the Pool
17	SAY, Dribblers, and Pee Wee Soccer and CPYVL Volleyball League Registration Deadline
20	Family Entertainment Series Featuring: Cincinnati Circus Children's Musician
26	LIVE on the Green Concert Series Featuring: Satin Smooth Project

August

4	End of Summer Celebration Featuring: Evan Mathews Band
18-20	Pop-Up Dog Park at the Van Roberts Grass Area
26	Wyoming Car Show

September

4	Dawg Days of Summer
22-24	Pop-Up Dog Park at the Van Roberts Grass Area