

Winter/Spring 2021

Department of Leisure Services OAKWOOD COMMUNITY CENTER

105 Patterson Road ~ Oakwood, Ohio 45419 ~ 937-298-0775 ~

Leisure Line - 937-297-2935 ~ Email - occ@oakwood.oh.us ~ Website - www.oakwoodohio.gov



Like us on Facebook: <http://www.facebook.com/cityof oakwoodohio>



**PARKS and RECREATION
THE BENEFITS ARE ENDLESS..**

winter into Spring 2020



MAYOR
William Duncan

VICE MAYOR
Steve Byington

OAKWOOD CITY COUNCIL
Chris Epley
Anne Hilton
Rob Stephens

CITY MANAGER
Norbert Klopsch

LEISURE SERVICES DIRECTOR
Carol Collins

RECREATION SUPERVISORS
Karen Earley
Thomas Hayes

HORTICULTURIST
Brian Caldwell

SECRETARY
Lori Stanley

PART-TIME SECRETARIES
Joni Boyer
Marvel Ellcessor
Jayne Morgan
Corrie Taylor

CUSTODIAN
Greg Snowden

Dear Oakwood Residents:

The Department of Leisure Services is delighted to present our Winter/Spring 2021 brochure. Please browse through for all the family-friendly activities and community events we have planned. Our staff has done a great job coming up with exciting programs for everyone. From dancing, cooking and health and fitness classes, we are sure you will find something that peaks your interest. And don't just sign the kids up...we have things for mom and dad too!!! Isn't it time to do something for yourself?

We are excited to launch our new recreation website, MyRec! You can register for classes and events as easily as you can shop online! Be sure to go to our website and create your profile: OakwoodLeisureServices.com

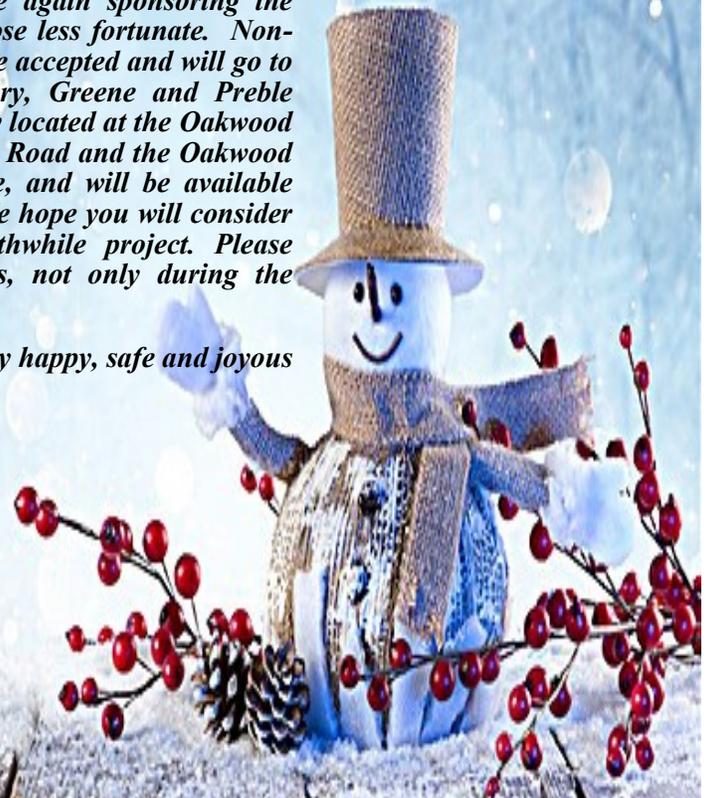
Don't forget to mark your calendar for the "Holiday of Lights", "Lighting Up Oakwood"...drive through edition on Sunday, December 13, 2020!

The City of Oakwood is once again sponsoring the Holiday Food Drive to benefit those less fortunate. Non-perishable food items will gladly be accepted and will go to the foodbank serving Montgomery, Greene and Preble counties. Collection boxes are now located at the Oakwood Community Center, 105 Patterson Road and the Oakwood City Building at 30 Park Avenue, and will be available throughout the winter months. We hope you will consider contributing to this needy, worthwhile project. Please share your blessings with others, not only during the holidays but year round!

The OCC Staff wishes you a very happy, safe and joyous holiday season.

Sincerely,

*Carol D. Collins
Director*



Happy Holidays from the OCC Staff

MISSION

The purpose of Leisure Services is to enhance the quality of life for Oakwood residents by offering a variety of activities that encourage overall wellness, cultural opportunities and fellowship with neighbors. Its mission includes building upon the natural beauty of the city through the improvement, care and maintenance of parks, public gardens, boulevards and right-of-ways.

OCC business office



Monday-Thursday
Friday
Saturday
Sunday

7:30 A.M. - 9:00 P.M.
7:30 A.M. - 7:00 P.M.
8:00 A.M. - 2:00 P.M.
12:00 P.M. - 5:00 P.M.



OCC health center

Monday-Thursday
Friday
Saturday
Sunday



8:00 A.M. - 8:45 P.M.
8:00 A.M. - 6:45 P.M.
CLOSED
CLOSED

See Business Office for class schedule and closed hours.

table of contents

special events	pages	4 - 8
youth sports	pages	9 - 10
fencing	page	11
spring soccer	pages	11 - 12
kidstuff	pages	13 - 16
ballet	pages	17 - 19
winter fun	page	20
pre-teens/teens	page	21
adults	pages	22 - 24
health & fitness	pages	25 - 29
miscellaneous	page	30



CHRISTMAS

Thursday, December 24th

Business Office
Health Center

7:30 A.M. - 12:00 P.M.
8:00 A.M. - 11:45 A.M.

Friday, December 25th

All Areas

Closed



NEW YEAR'S

Thursday, December 31st

Business Office
Health Center

7:30 A.M. - 12:00 P.M.
8:00 A.M. - 11:45 A.M.

Friday, January 1st

All Areas

Closed



MARTIN LUTHER KING DAY

Monday, January 18th

All Areas

Closed

PRESIDENT'S DAY

Monday, February 15th

All Areas

Closed

EASTER WEEKEND

Saturday, April 3rd

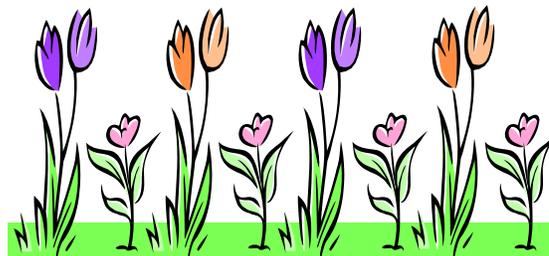
Business Office
Health Center

8:00 A.M. - 2:00 P.M.
Closed

Sunday, April 4th

Business Office
Health Center

8:00 A.M. - 2:00 P.M.
Closed



Calling all Instructors....

Do you have a special talent or hobby you would like to share with the community? We are looking for creative, energetic instructors to lead classes and programs at the OCC. If you would like to be a part of our team, please give us a call at 298-0775.

foodbank



Donate Now

CITY OF OAKWOOD HOLIDAY FOOD DRIVE

The City is pleased to sponsor its annual food drive to benefit the *foodbank*, serving Montgomery, Greene and Preble counties. Collection boxes are available at the OCC, 105 Patterson Road and the City Building, 30 Park Avenue. All non-perishable items will be gladly accepted. Please share your blessings with others. **Thank you.**

Special Events



ANNUAL CANDY CANE HUNT

Join in on the weekly Oakwood Candy Cane Hunt! This year, we will be hiding a couple of “special” candy canes somewhere in the Oakwood community every week in December. Make sure to follow us on Facebook as we give out daily hints on where to locate that week’s candy cane. If you find the candy cane, take a picture in the location you find it. Then bring the candy cane & picture to the OCC to claim your prize! **Please remember to social distance while looking for the winning candy canes.**

- Dates:**
- Week 1 - November 30 - December 6
 - Week 2 - December 7 - December 13
 - Week 3 - December 14 - December 20
 - Week 4 - December 21 - December 27
 - Week 5 - December 28 - January 3



Fee: Free for Oakwood Residents

A LETTER FROM SANTA

The North Pole is in the OCC??? Well, not exactly, but Santa did drop off a very special mailbox that will send your letters directly to his workshop. Santa promises to return each letter personally. The Magic Mailbox will be outside the front door of the OCC now until Sunday, December 20th. **Be sure to give Santa your address!** So get your list together and remember - you better be good for goodness sake!



Make a Gingerbread House

Come pick up a gingerbread kit from the OCC, go home, decorate it and then submit a photo of your masterpiece to compete for prizes! All entries will be placed on our Facebook page and the public will vote for their favorite! The house with the most votes will win a prize!

- * Pick up kits any time December 10th or 11th.
- * Submit photos no later than December 16th.
- * Voting will end December 21st and winner will be announced on December 22nd.

Fees: \$20 (M), \$30 (NM), \$40 (NR)

REGISTRATION DEADLINE:
Thursday, December 3rd at 9:00 P.M.



FRIDAY FUN NIGHT (AGES 4 - 10)

Parents, looking for a night without the kids??? The OCC has the answer! Kids join us for a night of games, crafts, pizza and snacks. The night will end with a movie. Parents enjoy a night to yourself while your kids have a Friday night full of fun activities. Children must be potty-trained.

COVID PROTOCOLS: Parents will enter through the Schantz Avenue door to drop off and sign their kid(s) in. Everyone is required to wear facemasks when in the building. Kids will be required to wear masks during the program unless we are doing a physical activity. We will have hand sanitizer to use throughout the evening. For pickup, parents will use the outside door into the Teen Center located on the lower level, on the east side of the building facing the pool while using social distancing.

<u>Day</u>	<u>Dates</u>	<u>Times</u>
Friday	January 15	7:00 - 10:00 P.M.
Friday	February 5	7:00 - 10:00 P.M.
Friday	March 5	7:00 - 10:00 P.M.

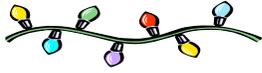
Registration Deadlines: Wednesday, January 13 at 9:00 P.M.
Wednesday, February 3 at 9:00 P.M.
Wednesday, March 3 at 9:00 P.M.

Fees: 1st child \$22 (M), \$33 (NM), \$44 (NR)
2nd child \$17 (M), \$25 (NM), \$34 (NR)

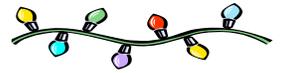
Location: OCC Great Room/Teen Center

**FRIDAY
FUN
NIGHT!!!**

“LIGHTING UP OAKWOOD”



HOLIDAY OF LIGHTS



“Holiday of Lights” At A Distance Drive Through

This year, the “Holiday of Lights” will be held on Sunday, December 13 as a drive-through, similar to the Ice Cream Social that was held in August. The event will take place between 6:30 and 8 p.m. The City will close E. Schantz Avenue between Patterson Road and E. Thruston Boulevard to through traffic that evening. The OCC and Shafor Park will be lit with luminarias as will Shafor Boulevard. To participate, residents must come to the OCC by vehicle to be greeted by Santa’s helpers, see Santa on a carriage, listen to holiday music, enjoy the holiday decorations, receive a special treat and more. **Due to COVID-19 restrictions and social distancing mandates, no walk-ups will be allowed.** City leaders will greet participants near E. Schantz and E. Thruston and will direct them southward in two lines to receive treats near the OCC parking lot. Residents will drive up to one of two tents, receive their special treat while enjoying the holiday festivities, and will then exit on to Patterson Road. **Participants must wear face coverings while receiving the treats.** We hope this modified “Holiday of Lights” event will brighten the community at the onset of the winter season.

“Lighting Up” Oakwood – Sunday, December 13

The city of Oakwood, with assistance from the Oakwood Beautification Committee, is “LIGHTING UP” Oakwood with luminarias on Sunday, December 13 beginning at 6 p.m. Residents are invited to put luminarias out in front of their house and to consider participating with their neighbors. This event brightens the entire community at the onset of the winter holiday season. Luminarias will line Shafor Boulevard. The committee encourages neighborhood participation and hopes to see many citizens joining in the festive beautification effort.

Luminaria Kits

Luminaria kits are available at the OCC during regular business hours. They are sold at a cost of \$5.00 per dozen. The price includes white bags, sand and 10- hour candles.



FAMILY SUNDAE BINGO

(ages 4 & older)

Moms, dads, sisters, brothers, grandparents - everyone is welcome at Family Sundae Bingo. Join in the fun as we play for small prizes suitable for all ages. Everyone will enjoy ice cream when the games are done.

COVID PROTOCOL: Families will be asked to enter through the outside lower level door on the east side of the building facing the pool. Tables and chairs will be set up to social distance for those not in the same families. Participants will be required to wear masks during this program. There will be hand sanitizer available to use during the program. Families will then be asked to leave through the same door out of the Teen Center.

Date: Sunday, March 7, 2021
Time: 1:00 - 2:30 P.M.
Fees: \$5 (M), \$8 (NM), \$10 (NR)
Location: OCC Lower Level Teen Center



Registration Deadline:
Wednesday, March 3, 2020 at 9:00 P.M.

THIS EVENT MAY BE CANCELLED OR CHANGED DUE TO COVID REGULATIONS.

PRACTICAL MAGIC WORKSHOP

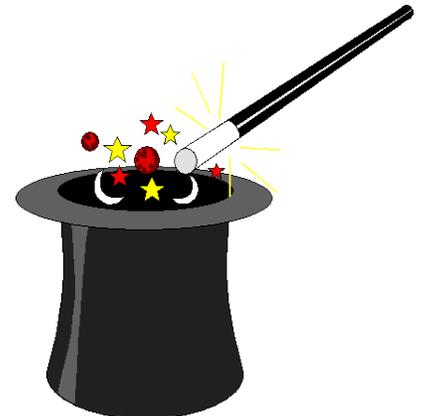
(ages 6 - 12)

Kids will be amazed as they learn simple magic tricks and balloon sculptures! Parents will love the fact that Magician Stan Goode will not only be teaching them magic tricks but also practical skills to help them lead successful, productive lives.

Set in a fun, magical atmosphere, kids will learn that practice really does make perfect and they will leave knowing how to apply that to everyday life, as well as mastering a trick or two to amaze their family and friends!

COVID PROTOCOL: Participants will enter the OCC through the door by the tennis courts and exit through the front door. Participants will be required to wear masks during the workshop and practice social distancing.

Date: Saturday, April 24th
Time: 10:00 - 11:00 A.M.
Fees: \$10 (M), \$15 (NM), \$20 (NR)
Location: OCC Large Classroom



Pre-School Basketball Clinic

(ages 4 - 5)

This clinic will offer beginning skills such as passing, dribbling and shooting. No games will be played. Players will participate in "Around the World" type activities. Only 8 participants per session.

COVID PROTOCOL: Parents will drop children off at the Schantz Avenue side door and must wait in car until the clinic is over. No parents will be allowed to wait inside the OCC. Complete clinic schedule and COVID protocols will be e-mailed to participants on the Friday before the clinic starts.

Day Saturdays
Dates Feb. 27, Mar. 6, 13 & 20
Fees: \$20 (M), \$30 (NM), \$40 (NR)
Location: OCC Great Room



Registration Deadline:
Thursday, February 25 @ 9:00 P.M.

PRE-SCHOOL INDOOR SOCCER

(ages 3 - 5)

Held at the OCC, this program is designed to introduce pre-schoolers to soccer in an unstructured, relaxed setting. Children will be given the opportunity to develop motor skills while having fun. The primary objective will be to develop skills. There will be no games. Children will be required to wear shin guards. Program is limited to 8 participants per clinic session. No shirts or socks will be issued. **Clinic schedule and COVID protocols will be e-mailed to participants on Friday, January 8th.**

COVID PROTOCOL: Parents will drop children off at the Schantz Avenue side door and must wait in car until the clinic is over. No parents will be allowed to wait inside the OCC. Complete clinic schedule and COVID protocols will be e-mailed to participants on the Thursday before the clinic starts.

Day: Saturdays (30 minute clinic sessions)
Dates: Jan. 9 - Feb. 6
Fees: \$25 (M), \$38 (NM), \$50 (NR)
Location: OCC Great Room

Registration Deadline:
Thursday, January 7 @ 9:00 P.M.



DRUMS ALIVE - KIDS BEATS (ages 3 and up)

new!

Drum for fun or fitness! A motivating rhythmical drum and movement program designed for whole body-brain development. Classes are designed to inspire creativity and rhythmic pulsing on stability balls using drumsticks. Additional activities will include: flagsticks, scarf juggling, bucket drumming and more!

COVID PROTOCOLS: Participants will enter and exit the building by the side door in between the OCC and the pool. Masks are required while entering and exiting the class. Once you are situated in your spot and socially distanced, you can remove masks.

Dates: Wednesday, Jan. 6 - February 10

Time: 9:30 - 10:15 A.M.

Cost: \$45 (M), \$67 (NM) \$90 (NR)

Dates: Wednesday, Feb. 24 - April 7 (no class March 31)

Time: 9:30 - 10:15 A.M.

Cost: \$45 (M), \$67 (NM) \$90 (NR)

Instructor: Dorie Phillips

Location: Teen Center



After a successful Fall, Oakwood Ballet will once again offer innovative Ballet Mini Immersions in a small group paradigm, for Winter/Spring 2021. Each of our 3 tracks, ages 5-10, focuses on the joy of dance with beautiful live piano accompaniment. We prioritize our mutual good health with conscientious COVID protocols. We would love for you to join us!

For a complete listing of all Mini Immersions, please visit: oakwoodballet.com. Spaces are limited, please email Miss Camille (camille@oakwoodballet.com).

Miss Camille performed professionally with American Ballet Theatre (NYC) and holds an MFA from New York University. She is an ABT Certified Teacher in all levels and serves as an Examiner for the National Training Curriculum.

The OCC has been home to Oakwood Ballet for 25 years!

FENCING PROGRAM

(ages 7 and up)

Fencing gives all athletes a great exercise experience! The main goal of fencing is to develop and improve balance, coordination and focus, benefiting the athlete both physically and mentally. Students will be introduced to techniques and strategies in different fencing situations based on their confidence regardless of level or experience. Fencers will learn proper footwork and blade work based on the Italian Fencing School method, recognized worldwide as safe, efficient and elegant. Fencing is a great activity for all ages, youth and adult alike. All the participants will use fencing jackets, masks, gloves and swords (foil). Classes will be organized by level: Beginner Level 1 and Level 2 based on experience, knowledge and confidence in fencing and Adult/Competitive.

COVID PROTOCOL: Participants will enter and exit using Schantz Avenue side door using proper social distancing. Masks required when entering and exiting the building. Parents/siblings are not allowed to wait inside the OCC during class.

Equipment Rental: \$20 per session will be charged, cash or check on the first day of class, to the instructor, payable to AFAD, for upkeep, replacement and cleaning.

YOUTH BEGINNING

Day:	Dates:	Time:	Fees:
Wednesdays	Jan. 6 - Jan. 27	5:45 - 6:45 P.M.	\$40 (M), \$60 (NM), \$80 (NR)
Wednesdays	Feb. 3 - Feb. 24 (no class Feb. 17)	5:45 - 6:45 P.M.	\$30 (M), \$45 (NM), \$60 (NR)
Wednesdays	Mar. 3 - Mar. 24	5:45 - 6:45 P.M.	\$40 (M), \$60 (NM), \$80 (NR)
Wednesdays	Apr. 7 - Apr. 28	5:45 - 6:45 P.M.	\$40 (M), \$60 (NM), \$80 (NR)

Location: OCC Great Room

BEGINNER LEVEL 2

Day:	Dates:	Time:	Fees:
Wednesdays	Jan. 6 - Jan. 27	6:45 - 7:45 P.M.	\$40 (M), \$60 (NM), \$80 (NR)
Wednesdays	Feb. 3 - Feb. 24 (no class Feb. 17)	6:45 - 7:45 P.M.	\$30 (M), \$45 (NM), \$60 (NR)
Wednesdays	Mar. 3 - Mar. 24	6:45 - 7:45 P.M.	\$40 (M), \$60 (NM), \$80 (NR)
Wednesdays	Apr. 7 - Apr. 28	6:45 - 7:45 P.M.	\$40 (M), \$60 (NM), \$80 (NR)

Location: OCC Great Room

ADULT/COMPETITIVE (This class is for any level adult, beginner to advanced and competitive youth.)

Day:	Dates:	Time:	Fees:
Wednesdays	Jan. 6 - Jan. 27	7:45 - 8:45 P.M.	\$40 (M), \$60 (NM), \$80 (NR)
Wednesdays	Feb. 3 - Feb. 24 (no class Feb. 17)	7:45 - 8:45 P.M.	\$30 (M), \$45 (NM), \$60 (NR)
Wednesdays	Mar. 3 - Mar. 24	7:45 - 8:45 P.M.	\$40 (M), \$60 (NM), \$80 (NR)
Wednesdays	Apr. 7 - Apr. 28	7:45 - 8:45 P.M.	\$40 (M), \$60 (NM), \$80 (NR)

Location: OCC Great Room

Instructor:

Mr. Lorenzo Padrichelli - Italian fencer and licensed master. Experienced in teaching the Italian fencing school, Mr. Padrichelli began fencing in Italy at the age of 8. Licensed (AIMS) in Italy and Europe in all three weapons as recognized by USA Fencing (USFA), and current FIS and FIE member. Has represented Italy in International tournaments and world cups. He has experience in teaching individual lessons and group class in Italy & U.S.



YOUTH RECREATIONAL SPRING COED-SOCCER

We are going to make every attempt to have spring recreational soccer in 2021. Of course, we will have to wait to see how the situation is and what safety protocols are in place at the time. We will be communicating all information via emails, the city's Facebook page and the OCC's registration website, OakwoodLeisureServices.com. Stay tuned!

Skyhawk's Youth Basketball and Mini Hawk Camps

We are currently working on putting together dates, times, and locations for a few Skyhawk Basketball and Mini Hawk programs. We are working to make sure we are able to have these programs in a fun and safe manner through all the COVID regulations. Be sure to stay informed for these programs through our community emails, OakwoodLeisureServices.com and the city of Oakwood's Facebook page.

IRISH DANCE (ages 5 & up)

A fun dance experience for girls and boys age 5 and up. Attendees will learn the basic footwork and fundamentals of Irish dance as well as a fun, traditional group dance. The classes are run by certified, experienced instructors and dancers from the Richens/Timm Academy of Irish Dance. We will wrap up the classes with a performance on the last day to showcase our new talent!

DRESS: Athletic shorts and t-shirt. Any type of flexible shoe, ballet slipper, jazz slipper, or even socks would suffice for footwear. Hair should be pulled up and away from the face.



COVID PROTOCOL: Parents will be asked to enter through the outside door into the Great Room to sign in and drop off. We ask that parents observe the social distance stickers on the ramp when waiting to enter the building. Everyone is required to wear a mask when in the building. The instructor will be using social distancing during the class and kids need to have a mask. If they are doing physical activity and observing social distancing they will not be required to wear facemasks. Parents will need to pick up their kids at the same outside door into the Great Room. We ask that parents remain in their cars until the class is over if possible. If parents are walking then they need to observe social distancing when waiting at the ramp to pick their child up.

Day	Dates	Time
Mondays	Jan. 11, 25 & Feb. 1 & 8	5:30 - 6:15 P.M. (no class Jan. 18)
Mondays	Feb. 22, Mar. 1, 8 & 15	5:30 - 6:15 P.M. (no class Feb. 15)
Mondays	Apr. 12, 19, 26 & May 3	5:30 - 6:15 P.M.

Fee: \$55 (M) \$83 (NM) \$110 (NR)
Instructor: Richens/Timm Academy of Irish Dance
Location: OCC Great Room



American Red Cross Babysitting Course (ages 11 and older)

For ages 11 and older, this one-day class teaches boys and girls how to be the best babysitters in Oakwood. Class topics include baby care, first aid, safe play activities, Shaken Baby Syndrome & SIDS and how to handle emergencies. Each student must bring a baby doll and age appropriate toy. Instructors are certified by the American Red Cross and students who successfully complete the class receive a Red Cross certificate and will be able to download the Red Cross babysitting handbook, emergency reference guide, business card, resume template and an organizer complete with activities, games, crafts and recipes. Student should bring their own snack.

COVID Protocols: Participants will enter and exit class through side door between the OCC and the Pool. Masks and social distancing required for drop off and pick up.

Day **Date** **Time**
 Saturday May 1 8:30 A.M. - 1:30 P.M.
Fees: \$52 (M), \$78 (NM), \$104 (NR)
Instructor: Rory Korzan
Location: OCC Teen Center



Kidz Home Alone Online (entering grades 4th - 6th)

This course is designed to teach children about being home alone. It is an avenue to begin discussions between parent and child regarding possible situations that may arise. At the end of the class, students feel more confident, learn to THINK and ACT appropriately if an unusual situation should occur while they are home alone. Students must attend both classes to complete the class.

Students will learn:

* First Aid & Self Heimlich Maneuver * What If Scenarios *How to Handle Emergencies *Creative Problem Solving * Weather Emergencies * Poison Safety * Home Alone Rules * What to Do if You Can't Get in Touch with Your Parents * Fire and Disaster Escape Plans

Special Parent Guide included.

Days: Mondays
Dates: December 5 & 12
Time: 10:00 - 11:00 A.M.
Fees: \$75 (M), \$112 (NM), \$150 (NR)
Instructor: Enriching Kidz, Inc.
Location: Online



KIDZ LIFE SKILLZ: BRAIN TEASERS, PUZZLES AND PLANNING (entering grades 3 - 6)

Students will enjoy a fun & interactive class using hilarious and funny games and activities that stress:

- Problem solving skills
- Critical Thinking Situations
- Brain Teaser Challenges
- Learn the Decision Making process
- Party Planning

Students must attend all dates in session chosen to complete the course. Sessions are one day a week for two weeks.

Dates: Thursdays, Dec. 10 & Dec. 17
Time: 4:00-5:00PM
Fees: \$55 (M), \$82 (NM), \$110 (NR)
Location: Online





SNOWMAN BUILDING

It's the 1st day of Winter Break...are you looking for something fun to do? Come to Old River Sports Complex with your friends and family to build a snowman. This is open to children of all ages. Adults are encouraged to attend, required if children are under 12 years of age.

****Social distancing and masks are required for this event.**

Date: Saturday, February 13, 2021 (This is an outdoor activity. Please dress for the weather.)
Time: 1:00 - 3:00 P.M.
Fee: Free!
Location: Old River Sports Complex

(This program depends on snow and there is no make-up date for lack of snow.)

WINTER BREAK TRIVIA TOURNAMENT

(ages 7 - 12)

Come compete in the annual Winter Break Trivia Tournament! You will be challenged to answer fun trivia questions. Test your knowledge on different themes such as food, music and movies. There will be prizes for the winners! So bring your buddy and see who can answer the most questions right. There will be snacks provided also to enjoy!

COVID PROTOCOL: Social distancing will be followed and masks will be required during the tournament. Participants will enter and exit using the side door between the OCC and the pool.

REGISTRATION DEADLINE: Friday, December 18th at 7:00 P.M.

Date: Monday, Dec. 21st
Time: 1:00 - 3:00 P.M.
Fees: \$8(M), \$12 (NM), \$16 (NR)
Location: OCC Teen Center



DOG SNOW ROMP

Does your dog(s) have fun playing in the snow? Most dogs relish a romp in the snow. Running, galloping with a grin, running with their head under the snow, stopping only to have a quick roll or find the snowball!

Join the OCC for a Dog Snow Romp at Old River on Saturday, January 25th from 1:00 - 3:00 P.M. Humans dress for the weather. Canines bring a towel to dry off. This a free event, just a canine and a human.

In order to keep this event fun and safe for everyone, there are a few rules to be followed:

- * No females in season * Current on vaccinations * One canine per human
- * Owners must clean up after their dogs * Dogs must be at least 6 months old

Day/Date: Saturday, January 23, 2021
Time: 1:00 - 3:00 P.M.
Fee: Free but Pre-Registration and a copy of current vaccinations is required.
Location: Old River Sports Complex



No aggressive dogs permitted at this event. The Department of Leisure Services reserves the right to refuse entry of any dog deemed hazardous to participants or whose physical condition may be at risk by participating in this event.

This program is weather dependent. Will be held if no snow, however, if the ground is too soft or temperature is too cold the program will be cancelled.

****Social distancing and masks are required for this event.**

BEGINNER LINE DANCE

new!

The class will be taught at the beginner level. Line dance consists of basic steps that are choreographed to a repeated pattern. Each dance is reviewed prior to dancing. We will be dancing to a variety of music - country, swing, rock and roll, waltz, cha cha, rumba and more. Line dance builds confidence and is mentally and physically beneficial. Again, we strive to make the class fun and enjoy a good time.

COVID Protocols: Participants will enter and exit through the Schantz Avenue door. Masks are required while entering and exiting. Once you are situated in class and socially distanced you can remove your mask.

FRIDAY 1:00 P.M. SESSION

Jan. 8 - Feb. 12 from 1:00 - 2:00 P.M.
Fee: \$18.00

Feb. 19 - Mar. 26 from 1:00 - 2:00 P.M.
Fee: \$18.00

Apr. 16 - May 21 from 1:00 - 2:00 P.M.
Fee: \$18.00

FRIDAY 2:10 P.M. SESSION

Jan. 8 - Feb. 12 from 2:10 - 3:10 P.M.
Fee: \$18.00

Feb. 19 - Mar. 26 from 2:10 - 3:10 P.M.
Fee: \$18.00

Apr. 16 - May 21 from 2:10 - 3:10 P.M.
Fee: \$18.00

Instructor: Sharon Reed

Location: Great Room

About our Instructor: Sharon Reed has taught line dance for the past ten years. She taught at the Rosewood Art Center, Kettering YMCA and St. Leonard's Retirement Community. She has a fundamental understanding of how to approach new dancers to build confidence and feel

OCC DOG OBEDIENCE TRAINING WITH PAULA'S PAWS

(8 Months and Older)

Paula's Paws Dog Training uses a variety of techniques to train your best friend. Whether your dog is young or full grown, it's never too late for training. Dogs will be taught basic commands such as sit, heel, down and come as well as addressing any behavioral issues. Please include the breed and weight of dog at registration. **Proof of vaccinations are required.**

COVID Protocols: Enter and Exit class through side door between the OCC and the Pool. Social distancing and masks required during class.

Session I

Days: Wednesdays
Dates: Jan. 27 & Feb. 3, 10, 24 (no class Feb. 17)
Time: 5:00 - 6:00 P.M.
Instructor: Paula Hosford
Fees: \$75 (M), \$113 (NM), \$150 (NR)
Location: OCC Lower Level Teen Center

Session II

Days: Wednesdays
Dates: Mar. 3, 10, 17 & 24
Time: 5:00 - 6:00 P.M.
Instructor: Paula Hosford
Fees: \$75 (M), \$113 (NM), \$150 (NR)
Location: OCC Lower Level Teen Center



Paula Hosford received her dog training certification through National K-9 Dog Training School. She is a member of the Association of Pet Dog Trainers, International Association of Canine Professionals and continues her education by attending seminars and conferences. Paula is affiliated with KISS, (K9's in Special Service), which trains service dogs for individuals with disabilities. She teaches in-home private lessons for basic obedience as well as solving behavioral issues. Paula lives in Centerville, Ohio with her two children, two cats and her dog Dakota.

Online Instant Pot Cooking Classes

with Kirsten Madaus

Instant Pot Desserts

Creamy Cheesecake, decadent Flourless Chocolate Cake, light Upside Down Summer Berry Cake and more—what do all these treats have in common? They're made in an electric pressure cooker! Join Kirsten online via Zoom to learn how to create your own Instant Pot Desserts. Participants will receive an extensive handout along with the link to join prior to class. There will be ample time for questions during the session, and participants will receive a link to the recording afterwards so they can follow at their own pace.

Dates: Wednesday, Jan. 27 & Sunday, Jan. 31

Time: 7:30 - 9:00 P.M.

Cost: \$25 (M), \$37 (NM) \$50 (NR)



Instant Pot Basics Series

It's time to finally use that Instant Pot! In this 4-part online Zoom class you'll learn how to make breakfasts through dinners and appetizers through desserts! Each week Kirsten will demonstrate a different aspect of pressure cooking: from how a pressure cooker works to how to cook with frozen meats to all-in-one meals to pot-in-pot cooking. Handouts accompanying each session offer additional recipes beyond what is demonstrated during class. Each week there's plenty of time for Q&A and sharing how we've used our Pots since the previous class.

Dates: Wednesdays, Feb. 3, 10, 17, 24

Time: 7:30 - 9:00 P.M.

Cost: \$100 (M), \$150 (NM) \$200 (NR)



All in One Instant Pot Meals Online

Use the electric pressure cooker to prepare your entree and a side vegetable at the same time, freeing you up to enjoy a more hands off kitchen experience. In this class join Kirsten in her kitchen via Zoom to discuss several methods of all in one cooking while she demonstrates Turkey and Wild Rice Meatloaf with Sweet Potatoes and Instant Pot Spaghetti. Participants will receive an extensive handout along with the link to join prior to class. There will be ample time for questions during the session, and participants will receive a link to the recording afterwards.

Date: Monday, April 12

Time: 7:30 - 9:00 P.M.

Cost: \$25 (M), \$37 (NM) \$50 (NR)



Health Center

Memberships to the OCC Health Center are available to anyone 16 years of age or older. Precor S-line dual strength machines are easy to use and deliver a great workout. Thomas Hayes, Recreation Supervisor, will be available during regular business hours and by appointment, other hours to show members how to use the new machines and what muscle groups are being used. For more information call the OCC at 937-298-0775.

Note: There are some changes to our Health Center Memberships at this time due to COVID-19. Some of those changes are listed below:

1. Some machines may not be operational at this time due to COVID-19.
2. Masks are required when entering and exiting the building and until you get into the health center. Masks are recommended to be worn while exercising.
2. We are using a reservation system at this time to reduce the flow of traffic and to follow safety guidelines.
3. Each member can reserve one spot per day. Each spot is 45 minutes long.
4. Once you purchase a membership you will be given instructions on how to make reservations.
5. If you have any questions, or for information on pricing, please contact our office at 937-298-0775.

do something
good for yourself!



DANCERCIZE (Zoom)

You'll be in great shape! Join Karen Hochwalt to jump start your day. Begin with a 30 - 40 minute aerobic workout using choreographed routines. Follow with a body sculpting cool down using light hand weights and conclude with floor work to increase strength and flexibility.

Mondays/Wednesdays from 8:45-10:00 A.M.
 Jan. 4 - 27 (no class Jan. 18)
 \$56.00 (M) \$84.00 (NM) \$112.00 (NR)

Mondays/Wednesdays from 8:45-10:00 A.M.
 Feb. 1 - 24 (no class Feb. 15)
 \$56.00 (M) \$84.00 (NM) \$112.00 (NR)

Mondays/Wednesdays from 8:45-10:00 A.M.
 Mar. 3-31 (no class Mar. 1)
 \$72.00 (M) \$108.00 (NM) \$144.00 (NR)

Mondays/Wednesdays from 8:45-10:00 A.M.
 Apr. 5-28
 \$64.00 (M) \$80.00 (NM) \$128.00 (NR)



UPPER BODY CONDITIONING (In Person (limited enrollment) or Zoom)

This is a 30 minute class using free weights to build upper body strength and conditioning. It will precede the Core Strength and Stretch Class. Some of the benefits of weight lifting include: increasing muscle mass and bone density, better posture, lowering inflammation, boosting metabolism and even providing better sleep. Bring your own weights.

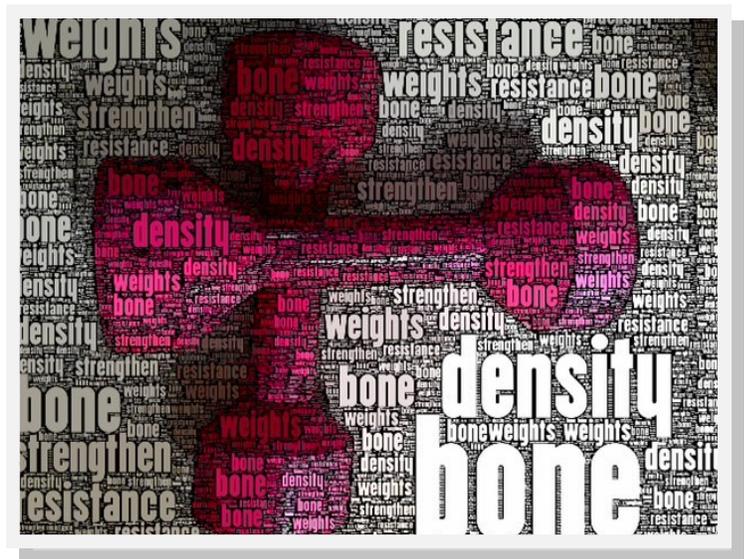
COVID PROTOCOL: Participants must enter and exit the building on the Schantz Avenue side. Masks are required to enter the building and during the class.

Fridays from 9:15-9:45 A.M.
 Jan. 8 - 22
 \$15.00 (M) \$22.00 (NM) \$30.00 (NR)

Fridays from 9:15-9:45 A.M.
 Feb. 5 - 19
 \$15.00 (M) \$22.00 (NM) \$30.00 (NR)

Fridays from 9:15-9:45 A.M.
 Mar. 5 - 26
 \$20.00 (M) \$30.00 (NM) \$40.00 (NR)

Fridays from 9:15-9:45 A.M.
 Apr. 2 - 23 (no class April 16)
 \$15.00 (M) \$22.00 (NM) \$30.00 (NR)



Location: Great Room (In Person)

Karen Hochwalt is and ACE Certified Fitness Instructor since 1987, certified by the American Council on Exercise and former Cincinnati Ballet Soloist.

CORE STRENGTH AND STRETCH (In-Person *(limited enrollment)* or Zoom)

This is a mat class that integrates Pilate's principles with yoga, stretching and balance exercises. It focuses on core strength balancing movement with forward flexion, extension and rotation along with full body weight strengthening exercises. There is an emphasis on proper alignment and mindful breathing to facilitate optimal movement and increase flexibility. Participants need to bring their own mat, ball (optional) and water bottle.

COVID PROTOCOL: Masks will be required to enter the building and during class. Participants will enter through the Schantz side door and maintain 6 foot social distancing while entering and exiting the building.

IN-PERSON OR ZOOM

Tuesdays/Fridays from 10:00-11:00 A.M.

Jan. 5 - 26

\$56.00 (M) \$84.00(NM) \$112.00 (NR)

In-Person Class (max 9 participants)

IN-PERSON OR ZOOM

Tuesdays/Fridays from 10:00-11:00 A.M.

Feb. 2 -23

\$56.00 (M) \$84.00(NM) \$112.00 (NR)

In-Person Class (max 9 participants)

IN-PERSON OR ZOOM

Tuesdays/Fridays from 10:00-11:00 A.M.

Mar. 2 - 30

\$72.00 (M) \$108.00(NM) \$144.00 (NR)

In-Person Class (max 9 participants)

IN-PERSON OR ZOOM

Tuesdays/Fridays from 10:00-11:00 A.M.

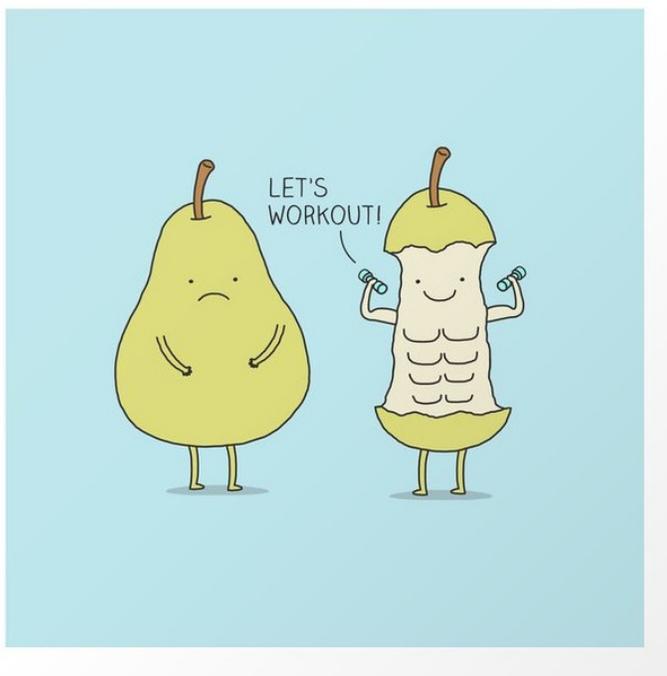
Apr. 2 - 23 (no class April 16)

\$56.00 (M) \$84.00(NM) \$112.00 (NR)

In-Person Class (max 9 participants)

Location: Great Room (In Person)

Karen Hochwalt is and ACE Certified Fitness Instructor since 1987, certified by the American Council on Exercise and former Cincinnati Ballet Soloist.



**get fit
for life**

ZUMBA

Zumba is a class designed to bring people together to sweat it on. We take the “work” out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you’ll see why Zumba Fitness classes are often called exercise in disguise.

Benefits include total workout, combining all elements of fitness - cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

COVID PROTOCOL: Participants will enter and exit through the Schantz Avenue door. Masks are required while entering and exiting. Once you are situated in class and socially distanced you can remove your mask.

Mondays/Wednesdays from 6:45-7:30 A.M.

Jan. 4 - 27 (no class Jan. 18)

\$35.00 (M) \$52.00(NM) \$70.00 (NR)

Mondays/Wednesdays from 6:45-7:30 A.M.

Feb. 1 - 24 (no class Feb. 15)

\$35.00 (M) \$52.00(NM) \$70.00 (NR)

Mondays/Wednesdays from 6:45-7:30 A.M.

Mar. 1-24

\$40.00 (M) \$60.00(NM) \$80.00 (NR)

Mondays/Wednesdays from 6:45-7:30 A.M.

Apr. 5-28

\$40.00 (M) \$60.00(NM) \$80.00 (NR)

Location: OCC Great Room

Instructor: Hannah Holder

Hannah Holder is the class instructor. She has been a Zumba instructor since June 2018 and absolutely loves teaching Zumba classes. She is currently licensed to teach Zumba Basic 1 and Zumba Gold.



ZUMBA®
FITNESS

Intermediate Tai Chi

Continuing to go deeper into the Tai Chi principles and form, adding movements to the basic Tai Chi Easy™ form, to learn Integral Tai Chi and the Beijing 24 Form. Continuing to add Qigong movements for health and wellness. Moving deeper into the meditative aspects of Tai Chi and Qigong.

COVID PROTOCOLS: Participants will enter and exit the building on the Schantz Avenue side door. Participants will be social distanced in the class and must wear a mask into building and into class. Once at your established location within the class you do not need to wear mask during the class. Please wear your mask exiting the class and the building.

TUESDAY CLASS

Tuesdays from 7:00-8:00 P.M.

Jan. 5 - Feb. 2

\$22.00 (M) \$33.00(NM) \$44.00 (NR)

Tuesdays from 7:00-8:00 P.M.

Feb. 9 - Mar. 9

\$22.00 (M) \$33.00(NM) \$44.00 (NR)

Tuesdays from 7:00-8:00 P.M.

Mar. 16 - Apr. 20 (no class Mar. 30)

\$22.00 (M) \$33.00(NM) \$44.00 (NR)

THURSDAY CLASS

Thursdays from 7:00-8:00 P.M.

Jan. 7 - Feb. 4

\$22.00 (M) \$33.00(NM) \$44.00 (NR)

Thursdays from 7:00-8:00 P.M.

Feb. 11 - Mar. 11

\$22.00 (M) \$33.00(NM) \$44.00 (NR)

Thursdays from 7:00-8:00 P.M.

Mar. 18 - Apr. 22 (no class Apr. 1)

\$22.00 (M) \$33.00(NM) \$44.00 (NR)

Instructor: Judy Wilson

Location: OCC Great Room

About Judy Wilson:

Judy is a certified instructor having graduated from the Institute of Integral Qigong and Tai Chi where the philosophy is to make Tai Chi and Qigong accessible to all. She continues to study with the Institute Director, Roger Jahnke, O.M.D. Over the past 16 years, she has also trained with various teachers from Tama Martial Arts School in Dayton, Ohio. She is an active professional member of the National Qigong Association and participates regularly in continuing education. She is a licensed mental health counselor in Centerville, Ohio, in practice for over 27 years with specialties in stress reduction and mindfulness training.



Indoor Cycling

Sit, sprint, jump and climb your way through a calorie-burning HIIT workout on a bike! Music will guide you through a mixed interval, heart pounding workout so you'll

feel energized, excited, sweaty and exhausted at the end of each class. Classes run 45 minutes and will be followed by brief stretches on or next to the bike. Bring your water bottle, a towel and be ready to work!

COVID Protocol: Participants will enter and exit the building using the side entrance between the OCC and the pool. Masks are required to enter the building and while walking around but once class begins it is optional.

Mondays/Wednesdays from 6:30-7:30 P.M.

Jan. 4 - 27 (no class Jan. 18)

\$35.00 (M) \$52.00(NM) \$70.00 (NR)

Mondays/Wednesdays from 6:30-7:30 P.M.

Feb. 1 - 24 (no class Feb. 15)

\$35.00 (M) \$52.00 (NM) \$70.00 (NR)

Mondays/Wednesdays from 6:30-7:30 P.M.

Mar. 1-24

\$40.00 (M) \$60.00(NM) \$80.00 (NR)

Mondays/Wednesdays from 6:30-7:30 P.M.

Apr. 5-28

\$40.00 (M) \$60.00(NM) \$80.00 (NR)



Instructor: Nate Buckner

Location: OCC Lower Level Teen Center

Nate is very conscious about physical fitness and comes to us with more than four years of experience. His journey started more than 10 years ago while participating in a triathlon with his brother. Since then he has completed nine full marathons and just as many half-marathons. He enjoys recreational road cycling as well, and during the summer months you will find him leading the Clodbuster Base Ball Club out onto the field at Carillon Park. Nate's spinning classes are high energy and will include fast sprints and slow long climbs.

keep moving!

YOGA

This class combines mindful movements with conscious breathing. Each class will include a mixture of strength, flexibility and balance. Class will end with meditation. All levels welcome.

COVID Protocol: Participants will enter and exit class through side door between the OCC and the Pool. Participants will bring their own mat, towel and water bottle. Must wear a mask into building and into class. Once at your established location within the class, you do not need to wear mask during the class. Please wear your mask exiting the class and the building.

<u>Day</u>	<u>Dates</u>	<u>Time</u>
Tuesdays	Jan. 5 - Feb. 2	6:00 - 6:45 P.M.
Tuesdays	Feb. 9 - Mar. 16 (no class Feb. 16)	6:00 - 6:45 P.M.
Tuesdays	Mar. 23 - Apr. 27 (no class Mar. 30)	6:00 - 6:45 P.M.

Fees: \$50 (M), \$75 (NM), \$100 (NR)
Location: OCC Teen Center
Instructor: Angela Yim



EASY EXERCISE

Yes, exercise can be easy and fun! This class is for beginners, seniors or anyone just returning to an exercise program. Each hour includes warm-up, low impact and low intensity aerobics, strength and toning exercise and cool-down. Stop in for fitness and fun.

COVID PROTOCOL: Participants will enter and exit through the Schantz Avenue door. Masks are required while entering and exiting and during class.

<u>Day</u>	<u>Dates</u>	<u>Time</u>
Tuesdays/Thursdays	Jan. 5 - Feb. 18	8:15 - 9:15 A.M.
Tuesdays/Thursdays	Feb. 23 - Apr. 1	8:15 - 9:15 A.M.

Fees: \$30
Location: OCC Teen Center
Instructor: Lois Milligan