



**Cincinnati Recreation Commission**

**North Avondale Recreation Center's  
Fall 2019 Program Guide  
Sept. 3, 2019 - Nov. 30, 2019**

**Hours of Operation:**

**Monday - Friday: 11:00 AM - 9:00 PM**

**Saturday: 9:00 AM - 3:00 PM**

**\*Memberships Required\***

**Youth (5-17): \$2.00**

**Young Adult (18-24): \$10.00**

**Adult (25-49): \$25.00**

**Senior(50+): \$10.00**

**Weight Room:**

**\$10.00/3 months**

**\$35.00/year**

**617 Clinton Springs Ave.**

**Cincinnati, OH 45229**

**513.961.1584**

**[www.cincyrec.org](http://www.cincyrec.org)**



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## Programs:

### **After School Day Camp (Ages 5-12): 2:00 PM -6:00 PM \$145/Month**

Custodial care that includes organized group activities including Snack, Homework Help, Arts & Crafts, Computer Coding, Game Room, Gym, Theatre & More!

### **Basketball Clinic Skills and Drills (Ages 5 - 12)**

Session 1: Sept. 9th to Oct. 5th

Session 2 : Oct. 7th to Nov. 2nd.

Cost : \$ 35.00 per session /Siblings Discount 2 for \$60.00

### **Tiny Tumbling (Ages 4, 5 & 6)**

Wednesdays 5:30 PM -6:30 PM

Session 1: Sept. 11th - Oct. 16th

Session 2: Nov. 16th -Dec 11th

Cost: \$25/Per Session (Membership required)

### **Knitting: (For adults & 50+).**

Mondays 12:00 PM -2:00 PM (Membership required).

### **Karate:**

Tuesdays & Thursdays 6:00 PM -8:30 PM

Sensei Terrell Davis. (Membership required).

### **Adult Volleyball League:**

Thursdays 6:30 PM -9:00 PM

Starts Sept.12th to Dec. 5th, 2019. (Membership required).

### **Teen Open Gym:**

Wednesdays 6:00 PM -8:45 PM

(Membership required)

### **N. Avondale Neighborhood Association:**

Meets the 2nd Tuesday of every month.

7:00 PM – 9:00 PM

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## Fitness:

### **Monday:**

- \* Move +Stretch + Balance (Senior Fitness):

11:00 AM -11:45 AM

\$2 per class

- \* Curvy Cardio W/ Morgan: 6:00 PM -7:00 PM

\$7 per class (until November 18)

- \* Yoga w/ Kimberly: 7:00 PM -8:00 PM

\$10 per class

### **Tuesday:**

- \* Step Inside Walking : 11:00 AM -12:00 PM

**Free w/ Membership**

### **Wednesday**

- \* Move +Stretch + Balance (Senior Fitness):

11:00 AM -11:45 AM

\$2 per class

### **Thursday:**

- \* Step Inside Walking : 11:00 AM -12:00 PM

**Free w/ Membership**

**Sauna:** Membership is required. Open during regular business hours.

**Weight Room:** Open during normal hours.

Weight room card + membership required.

**A membership card is required for all fitness programs except:  
Curvy Cardio & Yoga**