

Athletic:

Open Gym:

Teens (Ages 13-17) Monday and Thursday 6:30 PM—8:30 PM (Membership required)

Young Adult (Ages 18 and up) Tuesday: 6:30 PM—8:30 PM (Membership required)

Ladies Night (ladies only) Wednesday: 6:30 PM— 8:30 PM

**Youth (Ages 5-12): Thursday 4:30 PM -6:30 PM,
Saturday 1:00 PM– 3:00 PM**

**Family (Children must be accompanied by parent)
Friday 6:30 PM– 8:30 PM**

Youth Game Room Hours (Ages 5-12) Monday 4:30 PM-5:00 PM, Saturday 12:00 PM-1:00 PM

Soccer for Success (Ages 5-12) Tues and Thursdays

2:30PM-4:00PM (Membership required)

Pickleball (18+) Saturday 10:30 AM– 12:30 PM (Membership Required)



Hirsch Recreation Complex's Fall 2019 Program Guide Sept. 30, 2019 - Nov. 30, 2019

Hours of Operation:

Monday-Friday: 9:00 AM—9:00 PM

Saturdays: 9:00 AM—3:00 PM

Sunday: 11:00 AM-5:00 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:

\$20.00/3 months

\$70.00/year

3630 Reading Rd.

Cincinnati, OH 45229

513.751.0087

www.cincyrec.org

Programs:

Club CRC (Ages 5-12): 2:30 PM –4:30 PM \$10/Quarter + Annual Membership (2\$) Non-custodial care that includes organized activities. Homework help, hot dinner, sports and much more

Senior Experience (Ages 50+): See Senior Calendar for details.

Senior Program that includes events, guest speakers, trips, monthly meetings, gym time and much more.

Introduction to Archery (Ages 10+): 5:00 PM-6:00 PM

\$10 + Annual Membership or \$20 without membership per 6 week session (Starts October 8, 2019)

Introductory Archery Program teaching the basic fundamentals of archery. Archery range safety, and bow maintenance and care.

Poetry in Motion (Intergenerational): 4:30 PM– 6:30 PM (Membership required)

Poetry in Motion is a product of the Avondale Underground Theater. Come and learn how to bend words in the art of self expression.

Sunday Ticket (Ages 12-17): Sunday's 11:30 PM–4:30 PM

(Membership required)

Come enjoy the excitement of professional football with your friends at the Hirsch Recreation Complex. Come for free food, Madden 20 gameplay, fantasy football challenges and of course NFL football.

Homework Assistance Lab (All Ages): 4:00 PM–5:00 PM

(Membership required)

Need help with school work? The Hirsch Recreation Complex is offering free homework assistance on Sundays. Lets hit the books together!

The Joy of Art and Self Care (18+): Saturdays 9:30 AM– 11:30AM (10\$ per class)

Developing Healthy Habits: Nutrition (18+): Wednesdays 6:15 PM– 7:30 PM (See Class instructor for details)

Fitness:

Monday:

CRC Senior Walking 10-11PM (Outdoor track)

CRC Senior Stretching 11-12PM (GFR) free w/membership

CRC Guys Night Body Pump 5:30PM-6:30PM (GYM)

Tuesday:

CRC Senior Walking 10-11PM (Outdoor track)

CRC Senior Stretching 11-12PM (GFR) free w/membership

CRC Spin 360 6:00PM-7:00PM (GFR)

Wednesday:

CRC Body Pump 5:30PM-6:30PM (GYM)

Yoga for Everyone with Abby Allen (GFR) 15\$/class

Thursday:

Line Dancing: 10:30 AM-12:30 PM (GYM) free w/membership

CRC Spinning– 10:00AM-11:00AM (GFR)

CRC Spinning– 6:00PM-7:00PM (GFR)

Saturday: **(Each class alternating)**

Tii Fit Yoga– 9:15 AM-10:15AM (GYM) 10\$/class

CRC Spin 360 9:15 AM-10:15AM (GYM)

***Classes with CRC in front of title are eligible for Hirsch Recreation Fitness Pass card punches

Weight Room:

CRC Classes 3\$ with membership, 5\$ without annual membership