

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

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## 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)**

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## 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 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:**

**CRC Senior Walking 10-11PM (Outdoor track)**

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

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

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

## Weight Room:

**\*\* Weight Room\*\*** - Open during normal hours.

Weight room card + membership required.