



Hirsch Recreation Complex Program Guide

Times, Facility hours and classes subject to change

Aug. 22, 2022-Dec. 2, 2022

M, W: 12:00PM—8:00PM

Tue, Thu: 10:00AM-8:00PM

Fri: 12:00PM-9:00 PM

Sat: 9:00AM-2:00PM

Memberships Required

Youth (5-17): \$2.00

Young Adult (18-24): \$10.00

Adult (25-49): \$25.00

Senior(50+): \$10.00

Fitness Room (*Fees are in addition to membership fee):

\$20.00/3 months

\$70.00/year

Daily Fitness Access: \$5 per visitor/day

*Everyone needs to either have a fitness membership OR pay a daily pass fee to access the fitness room. There are no guest or free "one time" passes.

3630 Reading Rd.

Cincinnati, OH 45229

513.751.3393

www.cincyrec.org

Adult/Senior Programs:

Monday, Wednesday 6:15P-7:00P/ Thursday 10:00A-10:45A

Cycle/Spin (Members: \$5 per class or \$32 pass for 8 classes. Non-members: \$7 per class. Reservation required, 11 spots per class):

In spin class, you pedal along on a stationary bike as the instructor guides you through a visualization of an outdoor workout. The pace and speed will vary throughout the workout, sometimes requiring break-neck speed, and other times pedaling happens from a slow, standing position. If you've never been to a spin class, don't be intimidated. The first thing you should know is that everyone has been a beginner at one point or another! Thursday morning class is a \$5 flat fee

Tuesday 6:00P-7:00P Yoga Soul (\$5 fee per class)

Yoga is a mind and body practice. Various styles of yoga combine physical postures, breathing techniques, and meditation or relaxation. Yin Yoga is a slow-paced style of yoga with asanas (postures) that are held for longer periods of time than in other styles. This style is similar to a deep tissue massage that flushes the body of toxins. The benefits of yin yoga include: calming and balancing the body, reduces stress and anxiety, increases circulation, improves flexibility, and balances internal organs and improves the flow of chi or Pana. R&B-soul music will be used during class to assist in relaxation and meditation.

Tuesday, Thursday 10:00AM-2:00PM

Wednesday 12PM-2:00PM

50+ Senior Activities (Membership required, some addt'l. program fees may apply)

Senior activities serve a purpose - that is to help keep persons over the age of 50 active both mentally and physically. Our senior program will consist of art activities, technology training, senior fit classes, various city trips and experiences, and more. Please see the senior calendar for more information.

Tuesday, Thursday 10:00AM-12:00PM

Pickleball

Fun, social and friendly. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players.

CRC'S DIRECTORY

Cincinnati Recreation Commission

RECREATION CENTERS	ADDRESS	ZIP (452)	PHONE (513)	NEIGHBORHOOD
Bond Hill	1501 Elizabeth Pl.	(37)	242.9565	Bond Hill
Bush	2640 Kemper Ln.	(06)	281.1286	Walnut Hills
Clifton	320 McAlpin Ave.	(20)	961.5681	Clifton
College Hill	5545 Belmont Ave.	(24)	591.3555	College Hill
Corryville	2823 Eden Ave.	(19)	221.0888	Corryville
Dunham Complex	4356 Dunham Ln.	(38)	251.5862	Price Hill/Westwood
Evanston	3204 Woodburn Ave.	(07)	861.9417	Evanston
Hartwell	8275 Vine St.	(16)	821.5194	Hartwell
Hirsch	3630 Reading Rd.	(29)	751.3393	Avondale
LeBlond	2335 Riverside Dr.	(02)	352.4013	East End
Lincoln	1027 Linn St.	(03)	721.6514	West End
Madisonville	5320 Stewart Ave.	(27)	271.4190	Madisonville
McKie	1655 Chase Ave.	(23)	681.8247	Northside
Millvale	3303 Beekman Ave.	(25)	352.4351	Millvale
Mt. Washington	1715 Beacon St.	(30)	232.4762	Mt. Washington
North Avondale	617 Clinton Springs Ave.	(29)	961.1584	North Avondale
Oakley	3882 Paxton Ave.	(09)	321.9320	Oakley
Over the Rhine	1715 Republic St.	(10)	381.1893	Over the Rhine
Pleasant Ridge	5915 Ridge Ave.	(13)	731.7894	Pleasant Ridge
Price Hill	959 Hawthorne Ave.	(05)	251.4123	East Price Hill
Sayler Park	6720 Home City Ave.	(33)	941.0102	Sayler Park
Westwood Town Hall	3017 Harrison Ave.	(11)	662.9109	Westwood
Winton Hills	5170 Winneste Ave.	(32)	641.0422	Winton Hills

Hirsch Recreation Center Staff Contact Information

Hirsch Center Recreation: 513-751-3393

Community Center Director: Chris Huff 513-508-7694

Service Area Coordinator: Taren Carr 513-817-9147

Youth/Teen Programs:

Monday through Friday 2:15p-6:00p

Hirsch After School Program (membership required; add'l fees may apply)

Hirsch After School Program provides students a safe environment during the hours following a typical school day. Activities include a focus on STEM, arts and culture, as well as sports and leisure.. This center accepts ODJFS vouchers, please call 513-751-3393 or see Hirsch front desk for more information.

Monday through Friday 2:30p-4:30p (\$30 per child)

Hirsch DROP-IN Program (membership required; add'l fees may apply)

This program will provide youth ages 8-13 an opportunity to come to the rec center to participate in various activities together with their friends in the gym, in classrooms, or outside (weather permitting). Activities include a focus on STEM, arts and culture, as well as sports and leisure.. Homework help may be provided and participants will receive a hot meal prior to the end of the program. This is a 2hr drop-in program and participants will be permitted to leave on their own.

Monday 4:30-5:30P

Kids' Chess Club

Along with community partner "serving older adults through changing times"; kids' chess club is an opportunity for members to learn the game of chess, play with friends, practice their strategies, and hang out and have fun. This is for kids' ages 10-15 years old.



Youth/Teen Programs:

Friday 6:30p-9:00p

Teen Scene 13+ (membership required; add'l fees may apply)

This program is a Friday night for our teens! Whether it's just hanging out at the center with some good food or out and about on bowling, laser tagging, or whatever else they would like to do (suggestions always welcomed); this is an opportunity to get to know new people and just enjoy being out of the house on a Friday night.

M, T, W, TH 5:30p-7:30p

The Fade/Game Room (membership required)

Look good, feel good! This program will provide youth ages 8-17 an opportunity to come into the rec center for a "barbershop style" experience. There will be video games, sports on television, music, air hockey, foosball, etc. that the youth can engage in while waiting to have their haircut. For haircuts, there will be 4-30min slots available per week. Haircuts will only be provided on Tuesday. There will need to be a signed permission slip in order to reserve a time slot. Youth that are not getting haircuts are still welcome to come just to hang out!

Wed 6:00p-8:00p (beginning 10/5/22)

Ladies of leadership (membership required) 6-17yr old

We empower, uplift and support each young lady to maximize their full potential and shine bright like the diamonds they are! Register by calling 513-545-4039 or visit ladiesofleadership-oh.org. In partnership with Hirsch Recreation Center.

Sat. 12:00p-1:00p

A1 since Day 1 12-17yr old

In partnership with Hirsch Recreation Center, we empower, uplift and support each young man to maximize their full potential and shine bright in everything they do! Contact Alvin Ushry for more info @ 310-876-7269.

Open Gym

Open Gym (Membership required)

Adults 18+

Monday, Wednesday: 6:00p-7:30p

Youth 5-17yrs

Tuesday, Thursday: 6:00p-7:30p

(all times subject to change; call to inquire)

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