



Cincinnati Recreation Commission

North Avondale Recreation Center's Fall 2018 Program Guide Sept.1, 2018— Nov. 30, 2018

Hours of Operation:

Monday—Thursday: 9:30 AM—9:00 PM

Friday: 10:30 AM—9:00 PM

Saturdays: 9:00PM—1:00 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

Programs:

After School Day Camp (Ages 5-12): 2:00-6:00 PM \$160/Month

Custodial care that includes organized activities. Homework help, snack, sports and much more.

Archery Basics Mondays Sept 17—Oct. 22 & 7:00 to 8:00 pm \$20:

Pony League Basketball :

Friday's 6:00 pm to 9:00 pm Girls and Boys K— 1
Starts Dec. 7th.

Basketball Clinics Skills and Drills

Session 1: Sept. 10th to Oct. 6th

Session 2 : Oct. 8th to Nov. 3rd.

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

Fall Basketball Sign-up & Parent Meeting

Wednesday Oct.24th 7pm K-6 grade

Karate:

Tuesdays & Thursdays 6—8:30 PM Sensei Terrell Davis.
(Membership required).

Knitting:

Mondays 12:00pm—2:00 PM (Membership required).
For adults & 50+.

Adult Volleyball League:

Thursdays 6:30pm—9:00pm

Starts Sept.20th-Nov.29th, 2018. (Membership required).

Teen Open Gym:

Mondays 6:30—9:00pm

(Membership required)

Fun with Clay for Kids: Fridays 6:30-7:30 pm. Sept. 22 - Dec. 7.

Ages 5+ FREE with Membership

N. Avondale Neighborhood Association: Meets the 2nd Tuesday of every month.

Fitness:

Monday:

- * Walking Club : 9:30am - 10:30am
- * Move and Stretch : 10:30am –11:00am \$1per class
- * Curvy Cardio W/Morgan 6:00pm-7:00pm \$7 per class

Tuesday:

- * SPINNING 6:00pm –7:00pm \$5 per class
- * Yoga 7:00-8:00 \$7 per class

Wednesday

- * Walking Club 9:30am-10:30am
- * Move & Stretch 10:30am - 11:00am \$1 per class

Thursday:

- * Line Dancing 10:30am –12:30am
- * SPINNING 10:15am -11:0am \$5
- * SPINNING 6:00pm - 7:00pm \$5
- * Yoga 7:00-8:00 \$7 per class

Saturday :

- * Curvuy Cardio with Blake - 10:00-11:00am - from 10/20/18 to 12/8/18 \$7

Sauna: Membership is required, open during normal hrs.

Weight Room: Open during normal hours.

Weight room card + membership required

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

