

MARCH - MAY 2019

Centerville-Washington PARK DISTRICT NEWS & EVENTS

Spring program
registration
begins Monday,
February 11.

All summer camp
registrations
begin Monday,
April 15.



Explore your community's BIG backyard!

Oakley at Grant Park



Headquarters

Activity Center Park
221 North Main Street
Centerville, Ohio 45459-4617
(937) 433-5155
Fax: (937) 433-6564
Second Shift/Weekends:
(937) 470-9246
mail@cwpc.org
www.cwpc.org

Office Hours

Monday – Friday
8:00 a.m. to 4:30 p.m.
Office Closed on May 27, 2019

Park Addresses

For more information and each park's address, visit www.cwpc.org.



Dog Park Closures

www.cwpc.org/parks/oak-grove/dog-park/dog-park-closure-status/



Athletic Field Conditions

www.cwpc.org/field_status/

Area Youth

Athletic Organizations

Centerville Baseball Softball League
www.cbltoday.org

Centerville Recreational Soccer
www.centervillesoccer.com

Centerville United Soccer Association
www.cusasoccer.org

Centerville Wee Elks
Football Association
www.weeelks.org

Centerville Youth Lacrosse
www.cvlax.org

TABLE OF CONTENTS

Summer Camps	4
Special Events	8
Preschool Programs	9
Children's Programs	11
Family Programs	12
Family Wellness	14
Adult Programs	15
Adult Wellness	17
Park District Map	22
Registration Information	23
Events at a Glance	back cover

Commissioners' Corner



Community engagement and intergovernmental cooperation works!

Your Park District will soon be adding a **51st park** thanks to the involvement

and encouragement of neighbors and the cooperation between the Park Board and the Washington Township Trustees. The nearly 15-acre parcel of land is located at **5900 Hithergreen Drive**, the site of the former Hithergreen Center. This piece of land fits in well with our strategic focus to preserve open space, be responsible land stewards and to engage the community.

In December, the Park District succeeded in winning a Clean Ohio Fund Green Space Conservation Program grant to buy the land, remove the building and create a park setting. The grant program is administered by the Ohio Public Works Commission and covers 75% of the cost.

The first steps of the project will include demolition of the former Hithergreen Center. A small portion of the parking lot will remain. Our partners at Washington Township will administer the contract for building demolition. The Park District will remove non-native invasive plant species, such as honeysuckle; will fell dead or dying trees; and will plant native butterfly gardens to create a healthy

ecosystem for native plants and animals. As the demolition progresses, the Park District will initiate a park design process, inviting neighbors to give input.

This is more than a story of a new park. It is a story of cooperation and responsiveness. This new park is happening because your Park Board believes in listening and responding to resident suggestions. We stand ready and willing to partner with other public agencies for the betterment of the community.

While a big win for the overall community, it is only one of many such efforts underway. In 2018, for example, neighbors and users of three parks were engaged in giving ideas and suggestions for improvements. The extremely popular Forest Field playgrounds came directly from resident input. More opportunities for involvement will be available in 2019. Watch for them!

Many of the activities found in this guide come from you. When you attend a meeting or complete an evaluation, you are helping create the next batch of programs!

On behalf of the Park Board, I'd like to thank the wonderful, engaged residents, the Washington Township Trustees, and the State of Ohio for making our community better and better.

Dan Monahan
Park Board Secretary

Dogs in Parks Cover Contest

Congratulations **Oakley Mount**, the winner of the Centerville-Washington Park District Dogs in Parks Cover Contest! The contest was held on the CWPDP Facebook page October – November 2018. Oakley is enthusiastically enjoying his time in Grant Park's Holes Creek — while still following park rules by wearing his leash!



SECOND PLACE

Brooklyn and Sloan
at Grant Park



THIRD PLACE

Alfie and Carter
at Big Bend Park



Volunteer Spotlights



Joe DiMisa

Joe first volunteered with CWPD in 2004 as a founding member of the Creating Community

Connections task force. The task force planned and advocated for multi-use trail routes in the area. Joe was a bicycle commuter for many years and has been actively involved in mountain bike riding and racing for nearly 30 years.

His love of the outdoors began at an early age and was a nice fit with the park district's mission. Growing up in the Chesapeake Bay area of Maryland, Joe was a cross-country runner and Eagle Scout. His family traveled all over the country in an RV, leading to his appreciation of our country's natural wonders. He earned two degrees in Geography and Environmental Planning at Towson State University before entering the working world as an environmental consultant. Joe now spreads his knowledge of the environment as an instructor with the

Air Force Institute of Technology.

Joe's personal goal for volunteering is to sign up for at least one program per month. "When the new program catalog is printed, I look through all of it and check my schedule to sign up for whatever I can," he says. He often leads night hikes and weekend programs. He can be found near the campfire whenever the program requires singing or making s'mores. He is always game for wearing costumes, including a cow, a raccoon, and even Owlexander! Joe leads an annual woodcock walk and has been known to imitate the bird's dance — staff has yet to catch that spectacle on video!

"I continue to come back over and over to help because the staff are always so friendly and inviting and thankful for the help." He encourages anyone with an interest to become a volunteer, saying "you will get more out of it than what you give."

Joe is married to his awesome wife and adventure supporter, Christine. They have three boys, all active scouts, including two Eagle Scouts and one on his way to earning the rank! In addition to his work with the park district, Joe is a scout leader with Troop 316 and is a

board member and incoming President of the Kittyhawk Post of the Society of American Military Engineers.



Katie Kress

Katie is a sophomore at Centerville High School. Volunteering with some of her closest

friends, her favorite part is meeting new members of her community while being out in the parks that she grew up exploring. Along with volunteering for the Centerville-Washington Park District, she participates in theatrical productions at Centerville High School and other theaters in the community. She also enjoys singing, traveling and history.

The Centerville-Washington Park District would like to thank Joe and Katie, and all of our volunteers, for giving their time and talents to our community. If you are interested in becoming a volunteer please contact Community Engagement Coordinator Ginger Clark at 937-433-5155 or gclark@cwpd.org.

On the Playground: Food for Thought



A stray goldfish cracker, a spilled latte or a messy peanut butter sandwich could be devastating to a child with severe food allergies. One in 13 children in the United States has a food allergy. Every three minutes, a reaction sends someone to the emergency room.

Please keep food and drink containing the top eight allergens (eggs, fish, milk, peanuts, shellfish, soy, tree nuts and wheat) away from playgrounds where curious little ones are likely to encounter them. It is best to keep food within designated picnic areas. Wipe down your children's hands and faces after they eat and before they play on the equipment.

Help make playgrounds a safe place to play for children with food allergies!

Summer Employment Opportunities!

We are now accepting applications for part-time, seasonal employment.

Seasonal **program staff** can work at Hidden Meadows Day Camp, Sugar Valley Camp, at the Summer Recreation Program or as summer naturalists. All program staff must be enthusiastic about working with children, enjoy the outdoors, and be willing to make an 11-week commitment beginning the last week of May. Program staff must be 16 years or older. Positions for applicants under age 18 are limited.

Seasonal **operations staff** assist with the day-to-day maintenance of 50 parks. Work includes mowing, trimming, painting, athletic field preparation, nature trail improvement, park clean-up, vehicle/equipment maintenance and building maintenance. Hours may include weekends and evenings. Second shift openings are available. Operations

staff must be 18 or older and insurable to drive Park District vehicles.

All seasonal employees must pass a background screening. Visit www.cwpd.org/careers/ for the most up-to-date information on employment opportunities.

Volunteer opportunities are available for ages 14 and up at Day Camps and the Summer Recreation Program. Volunteering allows for a flexible schedule and is a great way to earn service hours, gain experience and learn job skills. For more information and for a volunteer application, visit www.cwpd.org/support/volunteer/.



SUMMER CAMPS

Preschool Play Yard (PPY)

Ages 3 – 5

Bill Yeck Park, Smith House

2230 E. Centerville Station Rd.

Fee: \$24 residents, \$31 nonresidents

Registration deadline: Sunday, May 26

Session A

Mondays & Wednesdays, June 10 – 26

9:00 – 11:00 a.m.

Session B

Tuesdays & Thursdays, June 11 – 27

9:00 – 11:00 a.m.

Children will enjoy a variety of activities such as songs, crafts, hikes and games. This station-based drop-off program is sponsored by the South Metro Optimist of Centerville Women's Club. (AD/JK)

Sign up for one session only. All children must be potty trained.

Summer Recreation Program (SRP)

Ages 3 – 11

June 3 – August 1 (*no SRP on July 4*)

9:00 a.m. – noon

Fee: \$28 residents, \$48 nonresidents

Registration deadline: Sunday, May 26

Monday & Wednesday session

Yankee Park OR Iron Horse Park

(you may alternate between parks throughout the summer)

Tuesday & Thursday session

Oak Creek South Park OR Robert F. Mays Park

(you may alternate between parks throughout the summer)

The Summer Recreation Program offers a variety of recreation activities, sports, games, arts and crafts, guest speakers and more! All SRP sites are led by trained recreation leaders. This fun program keeps children outdoors and active all summer! (AD)

For the safety of your children, SRP has a maximum enrollment. You may only enroll your children in one session.

Please check www.cwpd.org for weather information.

All participants must be independent in the six activities of daily living: using the restroom, eating, bathing, dressing, transferring (i.e. walking) and continence. If your child requires an accommodation to participate, please let us know when you register.

For more information about the Summer Recreation Program, please visit <http://www.cwpd.org/programs-events/childrens-programs/summer-recreation-program/>



They don't
know
they're
making
memories,
they just
know
they're
having fun!



**Online resident camp registration begins
Monday, April 15, 10:00 a.m.**

Hidden Meadows Day Camp

Ages 5 – 12 (preschool weeks are ages 3 – 9)

Grant Park, 501 Normandy Ridge Rd.

Resident Fee/week: \$55 half day, \$110 all day

*\$44 half day, \$88 all day

\$27, before and after care

Nonresident Fee/week: \$85 half day, \$170 all day

*\$68 half day, \$136 all day

\$27, before and after care

Registration deadline: Monday prior to the first day of camp

Date	AM 9:00 a.m. – noon	PM 1:00 – 4:00 p.m.	All Day 9:00 a.m. – 4:00 p.m.
June 3 – 7	Ages 5 – 12	---	Ages 5 – 12
June 10 – 14	Ages 5 – 12	---	Ages 5 – 12
June 17 – 21	Ages 3 – 9	Ages 3 – 9	Ages 5 – 9
June 24 – 28	Ages 5 – 12	---	Ages 5 – 12
July 1 – 5	Ages 5 – 12	---	Ages 5 – 12
July 8 – 12	Ages 5 – 12	---	Ages 5 – 12
July 15 – 19	Ages 3 – 9	Ages 3 – 9	Ages 5 – 9
July 22 – 26	Ages 5 – 12	---	Ages 5 – 12
July 29 – August 2	Ages 5 – 12	---	Ages 5 – 12

*Fee prorated for Week 5: Community ROCKS because there is no camp July 4.

Before care is available 8:00 – 9:00 a.m. After care is available 4:00 – 5:30 p.m.

Hidden Meadows Day Camp encourages children to learn about nature and enjoy the outdoors by exploring Grant Park, playing games and making new friends. Campers will also be treated to guest speakers, special presentations and activities. Snacks are provided, but campers should bring a filled water bottle every day. All-day campers need to bring a packed lunch that does not require refrigeration. All campers will receive a t-shirt during their first week. (AP)

Week 1: Games, Games, Games, June 3 – 7

Active games will be “crowned” the winner of themes for this camp week! Be sure to send an extra water bottle so your child doesn’t miss a “drop” of fun in the park.

Week 2: Ancient Explorers, June 10 – 14

What was it like to explore the landscape of Ohio as a dinosaur? Campers will search for fossils and seek historical answers while exploring as 21st century humans!

Week 3: Under the Big Top, June 17 – 21 (Preschool Week)

Carnival games galore, animal fun “fur” sure and lots of exploring in the wilds of Grant Park!

Week 4: Wonderful Water Fun, June 24 – 28

How many ways can we use water to have a good time? Games, crafts, exploring, mixing and creating!

Week 5: Community ROCKS, July 1 – 5 (no camp July 4)

We will bring the spirit of Independence Day to this week full of games and activities that help others in our community and help the environment. Your child’s heart will swell with pride while having fun outdoors!

Week 6: Adventure Racers, July 8 – 12

Adventure racing is all the rage, so we will do our own adventure racing this week. Each day we will get a “leg up” on tasks like hiking, orienteering, reading maps and trekking new terrain. On the last day, we will put our new knowledge to the test for a day full of adventure!

Week 7: Naturally Watery, July 15 – 19 (Preschool Week)

What are the many ways we use water? Children will perform experiments that explore everyday ways water changes our lives. They will learn interesting ways water affects our community. It will be a week of natural science!

Week 8: Grossology, July 22 – 26

The only thing we have to fear is fear itself. This camp will separate old wives’ tales from fact or fiction. Play games with slime, see reptiles that are NOT slimy — and what about spiders? So many fun things to learn and do when you gross out!

Week 9: Heroes and Beyond, July 29 – August 2

Heroes wanted every day for adventures in the park! Super villains beware, we are bringing out local heroes, super heroes and environmental heroes as we play and create our summer days away.

CAMP THEMES

Camp activities are planned each week by counselors, taking into account their campers and the week’s theme. Special themed-activities are included along with tried and true camper favorites — searching for crawdads in the creek, building forts, crafting, taking hikes and more!

Camp is held rain or shine!

All participants must be independent in the six activities of daily living: using the restroom, eating, bathing, dressing, transferring (i.e. walking) and continence. If your child requires an accommodation to participate, please let us know when you register.

Online nonresident camp registration begins
Monday, April 22, 10:00 a.m.

Sugar Valley Camp

Ages 5 – 12

Monday – Friday, 9:00 a.m. – 4:00 p.m.

Bill Yeck Park, Smith House

2230 E. Centerville Station Rd.

Fee/week: \$110 residents, \$170 nonresidents, \$27 before and after care

Registration deadline: Monday prior to the first day of camp

**Fee prorated for All the Buzzzzzz because there is no camp July 4: \$88 residents, \$136 nonresidents*

Before care is available 8:00 – 9:00 a.m. After care is available 4:00 – 5:30 p.m.

A new camp and a new park to explore! Sugar Valley Camp encourages children to learn about nature and enjoy the outdoors by exploring Bill Yeck Park, playing games and making new friends. Campers will be treated to guest speakers, special presentations and activities. Snacks are provided, but campers should bring a filled water bottle and a packed lunch that does not require refrigeration. All campers will receive a t-shirt during their first week. Camp is held rain or shine.

Week 1: All the Buzzzzzz, July 1 – July 5 (no camp July 4)

We will explore the park like busy bees! This week will focus on active games that help us understand pollinators and native plants that fill the prairies of the park.

Week 2: Rapids and Raptors, July 8 – 12

Children will discover the water that runs through the park and the raptors that soar above us through active games, hikes and special guests.

Week 3: Sensory Camp, July 22 – 26

Five senses and five days of camp! Coincidence? We don't think so! Campers will explore how animals use sight, sound, smell, taste and touch to survive!

Week 4: Hands on the Land, July 29 – August 2

We will explore the park's dirt, rocks, trails and water using interactive games and hands-on experiments along the way. This week will rock! (AP)

DECOY ART STUDIO

Nature Art Camp

Ages 6 – 11

Oak Creek South Park

790 Miamisburg-Centerville Rd.

Monday – Wednesday, 1:00 – 3:00 p.m.

Fee: \$80 residents, \$100 nonresidents

Camp A, June 17 – 19

Registration deadline: Sunday, June 9

Camp B, July 15 – 17

Registration deadline: Sunday, July 7

Art and nature come together! Campers will explore fun processes with paint, collage, clay, and drawing to create neat artwork! We will play fun and challenging games that get kids up and moving. We will talk about artists that have used nature as a source of inspiration, like Monet!

Rain location is at Park District headquarters at Activity Center Park. (AD)

New!



STEM: Energy Exploration Day Camp

Ages 8 – 14

Monday, June 17 – Friday, June 21

9:00 a.m. – noon

Grant Park, Kennard Nature Nook

6588 McEwen Rd.

Fee: \$120 residents, \$140 nonresidents



Children will investigate how to reduce the energy we use every day. They will review and build working alternative power sources to design their own park. Ideas may include wind, solar, hydropower or conservation. They should bring their brain power and be ready to dive into the world of all things power! Each child will take home his/her earth-friendly parkscape. (KM)



Online resident camp registration begins
Monday, April 15, 10:00 a.m.

Adventure Camp

Grant Park, Kennard Nature Nook

6588 McEwen Rd.

Monday – Thursday, 9:00 a.m. – 3:00 p.m.

Friday, 6:30 p.m. – Saturday, 9:00 a.m.

Fee: \$130 residents, \$170 nonresidents

Adventure Camp A (ages 10 – 12), June 10 – 15

Registration deadline: Monday, June 3 at 4:30 p.m.

Adventure Camp B (ages 10 – 12), June 24 – 29

Registration deadline: Monday, June 17 at 4:30 p.m.

Adventure Camp C (ages 12 – 15), July 8 – 13

Registration deadline: Monday, July 1 at 4:30 p.m.

Adventure Camp D (ages 12 – 15), July 22 – 27

Registration deadline: Monday, July 15 at 4:30 p.m.

Combine outdoor adventure and nature education with this week-long camp at various parks throughout Centerville and Washington Township. Adventure Camp includes hiking, fishing, archery, games, challenges, a field trip and an overnight at Grant Park. Learn to track animals in the woods, cook over a campfire and pitch a tent. Make lifelong friends at this unique summer experience.

Campers will be dropped off and picked up at the same location each day and will be transported to various parks throughout the week. Camps will also include an off-site field trip to Aullwood Audobon Center and Farm! (KL)

Teen Games and Bonfire Series

Ages 12 – 15

Fridays, June 7 – August 2

6:30 – 8:30 p.m.

Bill Yeck Park, Smith House

2230 E. Centerville Station Rd.

Fee: \$24 residents, \$32 nonresidents

Meet us at the Smith House! We will use the nearby field for games of capture the flag, dodgeball, kickball and more. Then, enjoy hanging out by the bonfire!

Sign your teen up for the whole series and they can attend whichever Fridays work for your family! (AD)

Teen Games and Bonfires will be canceled in the event of inclement weather. Please check www.cwpd.org for weather information. More information will be included in your confirmation email. No walk-ups will be permitted to stay at the programs. Preregistration and health history information is required.



New!

For additional information about Centerville-Washington Park District summer camps, please visit www.cwpd.org/programs-events/childrens-programs/

Online nonresident camp registration begins
Monday, April 22, 10:00 a.m.

SPECIAL EVENTS

Spring Stargazing

All ages

Saturday, April 13

8:30 – 10:00 p.m.

*Bill Yeck Park, Smith House
2230 E. Centerville Station Rd.*

New!

Imagine the clear night skies from a country house in the early 1900s. Local amateur astronomers will make equipment available to view the night sky on the paths near the Smith House. See the moon and other celestial objects in one of the darkest locations in Centerville! Naturalists will be on hand to lead short night hikes. We'll stay warm with a campfire on this early spring night.

This event will be cancelled during cloudy or inclement weather. Registration is not required. (AP)

Planning your own special event?



Perfect for birthday parties, graduation parties, family reunions and more, large group shelters are available in eight CWPDP parks. New this year, shelter reservations may be made online! You may also reserve a shelter in person during office hours. We are unable to take shelter reservations via phone at this time, but we are happy to answer your questions at 937-433-5155.

Visit www.cwpd.org/parks/reserving-group-shelters/ for more information about each shelter, the reservation fees and to make your online reservation!



Pull Your Weight! Third Annual Garlic Mustard Challenge

All ages

Monday, April 15 – Monday, June 10

Kick-off event

Monday, April 15

6:00 – 7:00 p.m.

*Bill Yeck Park, Smith House
2230 E. Centerville Station Rd.*

Starting this April, you can Pull Your Weight to protect your parks!

Garlic mustard is an aggressive, nonnative plant taking over natural areas. Help restore and protect your native ecosystems with this fun volunteer challenge! Drop off 13-gallon garbage bags filled with garlic mustard to headquarters, 221 N. Main St., April 15 through June 10.

All participants who bring at least five full bags will receive a Pull Your Weight t-shirt. The team or individual to bring the most filled bags will win a grand prize!

The information session kicks off the challenge. Attendance is encouraged but not required. If you can't attend, please contact Ginger Clark at gclark@cwpc.org for the information you need to get started.

The Pull Your Weight challenge is open to individuals, families, scouting groups, corporate service groups, church groups and students looking for service hours. (GC)

Big Rig Gig

All ages

Saturday, May 11

10:00 a.m. – noon

*Oak Grove Park
1790 E. Social Row Rd.*



Check out big vehicles from around town! Honk a fire truck horn, shift tractor gears, push buttons in the law enforcement vehicles and much more!

Attendees are encouraged to bring new packages of socks or new gym shoes to fit a child ranging in age from 5 – 18. Donations will benefit Shoes 4 the Shoeless, a local non-profit that provides new, correctly fitting gym shoes and socks to area children in need.

In addition, Sno-cones from Kona Ice will be available for purchase, with 25% of the proceeds benefiting Shoes 4 the Shoeless.

Registration is not required. (AD)

This event is LOUD. Please consider providing ear protection for your child(ren) if sensitive to sound. No pets, please.



**Online resident registration begins
Monday, February 11, 10:00 a.m.**

PRESCHOOL PROGRAMS (AGES 6 AND UNDER)



Early Adventures

Ages 0 – 4 years with adult companion
Fee/session: \$4 nonresidents

March Adventures

Tuesday, March 5

10:00 – 10:45 a.m. **OR** 5:30 – 6:15 p.m.

OR Thursday, March 7

5:30 – 6:15 p.m.

Iron Horse Park

6161 Millshire Dr.

(paved path)

April Adventures

Tuesday, April 2

10:00 – 10:45 a.m. **OR** 6:00 – 6:45 p.m.

OR Thursday, April 4

6:00 – 6:45 p.m.

Grant Park, Watts Entrance

7056 McEwen Rd.

(natural path)

May Adventures

Tuesday, May 7

10:00 – 10:45 a.m. **OR** 6:00 – 6:45 p.m.

OR Thursday, May 9

6:00 – 6:45 p.m.

Pleasant Hill Park

358 Zengel Dr.

(natural path)

Taking your little ones outdoors provides them with an experience that will benefit them forever. There are unique sounds, colors, lights, sensations and textures to process each time they go outdoors. These leisurely hikes provide quality family time in nature!

Backpacks and front carriers are appropriate if your child is not walking. Strollers are not recommended at parks with natural terrain. (JK)

New park!



Playdate Pals

Ages 18 months – 4 years with adult companion

10:00 – 11:00 a.m. **OR** 3:30 – 4:30 p.m.

Bill Yeck Park, Smith House

2230 E. Centerville Station Rd.

Fee/session: \$4 nonresidents

Bunny Hop

Wednesday, March 13

Sunshine and Showers

Wednesday, April 10

Mama Llama

Wednesday, May 8

Designed to build sensory awareness, to build motor skills and to encourage social interaction with other children through monthly nature-themed programs that include singing, dancing, crafts, learning stations and more. (JK)

DECOY ART STUDIO

Nature Art Exploration

Ages 2 – 4

Mondays, March 11 – April 1

9:00 – 9:45 a.m.

Bill Yeck Park, Smith House

2230 E. Centerville Station Rd.

Fee: \$50 residents, \$65 nonresidents for all 4 classes, **OR** \$14 residents, \$19 nonresidents per class

Registration Deadline: The Monday before each class

Sign up for the whole series or choose individual days!

Nature and art come together in this fun parent/caregiver and child class! Children should come prepared to get messy! We will learn about and use pastels, clay, finger paint and more. This class will include a variety of activities including games, songs, sensory bins and a unique art project each week. (AD)



Preschool Nature Series

Wildflower Search

Ages 3 – 5 with adult companion

Wednesday, March 20

6:00 – 7:00 p.m. **OR**

Thursday, March 21

9:30 – 10:30 a.m. **OR** 6:00 – 7:00 p.m.

Grant Park

501 Normandy Ridge Rd.

Fee: \$4 nonresidents

Forest wildflowers are starting to appear. We will take a hike to admire these delicate beauties and talk about how they help our pollinators! Hike takes place on a natural trail. (KL)

Seed Starting

Ages 3 – 5 with adult companion

Wednesday, April 17

6:00 – 7:00 p.m. **OR**

Thursday, April 18

9:30 – 10:30 a.m. **OR** 6:00 – 7:00 p.m.

Forest Field Park

2100 E. Centerville Station Rd.

Fee: \$4 nonresidents

Starting seeds inside is a great way to get flowers and food ready for outdoor planting! We will learn what a seed needs, take a short hike to see new plants growing in the park, and plant flowers and veggies in pots to take home! Hike takes place on a paved path. (KL)

Try Camping Mini Program

Ages 3 – 6 with adult companion

Wednesday, May 15

6:00 – 8:00 p.m.

Bill Yeck Park, Smith House

2230 E. Centerville Station Rd.

Fee: \$4 residents, \$6 nonresidents

Registration deadline: Monday, May 13

Not quite ready to commit to an overnight? Let's go camping for two hours! We will make a hot dog and s'mores dinner over the fire, put up a tent and take a short night hike. All food will be provided. (KL)

Registration closes 4:30 p.m. the day prior to all programs unless otherwise indicated.

Registration is required for all programs unless otherwise indicated.



Preschool Nature Series

Overnight Camping

Ages 3 – 6 with adult companion

Friday, May 17

(Rain date: Saturday, May 18)

6:00 p.m. – 9:00 a.m.

*Bill Yeck Park, Smith House
2230 E. Centerville Station Rd.*

Fee/family: \$30 residents, \$39 nonresidents

Registration deadline: Wednesday, May 15

Kick off summer outdoor play with camping! Bring a tent and camping gear and we will take care of the fire, dinner and breakfast! The Smith House will remain open for restroom use throughout the night. Special evening activities will bring out the nature adventurer in your preschooler! (KL)

Mommy & Me: Storytime Yoga

Ages 3 – 6 with adult companion

Tuesdays, April 9 – 30

10:00 – 11:00 a.m.

*Grant Park, Kennard Nature Nook
6588 McEwen Rd.*

Fee/family/individual session: \$15 residents, \$20 nonresidents

Registration deadline: The Friday before each session

Join certified Color Me Yoga Instructor, Megan Pooler, for this fun parent and child yoga program geared toward 3- to 6-year-olds (older and younger siblings welcome). Each yoga session will include breathing techniques, games, simple yoga poses and a craft that goes along with a weekly theme. Yoga mats will be provided. This is not a drop-off program, parents/guardians are encouraged to participate. (AD)

Intergenerational Series

Ages 3 – 6 with grandparent(s)

10:00 – 11:00 a.m. **OR** 1:30 – 2:30 p.m.

OR 6:00 – 7:00 p.m.

*Grant Park, Kennard Nature Nook
6588 McEwen Rd.*

Fee: \$4 nonresidents

The Intergenerational Series is only for grandparents and their grandchildren. Parents and other caregivers may attend any of our other programs.

Garden Grandchildren

Friday, March 22

Registration deadline: Sunday, March 17

The growing season is here.

Grandparents will help little ones with garden-themed crafts and listen to stories to ring in spring. (AD)

Love is Blooming

Friday, May 3

Registration deadline: Sunday, April 28

Grandparents and grandchildren will celebrate the colorful buds and blooms of springtime with themed stories and crafts. (AD)

Creative Kids Corner

Ages 4 – 5

*Grant Park, Kennard Nature Nook
6588 McEwen Rd.*

Fee: \$9 residents, \$12 nonresidents

Registration deadline: Sunday, March 3

Sign up for one session only. Pick the session with the day and time that works best for you!

Session A

Thursdays, March 7, April 11 & May 9

2:00 – 3:00 p.m.

Session B

Fridays, March 8, April 12 & May 10

10:00 – 11:00 a.m.

This drop-off program features games, a story, and a craft all revolving around a fun seasonal theme. Children are encouraged to wear old clothes. (AD)

Creature ComMOTION

Ages 4 – 5

*Grant Park, Kennard Nature Nook
6588 McEwen Rd.*

Fee: \$9 nonresidents

Session A

Wednesdays, March 13 – April 17

9:30 – 10:15 a.m.

Session B

Mondays & Wednesdays,

April 29 – May 15

1:00 – 1:45 p.m.

Little ones will learn fascinating facts about animals from A to Z, found in our parks and around the world! Group and individual activities will be included for them to expand their social skills and be creative. They will enjoy activities, age-appropriate equipment and fun music.

All children must wear comfortable clothing and tennis shoes. This is a drop-off program; parent participation is not required. (JH)



**Online resident registration begins
Monday, February 11, 10:00 a.m.**

CHILDREN'S PROGRAMS

(AGES 5 – 18)

Children's Yoga Series

Ages 5 – 8

Saturdays, April 6 – 27

Noon – 1:00 p.m.

*Grant Park, Kennard Nature Nook
6588 McEwen Rd.*

Fee: \$18 residents, \$25 nonresidents

Your child will stretch, balance and strengthen the body while learning yoga poses from certified Color Me Yoga Instructor, Megan Pooler. A blend of nature and exercise, children will learn about the newcomers of spring with hands-on activities in the first part of each class and a fun-filled yoga session in the second part of the class. All equipment is provided. (JK)



Art & Imagination

Ages 6 – 8

Tuesdays, March 19, April 16 & May 14

5:00 – 6:00 p.m.

*Grant Park, Kennard Nature Nook
6588 McEwen Rd.*

Fee: \$9 residents, \$12 nonresidents

Registration deadline: Sunday, March 10

Does your child love art time? This drop-off program is designed to give your child an opportunity to get creative by trying new art techniques and designing a unique project based on a monthly theme. Children should wear old clothes — things could get messy! (AD)

Park Quest

Ages 6 – 10

4:00 – 5:00 p.m.

Fee: \$9 residents, \$12 nonresidents

Thursday, March 14

*Stringtown Park
9191 Woodstream Ln.*

Thursday, April 11

*Watkins Glen Park
825 Watkins Glen Dr.*

Thursday, May 9

*Concept Park
345 Claveridge Ln.*

Your Park District has 50 parks! Park Quest is a way to see a few new parks each season while enjoying games and challenges with other children. Get children active after school this spring!

Registration includes all three dates. (KM)

DECOY ART STUDIO

Spring Break Camp:

Outdoor Art Party

Ages 6 – 11

Monday, March 25 – Wednesday, March 27

1:00 – 3:00 p.m.

*Oak Creek South Park
790 Miamisburg-Centerville Rd.*

Fee: \$80 residents, \$100 nonresidents

Registration Deadline: Monday, March 18

It's time for some spring break fun! We will explore ways that art and nature come together. Students will take hikes and use a variety of materials to create projects based on different artists and types of work. Each day will begin by introducing the project(s) and talking about an artist that used nature as their theme (like Van Gogh and his field of sunflowers) or used nature as part of the work. (AD)

The rain location for this camp is the Smith House at Bill Yeck Park.



Explorers

Bill Yeck Park, Smith House

2230 E. Centerville Station Rd.

Fee: \$9 residents, \$12 nonresidents

Junior Explorers

Ages 6 – 8

Wednesdays, April 10 – May 15

4:00 – 5:00 p.m.

Outdoor Explorers

Ages 9 – 12

Mondays, April 8 – May 13

4:00 – 5:30 p.m.

Outdoor play is vital to child development and well-being. Children will learn about nature and the outdoors. Activities include discovery, challenges and games. Send them prepared for outdoor play! (KL)



Registration closes 4:30 p.m. the day prior to all programs unless otherwise indicated.



Riding Lesson

Ages 7 and up
Saturday, April 27
Ends Meet Equestrian
 9306 Kenrick Rd.

Fee: \$39

Registration deadline: Monday, April 22

Ages 7 – 10: 10:30 – 11:30 a.m.

Ages 11 – 15: 12:30 – 1:30 p.m.

Ages 16 and up: 2:00 – 3:00 p.m.

We are teaming up with Ends Meet Equestrian to provide your child an opportunity to learn what horse care and riding are all about! After going through the basics, participants will take a trail ride to explore areas of wildflowers. (AP)



Mad Science University

Ages 8 – 12

Wednesdays, May 1 – 22

6:30 – 7:30 p.m.

Bill Yeck Park, Smith House
 2230 E. Centerville Station Rd.

Fee: \$20 residents, \$25 nonresidents

Registration deadline: Friday, April 26

Science is all around us! Come experiment with items we use every day to create something fascinating. We are putting science to the test while your child learns about chemistry and physics. (AP)



Crafting Club

Ages 9 – 13

**Thursdays, March 7,
 April 4 & May 2**

4:30 – 5:30 p.m.

*Grant Park, Kennard
 Nature Nook*

6588 McEwen Rd.

Fee: \$9 residents, \$12

nonresidents

Registration deadline: Sunday,
 February 24

This after-school program covers basic crafting skills and techniques used to create handmade decorations and keepsakes — all while making friends. We provide everything needed with no mess, prep or fuss at home! Crafters are encouraged to wear old clothes or bring an apron or smock. (AD)

Capture the Flag & Bonfire

Ages 12 – 18

Friday, April 5

5:30 – 7:00 p.m.

Grant Park

501 Normandy Ridge Rd.

Fee: \$5 residents, \$7 nonresidents

Kick off spring with a little friendly competition and a warm bonfire. We will split the group into two teams to see who can sneak away untouched with the other team's flag. Afterwards, we will enjoy the fire with s'mores and music. (AP)



FAMILY PROGRAMS

Boonshoft Animals Alive!

All ages

Saturday, March 2

11:00 a.m. – noon

Grant Park, Kennard Nature Nook
 6588 McEwen Rd.

Fee/family: \$9 residents, \$12

nonresidents

Registration deadline: Thursday,
 February 28

Get up close and personal with cute, cuddly, creepy, and crawly animals from the Boonshoft Museum's Live Animals Department. Learn about their habits and behaviors during this fascinating conservation-based presentation. (AP)

All About Amphibians Family Workshop

All ages

Saturday, March 9

1:30 – 3:30 p.m. **OR** 2:30 – 4:30 p.m.

Bill Yeck Park, Smith House
 2230 E. Centerville Station Rd.

Fee/family: \$12 residents, \$15

nonresidents

Registration deadline: Thursday,
 March 7

Amphibians will be out and about soon! During this workshop, families will learn the characteristics and behaviors of this group of animals. There will be hands-on activities and lessons as well as a special presentation with live amphibians by Arrowhead Reptile Rescue. This program will take place both indoors and outdoors. (KL)

Online resident registration begins
 Monday, February 11, 10:00 a.m.

Nocturnal Nature Series

Grant Park

501 Normandy Ridge Rd.

Explore nature at night with this series! We focus on different topics each month and observe seasonal changes. Please dress for a hike on a natural path. Flashlights optional.

Dancing Woodcocks

Recommended for ages 5 and up

Friday, March 29

7:45 – 9:15 p.m.

Fee/family: \$4 nonresidents

We will head out at dusk to search for the American Woodcock and observe their spectacular dance! Participants may bring flashlights, but the instructor may have you turn them off to better experience the wildlife. (KL)

Frog Chorus

All ages

Friday, April 19

8:00 – 9:30 p.m.

Fee/family: \$4 nonresidents

Frogs begin their songs in early spring. We will hike to the wetland and the pond and see who is singing! (KL)



Screech Owl Search

Recommended for ages 5 and up

Friday, May 3

8:30 – 9:45 p.m.

Fee/family: \$4 nonresidents

Search for screech owls in the park after dark! We will hike to some of their favorite spots and see if they are singing! (KL)



photo by William H. Majoros



Beautiful Blooms Family Wildflower Tour

All ages

Saturday, April 6

2:30 – 4:00 p.m.

Bill Yeck Park, Rooks Mill Entrance

8798 Rooks Mill Ln.

Fee/family: \$4 nonresidents

These tiny treasures can only be seen for a short time! Join us as we search for all the spring wildflowers the forests of Bill Yeck Park have to offer.

Hike takes place on a natural trail. No strollers. (KL)

Cotton Candy Clouds: Nature Story Time

Recommended for ages 8 and under

Saturday, April 13

(Rain date: Sunday, April 14)

2:00 – 3:00 p.m.

Bill Yeck Park, Smith House

2230 E. Centerville Station Rd.

Fee/family: \$15 residents, \$18 nonresidents

Join local author, Sara D. Moore as we explore nature through your senses. Sara will read “Cotton Candy Clouds” and join the group on a sensory stroll down a paved trail through the meadow. Participants will explore the sights, sounds, smells and textures of the meadow in spring time. Each family will take home their own signed copy of “Cotton Candy Clouds” and a bag of cotton candy!

Sign up one person per family. (AD)

Homeschool Nature Club: Habitat Hike

All ages

Monday, April 15

10:00 – 11:30 a.m.

Bill Yeck Park, Smith House

2230 E. Centerville Station Rd.

Fee/family: \$4 nonresidents

Check out the habitats and happenings at Bill Yeck Park. We will tour the area and discuss the animals that live in each habitat.

Please be prepared for a hike. Registration is by family. (KL)

Earth Superheroes!

All ages

Saturday, April 20

2:00 – 4:00 p.m.

Grant Park

501 Normandy Ridge Rd.

Fee/family: \$4 nonresidents

Join us for a hike celebrating Earth Day! Wear your favorite superhero swag! We will take a hike while learning about great Earth superheroes throughout history. After the hike, we will work on our own superhero project to help our Earth! (KL)



Love a Tree!

All ages

Friday, April 26

5:00 – 7:30 p.m.

Oak Creek South Park

790 Miamisburg-Centerville Rd.

Fee/family: \$4 nonresidents

Celebrate Arbor Day with a variety of fun activities including a craft station, special story time and a presentation by a naturalist! This event will also include one free tree seedling per family!

Preregistration is not required. (AD)

Registration closes 4:30 p.m. the day prior to all programs unless otherwise indicated.

FAMILY WELLNESS

Family Garden Day: Plant a Kitchen Garden

All ages

Monday, March 4

6:30 – 7:30 p.m.

*Activity Center Park, Headquarters
221 N. Main St.*

Fee/garden box: \$12 residents, \$18 nonresidents

Registration deadline: Friday, March 1

Add a little spice to your family's nightly dinner routine — plant a window herb garden! Learning how plants grow has never been more fun. Maybe this will “grow” into a new family “thyme” tradition? All supplies will be provided.

Receive a garden box for each paid family member. Other family members are welcome to join in the fun! (AP)

Spring into Archery

Ages 8 and up (*ages 8 – 17 must be accompanied by an adult 21 years or older*)

Wednesday, March 27 – Thursday, March 28

5:30 – 7:00 p.m.

*Oak Grove Park, Archery Range
1790 E. Social Row Rd.*

Fee: \$20 residents, \$25 nonresidents

Registration deadline: Thursday, March 21

Celebrate Spring Break with a staycation activity! We will learn the basics of NASP competition-style archery with basic instruction and a friendly competition at the end of the two-day course. (AP)



Friends and Family Hikes

All ages



Attend at least three Friends and Family Hikes in the 2019 series and receive a free t-shirt! If we have to cancel a hike due to inclement weather, we

will post the announcement on the Park District Facebook page.

Signs of Spring Hike

Saturday, March 23

9:30 – 10:30 a.m.

Grant Park

501 Normandy Ridge Rd.

Join our trail guides as we look for signs of spring along our hike. What will you hear, see and smell as you hike around this nature park? Please dress for trails that may be muddy in spots and bring water. Trails are not suitable for strollers. (JH)

Mom's Day Out Hike

Saturday, May 11

9:00 – 10:30 a.m.

Forest Field Park

2100 E. Centerville Station Rd.

Take a break, mom! Let us watch the kids while you take a nature hike through beautiful Forest Field and Bill Yeck Parks. Volunteers and staff will lead Mom (and Dad, Grandma, Grandpa, etc.) through these parks while the kids make a card for Mom and play on the new Forest Field playground and nature play area. Ages 3 and up can stay behind and play. Younger children are welcome, but must join the hike. Trails are not suitable for strollers. (JH)



Need a fix for your family's stress level and an easy way to boost wellbeing? Give yourself, and your children, a dose of nature!

Online resident registration begins
Monday, February 11, 10:00 a.m.

Registration is required for all programs unless otherwise indicated.

ADULT PROGRAMS

Booked for Lunch

Ages 18 and up

Wednesdays, March 6, April 3 & May 1

11:30 a.m. – 12:30 p.m.

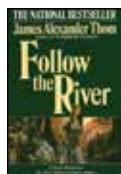
Bill Yeck Park, Smith House

2230 E. Centerville Station Rd.



A collaborative program with Centerville-Washington History and the Washington-Centerville Public Library,

Booked for Lunch is a monthly lunchtime discussion on a historical fiction or nonfiction book. Bring your lunch and we'll provide dessert! The library will advance order copies for participants to borrow while supplies last. (AP)



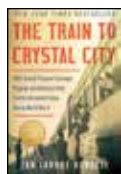
March Discussion

Follow the River, by James Alexander Thom



April Discussion

A Walk in the Woods, by Bill Bryson



May Discussion

The Train to Crystal City: FDR's Secret Prisoner Exchange and America's Only Family Internment Camp During World War II, by Jan Jarboe Russell



Glass Fusing:

Flower Garden

Ages 16 and up

Wednesday, March 6

6:00 – 8:00 p.m.

Activity Center Park, Headquarters

221 N. Main St.

Fee: \$60 residents, \$80 nonresidents

Registration deadline: Wednesday, February 27

Let spring shine in! Use fused glass to create a whimsical spring flower design. Learn skills to cut glass and principles of kiln-fired glass from instructor Kathy Woodruff. Finished artwork is 15" wide and 9" tall or an 11.75" circle to hang in your window! Projects will be available for pick up from CWPD Headquarters during office hours approximately one week after class. (AD)

Adult Crafting Club

Ages 18 and up

Wednesdays, March 13, April 10 & May 8

6:30 – 8:00 p.m.

Grant Park, Kennard Nature Nook
6588 McEwen Rd.

Fee: \$29 residents, \$43 nonresidents for all 3 classes **OR** \$10 residents, \$15 nonresidents per class

Registration deadline: Tuesday, February 26

This group is all about creating something fun and unique for your home, office or as a gift for someone special. We will create one to two projects each month. All materials will be provided. (AP)

Chat with a Naturalist

Ages 18 and up

10:00 – 11:00 a.m.

Rec West Enrichment Center,
965 Miamisburg-Centerville Rd.

Do you want to learn more about local wildlife? Chat with a Naturalist presentations are offered at the Enrichment Center five times a year to connect you with local flora and fauna.

Hide and Seek

Monday, March 18

Can you spot the wildlife? This month we will learn how animals blend in to their habitat to avoid becoming a snack!

Registration is not required. (KL)

Wild Mothers

Monday, May 20

Mothers in nature will go above and beyond to care for their young. We will focus on some awesome animal mothers and their parenting techniques.

Registration is not required. (KL)

Fly Fishing 101

Ages 12 and up

Tuesdays, April 9 & 23

5:00 – 8:00 p.m.

Oak Grove Park

1790 E. Social Row Rd.

Fee: \$35 residents, \$60 nonresidents for both **OR** \$20 residents, \$35 nonresidents per class

Registration deadline: Tuesday, April 2

Learn fly fishing basics on site, instructed by professionals from ReelFlyRod.com. Attend just one or both of these beginner level lessons on fly casting, outfit rigging, fly selection and presentation. Rods, reels and flies will be provided. (AP)



Registration closes 4:30 p.m. the day prior to all programs unless otherwise indicated.

Hike with a Naturalist:

Night Hike

Ages 14 and up

Thursday, April 11

8:00 – 9:30 p.m.

Grant Park

501 Normandy Ridge Rd.

Fee: \$4 nonresidents

Take an evening hike through Grant Park in search of our nocturnal friends.

Flashlights optional. (KL)

Riding Lesson

Ages 16 and up

Saturday, April 27

2:00 – 3:00 p.m.

Ends Meet Equestrian

9306 Kenrick Rd.

Fee: \$39

Registration deadline: Monday, April 22

We are teaming up with Ends Meet Equestrian to provide you with an opportunity to learn what horse care and riding are all about! After going through the basics, participants will take a trail ride to explore areas of wildflowers. (AP)



Getting Out & Enjoying Nature! (GOEN)

Ages 16 and up

10:00 – 11:00 a.m.

Thursday, April 25

Countryside Park (meet at Rec West)

965 Miamisburg-Centerville Rd.

Thursday, May 23

Big Bend Park

1328 Spring Ash Dr.

We are GOEN! Tour our local nature spots with the Park District and the Washington Township Recreation Center. The naturalist will address seasonal happenings on this slow-paced walk. Register through the Park District or the Rec West Enrichment Center. (KL)



photo by William H. Majors

Adult Archery Clinic

Ages 18 and up

Wednesdays, May 1 – 29

6:00 – 7:30 p.m.

Oak Grove Park, Archery Range

1790 E. Social Row Rd.

Fee: \$15 residents, \$20 nonresidents

Registration deadline: Wednesday, April 24

This 5-week clinic is designed for those with little or no archery experience. NASP certified instructors will go through basic safety methods and progress to accuracy games and competitions. You will learn about different types of bows and targets to give you a well rounded look at the art of archery. All equipment is provided. (AP)



Migratory Bird Celebration Walks

New!

Ages 14 and up

6:00 – 7:30 p.m.

Fee/week: \$9 residents, \$12 nonresidents

Bird Wings and Feathers

Monday, May 6

Big Bend Park

1328 Spring Ash Dr.

Preparing to Migrate

Tuesday, May 7

Grant Park

501 Normandy Ridge Rd.

Physiology

Wednesday, May 8

Bill Yeck Park, McGuffey Meadow

7893 Wilmington-Dayton Rd.

Nesting Habits

Thursday, May 9

Forest Walk Park

1193 Deer Run Rd.

Helping Birds

Friday, May 10

Bill Yeck Park, Rooks Mill Entrance

8798 Rooks Mill Ln.

Migratory Bird Day is this week! Let's celebrate by learning our migratory birds and exploring new parks in the district! Bird identification and song recognition will be covered, as well as a mini lesson before we begin each hike. Bring binoculars and a field guide if you have them. (KL)

Painting in the Landscape

Ages 18 and up

Friday, May 17

6:30 – 8:30 p.m.

Grant Park, Kennard Nature Nook

6588 McEwen Rd.

Fee: \$19 residents, \$23 nonresidents

Join a local artist from Decoy Art Studio for an evening on the covered deck learning the art of "en plein air" painting or "Painting in the Landscape". Enjoy fresh air and the calming sights of the park's prairie. (AP)

New!

Online resident registration begins
Monday, February 11, 10:00 a.m.

ADULT WELLNESS

Yoga in the Park

Ages 18 and up

*Grant Park, Kennard Nature Nook
6588 McEwen Rd.*

Fee: \$52 residents, \$67 nonresidents

Session A

Mondays, March 4 – April 8

9:30 – 10:30 a.m.

Session B

Saturdays, March 9 – April 13

7:45 – 8:45 a.m.

Session C

Saturdays, March 9 – April 13

9:00 – 10:00 a.m.

Session D

Mondays, April 15 – May 20

9:30 – 10:30 a.m.

Session E

Saturdays, April 20 – May 25

7:45 – 8:45 a.m.

Session F

Saturdays, April 20 – May 25

9:00 – 10:00 a.m.

Method Studio's Megan Lees leads these yoga classes for all levels. Classes include warm-up, breath work, standing poses, flowing poses and end with relaxation. Please bring a yoga mat and water. When weather permits, class will be held on the deck overlooking the meadow. (JH)

Outdoor Fitness Equipment

Can't make it to fitness classes? You can always visit the outdoor fitness equipment!

There are two types of outdoor exercise equipment at **Oak Grove Park**. The complete ENERGI™ system is for active individuals ages 13 and up. The LifeTrail® system is geared toward those ages 50 and over. The LifeTrail® system includes ADA accessible pieces.

Instructions are on the equipment and you can use your mobile device to watch instructional videos for each piece. Links are on the equipment!

Oak Grove Park is open daylight hours and is located at 1790 E. Social Row Rd.

Meditation Insights

Ages 14 and up

Mondays, March 4 – 25

6:00 – 7:00 p.m.

*Bill Yeck Park, Smith House
2230 E. Centerville Station Rd.*

Fee: \$40 residents, \$52 nonresidents

Debra Venable of HOPE Reiki & Wellness Resources will show you how to have less stress, anger, fear and worry in your life by using the Japanese perspective of meditation. This class will help you learn to have more compassion, peace of mind, love and gratitude on a daily basis — guiding you to a more gratifying lifestyle. You will learn simple meditations that will help you become more grounded and centered. This class is suitable for a returner or newbie to Debra's classes. (AD)

Zumba Wake-up Workout

Ages 18 and up

7:00 – 8:00 a.m.

*Grant Park, Kennard Nature Nook
6588 McEwen Rd.*

Fee: \$29 residents, \$38 nonresidents

Session A

Tuesdays, March 5 – April 23

Session B

Thursdays, March 7 – April 25

Are you ready to jumpstart your morning? There is no better way than Wake-up Workout to boost your energy and help you blast fat throughout the day. You'll join certified Zumba instructor Janet Hartsock for an hour long mix of Zumba cardio along with a full body muscle strengthening and toning workout. This class is designed for everyone at any fitness level. Please bring water, towel and an exercise mat ... and get ready to have a lot of fun and burn plenty of calories! (JH)

Zumba

Ages 18 and up

Tuesdays, March 5 – April 23

7:00 – 8:00 p.m.

*Grant Park, Kennard Nature Nook
6588 McEwen Rd.*

Fee: \$29 residents, \$38 nonresidents

This class is a perfect fit for everybody at any fitness level. We take the "work" out of workout by combining great music with low and high intensity moves for an interval-style, calorie burning dance fitness party. Zumba has all the elements of a great fitness class — cardio, muscle conditioning, balance and flexibility, along with boosting your energy level. Each class is designed to bring people together to have fun and get their sweat on. Taught by Janet Hartsock, certified Zumba instructor. Please bring water and a towel. (JH)



Registration closes 4:30 p.m. the day prior to all programs unless otherwise indicated.

Registration is required for all programs unless otherwise indicated.



Strollers in Motion Spring/Summer Pass

Adult caregivers with child 6 weeks – Pre K

Fee: \$28 residents, \$36 nonresidents

You can purchase a Strollers in Motion punch pass to use for four classes. The pass is good for classes held March through August 2019 at any Centerville Strollers in Motion class. If you cannot make it to an entire five-week session, this may be the solution for you! (JH)

Strollers in Motion

Adult caregivers with child 6 weeks – Pre K
9:30 – 10:30 a.m.

Fee: \$24 residents, \$32 nonresidents

Session A

Mondays, March 11 – April 8

Rec West

965 Miamisburg-Centerville Rd.

Session B

Mondays, April 22 – May 20

Schoolhouse Park

1875 Nutt Rd.

Strollers in Motion is a stroller-based workout for moms, dads or other caregivers. Each total body workout incorporates power walking and strolling, strength training, balance work and toning. Strollers in Motion is an awesome way to get fit, meet new people and have fun with your little ones! And, after some classes, special activities will be planned for the children! All new participants will receive a water bottle. Strollers in Motion is led by Strollercize® certified instructor, Caitlin Elliott.

The week after each session ends will be used for rain out make-up days. (JH)

Strollers in Motion Boot Camp

Adult caregivers with child 6 weeks – Pre K
9:30 – 10:30 a.m.

Saturdays, April 27 – May 25

Forest Field Park

2100 E. Centerville Station Rd.

Fee: \$24 residents, \$32 nonresidents

This Boot Camp version of Strollers in Motion will incorporate circuit training and station exercises. You will be able to move at your own pace and comfort level, as modifications will be given for every fitness level. Strollers in Motion Boot Camp is an awesome way to get fit, meet new people and have fun with your little ones! And, after some classes, special activities will be planned for the children! All new participants will receive a water bottle. Strollers in Motion Boot Camp is led by Strollercize® certified instructor, Caitlin Elliott.

The week after each session ends will be used for rain out make-up days. (JH)

Tai Chi for Wellness

Ages 18 and up

Grant Park, Kennard Nature Nook
6588 McEwen Rd.

Fee: \$48 residents, \$64 nonresidents

Harvard School of Integrative Medicine tells us that the slow meditative movements, deep breathing and relaxation that is characteristic of Tai Chi practice create a special biological state that activates our capacity for body/mind wellness and healing. Great for stress relief, post-illness or managing a chronic health condition. Improves coordination, balance and attention. Facilitates cardiac rehab, lowers blood pressure and helps maintain strong bones.

Beginner Tai Chi

Saturdays, March 16 – May 18

10:30 – 11:30 a.m.

An introduction to Tai Chi and Qigong (pronounced Chi Kung) principles and form through Tai Chi Easy — a form created by Roger Jahnke, O.M.D. — to make Tai Chi accessible and fun for everyone. Taught by Judy Wilson, Certified Integral Qigong and Tai Chi Instructor. (JH)

Intermediate Tai Chi

Mondays, March 11 – May 13

7:00 – 8:00 p.m.

Continuing to develop Tai Chi and Qigong principles moving from Tai Chi Easy into Dr. Jahnke's Integral Tai Chi Form. Taught by Judy Wilson, Certified Integral Qigong and Tai Chi Instructor. (JH)



**Online resident registration begins
Monday, February 11, 10:00 a.m.**

A Walk in the Park

Ages 18 and up

Fee: \$15 nonresidents

Session A

Tuesdays, March 12 – May 28

9:30 – 10:30 a.m.

Session B

Thursdays, March 14 – May 30

6:00 – 7:00 p.m.

Session C

Fridays, March 15 – May 31

9:30 – 10:30 a.m.

Get outdoors, enjoy sunshine and fresh air while meeting other walking enthusiasts. These are self-guided walks around your community parks! Walking helps maintain a healthy weight, increases energy, lifts your spirits, strengthens memory and protects from heart disease and high blood pressure. Enjoy reduced stress, improved quality of sleep and the many benefits from an improved quality of life. It will be A Walk in the Park!

Staff will join the walks from time to time.

There is no registration deadline for this program. Join anytime! (JH)

Date	Park
March 12/14/15	Iron Horse
March 19/21/22	Yankee
March 26/28/29	Oak Creek South
April 2/4/5	Holes Creek*
April 9/11/12	Robert F. Mays
April 16/18/19	Oak Grove
April 23/25/26	Schoolhouse
April 30/May 2/3	Forest Field
May 7/9/10	Iron Horse
May 14/16/17	Yankee
May 21/23/24	Oak Creek South
May 28/30/31	Holes Creek*

***Overflow parking at The Gathering Church at 8911 Yankee Street.**

Trail Trekking

Ages 18 and up

Fee: \$15 nonresidents

Session A

Tuesdays, March 12 – May 28

6:00 – 7:00 p.m.

Session B

Thursdays, March 14 – May 30

9:30 – 10:30 a.m.

Trekking with Nordic poles is a wonderful way to cross-train or try something new. The Cooper Institute research studies showed that Nordic walking burns more calories, increases oxygen consumption and can be 46% more efficient than normal walking. It's a great workout!

Please wear shoes comfortable for paved paths and bring a bottle of water. Nordic poles provided are adjustable to your height.

There is no registration deadline for this program. Join anytime! (JH)

Date	Park
March 12/14	Robert F. Mays
March 19/21	Oak Grove
March 26/28	Schoolhouse
April 2/4	Forest Field
April 9/11	Iron Horse
April 16/18	Yankee
April 23/25	Oak Creek South
April 30/May 2	Holes Creek*
May 7/9	Robert F. Mays
May 14/16	Oak Grove
May 21/23	Schoolhouse
May 28/30	Forest Field

***Overflow parking at The Gathering Church at 8911 Yankee Street.**

Hike for Your Health

Ages 18 and up

Wednesdays, March 13 – May 29

9:30 – 10:30 a.m.

Fee: \$15 nonresidents

Designed to get your heart rate up and get you moving outdoors this spring! Staff and volunteers will lead you on these guided, self-paced hikes. Hike for Your Health is also a wonderful opportunity to get to know some of your parks better. All hikes are on natural trails. Please wear appropriate shoes for trails that may be muddy.

There is no registration deadline for this program. Join anytime! (JH)

Date	Park
March 13	Forest Field
March 20	Grant, Normandy
March 27	Bill Yeck, Smith House
April 3	Grant, Watts
April 10	Bill Yeck, Rooks Mill
April 17	Forest Field
April 24	Grant, Normandy
May 1	Bill Yeck, Smith House
May 8	Grant, Watts
May 15	Bill Yeck, Rooks Mill
May 22	Forest Field
May 29	Grant, Normandy



Registration closes 4:30 p.m. the day prior to all programs unless otherwise indicated.

Trail Running Group

Ages 18 and up

Wednesdays, March 13 – May 29

6:00 – 7:00 p.m.

Up and Running will provide a trail leader as you enjoy running natural trails. This running group is for experienced runners and includes meadows, trails and hills. Meet at the Normandy Entrance (501 Normandy Ridge Rd.) of Grant Park and the Smith House Entrance (2230 E. Centerville Station Rd.) of Bill Yeck Park. (JH)

Date	Park
March 13	Bill Yeck
March 20	Grant
March 27	Bill Yeck
April 3	Grant
April 10	Bill Yeck
April 17	Grant
April 24	Bill Yeck
May 1	Grant
May 8	Bill Yeck
May 15	Grant
May 22	Bill Yeck
May 29	Grant

If running group is canceled due to inclement weather, Up and Running will post the cancellation on their Facebook/Twitter page.



Tennis Leagues

Ages 18 and up

April 7 – June 13

6:00 p.m.

Various locations

Fee: \$25 residents, \$35 nonresidents

Registration deadline: Sunday, March 24

Join a Park District tennis league and play tennis in the parks this spring! Several levels of play allow opportunities for all abilities. All leagues are 10 weeks long. League schedules and rules are mailed out prior to league play. (JH)

Day	Level of Play
Sunday	Men's Advanced
Monday	Men's Intermediate Women's Doubles
Tuesday	Men's Intermediate 50+ Men's Advanced 50+
Wednesday	Men's Advanced Women's 50+
Thursday	Women's Intermediate Women's Advanced



Fit Fusion

Ages 18 and up

Thursdays, April 18 – May 30

(no class May 16)

6:00 – 7:00 p.m.

*Oak Grove Park, Gebhart Shelter
1790 E. Social Row Rd.*

Fee: \$29 residents, \$38 nonresidents

Fit Fusion incorporates cardio, circuit training, resistance training, pilates and compound exercises. Each class will vary in the types of exercises and will help you build speed, power, strength and endurance. We will target different muscle groups using different methods of training, allowing you to experience a jump start in fat loss and muscle definition. Modifications provided. No guts, no glory! Taught by Emily Chandler, a certified group fitness instructor. Please bring a light set of weights, and a towel or yoga mat. (JH)

Wiffle Ball Tournament

Ages 14 and up

Saturday, April 20

8:00 a.m. registration, games begin at 8:30 a.m.

Activity Center Park

221 N. Main St.

Fee: \$25 free agent **OR** \$100 team of 4 – 7

Registration deadline: Friday, April 5

Swing for the fences! Net proceeds of the wiffle ball tournament will benefit Team Fox, a grassroots community fundraising program at The Michael J. Fox Foundation. Tournament will consist of teams of up to seven players, with four on the field at all times. Guaranteed three round-robin games before a double elimination tournament.

Register online at www.gemcitysocialsports.com/wiffle-ball-tournament (CH)



World Tai Chi and Qigong Day

Ages 18 and up
Saturday, April 27
2:00 – 4:00 p.m.

Grant Park, Kennard Nature Nook
6588 McEwen Rd.

On the last Saturday of April over 80 countries and hundreds of cities in every time zone participate in this coming together! We breathe and move in a worldwide wave of healing energy for ourselves and ... for the world!

Experience some of the amazing benefits of breathing along with gentle movement and mind focus. Western medicine calls Tai Chi “Meditation in Motion,” and its health benefits are well researched. Judy Wilson will tell you about Tai Chi and Qigong and introduce you to some gentle movements and breathing practices for stress reduction and relaxation. You will also have the opportunity to watch student demonstrations of Tai Chi Easy.™

Registration is requested, walk-ins are welcome. (JH)

Cancellations due to inclement weather will be posted on www.cwpd.org.

Nature-based Stress Reduction

Ages 14 and up
Mondays, May 6 – 20 AND Tuesday, May 28

6:00 – 7:00 p.m.
Bill Yeck Park, Smith House
2230 E. Centerville Station Rd.

Fee: \$40 residents, \$52 nonresidents

Join Debra Venable of HOPE Reiki & Wellness Resources to explore different nature-based techniques to alleviate the stressors in your life. Build on meditation basics outdoors in the beauty of nature!
(AD)

Campfire Yoga

New!

Ages 18 and up
Wednesday, May 29
(Rain date: Wednesday, June 5)
7:30 – 9:00 p.m.
Bill Yeck Park, Smith House
2230 E. Centerville Station Rd.

Celebrate the start of the spring season with Method Yoga Studio's Megan Lees! Enjoy a fun and relaxing evening of campfire yoga! Say goodbye to cold dreary winter days and welcome spring next to the campfire. This outdoor yoga class will include warm-up, breath work, standing poses, flowing poses and end with relaxation around the campfire. Please bring a yoga mat and water. Class will be held near the Bill Yeck Park campfire circle. (JH)



Spend time this spring exploring your parks! Visit a park you've never explored before, or revisit an old favorite! Bring along the whole family, including the dog, for some exercise. Please make sure your dog is leashed, and don't forget the pet waste bags!

These parks have paved multi-use trails great for walking, running and biking:

- **Bill Yeck/Forest Field Park:** 0.5 mile paved loop
- **Black Oak Park:** 0.2 mile (one way) up steep hill from Ambridge Rd. to Braewood Tr. *No bicycles permitted.*
- **Holes Creek/Silvercreek Parks:** 1.3 miles one way
- **Iron Horse Park:** 2 miles one way
- **Oak Creek South Park:** 0.4 mile perimeter path
- **Oak Grove Park:** 1.5 mile perimeter path (shorter loops are also available)
- **Robert F. Mays Park:** 0.75 mile perimeter path
- **Schoolhouse Park:** 0.75 mile perimeter path
- **Yankee Park:** 0.82 mile perimeter path (including sidewalk along Yankee St.), center path is 0.19 mile

HOW TO REGISTER



WHY REGISTER ONLINE?

#1

You're first in line!

Online registration takes place the day before phone or walk-in registration.

24

It's convenient

The flexibility to register and pay at your convenience, anytime, from anywhere.



It saves time

In less than five minutes, you can set up your account and enroll in your program.



It's easy

Three simple steps, and you'll be enrolled in the program of your choice.



It's environmentally friendly

No need to use gas driving over to register in person. And it saves paper.

Online resident registration begins February 11.

Online (first day of registration is online only)

Visit <https://cwprd.recdesk.com> to register. To expedite your registration, create an account prior to 10:00 a.m. on February 11. This site can be used for free programs and for fee-based programs with a debit or credit card.

Registration for the camps on page 4 – 7 begins online April 15. The first day of registration is online only.

By Phone

Call us at (937) 433-5155 Monday – Friday between 8:00 a.m. and 4:30 p.m. Please have your credit card ready for fee-based programs. Phone registration begins one day later than online registration.

In Person

Visit Park District headquarters at 221 N. Main Street Monday – Friday between 8:00 a.m. and 4:30 p.m. You may pay with cash, check or credit card. Make checks payable to CWPD or Centerville-Washington Park District. In person registration begins one day later than online registration.

Registration and Refund Policy

- Residents may register members of their family and one other resident family.
- Our intent is that program participants be completely satisfied with their experience! If participants are not satisfied with their program experience, or they are unable to participate in a program for any reason, they may repeat the program at no charge, receive credit toward future fees or receive a refund.

Access to All

Please contact us in advance if you require any special accommodations to participate in our programs.

Centerville-Washington Park District Program Release

When registering for or attending any Park District program, you are required to agree to the following statement:

In consideration of your accepting my entry or my child's entry, I hereby, for myself or my child, release, indemnify, and hold harmless the Centerville-Washington Park District, its Commissioners, Agents, Employees and Assignees from any and all liability claims, actions, demands and judgments arising out of injury or loss sustained by me or my child while participating in activities or using facilities of the Centerville-Washington Park District.

**Online Resident Registration Begins
Monday, February 11
at 10:00 a.m.**

**Online Nonresident Registration Begins
Monday, February 18
at 10:00 a.m.**



SPRING EVENTS AT-A-GLANCE

MARCH

		page #
Sat, March 2	Boonshoft Animals Alive!	12
Mon, March 4	Family Garden Day: Plant a Kitchen Garden	14
Wed, March 6	Glass Fusing: Flower Garden	15
Sat, March 9	All About Amphibians Family Workshop	12
Mon, March 18	Chat with a Naturalist: Hide and Seek	15
Fri, March 22	Intergenerational Series: Garden Grandchildren	10
Sat, March 23	Signs of Spring Hike	14
Fri, March 29	Nocturnal Nature Series: Dancing Woodcocks	13

APRIL

Fri, April 5	Capture the Flag & Bonfire	12
Sat, April 6	Beautiful Blooms Family Wildflower Tour	13
Tues, April 9	Fly Fishing 101	15
Thurs, April 11	Hike with a Naturalist Night Hike	16
Sat, April 13	Cotton Candy Clouds: Nature Story Time	13
Sat, April 13	Spring Stargazing	8
Mon, April 15	Summer Camp Registration Begins	4
Mon, April 15	Homeschool Nature Club: Habitat Hike	13
Mon, April 15	Pull Your Weight: Garlic Mustard Challenge Info Session	8
Fri, April 19	Nocturnal Nature Series: Frog Chorus	13

Sat, April 20	Earth Superheroes!	13
Tues, April 23	Fly Fishing 101	15
Thurs, April 25	GOEN!	16
Fri, April 26	Love a Tree!	13
Sat, April 27	Riding Lesson with Ends Meet Equestrian	12, 16
Sat, April 27	World Tai Chi and Qigong Day	21

MAY

Fri, May 3	Intergenerational Series: Love is Blooming	10
Fri, May 3	Nocturnal Nature Series: Screech Owl Search	13
Mon, May 6	Migratory Bird Walk: Bird Wings and Feathers	16
Tues, May 7	Migratory Bird Walk: Preparing to Migrate	16
Wed, May 8	Migratory Bird Walk: Physiology	16
Thurs, May 9	Migratory Bird Walk: Nesting Habits	16
Fri, May 10	Migratory Bird Walk: Helping Birds	16
Sat, May 11	Mom's Day Out Hike	14
Sat, May 11	Big Rig Gig	8
Fri, May 17	Preschool Nature Series Overnight Camping	10
Fri, May 17	Painting in the Landscape	16
Mon, May 20	Chat with a Naturalist: Wild Mothers	15
Thurs, May 23	GOEN!	16
Wed, May 29	Campfire Yoga	21