

SEPTEMBER - NOVEMBER 2017

Centerville-Washington **PARK DISTRICT** **NEWS & EVENTS**



Explore your community's BIG backyard!

Six FREE special events this fall!



Headquarters

Activity Center Park
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Centerville, Ohio 45459-4617
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(937) 470-9246
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Office Hours

Monday – Friday
8:00 a.m. to 4:30 p.m.
Office Closed September 4,
November 23 & 24, 2017

Park Addresses

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

Dog Park Closures

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

Athletic Field Conditions

www.cwpcd.org/field_status/

Area Youth

Athletic Organizations

Centerville United Soccer Association
www.cusacrewjuniors.org

Centerville Wee Elks
Football Association
www.weeelks.org

Centerville Baseball Softball League
www.cbltoday.org

Centerville Youth Lacrosse
www.cvlax.org

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Commissioners' Corner



It's time for the renewal of the Centerville-Washington Park District 2.0 mill operating levy — the levy that generates 70% of the budget used

to keep your parks open and maintained. Every 10 years we return to the voters and ask to keep the lights on and keep the mowers running! But, *every day* the Park Board strives to deliver you the most and best possible services for your tax dollar. Residents of Centerville and Washington Township enjoy beautiful parks, top-notch sport venues, and a wide variety of programs. And, we continually look for ways to be better stewards of your money!

Some things your Park District staff have been up to lately ...

Forest Field Park is getting a long-awaited facelift this fall. New amenities will be the items consistently requested by the community — new trails, including an all-accessible path; a new playground; and, a restroom building.

It may seem mundane, but the purchase of an industrial building for park maintenance operations will pay dividends to the community. The

existing 1970's facility is too crowded to be efficient. The new facility will actually free about 1,800 staff hours annually, giving us more time to spend improving and maintaining your parks!

Finally, the Park District continues to collaborate with other agencies for the good of the community. We are working with the Ohio Department of Transportation to connect **Iron Horse Trail to Village South Park**. New programs have been made possible through collaboration with the Washington Township Recreation Center. Rotary and Optimist clubs, along with all the youth sport organizations, are working with us on a variety of park improvement projects. Miami Valley Regional Planning Commission, the City of Centerville and Five Rivers Metro Parks have all assisted in helping the Park District with planning, services and administrative support.

Please continue to send us your suggestions for programs, instructors and park improvements. Stay connected by following us on social media. Remember to vote on November 7. And, of course, continue to explore your community's BIG backyard!

Dan Monahan
Park Board President

The Centerville-Washington Park District Board of Park Commissioners holds public meetings once a month throughout the year. Visit

www.cwpcd.org/about/public-meeting-schedule/

to view the schedule!

Save a Tree

To subscribe to the e-newsletter visit www.cwpcd.org.

To stop home delivery of the printed newsletter, email your name and address to mail@cwpcd.org.

AEDs Installed in Parks



The Centerville-Washington Park District teamed up with your local youth athletic organizations to provide AED (automated external defibrillators) stations for public use in eight community parks. The AEDs are being installed at **Activity Center, Forest Field, Iron Horse, Oak Creek South, Oak Grove, Robert F. Mays, Schoolhouse and Yankee Parks.**

“It’s a fact — if you suffer a sudden cardiac arrest when visiting a park equipped with an AED, you double your chance of survival,” said Nick Seitz, President of Firefighter Safe, LLC in Miamisburg.

Thousands of people visit Centerville-Washington Park District parks each week, and many of them are involved in strenuous activity such as athletic games, jogging or biking. “Providing AED’s in parks is another way that we can support our residents in their fitness pursuits and provide a new level of service for our park visitors,” said Ken Carter, Park Operations Manager. “We would like to thank the Centerville United Soccer Association, Centerville Recreational Soccer, Centerville Youth Lacrosse, Centerville Wee Elks Football Organization and the Centerville Baseball/Softball League for their generous contributions and support of our community’s health, wellness and safety.”

Volunteer Spotlights



SUE MEYER

School outreach is an important community role for the Centerville-Washington Park District. Our

naturalist is in high demand for classroom presentations and field trips. Retired science teacher Sue Meyer joined our volunteer team last year, and has increased our outreach capabilities tremendously! She helped us reach over 2,200 school children with quality nature education in 2016, and is on track for even more in 2017!

Sue grew up in Kettering, graduated from Alter High School, and then obtained her degree from The Ohio State University. She taught science for 29 years, 24 in the Beavercreek school district, before retiring.

In her free time, Sue likes to play pickleball and golf. She and her husband enjoy traveling to visit National Parks.

“After I retired, I found I really missed working with kids and teaching science.

Volunteering for CWPD gives me the opportunity to do this on a part-time basis,” says Sue.

We, and our local schools, are lucky to have the benefit of Sue’s science knowledge and teaching background!



HANNAH NICKOSON

Hannah Nickoson is a busy freshman at Centerville High School. In between studies and babysitting, she finds time to

volunteer for the Centerville-Washington Park District and the Humane Society! In her free time, Hannah enjoys painting, photography, hiking, bike riding, acting and the theatre. She has also been playing the piano for nine straight years!

“I like volunteering for the Park District because I enjoy leading the children in social activities, helping them to learn while having fun together,” says Hannah.

Hannah is a great help to CWPD staff with programming for children and adults!

November Park Levy Will Not Increase Taxes

At the June 12 meeting of the Centerville-Washington Park District Board of Commissioners, a resolution was passed to place a 2.0 mill levy renewal question on the November 7 ballot.

The 2.0 mill levy is the “bread and butter of the Park District,” said Director Arnie Biondo. “The 2.0 levy is what keeps the parks open, well-maintained, programmed and green.”

With the renewal question, homeowners should see no increase in the property tax paid to the Park District. Because of new construction in Centerville and Washington Township, the typical homeowner may see a slight decrease with this renewal levy.

The receipts from the 2.0 levy generate about 70% of the District’s budget and pay for a wide range of expenses, including manpower, mowers, utilities, supplies, safety, programs and more. Careful stewardship of the money from the levy means that the District continues to provide parks, playgrounds, trails, activities, trees, flowers and more in 50 parks. There is a Centerville-Washington Park District park within ½ mile of every home in the community!

Wise application of tax receipts has brought nearly \$2 million in state grants to the District for the enjoyment of the community over the past three years, lowering the local tax burden. Grants have paid for 70% of recent park improvements and expansion, including the purchase of property to enlarge Pleasant Hill and Village South Parks in the northern portion of the District. Grants have also supported the development of the new Holes Creek Trail, the restoration of the Donnybrook Park fen habitat, and the new playground and group shelter at Robert F. Mays Park.

In addition to the 2.0 operating levy, the Park District has a 0.9 park improvement levy. The 0.9 levy was originally approved by voters in 2004 and was renewed in 2014.

Levy stories are for information and are not intended to support or promote the levy.

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

SPECIAL EVENTS

Family Celebration of National Hunting & Fishing Day

All ages
Saturday, September 9
10:00 a.m. – 2:00 p.m.
Oak Grove Park
1790 E. Social Row Rd.

The Park District, the Centerville Noon Optimist Club and Washington-Centerville Public Library are co-sponsoring the second annual community celebration of National Hunting & Fishing Day! The day will be filled with family-oriented, hands-on activities all ages and abilities will enjoy. Share the fun of outdoor sports while learning about the important role hunting and fishing play in Ohio's wildlife conservation.

Festivities include fishing activities at the 2-acre stocked pond, casting competition, 3D archery skill competition at the archery range, beginner archery clinics for all ages and abilities, food vendors and a kids' zone with fun outdoor activities.

Registration is requested. (KM)



Paws in the Park

All ages
Friday, September 15
5:30 – 7:30 p.m.
Oak Grove Park
1790 E. Social Row Rd.



Calling all dogs and dog lovers! This fun annual event is a great opportunity to learn more about local pet services and pick up some giveaways for your furry friends!

Registration is not required. (AD)

Vendors interested in booth space may contact Ally DeShurko at adeshurko@cwcpd.org.

For their safety, children under 8 are not permitted within the off-leash areas of the dog park. Children ages 8 – 14 must be accompanied by an adult in the off-leash areas.



Grandparents' Day Brunch

All ages
Sunday, September 10
11:30 a.m. – 1:30 p.m.
Oak Creek South Park
790 Miamisburg-Centerville Rd.
Fee: \$27 for ages 14 – adult, \$15 for ages 5 –13, children 4 and under are free
Registration deadline: Friday, September 1

New!

In celebration of National Grandparents' Day, we invite you to a Grandparents' Day Brunch in the park! As you sit at tables fitted with linen cloths, enjoy the fresh air and the sounds of live music by Jim McCutcheon, while eating some of your brunch favorites catered by Divine Catering. (CJ)

Community BIG Backyard Party

All ages
Saturday, September 16
1:00 – 4:00 p.m.
Robert F. Mays Park
10553 Paragon Rd.

Bring the whole family to Robert F. Mays Park for a festival! There will be games, activities, bounce houses, food trucks and raffles for all ages to enjoy. And, a free ice cream treat for everyone!

Registration is requested. (CJ)

Online resident registration begins Monday, August 14, 10:00 a.m.

YoGlow

Ages 18 and up

Friday, September 22

(Rain date: Saturday, September 23)

7:30 – 9:00 p.m.

Forest Field Park

2100 E. Centerville Station Rd.

Ommmmm ... Method Yoga Studio's Megan Lees will lead this outdoor yoga class in a peaceful park setting. Glow bracelets will be provided!

This yoga class for all levels will include a warm-up, breath work, standing poses, flowing poses and will end with relaxation. Bring your yoga mat and water. Dress comfortably.

Come early and enjoy a nutritious beverage! The Shakery Juice Bar will be on site beginning at 7:30 p.m. They will stay until your practice is complete so you can grab a refueling beverage! (JH)

Program check-in and yoga mat placement will begin at the shelter at 7:45 p.m. Yoga practice begins at 8:00 p.m. In case of inclement weather, check the CWPD Facebook page and website for updates.



Meet & Play Mascot Day

Ages 3 and up

Sunday, October 1

1:00 – 2:30 p.m.

Robert F. Mays Park

10553 Paragon Rd.

Come meet, play and dance with some of your favorite local mascots. Mascots will play games and take pictures with the children. The program will end with a mascot dance party and dance off. Bring a blanket and lunch to have a picnic in the park!

Registration is requested. (CJ)

New!

Haunted Trail

Recommended for ages 7 – 15

(children under 7 will not be admitted)

Tuesday, October 17 &

Wednesday, October 18

7:30 – 9:00 p.m. *(last group sent through at 9 p.m.)*

Parking at Forest Field Park

2100 E. Centerville Station Rd.

Ghosts, ghouls and zombies haunt the trails of Bill Yeck Park for two nights every October! On this fun-filled evening you will be guided through the scary forest. Attendees are encouraged to bring canned goods/nonperishable food items to be donated to local food banks.

Registration is not required. (AD)

Groups will leave from Forest Field Park shelter and will walk through Bill Yeck Park on the Haunted Trail!

Haunted Trail Volunteers

Ages 16 and up

Tuesday, October 17 AND/OR

Wednesday, October 18

6:30 – 9:30 p.m. *(last group sent through at 9 p.m.)*

Parking at Forest Field Park

2100 E. Centerville Station Rd.

Haunted Trail is possible because of amazing help from volunteers! You can help, too — sign up to volunteer as a trail guide! Guides will provide instructions to small groups of participants and lead them on the trail. Please arrive at 6:30 p.m. for a brief orientation and trail walk-through. Volunteers can sign up for one or both nights and must be able to walk the half-mile trail several times. Hiking shoes are recommended. (AD)

The Haunted Trail program is co-sponsored by the Centerville Noon Optimist Club; the University of Dayton Optimists; the Centerville High School Octagon Club; and the Junior Optimist Clubs at Incarnation School and Magsig, Tower Heights and Watts Middle Schools.



Dressed to the K-Nines

All ages

Friday, October 27

7:00 – 9:00 p.m.

Oak Grove Park, Baseball Field 42

1790 E. Social Row Rd.

Fee: \$5 per entry

Glitz and glamour will be in full effect under the lights as our four-legged friends strut down the red carpet runway in their Halloween costumes! Owner and pet costume duos are strongly encouraged. First, second and third place winners for best costume. Fun for the whole family. Spectators and paparazzi are welcome! Hot dogs available for purchase from “Dogs for Dogs.”

Registration is requested. (CJ)



Programs are FREE for residents unless otherwise indicated.

PRESCHOOL PROGRAMS (AGES 6 AND UNDER)

Early Adventures

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

September Adventures

Tuesday, September 5
 10:00 – 10:45 a.m. **OR** 6:30 – 7:15 p.m.
OR Thursday, September 7
 6:30 – 7:15 p.m.
*Grant Park, Watts Middle School
 Entrance, 7056 McEwen Rd.*

October Adventures

Tuesday, October 3
 10:00 – 10:45 a.m. **OR** 6:30 – 7:15 p.m.
OR Thursday, October 5
 6:30 – 7:15 p.m.
*Grant Park
 501 Normandy Ridge Rd.*

November Adventures

Tuesday, November 7
 10:00 – 10:45 a.m. **OR** 5:00 – 5:45 p.m.
OR Thursday, November 9
 5:00 – 5:45 p.m.
*Grant Park, Kennard Nature Nook
 6588 McEwen Rd.*

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 on these natural trails. (JK)



New time!

Playdate Pals

Ages 18 – 42 months 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

Grasshoppers

Wednesday, September 13

Bunnies

Wednesday, October 11

Lots of Leaves

Wednesday, November 8

This program is designed to build sensory awareness, to build motor skills and to encourage social interaction among little ones.

Each Playdate Pals begins with learning stations. Then we come together for a short program about our theme, which may include a story, song, activity and a short hike. Join us for lots of fun and new learning experiences! (JK)

Creative Kids Corner

Ages 3 – 5
*Grant Park, Kennard Nature Nook
 6588 McEwen Rd.*
Fee: \$9 residents, \$12 nonresidents
Registration deadline: Wednesday, August 30

Sign up for one series only, Thursdays or Fridays each month. Pick the series with the day and time that works best for you!

Session A

Thursdays, September 14, October 12 & November 9, 2:00 – 3:00 p.m.

Session B

Fridays, September 15, October 13 & November 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)



Preschool Nature Series

Ages 3 – 5 with adult companion
Fee/session: \$4 nonresidents

Katydid

Wednesday, September 27
 6:00 – 7:00 p.m. **OR**
Thursday, September 28
 9:30 – 10:30 a.m. **OR** 6:00 – 7:00 p.m.
*Bill Yeck Park, Rooks Mill Entrance
 8798 Rooks Mill Ln.*

What is a katydid? Join us as we search for and learn all about this fascinating insect. Hike takes place on a natural trail. Strollers are not recommended. (KL)

Insect-igations

Wednesday, October 25
 6:00 – 7:00 p.m. **OR**
Thursday, October 26
 9:30 – 10:30 a.m. **OR** 6:00 – 7:00 p.m.
*Bill Yeck Park, Smith House
 2230 E. Centerville Station Rd.*

Let's take a closer look at insects in our parks! We will catch insects and learn what makes them so interesting! Hike takes place on a natural trail. Strollers are not recommended. (KL)

Rocks Rock

Wednesday, November 15
 9:30 – 10:30 a.m. **OR**
Saturday, November 18
 10:00 – 11:00 a.m.
*Grant Park, Kennard Nature Nook
 6588 McEwen Rd.*

Is your child a collector? We will learn about rock types and search for some new ones to add to our collections boxes. Collection boxes will be provided. Hike takes place on a natural trail. Strollers are not recommended. (KL)

**Online resident registration begins
 Monday, August 14, 10:00 a.m.**



W.I.L.D. Child: An Outdoor Preschool Experience to Nurture Wonder, Investigation, Learning & Discovery

Ages 3 – 4
9:00 a.m. – noon
Bill Yeck Park, Smith House
2230 E. Centerville Station Rd.
Fee/session: \$360

Session A

Tuesdays & Thursdays, September 19 – October 26

Session B

Tuesdays & Thursdays, October 31 – December 14 (no class 11/21 and 11/23)

A truly unique play-based program in which Mother Nature is your child's classroom! Preschoolers will engage in authentic play, be provided natural materials to enhance their experiences, and make discoveries as they navigate the outdoor world with a sense of wonder. This experience will foster a love for learning and a deep respect for nature and all living things.

While this is a child-led program, and their interests will guide our daily adventures, teachers will facilitate and help build on their discoveries to provide quality experiences for all areas of learning.

Rain or shine, during the course of this program your child will be exposed to a wide variety of experiences! This will include nature walks, sensory-play, creating process art, science investigations, and truly letting their imaginations run wild! (KL)

To learn more about W.I.L.D. Child, contact Nicole Lanich at wildchild.naturepreschool@gmail.com.

Space limited to 10 children. After you have registered your child, you will receive an email invitation to share health history information via the ePACT Network, a secure site used to collect medical and emergency contact information. This information is required for all W.I.L.D. Child participants.

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.



Intergenerational Series

Ages 3 – 6 with grandparent(s)
Fee: \$4 nonresidents

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

Pumpkin Party

Friday, October 6
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.

Registration deadline: Thursday, September 28

Grandchildren and grandparent(s) will create a pumpkin craft, enjoy pumpkin stories and search for pumpkins large and small! (AD)

It's Turkey Time

Monday, November 13
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.

Registration deadline: Thursday, November 2

New this year! Grandchildren will get to celebrate Thanksgiving with a craft, story and game with their grandparents! (AD)

New!

Let Nature be your teacher.
-William Wordsworth, poet



Programs are FREE for residents unless otherwise indicated.

Registration is required for all programs unless otherwise indicated.



Mini Movers

Ages 4 – 5
Grant Park,
Kennard Nature
Nook

6588 McEwen Rd.

Fee: \$9 nonresidents

Session A

Wednesdays, September 6 – October 11
1:00 – 1:45 p.m.

Session B

Mondays & Wednesdays,
October 23 – November 8
1:00 – 1:45 p.m.

Let's move! Participants will enjoy activities with an alphabet theme, age-appropriate equipment and fun music.

The "mini movers" will learn movements that assist in motor development and rhythmic skills and will have an opportunity to interact with other children their age. Both group and individual activities will be included for them to expand their social skills and be creative.

All children must wear comfortable clothing and tennis shoes. Parent participation is not required. (JH)

Pumpkins & PJs

Ages 4 – 6

Friday, September 8

6:00 – 7:30 p.m.

Grant Park, Kennard Nature Nook
6588 McEwen Rd.

Fee: \$4 residents, \$6 nonresidents

Registration deadline: Wednesday,
August 30

We're having a pumpkin PJ party in the park! We will explore the trails during the magical sunset looking for bats, bugs and even pumpkins!

Children should dress in PJs or clothing that can get dirty. This is a drop-off program; parents are not required to stay.

(AD)



CHILDREN'S PROGRAMS

(AGES 4 – 17)



New!

Rock With Us: Perfect Pumpkins

Ages 4 – 9

Saturday, September 30

11:00 a.m. – 12:30 p.m.

OR 1:00 – 2:30 p.m.

Bill Yeck Park, Smith House

2230 E. Centerville Station Rd.

Fee: \$4 residents, \$6 nonresidents

Registration deadline: Wednesday,
September 27



We are teaming up with the Washington-

Centerville Public Library to promote the message that our individualities make us special. We should celebrate our differences!

We will read two seasonal favorites that reinforce this message: *Spookley the Square Pumpkin*, by Joe Troiano & *The Ugly Pumpkin*, by Dave Horowitz.

Children will paint their own unique pumpkin rocks. We will take a short hike to hide the rocks as part of the #CWPDRocks program. Children may take their rock home if they prefer. (GC)

Children's Yoga Series

Ages 5 – 8

Wednesdays, October 18 – November 8

6:30 – 7:30 p.m.

Grant Park, Kennard Nature Nook
6588 McEwen Rd.

Fee: \$18 residents, \$25 nonresidents

Strike a pose! 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 explore the woods during the first 15 minutes of each class and finish with a quieter yoga session. All equipment is provided. (JK)

Hold Your Horses

1:00 – 3:00 p.m.

Therapeutic Riding
Institute

5224 Dearth Rd.,

Springboro

Fee: \$15

Ages 5 – 12: Sunday, October 22

Registration deadline: Sunday,
October 15

Ages 13 and up: Sunday, October 29

Registration deadline: Sunday,
October 22

Love horses? We've got you covered! We are partnering with the 44-year-old PATH Intl. Premier Accredited Therapeutic Riding Institute to offer therapeutic and fun inclusionary equestrian experiences for individuals with special physical, cognitive, emotional and/or psychological needs and their family members. Working with trained volunteers and certified staff, participants learn to groom and lead specially trained horses, tackle an obstacle course with their horse and play games. Participants will leave feeling empowered having learned new skills and made new friends! (KM)

Art & Imagination

Ages 6 – 8

Tuesdays, September 19, October 17
& November 14

5:00 – 6:00 p.m.

Grant Park, Kennard Nature Nook
6588 McEwen Rd.

Fee: \$9 residents, \$12 nonresidents

Registration deadline: Wednesday,
September 13

Does your child love art time? This drop-off program is designed to give your child an opportunity to get creative by trying new things and designing a unique project based on a monthly theme. Participants should wear old clothes because things could get messy! Parents are not required to stay for this program. (AD)



Online resident registration begins
Monday, August 14, 10:00 a.m.



Light Art STEM Class

Ages 6 – 8

Tuesdays, September 19 & 26

6:00 – 7:30 p.m.

Bill Yeck Park, Smith House

2230 E. Centerville Station Rd.

Fee: \$95

Be the director, artist and creator of digital light art! Learn about different types of digital photography and how we can affect our light drawings. We will program a robot to help us draw our pictures. Using a special app and equipment, all of our elements will come together to reveal a masterpiece! Students will create many pieces to take home and will show off their work in a public gallery walk in the forest. We can't wait to see your art! (KM)

New!

After School Recess

Ages 6 – 11

Tuesdays, September 26, October 24, November 28

4:30 – 5:30 p.m.

Oak Creek South Park

790 Miamisburg-Centerville Rd.

Fee: \$9 residents, \$12 nonresidents

Registration deadline: Monday, September 18

The Summer Recreation Program continues! Join SRP staff as we play our favorite indoor and outdoor games and create crafts. (AD)



Mad Science University

Ages 8 – 14

6:30 – 7:30 p.m.

Bill Yeck Park, Smith House

2230 E. Centerville Station Rd.

Fee: \$20 residents, \$25 nonresidents

Registration deadline: Tuesday, October 31

Session A

Tuesdays, November 7, 14, 21 & 28

Session B

Wednesdays, November 8, 15, 22 & 29

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



Explorers!

Ages 6 – 12

Grant Park

501 Normandy Ridge Rd.

Fee: \$9 residents, \$12 nonresidents

Junior Explorers

Ages 6 – 8

Wednesdays, September 13 – October 18

3:30 – 4:30 p.m.

Outdoor Explorers

Ages 9 – 12

Mondays, September 11 – October 16

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. Make sure to send them dressed for outdoor play and creaking!

(KL)

Sculpting with Circuits STEM Class

Ages 8 – 14

Tuesdays, October 3 – 17

6:00 – 7:30 p.m.

Bill Yeck Park, Smith House

2230 E. Centerville Station Rd.

Fee: \$120

It's time to take play dough and cardboard creations to the next level — add lights, sounds and movement to your sculptures! While reviewing the basics of creating using conductive/nonconductive dough with Squishy or Hummingbird circuits, we will explore how to go from concept to final product. Students, come with your ideas and remember ... your imagination is the only limit. (KM)

New!

Crafting Club

Ages 9 – 13

Thursdays, September 7, October 5 & November 2

4:30 – 5:30 p.m.

Grant Park, Kennard Nature Nook

6588 McEwen Rd.

Fee: \$9 residents, \$12 nonresidents

Registration deadline: Wednesday, September 30

This fun 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)



Programs are FREE for residents unless otherwise indicated.

Registration is required for all programs unless otherwise indicated.



FAMILY PROGRAMS

Prairie Power Seed Collection

Recommended for families with children ages 5 and up
Thursday, September 14 AND/OR Thursday, September 21
6:00 – 7:00 p.m.
Bill Yeck Park, Smith House
2230 E. Centerville Station Rd.

Help us collect wildflower seeds to plant at other parks for our pollinators! Each family will be responsible for harvesting plant species used in our native wildflower mixes. Families will get to take some seeds home to enhance their own pollinator habitats! (KL)

Fall Family Fun Nights

All ages
Thursday, September 28 OR Friday, September 29
5:00 – 7:00 p.m.
Bill Yeck Park, Smith House
2230 E. Centerville Station Rd.
Fee/family: \$9 residents, \$12 nonresidents

Sign up for one night only.

View the fall colors with a short hayride through Bill Yeck Park! Stop at the bonfire to enjoy a s'more before or after your hayride.

Check in at the Smith House to receive your s'more and hayride tickets. Hayride participants will be given tickets with a specific time for their ride. One s'more ticket per person. (AD)

Play of the Past

All ages
Saturday, September 23
1:00 – 2:30 p.m.
Grant Park
501 Normandy Ridge Rd.
Fee/family: \$9 residents, \$12 nonresidents

What type of games did children play before modern conveniences? During this program, families will try different games played by children long ago. We will also engage in some old-fashioned nature play in the forest. (KL)



Brain Gamers Bring it On

Ages 10 – 13
Thursdays, September 21, October 12 & November 16
4:00 – 5:30 p.m.
Bill Yeck Park, Smith House
2230 E. Centerville Station Rd.
Fee: \$9 residents, \$12 nonresidents

Think outside the box ... naturally! A variety of active, interactive and quiet problem-solving activities with a monthly nature theme will stimulate your child's mind in a fun, fast-paced environment. (JK)



Teen Advisory Board

Ages 14 and up
Tuesday, October 3
6:30 – 8:00 p.m.
Grant Park, Kennard Nature Nook
6588 McEwen Rd.

New!

Teens, we'd love to see you get more involved in your parks! We're starting a Teen Advisory Board to help us plan more special events and/or programs that you'll enjoy! Come chat with us and brainstorm ideas. Light refreshments will be provided. (CJ)

Nocturnal Nature Series

All ages
Grant Park
501 Normandy Ridge Rd.
Fee/family: \$4 nonresidents

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

Evening Insects

Saturday, September 23
8:00 – 9:00 p.m.

Our nocturnal insects will serenade us as we explore the Grant Park meadow. Learn all about these vocal creatures and join the band!

Sunset Hike

Friday, October 13
6:30 – 8:00 p.m.

We will hike to the top of the hill in the Grant Park meadow to watch the sunset and enjoy the sounds of nature winding down. We will then enjoy some marshmallows around a campfire as we listen and look for our nocturnal friends.

Starry Night

Friday, November 10
6:00 – 7:30 p.m.

Take advantage of the early darkness to do some stargazing! We will look for constellations and learn their stories.



Online resident registration begins Monday, August 14, 10:00 a.m.



EarthJoy Tree Climb

Ages 5 and up (*ages 18 and under must be accompanied by a parent or guardian*)

Saturday, September 30

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

OR 2:00 – 3:30 p.m.

Green Park

6661 Green Park Dr.

Fee: \$40 per person climbing

Registration deadline: Friday, September 29 at 10:00 a.m.

EarthJoy is back to give you the experience of a lifetime! Tree climbing is a great way to challenge yourself physically and get in tune with mother nature. Swing to and fro, relax in a hammock and surf on a limb high above the ground. Strive to climb as high as you can or play amongst the lower limbs!

To register for these climbs, visit www.climbtreeswithearthjoy.com/ or call 859-635-0320. (KL)



An Introduction to Falconry

Ages 12 and up (*ages 12 – 15 require paid parent/guardian participant or observer*)

Sunday, October 1

(Rain date: Sunday, October 8)

10:00 a.m. – noon

Forest Field Park

2100 E. Centerville Station Rd.

Fee: \$75 residents, \$98 nonresidents, \$25 observer

Join Master Class falconer Joe Dorrian of the Ohio School of Falconry to learn about the ancient sport of falconry. Handle and fly one of the school's trained Harris' Hawks in this exciting program!

Get a general overview of the sport, a strong focus in raptor ecology and conservation and predator/prey relationships, and learn the basics of handling a trained falconry raptor.

Instructor will provide all necessary equipment. Students should not wear anything made of real or faux fur to the program. (GC)

Dayton Diggers Hunt

All ages

Saturday, October 7

10:00 a.m. – noon

Bill Yeck Park, Smith House

2230 E. Centerville Station Rd.

New!

Are you interested in learning more about metal detecting? Join the Dayton Diggers on a hunt at Bill Yeck Park! Experienced club members will guide you through the detection process and ethics of metal detecting. No equipment necessary. Children must be accompanied by an adult. (KL)

Family Nature Play

All ages

Grant Park

501 Normandy Ridge Rd.

Outdoor exploration and play is important for raising happier, healthier and smarter children. It's not bad for adults either! Have fun exploring and playing in nature as a family.

Orienteering Scavenger Hunt

Saturday, October 28

1:00 – 4:30 p.m. (*various start times available within this time range.*)

Fee/family: \$12

After a lesson on how to use a compass, your family will test their skills and knowledge of Grant Park by competing in a scavenger hunt. Trail is approximately one-mile in length over uneven terrain.

Flash Flood

Saturday, November 18

1:00 – 2:30 p.m.

Fee/family: \$4 residents, \$9 nonresidents

Join us for some old-fashioned nature play! Can your family build a raft before the flood comes? All materials provided.

Woodpecker Walk

All ages

Saturday,

November 11

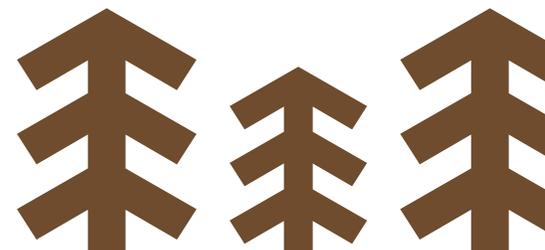
1:00 – 2:30 p.m.

Grant Park

501 Normandy Ridge Rd.

Fee/family: \$4 nonresidents

Journey into the mature woods in search of Ohio's largest woodpecker — the Pileated Woodpecker! How many other woodpecker species will we spot along the way? Hike takes place on a natural path. Strollers are not recommended. (KL)



Programs are FREE for residents unless otherwise indicated.

FAMILY WELLNESS

Blacklight Sand Volleyball Tournament

Ages 15 and up

Friday, September 1

8:00 – 11:00 p.m.

Yankee Park

7500 Yankee St.

Fee/team: \$25

Kick off Labor Day weekend by grabbing a team of at least six and battling it out in the park after dark for an ultimate grand prize! Teams will compete for a spot in the championship game.

While you anticipate your time on the sand, enjoy other fun and competitive games and activities. Neon colors are encouraged! (CJ)

New!



We are offering family 5Ks on a bi-monthly basis this year. Attend at least three of them and receive a t-shirt!

September Scavenger 5K Family Hike

All ages

Tuesday, September 19

(Rain date: September 20)

5:30 p.m.

Grant Park

501 Normandy Ridge Rd.

Enjoy an evening in Grant Park with your family as you hike the trails and work together to complete a nature scavenger hunt. We will provide direction and prizes! Please dress for the trails and bring water. (JH)

Turkey Trek 5K Family Hike

All ages

Saturday, November 18

(Rain date: November 19)

9:30 a.m.

Forest Field Park

2100 E. Centerville Station Rd.

Get ready for turkey day! Turkey Trek is the final family 5K hike of the 2017 series! Bring family together for fun and exercise. We will join you as we hike the meadows of Forest Field Park and Bill Yeck Park for 3.1 miles. (JH)

If we have to cancel a 5K hike due to inclement weather, we will post the announcement on the Park District website.

Take a Hike Day

All ages

Friday, November 17

Walking and hiking are excellent ways to get exercise. Hikes are distinguished from walks, in that they are taken in the woods, hills, mountains or in another nature setting. Hikes not only give you exercise, they also provide scenic sites and vistas that are good for relaxation of the mind and soul. Take a hike in one of your parks on November 17. Post a picture from your hike tagged **#takeahikewithCWPD** on Facebook, Instagram or Twitter. If your account is public, you'll be entered to win a gift card from Great Miami Outfitters! Must post by 11:59 p.m. November 17. (AD)

Walk off the Wobble!

All ages

Friday, November 24

9:30 – 10:30 a.m.

Iron Horse Park

6161 Millshire Dr.

No shopping here, just fresh air, exercise and fun! Come out to the paved Iron Horse Trail to walk off your delicious Thanksgiving feast. All ages welcome (children must be accompanied by an adult while on the trail). Stroller friendly. No pets, please. (JH)

If we have to cancel due to inclement weather, we will post the announcement on the Park District website.



Beginner Archery Clinic

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

Saturday, October 7

(Rain date: October 8)

10:00 a.m. – noon

Oak Grove Park, Archery Range

1790 E. Social Row Rd.

Fee: \$15 residents, \$20 nonresidents

Registration deadline: Sunday, October 1

This introduction to archery is designed for those who have no experience, are still getting comfortable with archery, or are looking for a review of the basics.

Instructors will focus on teaching range rules and safe archery procedures as well as basic equipment use and technique.

You may bring your own equipment, but it must be inspected by an instructor prior to use in the clinic. (GC)

Online resident registration begins Monday, August 14, 10:00 a.m.

ADULT PROGRAMS

Booked for Lunch

Ages 14 and up

Wednesdays, September 6, October 4 & November 1

11:30 a.m. – 12:30 p.m.

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



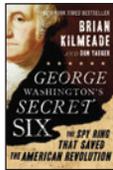
A collaborative program with Centerville-Washington History and the Washington-Centerville Public

Library, Booked for Lunch is a monthly lunchtime discussion on a historical fiction or nonfiction book. Bring your lunch and we'll provide dessert!

Participants must supply his/her own book. The library will advance order copies for participants to borrow while supplies last.

Please contact Christian Johnson at cjohnson@cwpcd.org if you are interested in joining Booked for Lunch.

(CJ)



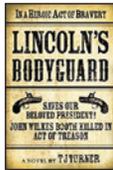
September's Discussion

George Washington's Secret Six: The Spy Ring That Saved the American Revolution, by Brian Kilmeade



October's Discussion

Elizabeth and Hazel: Two Women of Little Rock, by David Margolick



November's Discussion

Lincoln's Bodyguard, by T.J. Turner

Couples' Night Out

Ages 18 and up
6:00 – 8:30 p.m.

New!

Nature Hike/Game Night

Saturday, September 23
Grant Park, Kennard Nature Nook
6588 McEwen Rd.

Fee/couple: \$10 residents, \$12 nonresidents

Sweetest Day Cooking:

A three-course meal with instruction by Chef Anthony Head

Saturday, October 21

Centerville High School
500 E. Franklin St.

Fee/couple: \$70 residents, \$85 nonresidents

Craft Night

Saturday, November 18

Grant Park, Kennard Nature Nook
6588 McEwen Rd.

Fee/couple: \$15 residents, \$20 nonresidents

Looking for something different to do on date night? Let us help! One Saturday a month, come out and spend your evening with us and other couples. Light refreshments will be provided. (CJ)

Adult Crafting Club

Ages 18 and up

Thursdays, October 26 – November 16
6:30 – 8:00 p.m.

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

Fee: \$29 residents, \$47 nonresidents

Registration deadline: Thursday, October 19

Who says crafting fun is only for children? Let your creativity blossom while you learn

new skills creating a different craft each week — from glass etching to cross-stitching. All materials will be provided.

(CJ)



Glass Etching

Ages 18 and up

Wednesday, November 8

6:00 – 7:30 p.m.

Rec West Enrichment Center
965 Miamisburg-Centerville Rd.

Fee: \$20 WTRC passholders, \$25 residents, \$30 nonresidents

Enjoy a relaxing evening and get a head start on holiday decorating or gift giving! Bring glass jars or bottles to repurpose. Glass jars can become candle holders. Wine bottles can become lights, oil pourers, soap dispensers and more! Add your personal touch by etching a design into the glass. A variety of stencils available, including but not limited to flowers, nature themes and nautical themes. Please make sure the glass containers are free of labels or glue. We will have extra glass options available.

Register at

<https://webtrac.washingtontwp.org/> (AD)

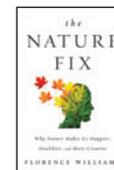
The Nature Fix: Book Discussion

Ages 18 and up

Thursday, November 30

6:30 – 7:45 p.m.

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



Join us for a book discussion on *The Nature Fix: Why Nature Makes Us Happier, Healthier, and More Creative* by Florence Williams. Intrigued by our storied renewal in the natural world, Florence

Williams set out to uncover the science behind nature's positive effects on the brain. We will discuss the book and share suggestions for making nature an integral part of our modern lives. (KM)

Programs are FREE for residents unless otherwise indicated.





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ADULT WELLNESS



Chat With a Naturalist

Ages 18 and up
10:00 – 11:00 a.m.
Rec West Enrichment Center
965 Miamisburg-Centerville Rd.

Beavers: Nature's Construction Workers Monday, September 18

The history between North American beavers and humans has been full of twists and turns. Learn how beavers shape habitats for other animals and about their general habits in the wild.

Registration is not required. (KL)

History of Wildlife Monday, November 20

Let's learn how early settlement by European decedents impacted Ohio wildlife. Together we will work through a timeline created by the Ohio Division of Wildlife to understand the impact we have had on our wildlife over the centuries.

Registration is not required. (KL)

Yoga in the Park

Ages 18 and up
Grant Park, Kennard Nature Nook
6588 McEwen Rd.

Fee/session: \$52 residents, \$67 nonresidents

Session A
Saturdays, September 2 – October 7
9:00 – 10:00 a.m.

Session B
Mondays, September 11 – October 16
9:30 – 10:30 a.m.

Session C
Saturdays, October 14 – November 18
9:00 – 10:00 a.m.

Session D
Mondays, October 23 – December 4
(no class November 13)
9:30 – 10:30 a.m.

Method Yoga 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. Class will be held on the deck overlooking the meadow with the option to move indoors in the event of inclement weather. (JH)

Body Back by FIT4MOM

Ages 18 and up
Tuesdays & Thursdays, September 5 – October 31

7:00 – 8:00 p.m.
Oak Grove Park
1790 E. Social Row Rd.

Fee: \$299

New!

Body Back Transformation is an eight-week, results-based, high-intensity workout and nutrition program designed by and for moms. The workouts offer high-intensity, interval formats that give clients a total-body workout. Meal plans, accountability and assessments are proven by university-backed studies to shed fat, increase strength and endurance, tone muscle and improve energy. (JH)

For more information and to register, please visit <https://fit4mom-southdayton.frontdeskhq.com/offerings>

Tabata Training Camp

Ages 18 and up
Yankee Park
7500 Yankee Street

Fee/session: \$39 residents, \$49 nonresidents

Session A
Tuesdays, September 5 – October 24
9:30 – 10:30 a.m.

Session B
Thursdays, September 7 – October 26
6:00 – 7:00 p.m.

Tabata Training Camp focuses on upper body, lower body and core for an effective total-body workout. We will use 20-10 and 40-30-20 timed intervals to push to our maximum effort before resting and repeating! This fun and effective workout is composed of a variety of simple cardio and strength-training exercises including partner work and games. (JH)

New!

Online resident registration begins Monday, August 14, 10:00 a.m.

Trail Trekking

Ages 18 and up

Tuesdays, September 5 – November 21

9:30 – 10:30 a.m.

Fee: \$15 nonresidents

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. (JH)

Date	Park
September 5	Iron Horse
September 12	Yankee
September 19	Oak Creek South
September 26	Robert F. Mays
October 3	Oak Grove
October 10	Schoolhouse
October 17	Iron Horse
October 24	Yankee
October 31	Oak Creek South
November 7	Robert F. Mays
November 14	Oak Grove
November 21	Schoolhouse



Programs are FREE for residents unless otherwise indicated.

Group nature walks are linked with significantly lower depression, less perceived stress and enhanced mental health and well-being!

(study conducted by the University of Michigan)



Hike for Your Health

Ages 18 and up

Wednesdays, September 6 – November 29

9:30 – 10:30 a.m.

Fee: \$15 nonresidents

This program will get your heart rate up and get you moving — enjoying autumn in your beautiful parks! Staff will lead you on these guided, self-paced hikes. Get to know the parks better and meet new people. Path descriptions are provided to help you choose the most comfortable shoe attire. (JH)

Date	Park	Path
September 6	Oak Grove	Paved
September 13	Bill Yeck, Rooks Mill Entrance	Natural
September 20	Grant, Normandy Entrance	Natural
September 27	Schoolhouse	Paved
October 4	Iron Horse	Paved
October 11	Bill Yeck, McGuffey Meadow Entrance	Natural
October 18	Oak Grove	Paved
October 25	Grant, Normandy Entrance	Natural
November 1	Schoolhouse	Paved
November 8	Bill Yeck, Rooks Mill Entrance	Natural
November 15	Iron Horse	Paved
November 22	Bill Yeck, Smith House Entrance	Natural
November 29	Forest Field	Natural

Cardio Mix

Ages 18 and up

Fridays, September 8 – November 10

9:30 – 10:30 a.m.

Schoolhouse Park

1875 Nutt Rd.

Fee: \$24 residents, \$32 nonresidents

A boot camp style class that includes a mix of cardiovascular and strength training exercises and drills. Breathe fresh air, soak in vitamin D and work up a sweat! Exercise equipment is provided for all participants. Taught by Tabra Bilbry, a certified fitness instructor and personal trainer. (JH)



Registration is required for all programs unless otherwise indicated.



Couch to 5K (C25K)

Ages 18 and up

Mondays, September 11 – November 13

6:00 – 7:00 p.m.

Fee: \$50

Train to do your first 5K run in the Couch to 5K (C25K) program! Up and Running will provide the training to help you achieve your 5K goal. C25K participants will receive coaching, a weekly e-mail with a training plan, a shirt and a \$10 coupon for shoes at Up and Running. This group is for the beginning runner. (JH)

Date	Park
September 11	Oak Creek South
September 18	Robert F. Mays
September 25	Schoolhouse
October 2	Yankee
October 9	Oak Grove
October 16	Oak Creek South
October 23	Robert F. Mays
October 30	Yankee
November 6	Oak Creek South
November 13	Robert F. Mays

Trail Group

Ages 18 and up

Wednesdays, September 13 –

November 15

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 Entrance (2230 E. Centerville Station Rd.) of Bill Yeck Park. (JH)

Date	Park
September 13	Bill Yeck
September 20	Grant
September 27	Bill Yeck
October 4	Grant
October 11	Bill Yeck
October 18	Grant
October 25	Bill Yeck
November 1	Grant
November 8	Bill Yeck
November 15	Grant

If a running group is canceled due to inclement weather, Up and Running will post a notification on their social media.

SWAT Fit Gym

Ages 18 and up

Saturdays, September 9 & 23, October 7 & 21, November 4 & 18

8:00 – 9:30 a.m.

Oak Grove Park

1790 E. Social Row Rd.

Fee/class: \$21

SWAT, Dayton's first mobile fitness experience, is bringing its Specialized Workouts And Training to the park! These 90-minute pop-up fitness events will focus on functional training and group exercise that is both challenging and fun!

Each 90-minute session will combine the park environment with training equipment for a complete full-body workout.

All SWAT trainings are programmed and instructed by Maurice Harris. Maurice has been in the fitness industry for over 20 years and holds credentials in all modalities of training. (JH)

Bring a water bottle and towel. Cancellations will be posted at www.swatfitgym.com.

For more information and to register, visit www.swatfitgym.com.

Wake-up Workout

Ages 16 and up

Mondays, September 11 – November 13

7:00 – 8:00 a.m.

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

Fee: \$24 residents, \$32 nonresidents

Exercising in the morning poses amazing benefits for the body. It jumpstarts your metabolism, allowing you to blast fat throughout the day. Exercise also releases endorphins, a nice reward system!

Taught by Tabra Bilbrey, a certified fitness instructor and personal trainer, this morning boot camp is the only wake-up call you'll ever need. Boot camp starts now! Bring water and a towel. All other equipment provided. (JH)

Strollers in Motion

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

*Schoolhouse Park
1875 Nutt Rd.*

Fee/session: \$30 residents, \$38 nonresidents

Session A

Mondays, September 11 – October 23

Session B

Thursdays, September 14 – October 26

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 a Strollercize® certified instructor.

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

New!

**Online resident registration begins
Monday, August 14, 10:00 a.m.**

HIIT the Park

Ages 18 and up
6:00 – 7:00 p.m.

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

Fee/session: \$39 residents, \$49 nonresidents

New!

Session A

Tuesdays, September 12 – October 31

Session B

Wednesdays, September 13 – November 1

This total body workout by Club 51 Fitness is comprised of functional movements and will use body weight exercises in addition to free weights to develop strength, stamina, endurance and speed. (JH)

Introduction to Meditation

Ages 14 and up

Mondays, October 9 – 30

6:00 – 7:00 p.m.

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

Fee: \$40 residents, \$52 nonresidents

Join Kim McCarthy of The Reiki Room of Dayton to discover the basics of meditation. Meditation provides numerous physical health benefits, as well as a sense of calm in the mind. Learn simple meditations, based on ancient Japanese principals, to help you become more grounded and centered in your daily life. Experience guided meditations that will help you go deeper into the practice.

This four-week class will help you establish your own, at-home, daily routine. It is suitable for anyone who wants a little more quiet in their life! (AD)

Beginner Tai Chi

Ages 18 and up

Saturdays, September 9 – October 7

10:30 – 11:30 a.m.

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

Fee: \$24 residents, \$32 nonresidents

An introduction to Tai Chi and Qigong (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. 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. (JH)

Tai Chi/Qigong Workshop

Ages 18 and up

Saturday, October 14

1:00 – 5:00 p.m.

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

Fee: \$19 residents, \$29 nonresidents

An introduction to simple Tai Chi and Qigong methods for stress reduction, building immunity and staying healthy mentally, physically and emotionally with energy balance in your life. Tai Chi and Qigong incorporate metarobics, creating a relaxed state of mind and enhanced mental focus.

Participants will learn simple Tai Chi movements, some Qigong movements, Qigong visualization meditative techniques, several breath practices for stress reduction and energy balance practices to incorporate into daily life. Tai Chi/Qigong ... your healer within. (JH)

Intermediate Tai Chi

Ages 18 and up

Saturdays, October 21 – November 18

10:30 – 11:30 a.m.

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

Fee: \$24 residents, \$32 nonresidents

Continuing to develop Tai Chi and Qigong principles moving from Tai Chi Easy into Dr. Roger Jahnke's Integral Tai Chi Form. (JH)

New!



DID YOU KNOW?

Environmental Science and Technology compared indoor and outdoor training and found that people who exercise outdoors have better energy levels, decreased tension, confusion, anger, and stress than subjects who only workout indoors!

Programs are FREE for residents unless otherwise indicated.

The Park District is made up of 50 community, nature and neighborhood parks. Visit www.cwpd.org for detailed information and a map to each park.

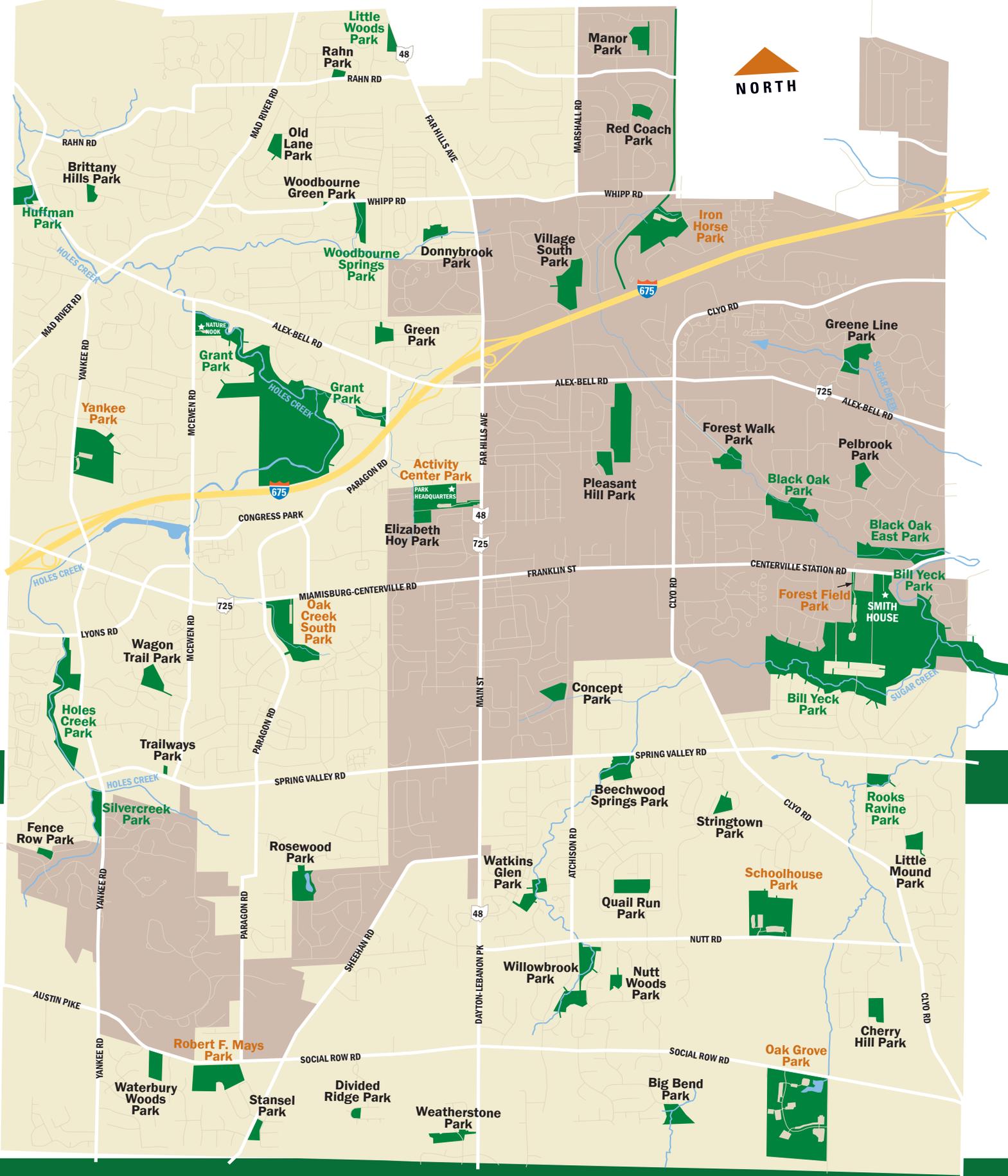
Community Park

Nature Park

Neighborhood Park

City of Centerville

Washington Township



HOW TO REGISTER

Online (the first day of registration is online only)

Visit <https://apm.activecommunities.com/cwprd> to register. To expedite your registration, create an account prior to 10:00 a.m. on August 14. A valid email address is required. This site can be used for free programs and for fee-based programs with a debit or credit card. Payee will be shown as Active.com.

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.

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.

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 setup your account and enroll for 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 August 14

**Online Resident Registration Begins
Monday, August 14
at 10:00 a.m.**

**Online Nonresident Registration Begins
Monday, August 21
at 10:00 a.m.**

FALL EVENTS AT-A-GLANCE

SEPTEMBER

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OCTOBER

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Fri, Oct 13	Nocturnal Nature Series: Sunset Hike	10
Sat, Oct 14	Tai Chi/Qigong Workshop	17
Tues, Oct 17	Haunted Trail	5
Wed, Oct 18	Haunted Trail	5
Sat, Oct 21	Couples' Night Out: Sweetest Day Cooking	13
Fri, Oct 27	Dressed to the K-Nines	5
Sat, Oct 28	Family Nature Play: Orienteering Scavenger Hunt	11

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Wed, Nov 8	Glass Etching	13
Fri, Nov 10	Nocturnal Nature Series: Starry Night	10
Sat, Nov 11	Woodpecker Walk	11
Mon, Nov 13	Intergenerational Series: It's Turkey Time	7
Fri, Nov 17	Take a Hike Day	12
Sat, Nov 18	Turkey Trek 5K Family Hike	12
Sat, Nov 18	Family Nature Play: Flash Flood	11
Sat, Nov 18	Couples' Night Out: Craft Night	13
Fri, Nov 24	Walk off the Wobble!	12
Thurs, Nov 30	The Nature Fix: Book Discussion	13

See inside for our popular series programs such as **Creative Kids Corner**, **Hike for Your Health**, **Mini Movers**, **Outdoor Explorers**, **Tai Chi** and more. And, look for several new programs, including *Tabata Training Camp!*