

# Centerville-Washington PARK DISTRICT NEWS & EVENTS

## MARCH - MAY 2016

Online Resident Registration  
begins 10 a.m.

**Tuesday, February 16**

Hidden Meadows and Adventure  
Camp Resident Registration  
begins 10 a.m.

**Monday, April 18**



Playdate Pals Preschool Program, Grant Park

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## Headquarters

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

## Office Hours

Monday – Friday  
8:00 a.m. to 4:30 p.m.  
Office Closed: May 30, 2016

## Park Addresses

Addresses for all 50 parks can be found at [www.cwpc.org](http://www.cwpc.org)

## Rain Out Line

(937) 433-2524  
Option 3: Dog Park Closings

## Athletic Field Conditions

[www.cwpc.org/field\\_status.shtml](http://www.cwpc.org/field_status.shtml)

## Area Youth Athletic Organizations

Centerville Baseball Softball League  
[www.cbltoday.org](http://www.cbltoday.org)

Centerville Wee Elks Football Association  
[www.weeelks.org](http://www.weeelks.org)

Centerville Youth Lacrosse  
[www.cvlax.org](http://www.cvlax.org)

CUSA Crew Juniors & Centerville Recreational Soccer  
[www.cusacrewjuniors.org](http://www.cusacrewjuniors.org)

Up and Running Juniors  
[www.upandrunningindayton.com/get-involved/training-groups/](http://www.upandrunningindayton.com/get-involved/training-groups/)

## Save a Tree

To subscribe to the newsletter visit  
[www.cwpc.org/subscribe.html](http://www.cwpc.org/subscribe.html).  
Here, you can also stop home delivery of the printed newsletter.

## Commissioners Corner



There is much to enjoy this spring! Over the winter months, work was underway on the skatepark expansion at **Oak Creek South Park**. And, by summer, skaters and

bikers will be able to enjoy the new features that were suggested by several dozen residents last summer. Asking for input from regular park visitors is a key step the board takes when considering substantial park improvements. Many thanks to the riders and bikers who took time on a stormy day to give their opinions!

The new **Holes Creek** and **Silver Creek** paved, multi-use trail is an outgrowth of the most recent, voter-approved levy. The trail head will be at the “sunflower farm” on Yankee Road, just south of Lyons Road. There will still be room for the sunflowers! The path will wind along the creek through a natural setting for 1.3 miles. At the south end of the trail, you can connect to the Yankee Trace trails down to Social Row.

**Mays Park** is nearing completion.

Beginning this spring, construction of a native heritage playground will begin. The playground will have an all-weather, all-accessible safety surface. With the completion of the playground, the shelter and restrooms will be opened. The final amenity for the park is a perimeter trail. Stay tuned for progress on the trail!

Last summer, you told us what you like best about the Park District and what more you want. High on the list? More activities and programs! In response, the program staff added many new programs and expanded some ongoing favorites. Be sure to look for the tag **New!** as you leaf through the newsletter!

The Park Board would also like you to know we have spent the past several months engaged in strategic planning to ensure we are focusing on what is most important to you — not just now, but decades from now. Part of planning was finding out what the community sees as being the highest priority. In the coming years, the District will direct resources and efforts to the stated areas of most importance: preserving habitats and ecosystems; continuing with quality care and maintenance of parks; providing a variety of programs and activities; adding, connecting and improving trails; developing and modifying parks to meet current and future population needs; and, staying engaged with the community.

Finally, we'd like to encourage you to stay informed about your Park District. Please visit our website and follow us on social media. As always, we very much appreciate hearing from you. Enjoy spring in your parks!

*Dan Monahan*

Park Board Vice President

## Staff Updates



We are excited to welcome Christian Johnson to staff as a Recreation Coordinator. Christian is new to Centerville, growing up mostly in the Columbus, Ohio area. She enjoys reading, traveling and spending time with family and friends. In 2015 she graduated from Ohio University with a degree in Recreation Management. Christian has a passion for people and event planning, so she was a perfect match for the job! When you see her, be sure to say hello!



Congratulations to Centerville-Washington Park District Facilities Supervisor, Grant George! Grant recently became a Certified Parks and Recreation Professional through the National Parks and Recreation Association! This is Grant's fourth professional certification — he is also a Certified Playground Inspector, Certified Pool Operator and holds a Certified Applicator's License. He recently celebrated 15 years at the Park District!



## The Donnybrook Fen: A Hidden Gem



Great blue lobelia and jewelweed



Tucked away in a neighborhood just behind Dorothy Lane Market and off of Whipp Road is one of the **rarest habitats in the state of Ohio!** Donnybrook Park may get overlooked by many residents because it's a small neighborhood park. While the park doesn't have the acreage and paths of larger parks, it possesses something special — a **fen**.

A fen is a type of wetland that is fed almost exclusively by groundwater. As the water seeps upward through the soil, it brings calcium and other mineral deposits with it. This creates a very rich, calcified soil that many wetland plants love! When visiting Donnybrook Fen, you may notice the soil is very dark and moist. You will also see Narrowleaf Cattails, which are native to this region. (Most cattails you see today are the invasive broadleaf cattails or a hybrid between the two). The fen contains a variety of plants you won't find anywhere else.

The Park District recently **received a \$220,000 grant** from the Clean Ohio Conservation Fund to restore the mowed area to the west of the fen. The grant includes funding for an access boardwalk, stabilization of the streambed, and invasive species removal. Restoration work will begin later this year.

We are excited to preserve this unique habitat for wildlife and for the education of future generations!

To experience this rare habitat, visit the park at 6161 Donnybrook Drive!

## Have You Tried Pickleball?

Pickleball is an up-and-coming sport in our area! It combines elements of tennis, table tennis and badminton. The rules are simple and the game is easy for beginners to pick up. A group of pickleball players meet regularly to play in the parks. Join them to learn more — they are always welcoming to newcomers and will even loan you equipment to give it a try!



### Schoolhouse Park

*Monday, Wednesday & Fridays:*  
9:00 a.m. – noon

*Fridays:*  
6:00 p.m. – dusk

The Washington Township Recreation Center also offers indoor pickleball Tuesdays and Wednesdays from 9:00 a.m. – noon and Fridays from 2:30 – 5:00 p.m.

The Park District is planning to host introductory “try-it” sessions throughout the spring and summer months. Watch our social media accounts for more information!

### Yankee Park

*Sundays:*  
6:00 p.m. – dusk

## The BEST Summer Employment Opportunities!

The Park District is now accepting applications for part-time, seasonal employment. Opportunities are available in our program and operations departments.

Summer program staff can work at **Hidden Meadows Day Camp**, at the **Summer Recreation Program** or as the **Summer Naturalist Intern**. All program staff must be enthusiastic about working with children, enjoy the outdoors, and be willing to make a 10-week commitment beginning the first week of June. Applicants must be at least 16 years old. Positions for applicants under age 18 are limited. Adult applicants must pass a background screening.

**Seasonal operations staff** assist with the day-to-day maintenance of the Park District's 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 some weekends and evenings. Second shift openings are also available. Operations staff must be 18 or older, insurable to drive Park District vehicles and pass a background screening.

Visit [www.cwpd.org/employment\\_opportunities.html](http://www.cwpd.org/employment_opportunities.html) for the most up-to-date information on employment opportunities.

**Volunteer opportunities** are also available for ages 14 and up at Hidden Meadows Day Camp 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, go to [www.cwpd.org/volunteers.html](http://www.cwpd.org/volunteers.html).



# CAMP INFORMATION

## Hidden Meadows Day Camp

Grant Park, 501 Normandy Ridge Rd.

**Monday – Friday**

**Resident Fee/Week:** Half day \$55, All day \$110  
\*Half day \$44, All day \$88  
Before/after care \$27

**Nonresident Fee/Week:** Half day \$85, All day \$170  
\*Half day \$68, All day \$136  
Before/after care \$48

*\*Fees prorated for Mad Science University, July 5 – 8 since there is no camp on July 4.*

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.

**We are now offering before (8:00 – 9:30 a.m.) and after (4:00 – 5:30 p.m.) care! Campers will enjoy a secure and familiar environment before and/or after their action-packed day at camp!**

Theme: Date	AM 9:30 a.m. – noon	PM 1:30 – 4:00 p.m.	All Day 9:30 a.m. – 4:00 p.m.
What's for Dinner?: June 6 – 10	5 – 12 Years	- - -	5 – 12 Years
Forecast Frenzy: June 13 – 17	5 – 12 Years	- - -	5 – 12 Years
Tree Treasures: June 20 – 24	3 – 9 Years	3 – 9 Years	5 – 9 Years
Bugs! Bugs! Bugs!: June 27 – July 1	5 – 12 Years	- - -	5 – 12 Years
Mad Science University: July 5 – 8	5 – 12 Years	- - -	5 – 12 Years
Wildflowers, Wild Life & Wild Insects: July 11 – 15	5 – 12 Years	- - -	5 – 12 Years
Creeking, Hiking and ... : July 18 – 22	3 – 9 Years	3 – 9 Years	5 – 9 Years
Adventure is Everywhere: July 25 – 29	5 – 12 Years	- - -	5 – 12 Years
Hydrohysteria: August 1 – 5	5 – 12 Years	- - -	5 – 12 Years

### What's for Dinner? June 6 – 10

People have to eat. So do animals and insects! What's at their dinner table? Discover what our nature friends eat to fill their bellies. You may learn that we have some favorite treats in common.

### Forecast Frenzy, June 13 – 17

Birds fly south for the winter, and earthworms appear when it rains, but how does the weather effect other insects, animals and plants? Let's help the weatherman forecast what happens in nature when the climate changes.

### Tree Treasures, June 20 – 24 (Preschool Week)

Treasures are not always rubies and diamonds. Sometimes the best treasures can be found right in your local park. We're calling all local pirates to identify trees and search for the hidden booty in and around them.

### Bugs! Bugs! Bugs! June 27 – July 1

From creepy crawlies, to bugs that take flight, we are exploring all things bugs! You are in for a treat as we study a bug's life.

### Mad Science University, July 5 – 8

Do you like to mix things together to see what happens? Come be a scientist and discover what makes the natural world tick! Conduct fun experiments, studies and games based on nature science and use that knowledge to build your own scientific creations.

## CAMP REGISTRATION INFORMATION

Hidden Meadows Day Camp and Adventure Camp have a different first day of registration than all other programs. Registration begins Monday, **April 18** at 10:00 a.m. for residents and Monday, **April 25** at 10:00 a.m. for nonresidents. See page 19 for information on how to register.

One camper friend of similar age may be requested during registration.

Camps are held rain or shine.

## CAMP THEMES

Camp activities are planned each week by the counselors, who take 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 — no matter the week's theme!

### Wildflowers, Wild Life & Wild Insects, July 11 – 15

This week you will get in touch with your wild side! Join us as we search for the native wild things of Grant Park. Learn how flowers, animals and insects grow and adapt through daily hikes, games and crafts.

### Creeking, Hiking and ... , July 18 – 22 (Preschool Week)

Join us as we explore Grant Park to and fro. Where this week will take you, nobody knows! Each day will bring new information and new experiences for the ultimate adventure.

### Adventure is Everywhere, July 25 – 29

From hilltops to creek beds, you will explore it all. Enjoy a variety of challenges, games and explorations that will quench a thirst for adventure and knowledge.

### Hydrohysteria, August 1 – 5

Water, water and more water! From the pond to the creek, you will enjoy playing in, studying and appreciating water. If you are dry at the end of the week, you were not at this camp!



## Adventure Camps

*Various Parks*

Monday – Thursday, 10:00 a.m. – 2:30 p.m.

Friday 6:30 p.m. – Saturday 9:00 a.m.

**Resident Fee:** \$95

**Nonresident Fee:** \$135

**Adventure Camp A (Ages 10 – 12): June 27 – July 2**

**Adventure Camp B (Ages 11 – 13): July 11 – 16**

**Adventure Camp C (Ages 12 – 14): July 25 – 30**

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, survival challenges 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 need to bring a filled water bottle and a packed lunch that does not require refrigeration. All campers receive a t-shirt.



## General Camp Information

### **Staff**

Many staff coordinators and counselors are college students pursuing a degree in parks and recreation or education, or they have previous experience in the field. Assistant counselors are at least 16 years of age and have experience working with children.

### **Inclement Weather**

Camp is primarily an outdoor program and will be held rain or shine. The school buildings by Grant Park will serve as a meeting area and shelter for Hidden Meadows. Adventure Camp parents will receive a call telling them where to meet.

### **Health History Form**

Required for all campers. Form is available at [http://www.cwpd.org/forms\\_list.html](http://www.cwpd.org/forms_list.html)

### **What to Wear**

Dress your child in comfortable old clothes and closed-toe shoes. Sandals and flip-flops are prohibited due to poison ivy and other naturally occurring hazards. Please put your child's name on all items brought to camp. Many pack an old pair of shoes to wear when visiting the creek.

### **What to Bring**

Bring a water bottle to refill during the day. All-day campers should also bring a packed lunch that does not require refrigeration.

### **Daily Sign-In & Sign-Out**

We take strict precautions in accepting and releasing children from the program. Please inform counselors of any changes. Daily sign-in and sign-out is required.

### **Sunscreen & Insect Repellent**

Counselors are not permitted to apply sunscreen or insect repellent. Campers can bring their own and reapply.

### **Medical Procedures & Emergencies**

All counselors are trained in first aid and CPR and carry a first aid kit. A copy of the health history form is kept on site. In case of a medical emergency, parents and 911 will be called. The child will be escorted to the hospital or released to the parents. If parents cannot be located, the emergency contact will be called. In case of minor injury/illness, the child will be treated, an incident report will be completed, and parents will be notified at pickup.

### **Medication**

Staff are permitted to perform only basic first aid. They are not authorized to dispense any type of prescription or nonprescription medication with the exception of any situation that requires an epi-pen. Rule 5101:2-18-15 (4) 2 of the Ohio Administrative Code states that a child

day camp shall set its own policy regarding whether to administer prescription or nonprescription medications. If your child requires medication, arrangements must be made to have a caregiver present to administer the medication. **If your child carries an epi-pen, complete additional required forms found on [http://www.cwpd.org/forms\\_list.html](http://www.cwpd.org/forms_list.html).**

### **Discipline**

Counselors will keep to the established discipline policy and will handle all incidents with kindness, consistency and understanding. Attention will be given to the specific needs of each camper while, at the same time, each is encouraged to participate. We believe children want to conform to the rules once they know what is expected of them. Counselors will discuss the rules on the first day of camp.

### **Registration Deadline**

The last day to cancel or make registration changes is noon the Monday prior to your camper's start date.

# SPECIAL EVENTS

## 5<sup>th</sup> Miami Valley Leave No Child Inside Summit

**Saturday, March 12**

11:30 a.m. – 4:00 p.m.

*Wegerzyn Gardens Metropark, Auditorium, 1301 E. Siebenthaler Ave.*

Join in the local effort to build access to nature for our children — making them happier, healthier and smarter. Highlights of the summit will include keynote panels and presentations, networking, resource displays and a Nature Clubs for Families workshop.

This year's keynotes will include the Five Rivers MetroParks OUTstanding Teacher Award, Park Nature Play Spaces and School Garden Development. Networking discussions will connect participants with MVLNCI working committees, teacher support groups and common interest areas. There will also be a "how to" session on creating a successful green schoolyard.

Reservations are required. For more summit information, or to register, call (937) 275-7275 or visit [www.metroparks.org](http://www.metroparks.org).

Programs are **FREE** for residents unless otherwise indicated.



## Eggstravaganza

All ages

**Saturday, April 30**

10:00 a.m. – noon (sign up in 15-minute increments)

*Grant Park, 501 Normandy Ridge Rd.*

Join us for an EGGstraordinary egg hunt! Search for the eggs (replicas) of nine special birds that inhabit Grant Park. You will learn all about our feathered friends, and enjoy a craft, story-telling, games and more!



## Spring Archery Carnival

Ages 8 and up (under 18 must be accompanied by an adult 21 or older)

**Saturday, April 30**

1:00 p.m. – 3:00 p.m.

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

Welcome spring at the archery range with this fun, family-friendly event! Work on your skills while you play carnival-themed archery games for prizes!

New to archery? Certified Archery Instructors will walk beginners through the basics of shooting a bow and arrow. Local archery experts will also be there to help you learn about this fun, accessible sport. Interested vendors should contact Ginger Clark at [gclark@cwpcd.org](mailto:gclark@cwpcd.org).

Equipment will be provided for beginner instruction and a limited amount of equipment will be available for the games. If you have your own equipment, please bring it with you to the event.

Registration is requested.

# BIG RIG GIG

All ages

**Saturday, May 14**

10:00 a.m. – noon

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



This annual event is ALL HANDS ON DECK! Now is your chance to climb on and check out the big vehicles from around town! Honk a fire truck horn, shift the gears of a Centerville-Washington Park District tractor, check out all of the buttons in the law enforcement vehicles and much more! This year, **Usborne Books & More** will be at the Big Rig Gig with theme books and giveaways!

Attendees are encouraged to donate school supplies to aid Cline Elementary students in need. Donation suggestions include new/unopened markers, colored pencils and two-pocket folders.

In addition, Sno-cones from **Kona Ice** will be available for purchase, with 25% of the proceeds benefiting the CARE program at Cline Elementary School.

Parents, please note: This event is loud. Please consider providing ear protection for your child(ren) if sensitive to sound.

Registration is not required.





**Online resident registration begins  
Tuesday, February 16, 10:00 a.m.**



## Early Adventures

Ages 0 – 36 months with  
adult companion  
**Fee:** \$4 nonresidents

### Session A:

**Wednesday, March 9**

5:30 – 6:15 p.m.

*Schoolhouse Park, 1875 Nutt Rd.  
(paved path)*

### Session B: Wednesday, April 13

6:00 – 6:45 p.m.

*Grant Park, 501 Normandy Ridge Rd.  
(natural path)*

### Session C: Wednesday, May 11

6:00 – 6:45 p.m.

*Grant Park, 6588 McEwen Rd.  
(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 monthly adventures will give you a chance to share nature with your babies and toddlers. Take a leisurely hike during our time together. Backpacks and front carriers are appropriate if your child is not walking. Strollers are not recommended at parks with natural terrain.

## Playdate Pals

Ages 18 – 36 months with adult companion  
10:00 – 11:00 a.m.

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

**Fee:** \$4 nonresidents

**Nature Shapes: Wednesday, March 9**

**Funny Frogs: Wednesday, April 13**

**Flower Fun: Wednesday, May 11**

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

Each Playdate 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.



## Spring Nature Art

Ages 2 – 4 with adult companion

**Mondays, March 7 – April 11**

6:30 – 7:30 p.m.

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

**Fee:** \$29 residents, \$47 nonresidents

Work together to see the art all around you in nature! Children and their parent/guardian will use natural and traditional art materials to see the outdoors through artistic eyes.

## Creative Kids Corner

Ages 3 – 5

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

**Fee:** \$9 residents, \$12 nonresidents

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

**Series A: Thursdays, March 10, April 7 &  
May 12, 2:00 – 3:00 p.m.**

**Series B: Fridays, March 11, April 8 &  
May 13, 9:00 – 10:00 a.m.**

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

## Intergenerational Series:

### Smiles and Sunshine

Ages 3 – 6 with grandparent(s)

**Friday, May 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.*

**Fee:** \$4 nonresidents

*This program is only for grandparents and their  
grandchildren. Parents and other caregivers may  
attend any of our other programs.*

In this session, grandparents and grandchildren will work together to create crafts to celebrate the start of summer!

We will also read a sunny story and play a game!



## Preschool Nature Series

Ages 3 – 5 with  
adult companion

**Fee:** \$4 nonresidents

### Woodpecker Walk:

**Thursday, March 31**

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

*Big Bend Park, 1328 Spring Ash Dr.*

March is a great time to search for woodpeckers. We will learn all about our feathery friends and how they find food! Hike will be on a natural trail.

**Eastern Cottontail Trail: Thursday, April 21**

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

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

Hop along on our hike that is dedicated to the Eastern Cottontail, our native rabbit. Hike takes place on a natural trail.

**My First Rock Collection: Thursday, May 19**

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

*Bill Yeck Park, 8798 Rooks Mill Ln.*

Sorting small rocks and pebbles can be tons of fun! We will use our containers to begin our rock collections. Hike will take place on a natural trail.

## Mini Movers

Ages 4 – 5

**Tuesdays & Thursdays, March 8 – 24**

9:30 – 10:15 a.m.

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

**Fee:** \$9 nonresidents

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.



Registration is  
**REQUIRED**  
for all programs  
unless otherwise  
indicated.

# CHILDREN'S PROGRAMS (AGES 4 TO 17)



## Children's Yoga Series: *All Things Spring*

Ages 5 – 8

**Wednesdays, April 6 – 27**

6:30 – 7:30 p.m.

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

**Facilitator:** Megan Pooler, Color Me Yoga Instructor

**Fee:** \$18 residents, \$25 nonresidents

Strike a pose! Children stretch, balance, and strengthen their bodies as they learn yoga poses. A perfect blend of nature and exercise, your children will learn about the spring season through hands-on activities in the first part of each class and then finish with a fun-filled yoga session. All equipment will be provided.



## Junior Explorers

Ages 6 – 8

**Wednesdays, April 20 – May 18**

3:30 – 4:30 p.m.

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

**Fee:** \$11 nonresidents

Outdoor play is vital to child development and well-being. Children will learn about nature and the outdoors. Activities will include discovery, challenges and games. This five-week program will be held rain or shine, so send them prepared for the weather! This is a drop-off program; parents are not required to stay.

Programs are **FREE** for residents unless otherwise indicated.

## Art and Imagination

Ages 6 – 8

**Tuesdays, March 15, April 19 & May 17**

5:00 – 6:00 p.m.

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

**Fee:** \$9 residents, \$12 nonresidents

Does your child love art time? Art and Imagination 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. This is a drop-off program. Your child should wear old clothes because things could get messy!

# COMING SOON!

## Summer Recreation Program

Ages 3 – 12

**June 6 – July 28** (SRP will not be held on June 24 or July 4)

9:00 a.m. – noon

SESSION 1: MONDAYS and WEDNESDAYS	SESSION 2: TUESDAYS and THURSDAYS
Forest Field Park	Iron Horse Park
Yankee Park	Oak Creek South Park

**Fees:** **Session 1:** FREE for residents, \$41 nonresidents  
**Session 2:** FREE for residents, \$41 nonresidents  
**Combined Sessions 1 & 2:** \$79 residents, \$102 nonresidents

The Summer Recreation Program will offer a variety of outdoor recreation activities, sports, games, arts and crafts, guest speakers and more throughout the summer. All Summer Recreation Program sites are led by trained recreation leaders.

This fun program keeps children outdoors and active all summer!

*Advance registration and a completed Health History Form will be required.*

**Look for more SRP information in the summer newsletter — and information about Friday park parties and three weeks of specialty camps!**

Registration for SRP will take place **May 16** for residents and **May 23** for nonresidents.

## SPARK ART STUDIO

## Children's Weaving

Ages 4 – 12

**Saturday, May 7**

1:00 – 3:00 p.m.

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

**Fee:** \$20 residents, \$30 nonresidents

This hands-on weaving experience will expose children to different types of weaving, introduce terms and vocabulary, and help students begin a weaving on a take-home beginner's loom using colorful yarn and natural materials. All materials will be provided. Participants will be placed in groups based on age.

*New!*

## Spring Nature Art

Ages 5 – 8

**Mondays, March 7 – April 11**

6:30 – 7:30 p.m.

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

**Fee:** \$29 residents, \$47 nonresidents

Work together to see the art all around you in nature! Let your child's creativity blossom!



Online resident registration begins  
Tuesday, February 16, 10:00 a.m.

## Kid's Culinary Concoctions

Ages 8 – 12

**Tuesdays, March 1 – 29**

7:00 – 8:00 p.m.

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

**Fee:** \$27 residents, \$39 nonresidents



CWPD and Dorothy Lane Market are collaborating to awaken the culinary enthusiast in your child!

Each week these mini chefs will learn cooking basics (cutting, measuring, cooking safety) and then make and take home a nutritious and delicious snack.

New! ↗



Registration is  
**REQUIRED**  
for all programs  
unless otherwise  
indicated.

## Teen Charcoal Drawing

Ages 13 – 17

**Thursday, March 17**

5:00 – 6:30 p.m.

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

**Fee:** \$16

Students will learn techniques for using charcoal and pencil, taking inspiration from nature. Young artists will focus on value, composition, and visual perception as they create art from a still life of natural materials. All materials will be provided.

New! ↗

## Outdoor Explorers

Ages 9 – 12

**Mondays, March 7 – April 11**

4:00 – 5:30 p.m.

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

**Fee:** \$11 nonresidents

Outdoor play is vital to child development and well-being. Children will learn about nature and the outdoors. Activities will include discovery, challenges and games. This five-week program will be held rain or shine, so come prepared for the weather! This is a drop-off program; parents are not required to stay.



## Nature Brain Games

Ages 9 – 13

**Thursdays, March 17, April 21 & May 19**

4:00 – 5:15 p.m.

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

**Fee:** \$9 residents, \$12 nonresidents

Do your children enjoy mental challenges and puzzles? This program will include a variety of quiet individual brain games and group challenges, all based around a different monthly nature theme!

New  
time! ↗

## Crafting Club

Ages 9 – 13

**Thursdays, March 3, April 7 & May 5**

4:30 – 5:30 p.m.

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

**Fee:** \$9 residents, \$12 nonresidents

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

## Spring Teen Series

Ages 12 – 15

**Fridays, March 11, March 25 & April 8**

6:00 – 7:30 p.m.

*Iron Horse Park, 6161 Millshire Dr.*

**Fee:** \$9 residents, \$12 nonresidents

Each week we will play a few of the greatest hits from our Summer Teen Series! Teens will enjoy getting together to play dodgeball, everybody's it tag, spud and more.



New! ↗

## Harry Potter in the Park

Ages 9 – 12

6:00 – 7:30 p.m.

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

**Fee:** \$24 residents, \$36 nonresidents

**Sorting Hat and The Forbidden Forest: Tuesday, May 3**

**Herbology and Care of Magical Creatures: Tuesday, May 10**

**Potions and Quidditch: Tuesday, May 17**

Join us for a fun series dedicated to the beloved book series. Make a wand, play Quidditch, learn about the care of native creatures, and much more! Registration includes all three sessions.

# FAMILY PROGRAMS

## Beekeeping Demonstration

All ages

**Wednesday, March 16**

6:00 – 7:00 p.m.

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

**Fee:** \$9 residents, \$12 nonresidents

This is a fascinating program teaching participants about the importance of honeybees. Participants will experience a full tour of the interior of a bee hive, while learning about the interesting life cycle of the honeybee. They'll learn about the bee dance, swarming, and how and why a beekeeper manages a hive of over 30,000 stinging insects. (No live bees attend, just preserved specimens.)

## Healthy AND Fun Snacks for Kids ... and Adults!

Ages 6 and up (children must be accompanied by an adult)

**Saturday, March 19**

10:00 – 11:00 a.m.

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

**Facilitator:** Patti McCormick, RN, Ph.D.

**Fee:** \$20 per registered adult with up to two children

Help kids learn to eat healthy, while making it delicious and fun! Make and taste several healthy snacks such as gelatin fruit chews, kale chips, chocolate protein balls and more. Recipes will be provided.

*Note: No nuts or nut products will be used in this class.*

## Wilderness Shelter Building

All ages

**Saturday, March 19**

1:00 – 2:30 p.m.

*Grant Park, 501 Normandy Ridge Rd.*

**Fee:** \$4 per nonresident family

Knowing how to build a shelter in the wild is a great life skill! Learn how while your family enjoys the wilds of Grant Park!



## Dancing Woodcocks

All ages

**Tuesday, March 22**

7:15 – 8:30 p.m.

*Grant Park, 501 Normandy Ridge Rd.*

**Fee:** \$4 per nonresident family

It's that time of year! Take a journey to the Grant Park meadow to watch the early spring dances of the American Woodcock, a bird that spends most of the year quietly hiding in our forests.

## The Garden Gathering

All ages

**Tuesday, March 22**

6:00 – 7:00 p.m.

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

Do you have a green thumb and/or an interest in gardening? This meeting is for you! We're thinking about starting a community vegetable garden at Bill Yeck Park! Contribute your thoughts. Aid in the design, development and maintenance of the garden.



**Programs are FREE for residents unless otherwise indicated.**



## Barter Bazaar: Crafting Supplies

All ages

**Thursday, March 31**

6:00 – 7:30 p.m.

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

Just in time for spring cleaning! The Barter Bazaar brings people together to trade in their unwanted items for something more useful, and it provides an opportunity to meet others with a similar hobby. You can feel good about cleaning out the items you are willing to part with so they can be re-used instead of thrown away!

Bring items to Park District headquarters between 8:00 a.m. and 4:00 p.m. March 28 – 30. Then use your vouchers on March 31 to obtain items that others have made available.

Small items such as buttons, beads, and fabric scraps should be bundled and not treated as individual items. The Park District reserves the right to refuse items deemed unusable, unhealthy or dangerous. All items not claimed by the end of the bazaar will be donated to a non-profit charity or used for Park District programs. All trades are final. Registration is not required.

## Wonderful Wildflower Photography

All ages

**Saturday, April 9 OR Saturday, April 16**

1:00 – 2:30 p.m.

*Grant Park, 501 Normandy Ridge Rd.*

**Fee:** \$4 per nonresident family

Wildflowers are great subjects for the budding photographer. We will go over some basic photography advice for kids before venturing out with a naturalist to find some of our wonderful spring wildflowers! Don't forget to bring a camera!



**Online resident registration begins  
Tuesday, February 16, 10:00 a.m.**



## Raising Moth Caterpillars

All ages

**Tuesday, April 26**

6:00 – 7:00 p.m.

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

**Fee:** \$4 per nonresident family

Are you and your family or class interested in raising native moths from eggs to adults? Elisabeth Rothschild, local butterfly and moth expert, will explain the benefits of raising moths and how to be a good moth parent. After attending the class, participants will have the opportunity to sign up to receive moth eggs when they become available.

## Time Flies

All ages

**Thursday, April 28**

6:30 – 7:30 p.m.

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

**Fee:** \$4 per nonresident family

Time does fly by! Join us for a stroll through the Time Trail at Bill Yeck Park to see just how much the park has changed over the years.

Registration is  
**REQUIRED**  
for all programs  
unless otherwise  
indicated.

## Butterfly Surveys

Ages 8 and up (15 and under **must** be accompanied by an adult)

**Monday, May 2, 4:00 – 5:30 p.m.**

**Friday, May 20, 4:00 – 5:30 p.m.**

*Grant Park, 501 Normandy Ridge Rd.*

Help the naturalist with the scientific study of local butterfly populations. No experience or equipment necessary. Terrain is uneven and approximately one mile in length. Weather dependent. You may sign up for more than one session.

Groups or individuals that need recognition for their volunteer hours, please contact the Park District before the monitoring session.



*“Time spent amongst  
trees is never wasted  
time.”*

*~Katrina Mayer*

## Love a Tree Day!

All ages

**Monday, May 16**

4:00 – 6:00 p.m.

*Oak Creek South Park,  
790 Miamisburg–Centerville Rd.*



washingtoncenterville  
PUBLIC LIBRARY  
www.wclibrary.info

Celebrate “Love  
a Tree Day”  
with a variety

of fun activities. Enjoy a craft station, a special story time and a presentation by a naturalist! Refreshments will be available for purchase from The Shakery. No pets please.



## Laser Battle

Ages 7 and up

**Saturday, May 21**

7:30 – 9:30 p.m.

*Grant Park, 501 Normandy Ridge Rd.*

**Fee:** \$25 per team of 5

We’re teaming up with Laser Web Dayton to bring you an unforgettable laser tag experience! Grab a team of 5 and battle it out in the park for an ultimate grand prize! Teams will have a chance to compete for a spot in the championship. While you anticipate your time on the field, enjoy other fun and competitive games and activities. It will be an exciting evening for the entire family.

## Food Truck Trek

All ages

**Thursday, May 26**

6:00 – 9:00 p.m.

*Oak Creek South Park,  
790 Miamisburg–Centerville Rd.*

To celebrate the end of a great school year, we invite you and your family to buy dinner and dessert from two of Dayton’s most popular food trucks, McNasty’s and Go Cupcakes! Play games and walk the trail with us before, or after, you eat!



# FAMILY WELLNESS

## Spring in Your Step

### Family 5K Hike

All ages

**Sunday, March 20**

2:00 – 3:00 p.m.

*Grant Park, 501 Normandy Ridge Rd.*

Celebrate the first day of spring with us while you hike your way to a healthier you on the natural trails of Grant Park. Signs and staff will point you in the right direction as you hike 3.1 miles of trails, hills and meadows.

## May Meadows

### Family 5K Hike

All ages

**Monday, May 2**

6:00 – 7:00 p.m.

*Forest Field Park,*

*2100 E. Centerville Station Rd.*

Bring mom and the whole family out for a pre-Mother's Day hike through the meadows and natural trails at Forest Field and Bill Yeck Parks. Signs and staff will point you in the right direction as you hike the 3.1 miles.

*If we must cancel a 5K due to inclement weather, we will post an announcement on Facebook.*

## Tennis Instruction

**April 11 – May 26**

**Registration Deadline:** March 25

**40-minute class:** \$65 resident, \$85 nonresident

**60-minute class:** \$90 resident, \$120 nonresident

**90-minute class:** \$115 resident, \$150 nonresident

Come learn to play tennis with us! Classes are taught by instructors from the Kettering Tennis Center/Quail Run Racquet Club. Each has experience working with individuals of all ages and abilities allowing them to provide a high level of instruction. Class ratio is one instructor to a maximum of 10 participants. Tennis balls are provided.

**Monday/Wednesday:** *Yankee Park, 7500 Yankee St.*

Ages	Level	Time	Minutes
6 – 10 years	Beginner	3:30 – 4:10 p.m.	40
9 – 13 years	Advanced Beginner	4:15 – 5:15 p.m.	60
Adults 18 & up	Intermediate	5:20 – 6:20 p.m.	60
Adults 18 & up	Drill & Play	6:30 – 8:00 p.m.	90

**Tuesday/Thursday:** *Schoolhouse Park, 1875 Nutt Rd.*

Ages	Level	Time	Minutes
6 – 10 years	Beginner	3:30 – 4:10 p.m.	40
9 – 13 years	Beginner	4:15 – 4:55 p.m.	40
6 – 10 years	Advanced Beginner	5:00 – 6:00 p.m.	60
9 – 13 years	Intermediate	6:05 – 7:05 p.m.	60
Adults 18 & up	Beginner	7:15 – 8:15 p.m.	60

**Inclement Weather:** Due to the unpredictable nature of weather, we cannot guarantee the completion of all scheduled classes. An additional week has been scheduled at no added cost in lieu of make-up classes for inclement weather. If classes are cancelled, you will receive an automated One Call Now message.

**Programs are FREE for residents unless otherwise indicated.**

## Beginner Archery Clinic

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

**Saturday, May 21**

1:00 – 3:00 p.m.

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

**Fee:** \$15 residents, \$20 nonresidents

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.

Registration is  
**REQUIRED**  
for all programs  
unless otherwise  
indicated.

## Miles for Mark 5K

All ages

**Saturday, May 14**

9:00 a.m.

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

The Mark Andrew Kreusch Memorial Fund was founded by his family to honor Mark's life and spirit. Mark was four years old when his life suddenly ended in a boating accident. Mark loved his family, his friends, and embraced life by enjoying all that he did. His zest for life shined through his smile and giggle. Mark's parents vowed to keep his spirit alive by enriching the lives of other children. Their dream is to continue his legacy. Through various projects, the memorial fund commits to "Leave a MARK on a child's life."

Join them for a 5K run to honor Mark. The run will start and finish at Activity Center Park.

Register at [www.Speedy-Feet.com](http://www.Speedy-Feet.com)

We are offering  
family 5K walks  
on a bi-monthly  
basis this year!  
**Attend 3 of 5 to  
earn a t-shirt!**



Online resident registration begins  
Tuesday, February 16, 10:00 a.m.



## Volunteer Orientation: School Program and Field Trip Facilitator

Ages 18 and up  
Monday, March 7  
9:30 – 11:00 a.m.

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

Are you enthusiastic about nature and the outdoors? Want to share your knowledge with children in a fun learning environment? Interested in having more community involvement? If so, become a volunteer with the Park District! This orientation is for adult volunteers who wish to lead programs in classroom settings and on field trips in our parks. Training will include presentation tips, lesson outlines and program materials.

*New volunteers should submit a completed volunteer application prior to or at the orientation. Applications can be picked up at Park District Headquarters or downloaded at [www.cwpd.org/forms.html](http://www.cwpd.org/forms.html).*



Brothers Owen and Gavin Gonzalez were recently awarded the Ohio Parks and Recreation Association's Outstanding Youth Leadership Award! Congratulations to two of CWPD's top volunteers on receiving this well-deserved state award. We are fortunate to have them in our community!

## WHY VOLUNTEER? TOP 10 REASONS\* (to volunteer with Centerville-Washington Park District)

### #10 It's good for you.

Volunteering provides physical and mental rewards. It:

- Reduces stress: Experts report that when you focus on someone other than yourself, it interrupts usual tension-producing patterns.
- Makes you healthier: Moods and emotions, like optimism and joy, strengthen the immune system.

### #9 It saves resources.

Volunteering provides valuable community services so more money can be spent on local improvements. The current estimated value of a volunteer's time/hour in Ohio is \$21.46!

### #8 Gain professional experience.

Test out a career in parks and recreation!

### #7 Bring people together.

As a volunteer you assist in:

- Uniting people from diverse backgrounds to work toward a common goal
- Building camaraderie and teamwork



### #6 It promotes personal growth and self-esteem.

Understanding our community's needs will foster empathy and self-efficacy.

### #5 Strengthen YOUR community.

As a volunteer you:

- Support families (with excellent programs and outdoor recreation)
- Improve schools (with outreach and field trips)
- Support youth — our most valuable resource!
- Beautify the community

### #4 Learn.

- Discover hidden talents that may change your view on your self-worth.
- Gain knowledge of local resources available to solve community needs.



### #3 Give back.

Support community resources that you use or that benefit people you care about.

### #2 It encourages civic responsibility.

Community service and volunteerism are an investment in our community and the people who live in it.

## #1 YOU make a difference.

*\*Credit: UC San Diego*

The Park District is currently looking for volunteers in to assist with:

- Administrative tasks
- Archery range safety monitoring
- Butterfly monitoring
- Nest box monitoring
- Photography
- Leading or assisting with programs
- Special events

Please contact Ginger Clark, [gclark@cwpd.org](mailto:gclark@cwpd.org), for more information!

## Request a "Chat With a Naturalist"

Does your special interest group want to learn more about Centerville and Washington Township wildlife? Groups of 10 or more can book our Naturalist to speak at their gatherings for 45 minutes to an hour. Groups are limited to two requests per year and six weeks notice is required for planning purposes. Please call us at (937) 433-5155 for a list of topics.

### Chat With a Naturalist

Adults

#### Whoooo's Out There?

**Monday, March 21**

10:00 – 11:00 a.m.

*Rec West Enrichment Center,  
965 Miamisburg-Centerville Rd.*

Not all our local owls hoot. We will listen to their sounds and learn visual identification in this chat about Centerville's nocturnal birds of prey. Registration is required through the Rec West Enrichment Center.

#### It's Turtle Time!

**Monday, May 16**

10:00 – 11:00 a.m.

*Rec West Enrichment Center,  
965 Miamisburg-Centerville Rd.*

Let's talk turtles and their other scaly friends that call Ohio home! Registration is required through the Rec West Enrichment Center.

### Green Cleaning: Making Supplies that are Good for You and the Earth

Adults

**Monday, March 14**

6:00 – 8:30 p.m.

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

**Facilitator:** Patti McCormick, RN, Ph.D.

**Fee:** \$20

Get ready for spring cleaning in an environmentally-friendly way! Learn how to make your own cleaning supplies from natural products, including essential oils. Many essential oils can kill bacteria very effectively and are great for cleaning counters, bathrooms, floors and more.

These products can save you money and make you feel good about reducing chemical contamination of the planet, not to mention you, your family and loved ones!

You will make a few products to take home with you during the session!

### History Hike

Ages 14 and up

**Saturday, March 26**

1:00 – 2:30 p.m.

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

Beginning with a tour at the Smith House, we will hike to different historical sites within Bill Yeck Park while learning about the early settlers of Centerville.



### Booked for Lunch

Ages 14 and up

**Wednesdays, March 2,**

**April 6 & May 4**

11:30 a.m. – 12:30 p.m.

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

A collaborative program with the Centerville-Washington Township Historical Society and the Washington-Centerville Public Library, Booked for Lunch is a monthly lunchtime discussion on a historical fiction or non-fiction book. Bring your lunch and we'll provide dessert! Participants must supply their own books. The library will advance order copies for participants, while supplies last.



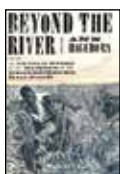
#### March's Discussion

*Grand Eccentrics: Turning the Century: Dayton and the Inventing of America*, by Mark Bernstein



#### April's Discussion

*First Over There: The Attack on Catigny, America's First Battle of WWI*, by Matthew J. Davenport



#### May's Discussion

*Beyond the River: The Untold Story of the Heroes of the Underground Railroad*, by Ann Hagedorn

**Programs are FREE for residents unless otherwise indicated.**



### Ladies' Night Out: Glass Etching

Ages 18 and up

**Friday, March 18 OR Friday, April 15**

6:30 – 8:00 p.m.

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

**Fee:** \$15 residents, \$20 nonresidents

Bring glass jars or bottles you would like to turn into a work of art! Repurpose them as gifts or as a decoration for your own home. Glass jars can become candles and wine bottles can transform into lights, oil pourers, soap dispensers and more! Add your personal touch by learning how to etch a design into the glass. We will have a variety of stencils available including, but not limited to, nature themes. Please make sure the glass containers you bring are free of labels or glue. We will also have extra glass options on hand for the class.



**The Park District is thrilled to partner with the Marianist Environmental Education Center (MEEC) to bring programs for those wishing to incorporate native plants into their garden.**

#### About MEEC:

MEEC stewards the 100-acre Mount St. John Nature Preserve, which includes created Eastern tallgrass prairie, oak-hickory woodlands and natural and created wetlands. They conduct on-site research into invasive species removal and restoration assessment.

MEEC offers public as well as custom-designed programs for youth or adults on environmental justice, ecological restoration, sustainability and spiritual development.



Online resident registration begins  
Tuesday, February 16, 10:00 a.m.

## Raise Your Brush

Ages 13 and up  
**Thursday, April 21**  
6:30 – 9:00 p.m.

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

**Fee:** \$30

Join Raise Your Brush to paint a spring rendition of a walk through Grant Park. Raise Your Brush has partnered with us to guide you through a relaxed, no-pressure project. This is sure to be a fun, social and creative experience for all! The painting will be exclusive to this class. Registration is required. Register at **RaiseYourBrush.com**.

*Please note: No alcohol will  
be served at this event.*



*Pictured: fall painting of Grant Park*

## Women's Self Defense

Ages 16 and up  
**Saturday, April 30**  
Noon – 2:00 p.m.

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

**Fee:** \$20 residents, \$30 nonresidents

Whether you are running the trails by yourself or walking to the car from the mall, knowing how to properly defend yourself is important. Valor Martial Arts is coming to CWPD to equip women with the knowledge, skills and confidence to avoid or respond to violent encounters. This two-hour workshop is designed specifically for women, and taught by a woman. Come learn simple and effective techniques through presentation and hands-on drills based on real-world scenarios.



## Weaving

Adults

**Saturday, May 7**

1:00 – 3:00 p.m.

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

**Fee:** \$23 residents, \$34.50 nonresidents

Would you like to know the difference between warp and weft? Want to try an ancient art form that is still in practice today? Try your hand at weaving on two traditional indigenous looms with textile artist and scholar, Sidney Clara Palomino. Palomino has been studying, weaving, and working with textiles for over a decade.

All materials will be provided.



## Getting to Know Your Natives

Ages 16 and up  
**Friday, March 4**  
6:00 – 7:30 p.m.

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

**Fee:** \$8 residents,  
\$12 nonresidents

An introduction to incorporating native plants in your landscapes. Learn the native plants that can thrive in a wide range of soil, sun and moisture conditions!

## Native Plant Workshop

Ages 16 and up  
**Saturday, May 21**  
1:00 – 4:00 p.m.

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

**Fee:** \$24 residents, \$36 nonresidents

Conserve water and energy, provide habitat and green your yard! Whether you want to create a bird and butterfly garden, add reliable blooms to a problem area, install a rain garden, replace aggressive or invasive species, stabilize a stream bank, or plant a prairie patch, we can help make your garden a success! Join Elisabeth Rothschild and Michele Banker of MEEC for this amazing opportunity to get advice from experts about native planting.

## Native Plant Sale

All ages

**Saturday, June 25**

8:00 a.m. – 1:00 p.m.

*Mount St. John, 4435 E. Patterson Rd.*

Use what you've learned and bring a little nature home! The MEEC native plant sale offers nearly 100 species of wildflowers, grasses, sedges and shrubs. Whether you want a bird and butterfly garden, a few natives to add to a formal landscape, or are looking to naturalize a larger area, they can help find a plant for most landscape conditions.

Catalog available online May 2016:  
<http://meec.udayton.edu>

## Hike for Your Health Series

Adults

**Wednesdays, March 2 – May 25**

9:30 – 10:30 a.m.

*Various parks*

**Fee:** \$15 nonresident

This Park District program is designed to get your heart rate up and get you moving! Our staff will lead you on these guided, self-paced hikes. Hike for Your Health is a wonderful opportunity to get to know your parks better and meet new people. Path descriptions are provided to help you choose the most comfortable shoe attire.

Date	Park	Path
March 2	Yankee	paved
March 9	Forest Field	natural
March 16	Grant, Normandy Entrance	natural
March 23	Iron Horse	paved
March 30	Bill Yeck, Smith House Entrance	natural
April 6	Grant, Normandy Entrance	natural
April 13	Oak Grove	paved
April 20	Bill Yeck, Rooks Mill Entrance	natural
April 27	Oak Creek South	paved
May 4	Iron Horse	paved
May 11	Bill Yeck, McGuffey Meadow Entrance	natural
May 18	Oak Grove	paved
May 25	Forest Field	natural

## Couch to 5K (C25K)

Adults

**Mondays, March 7 – May 9**

6:00 – 7:00 p.m.

*Various parks*

Train to do your first 5K run with us in our Couch to 5K (C25K) program! Up and Running will provide the training necessary to help you achieve your 5K goal. This group is for the beginner runner. Training will culminate in the Miles for Mark 5K on May 14 (see page 12 for event details!)

*New!*



Date	Park	Date	Park
<b>March 7</b>	Oak Creek South	<b>April 11</b>	Oak Creek South
<b>March 14</b>	Iron Horse	<b>April 18</b>	Iron Horse
<b>March 21</b>	Schoolhouse	<b>April 25</b>	Schoolhouse
<b>March 28</b>	Yankee	<b>May 2</b>	Yankee
<b>April 4</b>	Oak Grove	<b>May 9</b>	Oak Grove

## Trail Running Group

Adults

**Wednesdays, March 16 – May 25**

6:00 – 7:00 p.m.

Up and Running will provide a trail leader as you enjoy running natural trails. The runs will include meadows, trails and hills appropriate for an experienced runner. Meeting points are at the Normandy Entrance of Grant Park and the Smith Entrance of Bill Yeck Park.



Date	Park	Date	Park
<b>March 16</b>	Grant	<b>April 27</b>	Grant
<b>March 23</b>	Bill Yeck	<b>May 4</b>	Bill Yeck
<b>March 30</b>	Grant	<b>May 11</b>	Grant
<b>April 6</b>	Bill Yeck	<b>May 18</b>	Bill Yeck
<b>April 13</b>	Grant	<b>May 25</b>	Grant
<b>April 20</b>	Bill Yeck		

**Programs are FREE for residents unless otherwise indicated.**

## Trail Trekking:

### Nordic Pole Workout

Adults

**Fridays, March 4 – May 27**

9:30 – 10:30 a.m.

*Various parks*

**Fee:** \$15 nonresident

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

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

Date	Park
March 4	Iron Horse
March 11	Oak Creek South
March 18	Schoolhouse
March 25	Yankee
April 1	Oak Grove
April 8	Iron Horse
April 15	Oak Creek South
April 22	Schoolhouse
April 29	Yankee
May 6	Oak Grove
May 13	Oak Creek South
May 20	Schoolhouse
May 27	Iron Horse



## Wellness Series:

### Real Life Nutrition

All ages

**Thursday, March 24**

6:30 – 7:30 p.m.

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

**Facilitator:** Theresa Gilbert, RD, LD

To make healthy food choices we need to understand MyPlate and also how to interpret food labels. Join us for this seminar in honor of National Nutrition Month and learn how to make healthy and nutritional food choices in real life.



Online resident registration begins  
Tuesday, February 16, 10:00 a.m.



## Fitness and Facials

Adults  
**Tuesday, March 29**  
6:00 – 7:00 p.m.  
*Iron Horse Park, 6161 Millshire Dr.*  
**Fee:** \$4 nonresident

Want to look your best inside and out? Join us for a half hour workout in the park followed by a half hour of quick and easy facial ideas. You will leave looking and feeling your best!

## Stroller Strength

Adult caregivers with child 6 weeks – Pre-K  
**Mondays & Thursdays, April 4 – May 26**  
9:30 – 10:30 a.m.  
*Schoolhouse Park, 1875 Nutt Rd.*  
**Fee:** \$15 nonresident

Join other caregivers and their children in strollers for an invigorating morning exercise session. Cardiovascular exercise, upper and lower body resistance training (equipment provided) and a cool-down stretch is included in each program. Make friends and exercise at the same time, and no need to pay for childcare! Stroller Strength is led by a nationally certified group exercise instructor.

## Fit Mixx

Adults  
**Tuesdays, April 5 – May 24**  
9:30 – 10:30 a.m.  
*Schoolhouse Park, 1875 Nutt Rd.*  
**Fee:** \$15 nonresidents

Spring is here! What better time to get outside, enjoy fresh air and exercise? Fit Mixx is a boot camp style class that includes a mix of cardiovascular and strength training exercises. Exercise equipment is provided for all participants. A nationally certified group exercise instructor leads this program.

## Yoga in the Park

Adults  
*Grant Park, Kennard Nature Nook,  
6588 McEwen Rd.*  
**Facilitator:** Megan Lees, Leelaa Yoga Studio  
**Fee:** \$52 residents, \$67 nonresidents

**Mondays, April 11 – May 16**  
9:30 – 10:30 a.m.

**Saturdays, April 16 – May 21**  
9:00 – 10:00 a.m.

These yoga classes are for all levels and will include a warm-up, breath work, standing poses, flowing poses and end with relaxation. The classes will meet outside overlooking the meadow on the Kennard Nature Nook deck. In cases of inclement weather, we will move inside. Please bring a yoga mat and water.

## Adult Archery Basics

Ages 18 and up  
**Thursdays, April 14 – May 12**  
6:00 – 7:30 p.m.  
*Oak Grove Park, Archery Range,  
1790 E. Social Row Rd.*  
**Fee:** \$35 residents, \$45 nonresidents

This five-week course is designed for individuals with little or no archery experience. Experienced instructors will begin with the basics and progress through a series of skills and techniques to improve your accuracy and ability. All equipment, featuring Mathews Genesis bows, will be provided. Each week additional aspects of archery will be highlighted, including different types of bows and targets. Games and mini-competitions will keep practices new and exciting.

You may bring your own bow with permission of the instructor.

## Recess for Grown-Ups

Adults  
**Tuesday, April 19**  
6:00 – 7:30 p.m.  
*Forest Field Park,  
2100 E. Centerville Station Rd.*  
**Fee:** \$4 nonresident

Remember playing capture the flag and dodgeball? You may not have realized it then, but while you were having fun, you were also working out! Join us for a great workout, fun and laughter. Bring your significant other, neighbors and friends for this adults-only recess!

## Tennis Leagues

Adults  
**April 10 – June 16, 6:00 p.m.**  
**Registration deadline:** March 25  
**Fee:** \$25 residents, \$35 nonresidents  
*Various locations*

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

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



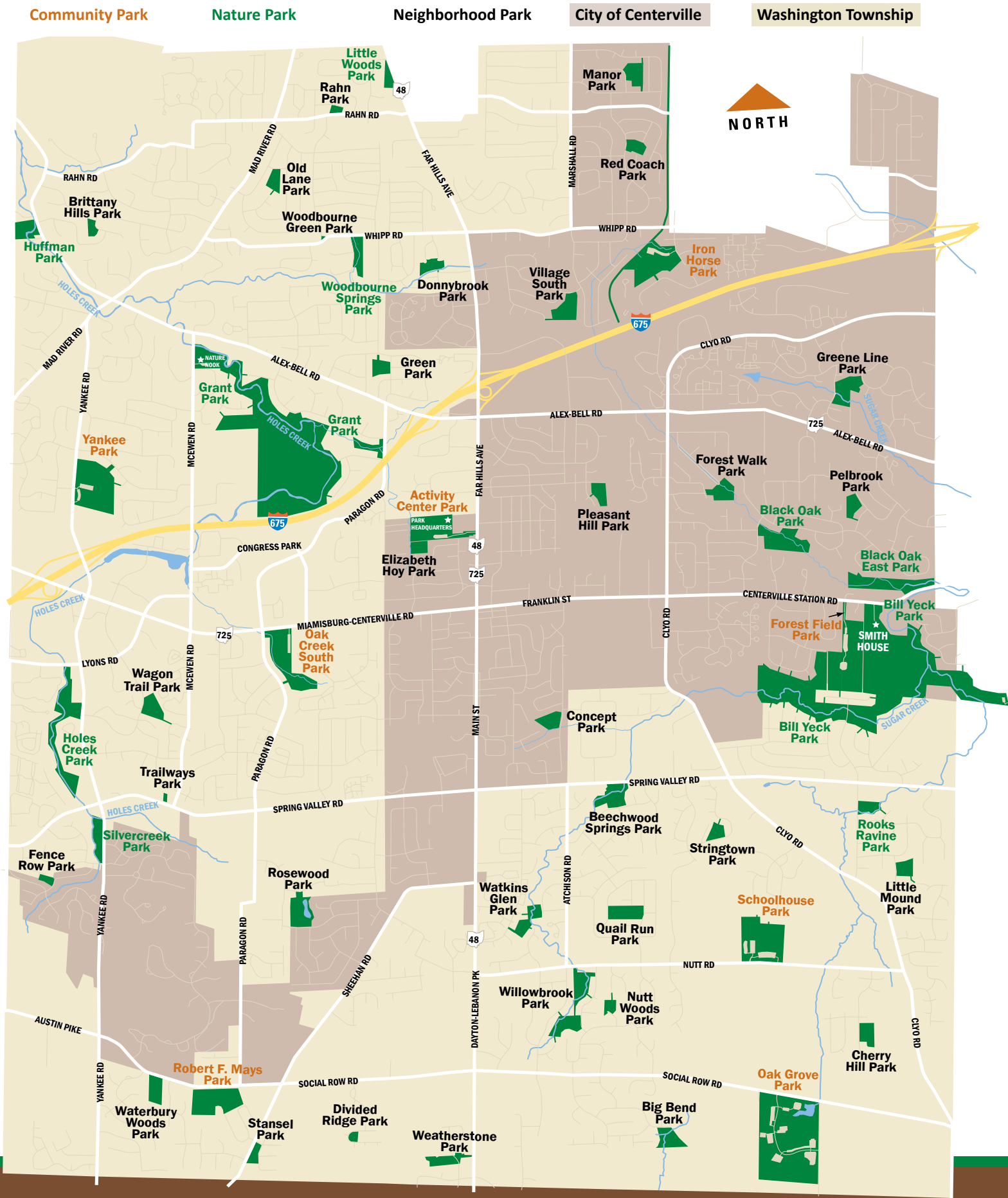
## Visit the Fitness Trails at Oak Grove Park!

Spring is a great time for outdoor exercise! Can't make the classes? You can always visit the fitness trails!

There are two types of outdoor exercise equipment at Oak Grove Park. The complete ENERGI™ system is for active individuals ages 13 and up, while 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 also watch instructional videos for each piece!

# PARK DISTRICT MAP

The Park District is made up of 50 community, nature and neighborhood parks. Visit [www.cwpd.org](http://www.cwpd.org) for detailed information, park addresses and a map to each park.





## How to Register

### Online (the first day of registration is online only)

Visit <https://apm.activecommunities.com/cwpd> to register. To expedite your registration, create an account prior to 10:00 a.m. on February 16. 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, February 17 for residents and February 23 for nonresidents.**

### In Person

Visit Park District headquarters at 221 N. Main Street in Centerville Monday – Friday between 8:00 a.m. and 4:30 p.m. You may pay with cash, check or credit card at headquarters. Make checks payable to CWPd or Centerville-Washington Park District. **In person registration begins one day later than online registration, February 17 for residents and February 23 for nonresidents.**

### 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.



Online Resident  
Registration Begins

**Tuesday, February 16  
at 10:00 a.m.**

Online Nonresident  
Registration Begins

**Monday, February 22  
at 10:00 a.m.**

### WHY REGISTER ONLINE?

#1

#### You're first in line!

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

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#### 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 burn gas driving over to register in person. And it saves paper.

**Online registration begins  
February 16**

# SPRING EVENTS AT-A-GLANCE

## MARCH

Fri, March 4	Getting to Know Your Natives
Mon, March 7	Volunteer Orientation
Mon, March 14	Green Cleaning
Wed, March 16	Beekeeping Demonstration
Thurs, March 17	Teen Charcoal Drawing
Fri, March 18	Glass Etching
Sat, March 19	Healthy AND Fun Snacks for Kids ... and Adults!
Sat, March 19	Wilderness Shelter Building
Sun, March 20	Spring in Your Step Family 5K Hike
Tues, March 22	Dancing Woodcocks
Tues, March 22	The Garden Gathering
Thurs, March 24	Real Life Nutrition
Sat, March 26	History Hike
Tues, March 29	Fitness and Facials
Thurs, March 31	Barter Bazaar: Crafting Supplies

## APRIL

Sat, April 9	Wonderful Wildflower Photography
Fri, April 15	Glass Etching

Sat, April 16	Wonderful Wildflower Photography
Tues, April 19	Recess for Grown-Ups
Thurs, April 21	Raise Your Brush
Tues, April 26	Raising Moth Caterpillars
Thurs, April 28	Time Flies
Sat, April 30	Women's Self Defense
<b>Sat, April 30</b>	<b>Eggstravaganza</b>
<b>Sat, April 30</b>	<b>Spring Archery Carnival</b>

## MAY

Mon, May 2	Butterfly Survey
Mon, May 2	May Meadows Family 5K Hike
Fri, May 6	Intergenerational Smiles and Sunshine
Sat, May 7	Weaving
<b>Sat, May 14</b>	<b>Big Rig Gig</b>
Mon, May 16	Love a Tree Day!
Fri, May 20	Butterfly Survey
Sat, May 21	Beginner Archery Clinic
Sat, May 21	Native Plant Workshop
Sat, May 21	Laser Battle
Thurs, May 26	Food Truck Trek