

MARCH - MAY 2017

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

NEW! Register for the
Summer Recreation
Program the same day
as Hidden Meadows
and Adventure Camps!
Registration begins
Monday, April 10.

All other program
registrations begin
Monday, February 13.



Explore your community's BIG backyard!



Headquarters

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

Office Hours

Monday – Friday
8:00 a.m. to 4:30 p.m.
Office Closed on May 29, 2017

Park Addresses

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

Dog Park Closures

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

Athletic Field Conditions

www.cwpc.org/field_status/

Area Youth

Athletic Organizations

Centerville 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

Up and Running Juniors
www.upandrunningindayton.com/get-involved/training-groups/

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Commissioners' Corner



Spring is just around the corner and we encourage you to beat cabin fever by getting out and enjoying your parks! In fact as soon as

the snow melts you may begin to see some spring ephemerals (wildflowers) starting to grow as early as February and March. When you browse the following pages, you will see hundreds of opportunities to get outdoors, learn about nature, get fit, and enjoy your family and friends.

The Centerville-Washington Park District has been hard at work throughout the winter months improving your parks and programs. In early December, the Board heard the results of the community needs assessment – a culmination of phone survey, online survey and focus group results collected in the fall. You told us that you love to use your parks and programs for fitness, family events, environmental education ... and more. As for future park amenities, your number one request was for more shade! Also it was very gratifying to hear many positive compliments about the park staff. They are a great group and are very conscientious and dedicated to providing the best service to the community. We appreciate your feedback and will direct future resources to match your priorities.

The District has a new, rare feature for you to experience this spring — the **Donnybrook Park** Fen. A fen is a wetland fed by underground water, and they are quite unusual. In fact, there are only two in the greater Dayton area! Thanks to a grant from the Clean Ohio Conservation Fund, we were able to restore and expand the existing fen. The

DID YOU KNOW?

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

Visit

www.cwpc.org/about/public-meeting-schedule/
for the schedule!

project includes new walk ways and an overlook with interpretative signs. For your enjoyment, spring will see a host of varied native vegetation. Visit on your own or join us for a tour on May 28 (see page 7).

Later this year, you'll see citizen-driven improvements to **Forest Field Park**. Restrooms, trails and a new playground will be added to the park. The Board is very appreciative of the time neighbors and residents spent giving input on this park's improvements.

We'd like to take a moment to remember past Park District Commissioner **Bob Miller**.



Bob and Dee Miller

Bob passed away in late 2016. He served on the park board from 1972 to 1993! Many of the parks we enjoy today are here because of the efforts of Bob and his fellow commissioners during the early years of the District.

We hope to see you out and about in the parks soon. Have a healthy and fun spring!

David Lee
Park Board Secretary

Save a Tree

To subscribe to the e-newsletter visit

www.cwpc.org

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



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. 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. Applicants must pass a background screening.

Seasonal **operations staff** assist with the day-to-day maintenance of 50 parks. Work includes mowing, trimming, painting, athletic field preparation, nature trail improvement, park clean-up, vehicle/equipment maintenance and building maintenance. Hours may include weekends and evenings. Second shift openings are available. Operations staff must be 18 or older, insurable to drive Park District vehicles and pass a background screening.

Visit <http://www.cwpd.org/careers/> 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, visit <http://www.cwpd.org/support/volunteer/>.



Volunteer Spotlights

Cambra Edmondson



The word “hardworking” perfectly describes this Centerville resident! A graduate of the University of Dayton with a B.S. in Criminal Justice-Corrections, Cambra worked for Shelby County Children Services for two years and the Ohio Dept. of Rehabilitation & Correction for ten years. Following that, she owned and operated her own business, Cam’s Commercial Cleaning, for 16 years before selling in 2015. Cambra, not being the type to rest on her laurels, then sought out the Centerville-Washington Park District as a place to devote her time in a meaningful way.

Cambra says she loves volunteering for CWPDP “... because it allows me to participate in so many different programs and share my experiences with all kinds of people. I enjoy doing educational outreach programs in the schools and seeing the kids get excited about animals, nature and our amazing parks. I also enjoy volunteering with adult fitness programs and seeing people come together to be active and ‘visit’ with each other. I’m also always excited about helping at community events and being a part of the great opportunities that CWPDP offers for fun, family involvement and education. It makes my heart happy to see kids getting outside, having fun and getting dirty!”

In addition to volunteering for CWPDP, Cambra is also the co-coordinator of the Academic Volunteer Program at Tower Heights Middle School. She enjoys traveling, playing outdoors, reading, waterskiing, running, and spending time with her family. She is married to Mike, has one son, Matthew (13), who is also active in park district programs, and a dog named Dobby.

Nathan Holthaus



Nathan is a junior at Centerville High School. He has lived in Centerville almost his entire life, moving here when he was just one month old! He has four siblings, including a twin brother.

Nathan is a driven and motivated young man! He is a member of the National Honor Society and a founding member of the Ping-Pong Club at Centerville High School. Despite his strenuous schedule, Nathan has managed to log an impressive 200+ volunteer hours with CWPDP since the beginning of June!

“The Centerville-Washington Park District hosts summer programs that I have attended every summer for as long as I can remember, programs that I know and love. Eventually, I aged out of the summer camp program and had to find a new method of entertainment throughout the summer. I decided to return to the program as a volunteer, and through my experience volunteering for Hidden Meadows Day Camp I was able to meet other great camp counselors. The most important aspect of volunteering for this program is spending time with the children — every week meeting new campers and helping them make new memories!”

The Centerville-Washington Park District would like to thank Cambra and Nathan, and all of our 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.

SUMMER CAMPS

Summer Recreation Program (SRP)

Ages 3 – 11

Mondays & Wednesdays OR

Tuesdays & Thursdays,

June 5 – July 27 (no SRP on July 4)

9:00 a.m. – noon

Registration deadline: Sunday, May 14

Fee: \$25 residents, \$43 nonresidents

Monday & Wednesday session:

Yankee Park or Forest Field Park (you may alternate parks throughout the summer)

Tuesday & Thursday session:

Oak Creek South Park or Robert F. Mays Park (you may alternate parks throughout the summer)

The Summer Recreation Program offers a variety of recreation activities, sports, games, arts and crafts, guest speakers and more!

All SRP sites are led by trained recreation leaders. This fun program keeps children outdoors and active all summer!

(AD)

For the safety of your children, SRP has a maximum enrollment. There are 50 spots for 3 – 5-year-olds and 250 spots for 6 – 11-year-olds in each session. You may only enroll your children in one session.



Additional SRP & STS Information

Registration

The Summer Recreation Program and Summer Teen Series have a different first day of registration than other programs. **Online registration begins Monday, April 10 at 10 a.m. for residents and Monday, April 17 at 10 a.m. for nonresidents.**

See page 23 for information on how to register. Parents can register their children for SRP and STS online at www.cwpd.org or by calling (937) 433-5155. No walk-up registrations will be accepted at the parks.

Health History Forms

After you have registered your child for SRP or STS, you will receive an email invitation to share health history information with us via the ePACT Network, a secure site used to collect medical and emergency contact information electronically. This information is required for all SRP and STS participants.

Snacks

Snacks will not be provided at SRP.

Participants may not bring snacks from home.

Inclement Weather

In the event of rain or storms, please return to the park to pick up your children.

Cancellations will be posted on

www.cwpd.org and you will receive an automated phone call or text message.

Discipline

There is a “three-strike” disciplinary system for SRP. Examples of behaviors that would result in a yellow, orange or a red card include: inflicting physical harm upon others, continuously wandering away from the group, disregarding what leaders ask of them, generally ignoring rules and opting out of participation. This procedure is to ensure the safety of the group and create the best possible experience for all participants. If a child receives two red cards, we will ask that they not return to SRP this summer. Leaders 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 child while, at the same time, each is encouraged to participate. Leaders will discuss the rules of SRP throughout the summer.

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.

Summer Teen Series (STS)

Ages 12 – 15

Tuesdays (*Rosewood Park*) & **Thursdays** (*Schoolhouse Park*), **June 8 – July 27**

6:00 – 8:00 p.m.

Fee: \$20 residents, \$26 nonresidents

These fun-filled evenings include capture the flag, dodgeball, basketball, soccer, flag football, kickball and more! Once registered, teens can come to as many sessions as they want. At the end of the summer (Thursday, July 27), we will have a party at Oak Creek South Park with an inflatable, tournaments and pizza! (AD)

Hidden Meadows Day Camp

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

Monday – Friday, June 5 – July 28

Grant Park

501 Normandy Ridge Rd.

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

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

\$27, before and after care

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

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

\$48, before and after care

**Fee prorated for Water Works because there is no camp 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. (CJ)

Week 1: Adventureland, June 5 – June 9

From hilltops to creek beds, your child will explore it all! They will enjoy a variety of challenges, games and explorations that will quench their thirst for adventure and knowledge.

Week 2: Mission Impossible, June 12 – June 16

Calling all secret agents to camp! We have been assigned a top secret mission and we need your child's help. The clues will take us on long hikes and through the creeks!

Week 3: Animal Planet, June 19 – June 23 (Preschool Week)

Grant Park is home to a lot of animals and insects, if we are going to be guests in their home, we should learn all about them. Children will explore where they live, what they eat and how they survive.

Week 4: Water Works, June 26 – June 30

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

Week 5: Rock-n-Roll, July 3 – July 7 (no camp July 4)

Elvis may be the king of rock-n-roll, but in nature geologists and paleontologists are the real ROCK stars! Children will discover the various rocks and fossils found in Grant Park.

Week 6: Shipwrecked, July 10 – July 14

On an expedition to Hidden Meadows Day Camp, there was a disastrous storm that caused a ship to crash on Grant Park Island. How will the castaways find food, make shelter, and most importantly, get off the island? Children will learn survival skills by searching the park for basic necessities.

Week 7: Walking on the Wild Side, July 17 – July 21 (Preschool Week)

Children will get in touch with their wild side this week! We will search for the native wild things of Grant Park and learn how flowers, animals and insects grow and adapt.

Week 8: World of Water, July 24 – July 28

Water can be fun and refreshing, but it is also a necessary part of everyday life. Children will celebrate water in all its forms as we study creek life, learn about water conservation and play water games that are bound to cool them off!

Date	AM 9:30 a.m. – noon	PM 1:30 – 4:00 p.m.	All Day 9:30 a.m. – 4:00 p.m.
June 5 – 9	5 – 12 Years	---	5 – 12 Years
June 12 – 16	5 – 12 Years	---	5 – 12 Years
June 19 – 23	3 – 9 Years	3 – 9 Years	5 – 9 Years
June 26 – 30	5 – 12 Years	---	5 – 12 Years
July 3 – 7	5 – 12 Years	---	5 – 12 Years
July 10 – 14	5 – 12 Years	---	5 – 12 Years
July 17 – 21	3 – 9 Years	3 – 9 Years	5 – 9 Years
July 24 – 28	5 – 12 Years	---	5 – 12 Years

Registration begins
Monday, April 10 at
10:00 a.m. for residents and
Monday, April 17 at 10:00
a.m. for nonresidents. The
first day of registration is
online only.

CAMP THEMES

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





Adventure Camp

Various parks

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

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

Fee: \$115 residents, \$155 nonresidents

**Adventure Camp A (ages 10 – 12),
June 26 – July 1**

Registration deadline: Monday, June 12

**Adventure Camp B (ages 11 – 13),
July 17 – July 22**

Registration deadline: Monday, July 3

**Adventure Camp C (ages 13 – 15),
July 24 – July 29**

Registration deadline: Monday, July 3

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. Daily park locations will be sent to parents prior to the start of each camp. (KL)



Additional 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

After you have registered your child for camp, you will receive an email invitation to share health history information with us via the ePACT Network, a secure site used to collect medical and emergency contact information electronically. This information is required for all campers.

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. Lunch should not include any peanuts or tree nuts.

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. Health history information is kept on site. In the event 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 the event of minor injury/illness, the child will be treated, an incident report will be completed, and parents will be notified at pickup.

Medication

Staff is 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 epinephrine auto-injector, complete additional required forms found on

<http://www.cwpd.org/forms/>.

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

Family Adventure Day

All ages

Saturday, April 29

1:00 – 4:00 p.m.

*Washington Township Recreation Center
895 Miamisburg-Centerville Rd.*

Fee/family: \$10

The Centerville-Washington Park District and the Washington Township Recreation Center are collaborating to bring you Family Adventure Day! Join us for an afternoon full of adventure challenges, games, activities, food and fun for the whole family! Come join the FAD fun! (CJ)



Flashlight Egg Hunt

Ages 18 and up

Friday, April 7

(Rain date: Saturday, April 8)

8:30 – 9:30 p.m.

*Schoolhouse Park
1875 Nutt Rd.*

Fee: \$5 residents, \$7 nonresidents

The Flashlight Egg Hunt is back! This egg hunt in the dark is for adults only. Participants will race to collect as many eggs as possible — some eggs are filled with more than candy! Goodies may include gift certificates to local restaurants, stores, movie theaters and more! Before the hunt begins, participants will enjoy games and music. You must be registered to participate. (CJ)



Food Truck Trek

All ages

Thursday, May 18

5:00 – 9:00 p.m.

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

Have dinner with us! With the arrival of warm weather, we invite you and your family to eat and trek with us. Eat from two of Dayton's popular food trucks, play games and walk the trails.

Registration is requested. (CJ)

Fen-tastic Open House

All ages

Sunday, May 28

(Rain date: Sunday, June 4)

1:00 – 4:00 p.m.

*Donnybrook Park
6161 Donnybrook Dr.*

Drop in for a tour of our latest habitat restoration project! Find out why fen habitats are special. Take a guided tour, participate in a scavenger hunt, sign up for a raffle and have some sweet treats! (KL)

BIG RIG GIG

All ages

Saturday, May 13

10:00 a.m. – noon

Oak Grove Park, 1790 E. Social Row Rd.



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

Attendees are encouraged to donate school supplies to aid Cline Elementary students in need. Donation suggestions include unopened markers, colored pencils and two-pocket folders. Sno-cones from Kona Ice will be available for purchase. Twenty-five percent of their proceeds will benefit the CARE program at Cline Elementary School!

Registration is not required. (AD)

This event is LOUD. Please consider providing ear protection for your child(ren) if sensitive to sound.



PRESCHOOL PROGRAMS (AGES 6 AND UNDER)

Early Adventures

Ages 0 – 4 years with adult companion

Fee/session: \$4 nonresidents

Session A:

Tuesday, March 7 OR Thursday, March 9

5:30 – 6:15 p.m.

Robert F. Mays Park

10553 Paragon Rd.

(paved path)

Session B:

Tuesday, April 4 OR Thursday, April 6

6:00 – 6:45 p.m.

Bill Yeck Park, Smith House

2230 E. Centerville Station Rd.

(natural path)

Session C:

Tuesday, May 2 OR Thursday, May 4

6:00 – 6:45 p.m.

Bill Yeck Park, Rooks Mill Entrance

8798 Rooks Mill Ln.

(natural path)

Taking your little ones outdoors provides them with an experience that will benefit them forever. There are unique sounds, colors, lights, sensations and textures to process each time they go outdoors.

These leisurely hikes provide quality family time in nature!

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

Playdate Pals

Ages 18 – 36 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

Happy Birthday to Me:

Wednesday, March 8

Rainy Days:

Wednesday, April 12

Sunshine:

Wednesday, May 10

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



Preschool Nature Series

Ages 3 – 5 with adult companion

Fee/session: \$4 nonresidents

How They Fly

Wednesday, March 29

6:00 – 7:00 p.m. **OR**

Thursday, March 30

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

Grant Park, Kennard Nature Nook

6588 McEwen Rd.

This month we are taking a look at things with wings! We will investigate how wings help different animals fly and take a hike to look for wings in nature. Hike takes place on a natural trail; strollers are not recommended. (KL)

My Little Garden

Wednesday, April 26

6:00 – 7:00 p.m. **OR**

Thursday, April 27

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

Forest Field Park

2100 E. Centerville Station Rd.

Let's have some fun digging and planting our own garden! We will learn about plant life cycles, plant some seeds, and make sure they have plenty of water in this play-based session. Please dress for gardening and meet at the shelter. (KL)

Toad Abode

Wednesday, May 24

6:00 – 7:00 p.m. **OR**

Thursday, May 25

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

Oak Creek South Park

790 Miamisburg-Centerville Rd.

Help our hopping friends by painting a toad house for your garden before taking a short nature hike. Along the way, we will learn all about these awesome amphibians! Please dress for painting. Hike takes place on a paved trail. (KL)



**Online resident registration begins
Monday, February 13, 10:00 a.m.**



Intergenerational Series

Ages 3 – 6 with grandparent(s)
10:00 – 11:00 a.m. **OR** 1:30 – 2:30 p.m.

OR 6:00 – 7:00 p.m.

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

Fee: \$4 nonresidents

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

Spring Showers and Flowers

Friday, March 24

Registration deadline: Wednesday, March 22

All these showers bring beautiful spring flowers! Grandchildren will enjoy springtime stories and make spring crafts — all with help from grandma or grandpa! (AD)

Smiles and Sunshine

Friday, May 5

Registration deadline: Wednesday, May 3

Grandparents and grandchildren will work together to create crafts that celebrate the beginning of sunny weather! We will read a sunny story and play a game. (AD)

Mini Movers

Ages 4 – 5

Tuesdays & Thursdays, March 7 – 23

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. They will also 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. (JB)

Creative Kids Corner

Ages 4 – 5

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

Fee: \$9 residents, \$12 nonresidents

Registration deadline: Tuesday, March 8

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

Session A:

Thursdays, March 9, April 13 & May 11,
2:00 – 3:00 p.m.

Session B:

Thursdays, March 9, April 13 & May 11,
6:00 – 7:00 p.m.

Session C:

Fridays, March 10, April 14 & May 12,
9:00 – 10:00 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)



Check out the New! Tyke Hike

Take your preschoolers on a field trip to hike the path with Owlexander, the Park District mascot, and his woodland friends! Busy tots can practice physical skills such as balancing on one foot like a bird, hopping like a bunny, and stretching like a tree, as well as early learning skills like shape, color and letter recognition in nature. This series of five trail signs is just the right length to keep little learners happy and healthy! Owlexander's Tyke Hike is located at Schoolhouse Park, 1875 Nutt Rd.



Programs are FREE for residents unless otherwise indicated.

Registration is required for all programs unless otherwise indicated.

CHILDREN'S PROGRAMS

(AGES 5 – 15)

Children's Yoga Series: Spring Newborns

Ages 5 – 8

Wednesdays, April 5 – 26

6:30 – 7:30 p.m.

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

Fee: \$18 residents, \$25 nonresidents

Registration deadline: Wednesday,
March 22

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

Dayton Dutch Lions Soccer Clinics

New!

Ages 5 – 16

Saturdays, March 18, March 25,

April 29 AND/OR May 6

10:00 a.m. – noon

Forest Field Park

2100 E. Centerville Station Rd.

Fee/clinic: \$20 residents, \$30
nonresidents

Registration deadline: The Thursday
prior to each session

Your children can join the Dayton Dutch Lions to learn, have fun and develop technical skills! These clinics will be taught by a combination of the Dayton Dutch Lions full-time coaching staff and their men and women's team players. Participants will enjoy this opportunity to improve their level of play while meeting other players and interacting with soccer players from around the world!

Clinics are for every level of player. Participants will be grouped based on age and ability. Sign up for one or multiple dates. (AD)

Art & Imagination

Ages 6 – 8

Tuesdays, March 21, April 18 & May 16

5:00 – 6:00 p.m.

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

Fee: \$9 residents, \$12 nonresidents

Registration deadline: Monday,
March 20

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



Junior Explorers

Ages 6 – 8

Wednesdays, April 12 – May 17

3:30 – 4:30 p.m.

Grant Park

501 Normandy Ridge Rd.

Fee: \$9 residents, \$15 nonresidents

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



Youth Pickleball Instruction

Ages 6 – 18

April 24 – June 1

Activity Center Park

221 N. Main St.

Fee/40-minute class: \$65 residents, \$85 nonresidents

Fee/60-minute class: \$90 residents, \$120 nonresidents

Registration deadline: Sunday, April 16

Pickleball is the newest sport to hit our courts! This racquet sport combines elements of badminton, tennis and table tennis. Each class will include warm-up drills and a cool down. Equipment is provided. Students will develop dinking shots, ground strokes, serving techniques and will learn how to score the game. (JB)

Age	Days	Time
6 – 10 years	Mondays & Wednesdays	4:00 – 4:40 p.m.
11 – 15 years	Mondays & Wednesdays	4:45 – 5:45 p.m.
6 – 10 years	Tuesdays & Thursdays	4:00 – 4:40 p.m.
14 – 18 years	Tuesdays & Thursdays	4:45 – 5:45 p.m.

Inclement weather information: You will receive a phone call if we have to cancel class due to rain or wet courts.

**Online resident registration begins
Monday, February 13, 10:00 a.m.**



Intergenerational Series: Fishing Fun

Ages 7 – 10 with grandparent(s)

Saturday, May 6

9:00 – 11:00 a.m.

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

Fee: \$9 residents, \$12 nonresidents

Registration deadline: Thursday, May 4

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

Meet us at the fishing dock and see what you can catch! We will provide the equipment for grandparents and grandchildren to enjoy spending time together fishing for bluegill and largemouth bass.

Oak Grove Park Pond is catch and release. (AD)

Move it!

New!

Ages 8 – 13

Thursdays, April 13 – May 4

7:00 – 8:00 p.m.

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

Fee: \$25 residents, \$38 nonresidents

We like to move it, move it! From Irish dancing to Hip Hop, this class will get your child moving! Each week the children will learn a different style of dance while learning about the various cultures from which the dances derive. (CJ)

Mad Science University

Ages 8 – 14

Thursdays, March 2 – 23

New!

6:00 – 7:00 p.m.

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

Fee: \$10 residents, \$15 nonresidents

Science is all around us! Come experiment with items we use every day to create something fascinating. We are teaming up with the Ohio State University Extension Office to put science to the test while your child learns about rockets, kitchen chemistry and physics. (CJ)

Outdoor Explorers

Ages 9 – 12

Mondays, April 10 – May 15

4:00 – 5:30 p.m.

*Grant Park
501 Normandy Ridge Rd.*

Fee: \$9 residents, \$15 nonresidents

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

Harry Potter in the Park

Ages 9 – 12

Wednesdays, April 12 – 26

6:00 – 7:30 p.m.

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

Fee: \$24 residents, \$36 nonresidents

Registration deadline: Wednesday, April 5

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!

Previous participants of this program will recognize some repeat favorites and experience new adventures! (GC)

Garden-ology

Ages 9 – 12

Tuesdays, April 25 – May 9

4:00 – 5:30 p.m.

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

Fee: \$15 residents, \$20 nonresidents

During this program, your child will learn how gardens can help both people and wildlife! Each week, we will learn about different native plants and their care. Students will bring these plants home to establish their very own wildflower gardens! (KL)

Crafting Club

Ages 9 – 13

Thursdays, March 2, April 6 & May 4

4:30 – 5:30 p.m.

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

Fee: \$9 residents, \$12 nonresidents

Registration deadline: Wednesday, March 1

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)



New!



Programs are FREE for residents unless otherwise indicated.

Brain Gamebusters

Ages 10 – 13

Thursdays, March 16, April 20 & May 18

4:00 – 5:30 p.m.

Bill Yeck Park, Smith House

2230 E. Centerville Station Rd.

Fee: \$9 residents, \$12 nonresidents

New mental and physical challenges will put your child's five senses to the ultimate test — thinking outside the box! Concentration, teamwork and problem-solving activities will stimulate your child's mind in a fun, fast-paced environment. (JK)

Spring Teen Series

Ages 12 – 15

Fridays, March 17, March 31, April 14 & April 28

6:00 – 7:30 p.m.

Oak Creek South Park

790 Miamisburg-Centerville Rd.

Fee: \$9 residents, \$12 nonresidents

Registration deadline: Wednesday, March 15

Each week we will play a few of our biggest hits from Summer Teen Series! Teens will enjoy getting together to play dodgeball, everybody's it tag, spud and more! If these dates are canceled due to weather, there will be make-up dates. (AD)

Equestrian Field Trips with the Therapeutic Riding Institute

1:00 – 3:00 p.m.

Therapeutic Riding Institute

5224 Dearth Rd., Springboro

Fee: \$15

Ages 4 – 10: **Sunday, March 26**

Ages 11 – 15: **Sunday, March 19**

Ages 16 and up: **Sunday, March 12**

The Therapeutic Riding Institute (TRI) offers field trip opportunities to special needs groups who would like to spend some time experiencing the farm. Individuals will have an opportunity to meet, brush and walk a horse around the arena. They will also get a barn tour to learn about where a horse lives and what a horse eats. Participants are responsible for their own transportation to TRI. (KM)

FAMILY PROGRAMS

Nocturnal Nature Series

All ages

Grant Park

501 Normandy Ridge Rd.

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

Dancing Woodcocks

Thursday, March 16

7:15 – 8:45 p.m.

Fee/family: \$4 nonresidents

We will head out at dusk to search for the American Woodcock. Let's see what other animals we can spot! (KL)

Frog Chorus

Friday, April 14

8:00 – 9:15 p.m.

Fee/family: \$4 nonresidents

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

Forest Dwellers

Friday, May 5

8:30 – 9:30 p.m.

Fee/family: \$4 nonresidents

Who is out and about in the forest after dark? We will find out on this hike to the Foundations! (KL)

Family Wildlife CSI

Ages 8 and up

Saturday, March 25

1:00 – 3:00 p.m. (sign up for start times in 15 min. increments from 1:00 – 2:00 p.m.)

Grant Park

501 Normandy Ridge Rd.

Fee/family: \$4 residents, \$8 nonresidents

Who ate the rabbit? Hike a trail, investigate suspects, and use your nature knowledge to find out who did it! Please plan for approximately one hour to complete the program. (KL)

Inclusive Family Music New!

Recommended for families

with children ages 6 – 11 (younger and older siblings may attend)

Tuesdays, April 4 – May 9

7:00 – 8:00 p.m.

Grant Park, Kennard Nature Nook

6588 McEwen Rd.

Fee/family: \$75 (covers up to 2 children and 2 adults, each additional child is \$25)

A music-making experience for the school-age child and their family. The sessions will be led by a board-certified music therapist. Specially designed to be inclusive, all ability levels are welcome and families with special needs children are encouraged to join us. We will enjoy music making and movement to music while exploring emotional wellness, social skills, creativity and cognitive and physical development. Join us as we joyfully drum, dance and sing. We will even create our own rain soundscape to welcome spring! (KM)



**Online resident registration begins
Monday, February 13, 10:00 a.m.**

Amazing Race

Ages 7 and up

Saturday, April 15

8:00 a.m. – 2:00 p.m.

Various parks

Fee/team: \$10 residents, \$20 nonresidents

Race other teams as you travel to various CWPD Parks completing challenges at each stop. The amazing race will begin at Yankee Park, 7500 Yankee Street. Be the first to complete the race for the ultimate grand prize!

Team maximum: 5 people. (CJ)

Beautiful Blooms Family Wildflower Tour

All ages

Saturday, April 15

1:00 – 2:00 p.m.

Grant Park

501 Normandy Ridge Rd.

Fee/family: \$4 nonresidents

Grant Park is known for its beautiful wildflowers! Join us on this hike to search for these treasures. (KL)

Teddy Bear Picnic

All ages

Tuesday, April 11

4:00 – 6:00 p.m.

Oak Creek South Park

790 Miamisburg-Centerville Rd.

Bring all your fuzzy friends out for a family picnic! There will be a variety of fun activities including a craft station and a special story time. Food will be available for purchase or families are welcome to bring a picnic of their own.

Registration is requested. (AD)

No pets, please.

New!



Earth Day Service Project: Plant a Pollinator Habitat

All ages

Saturday, April 22

(Rain date: Sunday, April 23)

10:00 a.m. – 2:00 p.m. (various start times throughout the day)

Robert F. Mays Park

10553 Paragon Rd.

Celebrate Earth Day by helping our bees and butterflies! Plant native wildflower habitats at Robert F. Mays Park! Families are welcome to stay any length of time to plant a designated number of plants within the habitat. You can also help the pollinators at your house by taking two plants home as a thank you! Please dress for garden work and bring garden gloves, a water bottle and a trowel. (KL)



Community Open House

All ages

Thursday, May 4

5:00 – 7:30 p.m.

Activity Center Park, Headquarters

221 N. Main St.

A chance to see the Park District Headquarters building and what we're up to as we close out spring and enter the summer season! Attendees will enjoy refreshments and informal conversation and input with Park District staff. (CJ)

New!

Special Day for Special Needs

All ages

Sunday, May 7

1:00 – 2:30 p.m.

Robert F. Mays Park

10553 Paragon Rd.

Families of children with special needs and their siblings are invited for social time at Robert F. Mays Park! Network with other families as you participate in activities under the shelter and at the playground. Sensory stations will be set up along the paved path. (KM)

New!

Wildflower Week: Let's Chalk About It!

All ages

Tuesday, May 9

6:00 – 7:30 p.m.

Iron Horse Park

6161 Millshire Dr.

Fee/team: \$5 residents, \$7 nonresidents

Registration deadline: Monday, May 8

It's Wildflower Week! Bring your whole family and join us for a friendly chalk competition on the Iron Horse Trail. Prizes will be awarded based on most creative, most authentic and best effort! Teams can include 1-5 people. (AD/CJ)

New!



Centerville-
Washington History

Play of the Past

All ages

Saturday, May 27

1:00 – 2:30 p.m.

Grant Park

501 Normandy Ridge Rd.

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

What types of games did children play before all the 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)

New!

Programs are FREE for residents unless otherwise indicated.

FAMILY WELLNESS

Beginner Archery Clinic

Ages 8 and up

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

10:00 a.m. – noon

Oak Grove Park, Archery Range

1790 E. Social Row Rd.

Fee: \$15 residents, \$20 nonresidents

Session A:

Saturday, March 25

(Rain date: Sunday, March 26)

Registration deadline: Thursday, March 23

Session B:

Saturday, May 27

(Rain date: Sunday, May 28)

Registration deadline: Thursday, May 25

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.

All equipment provided.

You may attend both beginner clinics, but the content will be the same. (GC)



Tennis Instruction

Ages 6 and up

April 24 – June 1

Fee/40-minute class: \$65 residents, \$85 nonresidents

Fee/60-minute class: \$90 residents, \$120 nonresidents

Fee/90-minute class: \$115 residents, \$150 nonresidents

Registration deadline: Sunday, April 16

Come learn tennis with us! Tennis instruction is 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. (JB)

Mondays & Wednesdays: Forest Field Park		
Age	Level	Time
6 – 10 years	Beginner	3:30 – 4:10 p.m.
9 – 15 years	Advanced Beginner	4:15 – 5:15 p.m.
16 and up	Intermediate	5:20 – 6:20 p.m.
16 and up	Drill & Play	6:30 – 8:00 p.m.

Tuesdays & Thursdays: Oak Grove Park		
Age	Level	Time
6 – 10 years	Beginner	3:30 – 4:10 p.m.
9 – 15 years	Beginner	4:15 – 4:55 p.m.
6 – 10 years	Advanced Beginner	5:00 – 6:00 p.m.
9 – 15 years	Intermediate	6:05 – 7:05 p.m.
16 and up	Beginner	7:15 – 8:15 p.m.

Inclement weather information: You will receive a phone call if we have to cancel class due to rain or wet courts.

Spring in Your Step 5K Family Hike

All ages

Saturday, March 18

(Rain date: Saturday, March 25)

9:30 a.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. (JB)

May Meadows 5K Family Hike

All ages

Monday, May 15

(Rain date: Tuesday, May 16)

6:00 p.m.

Forest Field Park

2100 E. Centerville Station Rd.

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

We are offering family 5K's on a bi-monthly basis this year. Attend at least three of them and receive a t-shirt! If we have to cancel a hike due to inclement weather, we will post the announcement on the Park District Facebook page and website.

**Online resident registration begins
Monday, February 13, 10:00 a.m.**



Adapted Archery Clinic

Ages 8 and up

Saturday, May 6

10:00 a.m. – noon

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

Fee: \$15 residents, \$20 nonresidents

Registration deadline: Thursday, May 4

The first archery competition for those with physical impairments was held in 1948 at Stoke Mandeville Hospital. Archery was one of the original Paralympic sports at the Rome 1960 Paralympic Games. Join us and learn how you too can become involved in the sport of archery!

This clinic is for differently-abled individuals who are interested in learning the basics and fundamentals of archery. You'll receive personal attention from knowledgeable instructors. Participants will be introduced to archery equipment and will be given basic safety instructions, basic form and shooting techniques. Archery has a number of health and fitness benefits, as well as being an enjoyable and social sport! All archery equipment provided. (GC)

Programs are FREE for residents unless otherwise indicated.

Strong Mom Challenge: Kids vs. Mom

Age 6 – 15

Saturday, May 13

1:00 – 3:00 p.m.

*Schoolhouse Park
1875 Nutt Rd.*

Fee/team: \$10

Registration deadline: Saturday, May 6



Mother's Day is just around the corner!

What better gift can a child give to their mom than to compete with them in various weight and agility challenges? We are teaming up with Centerville CrossFit to bring you this challenge. Mom, come flex your muscles, and kids don't go easy on mother dearest! Each person will receive a commemorative t-shirt. (CJ)



Walk in your community's BIG backyard!

Spring is a wonderful time to get out and explore the parks! Visit a park you've never explored before, or revisit an old favorite. Bring along your family dog — but remember your leash and pet waste bags!

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

Black Oak Park: .2 mile (one way)

paved path up a steep hill from Ambridge Road to Braewood Trail. **No bicycles permitted on this path.**

***Holes Creek Park:** 1.3 miles one way

Iron Horse Park: 2 miles one way

Oak Creek South Park: perimeter path is .4 mile

Oak Grove Park: perimeter path is 1.5 miles (shorter loops are also available)

***Robert F. Mays Park:** perimeter path is .75 mile

Schoolhouse Park: perimeter path is .75 mile

Yankee Park: perimeter path (including sidewalk along Yankee Street) is .82 mile. The center path length is .19 mile.

See page 22 for park locations.

2 New Trails!

Hike it Baby

Hike it Baby is dedicated to building communities that support getting families outside with children from birth to school age. Check their website for dates and times to hike in your Centerville-Washington Park District parks!

www.hikeitbaby.com

ADULT PROGRAMS

Booked for Lunch

Ages 14 and up

Wednesdays, March 1, April 5 & May 3

11:30 a.m. – 12:30 p.m.

Bill Yeck Park, Smith House

2230 E. Centerville Station Rd.



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

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



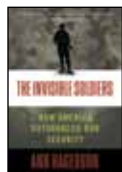
March's Discussion

A Time of Terror: A Survivor's Story, by James Cameron



April's Discussion

Maiden Flight: A Novel, by Harry Haskell



May's Discussion

The Invisible Soldiers: How America Outsourced Our Security, by Ann Hagedorn

6th Annual Miami Valley Leave No Child Inside Summit

Ages 18 and up

Saturday, March 11

8:00 a.m. – 4:00 p.m.

Wegerzyn Gardens MetroPark

1301 E. Seibenthaler Ave.

Fee: Free, \$10 for an optional boxed lunch

This summit builds access to nature for our children, making them happier, healthier and smarter. The keynote speaker, Shauna Adams Ed.D. will present, *Young Learners and Families*. Other highlights include resource displays, a networking session and a visit from the University of Dayton's River Mobile! Growing Up Wild and Green Schoolyard Workshops will be held in the morning.

Registration is required through Five Rivers MetroParks. To register, call 937-277-4835 or register online at metroparks.org. (KL)

Intro to Knitting: Organic Cotton Washcloth

Ages 16 and up

Saturday, March 11

1:00 – 3:00 p.m.

Grant Park, Kennard Nature Nook

6588 McEwen Rd.

Fee: \$20 residents, \$26 nonresidents

Registration deadline: Wednesday, March 1



Have you always wanted to learn to knit but thought it was too complicated? Centerville's

new yarn shop, Centerville Knit & Crochet, will break it down for you!

Learn to cast on, make a knit stitch and bind off, while you make an organic cotton washcloth for any number of uses around the house! No prior skill needed. Class size will be small to offer plenty of one-on-one help! All materials provided and yours to keep.

(AD)

Chirp 'n Chatter

Ages 18 and up

Saturday, March 18

8:00 – 9:00 a.m.

Grant Park, Kennard Nature Nook

6588 McEwen Rd.

Registration deadline: Wednesday, March 15

Relax and enjoy a cup of coffee with us as we watch the bird feeders from the picturesque windows of the Kennard Nature Nook. Identify and learn about the various birds we see in the parks this time of year. Baked goods and fruit provided. (AD)



Reel Paddling Film Festival

Thursday, March 23

7:30 – 10:00 p.m.

The Neon

130 E. Fifth Street, Dayton

Fee: \$11 in advance, \$15 day of event

Rapid Media's 10th annual Reel Paddling Film Festival showcases the world's best paddling films to audiences in Canada, United States and around the world. The festival inspires more people to explore rivers, lakes and oceans, push physical and emotional extremes, embrace the lifestyle and appreciate the heritage of the wild places we paddle. Visit Massie Creek Paddlers on Facebook for more information! (AD)



Online resident registration begins
Monday, February 13, 10:00 a.m.

Hike with a Rescue

Ages 18 and up

Sunday, March 26

(Rain date: Sunday, April 2)

11:00 a.m. – 1:00 p.m.

Bill Yeck Park, Smith House Entrance

2230 E. Centerville Station Rd.

Registration deadline: Wednesday, March 22

SICSA and CWPD are teaming up to bring rescue dogs to the trails of Bill Yeck Park! SICSA will start the morning with a little training, then you can take the dogs out to explore the trails! Please wear comfortable clothes and hiking shoes, and bring water! SICSA will have all equipment necessary for the dogs.

Visit www.sicsa.org/events/ to register. (AD)

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

Ages 18 and up

Tuesday, March 28

6:30 – 8:00 p.m.

Grant Park, Kennard Nature Nook

6588 McEwen Rd.

Facilitator: Patti McCormick, RN, Ph.D.

Fee: \$20 residents, \$26 nonresidents

Registration deadline: Sunday, March 26

Get ready for environmentally-friendly spring cleaning! In this workshop, you will 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 to clean counters, bathrooms, floors, etc.

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 so you can begin cleaning right away! (AD)

New!



Survivor: Dynamic Duo Edition

Ages 18 and up

Saturday – Sunday, April 22 – 23

3:00 p.m. – noon

Grant Park

501 Normandy Ridge Rd.

Fee/team: \$25 residents, \$35 nonresidents

New!

Can you survive an overnight in Grant Park? Duos will battle it out in various challenges from archery to fire building. Each challenge will be scored. The teams with the lowest scores on day two will be eliminated and the winning Survivor Duo will be named. Survivors will be outfitted with cool survivor gear! No prior knowledge necessary to participate. Dinner and breakfast provided. (CJ)

Beautiful Blooms Spring Wildflower Tour

Ages 14 and up

Saturday, April 15

2:30 – 3:30 p.m.

Grant Park

501 Normandy Ridge Rd.

Fee/family: \$4 nonresidents

Despite their size, our beautiful spring wildflowers play a very important role in our ecosystem. Join us as we learn just how special they are on this slow-paced hike. (KL)



Primitive Bow Workshop

Ages 16 and up

Sundays, April 30 – May 7

10:00 a.m. – 3:30 p.m.

Grant Park, Nature Center Building

501 Normandy Ridge Rd.

Fee: \$155 residents, \$175 nonresidents

Registration deadline: Sunday, April 16

Join bowyer Tom Conway in this completely hands-on, two-part workshop series that will take you through the entire progression from blank stave to customized self-bow. At the end of this series, you will have a bow that you have transformed from a piece of wood into a dynamic extension of yourself!

All materials and lunch provided for both sessions. (GC)

New!

How to Raise a Wild Child: Book Discussion

Ages 18 and up (childcare provided!)

Wednesday, May 3

(Rain date: Wednesday, May 10)

5:30 – 7:30 p.m.

Grant Park, Nature Center Building

501 Normandy Ridge Rd.

New!



Join us for a book discussion on *How to Raise a Wild Child: the Art and Science of Falling in Love with Nature*, by Scott Sampson. This book

encourages outdoor connections and play as part of a healthy childhood. After the discussion, we will spend some time playing in the forest, sharing suggestions and trying out ideas for creative play!

Due to a generous donation, books will be provided to participants at no cost! Registrants can pick up their copy of the book at Park District Headquarters, Activity Center Park, 221 N. Main Street, beginning March 6. (KL/KM)

Programs are FREE for residents unless otherwise indicated.

Registration is required for all programs unless otherwise indicated.

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

Ages 18 and up

10:00 – 11:00 a.m.

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

Amphibians of Ohio

Monday, March 20

March is when the toads sing and the salamanders come out of hiding. We will learn about Ohio's slimy friends and how they go about their day.

Registration is not required. (KL)

Disappearing Act

Monday, May 15

Which animals need our help the most? What can we do? The Naturalist will highlight some species of concern in Ohio and what we can do to help!

Registration is not required. (KL)

Adult Archery Basics

Ages 18 and up

Wednesdays, May 3 – 31

6:00 – 7:30 p.m.

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

Fee: \$35 residents, \$45 nonresidents

Registration deadline: Monday, May 1

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! (GC)

Birding 101: Dawn Chorus Hike

Ages 14 and up

Saturday, May 6

7:00 – 8:30 a.m.

Grant Park

501 Normandy Ridge Rd.

Fee: \$4 nonresidents

The Dawn Chorus (morning birdsong) is a great thing to experience! Hone your birding skills on this bird appreciation hike. Bring binoculars if you have them. A limited supply will be available to borrow. (KL)



"Sometimes I think that the point of birdwatching is not the actual seeing of the birds, but the cultivation of patience. Of course, each time we set out, there's a certain amount of expectation we'll see something, maybe even a species we've never seen before, and that it will fill us with light. But even if we don't see anything remarkable — and sometimes that happens — we come home filled with light anyway."

~ Lynn Thomson,
Birding with Yeats: A Memoir



**Online resident registration begins
Monday, February 13, 10:00 a.m.**

ADULT WELLNESS

Hike for Your Health

Ages 18 and up

Wednesdays, March 1 – May 31

9:30 – 10:30 a.m.

Fee: \$15 nonresidents

Designed to get your heart rate up and get you moving outdoors this spring! Staff will lead you on these guided, self-paced hikes. Hike for Your Health is also a wonderful opportunity to get to know some of your parks better. Path descriptions are provided to help you choose the most comfortable shoe attire.

(JB)

Date	Park	Path
March 1	Oak Grove	Paved
March 8	Bill Yeck, Rooks Mill	Natural
March 15	Grant	Natural
March 22	Robert F. Mays	Paved
March 29	Iron Horse	Paved
April 5	Grant	Natural
April 12	Schoolhouse	Paved
April 19	Bill Yeck, Smith House	Natural
April 26	Robert F. Mays	Paved
May 3	Iron Horse	Paved
May 10	Bill Yeck, Rooks Mill	Natural
May 17	Forest Field	Natural
May 24	Yankee	Paved
May 31	Bill Yeck, Smith House	Natural



Hound Hike

Ages 16 and up

Thursdays, March 2 – May 25

(first and last Thursdays of the month)

9:30 – 10:30 a.m.

Our furry friends need exercise too! After being cooped up this winter, put a spring in your step! Come out and enjoy a brisk walk with your dog and other enthusiastic dog owners! Path descriptions are provided to help you choose the most comfortable shoe attire. (CJ)

Date	Park	Path
March 2	Bill Yeck, Rooks Mill	Natural
March 30	Grant	Natural
April 6	Yankee	Paved
April 27	Bill Yeck, McGuffey Meadow	Natural
May 4	Schoolhouse	Paved
May 25	Forest Field	Natural

Tai Chi/Qigong Workshop

Ages 18 and up

Saturday, March 4

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 your daily life. Tai Chi/Qigong ... your healer within. (JB)

New!

Yoga in the Park

Ages 18 and up

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

Fee: \$52 residents, \$67 nonresidents

Session A:

Mondays, March 6 – April 10

9:30 – 10:30 a.m.

Session B:

Saturdays, March 11 – April 15

9:00 – 10:00 a.m.

Session C:

Mondays, April 17 – May 22

9:30 – 10:30 a.m.

Session D:

Saturdays, April 22 – May 27

9:00 – 10:00 a.m.

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

Introduction to Meditation

Ages 14 and up

Mondays, March 6 – 27

6:00 – 7:00 p.m.

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

Fee: \$40 residents, \$52 nonresidents

Registration deadline: Sunday, March 5

Join Kim McCarthy of The Reiki Room of Dayton as we discover the basics of meditation. Meditation has been proven to provide numerous physical health benefits, as well as provide a sense of calm in the mind. We will 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. Suitable for anyone who wants a quieter life! (AD)



Programs are FREE for residents unless otherwise indicated.

Trail Trekking

Ages 18 and up

Mondays, March 6 – May 26

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. (JB)

Date	Park
March 6	Yankee
March 13	Schoolhouse
March 20	Iron Horse
March 27	Robert F. Mays
April 3	Oak Creek South
April 10	Oak Grove
April 17	Yankee
April 24	Iron Horse
May 1	Robert F. Mays
May 8	Oak Creek South
May 15	Oak Grove
May 22	Yankee

Tai Chi for Wellness

Ages 18 and up

10:30 – 11:30 a.m.

Grant Park, Kennard Nature Nook

6588 McEwen Rd.

Fee: \$19 residents, \$29 nonresidents

Session A:

Saturdays, March 11 – April 8

Session B:

Saturdays, April 29 – May 27

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. (JB)



Couch to 5K (C25K)

Ages 18 and up

Mondays, March 20 – May 22

6:00 – 7:00 p.m.

Fee: \$50

Train to do your first 5K run! Up and Running will provide the training necessary 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. (JB)

Date	Park
March 20	Oak Creek South
March 27	Robert F. Mays
April 3	Schoolhouse
April 10	Yankee
April 17	Oak Grove
April 24	Oak Creek South
May 1	Robert F. Mays
May 8	Schoolhouse
May 15	Yankee
May 22	Oak Grove

If we have to cancel a running group due to inclement weather, Up and Running will post the cancellation on their Facebook page.

Trail Group

Ages 18 and up

Wednesdays, March 22 – May 31

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. (JB)

Date	Park
March 22	Grant
March 29	Bill Yeck
April 5	Grant
April 12	Bill Yeck
April 19	Grant
April 26	Bill Yeck
May 3	Grant
May 10	Bill Yeck
May 17	Grant
May 24	Bill Yeck
May 31	Grant



**Online resident registration begins
Monday, February 13, 10:00 a.m.**

Stroller Strength

Adult caregivers with child 6 weeks – Pre-K

Mondays & Thursdays,

April 3 – May 25

9:30 – 10:30 a.m.

Schoolhouse Park

1875 Nutt Rd.

Fee: \$15 nonresidents

An invigorating morning exercise session for caregivers — while the children relax in strollers! Cardiovascular exercise, upper and lower body resistance training (equipment provided) and a cool-down stretch is included in each session. Make friends, exercise and no need to pay for childcare! Stroller Strength is led by a nationally certified group exercise instructor. (JB)



Tennis Leagues

Ages 18 and up

April 9 – June 15

6:00 p.m.

Various locations

Fee: \$25 residents, \$35 nonresidents

Registration deadline: Sunday, March 26

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



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

Programs are FREE for residents unless otherwise indicated.

Fit Mixx

Ages 18 and up

Tuesdays & Fridays,

April 11 – May 26

9:30 – 10:30 a.m.

Schoolhouse Park

1875 Nutt Rd.

Fee: \$15 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. Led by a nationally certified group exercise instructor. (JB)

Now two days a week!

Holistic Strategies for Pain

Ages 18 and up

Tuesday, April 25

6:30 – 8:30 p.m.

Bill Yeck Park, Smith House

2230 E. Centerville Station Rd.

Fee: \$20 residents, \$26 nonresidents

Facilitator: Patti McCormick, RN, Ph.D.

Registration deadline: Sunday, April 9

Holistic Health can bring relief by offering a variety of strategies for wellness, including guided imagery, reflexology, clinical aromatherapy and various nutritional supplements that can help lessen the experience of pain and discomfort. We will also discuss working with physicians and the medical community when providing this care. (AD)

New!

Meditation 201: Take it Outside

New!

Ages 14 and up

Mondays, May 1 – 22

6:00 – 7:00 p.m.

Grant Park, Nature Center Fire Circle

501 Normandy Ridge Rd.

Fee: \$40 residents, \$52 nonresidents

Registration deadline: Sunday, April 30

Ready to take the next step with Reiki Meditation? Join Kim McCarthy of The Reiki Room of Dayton as we build on the basics of meditation outside in the beauty of nature! We will work on simple meditations, based on ancient Japanese principals that will help you become more grounded and centered in your daily life. This four-week class will help you establish your own at-home daily routine and become more connected to nature.

In the event of inclement weather, the class will be held at the Kennard Nature Nook. (AD)



Health Strides: Getting Healthy One Step at a Time!

Lace up your walking shoes, and take a walk with a Kettering Health Network physician. Get all your medical questions answered in a fun and personal setting, while getting some exercise!

KHN Health Strides walks with a doctor in your Centerville-Washington Park District parks from time to time. Please check their website for the schedule!

www.ketteringhealth.org/healthstridesdayton/

HOW TO REGISTER



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 set up your account and enroll in your program.



It's easy

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



It's environmentally friendly

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

**Online resident registration
begins February 13.**

Online (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 13. 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.

Registration for Adventure Camp, Hidden Meadows Day Camp, Summer Recreation Program and the Summer Teen Series begins online April 10. The first day of registration is online only.

By Phone

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

In Person

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

Registration and Refund Policy

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

Access to All

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

Centerville-Washington Park District Program Release

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

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

**Online Resident Registration Begins
Monday, February 13
at 10:00 a.m.**

**Online Nonresident Registration Begins
Monday, February 20
at 10:00 a.m.**



SPRING EVENTS AT-A-GLANCE

MARCH

Sat, March 4	Tai Chi/Qigong Workshop
Sat, March 11	Intro to Knitting: Organic Cotton Washcloth
Thurs, March 16	Dancing Woodcocks
Sat, March 18	Spring in Your Step Family 5K Hike
Sat, March 18	Intro to Watercolor
Fri, March 24	Intergenerational Spring Showers and Flowers
Sat, March 25	Beginner Archery Clinic
Sat, March 25	Family Wildlife CSI
Sun, March 26	Hike with a Rescue Dog!
Thurs, March 28	Green Cleaning

APRIL

Fri, April 7	Flashlight Egg Hunt
Fri, April 14	Frog Chorus
Sat, April 15	Amazing Race
Sat, April 15	Family Wildflower Tour
Sat, April 15	Wildflower Tour
Tues, April 18	Teddy Bear Picnic
Sat, April 22	Earth Day Service Project: Plant a Pollinator Habitat
Sat, April 22	Survivor: Dynamic Duo Edition
Tues, April 25	Holistic Strategies for Pain
Sat, April 29	Family Adventure Day

MAY

Wed, May 3	How to Raise a Wild Child: Book Discussion
Thurs, May 4	Community Open House
Fri, May 5	Intergenerational Smiles and Sunshine
Fri, May 5	Forest Dwellers
Sat, May 6	Birding 101: Dawn Chorus Hike
Sat, May 6	Intergenerational Fishing Fun
Sat, May 6	Adapted Archery Clinic
Sun, May 7	Special Day for Special Needs
Tues, May 9	Wildflower Week: Let's Chalk About It!
Sat, May 13	Big Rig Gig
Sat, May 13	Strong Mom Challenge: Kids vs. Mom
Mon, May 15	May Meadows Family 5K Hike
Thurs, May 18	Food Truck Trek
Sat, May 27	Beginner Archery Clinic
Sat, May 27	Play of the Past
Sun, May 28	Fen-tastic Open House

WATCH FOR THESE **New!** PROGRAMS THIS SUMMER!

Jump Start Ultimate Warrior Camp
Skyhawks Sports Camp
Preschool drop-off program at the Smith House