

SEPTEMBER - NOVEMBER 2019

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



*Explore* your community's BIG backyard!

Fairy & Gnome Home Festival at Bill Yeck Park





## Headquarters

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## Office Hours

Monday – Friday  
8:00 a.m. to 4:30 p.m.  
Office Closed September 2,  
November 28 & 29, 2019

## Park Addresses

For more information and each park's  
address, visit [www.cwpcd.org](http://www.cwpcd.org).



### Dog Park Closures

[www.cwpcd.org/parks/oak-grove/dog-park/dog-park-closure-status/](http://www.cwpcd.org/parks/oak-grove/dog-park/dog-park-closure-status/)



### Athletic Field Conditions

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

## Area Youth

### Athletic Organizations

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

Centerville Recreational Soccer  
[www.centervillesoccer.com](http://www.centervillesoccer.com)

Centerville United Soccer Association  
[www.cusasoccer.org](http://www.cusasoccer.org)

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

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

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## Commissioners' Corner



Cooperation amongst the various public entities is cause for your Park District and the community to thrive. In the spirit of that

cooperation, Centerville-Washington Park District happily partners with, supports and collaborates with many different organizations.

By working together, the parks and programs get better and better, and more and more people benefit. The number of cooperative ventures is pleasantly surprising. Some are large and some are small, but all are valuable to the community.

The largest underway is the conversion of the former Hithergreen Center to a **new neighborhood park**. By joining forces with Washington Township and the Hithergreen neighbors, a viable solution was achieved.

Cooperation among the City of Centerville, the Township, Bike Centerville and the Park District produced the new east-west bike route 12. The on-street route provides a safe and interesting ride from Holes Creek Trail to the Sugarcreek Township border.

Washington-Centerville Public Library, the Washington Township Recreation Center and the Park District teamed up in June to provide Adapted Action



**Adapted Action Day, 6/22/19**

Day. And, beginning this fall, the three are launching AccessAbility, monthly programs for children with special needs.

See page 13 for more information about AccessAbility programs. In September, we will team up again to offer the Race to the Holidays fun run and walk at **Oak Grove Park**. More details about Race to the Holidays can be found on page 5.

Also, starting this fall, thanks to a grant from the Centerville Washington Foundation, the Park District is teaming up with Centerville City Schools on **Operation Forest Re-Leaf**. This program will plant 150 trees at three school sites. The re-forested areas will become "outdoor classrooms" for the schools.

These are just a few examples of what happens when area organizations cooperate for the mutual benefit of residents.

Lucy Sánchez  
Park Board Vice President

P.S. The Centerville-Washington Park District Board of Park Commissioners holds public meetings once a month throughout the year. View the schedule on the Park District website :

[www.cwpcd.org/about/public-meeting-schedule/](http://www.cwpcd.org/about/public-meeting-schedule/)



## Save a Tree

To subscribe to the e-newsletter visit [www.cwpcd.org](http://www.cwpcd.org).

To stop home delivery of the printed newsletter, email your name and address to [mail@cwpcd.org](mailto:mail@cwpcd.org).

## Shape the Future of Your Parks!

Your opinion matters to us. After all, you're the reason we're here! Five minutes of your time could have a major impact on your community.

- Visit [www.cwpd.org](http://www.cwpd.org) to take the 2019 CWPDP Community Survey! The survey will remain live on the website until August 5, 2019. It is completely anonymous.

Thank you for your feedback!

## Staff Updates



**Kristen Marks**, Program Manager, was re-elected to a second three-year term on the board of the Ohio Parks and Recreation

Association (OPRA). OPRA is a statewide non-profit organization representing more than 2,000 parks and recreation professionals and citizen board members from around the state of Ohio. Congratulations, Kristen!



In June, **Mary Page** joined the Centerville-Washington Park District as a Communications Specialist. She holds a Bachelor of Fine Arts in

Visual Communication Design from the University of Dayton. She has over 10 years of experience in graphic design and teaches personal brand identity at The Modern College of Design. Mary and her husband, Justin, are U.S. Army veterans and live in Washington Township with their twin daughters, Heidi and Ramona, and their rescue dog, Queen. Mary loves exploring the parks with her family — hiking, creeking, camping. She also enjoys playing board games, eating Thai food, and bingeing shows on Netflix.

## Volunteer Spotlights

### JOHN KENNARD



John is a life-long resident of the Dayton area, who graduated from

Fairview High School and attended Wright State University. He retired from General Motors in 2006 and began his second career as a bus driver for Centerville City Schools.

The seeds of John's CWPDP volunteerism began at the Aullwood Audubon Center, where as a docent he spent many hours with the wonderful naturalist, Paul Knoop, among others. It was there that he met his wife, Carol, and came to Centerville when she accepted the position of CWPDP's first Program Coordinator in 1982. Carol got John involved right away. Over the years he has painted, planted, led Volunteer Naturalist Program walks, worked with scout troops, conducted school outreach programs, portrayed Richard Grant in a historical campfire program, played various roles in Underground Railroad programs, and chaperoned overnight campouts in Grant Park.

John's main volunteer focus of late has been birds and blooms: "I am honored to conduct many of CWPDP's bird and wildflower hikes/programs. I truly enjoy sharing my love of the natural world. The best part of volunteering for CWPDP is that it gives me a chance to interact with and give back to the community I've called home for 37 years."

### JULIANNE GONZALEZ



Julianne is in 9th grade and has been involved in park programs since

kindergarten. She's the youngest of five children in her family (all of whom have also been CWPDP volunteers!) and her hobbies outside of volunteering are gymnastics, swimming and sewing. Julianne loves going to the zoo and amusement parks, and especially loves roller coasters. She also has a great love for animals and has seven pets including three cats, a bunny, a guinea pig and two gerbils. Julianne likes volunteering at CWPDP because she feels it's fun to help out with the programs in which she herself always enjoyed participating.

**The Centerville-Washington Park District would like to thank John and Julianne, and all volunteers for giving their time and talents to our community! If you are interested in becoming a volunteer, please contact Community Engagement Coordinator Ginger Clark at 937-433-5155 x234 or [gclark@cwpd.org](mailto:gclark@cwpd.org).**

New!



## Earn Tools to Trek!

Get ready to explore! Attend Centerville-Washington Park District Tools to Trek programs to **earn a FREE Trek Pack!** Print a Tools to Trek tracking sheet from [www.cwpd.org](http://www.cwpd.org). Bring your tracking sheet to Tools to Trek programs to collect stamps. Once your sheet is full of stamps, turn it in to collect your prize!

Continue to complete tracking sheets and **earn additional prizes!**

Look for the Tools to Trek symbol next to program descriptions in this guide to discover participating programs! Preregistration required for most programs.



## SPECIAL EVENTS



### YoGlow

Ages 18 and up

**Friday, September 6**

**(Rain date: Friday, September 13)**

8:00 – 9:00 p.m.

*Forest Field Park*

*2100 E. Centerville Station Rd.*

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

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

Come early and enjoy a nutritious beverage! The Shakerly Juice Bar will be on site from 7:00 – 7:45 p.m. (JH)



### Ales & Tails

All ages

**Friday, September 20**

**(Rain date: Friday, September 27)**

5:00 – 7:00 p.m.

*Oak Grove Park, Dog Park*

*1790 E. Social Row Rd.*

Calling all dogs and dog lovers! Grab a Eudora Brewery beer, participate in fun dog-themed activities, and check out local pet services! Food will be available for purchase from Craves food truck. Beer wristband sales will benefit SICSA.

Registration is not required. (AD/AP)

**Vendors interested in booth space may contact Ally DeShurko at [adeshurko@cwpcd.org](mailto:adeshurko@cwpcd.org).**

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

### Fairy & Gnome Home Festival

All ages

**Saturday, September 14**

1:00 – 3:00 p.m.

*Bill Yeck Park, Smith House*

*2230 E. Centerville Station Rd.*

Our popular Fairy & Gnome Home Festival returns! Celebrate your child's imagination and creativity. Build a fairy and gnome home out of natural materials for these woodland residents. Other activities include crafts, storytime, sweet treats and more. Come dressed as a fairy, gnome or elf! No pets, please.

Registration is requested. (KL)



#### Early Arrival Option

Noon – 1:00 p.m.

**Registration deadline:**

Thursday, September 5

We are offering an early arrival option for children needing a quieter, sensory-friendly Fairy and Gnome Home Festival experience.

Registration is required for this time slot to allow for a more controlled environment for participants. Registration is by family. Please register only one family member. (KL)



**Online resident registration begins Monday, August 12, 10:00 a.m.**





## Movie Party in the Park: *Incredibles 2*

All ages

**Saturday, September 21**



6:00 – 9:00 p.m.  
Iron Horse Park  
6161 Millshire Dr.

Enjoy an evening of entertainment! We will start out with bounce houses, games, crafts and fun on the playground. Claim a spot in the grass with a picnic blanket dinner, or have the professionals from a local food truck cook for you. Then as the sun sets over the park, settle in for a movie under the stars. The movie will begin at approximately 7:30 p.m.

Activities, popcorn and snow cones during the party are sponsored by The Jeff Probst Group at Keller Williams Community Partners.

Registration is requested. (AP)



## Haunted Trail

Recommended for ages 7 – 15  
(children under 7 will not be admitted)

**Tuesday, October 15 AND/OR**

**Wednesday, October 16**

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

Parking at Forest Field Park  
2100 E. Centerville Station Rd.

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

Registration is not required. (AD)

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

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



## Race to the Holidays

All ages

**Sunday, November 3**

1:00 – 3:30 p.m., race time is 2:00 p.m.

Schoolhouse Park

1875 Nutt Rd.

**Early Bird Fee by 10/21:** \$20 with shirt, \$10 without shirt

**Family Bundle Early Bird Fee by 10/21:** \$50 for two adults + one child with shirts, \$10 each additional child

**Team Bundle Early Bird Fee by 10/21:** \$100 for six people, \$10 each additional person

**Fee after 10/21:** \$25 with shirt, \$15 without shirt

Participate in this family-friendly 5K fun run/walk to benefit Centerville-Washington Park District, Friends of Washington-Centerville Public Library and Washington Township Recreation Center! Run and walk divisions, prizes and other activities and information round out this fun, fitness event!

Register online at [speedy-feet.com](http://speedy-feet.com), or pick up a registration form at the Library, Rec Center or Park Headquarters. Return it with payment to the Library. Race day registration begins at 1:00 p.m. Register by October 21 to guarantee a shirt!

Race to the Holidays is sponsored by Kettering Health Network. (AP)



Registration closes 48 hours prior to program unless otherwise indicated.

Registration is required for all programs unless otherwise indicated.

## PRESCHOOL PROGRAMS (AGES 6 AND UNDER)

### Early Adventures

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

### September Adventures

**Tuesday, September 3**  
10:00 – 10:45 a.m. **OR** 6:30 – 7:15 p.m.  
**OR Thursday, September 5**  
6:30 – 7:15 p.m.  
*Willowbrook Park*  
10225 Park Edge Dr.  
(natural path)

### October Adventures

**Tuesday, October 1**  
10:00 – 10:45 a.m. **OR** 6:30 – 7:15 p.m.  
**OR Thursday, October 3**  
6:30 – 7:15 p.m.  
*Pleasant Hill Park*  
358 Zengel Dr.  
(natural path)

### November Adventures

**Tuesday, November 5**  
10:00 – 10:45 a.m. **OR** 5:00 – 5:45 p.m.  
**OR Thursday, November 7**  
5:00 – 5:45 p.m.  
*Holes Creek Park*  
8575 Yankee St.  
(paved 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)



### Storytime Strolls

Ages 18 months – 4 years  
with adult companion  
**Fridays, September 13, October 11  
AND/OR November 8**  
10:30 – 11:30 a.m.  
*Bill Yeck Park, Smith House*  
2230 E. Centerville Station Rd.  
**Fee/session:** \$4 nonresidents

Storytime with the Washington-Centerville Public Library! After the story, the group will take a sensory stroll in the park to search for sights, sounds, smells and textures that tie to our story's theme. (AP)



*New!*



### Preschool Nature Series

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

### Water Babies

**Wednesday, September 18**  
6:00 – 7:00 p.m. **OR**  
**Thursday, September 19**  
9:30 – 10:30 a.m. **OR** 6:00 – 7:00 p.m.  
*Bill Yeck Park, Rooks Mill Entrance*  
8798 Rooks Mill Ln.

Many insects start their lives in the water before transforming into terrestrial adults. We will explore the creek habitat looking for these water babies and other creatures that share their space. Close-toed shoes required. All children must be accompanied by an adult in the creek.  
(KL)

### Snails and Slugs

**Wednesday, October 9**  
6:00 – 7:00 p.m. **OR**  
**Thursday, October 10**  
9:30 – 10:30 a.m. **OR** 6:00 – 7:00 p.m.  
*Big Bend Park*  
1328 Spring Ash Dr.



Snails and slugs are fascinating creatures. We will learn about their life cycle, habits and role in the ecosystem! (KL)

### Fall Nature Collection

**Thursday, November 21**  
9:30 – 10:30 a.m. **OR**  
**Saturday, November 23**  
11:00 a.m. – noon  
*Bill Yeck Park, Smith House*  
2230 E. Centerville Station Rd.

Fall is a great time to add to your nature collection! Bring a bag or a basket to carry your treasures! (KL)

Online resident registration begins  
Monday, August 12, 10:00 a.m.



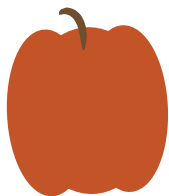
## Intergenerational Series

Ages 3 – 6 with grandparent(s)  
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.**

### Pumpkin Party

**Friday, October 4**  
10:00 – 11:00 a.m. **OR** 1:30 – 2:30 p.m.  
**OR** 6:00 – 7:00 p.m.  
**Registration deadline:** Friday, September 27



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

### It's Turkey Time

**Friday, November 15**  
10:00 – 11:00 a.m. **OR** 1:30 – 2:30 p.m.  
**OR** 6:00 – 7:00 p.m.  
**Registration deadline:** Friday, November 8

Grandchildren will celebrate Thanksgiving with a craft, story and game with their grandparents! (AD)



### Mommy & Me: Storytime Yoga in the Park

Ages 3 – 6 with adult companion  
**Saturday, September 7**  
(Rain date: Saturday, September 14)  
10:00 – 11:00 a.m.  
Watkins Glen Park  
825 Watkins Glen Dr.  
**Fee/family:** \$15 residents, \$20 nonresidents  
**Registration deadline:** Monday, September 2

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

## Creative Kids Corner

Ages 4 – 5  
Grant Park, Kennard Nature Nook  
6588 McEwen Rd.  
**Fee:** \$9 residents, \$12 nonresidents  
**Registration deadline:** Wednesday, August 28

**Register for the session that works best for you. The Thursday/Friday sessions of each month will be the same.**

### Session A

**Thursdays, September 12, October 10 & November 7**  
2:00 – 3:00 p.m.

### Session B

**Fridays, September 13, October 11 & November 8**  
10:00 – 11:00 a.m.

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



## W.I.L.D. Child Preschool Experience

Ages 3 – 5  
**Tuesdays & Thursdays, August 20 – June 9**  
9:00 a.m. – noon  
Bill Yeck Park, Smith House Entrance  
2230 E. Centerville Station Rd.  
**Fees vary by session length**

Enrollment is currently full, but a wait list is available!

A truly unique play-based program in which Mother Nature is your child's classroom! Preschoolers will engage in authentic play as they navigate the outdoor world with a sense of wonder. Natural materials will enhance their experiences as they make discoveries alongside their peers. This experience will foster a love for learning and a deep respect for nature and all living things. While this is a child-led program, and their interests will guide our daily adventures, teachers will facilitate and help build on their discoveries to provide quality experiences for all areas of learning.

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

To learn more about W.I.L.D. Child, contact Nicole Lanich at [wildchild.naturepreschool@gmail.com](mailto:wildchild.naturepreschool@gmail.com).

**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.**

**Registration closes 48 hours prior to program unless otherwise indicated.**

## Creature ComMOTION

Ages 4 – 6

**Wednesdays, September 25 – October 30**

1:00 – 1:45 p.m.

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

**Fee:** \$9 nonresidents

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

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

## Pumpkins & PJs

Ages 4 – 6

**Friday, September 13**

6:00 – 7:30 p.m.

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

**Fee:** \$9 residents, \$14 nonresidents

**Registration deadline:** Tuesday, September 3

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

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



## CHILDREN'S PROGRAMS (AGES 5 – 17)

### All Around the Garden

Ages 5 – 8

**Thursdays, September 12, October 10 & November 14**

3:30 – 4:30 p.m.

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

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

**Registration deadline:** Sunday, September 8

Children will learn all about the animals and habitats in your gardens, backyards and parks! They will get to explore the great outdoors through a nature hike, games, art and music. Children should dress for outdoor play. (AD)

### Creeks, Rivers, Oceans, Oh My!

Ages 5 – 8

**Saturday, September 21**

1:00 – 3:00 p.m.

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

**Fee:** \$4 residents, \$6 nonresidents

**Registration deadline:** Sunday, September 15

Children will learn about the wildlife that lives in our creeks and rivers, as well as some creatures in the oceans! They will listen to stories about these aquatic creatures and learn about the importance of helping them by recycling and keeping trash out of our waterways. Then, children will create artwork of their favorite river or ocean creature using recycled materials. (AD)



*New!*

*New!*



### Children's Yoga Series

Ages 5 – 8

**Saturdays, October 19 – November 9**

Noon – 1:00 p.m.

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

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

Strike a pose! Your child will stretch, balance and strengthen the body while learning yoga poses from certified Color Me Yoga Instructor, Megan Pooler. A blend of nature and exercise, children will explore the autumn woods during the first 15 minutes of each class and finish with a quieter yoga session. All equipment provided. (JK)

### Art & Imagination

Ages 6 – 8

**Tuesdays, September 17, October 15 & November 12**

4:30 – 5:30 p.m.

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

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

**Registration deadline:** Wednesday, September 11

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

**Online resident registration begins  
Monday, August 12, 10:00 a.m.**



## MusicMania

Ages 6 – 9

**Saturdays, October 5 – 26**

10:00 – 11:00 a.m.

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

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

We are teaming up with McCutcheon Music to bring your children an energetic musical experience! Children will learn, play and engage with a wide variety of musical instruments. At the end of the series, each child will take home a musical instrument! (AP)



*New!*

## Clay Owl Buddies

Ages 6 – 10 with adult companion

**Fridays, October 4 & 11**

4:00 – 5:00 p.m.

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

**Fee:** \$35 residents, \$41 nonresidents

**Registration deadline:** Monday, September 30

Children will pick between two owl designs and use a pound of clay to create an owl with assistance from a parent or guardian. The owls will be fired in the kiln and then painted with acrylic paint on the second evening of the class!

Parents can also enroll separately if they would like to make their own owl! (AD)



Registration closes 48 hours prior to program unless otherwise indicated.

## Explorers!

Ages 6 – 12

*Grant Park*

*501 Normandy Ridge Rd.*

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

### Junior Explorers

Ages 6 – 8

**Wednesdays, September 11 –**

**October 16**

4:00 – 5:30 p.m.

### Outdoor Explorers

Ages 9 – 12

**Mondays, September 9 – October 14**

4:00 – 5:30 p.m.

Studies continue to show outdoor play is vital to child development and well-being. Children will learn about nature and the outdoors through play, discovery and challenges. Send them prepared for outdoor play! (KL)

## Tortoise vs. the Hare:

### After School Yoga

Ages 7 – 10

5:00 – 6:00 p.m.

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

**Fee/session:** \$10 residents, \$13 nonresidents

### Session A

**Tuesday, September 24**

**Registration deadline:** Wednesday, September 18

### Session B

**Thursday, October 24**

**Registration deadline:** Friday, October 18

Children will enjoy a relaxing hour of breathing techniques, games, yoga poses and meditation with certified Color Me Yoga Instructor, Megan Pooler. Yoga mats provided.

Sign up for one or both sessions. (JH)

## Nature Design Challenges

Ages 7 – 13

4:00 – 5:00 p.m.

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

**Registration deadline:** Thursday, August 29

**Tuesday, September 3**

*Beechwood Springs Park  
1141 Quiet Brook Trl.*

**Tuesday, October 1**

*Rosewood Park  
475 Roselake Dr.*

**Tuesday, November 5**

*Donnybrook Park  
6161 Donnybrook Dr.*

All engineers on deck! Meet us at your local neighborhood parks for a fun-filled afternoon of science and engineering using materials from nature! Participants will get to plan, build and test their designs for the surprise STEM challenge of the day! (AD)

## Around the World

Ages 8 – 10

**Thursdays, September 19, October 17, November 21, December 19, January 16, February 20, March 19, April 16, May 21**

3:45 – 5:15 p.m.

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

**Fee:** \$27 residents, \$36 nonresidents

Children journey to a different country on the third Thursday of each month to learn about the geography, plants, animals, people and customs. They will sample the food of each culture. Children will immerse themselves in places and lives completely different from their own. (JK)





## Mad Science University

Ages 8 – 12

**Wednesdays, November 6 – 27**

6:30 – 7:30 p.m.

*Bill Yeck Park, Smith House*

*2230 E. Centerville Station Rd.*

**Fee:** \$20 residents, \$26 nonresidents

**Registration deadline:** Friday,  
November 1

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

## Ohio's Fantastic Beasts and Where to Find Them

Ages 9 – 12

**Saturday, October 26**

**(Rain date: Sunday, October 27)**

6:30 – 8:00 p.m.

*Grant Park*

*501 Normandy Ridge Rd.*

**Fee:** \$4 residents, \$6 nonresidents

Ohio folklore is rich in legends of the unexplained: the Loveland Frogman, Orange Eyes, Grassman, Mothman. Are they just myths, or are these creatures roaming the park waiting to be discovered? Join us around the campfire to hear their tales and then head out on a sunset scavenger hunt to search for proof that these Fantastic Beasts exist. (KL)

## Crafting Club

Ages 9 – 13

**Thursdays, September 5, October 3 & November 7**

4:30 – 5:30 p.m.

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

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

**Registration deadline:** Monday,  
September 2

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)



## Itty Bitty Critter Creations

Ages 11 – 15

**Wednesday, October 2**

4:00 – 5:30 p.m.

*Bill Yeck Park, Smith House*

*2230 E. Centerville Station Rd.*

**Fee:** \$20 residents, \$26 nonresidents

**Registration deadline:** Thursday,  
September 26

Woodland animals are a wonderful part of our environment! Making tiny ones is so cute and fun! Participants will make tiny animals of their choosing out of polymer clay. Then the clay will be baked and painted! (AD)



## Tiny Picnic: Mini Foods Created in Clay

Ages 11 – 15

**Mondays, September 23 & 30**

4:00 – 5:00 p.m.

*Oak Creek South Park*

*790 Miamisburg-Centerville Rd.*

**Fee:** \$35 residents, \$45 nonresidents

**Registration deadline:** Tuesday,  
September 17

During this two part class, participants will make tiny picnic foods out of real clay and then paint them! Projects can be taken home after the second class.

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

**Online resident registration begins  
Monday, August 12, 10:00 a.m.**



## Capture the Flag & Bonfire

Ages 12 – 17

**Friday, November 1**

5:00 – 7:00 p.m.

*Grant Park*

*501 Normandy Ridge Rd.*

**Fee:** \$5 residents, \$7 nonresidents

The ultimate game of capture the flag! Participants will be broken into two teams. Each team will have to make it back to their side of the field with the other team's flag while protecting their own. After the winning team is determined, we will enjoy s'mores and music by the fire. (AP)

Photo by Peter K Burian



Photo by Christopher Bruno



## FAMILY PROGRAMS

### Nocturnal Nature Series

**Fee/family:** \$4 nonresidents



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

#### Barred Owl Search

Ages 10 and up

**Friday, September 6**

8:30 – 10:00 p.m.

*Bill Yeck Park, Smith House*

*2230 E. Centerville Station Rd.*

Barred owls have been heard at Bill Yeck Park. We will strike out on a lengthy hike to see if we can hear them sing! Barred Owl Search is for ages 10 and up only. This is a "Tools to Trek" program. (KL)

#### Flying Squirrels

All ages

**Friday, October 25**

7:00 – 8:00 p.m.

*Bill Yeck Park, Smith House*

*2230 E. Centerville Station Rd.*

We will learn about flying squirrels and what they do to prepare for winter. Then we will walk very quietly to their tree and see if they are out and about! This is a "Tools to Trek" program. (KL)

#### Coyotes

All ages

**Tuesday, November 5**

6:00 – 7:30 p.m.

*Forest Field Park*

*2100 E. Centerville Station Rd.*

Learn about the habits of our resident coyotes through a hike. A trivia game will bust some myths about these wild canines. This is a "Tools to Trek" program. (KL)



### Butterfly Survey

Recommended for ages 8 and up

**Saturday, September 7**

10:00 a.m. – noon

*Grant Park*

*501 Normandy Ridge Rd.*



Help contribute to citizen science by joining the naturalist on our Butterfly Surveys.

Identify and count butterflies while observing other seasonal wildlife as we stroll. No experience necessary. Trail is approximately one mile in length on uneven terrain. All children must be accompanied by an adult. This is a "Tools to Trek" program. (KL)

### Grandparents Day Concert in the Park

All ages

**Saturday, September 7**

5:00 – 6:30 p.m.

*Iron Horse Park*

*6161 Millshire Drive*

Treat the wonderful grandparents in your lives to an intergenerational music concert, featuring community favorite, Jim McCutcheon. In addition to the interactive musical performance, enjoy games and light refreshments together. (AP)

Registration closes 48 hours prior to program unless otherwise indicated.

## A Day at Donnybrook

All ages

**Sunday, September 8**

1:00 – 3:00 p.m.

*Donnybrook Park*

*6161 Donnybrook Dr.*

**Fee/family:** \$4 nonresidents



Spend a day at Donnybrook and find out why fen habitats are special.

We will take a tour, search for wetland creatures and challenge your family to a scavenger hunt! This is a “Tools to Trek” program. (KL)



## Family Photo Walks

All ages

*Bill Yeck Park, Smith House*

*2230 E. Centerville Station Rd.*

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

### Session A

**Monday, September 9**

9:00 – 9:45 a.m.

**Registration deadline:** Monday, September 2

*New!*

### Session B

**Thursday, October 3**

5:00 – 5:45 p.m.

**Registration deadline:** Tuesday, September 24

### Session C

**Saturday, October 12**

10:00 – 10:45 a.m.

**Registration deadline:** Saturday, October 5

Local professional photographers Heidi and Ben will lead you on an interactive nature hike. You will learn new tips and tricks to get clear photos of your children using just your phone! These hikes will be toddler-paced with lots of stops to point out beneficial ideas for getting those picture-perfect shots! (AD)

**Participants must bring their own smartphones.**



## EarthJOY Tree Climb

Ages 5 and up (*ages 17 and under must be accompanied by a parent or guardian*)

**Saturday, September 14**

Time slots beginning at 11:00 a.m.

*Green Park*

*6661 Green Park Dr.*

**Fee:** \$40 per person climbing

**Registration deadline:** 10:00 a.m. the day before the climb

Connect to nature in a unique way by climbing the beautiful white oak at Green Park! Certified instructors from EarthJOY Tree Climbing will assist you in swinging from branches or climbing as high as possible! Sessions are 90 minutes.

To register for a climb, visit <http://earthjoyvillage.com/treeclimbing>.

## Fall Family Camping

All ages

**Friday, October 4 – Saturday, October 5**

5:30 p.m. – 9:00 a.m.

*Bill Yeck Park, Smith House*

*2230 E. Centerville Station Rd.*

**Fee/family of up to 8:** \$30 residents, \$36 nonresidents

**Registration deadline:** Friday, September 27



Observe the seasonal changes all night long! The Park District will provide hot dogs, s'mores and some light breakfast options. We will play games and go on a night hike! The Smith House will remain open through the night for restroom use. This is a “Tools to Trek” program. (KL)

**If you are bringing more than one tent, please let us know. Children must be accompanied by an adult. No pets, please.**



## Backpack Adventures

Our mission is to deliver fun, healthy and outstanding park experiences. We recognize that does not always come in the form of a traditional park program. We'd like to help you create your own unique park experiences with CWPD Adventure Packs! Visit park headquarters at Activity Center Park to borrow a backpack that includes everything you need to explore the many natural habitats of your 50 parks — including creeks, forests, and meadows. Backpack supplies vary by age and by season.

There is a \$20 refundable deposit for the 7-day loan.

**Family Pack (ages 0 – 8)**

**Family Pack (ages 9 and up)**

**Teen Pack (ages 13 – 17)**

**Adult Pack (ages 18 and up)**

**Online resident registration begins Monday, August 12, 10:00 a.m.**





## AccessAbility

All ages

*New!*

A new collaboration between the Centerville-Washington Park District, Washington-Centerville Public Library and the Washington Township Recreation Center! AccessAbility rotates locations based on the monthly host. Activities will be adapted to give participants of all ages and abilities an enriching sensory, social and physical experience. (KM)

### Trail Sense

**Wednesday, September 18**

6:00 p.m.

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



Hike the paved path to sense all the signs of summer's departure and fall's arrival! We will provide tools and equipment to help us with our nature discoveries! This is a "Tools to Trek" program. Please dress for the weather.

For more information and to register visit [www.cwpd.org](http://www.cwpd.org).

### Halloween Carnival

**Friday, October 25**

6:00 p.m.

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

**Fee:** \$8 resident (includes 1 adult/caregiver + 1 child), \$10 nonresident (includes 1 adult/caregiver + 1 child), \$3 each additional child

Join us for a sensory-friendly Halloween carnival! There will be a costume contest, carnival games and other fun activities. Don't forget to bring your trick or treat bags for some goodies. All members of the family will have a howling good time!

For more information and to register visit [www.washingtontwp.org/recreation](http://www.washingtontwp.org/recreation)

### Afternoon at the Movies

**Saturday, November 23**

2:00 – 4:00 p.m.

*Woodbourne Library  
6060 Far Hills Ave.*

Join us for a sensory-friendly showing of *Beauty and the Beast*, a Walt Disney Pictures live-action film. The room will be lighter, the volume will be lower, and audience members are welcome to talk, sing or move around. Snacks and water are provided. Bean bags and pillows are welcome.

For more information and to register visit [www.wclibrary.info](http://www.wclibrary.info)

### Spider Search

All ages

**Saturday, October 19**

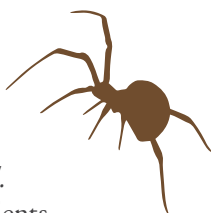
1:00 – 2:30 p.m.

*Grant Park  
501 Normandy Ridge Rd.*

**Fee/family:** \$4 nonresidents



Spiders are so cool! Learn the basic characteristics of spiders before striking out in search of these 8-legged ecosystem rock stars! Containers and identification guides provided. This is a "Tools to Trek" program. (KL)



### Homeschool Nature Club:

#### *Deciduous vs. Evergreen*

All ages

**Thursday, November 7**

10:00 – 11:30 a.m.

*Forest Field Park  
2100 E. Centerville Station Rd.*

**Fee/family:** \$4 nonresidents

What are the ecological advantages of being evergreen? What about deciduous? On this tree-mendous hike, we will discuss the different life strategies our leafy friends employ.

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

### Gratitude Scavenger Hunt

All ages

**Saturday, November 23**

4:00 – 5:30 p.m.

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

*New!*

Gratitude is the best attitude! Spend a one-mile hike seeking life's little treasures. We will finish up in time to appreciate the sunset! (AP)



Registration closes 48 hours prior to program unless otherwise indicated.

## FAMILY WELLNESS

### Friends & Family Hike Series

#### Fall Fever

All ages

**Wednesday, September 25**

5:30 – 6:30 p.m.

*Bill Yeck Park, Smith House*

*2230 E. Centerville Station Rd.*

Take in the sights, sounds and smells of the fall season. Join staff and volunteer guides as we hike in and around Bill Yeck Park. Please dress for the trails and bring water. Strollers are not recommended. (JH)

#### Take a Hike Day

All ages

**Sunday, November 17**

9:30 – 11:00 a.m.

*Grant Park*

*501 Normandy Ridge Rd.*

Join staff for National Take a Hike Day as we lead you through the park. This hike is part of our Friends and Family Hike series. Trails will be marked so you may hike at your own pace. Please dress for the trails and bring water. Strollers are not recommended.

Registration is requested. (JH)

Attend at least three of the Friends & Family Hikes in 2019 to receive a free t-shirt! National Take a Hike Day is the final Friends & Family Hike of the year.

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



### Fall About Archery

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

**Thursday, September 26**

5:30 – 7:00 p.m.

*Oak Grove Park, Archery Range*

*1790 E. Social Row Rd.*

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

**Registration deadline:** Monday, September 23

We will learn the basics of NASP competition-style archery with basic instruction. Use the skills you learn in a friendly competition. All equipment is provided. (AP)

Parents, friends and family are the most influential to youth participation in outdoor activities.

Exposure to nature can reduce stress levels by as much as 28% in children!

Source: National Environmental Education Foundation

## ADULT PROGRAMS

### Booked for Lunch

Ages 18 and up

**Wednesdays, September 4, October 2 & November 6**

11:30 a.m. – 12:30 p.m.

*Bill Yeck Park, Smith House*

*2230 E. Centerville Station Rd.*



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

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

**Due to space limitations, pre-registration is required for all Booked for Lunch meetings at the Smith House. A monthly drop-in discussion of the same book is also offered on the same day of each month at the Woodbourne Library from 1:30 – 2:30 p.m.**



**September's Discussion**  
*Everyone Brave is Forgiven*, by Chris Cleave



**October's Discussion**  
*Winesburg, Ohio*, by Sherwood Anderson



**November's Discussion**  
*Killers of the Flower Moon: The Osage Murders and the Birth of the FBI*, by David Grann

Online resident registration begins  
Monday, August 12, 10:00 a.m.





## Clay Fairy Houses

Ages 14 and up

**Fridays, September 6 & 13**

7:00 – 8:30 p.m.

*Bill Yeck Park, Smith House*

*2230 E. Centerville Station Rd.*

**Fee:** \$42 residents, \$53 nonresidents

**Registration deadline:** Monday,  
September 2

Join Decoy Art Center to make your own unique fairy house out of 2 lbs. of clay! We will spend the second evening painting the fairy houses. They will be fired and available for pick up in approximately one week. (AD)



## Cell Phone Tips and Tricks for Kiddo Photography

Ages 18 and up

*Bill Yeck Park, Smith House*

*2230 E. Centerville Station Rd.*

**Fee/session:** \$40 residents, \$60 nonresidents

### Session A

**Saturday, September 7**

10:00 a.m. – 12:30 p.m.

**Registration deadline:** Monday,  
September 2

*New!*

### Session B

**Thursday, September 19**

5:30 – 8:00 p.m.

**Registration deadline:** Friday,  
September 13

It can be tricky to get great pictures of your kids while they're on the move — especially when you want to capture the perfect moment before it passes you by! Professional photographers Heidi and Ben will teach you the fundamentals of photography and how to work with your kiddos! Feel confident taking photos you love by learning techniques that help you discover your style. Shoot in a way that works for you. Learn how to get your children to cooperate and know when to call it quits if it's not working! They will teach important tricks to know the exact location of your favorite photos — instead of losing them in the camera roll — and their secret to making sure you never lose another photo. (AD)

**Participants must bring their own smartphones. Classes will be similar; sign up for whichever one best fits your schedule!**



## Hike With a Naturalist:

### Donnybrook Fen Tour

Ages 14 and up

**Tuesday, September 10**

6:00 – 7:30 p.m.

*Donnybrook Park*

*6161 Millbrook Dr.*

**Fee:** \$4 nonresidents

Tour Donnybrook's unique fen habitat and learn the difference between various wetland types. (KL)

## Adult Crafting Club

Ages 18 and up

**Wednesdays, September 11, October 9 & November 13**

6:30 – 8:00 p.m.

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

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

**Registration deadline:** Thursday,  
September 5

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

## Hike and Sketch

Ages 16 and up

**Saturday, September 14**

10:00 – 11:30 a.m.

*Grant Park*

*501 Normandy Ridge Rd.*

**Fee:** \$5 residents, \$8 nonresidents

**Registration deadline:** Monday,  
September 9

Join local artist Andrew Dailey for an outdoor drawing session. Get inspired while casually hiking through the park. Participants will make a few stops along the way to draw the beautiful surroundings. Basic drawing materials available for use or bring your own preferred drawing supplies. (AP)



Registration closes 48 hours prior to program 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 a 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.*

### Bat-tastic

**Monday, September 16**

Bats are very helpful creatures to have in our habitats. Learn how they survive the harsh Ohio winters and help keep an ecosystem in balance.

Registration is not required. (KL)

### Bald Eagles

**Monday, November 18**

Learn about the life and times of the bald eagle. We will focus on their basic life history, how they became our national bird and their successful recovery from near extinction!

Registration is not required. (KL)



### Glass Fusing: Wind Chime

Ages 16 and up

**Mondays, September 16 & 23**

6:00 – 8:30 p.m.

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

**Fee:** \$65 residents, \$85 nonresidents

**Registration deadline:** Friday,  
September 13

During this two-session class, you will create a beautiful wind chime! Choose your own theme and colors. During the first class, we will create all of the glass work and in the second class, we will string it all together. The top portion of the chime is an 8-inch circle. All materials included. (AD)

**Participants must be able to attend both sessions. Projects available for pick up one week after class.**

### The Art of Sprouting

Ages 16 and up

**Monday, September 16**

6:00 – 7:30 p.m.

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

**Fee:** \$20 residents, \$24 nonresidents

**Registration deadline:** Tuesday,  
September 10

Winter is coming! Five days after this class, you can be adding wonderful nutritious greens to your eating plan and enjoy them throughout the winter! We will discuss the nutritional benefits of adding sprouts to your meals. We will also demonstrate the ease of growing sprouts in your own kitchen.

You will have the opportunity to taste several different types of sprouts and learn how to use them in cooking/meal preparation. Class is taught by Patti McCormick, RN, Ph.D., from the Institute of Holistic Leadership. Sprouting jars and lids will be available for purchase, however you do not need to purchase them to attend. (AD)

*New!*

### Getting Out & Enjoying Nature! (GOEN)

Ages 18 and up  
10:00 – 11:00 a.m.

#### Walk A

**Thursday, September 26**

*Bill Yeck Park Rooks Mill Entrance  
8798 Rooks Mill Ln.  
(natural path)*

#### Walk B

**Thursday, October 24**

*Countryside Park (meet at Rec West)  
965 Miamisburg-Centerville Rd.  
(paved path)*

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

### Hike with a Rescue Dog

Ages 16 and up

**Saturday, October 5**

**(Rain date: Saturday, October 12)**

8:30 – 11:00 a.m.

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

SICSA and CWPD are teaming up to bring rescue dogs to the trails of Bill Yeck Park! SICSA will start the morning providing training to all volunteers. Then participants will take the dogs out to explore the trails! Please wear comfortable hiking shoes and clothes, and bring water. SICSA will have all equipment necessary for the dogs.

Preregistration is required at  
[www.sicsa.org/events/](http://www.sicsa.org/events/). (AD)

**Online resident registration begins  
Monday, August 12, 10:00 a.m.**



## ADULT WELLNESS

### Strollers in Motion

Adult caregivers with child 6 weeks – Pre K  
9:30 – 10:30 a.m.  
*Schoolhouse Park*  
1875 Nutt Rd.

**Fee/session:** \$24 residents, \$32 nonresidents

#### Session A

**Mondays, August 26 – September 30**  
(no class September 2)

#### Session B

**Mondays, October 7 – November 4**

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

### Strollers in Motion Fall/Winter Pass

Adult caregivers with child 6 weeks – Pre K  
**Fee:** \$28 residents, \$36 nonresidents

You can purchase a Strollers in Motion pass to use for four classes. The pass is good for classes held September 2019 – February 2020 at any Centerville Strollers in Motion class. If you cannot make it to an entire five-week session, this may be the solution for you! (JH)

### Strollers in Motion Boot Camp

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

*Forest Field Park*  
2100 E. Centerville Station Rd.

#### Session A

**Saturdays, September 7 – October 5**

**Fee/session:** \$24 residents, \$32 nonresidents

#### Session B

**Saturdays, October 12 – November 9**

(no class November 2)

**Fee/session:** \$19 residents, \$25 nonresidents

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



### Ice Age Discovery

Ages 14 and up

**Friday, November 8**

7:00 – 9:00 p.m.

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

**Fee:** \$4 residents, \$6 nonresidents

Learn the story of the Ice Age firsthand. We will travel back 19,000 years to when glaciers began to retreat in the Ohio Valley. We will learn about the unique animals that once inhabited our region. The interactive program will include movie highlights to illustrate the presentation topics. (AP)



Registration closes 48 hours prior to program unless otherwise indicated.





## A Walk in the Park

Ages 18 and up

### Session A

**Tuesdays & Fridays, September 3 – November 22**

9:30 – 10:30 a.m.

### Session B

**Thursdays, September 5 – October 24**

6:00 – 7:00 p.m.

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

Staff will join the walks from time to time. There is no registration deadline for this program. Join anytime! (JH)

Date	Park
September 3/5/6	Forest Field
September 10/12/13	Iron Horse
September 17/19/20	Yankee
September 24/26/27	Oak Creek South
October 1/3/4	Holes Creek*
October 8/10/11	Robert F. Mays
October 15/17/18	Oak Grove
October 22/24/25	Schoolhouse
October 29/November 1	Forest Field
November 5/8	Iron Horse
November 12/15	Yankee
November 19/22	Oak Creek South

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



## Trail Trekking

Ages 18 and up

Fee: \$15 nonresidents

### Session A

**Tuesdays, September 3 – October 22**

6:00 – 7:00 p.m.

### Session B

**Thursdays, September 5 – November 21**

9:30 – 10:30 a.m.

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

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

Date	Park
September 3/5	Holes Creek*
September 10/12	Robert F. Mays
September 17/19	Oak Grove
September 24/26	Schoolhouse
October 1/3	Forest Field
October 8/10	Iron Horse
October 15/17	Yankee
October 22/24	Oak Creek South
October 31	Holes Creek*
November 7	Robert F. Mays
November 14	Oak Grove
November 21	Schoolhouse

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

## Hike for Your Health

Ages 18 and up

**Wednesdays, September 4 – November 20**

9:30 – 10:30 a.m.

Fee: \$15 nonresidents

This program will get your heart rate up and get you moving! Staff and volunteers will lead you on these guided, self-paced hikes. Get to know the parks better and meet new people. All hikes are on natural trails.

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

Date	Park
September 4	Bill Yeck, McGuffey Meadow
September 11	Forest Field
September 18	Grant, Normandy
September 25	Bill Yeck, Smith House
October 2	Grant, Watts
October 9	Bill Yeck, Rooks Mill
October 16	Forest Field
October 23	Grant, Normandy
October 30	Bill Yeck, Smith House
November 6	Grant, Watts
November 13	Bill Yeck, Rooks Mill
November 20	Forest Field



Online resident registration begins  
Monday, August 12, 10:00 a.m.



## Trail Running Group

Ages 18 and up

**Wednesdays, September 4 – October 16**

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.

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

Date	Park
September 4	Grant
September 11	Bill Yeck
September 18	Grant
September 25	Bill Yeck
October 2	Grant
October 9	Bill Yeck
October 16	Grant

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



## HIIT Yoga

Ages 18 and up

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

*New!*

### Session A

**Wednesdays, September 4 – October 2**

6:00 – 7:00 a.m.

**Fee:** \$24 residents, \$32 nonresidents

### Session B

**Wednesdays, October 2 – October 30**

6:00 – 7:15 p.m.

**Fee:** \$30 residents, \$39 nonresidents

### Session C

**Wednesdays, October 16 – November 13**

6:00 – 7:00 a.m.

**Fee:** \$24 residents, \$32 nonresidents

High-intensity interval training, Tabata, yoga and meditation all in one class! New studies show that we may only need 20 – 30 minutes per week (not day) of hi-intensity training for optimal cell function, longevity, muscle tone, muscle definition and anti-stress. Achieve greater benefits from yoga and meditation after this fun workout. This class is for all fitness levels with emphasis on the fact that no two people are alike and encourages each person to work at their own pace.

Please bring a yoga mat and water. (JH)

## Yoga in the Park

Ages 18 and up

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

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

### Session A

**Saturdays, September 7 – October 12**

7:45 – 8:45 a.m.

### Session B

**Saturdays, September 7 – October 12**

9:00 – 10:00 a.m.

### Session C

**Mondays, September 9 – October 14**

9:30 – 10:30 a.m.

### Session D

**Saturdays, October 19 – November 23**

7:45 – 8:45 a.m.

### Session E

**Saturdays, October 19 – November 23**

9:00 – 10:00 a.m.

### Session F

**Mondays, October 21 – November 25**

9:30 – 10:30 a.m.

Method Yoga Studio's Megan Lees leads these yoga classes for all levels. Classes include warm-up, breath work, standing poses, flowing poses and end with relaxation. Please bring a yoga mat and water. Class will be held on the deck overlooking the meadow with the option to move indoors in the event of inclement weather. (JH)



Registration closes 48 hours prior to program unless otherwise indicated.

Registration is required for all programs unless otherwise indicated.

## Tai Chi for Wellness

Harvard School of Integrative Medicine tells us the slow meditative movements, deep breathing and relaxation characteristic of Tai Chi practice creates 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. All Tai Chi classes are taught by certified Integral Qigong and Tai Chi instructor Judy Wilson.

### Beginner Tai Chi

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

#### Session A

**Saturdays, September 7 – 28**

10:30 – 11:30 a.m.

**Fee:** \$19 residents, \$25 nonresidents

#### Session B

**Saturdays, November 2 – December 7**

10:30 – 11:30 a.m.

**Fee:** \$29 residents, \$38 nonresidents

#### Session C

**Wednesdays, November 6 –  
December 11**

7:00 – 8:00 p.m.

**Fee:** \$29 residents, \$38 nonresidents

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

### Intermediate Tai Chi

Ages 18 and up  
7:00 – 8:00 p.m.  
*Grant Park, Kennard Nature Nook*  
6588 McEwen Rd.

#### Session A

**Mondays, September 9 – 30**

**Fee/session:** \$19 residents, \$25 nonresidents

#### Session B

**Mondays, November 4 – December 9**

**Fee/session:** \$29 residents, \$38 nonresidents

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



### Fit Fusion

Ages 18 and up  
**Thursdays, September 5 – October 24**  
(no class September 19 or October 3)  
6:00 – 7:00 p.m.  
*Yankee Park*  
7500 Yankee St.  
**Fee:** \$29 residents, \$38 nonresidents

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



"Autumn ...  
the year's last,  
loveliest smile."

– William Cullen Bryant

Online resident registration begins  
Monday, August 12, 10:00 a.m.

Registration is required for all programs unless otherwise indicated.



## Zumba Wake-up Workout

Ages 18 and up

7:00 – 8:00 a.m.

*Grant Park, Kennard Nature Nook*

*6588 McEwen Rd.*

**Fee/session:** \$29 residents, \$38 nonresidents

### Session A

**Tuesdays, September 24 – November 12**

### Session B

**Thursdays, September 26 – November 14**

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

## Zumba

Ages 18 and up

**Tuesdays, September 24 – November 12**

6:30 – 7:30 p.m.

*Grant Park, Kennard Nature Nook*

*6588 McEwen Rd.*

**Fee:** \$29 residents, \$38 nonresidents

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

## Aromatherapy to Strengthen the Immune System

Ages 16 and up

**Tuesday, October 8**

6:00 – 7:30 p.m.

*Bill Yeck Park, Smith House*

*2230 E. Centerville Station Rd.*

**Fee:** \$20 residents, \$24 nonresidents

**Registration deadline:** Tuesday, October 1

*New!*

Did you know some essential oils can kill viruses and bacteria in your home or work area? Inhaling some essential oils can help open a stuffy nose!

Patti McCormick, RN, Ph.D. from the Institute of Holistic Leadership will show you how to use essential oils to strengthen your immune system. Learn which oils can keep you healthy in cold and flu season. We will talk about prevention and how to relieve symptoms naturally. Learn a formula for an all natural “menthol rub” for adults and children. Essential oil safety precautions for children and pets will also be discussed. (AD)

## Taking Action Against Breast Cancer

Ages 18 and up

**Thursday, October 10**

6:30 – 8:00 p.m.

*Grant Park, Kennard Nature Nook*

*6588 McEwen Rd.*

**Fee:** \$5 residents, \$7 nonresidents

*New!*

Do certain foods fuel cancer? What about toxic emotions and stress?

Join Certified Holistic Cancer Coach Jackie Rusek Zofkie, for an interactive discussion about breast cancer. Learn about the types of cancer, treatment options, the top 20 anti-cancer tips and practical recipes for prevention from a five-year survivor/thrivers. (JH)



Looking for more opportunities for fun recreation? Check out the many offerings from the Washington Township Recreation Center and the Rec West Enrichment Center! Look for their fall/winter program guide, or, visit [www.washingtontwp.org/recreation](http://www.washingtontwp.org/recreation)

Washington Township offers many great opportunities such as:

- Swimming lessons
- Indoor exercise classes
- Senior citizen activities
- Woodland Lights
- Sports, and much more!



895 Miamisburg-Centerville Road  
937-433-0130

Registration closes 48 hours prior to program unless otherwise indicated.





## 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 setup your account and enroll for your program.



#### It's easy

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



#### It's environmentally friendly

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

**Online resident registration begins August 12.**

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

Visit <https://cwpd.recdesk.com> to register. To expedite your registration, create an account prior to 10:00 a.m. on August 12. Centerville and Washington Township residents, **please list Dayton as the city in your address** or the site will not recognize you as a resident. This website can be used for free programs and for fee-based programs with a debit or credit card.

### 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 CWPDP 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 for All

We are committed to providing programs, services and facilities that ensure inclusive and adapted access for all. Please contact us for a personalized approach to individual accommodations.

### 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, August 12  
at 10:00 a.m.**

**Online Nonresident Registration Begins  
Monday, August 19  
at 10:00 a.m.**



# FALL EVENTS AT-A-GLANCE

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Fri, Nov 15	Intergenerational Series: It's Turkey Time	7
Sun, Nov 17	Take a Hike Day Friends & Family Hike	14
Sat, Nov 23	Gratitude Scavenger Hunt	13

See inside for our popular series programs such as **Adult Crafting Club**, **Around the World**, **Creative Kids Corner**, **Children's Yoga Series**, **Hike for Your Health**, **MusicMania**, **Outdoor Explorers**, **Tai Chi**, **Trail Trekking** and more!