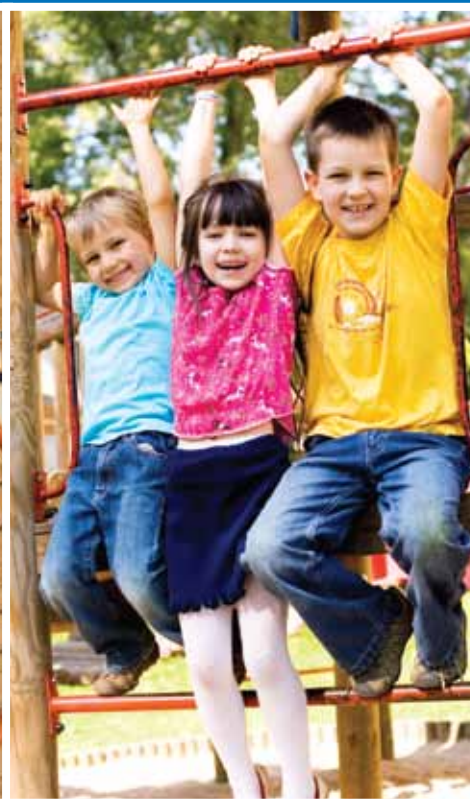




FALL ACTIVITY GUIDE



SEPTEMBER – DECEMBER **2011**



REGISTER NOW FOR ALL
PROGRAMS OFFERED IN THE FALL
ACTIVITY GUIDE! REGISTER IN PERSON
AT THE RECREATION CENTER FRONT
DESK OR CALL 745-8550.

2011 FALL ACTIVITY GUIDE



This is your recreation guide for current classes, programs, and special events. If you need information concerning memberships and facility use, a Parks & Recreation Facility Guide is available at the Recreation Center Front Desk. You can also check us out online at www.blueash.com.

CONTACT INFORMATION:

Recreation	(513) 745-8550
Recreation Fax	(513) 745-8527
Golf Course	(513) 686-1280
Hazelwood Community Center	(513) 745-8549
Blue Ash Café	(513) 745-8422
Facility Rentals	(513) 745-8661
Sandtrap Sandwich Shop	(513) 686-1283
Field Conditions: Recreation	(513) 230-5799
Sports Center	(513) 230-5162
TTY (for hearing/speech impaired)	(513) 745-6251
Special Events Hotline	(513) 745-6259
E-Mail	recreation@blueash.com
WebSite	www.blueash.com

PAYMENT

Payment may be made by cash, check, Visa or MasterCard. Checks are payable to CITY OF BLUE ASH. There is a \$20 service fee for all checks not honored, for any reason, by the bank.

REFUNDS

Refunds will be issued if the class is cancelled by the Recreation Department or if an entire session of classes that meets continually cannot offer make-up classes. Registration of a class acknowledges participant accepts these terms. Please allow approximately three weeks for receipt of your refund.

CANCELLATION OF CLASSES

The Recreation Department reserves the right to cancel any class, event, or activity. Decisions to cancel classes are made 5 to 7 days prior to the beginning of the session. Please register for programs early so minimum class participation can be met. In the event of department cancellation, a full refund is issued. Decisions to offer advertised activities are based upon registration totals.

HOURS OF OPERATION

All hours may change as usage warrants. Call for current hours.

BUILDING HOURS

Monday - Thursday	6 AM - 10 PM
Friday	6 AM - 9 PM
Saturday	8 AM - 6 PM
Sunday	10 AM - 4 PM

MEMBERSHIP PROCESSING

Monday - Friday	6 AM - 7 PM
Saturday & Sunday	10 AM - 2 PM

TOT ROOM

M, W, F	8:45 AM - 1 PM
T & Th	9 AM - 1 PM
CLOSED	SAT, SUN

HOLIDAY HOURS

Wednesday, 11/23	6 AM - 6 PM
Friday, 11/25	9 AM - 9 PM
Saturday, 12/24	8 AM - 3 PM
Monday, 12/26	10 AM - 9 PM
Saturday, 12/31	8 AM - 3 PM
CLOSED 11/24, 12/25, & 1/1/12	

BLUE ASH CAFÉ HOURS

Monday - Friday	11 AM - 2 PM
Wednesday Evening	5:30 - 8 PM

The City of Blue Ash does not discriminate on the basis of race, religion, national origin, gender, or disability in the provision of services.

STROLLER TIME ON THE TRACK

CURRENT FITNESS MEMBERSHIP REQUIRED
Guest fees apply. Single wide strollers ONLY!

Day	Time
TU/TH	9:00 - 11:00 AM

TOT PLAY

Open gym for little ones. Drop-in playtime, no instructor.
Open to members and their guests. Guest fees apply.

Day	Time
MON	9:00 - 11:00 AM

CLIMBING WALL (OPEN TO THE PUBLIC)

MON - FRI 5:30 - 8:30 PM SAT & SUN Noon - 4:00 PM

Admission Rates*

Belay Certification: \$10 per person (free for members)
10-visit Punch Pass: \$40 **1-Day Pass:** \$5 per person
30-Day Pass: \$25 single/\$50 family
90-Day Pass: \$70 single/\$140 family

*All Passes include equipment rental; harness, belay device, carabiner, and shoes (certain sizes may not be available).
 Fitness Center Members may access bouldering all other times.
 Fitness Center Rules Apply (including age limits).

MARTIAL ARTS FITNESS & WELLNESS

TAEKWONDO KOREAN MARTIAL ARTS

(Ages 5 & Up)

This form of Martial Arts is a versatile style of self-defense. The primary focus is the physical and mental development of each student. The students will develop balance, flexibility, power, endurance, self-respect, self-confidence, perseverance, and leadership skills. Classes are taught by certified Black Belt instructors, Master Troy Gaines - 5th degree Black Belt and owner of Ohio Taekwondo Academy and his son Mr. Troy Gaines - 3rd degree Black Belt. Master Gaines has over 19 years of experience.

Session: Monthly (register directly with instructor)

Website: www.ohiotkdacademy.com

Level	Day	Time
Beg.	TUE/THU	6:00 - 7:00 PM
Int.-Adv	TUE/THU	6:00 - 7:30 PM
All	TUE/THU	12:00 Noon - 1:00 PM

PASS FEES PAYABLE TO INSTRUCTOR

Monthly Pass: \$50 (Family Discount: \$45 per student for 3 or more family members)

3-Month Pre-Pay Pass: \$135 (includes uniform)

Uniform: \$28.99

Instructor: Master Gaines, (513) 729-1487

KARATE

(Ages 6 & Up)

Shuri-Ryu is authentic karate for the purpose of self-defense. Instruction includes karate, jujutsu and Okinawan kobudo weaponry. Within karate the student learns the mastery of self. Karate includes mental discipline, physical and emotional control, and personal development. Karate training improves the character of the student. Classes are taught by Sensei Mairose and registered black belt instructors. Cincinnati Shuri-Ryu is a nationally registered and recognized school.



Day	Level	Time
W & F	Beginners	6:00 - 6:50 PM
W & F	Int/Adv.	6:00 - 7:35 PM
W	Black Belts	7:45 - 8:35 PM

Monthly Pass: \$60

Family Discount: \$60 for first student, \$40 for each additional family member

3-Month Pre-Pay Pass: \$165

Black Belts: \$35

Instructor: Sensei Mairose, 4th Dan, (513) 377-0136

Website: www.cincinnatiashuri-ryu.com

JAZZERCISE

Jazzercise is a total-body conditioning program. Certified instructors provide easy-to-follow cues and safety reminders. Classes combine a warm-up and aerobic segment, a muscle-toning segment, and stretching to give you a complete workout. Low and high impact formats allow you to work at your own pace. Babysitting available for some classes. (Ages 6 wks. - 9 yrs.)

CLASS SCHEDULE

Day	Time
MON - SAT	9:30 - 10:30 AM
MON/WED	6:00 - 7:00 PM
TUE/THU	4:30 - 5:30 PM
WED/FRI	6:15 - 7:15 AM
TUE (body sculpting)	6:00 - 7:00 PM
THUR (step)	6:00 - 7:00 PM
SAT (body sculpting)	8:30 - 9:15 AM
SUN	10:30 - 11:30 AM

FEES PAYABLE TO INSTRUCTOR

Single Class Pass: \$10

Monthly Pass (EFT): \$36

2-Month Unlimited Pass: \$92

Instructor: Sharon Struewing, (513) 934-1259

Website: www.jazzercise.com



**EVENT CENTER
NOW BOOKING
FOR 2012!**



The Cooper Creek Event Center located at the Blue Ash Golf Course is now booking for 2012. Planning a wedding, holiday party, bat/bar mitzvah celebration or corporate meeting? Contact Ann Wilson at (513) 745-8596 or awilson@coopercreekblueash.com to find out more about all we have to offer at the Cooper Creek Event Center!



www.coopercreekblueash.com

FITNESS CLASSES

GROUP FITNESS CLASS PASSES

We offer a variety of group fitness classes for ages 13 and up. Please refer to the chart on the middle page of this brochure for days and times. Class descriptions are provided below for the classes that are included when you purchase one of our group fitness class passes.

PASS FEES: Single-Class Pass: \$6,
Unlimited 30-Day Pass: \$35, Unlimited 4-Month Pass: \$120

HOOP DANCE by Shine Yoga Center

Hoop dance is a feel-good fitness class that puts a smile on your face while taking inches off your waist! You will learn to move and dance with the hoop on your waist, arms, hips, chest, and thighs. Hooping tones the core, helping you feel stronger, energized, and centered. No fitness experience needed. Loaner hoops are available or you may purchase one from the instructor for \$40.

MOMMY & ME STROLLER EXERCISE

Mommy and Me Stroller Exercise is a fitness program for new moms or dads and their babies. Each class offers a 60-minute workout that gives new Moms and Dads the opportunity to get into shape, while at the same time bond with their babies and make new friends.

CIRCUIT TRAINING

A cardio, strength, and flexibility class focused on providing participants with a balanced total body approach to fitness. This class is a great way to break up the monotony of your "normal routine" and learn new exercises in a group atmosphere.

ZUMBA

Zumba fuses Latin and international music and dance themes together for a great, dynamic, and effective fitness class. The routines combine fast and slow rhythms that tone, sculpt, and inspire!

POWER & ENDURANCE (PE)

A complete and functional approach to fitness focusing on attaining peak physical fitness for your age and ability level. Exercises emphasize total body training.

CARDIO CORE

This 45 minute cardio session will help you trim excess fat and give you the mid-section you've always wanted. Emphasis will be placed on strengthening and toning the abdomen, butt, hips and lower back.

SPORTS CONDITIONING

This total body workout provides a high intensity approach, but maintains a "work at your own pace" attitude that is suit-able for all levels of fitness. Workouts will vary and consist of exercises such as sprints, crunches, jump rope, and many others.

ABSOLUTELY CORE

30 minutes of gut blasting core work! ABSolutely Core combines a little cardio with a lot of core work to help you attain your body sculpting goals. Whether you are aiming for a six pack or just want to firm your middle up a little bit, this class is great for anyone wanting to get in better shape.

MIND & BODY CLASS PASSES

We offer a variety of mind and body classes for all ages and ability levels. Please refer to the chart on the middle page of this brochure for days and times. Class descriptions are provided below for the classes that are included when you purchase one of our Mind & Body class passes.

PASS FEES: Single-Class Pass: \$10, Unlimited 30-Day Pass: \$70, Ten-Class Pass: \$80

HATHA YOGA

Learn a beginner level yoga practice which develops core strength, alignment, and balance. Discover the simple techniques that relieve tension and stress. Experience the mind/body connection to promote health and well-being.

TAI CHI

Tai Chi is made up of slow movements and breathing exercises. Designed to allow chi, or energy, to flow freely throughout the body, Tai Chi will improve balance, health, awareness, agility, and coordination.

GROUP CYCLING

A 50-minute indoor cycling class focusing on cardio challenges, hill climbs with varying speeds and resistance for all participant levels.

TRX CLASSES

TRX training is a type of training that uses your own body weight and gravity to build strength, flexibility, balance, mobility, core and joint stability, all while preventing injuries. The best part is all ability levels and ages can train on the TRX suspension trainer and achieve great results.

*If you have never taken a TRX class before you must have taken the TRX Introduction Class or show up 10 minutes previous to class time for a tutorial on how to properly use the TRX straps.

FREE CLASS - TRX INTRODUCTION CLASS

This class is a prerequisite to taking the TRX classes offered on the Mind/Body pass and is also a great way to learn the basics on the TRX and get started on your own. You will learn several staple TRX exercises and learn how to properly use and adjust the TRX straps.

FITNESS ORIENTATIONS

This 45 to 60 minute session is designed to introduce you to our equipment and the basic components of exercise. It will include completion of a workout card in which our fitness staff will note seat heights and other information for your future use. Orientations are given by appointment only. To schedule an orientation call or email Kaitlin Oelker, Fitness Center Manager, at (513) 745-8435 or kaitlinsmith85@gmail.com. New members are encouraged to take advantage of this FREE service.

Please note that anyone under the age of 16 is required to complete an orientation before using the fitness center.

FITNESS & WELLNESS



PERSONAL TRAINING

One of our nationally certified personal trainers will design a specialized program and work one on one with you in order to help you attain your personal goals. First, you will need to schedule an initial consultation. The consultation consists of a meeting in which we will establish your fitness goals, and take you through a series of assessments (wear workout clothes). Before your first “hands on” training session your personal trainer will use the information acquired during the initial consultation to design a program for you. The number of training sessions you purchase is dependent upon your wants and needs. Individual trainer information and fees can be found below. Please directly contact the trainer best suited for your needs to set up an appointment. General information can be obtained by contacting the Fitness Coordinator, Dan Guthrie at 745-6261.

GROUP TRAINING

Looking for a cheaper alternative to personal training, but a more personalized approach than a group fitness class? Our Group Training Classes could be just what you are looking for. This is perfect for a group of co-workers or friends who want to work together to achieve their fitness goals. Contact the trainers individually to sign up for a session. Trainers who are certified in specific areas are also able to run group sessions in specialized areas of fitness such as yoga, TRX Training, or group cycling. The sooner you call the better; classes will only run if there are enough participants. Check online at www.blueash.com under Parks and Recreation or on the “Fitness News” bulletin board in the fitness center for ongoing group training sessions and fee information.

LEVEL 1 TRAINERS

Level 1 Trainers have a nationally recognized personal training certification and are a great choice if you are looking to get back into shape.

Initial Consultation: \$50 per individual

Individual: \$30/hr

Individual 1/2 Hour: \$20 per 1/2 hr.

Group (2 or more): \$20/hr per person

Billy Gray: (513) 382-6464
billygray04@gmail.com

Rod Stidham: (514) 205-1525
rodstidham@gmail.com

LEVEL 2 TRAINERS

Level 2 Trainers have a minimum of 2 years experience training, have at least two nationally recognized certifications and have completed higher education of an Associates or Bachelors Degree.

Initial Consultation: \$50 per individual

Individual: \$40/hr

Individual 1/2 Hour: \$25 per 1/2 hour

Group (2 or more): \$25/hr per person

Kaitlin Oelker: (513) 295-2818
kaitlinsmith85@gmail.com

Cyndy Self: (513) 236-8568
cyndy.self@gmail.com

Kim Lainhart: (513) 300-5610
kklainhart@hotmail.com

Emily Leax: (317) 260-0295
emilyleax@yahoo.com

LEVEL 3 TRAINERS

Level 3 Trainers are our most experienced trainers. They hold a minimum of three nationally recognized certifications and have been training for no less than five years. They have also completed higher education of an Associates or Bachelors Degree.

Initial Consultation: \$50 per individual

Individual: \$50/hr

Individual 1/2 Hour: \$30 per 1/2 hour

Group (2 or more): \$30/hr per person

Andrew Stallworth (513) 300-0768
astallworth20@gmail.com

Dan Guthrie (513) 745-6261
dguthrie@blueash.com

Meghan Swigart: (513) 202-3488
megswigart@gmail.com





BLUE ASH RECREATION PROGRAM TIMES

For more information please visit www.blueash.com

	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			SATURDAY			
	STUDIO ONE	STUDIO TWO	RED GYM	BLUE GYM	STUDIO ONE	STUDIO TWO	RED GYM	BLUE GYM	STUDIO ONE	STUDIO TWO	RED GYM	BLUE GYM	STUDIO ONE	STUDIO TWO	RED GYM	BLUE GYM	STUDIO ONE	STUDIO TWO	BLUE GYM	STUDIO ONE	STUDIO TWO	BLUE GYM	
6:00 AM	PE 6:15-7:00am					Group Cycle 6:15-7:15am	Sports Cond. 6:15-7:00am		PE 6:15-7:00am			Jazzercise 6:15-7:15am		Group Cycle 6:15-7:15am	Sports Cond. 6:15-7:00am		PE 6:15-7:00am		Jazzercise 6:15-7:15am				
7:00 AM					Tai Chi 7:00-8:30am								Tai Chi 7:00-8:30am										
8:00 AM																							
9:00 AM	Cardio Core 9:00-10:00am			Jazzercise 9:30-10:30am	Mommy & Me 9:15-10:15am	Absolute Core 9:10-9:40am		Jazzercise 9:30-10:30am	Cardio Core 9:00-10:00am			Jazzercise 9:30-10:30am	Mommy & Me 9:15-10:15am	Absolute Core 9:10-9:40am		Jazzercise 9:30-10:30am	Cardio Core 9:00-10:00am		Jazzercise 9:30-10:30am	Circuit Train. 8:30-9:30am	Hatha Yoga 8:30-9:45am	Jazz. Sculpt 8:30-9:15am	
10:00 AM		Zumba 10:00-11:00am																		Zumba 9:45-10:45am	Group Cycle 10:15-11:15am	Jazzercise 9:30-10:30am	
11:00 AM													Zumba 10:35-11:35am							Zumba 11:00a-12:00p			
NOON	Cardio Core 12:00-12:45pm				Circuit Train 12:00-12:45pm	Taekwondo 12:00p-1:00p			Cardio Core 12:00-12:45pm				Circuit Train 12:00-12:45pm	Taekwondo 12:00p-1:00p			Cardio Core 12:00-12:45pm					TRX Class 11:30-12:30pm	
1:00 PM					Line Dancing 1:30-2:30pm																		
2:00 PM																							
3:00 PM																							
4:00 PM																							
5:00 PM	Tippi Toes 4:45-5:30pm		Sherwin's Star Sports 3:00-6:00pm (1/2 court)					Jazzercise 4:30-5:30pm															RED GYM Sherwin's Star Sports 3:00-6:00pm (1/2 court)
6:00 PM	Sports Cond. 6:00-7:00pm	Group Cycle 6:00-7:00pm		Jazzercise 6:00-7:00pm	Circuit Train. 5:45-6:45p	TRX Intro 6-7pm	Jazz. Sculpt 6-7pm	Hoop Dance 6:00-7:00pm	Taekwondo 6:00-8:00pm	Karate 6:00-8:35pm	TRX Class 6-7pm	Group Cycle 6-7pm	Zumba 6:00-7:00pm	Jazzercise 6:00-7:00pm									
7:00 PM	Zumba 7:15-8:15pm																						
8:00 PM			Basketball Leagues 7:00-10:00pm	Basketball Leagues 7:00-10:00pm	Tai Chi 7:30-9:30pm	Group Cycle 7:15-8:15pm							Basketball Leagues 7:00-10:00pm	Basketball Leagues 7:00-10:00pm									
9:00 PM													Tai Chi 7:30-9:30pm										

SUNDAY

GROUP FITNESS CLASSES

Our group fitness classes are taught by certified instructors. Taking a group fitness class or two is easy with our flexible Unlimited Passes! These classes are for anyone 13 Years & older!

PASS FEES
 Single-Class Pass: \$6
 30-Day Pass: \$35
 4-Month Pass: \$120

CARDIO CORE
 Dan, Billy, Emily & Meghan
 Mon, Wed & Fri: 9:00 -10:00 AM
 Mon, Wed & Fri: 12:00 Noon - 12:45 PM

POWER & ENDURANCE (PE)
 Andrew Stallworth & Cyndy Self
 Mon, Wed & Fri: 6:15 - 7:00 AM

SPORTS CONDITIONING
 Tim Ritterbach & Kim Lainhart
 Tue & Thu 6:15-7 AM (RED GYM)
 Mon: 6:00 -7:00 PM

ABSOLUTELY CORE
 Kaitlin Oelker
 Tue & Thu: 9:10 - 9:40 AM

MOMMY & ME STROLLER EXERCISE
 Rebekah Breech-Erck and Mary Heilers (200-2980)
 Tue & Thu: 9:15 -10:15 AM
 Meet at the Nature Park on nice days otherwise in Studio 1

SEE PAGE 4 FOR COMPLETE CLASS DESCRIPTIONS!

ZUMBA
 Pilar Mahl (607-2572)
 Mon: 10:00 - 11:00 AM & 7:15 - 8:15 PM
 Wed: 6:00 - 7:00 PM (RED GYM)
 Thu 10:35 11:35 AM
 Sat: 9:45 -10:45 AM
 Sat: 11:00 AM - 12:00 Noon

CIRCUIT TRAINING
 Andrew Stallworth, Billy Gray & Rod Stidham
 Tue & Thu: 12:00-12:45 PM and 5:45 - 6:45 PM
 Sat: 8:30 - 9:30 AM

HOOP DANCE (RED GYM)
 Shine Yoga Center (533-9642)
 Tue: 6:00 -7:00 PM

MIND & BODY CLASSES

Our Mind & Body classes offer the flexibility to take all or just focus on one class with our Unlimited Visit Pass!

PASS FEES
 Single-Class Pass: \$10
 Unlimited 30-Day Pass: \$70
 10-Class Pass \$80

GROUP CYCLING
 Pilar Mahl (607-2572)
 Tue & Thu: 6:15 - 7:15 AM
 Mon & Wed: 6:00 - 7:00 PM
 Tue: 7:15 - 8:15 PM
 Sat: 10:15 - 11:15 AM

TRX
 Maggie Smith
 Sat: 11:30 AM - 12:30 PM
 Wed: 6:00 - 7:00 PM

TRX INTRO CLASS (FREE)
 Maggie Smith
 Tuesday 6:00 -7:00 PM

TAI CHI (18 years +)
 Tim Coletta (237-3579)
 Beginners: Tue/Thu 7:00 - 8:00 AM
 Advanced: Tue/Thu 7:00 - 8:30 AM
 Beginners: Tue/Thu 7:30 - 8:30 PM
 Advanced: Tue/Thu 7:30 - 9:30 PM

HATHA YOGA
 Noreen Luptowski CYT, RYT (891-6542)
 Session 1: Thursday 6:00 - 7:15 PM (Plainfield Room) Sept. 8 - Oct. 27
 Session 1: Saturday 8:30 - 9:45 AM Sept. 10 - Oct. 29
 Session 2: Thursday 6:00 - 7:15 PM (Plainfield Room) Nov. 3 - Dec. 15 (no class Nov. 24)
 Session 2: Saturday 8:30 - 9:45 AM Nov. 5 - Dec. 17 (no class Nov. 26)

SEE PAGE 4 FOR COMPLETE CLASS DESCRIPTIONS!

JAZZERCISE
 See page 3 for complete class description!

TAEKWONDO
 See page 3 for complete class description!

KARATE
 See page 3 for complete class description!

TIPPI TOES
 See page 9 for complete class description!

SENIOR LINE DANCING
 Join us for some social fun time!
 Contact Dee Roy with questions: 677-0546

SHERWIN'S STAR SPORTS
 See page 10 for complete class description!

VOLLEYBALL & BASKETBALL LEAGUES
 See page 10 for complete class description!

YOUTH & TEEN PROGRAMS & CLASSES

YOUNG REMBRANDTS

Young Rembrandts is a nationally recognized children's drawing program and is taught by one of our certified, trained staff instructors. At Young Rembrandts, we teach drawing, the fundamental skill of all visual arts. CLASSES MEET WEEKLY. Lessons NEVER duplicated! Materials included.

Fee: \$70 per child

Instructor: Young Rembrandts staff

To Register: Call (513) 779-5858 or www.youngrembrandts.com



Young Rembrandts

PRE-SCHOOL CLASS (Ages 3 1/2-6)

Day	Time	Dates
THUR	Noon - 12:45 PM	9/29 - 11/3

CARTOONING (Ages 6-13)

Day	Time	Dates
THUR	6:00 - 7:00 PM	9/29 - 11/3

WORLD OF SPANISH

Studies show that learning a second language at an early age enriches and enhances a child's mental development, especially their math and logic skills. Children will learn basic spanish vocabulary through games, songs, hands on activities and more!

Fee: \$70/Child

Instructor: World of Spanish

To Register: Call (513) 739-9516 or info@worldofspanishllc.com



PRESCHOOL SPANISH (Ages 3 - 5)

Day	Time
WED	5:00 - 6:00 PM

Session 1: 9/14 - 10/26

Session 2: 11/2 - 12/14

STARGLAZERS POTTERY FOR FAMILIES

(Ages 5+)

Classes are designed for families to participate in together! Kids must be supervised by an adult. Star Glazers will lead your family through the pottery process (finished pieces will be delivered to the Recreation Center for pick-up).

Fee: \$20/child, \$20/adult, Cash or Check only

Instructor: Ann Flynn, Star Glazers

To Register: Call (513) 474-6364

POTTERY HAND BUILDING & PAINTING

(2 day class)

Day	Time	Dates
SUN	1:30 - 3:30 PM	9/18 & 9/25

MY NOSE TURNS RED CIRCUS CLASS

(Ages 7 - 16)

Circus classes return to the Recreation Center! For beginner and intermediate students. Skills taught will include stilt walking, rolling globe, plate spinning, juggling, clowning and more. Sessions are designed to accommodate all children including those who are home-schooled.

Fee: \$125, additional siblings \$100

Instructor: Steve Roenker, director of My Nose Turns Red Youth Circus. Steve is a professional clown and youth circus educator.

To Register: Call (859) 581-7100 or rednose@fuse.net

DAYTIME SESSION

Day	Time
MON	9:30 - 11:00 AM

Session 1: 9/12 - 10/31

Session 2: 11/28 - 2/6/12

(no class 12/19, 12/26, & 1/16)

EVENING SESSION

Day	Time
WED	6:15 - 7:45 PM

Session 1: 9/14 - 11/2

Session 2: 11/30 - 2/8/12 (no class 12/21, 12/28, 1/25)

KIDS KLIMB

(Ages 6 - 11)

Join us for fun, games, and climbing with your friends. Belayer provided. Pizza and drinks will be served at 5 PM.

Fee: \$15/child per date **Instructor:** Recreation Staff

To Register: Register in person at the Recreation Center or call (513) 745-8550.

Day	Time
SAT	3:30 - 5:30 PM

Session 1: 9/17 **Session 2:** 11/19

TEEN CLIMB

(Ages 12 - 15)

Bring a friend and enjoy a fun night at the Climbing Wall. We'll belay and feed you dinner (pizza and drinks). Space is limited for this popular program!

Fee: \$15/teen per date **Instructor:** Recreation Staff

To Register: Register in person at the Recreation Center or call (513) 745-8550.

Day	Time
SAT	3:30 - 5:30 PM

Session 1: 10/15 **Session 2:** 12/10

TIPPI TOES

(Ages 3 - 6)

Ballet, Tap & Jazz

Dance Class: We incorporate an even mix of the three types of dance over the 45 minute class time using fun and high-energy music. Leotards and ballet shoes are the preferred dance attire.

Fee: \$45/monthly **Instructor:** Tippi Toes

To Register: Go to www.tippitoesdance.com/Ohio.cfm
For questions, contact Andrea at (513) 578-1280 or andrea@tippitoesdance.com.



Day	Time	Session
MON (begins 8/29)	4:45 - 5:30 PM	Monthly
THUR (begins 9/1)	10:00 - 10:45 AM	Monthly

\$30 one-time registration fee payable to instructor.

BUILD A MODEL WORKSHOP

(Ages 6 - 11 yrs + Adult)

Blue Ash Recreation Center is setting up our own hobby studio this fall. Spend some family time building snap-together and 3-D models. This is a perfect activity for a child and parent to work on together.

Fee: See below. Fee includes adult, child, model, pizza and drink.

Instructor: Recreation Staff

To Register: Register in person at the Recreation Center or call (513) 745-8550. (Registration required 2 weeks in advance of course date). Contact Joan at (513) 745-8643 or jwells@blueash.com to see what models are available.

Day	Time
SUN	1:30 - 3:00 PM

Session 1: 10/9, \$18 - Snap Together Model Building

Session 2: 12/11, \$23 - 3D LED Puzzle Building

PAPER ART & GIFT MAKING WORKSHOP

(Ages 6 - 12)

Join us for these creative workshops. Create gifts, greeting cards, gift bags, scrap books, and much more!

Fee: \$12/child per date **Instructor:** Recreation Staff

To Register: Register in person at the Recreation Center or call (513) 745-8550.

Day	Time
TUE	4:00 - 5:30 PM

Session 1: 9/20, Decorative box and gift set

Session 2: 10/18, Halloween themed mini scrap book

Session 3: 11/15, Turkey Treat Holder and greeting card

Session 4: 12/13, Holiday gift bag, treat, and gift card

PARENTS NIGHT OUT

(Ages 9 months - 12 yrs)

Parents...how about a night out on the town without the kids? This program offers you a night out while your 6 - 12 yr. old children are enjoying dinner, games, crafts and a movie. The Tot Room will be available for the 9 month - 5 yr olds (please bring dinner or feed younger children before bringing them to the Tot Room).

Fee: \$15/child, additional siblings \$10

Instructor: Recreation Staff

To Register: Register in person at the Recreation Center or call (513) 745-8550.

Day	Time	Date
FRI	6:00 - 10:00 PM	10/21

PRINCESS TEA PARTIES

(Ages 5 - 10 yrs + Adult)

Bring a favorite adult family member with you to this Princess Tea Party. We will provide tea, lemonade, and treats to enjoy. Make your own Fairy Garden or Bug Garden. Come dressed in your favorite tea party outfit!

Fee: \$15, includes child and adult

Instructor: Recreation Staff

To Register: Register in person at the Recreation Center or call (513) 745-8550.

Day	Time
SUN	1:30 - 3:00 PM

Session 1: 9/11, Fairy Garden Tea Party

Session 2: 11/13, Bug Garden Tea Party



YOUTH & ADULT SPORTS

SHERWIN STAR SPORTS TRAINING CLINICS



Blue Ash Recreation Center is proud to offer youth basketball training clinics through Sherwin's Star Sports. Contact Sherwin Anderson at (513) 602-STAR (7827) for details and registration information.

Days	Times
Mon, Wed, & Fri	3:00 - 6:00 PM

BIDDIE BALL

A professionally organized basketball camp for youth ages K-4 that gives kids the opportunity to learn the FUNdamentals and team building skills. Campers will interact with enthusiastic counselors and have the opportunity to participate in a fun and positive environment. This program's goal is to teach confidence, self-control and perseverance through the great game of basketball! All camps are held at the Blue Ash Recreation Center.

Fall Session	Winter Session
Saturdays 9 - 11 AM	Saturdays 9 - 11 AM
Sept. 17 - Oct. 29	Jan. 7 - Feb. 18
Ages: K-4	Ages: K-4
Fee: \$100	Fee: \$100

SKYHAWKS



Skyhawks programs are the centerpiece in delivering quality sports programs that not only equip the athlete with physical skills, but also teach life skills through athletics! Skyhawks level programs teach the fundamentals in an appropriately competitive environment where winning and losing are not everything, but are a simple part of the game on the field and in life. Each camp includes quality instruction, t-shirt and merit award. All participants must register at www.skyhawks.com to receive their free t-shirt. All sessions are held on the fields behind the Blue Ash Recreation Center.

Tiny Hawk (B-ball and Soccer)

Dates	Ages	Times	Fee
9/22 - 10/20	3-4	5 - 6 PM	\$69

Tiny Hawk (B-ball, baseball and Soccer)

Dates	Ages	Times	Fee
9/22 - 10/20	4-7	6 - 7:30 PM	\$69

JUMP START SPORTS



The Blue Ash Recreation Department and Jump Start Sports have teamed up to provide fun youth sports opportunities this fall. Through these programs and camps children will learn basic techniques and fundamentals taught by Jump Start Sports coaches in a fun and creative way. For more information, you can contact Jump Start Sports at (419) 304-7762 or visit them on the web at www.jumpstartsport.com. All sessions are held on the fields behind the Blue Ash Recreation Center.

HUMMINGBIRDS SOCCER

Fee: \$60

Dates	Ages	Times
9/10 - 10/15	K - 5th	10:00 - 11:00 AM

FLAG FOOTBALL

Fee: \$85

Dates	Ages	Times
9/10 - 10/29	K - 5th	11:30 AM - 1:00 PM

ADULT LEAGUE INFORMATION

Come join the best adult leagues in Cincinnati! Team registration forms can be found at blueash.com or can be sent to you by contacting Brian Kruse at bkruse@blueash.com. Please call us for further information about these great, family friendly leagues!

Registration: November 28 - December 9

Season Begins: Week of January 9

Basketball

Leagues Offered: Men's Recreational, Competitive and 30+

Volleyball

Leagues Offered: Co-Rec Recreational and Competitive

Racquetball

Leagues Offered: Competitive and Recreational

The Blue Ash Café

ADULT PROGRAMS

The Blue Ash Café

Located in the heart of the Recreation Center, The Blue Ash Café is now open 11:30 AM to 2:00 PM Monday - Friday and 5:30 PM to 8:00 PM on Wednesday. The Café features signature sandwiches, homemade soups, snacks and more!

www.blueash.com



WRITING FOR A CHANGE

(Ages 18+)

Get started with your writing life. Weekly classes will provide the forum for experimenting with a variety of writing forms, including journaling, poetry, fiction, essays, and legacy letters. Explore the author of your own life in a supportive community. Participants will have time for self-reflection and sharing in both large and small groups. Emphasis will be on personal discovery and awareness as we get clear about living intentional lives. Facilitated by Annette Wick and Katherine Meyer of Women Writing for a Change. Meets weekly for 6 weeks.

Fee: \$99

Facilitator: Annette Wick & Katherine Meyer of Women Writing for a Change

To Register: Call 272-1171 or go to www.womenwriting.org

Day	Time	Dates
TUE	6:30 - 8:30 PM	10/4 - 11/8

AMERICAN RED CROSS

All courses are conducted through the American Red Cross and held at the Blue Ash Recreation Center. Call (513) 792-4000 to register.



Class	Date	Time
CPR/AED for Pro. Rescuer/Health Care Provider	9/10	8:30 AM - 4:30 PM
CPR/AED for Pro. Rescuer/Health Care Review	9/19	5:00 - 9:00 PM
Adult CPR/AED Review	10/1	9:00 - 11:00 AM
Adult CPR/AED	10/17	6:00 - 9:00 PM
Adult CPR/AED Review	11/21	6:30 - 8:30 PM
First Aid Basics	12/3	9:00 AM - 12 Noon
Adult CPR/AED	12/19	6 :00- 9:00 PM

OUT OF THYME COOKING DEMONSTRATIONS

(Ages 18+)

Chef Jaime from Out of Thyme, Ltd. Personal Chef Service will be presenting four cooking demonstrations. She will demo all recipes then give participants samples, copies of the recipe, and a shopping list for the ingredients.

Fee: varies per demo, see details below

Instructor: Chef Jaime Charmody

To Register: Call 417-6062 or outofthyme_chef@yahoo.com

Day	Time
FRI	6:00 - 8:00 PM

Demo 1: 9/16, Fall Soups - Sample four fall soups, \$40/person

Demo 2: 10/14, One List - Five easy dinners, \$50/person

Demo 3: 11/11, Go Stuff It - Four stuffed dishes, \$45/person

Demo 4: 12/9, Asian Date Night - Three course dinner, \$45/person

SECOND TUESDAY BOOK CLUB

(Ages 18+)

Join us for this new book club lead by Lisa Salyers, manager of the Blue Ash branch library. We will meet from Noon - 1:00 PM in the Cooper Room off the Blue Ash Café on the second Tuesday of each month (September - December). Lisa will present the books that the group will be reading at the first session on September 13th. Bring your friends and purchase lunch at the Blue Ash Café.

Fee: FREE

Facilitator: Lisa Salyers, Blue Ash Branch Library

To Register: No registration required

Day	Time	Dates
TUE	Noon - 1:00 PM	9/13, 10/11, 11/8, 12/13

SPECIAL EVENTS



The Wednesday Evening Community Café Series

is intended to enlighten, educate, and entertain the community through a variety of presentations and programs. All dates are open to the public. Enjoy dinner, a snack, or beverage in the Café while you attend our Wednesday Community Café Series. Check out www.BlueAshEvents.com or call the Recreation Center at 745-8550 for more information.

Wednesday Evenings beginning at 7 PM in the Café

Free except where noted *

September 14: East Side Players Community Theater will present an evening with your favorite characters from their stage including Cinderella, Belle, Annie, Lumiere, & more. There will also be information on how you can be a part of this family oriented organization.

September 21: My Nose Turns Red Circus skills demonstrations, follow by hands-on activities

September 28: Cincinnati Ballet's Otto M. Budig Academy will be presenting an informative Lecture Demonstration. Students will perform excerpts of Repertoire learned in class and demonstrate class exercises as well as a short piece performed by some of the younger students followed by a Q & A session. For more information on the Academy, please call (513) 562-1111 or visit cballet.org.

October 5: Learn about the Cooper Creek Event Center. Ann Wilson, General Manager of Cooper Creek will take you through a virtual tour and discuss this wonderful new addition to Blue Ash.

October 12: Adrian Durban Florists flower arranging demonstration by one of their talented designers.

October 19: Halloween Makeup Demonstration. Share in a demonstration of makeup and face painting for children of all ages. Demonstrations will include animals, abstracts, and even how to make your own fake blood.

October 26: Halloween pumpkin decorating contest. Prizes awarded. We'll supply the pumpkins.

* **November 2:** Loveland Greenhouse. Watch a demonstration or join us for a Glassware Hand Painting class. Instructor: Margy Conners of Loveland Greenhouse. Pre-registration and payment required. See below.

November 9: Join us for a presentation on Victorian Holidays by Bev Mussari, proprietor of the Gazebo Tea Garden located in Blue Ash.

* **November 16:** Cheers to Art, a canvas painting Studio located in Madeira, is bringing their studio to the Blue Ash Rec Center. Watch how it is done or join us for a class. Pre-registration and payment required. See below.

* **November 30:** Stargazers is setting up a paint-your-own pottery studio in the Café. No artistic talent needed. Join us for class or just watch how it is done. Pre-registration and payment required. See below.

December 7: Arthur Murray Dance Studio demonstrates Ball Room, Latin, and Swing Dance.

December 14: Chef Jaime of Out of Thyme, Ltd. will be sharing Healthy Holiday Recipes.

* REGISTRATION INFORMATION FOR CAFÉ SERIES REQUIRING A FEE:

**LOVELAND GREENHOUSE
HANDPAINTED GLASSWARE** (Ages 18+)
Fee: \$35 includes supplies. No experience necessary! Register with Margy, (513) 325-9832 or Loveland Greenhouse, (513) 683-1581

**CHEERS TO ART CANVAS
PAINTING** (Ages 12+)
Fee: \$25 includes canvas, supplies, and instruction. Register online at www.cheersttoart.com (click on the calendar and go to November 16)

**STARGLAZERS POTTERY FOR
FAMILIES** (All ages welcome)
Fee: \$10 & up per piece (cash and check only) Register by e-mail at ann@starglazers.com or call (513) 474-6364

MOVIE ON THE SQUARE

**Saturday, September 10
7:45 PM**

Blue Ash Towne Square
Bring your blankets and chairs and join us on Towne Square for great family movies under the stars. Don't forget to stop by one of our great Blue Ash eateries before the show! Movies are FREE and open to the public. Beginning at dusk.

Movie: The Spy Next Door
Rated PG

HALLOWEEN WALK IN THE WOODS

**Saturday, October 22
12:00 Noon - 3:00 PM**

Blue Ash Nature Park
Meet in the Nature Park

for a fabulous Trick or Treat walk! Mother Goose's friends will be there to greet you with special treats, along with a Halloween Magic Show and crafts. This event is free and open to the public. Event is geared to children ages 10 and under.



HOLIDAY CRAFT SHOW

Saturday, December 3 10 AM - 3 PM

The Craft Show is sponsored by the Blue Ash Woman's Club. For more information regarding event or to reserve a booth please, contact Beverly Mussari at (513) 891-4043.

LIFE IN THE 1800'S

Saturday, October 15

Noon - 4 PM at the Blue Ash Hunt House

The Blue Ash Historical Society presents Life in the 1800's. Featuring games, demonstrations, and tours of the Hunt House. For more details check www.blueash.com.