

# WINTER/SPRING ACTIVITY GUIDE

JANUARY - MAY 2012



## STAY INFORMED!

Be sure to sign up for our monthly newsletter to receive information about programs, events, and upcoming 2012 Membership Fee Changes. Visit the Recreation page on [www.blueash.com](http://www.blueash.com) and click on Parks & Recreation for more information.



***"It's the atmosphere that makes the event. It's the people that make it unforgettable..."***



[CooperCreekBlueAsh.com](http://CooperCreekBlueAsh.com)

The Cooper Creek Event Center located at the Blue Ash Golf Course is now booking for 2012! See page 3 for the schedule of events. Contact Ann Wilson at (513) 745-8596 or [awilson@coopercreekblueash.com](mailto:awilson@coopercreekblueash.com) to find out more.



COOPER  
CREEK



# WINTER/SPRING ACTIVITY GUIDE

This is your recreation guide for current classes, programs, and special events. If you need information concerning memberships and facility use, a complete Facility Guide is available at the Recreation Center Front Desk. You can also check us out online at [www.blueash.com](http://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 (hearing/speech impaired)	(513) 745-6251
Special Events Hotline	(513) 745-6259
E-Mail	<a href="mailto:recreation@blueash.com">recreation@blueash.com</a>
Web Site	<a href="http://www.blueash.com">www.blueash.com</a>

## 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	6:00 AM - 10:00 PM
Friday	6:00 AM - 9:00 PM
Saturday	8:00 AM - 6:00 PM
Sunday	10:00 AM - 4:00 PM

### MEMBERSHIP PROCESSING

Monday - Friday	6:00 AM - 7:00 PM
Saturday & Sunday	10:00 AM - 2:00 PM

### TOT ROOM (CLOSED SAT, SUN)

M, W, F	8:45 AM - 1:00 PM
T & TH	9:00 AM - 1:00 PM

### EVENINGS (Pilot Program Jan - Feb only)

M & W	5:30 - 8:30 PM
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### HOLIDAY HOURS CLOSED Sunday, April 8

### BLUE ASH CAFÉ HOURS

Monday - Friday	11:00 AM - 2:00 PM
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### CLIMBING WALL (OPEN TO THE PUBLIC)

Monday - Friday	5:30 - 8:30 PM
Saturday & Sunday	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).

### CLIMBING WALL MEMBERS ONLY NIGHT

Free climbing for members only on Mondays beginning January 2nd

## CAMP, SWIM, & TENNIS REGISTRATION

### BEGINS AS FOLLOWS

#### RESIDENTS:

Monday, April 9, 9 AM - 6 PM

#### BUSINESS MEMBERS:

Tuesday, April 10, 9 AM - 6 PM

#### OPEN (non-affiliated):

Monday, May 7, 9 AM

## 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

## F.I.T. TIME ON THE TRACK

(Families Involved Together)

Current FAMILY Fitness membership required. No toys on track. Children must be 5 yrs. and older. Track use only, children are not permitted on fitness equipment.

DAY	TIME
FRI	6:00 - 9:00 PM
SUN	Noon - 2:00 PM

## 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.

LEVEL	DAY	TIME
Beg.	TU/TH	6:00 - 7:00 PM
Int.-Adv	TU/TH	6:00 - 7:30 PM
All	TU/TH	12:00 - 1:00 PM

**Session:** Monthly (register directly with instructor)

### **PASS FEES PAYABLE TO INSTRUCTOR**

**Monthly Pass:** \$55 (Family Discount: \$50 per student for 3 or more family members)

**3-Month Pre-Pay Pass:** \$150 (includes uniform)

**Uniform:** \$28.99 [www.ohiotkdacademy.com](http://www.ohiotkdacademy.com)

**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

### **PASS FEES PAYABLE TO INSTRUCTOR**

**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  
[www.cincinnatiashuri-ryu.com](http://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.

[www.jazzercise.com](http://www.jazzercise.com)

DAY	TIME
M - SAT	9:30 - 10:30 AM
M/W	6:00 - 7:00 PM
TU/TH	4:30 - 5:30 PM
W/F	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

***"It's the atmosphere that makes the event. It's the people that make it unforgettable..."***



[coopercreekblueash.com](http://coopercreekblueash.com)



### **SCHEDULE OF EVENTS:**

Preview Parties - Jan 27 & March 23

Valentine's Dance - Feb 11

Easter Brunch April 8

Grand Opening - April 12 & 13

Mother's Day Brunch - May 13

Contact Ann Wilson at (513) 745-8596 or [awilson@coopercreekblueash.com](mailto:awilson@coopercreekblueash.com) to learn more about what we have to offer!

### **COMING IN 2012....**

Fully stocked golf shop with competitively priced products to fulfill all golfers' needs. Junior and Family Golf Programs offered.

## GROUP FITNESS CLASS PASSES

**FIRST CLASS FREE!**

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.

### 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.

### 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.

### 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 suitable for all levels of fitness. Workouts will vary and consist of exercises such as sprints, crunches, jump rope, and many others.

### 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!

## MIND & BODY CLASS PASSES

**FIRST CLASS FREE!**

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.

### 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.



## 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 Smith, Fitness Center Manager, at 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.



## 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 Program Supervisor Dan Guthrie at (513) 745-6261, or Kaitlin Smith at (513) 745-8435.

### 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** □ **Hour:** \$20 per □ hour  
**Group (2 or more):** \$20/hr per person

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

Rod: (513) 205-1525  
rodstidham@gmail.com

Maggie: (513) 317-5140  
maggie88smith@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** □ **Hour:** \$25 per □ hour  
**Group (2 or more):** \$25/hr per person

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

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

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

Emily: (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** □ **Hour:** \$30 per □ hour  
**Group (2 or more):** \$30/hr per person

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

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

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

## 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. Go to [www.blueash.com](http://www.blueash.com) under Parks & Recreation to sign up for our monthly newsletter or check out the fitness news bulletin board in the Fitness Center for upcoming group training session information.



# BLUE ASH RECREATION PROGRAM TIMES

For more information please visit [www.blueash.com](http://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		Absolute Core 9:10-9:40am	Mommy & Me 9:15-10:15am	Jazzercise 9:30-10:30am	Cardio Core 9:00-10:00am			Jazzercise 9:30-10:30am		Absolute Core 9:10-9:40am	Mommy & Me 9:15-10:15am	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 10:30-11:30am		Tippi Toes 10:00-10:45am						Zumba 9:45-10:45am	Group Cycle 10:15-11:15am	Jazzercise 9:30-10:30am
11:00 AM																					Zumba Tone 11:00a-12:00p		
NOON	Cardio Core 12:00-12:45pm				Circuit Train 12:00-12:45pm	Taekwondo 12:00-1:00pm			Cardio Core 12:00-12:45pm				Circuit Train 12:00-12:45pm	Taekwondo 12:00-1:00pm			Cardio Core 12:00-12:45pm						
1:00 PM					Line Dancing 1:30-2:30pm																		
2:00 PM																							
3:00 PM																							
4:00 PM								Jazzercise 4:30-5:30pm															Jazzercise 10:30-11:30am
5:00 PM	Tippi Toes 4:45-5:30pm																						
6:00 PM	Sports Cond. 6:00-7:00pm	TRX Class 6-7pm	Group Cycling 6-7pm	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 Cycling 6-7pm	Zumba 6:00-7:00pm	Jazzercise 6:00-7:00pm	Circuit Train. 5:45-6:45pm	Jazz Step 6:00-7:00pm	Hatha Yoga 6:00-7:15pm	Taekwondo 6:00-8:00pm	Karate 6:00-7:30pm				
7:00 PM	Zumba 7:15-8:15pm																						
8:00 PM					Tai Chi 7:30-9:30pm	Group Cycle 7:15-8:15pm																	
9:00 PM																							

## SUNDAY

### GROUP FITNESS CLASSES

SEE PAGE 4 FOR COMPLETE CLASS DESCRIPTIONS!

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

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

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

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

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

**MOMMY & ME STROLLER EXERCISE (RED GYM)**  
 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 Red Gym

**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 10:30 -11:30 AM  
 Sat 9:45 -10:45 AM  
 Sat (Zumba Tone) 11:00 AM - 12:00 PM

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

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

### MIND BODY CLASSES

SEE PAGE 4 FOR COMPLETE CLASS DESCRIPTIONS!

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

**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  
 Mon & Wed 6:00 - 7:00 PM  
 FREE Intro Class - Tue 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  
 January 12 - March 8 (Plainfield Room)

Session 1: Saturday 8:30 - 9:45 AM  
 January 14 - March 10

Session 2: Thursday 6:00 - 7:15 PM  
 March 29 - May 24 (Plainfield Room)

Session 2: Saturday 8:30 - 9:45 AM  
 March 31 - May 26

- 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 8 for complete class description!
- TUMBLIN 4 KIDS**  
 See page 8 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 11 for complete class description!
- VOLLEYBALL & BASKETBALL LEAGUES**  
 See page 11 for complete class description!

## STARGLAZERS POTTERY FOR FAMILIES

Ages 5+

Classes are designed for families to participate 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 part class)

DAY	TIME	DATES
WED	6:00 - 8:00 PM	2/15 & 2/22

## 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 session **Instructor:** Recreation Staff  
**To Register:** Register in person at the Recreation Center or call (513) 745-8550.

DAY	TIME	SESSIONS
SAT	3:30 - 5:30 PM	1/14, 2/11, 3/10, and 4/14

## COOKING WITH YOUR KIDS

Ages 4 - 8 and Adult

This 3-part series will have your kids cooking, beginning with breakfast dishes the first week, lunch dishes the second, and dinner dishes the third week. Join us for one or all three classes, and get your kids in the kitchen. Bring your own apron and the cutest apron will win a prize! Recipes included.

**Fee:** \$40 for 1-class, \$115 for all 3 (fee includes parent)

**Instructor:** Chef Jaime from Out of Thyme, Ltd. Personal Chef Service

**To Register:** Call Chef Jaime at (513) 417-6062 or outofthyme\_chef@yahoo.com

DAY	TIME
SAT	10:30 AM - Noon

**Class 1:** 1/28, Breakfast - Chocolate Chip Banana Muffins and Eggs on Toast

**Class 2:** 2/4, Lunch - Pizza Bagels and Corn Dog Wraps

**Class 3:** 2/11, Dinner - Taco Bowls and Turkey Kabobs

## PARENTS NIGHT OUT

Ages 9 months - 12 yrs

This program offers parents a night out while your 6-12 yr. old children enjoy 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). Toddlers can only be accepted if an older sibling is registered.

**Fee:** \$12/child per date, additional siblings \$8

**Instructor:** Recreation Staff

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

DAY	TIME	DATES
FRI	6:00 - 9:30 PM	1/20, 2/17, 3/16

## 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.

**Fee:** \$125, sibling \$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 go to rednose@fuse.net

DAY	TIME
WED	6:15 - 7:45 PM

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

**Session 2:** 2/29 - 5/2 (no class 3/28)

## PAPER ART & GIFT MAKING WORKSHOP

Ages 6 - 12 yrs

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:** 1/24, Winter Memory Book

**Session 2:** 2/14, Valentine's Day Cards & Coupon Book

**Session 3:** 3/20, Diorama Card Making (3D card)

**Session 4:** 4/17 Mother and Father's Day card and gift

## 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](http://www.tippitoesdance.com/Ohio.cfm)

For questions, contact Andrea at 578-1280 or [andrea@tippitoesdance.com](mailto:andrea@tippitoesdance.com). \$30 one-time registration fee payable to instructor.

DAY	TIME	SESSION
MON	4:45 - 5:30 PM	Monthly
THUR	10:00 - 10:45 AM	Monthly

## TUMBLIN 4 KIDS

Ages 2 - 12

Tumbling-gymnastics instruction that is age appropriate and develops sports readiness skills. Age group specific curriculums may be found on website.

**Instructor:** Tumblin 4 Kids

**To Register:** Go to [www.tumblin4kids.com](http://www.tumblin4kids.com). For questions, call 614-561-6935.

**Session 1:** January 12 - March 1 (8 weeks)

**Session 2:** March 8 - April 26 (8 weeks)

CLASS	DAY	TIME	FEE PER SESSION
Tumble Tots (Ages 2-3)	THU	4:00 - 4:30 PM	\$70
Tumble Kids (Ages 4-6)	THU	4:30 - 5:00 PM	\$70
Turbo Tumblers (Ages 7-12)	THU	5:00 - 5:45 PM	\$80

## FAMILY FUN NIGHTS

Join us for a night of fun for the whole family! The recreation center will be open to all members for this great event. There will be activities with the Fitness Staff, Face Painting, a 9-hole Putt Putt Course and Bounce House in the gym, a visit in January from the Cincinnati Zoo "Wild Life Comes to You" program and a Magic Show in February! Hot dogs, popcorn, snacks, ice cream, and drinks will be available for purchase. Drawing for tickets to a Cyclones game! Free for members, guest fees apply for non-members.

**Fee:** Members FREE, guest fee for all others  
**Instructor:** Recreation Staff  
 NO REGISTRATION REQUIRED!

DAY	TIME	DATES
SAT	6:30 - 9:00 PM	1/28 & 2/25

## BLUE ASH NIGHTS AT THE CINCINNATI CYCLONES

Sign up to WIN tickets to these games. Look for information in the Recreation Center Lobby!

**Dates:** 12/17 - Twister Snow Globe Night  
 1/14 - Kids Jersey T-Shirt Night  
 2/25 - Kids Eat Free Night

## HUNT HOUSE OPEN HOUSE

The Blue Ash Historical Society has announced dates for open house of the beautiful Hunt House.

The House will be open from 11:00 AM - 1:00 PM  
**Dates:** 2/11, 4/21, 6/23

## EARTH DAY CELEBRATION

Blue Ash Recreation Center

**Date:** Friday, April 20  
**Time:** 4:00 - 7:00 PM

Celebrate Earth Day with the City of Blue Ash. Demonstrations, family activities, and more! Anyone interested in participating as a vendor, demonstrator or volunteer, contact Peggy Behm (513) 745-8644.

## MOVIE ON THE 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. Movies begin at dusk.

**Dates:** 4/21 & 5/19  
**Time:** Dusk

## PARKS AND RECREATION PART-TIME EMPLOYMENT JOB FAIR

**Date:** Saturday, January 21

**Time:** 11:00 AM - 1:00 PM

Blue Ash Recreation Center

Looking for a part-time job? Possible seasonal positions available in Grounds Maintenance, Parks Maintenance, Landscaping, Aquatics, Concessions, Camp, Tennis, Youth Programs, Customer Service and Golf Course. Information also available on Volunteer opportunities for Special Events and Programming.

## BARC SATURDAY NIGHT SOCIALS

21 yrs. & older

### A NIGHT OF LAUGHTER @ THE CAFE

Showcasing local comedians

**Date:** Saturday, January 21, BYOB

**Time:** 7:30 - 11:00 PM

**Fee:** \$12 Pre-registered, \$15 at the door  
 Includes food, set-ups, entertainment & prizes!

### SALSA NIGHT AT THE CAFE!

Instruction by the Arthur Murray Dance Studio Professionals. Get your Salsa on at the Blue Ash Recreation Saturday Night Social. Learn new dance moves; mingle with Arthur Murray instructors, have a blast with your friends and family.

**Date:** Saturday, February 18, BYOB

**Time:** 7:30 - 11:00 PM, Doors open at 7:10PM

**Fee:** \$12 Pre-registered, \$15 at the door  
 Includes food, set-ups, entertainment & prizes!

## ST. PATRICK'S DANCE

Blue Ash Recreation Center Gym

**Date:** Saturday, March 10

**Time:** 6:30 - 10:30 PM

**Fee:** \$15 Pre-registered, \$18 at the door  
 Celebrate St. Patrick's Day early!  
 Includes Big Band music, food, and entertainment.  
 Beverages available for purchase (benefiting the Sycamore Sr. Center). **Gym doors open at 6:15 PM**

## BLUE ASH BUSINESS BASH

Blue Ash Recreation Center Gym

**Date:** Thursday, May 17

**Time:** 5:00 - 7:30 PM

Live music, food tasting, and beer samples...  
 Come join the FUN!!

## SECOND TUESDAY BOOK CLUB

Ages 18+

Join Lisa Salyers, Manager of the Blue Ash Branch Library, for lively book discussions and great company. We will meet from Noon - 1:00 PM in the Blue Ash Cooper Room on the second Tuesday of each month (January - April). Bring your friends, grab lunch from the Blue Ash Café, and join us for a stimulating hour of conversation.

**Fee:** FREE and open to the public

**Facilitator:** Lisa Salyers, Blue Ash Branch Library

**To Register:** No registration required

### DAY TIME

TUE Noon - 1:00 PM

### Reading Schedule:

**January 10:** Battle Hymn of the Tiger Mother by Amy Chua

**February 14:** The Submission by Amy Waldman

**March 13:** The Guernsey Literary and Potato Peel Pie Society by Mary Shaffer & Annie Barrows

**April 10:** The Card Turner by Louis Sachar

## 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](http://www.womenwriting.org)

DAY	TIME	DATES
TUE	6:30 - 8:30 PM	2/21 - 3/27

## WORKSHOPS IN WATERCOLOR PAINTING

Ages 16+

Beth Goldstein, MAAE Art Academy of Cincinnati will lead this class for all skill levels but primarily for those with little or no previous experience. Learn to love instead of fear the wonderful medium of watercolors. Understand the basic and unique qualities of the medium and how the correct use of the paints, papers and brushes can make all the difference. We will do several studies and then you will (yes, you will!) finish the session with a completed work of your own. Nominal materials list is available upon registration. The class is open to all and participants can register for either one or continue with both sessions. Morning and evening classes offered.

**Fee:** \$72 per 4 week session (morning or evening)

**Facilitator:** Beth Goldstein, MAAE Art Academy of Cincinnati

**To Register:** No registration required, contact Beth at (513) 226-4829, or [beth@bethgoldstein.com](mailto:beth@bethgoldstein.com) and type "Blue Ash Watercolors" in the subject line.

### DAY TIME

MON 10:30 AM - Noon OR 7:00 PM - 8:30 PM

**Session 1:** 2/6 - 2/27

**Session 2:** 3/5 - 3/26

## PRESERVING YOUR FAMILY LEGACY

Ages 13+

There are many ways to capture and preserve your Family's photos and stories, including paper, audio and video. How can you create a memory legacy for future generations? Learn how to turn your photos, stories, and videos into permanent keepsakes. To register call Beyond the Trees (513) 321-8398 or Magic Moments (513) 253-1006.

**Fee:** \$89 for 4 classes, \$25 for single class

**Facilitator:** Larry Bresko of Magic Moments Photography, and personal historians Kristine Woodworth and Jennifer Sauers of Beyond the Trees

**To Register:** Call Beyond Trees at (513) 321-8398 or Magic Moments at (513) 253-1006

DAY	TIME
TUE	7:00 - 8:30 PM

**Class 1:** 1/24, Preserving and Digitizing Your Printed Photographs.

**Class 2:** 1/31, Capturing Your Family Stories on Paper.

**Class 3:** 2/7, Using Digital Technology to Preserve Your Family Legacy.

**Class 4:** 2/14, Tips and Ideas for Creating Family Memories on Video.

## 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 FUNda-mentals 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.

DATES	AGES	TIMES	FEE
1/7 - 2/18	K - 4	Sat. 9:00 - 11:00 AM	\$100

**Fee:** \$100

## LAFFALOT CAMPS



These camp offers kids a unique, high energy, high activity athletic games and activities program with a simple focus on having fun! A popular BARC program that was awarded "Best of the City 2008" by Cincinnati Magazine. Registration flyers available at the Recreation Center, or register online at [www.laffalotcamps.com](http://www.laffalotcamps.com). Registration Deadline: 5 days prior to the first day of camp. Contact Pat Nymberg at (513)313-2076.

### SPRING BREAK CAMP

**Dates:** Mar. 26-30

**Time:** 9:00 AM - 2:00 PM

**Ages:** 6-12 years of age, Cost: \$110,

### SUMMER CAMP

Summer isn't complete without Laffalot!

**Dates:** June 11 - 15, June 18 - 22

**Time:** 9:00 AM - 2:00 PM

**Camper Ages:** 6 - 12 years old

**Cost:** \$115/one week, \$210/two weeks



## JUMP START SPORTS



The Blue Ash Recreation Department and Jump Start Sports have teamed up to provide fun youth sports opportunities this winter. Through these programs 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](http://www.jumpstartsport.com). All sessions are held in the gymnasium at the Recreation Center.

SESSION	DATES	AGES	TIMES	FEE
Volleyball Clinic	1/22 - 2/26	Grades 3-6	1:30 - 2:30 PM	\$55
Soccer Skills Clinic	1/22 - 2/26	Ages 3-6	2:30 - 3:30 PM	\$55

## ADULT LEAGUE INFORMATION

Come join the best adult leagues in Cincinnati! Registration forms can be found at [blueash.com](http://blueash.com) or can be sent to you by contacting Adam Bowling at 745-6254 or [abowling@blueash.com](mailto:abowling@blueash.com). Please call us for further information about these great, family friendly leagues.

### SPRING 2012

SPORT	REGISTRATION	SEASON BEGINS	LEAGUE OFFERED
Basketball	Feb 20 - Mar 3	April 9, 11	Men's Rec., Comp., 30 and Over (M,W)
Men's Softball	Feb 20 - Mar 3	April 10	Competitive or Recreational (Tues)
Co-Rec Softball	Feb 20 - Mar 3	April 13	Competitive or Recreational (Fri)
Co-Rec Soccer	Feb 20 - Mar 3	April 11	Open (Wed)
Co-Rec Volleyball	Feb 20 - Mar 3	April 12	Competitive or Recreational (Thur)

## CAMP REGISTRATION DATES APRIL 9 - JUNE 2, 2012

**Residents of Blue Ash:** Monday, April 9 at 9 AM - 6 PM continuing through Saturday, June 2nd.

**Business Members:** Tuesday, April 10, at 9 AM - 6 PM continuing through Saturday, June 2nd.

**Non-Members/non-residents:** Begins Monday, May 7 at 9 AM.

## CAMP SESSIONS

**Camp Blue Fish:** Ages 6 - 11, \$100/session

**CBF1:** 9 AM - 3 PM, June 18 - June 22

**CBF2:** 9 AM - 3 PM, June 25 - June 29

**CBF 3:** 9 AM - 3 PM, July 16 - July 20

**CBF 4:** 9 AM - 3 PM, July 23 - July 27

**CBF 5:** 9 AM - 3 PM, July 30 - August 3

Limit 2 sessions per camper

**Tiny Trackers:** Ages 4 & 5, \$50/session

**Tiny Trackers 1:** 9 AM - Noon, June 11 - June 15

**Tiny Trackers 2:** 9 AM - Noon, July 9 - July 13

**Family Discount:** 10% discount for 2 or more sessions (discount applies to siblings only).

## CHECK OUT OUR EXTENDED SUMMER PROGRAMS!

These programs are designed for camp parents who need to extend their camper's day and/or parents looking for a little "me" time in the summer. Check our website for more details or contact Joan Wells at (513) 745-8643, [jwells@blueash.com](mailto:jwells@blueash.com).

## TENNIS CAMP & CLINIC SESSION DATES

**Session 1:** Week of June 11 - July 11

(No classes July 2 - July 4)

**Session 2:** Week of July 16 - August 8

Please check the website for more details about programs, leagues and tournaments.

**Tennis Membership NOW included in your membership pass!**

## SWIM LESSON SESSION DATES

**Session 1:** REGISTRATION BEGINS 4/9 6/18 - 6/29, rain dates 7/2, 7/3 **Fee:** \$40 Adult/Tot, 6/25 - 6/29, rain 7/2 **Fee:** \$20

**Session 2:** REGISTRATION BEGINS 7/9 7/16- 7/27, rain dates 7/30, 7/31 **Fee:** \$40 Adult/Tot, 7/23 - 7/27, rain 7/30 **Fee:** \$20

## FOR BLUE ASH RECREATION CENTER MEMBERS ONLY...

Join our RECREATIONAL, summer swim team for ages 5-18! We compete in the Tri-County Swim League with other community recreation centers such as Montgomery and Mason. We focus on skill development, having fun, teamwork, and community.

**Fee:** \$100 for the first swimmer, \$90 for the second family member, and \$80 for additional swimmers in the family (discount applies to siblings only).

Please visit [www.blueash.com](http://www.blueash.com) for team schedule and details on parent meeting.



**American Red Cross**

## 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	FEE
CPR/AED for Pro. Rescuer/Health Care Provider	2/4	9:00 AM - 4:00 PM	\$110
Adult/Pediatric CPR/AED	3/3	8:30 AM - 12:30 PM	\$90