

PRESCHOOL & FAMILY

Call 866-4532 for more information.



PRE-BALLET/JAZZ Combo Class



Ages 3-5 years

Students will learn a new jazz and ballet routine each week to take home and practice. This class will provide students with a basic understanding of jazz and ballet technique, while having fun and meeting new friends. Instructor provided by Miami Valley Dance Academy.

COURSE #497

DAYS: Mondays
July 11 - August 15

TIME: 5- 5:30 p.m.

REGISTRATION FEE: \$40/child

EARLY BIRD RATE: \$35/child

LOCATION: Carnegie Center, Lower Level

DIP, DABBLE, DOODLE

Ages 3-5 years

Let your children explore and express their creativity using paint, glitter, play dough and more! This class is designed to develop preschoolers' creative skills and talent, while having a good time with other preschoolers.

COURSE #498

DAYS: Wednesdays
August 10 - 31

TIME: 10 - 10:45 a.m.

REGISTRATION FEE: \$25/child

EARLY BIRD RATE: \$20/child

LOCATION: Community Park
Learning Center

IT'S ALL ABOUT FUN



Ages 3-5 years

Sign-up your child for this fun-filled program where they will play games, learn songs and create art projects while learning shapes, colors and counting. This interactive program will give participants a chance to learn and have fun all at the same time.

COURSE #499

DAYS: Thursdays
Sept. 1 - 22

TIME: 10 - 10:45 a.m.

REGISTRATION FEE: \$25/parent & child

EARLY BIRD RATE: \$20/parent & child

LOCATION: Community Park
Learning Center



GYMBUS Preschool Tumbling



Ages 2-8 years

The Gymbus offers a unique experience to get children excited about moving. From somersaults to monkey bars and trampoline to balance beam, this four-week program will open up a new world of activity.

COURSE #500 Session 1

TIME: 11 - 11:45 a.m.

COURSE #501 Session 2

TIME: 6 - 6:45 p.m.

COURSE #502 Session 3

TIME: 7 - 7:45 p.m.

DAYS: Tuesdays

DATES: July 19 - August 9

REGISTRATION FEE: \$40/participant

REGISTRATION FEE: \$35/participant with
multiple children registered

LOCATION: Community Park Maue Rd.

TAE KWON DO



Ages 4 years and older

Martial arts teach confidence, self-discipline and respect. It's also great for getting in shape and staying fit. The mental discipline will help prepare you for everyday life. Instructed by Chung's Academy of Martial Arts.

COURSE #503 Session 1

DATES: July 5 - 28

COURSE #504 Session 2

DATES: August 2 - 30

COURSE #505 Session 3

DATES: Sept. 1 - 29

DAYS: Tuesdays and Thursdays

TIME: 6 - 7 p.m.

REGISTRATION FEE: \$40/student per month

LOCATION: TBD

Family Programs

Family Picnic at the Park

Bring the family for an evening of games, food and fun at Sycamore Trails Park. A pizza dinner will be followed by family-friendly games like water balloon tosses, relay races, scavenger hunts and more. Prizes will be awarded to the winners. Pre-registration is required.

COURSE #506

DAY: Tuesday, July 12

TIME: 6 - 8 p.m.

REGISTRATION FEE: \$2/person

LOCATION: Sycamore Trails Park
Nature Shelter

Minute to Win It Family Challenge

Bring out your family for an evening of challenges. Families will have a pizza dinner followed by a variety of challenges from the show *Minute to Win It*. Prizes will be awarded to the winner of each game. Join us for a time of bonding with family and friends. Pre-registration is required.

COURSE #507

DAY: Friday, Sept. 16

TIME: 6 - 8 p.m.

REGISTRATION FEE: \$2/person

LOCATION: Senior Adult Center



YOUTH & TEEN

Call 866-4532 for more information.

HIP HOP DANCE



Ages 6-12 years

This class will provide students with a basic understanding of hip hop, while having fun and meeting new friends. Class instructed by Miami Valley Dance Academy.

COURSE #508

DAYS: Mondays
July 11 - August 15

TIME: 5:45 - 6:30 p.m.

REGISTRATION FEE: \$45/child

EARLY BIRD RATE: \$40/child

LOCATION: Carnegie Center, Lower Level

HORSEBACK RIDING LESSONS

Elliott Stables



Ages 9 years and older

Grooming, general handling and basic hunt seat riding is offered in groups of two-to-five riders. Participants must be at least nine years of age and under 150 pounds. Lesson days/times vary due to the small group size. Elliot Stables will call enrollees to set-up lesson times.

REGISTRATION INCLUDES 5 LESSONS.

DAYS: Monday, Tuesday,
Wednesday or Thursday

TIME: 5 p.m. or 6 p.m. lesson time

REGISTRATION FEE: \$130/student

EARLY BIRD RATE: \$125/student

LOCATION: Elliott Stables Indoor Arena
8707 Jamaica Road
Germantown

TAE KWON DO



Ages 4 years and older

Martial arts teach confidence, self-discipline and respect. It's also great for getting in shape and staying fit. The mental discipline will help prepare you for everyday life. Instructed by Chung's Academy of Martial Arts.

COURSE #503 Session 1

DATES: July 5 - 28

COURSE #504 Session 2

DATES: August 2 - 30

COURSE #505 Session 3

DATES: Sept. 1 - 29

DAYS: Tuesdays and Thursdays

TIME: 6 - 7 p.m.

REGISTRATION FEE: \$40/student/month

LOCATION: TBD

STARTING WITH ART

Ages 6-8 years

Students will learn the basics of art through drawing, painting, sculpture and mixed media. They will learn the color wheel and art techniques through fun and inventive projects. The class will establish the fundamentals of art while strengthening creativity.

COURSE #509

DAYS: Tuesdays
July 19 - August 23

TIME: 6 - 7 p.m.

REGISTRATION FEE: \$55/student

EARLY BIRD RATE: \$50/student

LOCATION: Carnegie Center, Lower Level

DRAWING & PAINTING

For Young Artists

Ages 9-12 years

Students will explore drawing and painting through a variety of media including pencil, color pencil, pastel and tempera paint. Using 2D and 3D images, as well as imaginations, students will create works of art that grow both technical art skills and creativity.

COURSE #510

DAYS: Thursdays
July 21 - August 25

TIME: 6 - 7 p.m.

REGISTRATION FEE: \$65

EARLY BIRD RATE: \$60

LOCATION: Carnegie Center, Lower Level

INTRODUCTORY LACROSSE



Ages 6-12 years

Lacrosse has elements of soccer, football, basketball and hockey. Players will be trained on passing and catching; fielding ground balls; cradling; spacing and positioning; and defense. They will be grouped by gender/age for scrimmage games. Plastic sticks, softballs and all equipment will be provided. No helmets or shoulder pads will be used. Coaches will be provided through Jump Start Sports.

COURSE #511

DAYS: Thursdays
August 18 - Sept. 22

TIME: 6 - 7:15 p.m.

REGISTRATION FEE: \$65/person

EARLY BIRD RATE: \$60/person

LOCATION: Westover Park

BABYSITTING

Ages 11-15 years

This is an excellent course for learning how to provide safe care for young children, including basic child-care skills, first aid, safety, injury prevention and caring for a choking victim. Certification upon completion. American Red Cross instructs. Please pack a lunch and bring a baby doll and toy. Price includes babysitter backpack.

COURSE #512

DAY: Saturday, July 16

TIME: 9 a.m. - 5 p.m.

REGISTRATION FEE: \$70/person

EARLY BIRD RATE: \$65/person

LOCATION: Carnegie Center, Lower Level

TEEN TRIP

To John Bryan State Park



Ages 13-17 years

Bring hiking shoes and join us for a day of adventure. We will hike a trail of John Bryan State Park and play various games and challenges throughout the day. Pre-registration is required, as space is limited. Participants will be shuttled using the Parks and Recreation Department mini-bus. Pick-up and drop-off will be at Library Park.

COURSE #513

DAY: Tuesday, June 28

TIME: 9 a.m. - 4 p.m.

REGISTRATION FEE: \$10

LOCATION: John Bryan State Park

TEEN TRIP

To Clifton Gorge



Ages 13-17 years

Bring hiking shoes and join us for a day of adventure. We will hike a trail of Clifton Gorge and play various games and challenges throughout the day. Pre-registration is required, as space is limited. Participants will be shuttled using the Parks and Recreation Department mini-bus. Pick-up and drop-off will be at Library Park.

COURSE #514

DAY: Tuesday, July 19

TIME: 9 a.m. - 4 p.m.

REGISTRATION FEE: \$10

LOCATION: Clifton Gorge Nature Preserve

ADULT

Call 866-4532 for more information.



PILATES



Ages 18 years and older

Pilates works the core muscles of the spine and abdominals to achieve lean muscle mass, improve posture and flexibility and leave the muscles strong, yet, subtle. For the seasoned athlete, the average workout enthusiast or beginner. Pilates or exercise mat is needed. Certified fitness instructor.

COURSE #515 Session 1
DATES: June 28-August 4

COURSE #516 Session 2
DATES: August 9-Sept. 15
DAYS: Tuesdays and Thursdays
TIME: 6:45 - 7:30 p.m.

REGISTRATION FEE: \$45/person
EARLY BIRD RATE: \$40/person
LOCATION: Community Park Learning Center

BALL AND WEIGHT STRENGTH TRAINING

Ages 18 years and older



This strength training class utilizes the stability ball and free weights to work every muscle group, gain muscle strength and firm-up all areas of the body. Stability ball and free weights needed. Certified fitness instructor.

COURSE #517 Session 1
DATES: June 28-August 4

COURSE #518 Session 2
DATES: August 9-Sept. 15
DAYS: Tuesdays and Thursdays
TIME: 6 - 6:45 p.m.

REGISTRATION FEE: \$45/person
EARLY BIRD RATE: \$40/person
LOCATION: Community Park Learning Center

SOFT YOGA



Ages 18 years and older

Traditional yoga is modified and used to increase circulation, cardiovascular strength and flexibility. Relieve body aches and pains, stress and tension. Yoga or exercise mat is needed. Certified fitness instructor.

COURSE #519 Session 1
DATES: June 28-August 4

COURSE #520 Session 2
DATES: August 9-Sept. 15
DAYS: Tuesdays and Thursdays
TIME: 7:30 - 8:15 p.m.

REGISTRATION FEE: \$45/person
EARLY BIRD RATE: \$40/person
LOCATION: Community Park Learning Center

COUCH POTATO TO 5K



Ages 18 years and older

Walk/jog toward a goal of a 5K distance (3.1 miles). A variety of trails and paved paths keep the steps interesting with a bit of adventure to enjoy nature. Learn helpful running/walking advice, related websites and necessary stretches to help you accomplish 3.1 miles at your own pace.

COURSE #521 Session 1
DATES: July 11-August 17

COURSE #522 Session 2
DATES: August 22-Oct. 3
(No class Sept. 5)
TIME: 6 - 6:45 p.m.
DAYS: Mondays and Wednesdays

REGISTRATION FEE: \$45/person
EARLY BIRD RATE: \$40/person
LOCATION: Community Park Learning Center

LINE DANCING



Ages 18 years and older

Learn steps to all the latest line dances. No partner needed. Participants will increase coordination, flexibility and endurance. All experience levels welcome.

COURSE #523 Session 1
DATES: July 11-August 15

COURSE #524 Session 2
DATES: August 22-Oct. 3
(no class Sept. 5)
DAYS: Mondays
TIME: 7 - 8:30 p.m.

REGISTRATION FEE: \$35/person
EARLY BIRD RATE: \$30/person
LOCATION: Community Park Learning Center

ZUMBA



Ages 18 years and older

Zumba is a spicy mix of Latin rhythms and moves with belly dancing, salsa, hip-hop, cumbia, tango and reggae. With a mix of body-sculpting moves and easy-to-follow dance steps, it puts fun back into exercise while you dance your way to a fitter you and improve the cardiovascular system. Certified Latin aerobic dance and fitness instructor.

DAYS: Mondays
COURSE #525 Session 1
DATES: July 11-August 15

COURSE #526 Session 2
DATES: August 22-Oct. 3
(no class Sept. 5)
TIME: 5:45 - 6:45 p.m.

DAYS: Wednesdays
COURSE #527 Session 1
DATES: June 29-August 3
COURSE #528 Session 2
DATES: August 10-Sept. 14
TIME: 6:30 - 7:30 p.m.

DAYS: Thursdays
COURSE #529 Session 1
DATES: June 30-August 4
COURSE #530 Session 2
DATES: August 11-Sept. 15
TIME: 6 - 7 p.m.

REGISTRATION FEE: \$30/person
EARLY BIRD RATE: \$25/person
LOCATION: Senior Adult Center

ZUMBA GOLD



Older, active adult

Zumba is a spicy mix of Latin rhythms and moves with belly dancing, salsa, hip-hop, cumbia, tango and reggae. With a mix of body-sculpting moves and easy-to-follow dance steps, it puts fun back into exercise. Zumba Gold is an effective workout burning up to 600 calories in a 45-minute class. Certified fitness instructor.

COURSE #531 Session 1
DATES: June 29-August 3

COURSE #532 Session 2
DATES: August 10-Sept. 14
TIME: 5:30 - 6:15 p.m.
DAYS: Wednesdays

REGISTRATION FEE: \$25/person
EARLY BIRD RATE: \$20/person
LOCATION: Senior Adult Center





ADULT

Call 866-4532 for more information.

BELLY DANCE



Ages 18 years and older

The art of belly dance has been passed from mother to daughter for many generations and is a wonderful activity for developing fitness, grace, sense of timing and self-esteem.

COURSE #533 Session 1

DATES: June 30-August 4

COURSE #534 Session 2

DATES: August 11-Sept. 15

DAYS: Thursdays

TIME: 7:30 - 8:30 p.m.

REGISTRATION FEE: \$30/person

EARLY BIRD RATE: \$25/person

LOCATION: Carnegie Center, Lower Level

KNITTING A LA CARTE

Ages 18 years and older

Knitters ranging from novice to experienced will enjoy this program. Each session will focus on a different skill or item. Students with established proficiency may bring projects of their choice and will be aided by the instructor. Supply list is available upon registration.

COURSE #535 Session 1

DATES: July 11-August 1

COURSE #536 Session 2

DATES: August 8-29

COURSE #537 Session 3

DATES: Sept. 12-Oct. 3

DAYS: Mondays

TIME: 6:30 - 8:30 p.m.

REGISTRATION FEE: \$30/person

EARLY BIRD RATE: \$25/person

LOCATION: Senior Adult Center

COUPONING 101

Ages 18 years and older

This class is designed to teach how as little as one hour a week can save families thousands of dollars. Don't fall victim to the couponing myths. Learn how to accumulate, organize and utilize coupons to earn cheap and free products your family can use everyday. Class includes door prizes, handouts, store information (including insider secrets) and tips.

COURSE #538

DATE: Sept. 22

DAY: Thursday

TIME: 6 - 8 p.m.

REGISTRATION FEE: \$10/person

LOCATION: Senior Adult Center



DOG TRAINING

Basic Manners

Ages 12 years and older

This four-week class covers important commands such as focus, sit/stay, down and come. Get results by rewarding good behavior instead of punishing bad behavior. Please bring proof of vaccinations on the first day of class. Parent must accompany students under age 18. Dog must be three months or older. Register early. Space is limited.

COURSE #539 Session 1

DATES: August 1-22

COURSE #540 Session 2

DATES: Sept. 12-Oct. 3

DAYS: Mondays

TIME: 6:30 - 7:30 p.m.

REGISTRATION FEE: \$45/person

EARLY BIRD RATE: \$40/person

LOCATION: Robyn's Nest
130 N. First St.

SCRAPPIN' -N- CHATTIN'

Ages 18 years and older

Enjoy an evening talking, laughing, scrapbooking, sharing ideas and meeting new and old friends. Everyone will receive a table and space for lots of creativity. Bring your own supplies for this crop night. Pizza and drinks will be served. Pre-registration is required.

COURSE #541 Session 1

DATE: July 1

COURSE #542 Session 2

DATE: August 5

COURSE #543 Session 3

DATE: Sept. 2

DAYS: Fridays

TIME: 6 - 11 p.m.

REGISTRATION FEE: \$10/person

LOCATION: Senior Adult Center

PROFESSIONAL HAIR CARE

Ages 18 years and older

NEW!

Learn techniques to styling and drying your hair with a hands-on approach from our designers. Receive a complimentary nail polish change and five minute massage from our talented massage therapists. We will also have some samples to take home. Refreshments will be served.

COURSE #556

DATE: July 14

DAY: Thursday

TIME: 7 - 9 p.m.

REGISTRATION FEE: \$10/person

LOCATION: The Urban Loft
29 E. Central Ave.

SKIN CARE

NEW!

Ages 18 years and older

Learn make-up techniques to enhance your look, as well as skin care and waxing from our skin care therapists. Bring your own make-up and brushes and discover the latest trends in applications. You will receive a complimentary polish change from our nail designer and a five-minute massage from one of our massage therapists.

COURSE #544

DATES: August 11

DAY: Thursday

TIME: 7 - 9 p.m.

REGISTRATION FEE: \$10/person

LOCATION: The Urban Loft
29 E. Central Ave.

PEDI-PARTY WORKSHOP

NEW!

Ages 18 years and older

Learn about proper foot care from a certified beauty consultant. In this class, you'll enjoy a soothing foot treatment while soaking to soften the heels and remove dry, dead skin. Keep your feet looking and feeling great all summer long.

COURSE #545 Session 1

DATE: July 12

COURSE #546 Session 2

DATE: Sept. 13

DAYS: Tuesdays

TIME: 6:30 - 7:30 p.m.

REGISTRATION FEE: \$8/person

LOCATION: Senior Adult Center

ADULT

Call 866-4532 for more information.



ACCESSORIZE IT

NEW!

Ages 18 years and older

Make it a girls' night out! Our boutique specialist will show you the latest in jewelry fashion and offer advice on accessories, as well as some other fun boutique (unique) items and looks for fall. Refreshments will be served.

COURSE #547

DATES: Sept. 22

DAY: Thursday

TIME: 7 - 9 p.m.

REGISTRATION FEE: \$10/person

LOCATION: The Urban Loft
29 E. Central Ave.

INTRO TO FACEBOOK

NEW!

Ages 18 years and older

Facebook is about sharing. There are more than 500 million active users, and 50 percent of those log on to Facebook in any given day. In this new program, adults can learn about social networks with a focus on Facebook. Learn to create your profile, find and chat with friends, share pictures and links and find popular games. Important issues like security and privacy are also covered.

COURSE #548

DATE: August 8

DAY: Monday

TIME: 6:30 - 9 p.m.

REGISTRATION FEE: \$10/person

LOCATION: Miamisburg High School,
1860 Belvo Rd.
Computer Lab Room #200



Conover Health Plus



Conover Health Plus, part of the Kettering Health Network, and the Miamisburg Parks and Recreation Department offer low/no cost programs focused on health and well-being. ———
This course is offered at the Senior Adult Center.

AGING GRACEFULLY

How well are you aging? Learn the myths and the facts of aging. A KMC registered nurse will provide tips to make you feel younger for a longer time.

COURSE #553

DAY/DATE: Thursday, July 21

TIME: 10 a.m.

PRE-REGISTRATION: Required,
call 866-4532

REGISTRATION FEE: FREE

EMERGENCY PREPARATIONS

For the 21st Century

NEW!

Ages 18 years and older

Be prepared for emergencies and get informed about hazards that may affect you and your family. We'll develop an emergency plan and collect and assemble a disaster supplies kit. We'll also discuss water purification, building a pantry and 72-hour kits, as well as tips on where to find some good buys.

COURSE #549 Session 1

DATES: July 14

COURSE #550 Session 2

DATES: Sept. 8

TIME: 6:30 - 9 p.m.

DAYS: Thursdays

REGISTRATION FEE: \$10/person

LOCATION: Senior Adult Center

MOM & ME BEAUTY MAKEOVER

This session is great for moms and daughters to learn proper skin care, beauty techniques and the latest in anti-aging products and trends. Each participant will receive a glamour makeover and take home a goodie bag with samples of the products used that night. Instructed by a certified beauty consultant. Scout troops are welcome to enroll.

COURSE #551 Session 1

DAY/DATES: Monday, July 11

COURSE #552 Session 2

DAY/DATES: Monday, Sept. 12

TIME: 6:30 - 7:30 p.m.

REGISTRATION FEE: \$8/person

LOCATION: Senior Adult Center

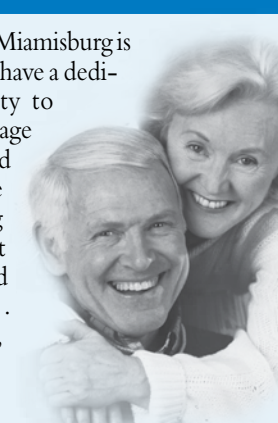
Jewelry Classes

Ages 10 years and older

Scout Troops, Red Hatters and other organizations are welcome to schedule group jewelry classes. Students will enjoy learning the art of beading with easy, step-by-step instruction. Treat yourself or give as a gift to someone special. Choose from bracelets, necklaces or earrings. Groups may call for special scheduling. Registration fee is \$10 per person, with a \$5 supply fee payable to the instructor the day of class. Samples are on display at the Parks and Recreation office.

Senior Programs & Services

The City of Miamisburg is fortunate to have a dedicated facility to serve those age 55 years and older. The Miamisburg Senior Adult Center, located at 305 E. Central Ave., offers a variety of activities, including luncheons, dinners, dances, crafts, cards and bingo, as well as regularly scheduled transportation. The Center also collaborates with Sinclair Community College and Miamisburg High School to offer classes on topics such as art, fitness, humanities and computer skills. Additionally, members enjoy many group excursions to theaters, concerts, festivals and sporting events designed to fit a range of interests and budgets. A complete list of current programs is available in the Center's publication, *The Centerpost*.



For more information on the City of Miamisburg Senior Adult Center, please call 866-8999 or visit www.ci.miamisburg.oh.us.