

# Parks & Recreation **FAIRFIELD** CITY OF FAIRFIELD | SEPT. - OCT. 2020



**PLAY IN** FAIRFIELD



**SEASONAL** EVENTS

**THEATRE |** DANCE



**FALL** ACTIVITIES

**REGISTER**

[www.fairfieldoh.gov/parks](http://www.fairfieldoh.gov/parks)

## IMPORTANT PHONE NUMBERS

**Parks Main Office**  
513/867-5348  
Fax 513/867-6070

**Aquatic Center**  
(Summer)  
513/939-2782

**Fairfield Community  
Arts Center**  
513/867-5348

**Fairfield Greens**  
*North Trace Golf Course*  
513/939-3741  
*South Trace Golf Course*  
513/858-7750

**Marsh Lake Bait House**  
513/858-1685

**Recreation Hotline**  
513/896-8400

## PARKS AND RECREATION BOARD

Doug Meece, Chair  
Paul Assum  
Leslie Besl  
Don Carpenter  
Craig Keller  
Gwen Ritchie  
Christine Zboril

# MISSION STATEMENT

The mission of Fairfield Parks and Recreation is to enrich the quality of life for the citizens of the community, sustain the City's natural resources and environment and provide broad-based leisure activities, cultural opportunities, facilities and services for all ages.

# REGISTRATION

Class registration starts Monday, June 22 via phone only. Call 513/867-5348 to register.

# THANKS VOLUNTEERS

We did not have any volunteer hour hours for during this timeframe, however WE MISS YOU!

Many of you are uniting to help each other during the COVID-19 pandemic. Be sure to follow CDC guidelines for how to slow the spread of the disease, and consider these simple ways the Fairfield community can help their neighbors, friends, and families.

## NEW VOLUNTEER PROGRAMS!

### The Parks and Recreation Department is developing a Park Ambassador program!

The Park Ambassador program is an all-volunteer program that gives the public an opportunity to promote community stewardship and bridge the communication between the community and our Department. Through weekly visits to the park, Ambassadors document maintenance needs, report acts of vandalism, interact with park users, promote park safety and encourage an overall positive use of public space.

If you would like to get involved, please contact the Volunteer Coordinator at 896-8439 or email [btheilman@fairfieldoh.gov](mailto:btheilman@fairfieldoh.gov)



### Furfield Dog Park Volunteer Ambassador

The FurField Dog Park is reaching out for volunteers to maintain a clean, safe, and healthy park for all dogs and humans who live and play in Fairfield. We are always seeking volunteers to assist year-round in the cleanup efforts at the dog park. Volunteers will assist with picking up litter, scooping up dog waste, help monitor the park, and answer questions. Supplies provided include trash bags and gloves. Volunteers are encouraged to bring their own scoopers and additional bags.



If you are interested in volunteering at the FurField Dog Park, please email [volunteer@fairfield-city.org](mailto:volunteer@fairfield-city.org)

## BEST BUDDIES



## BEST BUDDIES CITIZENS CHAPTER

At Best Buddies, they spend each and every day striving to create meaningful opportunities for people with intellectual and developmental disabilities. As a global volunteer movement, they count on the support of amazing volunteers (maybe someone just like you) to lead the way to a more inclusive world. Whether you're interested in becoming a buddy, moving our mission forward with fundraising support, or assisting at one of our signature community events, they're eager to get you plugged in.

For more information visit  
[www.bestbuddies.org/bbu/become-a-buddy](http://www.bestbuddies.org/bbu/become-a-buddy).

In partnership with Fairfield Family YMCA, City of Fairfield, Fairfield Parks and Recreation, and Butler County Board of Developmental Disabilities.

*In partnership with Fairfield YMCA, Fairfield Parks & Recreation, & Butler County Board of Developmental Disabilities*



Interested in information on Youth Sports programs in the area?  
Visit [www.fairfieldoh.gov/youthsports](http://www.fairfieldoh.gov/youthsports)

# UPCOMING EVENTS

## SEPTEMBER

Date	Day	Time	Location	Event
Sept 2	We	4 - 7 pm	CAC Parking Lot	Farmers Market
Sept 3	Th	7 - 9 pm	Village Green Park	Virtual Groovin' on the Green: <i>Second Wind</i>
Sept 9	We	4 - 7 pm	CAC Parking Lot	Farmers Market
Sept 10	Th	7 - 9 pm	Village Green Park	Virtual Groovin' on the Green: <i>Stagger Lee</i>
Sept 16	We	4 - 7 pm	CAC Parking Lot	Farmers Market
Sept 18	Fr	7:30 pm	Village Green Park	Fairfield Footlighters present <i>The Sunshine Boys</i>
Sept 19	Sa	7:30 pm	Village Green Park	Fairfield Footlighters present <i>The Sunshine Boys</i>
Sept 20	Su	2 pm	Village Green Park	Fairfield Footlighters present <i>The Sunshine Boys</i>
Sept 22	Tu	12:30 - 6:30 pm	Community Arts Center	Community Blood Drive
Sept 23	We	4 - 7 pm	CAC Parking Lot	Farmers Market
Sept 30	We	4 - 7 pm	CAC Parking Lot	Farmers Market

## OCTOBER

Date	Day	Time	Location	Event
Oct 7	We	4 - 7 pm	CAC Parking Lot	Farmers Market
Oct 8	Th	7 pm	Community Arts Center	CCS Theatre Production: <i>The Servant of Two Masters</i>
Oct 9	Fr	7 pm	Community Arts Center	CCS Theatre Production: <i>The Servant of Two Masters</i>
Oct 10	Sa	1 pm	Community Arts Center	CCS Theatre Production: <i>The Servant of Two Masters</i>
Oct 10	Sa	7 pm	Community Arts Center	CCS Theatre Production: <i>The Servant of Two Masters</i>
Oct 14	We	4 - 7 pm	CAC Parking Lot	Farmers Market
Oct 15	Th	3:30 - 6:30 pm	Fairfield Greens North Trace	Halloween Walk



# COMMUNITY & SPECIAL EVENTS

During these constantly shifting times, please visit our website at [www.FairfieldOH.gov/Parks](http://www.FairfieldOH.gov/Parks) for the most current information regarding our programming any possible schedule changes.



ODETTE: THE SWAN PRINCESS, PRESENTED BY CINCINNATI KINDERBALLET  
PRESENTED BY AVO SCHOOL OF BALLETT OF CINCINNATI KINDERBALLET  
POSTPONED

**POSTPONED UNTIL 2021**

For the Prince, Odile and Rothbart will weave a tale of delight  
For over 100 years, classically trained ballet dancers have been performing  
National ballet stories in an engaging format to children and adults alike. Performances  
are shortened, less than one hour, and interactive storytelling will be included where  
audience members are invited to dance with us!



## THE FAIRFIELD FARMERS MARKET OPEN EVERY WEDNESDAY! 4 - 7 PM THROUGH OCT. 14

4 - 4:45 RESERVED FOR "AT-RISK" SHOPPERS



FAIRFIELD  
COMMUNITY  
ARTS CENTER  
PARKING LOT \*

*\*Location moved from  
Village Green Park  
due to social distancing  
requirements.*

[WWW.FAIRFIELD.OH.GOV/MARKET](http://WWW.FAIRFIELD.OH.GOV/MARKET)



# Halloween WALK

## at Fairfield Greens



**Fairfield Greens North Trace  
Thursday, Oct. 15 from 3:30 - 6:30 p.m.**

Fairfield Greens North Trace Golf Course, 2605 Augusta Boulevard  
**Reservations Required**

Trick-or-treat with us at North Trace Golf Course! Stop at each hole along the 9-hole course for special treats and surprises provided by local businesses. Don't forget your trick or treat bag and make sure to come in a costume!

Reserve your "treat time" before the event by calling 513-939-3741.

Each group will be sent off every ten minutes to promote social distancing.  
**This event is FREE and open to the public and organized for children 10 and under!**



## **Community Blood Drive**

**Tuesday, Sept. 22 | 12:30 - 6:30 p.m.**

Fairfield Community Arts Center, Community Room

Refreshments are available to all donors. Schedule a time for your donation on the Blood Drive site at [www.GivingBlood.org](http://www.GivingBlood.org)

(sponsor code: #193) or 1-800-388-GIVE.

# SUMMER CONCERT SERIES

Title Sponsor



SUMMER CONCERTS 2020

## GROOVIN' ON THE GREEN

featuring

Thursdays | July - September  
7 - 9 p.m.

## VIRTUAL GROOVIN' ON THE GREEN

September 3 - Second Wind  
September 10 - Stagger Lee

The City of Fairfield VIRTUAL SUMMER CONCERT SERIES continues with Second Wind & Stagger Lee!

These concerts will be live-streamed at Facebook.com/FairfieldParks and on the City's YouTube channel at 7 p.m.

We encourage the community to support local restaurants that offer curbside pickup or delivery options to create a concert-like experience of your very own!

## 13th Annual Village Green Car Show

The Village Green Car Show will not be able to happen due to current restrictions from COVID-19, Although we won't be gathering in person, the City and Barry Brown Paving would like to invite the community to continue the support the Fairfield Community Foundation's Lisa Brown Memorial Scholarship Fund.

Please visit this link for donations and make sure to click "Lisa Brown Memorial" on the drop down arrow: [fairfieldcommunityfoundation.org/ways-to-help](https://fairfieldcommunityfoundation.org/ways-to-help)

Thank you to the community for your support during this challenging time.



# MARSH LAKE

## BOATING & FISHING IS FREE!

Visit [FairfieldOH.gov/MarshLake](http://FairfieldOH.gov/MarshLake)



### **NORTH TRACE**

A fun and challenging  
9-hole executive course

### **SOUTH TRACE**

A par 70 championship  
golf course



Reserve tee times at  
**[GolfFairfieldGreens.com](http://GolfFairfieldGreens.com)**

# FAIRFIELD PARKS CAN HOST YOUR NEXT EVENT!

## Elisha Morgan Mansion at Gilbert Farms Park

The Elisha Morgan Mansion is a wonderful learning opportunity for your school, scout, or church group. Schedule a guided tour for your group and learn the history of the restored 1817 mansion. To schedule a group tour, or if you are interested in renting the Mansion for a special event call 513-867-5348 for prices and availabilities. Allow two weeks notice in order to schedule guides for your event.

The Elisha Morgan Mansion is a wonderful learning opportunity for your school, scout or church group



## Fairfield Facilities Available for Rental



The **Community Arts Center**, adjacent to the beautiful Village Green Park, provides accommodations for groups up to 180.

The **Phalen Center at the South Trace Golf Course** provides a setting overlooking the golf course for groups up to 140.

**Park Shelters** may be reserved for family events beginning February 3.

Call 513-867-5348 for more information.



# ENVIRONMENTAL PROGRAMS

## Chipping Program

The Parks and Recreation Department will be accepting limbs and brush on the following dates:

**Saturday, September 12, 8 a.m. – noon | Saturday, October 10, 8 a.m. – noon**

Limbs and brush can be dropped off at the site on Groh Lane just past Waterworks Park. During these months there will not be any mulched chippings available for the public.

Questions? Call the Parks and Recreation Department at 513-867-5348.

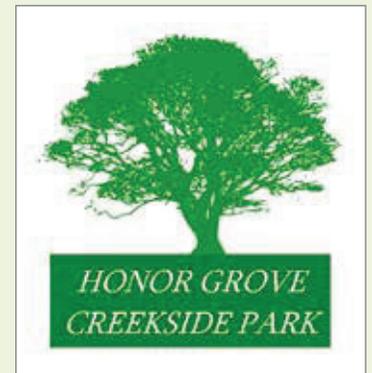
## Living Legacy Tree Program at Creekside Park

The City of Fairfield Parks and Recreation Department and the Environmental Commission are privileged to provide a unique opportunity to residents who would like to plant a tree in honor of a family member, a special loved one, or themselves.

There are over 40 different species of trees to choose from and several different levels to pick from depending on what type of tree is selected. A 30" x 24" cast bronze plaque will be installed in a centralized area located by the benches in the middle of the grove at Creekside Park. The individual's name will be added to the large plaque for recognition.

*For more information contact:*

Bob Schappacher, Parks Maintenance Superintendent, [rschappacher@fairfieldoh.gov](mailto:rschappacher@fairfieldoh.gov) or (513) 896-8430



# PRE-SCHOOL & KINDERGARTEN

Classes for Ages 2 to 6

**PLEASE NOTE THAT CHILD MUST BE POTTY-TRAINED**  
(unless listed as parent/child class)

**REGISTERING NOW FOR THE 2020-2021 SCHOOL YEAR**

## PreS.M.A.R.T.I.E.S.

Three to Four Year Olds

Tuesday & Thursday • 10 a.m. – Noon

Through arts and crafts, this recreational/educational program helps children recognize letters, shapes and colors. All kids must be potty-trained and three years old before Dec. 31, 2020.

## S.M.A.R.T.I.E.S.

Social Studies/Science-Math-Art-Reading-Together-In an-Educational-Surrounding

Four to Six Year Olds

Tuesday, Wednesday & Thursday • 1 – 3 p.m.

This recreational/education program is taking enrollment for the 2020-2021 school year. Kids must be older than age four by Dec. 31, 2020.

For further information, please contact Lori Haven at 513-896-8410 or [lhaven@fairfieldoh.gov](mailto:lhaven@fairfieldoh.gov)

## TIME 2 LEARN

AGES 2 – 3 | INSTRUCTOR: Marcy Martin

Kids are introduced to basic skills, concepts (shapes, numbers, and colors) and socialization skills in a fun engaging way. An adult must stay with the child.

*\*No class on 11/25*

<b>CAC CHILDREN'S ROOM</b>	<b>WEDNESDAY</b>
FALL A	Sept 9 - Oct 14 10 - 11 a.m.
R/NR FEE	<b>\$40/\$45</b>

<b>CAC CHILDREN'S ROOM</b>	<b>WEDNESDAY</b>
FALL B	Oct 28 - Dec 9 10 - 11 a.m.
R/NR FEE	<b>\$40/\$45</b>

# YOUTH & TEEN Classes for Ages 6 - 17

## YOUTH HALLOWEEN PAINTINGS - NEW

AGES 6 – 12  
INSTRUCTOR: Crystal Chmielewski  
Let the fun side of Halloween come alive and paint your own Trick or Treat Bag! See display in the Art Studio window

<b>CAC ART STUDIO</b>	<b>FRIDAY</b>
FALL A	Oct. 9
R/NR FEE	6 - 8 p.m. \$30/\$35

## YOUTH FALL PAINTING - NEW

AGES 6 – 12  
INSTRUCTOR: Crystal Chmielewski  
Help decorate the house with this Fall Painting that you create in this two- hour workshop. See sample in the Art Studio window.

<b>CAC ART STUDIO</b>	<b>FRIDAY</b>
FALL A	Sept. 18
R/NR FEE	6 - 8 p.m. \$30/\$35

## CHILDREN'S POTTERY

AGES 6 – 12  
INSTRUCTORS: Maggie and Kevin Carpenter  
Various hand-building techniques demonstrated for students to form their own functional and decorative pieces of art from clay. *No class November 24.*

<b>CAC ART STUDIO</b>	<b>TUESDAY</b>
FALL B	Oct 27 - Dec 8
R/NR FEE	5:30 - 7:30 p.m. \$85/\$90

## SPOOKY SCIENCE

AGES 6 – 12  
INSTRUCTOR: Marcy Martin  
Get into Halloween spirit in this fun hands-on-workshop where you will scare up some science with some ghostly science experiments.

<b>CAC CHILDRENS ROOM</b>	<b>WEDNESDAY</b>
FALL A	Oct. 14 - 28
R/NR FEE	6 - 7:30 p.m. \$45/\$50



## HALLOWEEN CAKE - NEW

AGES 6 – 12  
INSTRUCTOR: Crystal Chmielewski  
Decorate a cake with a Halloween theme. No experience needed

<b>CAC CHILDRENS ROOM</b>	<b>FRIDAY</b>
FALL A	Oct. 30
R/NR FEE	6 - 8 p.m. \$30/\$35

## DANCE AGES 2 and 1/2 - 17

### FAIRFIELD STARZ BEGINNING DANCE AND ACRO PROGRAM

Taught by Jean Meyers, Fairfield Starz Dance and Acro Program runs from September through December. There will be an Open House on September 2 from 6-7 p.m. *No class the weeks of October 12 or November 23.*

#### BEGINNING BALLERINAS

AGES 2 and 1/2 - 5 | Students who are just entering the world of ballet will learn the basics of dance and movement spending time at the ballet barre and progressing out into floor work. Ballet shoes are required.

<b>Sept. 14 - Dec. 14</b>	<b>M</b>	<b>10:30 - 11:15 a.m.</b>	<b>CAC Dance/Fitness Studio</b>	<b>\$110/\$125</b>
<b>Sept. 14 - Dec. 14</b>	<b>M</b>	<b>11:45 a.m. - 12:30 p.m.</b>	<b>CAC Dance/Fitness Studio</b>	<b>\$110/\$125</b>

#### PEE WEE BEGINNER ACROBATICS (ACRO)

AGES 2 and 1/2 - 5 | A mini version of the acro program, this class is created and designed especially for preschoolers. Basic tumbling skills include backbends, cartwheels, hand/headstands, rolls, and other acrobatic skills.

<b>Sept. 14 - Dec. 14</b>	<b>M</b>	<b>11:15 - 11:45 a.m.</b>	<b>CAC Dance/Fitness Studio</b>	<b>\$75/\$80</b>
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#### BEGINNER ACROBATICS (ACRO)

AGES 5 - 14 | This program centers on fundamental acrobatic technique. Basic tumbling skills will include backbends, cartwheels, hand/headstands, rolls, and other acrobatic skills.

<b>Sept. 14 - Dec. 14</b>	<b>M</b>	<b>4:15 - 5 p.m.</b>	<b>CAC Dance/Fitness Studio</b>	<b>\$110/\$125</b>
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## BEGINNER DANCE

AGES 4 - 6 | This class will work on the basics of ballet, traditional dance, tap, and jazz. Ballet and tap shoes are required.

<b>Sept. 14 - Dec. 14</b>	<b>M</b>	<b>1 - 1:45 p.m.</b>	<b>CAC Dance/Fitness Studio</b>	<b>\$110/\$125</b>
<b>Sept. 14 - Dec. 14</b>	<b>M</b>	<b>5 - 5:45 p.m.</b>	<b>CAC Dance/Fitness Studio</b>	<b>\$110/\$125</b>

## INTERMEDIATE DANCE I

AGES 6 - 8 | This is a combination class including ballet and tap technique. Ballet and tap shoes are required.

<b>Sept. 14 - Dec. 14</b>	<b>M</b>	<b>5:45 - 6:30 p.m.</b>	<b>CAC Dance/Fitness Studio</b>	<b>\$110/\$125</b>
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## INTERMEDIATE DANCE II

AGES 8 - 10 | This class is designed to move beyond the fundamentals of basic dance, while refining skills and technique while developing strength, confidence and flexibility. Ballet and tap shoes are required.

<b>Sept. 16 - Dec. 16</b>	<b>W</b>	<b>7:15 - 8 p.m.</b>	<b>CAC Dance/Fitness Studio</b>	<b>\$110/\$125</b>
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## PRE TEEN DANCE

AGES 11 - 13 | This class will focus on faster more intricate footwork in tap while becoming more proficient in ballet and jazz movement and technique. Ballet and tap shoes are required.

<b>Sept. 14 - Dec. 14</b>	<b>M</b>	<b>6:30 - 7:15 p.m.</b>	<b>CAC Dance/Fitness Studio</b>	<b>\$110/\$125</b>
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## TEEN DANCE

AGES 13 AND UP | Teens will enjoy learning ballet, jazz and tap while developing confidence, mental concentration, physical coordination and grace. Ballet and tap shoes are required.

<b>Sept. 14 - Dec. 14</b>	<b>M</b>	<b>7:15 - 8 p.m.</b>	<b>CAC Dance/Fitness Studio</b>	<b>\$110/\$125</b>
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## PRE-POINTE/BEGINNER POINTE AND BALLET TECHNIQUE

PRE-POINTE - AGES 10 AND UP | BEGINNER POINTE - AGES 11 AND UP WITH INSTRUCTOR PERMISSION

Previous ballet experience required and students must also be enrolled in Intermediate II, Pre-Teen or Teen Dance.

Students will focus on ballet technique. Leather ballet slippers required.

<b>Sept. 16 - Dec. 16</b>	<b>W</b>	<b>4:15 - 5 p.m.</b>	<b>CAC Dance/Fitness Studio</b>	<b>\$110/\$125</b>
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## HIP HOP CLASSES

The Fairfield Starz Hip Hop Program is taught by Jean Meyers and runs from September-November. There will be an Open House on September 2 from 6 - 7 p.m. *No class the week of October 12.*

Hip hop dance is high energy and encompasses many of the classical dance styles, but is presented in a street or non-traditional format. Students will learn rhythm, control, posture, and coordination through age-appropriate hip hop choreography with no suggestive music/movements.

### JUNIOR HIP HOP CLASS AGES 5 - 8

<b>Sept. 9 - Nov. 18</b>	<b>W</b>	<b>5 - 5:45 p.m.</b>	<b>CAC Dance/Fitness Studio</b>	<b>\$110/\$125</b>
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### INTERMEDIATE HIP HOP CLASS AGES 7 - 9

<b>Sept. 9 - Nov. 18</b>	<b>W</b>	<b>6:30 - 7:15 p.m.</b>	<b>CAC Dance/Fitness Studio</b>	<b>\$110/\$125</b>
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### SENIOR HIP HOP CLASS AGES 10 AND UP

<b>Sept. 9 - Nov. 18</b>	<b>W</b>	<b>5:45 - 6:30 p.m.</b>	<b>CAC Dance/Fitness Studio</b>	<b>\$110/\$125</b>
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# ADULTS

Classes for Ages 18 & up



## ARTS & CRAFTS

### ADULT POTTERY

AGES 18 – Up | INSTRUCTORS: Maggie and Kevin Carpenter

Classes are designed for beginners and intermediate students. The main focus is to develop your wheel-throwing, hand-building, glazing, and decorating skills.

*No class on November 25 and 26.*

**CAC ART STUDIO**      **WEDNESDAY**  
FALL A                      Sept. 9 - Oct. 14  
6 - 8 p.m.  
R/NR FEE                    \$100/\$105

**CAC ART STUDIO**      **WEDNESDAY**  
FALL B                      Oct. 28 - Dec. 9  
6 - 8 p.m.  
R/NR FEE                    \$100/\$105

**CAC ART STUDIO**      **THURSDAY**  
FALL A                      Sept. 10 - Oct. 15  
6 - 8 p.m.  
R/NR FEE                    \$100/\$105

**CAC ART STUDIO**      **THURSDAY**  
FALL B                      Oct. 29 - Dec. 10  
6 - 8 p.m.  
R/NR FEE                    \$100/\$105

### ADULT FALL PAINTING

INSTRUCTOR: Crystal Chmielewski  
Enjoy the fall season with admiring your fall masterpiece all season. Sample displayed in the Art Studio window.

**CAC ART STUDIO**      **FRIDAY**  
FALL A                      Sept. 11  
6 - 8:30 p.m.  
R/NR FEE                    \$30/\$35

### ADULT THANKSGIVING PAINTING

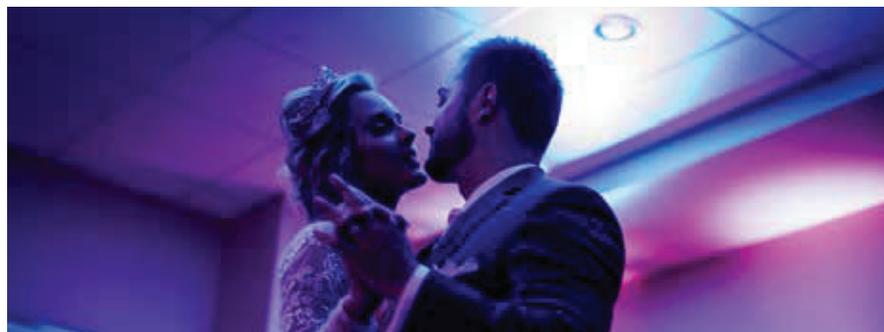
AGES 16 – Up  
INSTRUCTOR: Crystal Chmielewski  
Let the fun side of Thanksgiving come alive as we paint a canvas with a Thanksgiving theme. See sample in the Art Studio window.

**CAC ART STUDIO**      **FRIDAY**  
FALL A                      Oct. 23  
6 - 8:30 p.m.  
R/NR FEE                    \$30/\$35

### BEGINNING BALLROOM BASICS: SWING

INSTRUCTOR: Malinda McCullough  
Swing is fun and a great way to start your dance experience! Learn the basic footwork patterns, proper lead, follow, and timing. Partner is preferred but not required. Upbeat music helps to make this a great alternative to traditional exercise programs.

**CAC DANCE STUDIO**      **THURSDAY**  
Sept. 17 - Oct. 22  
6 - 7 p.m.  
R/NR FEE                    \$55/\$60



### BEGINNING BALLROOM BASICS: WALTZ

INSTRUCTOR: Malinda McCullough  
Waltz is beautiful and the foundation for many ballroom dances. Learn proper frame and basic foot placement for the box patterns. Partner is preferred for this class due to the structure of this discipline. Perfect for weddings and social gatherings, the Waltz is ever popular and has been danced for over one hundred years.

**CAC DANCE STUDIO**      **THURSDAY**  
Sept. 17 - Oct. 22  
7:15 - 8:15 p.m.  
R/NR FEE                    \$55/\$60

## MIND & BODY



### TAI CHI FOR HEALTH

**INSTRUCTOR:** Barbara Miller  
Gentle, yet powerful form of exercise that combines fluid movements with energy circulation, breathing and stretching techniques. Improve muscle tone, balance and reduce stress.  
*No class September 7 and 8, and October 12.*

**CAC BASEMENT**

**MONDAY**

FALL A Aug. 31 - Oct. 5  
6:15 - 7:15 p.m.  
\*R/NR FEE **\$42**

**CAC DANCE STUDIO**

**TUESDAY**

FALL A Sept. 1 - Oct. 13  
10:30 - 11:30 a.m.  
R/NR FEE **\$50**

\* 5 week session

## FALL FITNESS PASS 2020

All of your favorite classes without the commitment

Attend any classes from Mind & Body, Strength & Core, Cardio and 55-Plus for just \$150 (\$160 for non-resident) for Fall A and Fall B sessions. Class minimums and maximums will apply. If you take three classes per week, this is just over \$4 per class!

**JUST OVER \$4 PER CLASS!**



### YOGA FLOW

**INSTRUCTOR:** Ann Colaco  
Flow through poses, as you increase balance, flexibility, and strength of body and mind in this movement based class. All levels are welcome.  
*No class September 9.*

**CAC DANCE STUDIO**

**WEDNESDAY**

FALL A Sept. 2 - Oct. 14  
6 - 7 p.m.  
R/NR FEE **\$42/\$47**

### ALIGNMENT YOGA

**INSTRUCTOR:** Bonnie Fahl  
Slow and steady, bringing awareness to the body and breath, while emphasizing alignment and detail in poses. For all fitness levels. *No class September 10.*

**CAC DANCE STUDIO**

**THURSDAY**

FALL A Sept. 3 - Oct. 15  
10:30 - 11:30 a.m.  
R/NR FEE **\$42/\$47**

***Please don't wait*** until the last minute to register for your favorite program(s). The decision to cancel a class due to low enrollment is usually made the week before a session begins. Registering late may mean the class has already been canceled.

## STRENGTH & CORE



## BODY, STRENGTH, & TONE

INSTRUCTOR: Michelle Sneed  
Work all your major muscle groups in this total body class. *No class September 7 and 9, and October 12.*

**CAC BASEMENT**      **MONDAY**  
**CAC DANCE STUDIO**      **WEDNESDAY**  
FALL A      Aug. 31 - Oct. 14  
11 - 11:45 a.m.  
\*R/NR FEE      **\$49/\$54**

\* 11-class session



## BARRE BOXING

INSTRUCTOR: Cassie Ruhlman  
15 minutes of cardio kickboxing, followed by 45 minutes of a full-body Barre workout to shape longer, leaner muscles, using a ballet barre and your own body weight. *No class September 8.*

**CAC DANCE STUDIO**      **TUESDAY**  
FALL A      Sept. 1 - Oct. 13  
7 - 8 p.m.  
\*R/NR FEE      **\$39/\$44**

## CARDIO



## REFIT®



INSTRUCTOR: Keri Cunningham  
A power-packed hour filled with cardio dance movements, toning, flexibility, strength training, and stretching. Ages 10 to 17 welcome with an enrolled adult. *No class September 7 and 9, and October 12.*

**CAC BASEMENT**      **MONDAY**  
FALL A      Aug. 31 - Oct. 5  
7:30 - 8:30 p.m.  
\*R/NR FEE      **\$29/\$34**

\* 5 week session

**CAC BASEMENT**      **WEDNESDAY**  
FALL A      Sept. 2 - Oct. 14  
7:30 - 8:30 p.m.  
\*R/NR FEE      **\$35/\$40**

**CAC BASEMENT**      **MONDAY & WEDNESDAY**  
FALL A      Aug. 31 - Oct. 14  
7:30 - 8:30 p.m.  
R/NR FEE      **\$46/\$51**



## INDOOR CYCLING

INSTRUCTOR: Ann Colaco  
Low-impact, 45 minute, moderate to high-intensity workout on stationary bikes, followed by 15 minutes of strength and flexibility training. Enjoy the energy and motivation of a group class. Beginners to seasoned cyclists welcome. *No class September 8.*

**CAC DANCE STUDIO**      **TUESDAY**  
FALL A      Sept. 1 - Oct. 13  
12:30 - 1:30 p.m.  
R/NR FEE      **\$30/\$35**



## REV + FLOW BY REFIT®

INSTRUCTOR: Keri Cunningham  
High intensity, low-impact workout set to music with a focus on toning. Some weight training and floor work. *No class September 11 and 12.*

**CAC DANCE STUDIO**      **FRIDAY**  
FALL A      Sept. 4 - Oct. 16  
9:30 - 10:30 a.m.  
\*R/NR FEE      **\$35/\$40**

# 55 PLUS

## The Senior Lounge

The Senior Lounge is currently closed and all 55 Plus activities are cancelled due to current COVID-19 Orders. Once the restrictions are reduced, we will review them and make our decision to re-open based on if we can safely and reasonably comply with all measures that are being set forth. Providing a safe environment for our visitors is our priority. Our staff has been very diligent with staying in touch with local and state authorities during this process and will continue doing so throughout the remainder of the pandemic.

## YOGA STRETCH

**INSTRUCTOR:** Ann Colaco  
Gentle, restorative yoga that focuses on slowing down and on deeper stretching holds. Increase flexibility, core strength, and balance.  
*No class September 8.*

<b>CAC BASEMENT</b>	<b>TUESDAY</b>
FALL A	Sept. 1 - Oct. 13 10:15 - 11 a.m.
R/NR FEE	<b>\$42</b>

## STRETCH, FLEX, & MOVE

**INSTRUCTOR:** Bonnie Fahl  
Low impact movements to increase muscular strength, cardiovascular endurance, and flexibility. Light hand-held weights and resistance bands used. *No class September 7 and 9, and October 12.*

<b>CAC DANCE STUDIO</b>	<b>MONDAY/WEDNESDAY</b>
FALL A	Aug. 31 - Oct. 14 9:30 - 10:15 a.m.
*R/NR FEE	<b>\$46</b>
* 11-class session	



## TAI CHI FOR HEALTH

**INSTRUCTOR:** Barbara Miller  
Gentle, yet powerful form of exercise that combines fluid movements with energy circulation, breathing and stretching techniques. Improve muscle tone, balance and reduce stress.  
*No class September 7 and 8, and October 12.*

<b>CAC BASEMENT</b>	<b>MONDAY</b>
FALL A	Aug. 31 - Oct. 5 6:15 - 7:15 p.m.
*R/NR FEE	<b>\$42</b>
* 5 week session	

<b>CAC DANCE STUDIO</b>	<b>TUESDAY</b>
FALL A	Sept. 1 - Oct. 13 10:30 - 11:30 a.m.
R/NR FEE	<b>\$50</b>

**Please don't wait** until the last minute to register for your favorite program(s). The decision to cancel a class due to low enrollment is usually made the week before a session begins. Registering late may mean the class has already been canceled.



## STAYING FIT

**INSTRUCTOR:** Michelle Sneed  
Have fun and move to music using light hand-held weights, resistance bands and your own body weight for a gentle toning. All fitness levels are encouraged to attend. *No class September 8 and 10.*

<b>CAC DANCE STUDIO</b>	<b>TUESDAY/THURSDAY</b>
FALL A	Sept. 1 - Oct. 15 9:30 - 10:15 a.m.
R/NR FEE	<b>\$50</b>

# ART GALLERY



## CALL FOR ENTRIES

### ANNUAL COMMUNITY ARTIST SHOWCASE

A Juried Showcase opportunity for area artists to exhibit their work. Open to any artist, 18 or older, who resides within 40 miles of Fairfield, OH. Best in Show awards presented in the categories of Fine Art, Photography, and Sculpture/Jewelry/3-D work. Applications available starting August 3.

Entries due the week of September 8 - 11. More information including the application, is online at [www.Fairfieldoh.gov/Parks](http://www.Fairfieldoh.gov/Parks).

## 2019 COMMUNITY SHOWCASE WINNERS



## COLORED PENCIL SOCIETY

**AUGUST 1 - SEPTEMBER 26**

**Opening Reception: Friday, July 31 from 6 - 8 p.m.**

Colored pencil is one of the latest art mediums to be recognized as a fine art medium. All artwork in this Cincinnati area exhibit is original and executed by the artists using artist quality colored pencils as the main medium.

## LOOKING TO TRY OUT PICKLEBALL?

The following Parks have tennis courts that are also striped for Pickleball:

- Harbin Park
- Waterworks Park
- Gilbert Farms Park

*Pickleball shares features of other racquet sports, the dimensions and layout of a badminton court, and a net and rules similar to tennis, with a few modifications.*