Fall/Winter Program Guide

Fall: August 30, 2021 - November 20, 2021
Winter: November 29, 2021 - February 19, 2022
No programs August 22-28 or November 21-27

Masks required inside all facilities and where social distancing cannot occur.

City of Dayton Department of Recreation
937-333-8400 • www.daytonohio.gov/rys
Scan the QR code to keep up with the latest information and schedules.
LOCATIONS AND PASSES

THE CITY OF DAYTON DEPARTMENT OF RECREATION
937-333-8400 • 101 W Third Street

GREATER DAYTON RECREATION CENTER
937-333-4REC (4732) • 2021 W Third Street

LOHREY RECREATION CENTER
937-333-3131 • 2366 Glenarm Avenue

NORTHWEST RECREATION CENTER
937-333-3322 • 1600 Princeton Drive

KETERING FIELD COMPLEX
937-333-BALL (2255) • 444 N Bend Boulevard

NFL CENTENNIAL FIELD
937-333-BALL (2255) • 502 E Helena Street

JIM NICHOLS TENNIS CENTER
937-333-3085 • 2424 Ridge Avenue

COMMUNITY GOLF COURSE
937-293-2341 (Pro Shop) • 937-293-3652 (Restaurant) • 2917 Berkley Steet

RECREATION PASS RATES

Annual Combo Pool & Fitness
- Adult: $85
- Senior: $75
- Youth: $60
- Family*: $315

Monthly Combo Pool & Fitness
- All pass holders: $10

TENNIS PASS RATES

Annual Pass
- Adult: $120
- Senior: $100
- Youth: $100
- Family*: $250

Monthly Pass
- Adult: $25
- Senior: $20
- Youth: $20
- Family*: $50

*A family pass includes 2 adults and 4 youth who reside in the same household.
COMMUNITY EVENTS

DAYTON WORLD SOCCER GAMES
SEPTEMBER 25, 2021 • ACTION SPORTS CENTER • 1103 GATEWAY DRIVE
Get in the Game! Play, Volunteer, or be a Vendor
Join us in promoting a stronger community for everyone through recreational soccer. Get your youth or adult team together and come out and play as we educate, celebrate and appreciate one another.
Cost: $100 for youth teams | $125 for adult teams
Entry fee must be paid at time of registration. Cash, checks or money orders are accepted. This tournament is free and open to the public to attend.
For more information visit www.WelcomeDayton.org or call 937-333-8400.

TAILGATE OLYMPICS
OCTOBER 15, 2021 • 1:00PM - 9:00 PM • KETTERING FIELD COMPLEX • 444 N BEND BLVD.
Come out and join us for Cornhole, Kan-Jam, Bocce Ball, Giant Jenga, and Putter Ball.
Registration: September 9th - 30th
Fees apply. Call 937-333-8400 for details.

FALL HARVEST FESTIVAL
OCTOBER 31, 2021 • 6:00PM - 8:00 PM • KETTERING FIELD COMPLEX • 444 N BEND BLVD.
Dress up as your favorite character and come enjoy our drive thru event, halloween decorations, and lots of goodies and candy! Children 14 and under get free candy and must be present.

SANTA IN THE CENTERS
DECEMBER 20, 2021 • 6:00PM - 8:00 PM • LOHREY RECREATION CENTER • 2366 GLENARM AVENUE
DECEMBER 21, 2021 • 6:00PM - 8:00 PM • NORTHWEST RECREATION CENTER • 1600 PRINCETON DRIVE
Come visit Santa in our centers for fun activities and FREE pictures with Santa!
**AQUATICS**

Lohrey Recreation Center  
Belmont Pool  
2366 Glenarm Ave • 937-333-3131

Northwest Recreation Center  
Dabney Pool  
1600 Princeton Dr • 937-333-3322

Greater Dayton Recreation Center  
Family Aquatics Center is currently closed until further notice.

- Pre-Registration Required  
- Drop-In Only

**PRESCHOOL AQUATICS 1**

Next steps! This program is designed to orient preschool children to the aquatic environment without parents in the water, and to help them gain basic aquatic skills independently. Skilled staff will assist the participants in practicing elementary forms of propulsive aquatic movement. Finally, we’ll show you how to safely and effectively use flotation devices. Children will be in the water with instructor(s) during this class. The class is designed for children ages 4 and 5 years old.

**LEVEL 1 YOUTH SWIM**

This class introduces 6–12 year old participants to basic swimming skills along with safety information. Our goal is for everyone to develop positive attitudes, good swimming habits and safe practices in and around the water.

**LEVEL 2 YOUTH SWIM**

(You must pass Level 1 Youth Swim to enroll in Level 2 Youth Swim)

In this class, youth ages 6–12 years old will learn to float without support and recover to a vertical position. This level marks the beginning of true locomotive movement, self help and basic rescue skills. Youth will further develop simultaneous and alternating arm and leg actions on their stomach and back that lay the foundation for future strokes. The class will also introduce deep water exposure, build on skills previously gained by learning the survival float, the front crawl and the backstroke. Later, participants will be introduced to the scissor and dolphin kicks and build on the fundamentals of treading water. Youth will also learn the rules for headfirst entries and begin entering the water headfirst in ten feet of water or deeper.

**LEVEL 3/4 YOUTH SWIM**

(You must pass Level 2/3 Youth Swim to enroll in Level 3/4 Youth Swim)

The objective of this class is to develop confidence in the strokes learned in previous classes by increasing the level of endurance and gaining greater distance. Participants ages 6–12 years old will add the arms to the scissor kick for the sidestroke and will be introduced to the back crawl, breaststroke, butterfly and how to turn at the wall.

**ADULT LEARN TO SWIM**

This class can help teens or adults overcome their fear of the water and learn the basic skills to achieve a minimum level of water competency including water safety skills. In this course, participants learn to float, glide, tread water and get comfortable with rotary breathing. Participants are eventually introduced to front crawl, back crawl, breaststroke and butterfly. For ages 16 and over.

**AQUA FIT**

If you’re looking to get in shape, try our Aqua Fit. This class is designed as a low-to-moderate intensity aerobic workout for those just starting a workout program. Gain strength, tone muscles and get a great workout for your heart.

**HYDROCYCLING**

Water has a calm and soothing effect on the body. Place a stationary bike in the water and you get a full body workout that burns tons of calories, destroys cellulite and treats joint pain, all while preventing trauma and micro tears.

**AQUA ZUMBA**

Known as the Zumba “pool party,” Aqua Zumba gives new meaning to the idea of an invigorating workout. It’s altogether a safe, challenging, water-based workout that’s cardio-conditioning, body-toning and most of all, exhilarating beyond belief.

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**PRIVATE SWIM LESSONS**

$60 for 5 lessons including  •  30 minutes of instruction  
Flexible scheduling available  •  Inquire with your City of Dayton Recreation Center about how to register.
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<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
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<tbody>
<tr>
<td>8:00am - 9:00am</td>
<td>Lap/Walk/Jog</td>
<td>Northwest &amp; Lohrey</td>
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<tr>
<td>9:00am - 9:45am</td>
<td>Aqua Fitness</td>
<td>Northwest &amp; Lohrey</td>
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<tr>
<td>9:45am - 12:00pm</td>
<td>Lap/Walk/Jog</td>
<td>Northwest &amp; Lohrey</td>
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<td>1:00pm - 2:45pm</td>
<td>Lap/Walk/Jog</td>
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**MONDAY**

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<tr>
<td>8:00am - 9:00am</td>
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<td>Aqua Fitness</td>
<td>Northwest &amp; Lohrey</td>
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<tr>
<td>9:45am - 12:00pm</td>
<td>Lap/Walk/Jog</td>
<td>Northwest &amp; Lohrey</td>
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<tr>
<td>1:00pm - 2:30pm</td>
<td>Beginner Adult Learn to Swim</td>
<td>Northwest</td>
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<tr>
<td>3:30pm - 5:30pm</td>
<td>General Admission</td>
<td>Northwest &amp; Lohrey</td>
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<tr>
<td>5:30pm - 6:15pm</td>
<td>Preschool Level 1</td>
<td>Northwest</td>
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<tr>
<td>6:15pm - 7:00pm</td>
<td>Hydrocycling</td>
<td>Northwest</td>
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<tr>
<td>7:00pm - 8:30pm</td>
<td>General Admission</td>
<td>Northwest &amp; Lohrey</td>
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**TUESDAY**

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<td>Northwest</td>
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<td>Aqua Fitness</td>
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<td>9:45am - 12:00pm</td>
<td>Lap/Walk/Jog</td>
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<td>Lap/Walk/Jog</td>
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<td>3:30pm - 5:30pm</td>
<td>General Admission</td>
<td>Northwest &amp; Lohrey</td>
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<tr>
<td>5:30pm - 6:15pm</td>
<td>Preschool Level 1</td>
<td>Northwest</td>
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<td>Hydrocycling</td>
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<td>7:00pm - 8:30pm</td>
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**WEDNESDAY**

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<tbody>
<tr>
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<td>Lohrey</td>
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<tr>
<td>9:00am - 9:45am</td>
<td>Aqua Fitness</td>
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<tr>
<td>9:45am - 12:00pm</td>
<td>Lap/Walk/Jog</td>
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<td>1:00pm - 2:30pm</td>
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<tr>
<td>3:30pm - 5:30pm</td>
<td>General Admission</td>
<td>Lohrey</td>
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<tr>
<td>5:30pm - 6:15pm</td>
<td>Level 1 Youth Swim</td>
<td>Lohrey</td>
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<tr>
<td>6:15pm - 7:00pm</td>
<td>Aqua Zumba</td>
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<tr>
<td>7:00pm - 8:30pm</td>
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**THURSDAY**

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<td>Lap/Walk/Jog</td>
<td>Northwest</td>
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<tr>
<td>9:00am - 9:45am</td>
<td>Aqua Fitness</td>
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<tr>
<td>9:45am - 12:00pm</td>
<td>Lap/Walk/Jog</td>
<td>Northwest</td>
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<tr>
<td>1:00pm - 1:45pm</td>
<td>Intermediate Adult Learn to Swim</td>
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<td>Lap/Walk/Jog</td>
<td>Northwest</td>
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<tr>
<td>3:30pm - 5:30pm</td>
<td>General Admission</td>
<td>Northwest &amp; Lohrey</td>
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<tr>
<td>5:30pm - 6:15pm</td>
<td>Level 3/4 Youth</td>
<td>Northwest</td>
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<tr>
<td>6:15pm - 7:00pm</td>
<td>Hydrocycling</td>
<td>Northwest</td>
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<tr>
<td>7:00pm - 7:45pm</td>
<td>Parent/Child Lessons</td>
<td>Northwest</td>
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<tr>
<td>7:00pm - 8:30pm</td>
<td>General Admission</td>
<td>Northwest &amp; Lohrey</td>
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**FRIDAY**

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<td>3:30pm - 5:30pm</td>
<td>General Admission</td>
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<td>5:30pm - 6:15pm</td>
<td>Level 2 Youth</td>
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<tr>
<td>6:15pm - 8:30pm</td>
<td>General Admission</td>
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</table>
**ADULT SPORTS**

- **Pre-Registration Required**
- **Drop-In Only**

**FALL ADULT SOFTBALL LEAGUE**
Dust off your gloves and let’s play softball! Pull your best pitchers, batters, and runners together to form a team and sign up for our Fall Softball League. We offer WSL play.

- Adult Softball Co-Rec
- Adult Softball Men
- Adult Softball Women
- Adult Softball Senior

Register: Now until teams are filled
Fee: $325 Per Team
Play: AUG - OCT (Weather permitting)
Location: Kettering Field Softball Complex

**ADULT FLAG FOOTBALL LEAGUE**
Teams of 7-10 players can participate in our 7v7 Recreational Flag Football League. The league will run for 8 weeks at Centennial Field.

Register: Now until SEPT 22
Fee: $200 (10 players max/team)
Play: SUN - Times TBD
     OCT 3 - NOV 1
Location: Centennial Field

**ADULT CO-REC VOLLEYBALL LEAGUE**
Bump, set and spike your way into our Recreational Co-Rec Volleyball League. Enjoy 8 weeks of casual volleyball fun and a season ending tournament.

Register: Now until SEPT 22
Fee: $200 per team
     Recreational League
Play: THURS 6:00pm - 9:00pm
     SEPT 29 - NOV 17
Location: Lohrey Recreation Center

**ADULT BASKETBALL - NEW WOMEN’S DIVISION**
Teams of 7-10 players can participate in our recreation adult basketball leagues. Both a men’s and women’s league will run for 8 weeks.

Register: Now until SEPT 22
Fee: $200 (10 players max/team)
Play: MON 6:00pm - 9:00pm
     SEPT 27 - NOV 15
Location: Greater Dayton Recreation Center

**SPECIAL EVENTS**

- **Pre-Registration Required**

**NOVICE PICKLEBALL TOURNAMENT**
Grab your paddle and test your skills to become the next pickleball champion at Jim Nichols Tennis Center. Tournament will be a round robin and on Friday a single elimination tournament will be held to determine the champion.

Register: Now until SEPT 15. Day of registration permitted if you have a pair.
Fee: FREE
Play: SEPT 16 & 17 - 6:00pm - 9:00pm
Location: Jim Nichols Tennis Center

**NOVICE TENNIS TOURNAMENT**
Grab your racquet and test your skills to become the next pickleball champion at Jim Nichols Tennis Center. Tournament will be a round robin and on Friday a single elimination tournament will be held to determine the champion.

Register: Now until SEPT 22
Fees: $10 per non-pass holder
      FREE for pass holders
Play: SEPT 23 & 24 - 6:00pm - 9:00pm
Location: Jim Nichols Tennis Center

**JIM NICHOLS PLAYER APPRECIATION DAY**
Enjoy Saturday play as we appreciate our valued customers that support and play at Jim Nichols Tennis Center! Bring yourself, family and friends and enjoy prizes, games and light refreshments.

Fees: FREE
Play: SEPT 11 - 11:00am - 7:00pm
Location: Jim Nichols Tennis Center
YOUTH SPORTS

- Pre-Registration Required
- Drop-In Only

NFL FLAG FOOTBALL
This football league offers a fun, non-contact football experience for boys and girls ages 3–12. NFL Flag jersey and flags are provided.

Register: Now until SEPT 3
Fee: $25 ages 3-4 years old
     $40 ages 5-12 years old
Play: SEPT - OCT
     Practice starts the week of SEPT 6
     Games start end of SEPT

* This flag football league is a proud member of NFL Flag Powered by USA Football, but none of USA Football, Inc., the National Football League (NFL), its member clubs, NFL Ventures, L.P. or any of their respective affiliates or subsidiaries will have any liability or responsibility for any claim arising in connection with participation therein. All NFL-related logos and marks are trademarks of the NFL.

TINY TOTS BASKETBALL
This league is designed for our youngest athletes who are 3 and 4 years old. Participants are taught at developmentally appropriate levels. Start them early and let your tiny tot play like they’re in the big leagues! Participants will play a 5-game season. Uniforms, awards and end of season banquet are included in price of registration.

Register: OCT 1 – Until teams are filled
Fee: $25 per participant on or before NOV 15
     $35 per participant after NOV 15
Play: Practices begin the week of DEC 13 - days and times TBD
     Games begin JAN 7 - days and times TBD
     Season ends FEB 4
Location: Greater Dayton Recreation Center

TEAM DAYTON BASKETBALL
If your young baller is serious about their game, then he or she will want to test their talent in Dayton’s select program, Team Dayton Basketball. This is a competitive program for youth who are in grades 3rd–6th. Teams concentrate on the advanced fundamentals of basketball, game knowledge and teamwork. For more information, contact James Peebles at 333–7051.

Tryouts: Begin NOV 1
Fee: $100 per participant, paid upon team selection
Play: DEC - MAR

CITYWIDE BASKETBALL
This basketball program is for both girls and boys who are 5–18 years old. We focus on basic and intermediate skills, teamwork and the fundamentals of competitive play. Participants will play an 8-game season. Uniforms, awards and end of season banquet are included in price of registration.

Teams are coached by volunteers that receive NAYS coaching certification and background check. Please register early if you are interested in coaching! Coaches receive FREE registration for their child (one child per team coached).

Register: Begins OCT 1
Fee: $40 per individuals; $250 for teams
     on or before NOV 12
     $50 per individual; $300 for teams
     after NOV 12
Play: Practices begin the week of DEC 13
     Games begin JAN 7 - days and times TBD
     Season ends FEB 26

VOLUNTEER COACHES NEEDED
A youth sports coach plays a vital role in positively impacting the lives of our youth by teaching them valuable life skills such as sportsmanship, self confidence, opportunity and fun. All volunteer coaches must complete an application and pass a background check. All volunteer coaches receive NAYS Coaches Certification. If you are interested in becoming a volunteer coach, please contact Jim Frommeyer at jimmy.frommeyer@daytonohio.gov or call 937-333-8400.
FITNESS

FITNESS ROOMS
All Centers:
M – F: 8:00 am – 9:00 pm

Drop-In Fees: Adult $3, Youth/Senior $2

Save money and purchase an Annual Fitness Pass, which allows unlimited visits to the fitness room and fitness classes.

GROUP EXERCISE CLASSES
Are you trying to tone and firm, or lose fat and gain muscle? Try one or more of our group exercise classes to help you meet your fitness goals. Classes are offered at the daily drop-in rate. For the best deal, purchase a fitness or combo pass for unlimited visits.

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<th>CLASS</th>
<th>DAY(S)</th>
<th>TIME</th>
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<tr>
<td>Pilates</td>
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<td>Chair Yoga</td>
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<td>Swerk</td>
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<td>Zumba</td>
<td>M/W</td>
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<td>Yoga</td>
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<td>Hip Hop Pump</td>
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<td>Track</td>
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<td>M/W</td>
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<td>Silver Sneakers Boom</td>
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<td>Silver Sneakers Circuit</td>
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<td>10:45am - 11:30am</td>
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PILATES
Pilates works for everyone, whether you are an athlete or work in the office. Get stronger, longer and leaner in this class.

ZUMBA
Sure you can! Zumba is still one of the most popular workouts to give you a total body workout. It is a mixture of body sculpting movements with easy to follow dance steps—all set to Latin and international music. In this class you will use fitness principles like interval training and resistance training to maximize caloric burn and total body toning.

CHAIR YOGA
This class is designed for people who prefer not to practice on the floor, including people who use wheelchairs. The class includes adaptive yoga postures and “Let Your Yoga Dance for Special Populations®” for cardiovascular fitness. The goal is to improve flexibility, balance, core strength and stress management via yoga postures & dance, breath awareness and meditation to improve overall health, vitality and joy.

TRX SUSPENSION TRAINING
This class doesn’t require any weights! All you need is your own body weight and gravity. You won’t find a better workout anywhere else. Class size is limited to only 12 people so come early and claim your spot!

SILVER SNEAKERS CLASSIC CLASSES
Seniors can increase strength and range of motion in this chair-based class. You can get a FREE Pass if you qualify for a Silver Sneakers Membership. Ask center staff to check for you.

SILVER SNEAKERS BOOM
A higher intensity dance workout class that improves cardio endurance and burns calories. BOOM is all about breaking a sweat and having fun. The class focuses on cardio endurance by starting with simple dance moves then building into more complex sequences, bringing you a great cardio workout. Don’t worry about getting every step perfect, just have fun and improve your cardio endurance and strength. Tone your muscles and build overall strength. This class incorporates athletic exercises that boost overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill.

SILVER SNEAKERS CIRCUIT
Offers standing low-impact moves that alternate with standing upper-body strength. The class can be adapted for all fitness levels. The SilverSneakers Circuit workout offers standing, low-impact aerobic choreography with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for standing support. Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout.
GENERAL RECREATION PROGRAMS

SENIOR SOCIALS
Senior Socials will be held on the third Wednesday of each month at 10:30am. Activities and location are to be determined. Further advertising and information will follow soon. Check with our City of Dayton Recreation Centers for more information.

RECESS AFTER SCHOOL
Youth don’t have to be “home alone.” Send your children (6–12 years old) to our recreation center after school for a safe and fun after-school alternative. Participants will receive a snack and take part in recreation, arts and crafts, and other structured activities. Best of all, participants will be allowed to complete homework assignments and school projects with the assistance of center staff. Once registered, parents and guardians can contact Dayton Public Schools’ Transportation Department at 937-542-4010 and arrange to have our center designated as an after school drop-off site. Pre-registration is required to participate in this program. This program follows the Dayton Public School calendar. If they do not have school, there is no Recess After School.

Registration: Begins AUG. 2
Locations: Greater Dayton Recreation
Lohrey Recreation Center
Northwest Recreation Center
Program: MON - FRI 2:00pm - 5:30pm
SEPT 7, 2021 - MAY 27, 2022

DO-IT-YOURSELF (DIY) ART TIME
Share a studio space to work on art pieces with your peers. This is a peer-guided, do-it-yourself art activity. Supply your own clay piece, paints and supplies. Storage will not be available. This class meets twice a week.

Location: Lohrey Recreation Center  Northwest Recreation Center
Fee: $25 (2 sessions)  $12 (1 session)
Day: TUE  WED  FRI
Time: 6:00pm - 8:00pm  9:00am - 11:00am  10:00am - 12:00pm

URBAN BALLROOM DANCING
Recreation and Youth Services has teamed up with The Dayton Urban Ballroom Group to teach “Detroit Style” ballroom dancing. We can teach you with or without a partner. Come and join the fun! Daily Drop-In fee for this class is $3

Location: Northwest Recreation Center
Day: Thursdays
Time: 6:00pm - 8:00pm

TEEN PROGRAMS
Teen programs and activities and location are to be determined. Further advertising and information will follow soon. Check with our City of Dayton Recreation Centers for more information.

WELLNESS WORKSHOPS
Coming this fall, wellness workshops with topics such as suicide prevention, mental health, financial planning, and helping young children in times of stress. Check with our City of Dayton Recreation Centers for more information.

Pre-Registration Required  Drop-In Only
COMMUNITY GOLF COURSE  
www.golf-dayton.com  
Adults 18-59 years old • Seniors 60+ years old • Juniors 6-17 years old

FALL DAILY RATES • NOV 1ST - 30TH

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WINTER DAILY RATES • DEC 1ST - FEB 28TH

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2022 SEASON PASSES - ON SALE JANUARY 3, 2022

All Season Passes include unlimited greens fees any time the course is open to daily play, including league play, and men’s and women’s association events. Includes locker rental. All passes are non-refundable or transferable. Passes expire DEC 31. Purchase your pass online and receive a $5 discount. 2022 rates are subject to change.

BUNKER IMPROVEMENTS BEGIN SEPTEMBER 7

Visit www.golf-dayton.com for an up-to-date status of the construction.

Michigan-based architect Chris Wilczynski has been selected to reconstruct the bunkers on the course, improving the beauty and challenging the skill of those who play the 36 holes of the Hills and Dales courses. “It’s super exciting to work on a property that means so much to the city and residents,” Wilczynski said. “We selected C.W. Golf Architecture for this project because Chris has an excellent resume with improving golf facilities, is very experienced, and fits very well with this project and the improvements needed,” said course superintendent Bob Bajek. Wilczynski said golf holds special value beyond it being a recreational sport. “It provides so much, you know, social interaction and the health benefits of just being outside, walking and playing golf and being with your friends,” Wilczynski said.

“It’s really important to improve and enhance a golf facility like that, to make it the best it can be for the community and the people so that they can be proud of it as well,” he said.

Before picture of Bunker