

DECEMBER 2018 - FEBRUARY 2019

Centerville-Washington **PARK DISTRICT** **NEWS & EVENTS**



Explore your community's BIG backyard!

NEW online registration procedure!



Headquarters

Activity Center Park
221 North Main Street
Centerville, Ohio 45459-4617
(937) 433-5155
Fax: (937) 433-6564
Second Shift/Weekends:
(937) 470-9246
mail@cwpc.org
www.cwpc.org

Office Hours

Monday – Friday
8:00 a.m. to 4:30 p.m.
Office Closed December 24 & 25,
January 1 & 21

Park Addresses

For more information and each park's
address, visit www.cwpc.org.



Dog Park Closures

www.cwpc.org/parks/oak-grove/dog-park/dog-park-closure-status/



Athletic Field Conditions

www.cwpc.org/field_status/

Area Youth

Athletic Organizations

Centerville Baseball Softball League
www.cbltoday.org

Centerville Recreational Soccer
www.centervillesoccer.com

Centerville United Soccer Association
www.cusasoccer.org

Centerville Wee Elks
Football Association
www.weeelks.org

Centerville Youth Lacrosse
www.cvlax.org

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Commissioners' Corner



Many of you already know you have an exceptional park and recreation system. Now you can know you live in a community

with one of the best park and recreation systems in the nation!

At the recent National Recreation and Park Association conference, Centerville-Washington Park District was recognized as one of the four best agencies in our population category. To put that in perspective, there are about 10,000 public park and recreation agencies in the United States!



What makes your park district so special? You do! The reason the board and staff can manage the Park District so well is the continuing support of residents. A key element considered for this national honor is resident engagement. Of course, we think nobody does this better than the residents of the Park District.

CWPD residents are engaged by volunteering, participating, giving feedback, offering suggestions and voting in favor of levy renewals.

There is plenty of recent proof of your unwavering commitment to participating in the District's operation. See the spotlight on the next page on two of *many* wonderful volunteers. Hundreds of you offered ideas and opinions through citizen input questionnaires and meetings on **Bill Yeck Park**, **Willowbrook Park** and **Pelbrook Park**. The new **Forest Field Park** playgrounds, trails and restrooms all came from resident input.

The Centerville-Washington Park District Board of Park Commissioners holds public meetings once a month throughout the year. Visit www.cwpc.org/about/public-meeting-schedule/ to view the schedule!

On the following pages, there are seven new programs all based on participant feedback. Add to that, many programs that have been continued or expanded based on your feedback. And, it was just a year ago when 78% of you voted to renew the Park District levy.

We truly believe your willingness to engage and be involved in determining what happens in your park district was what impressed the judges.

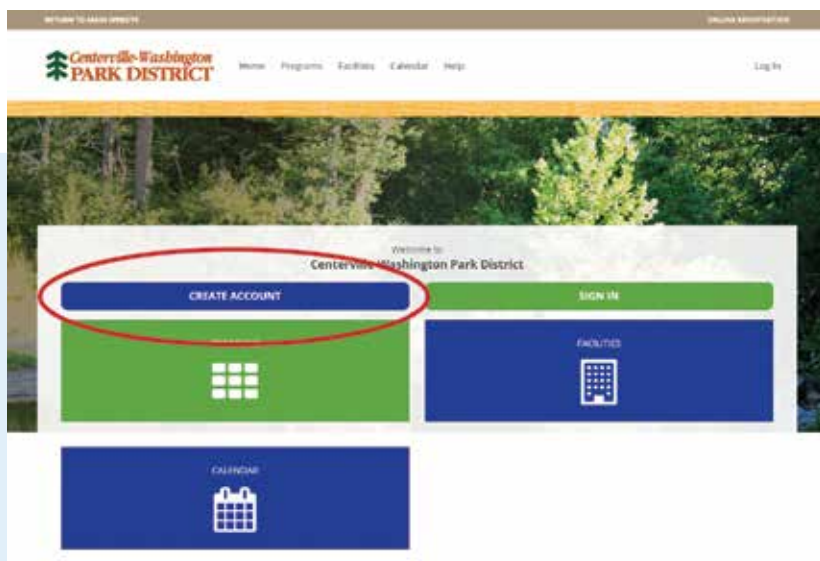
Your input is being harnessed now as we prepare for even more improvements in spring and summer. Watch for improvements to **Bill Yeck Park** trails and signage. A new, larger, environmentally friendly parking lot will open at the **Grant Park** Kennard Nature Nook. More camp opportunities are in store. And, perhaps the most welcome, watch for the long-awaited flush restrooms at **Oak Grove Park**!

Until the warm weather returns, be sure to enjoy winter programs like Luminary Walk, Winter Woods Day Camp, Groundhog Day and Leave No Trace Workshops! Stay tuned to social media so you can join in on winter pop-up park challenges sure to delight participants of all ages!

Continue to enjoy your parks, and please, keep us "golden" by staying engaged with your Centerville-Washington Park District! Thank you for your support!

Lucy M. Sánchez
Park Board President

New! Program Registration and Shelter Reservation Procedure



A new system is in place to improve your program registration and shelter reservation experiences! Prior to winter program registration, please visit <https://cwpd.recdesk.com> to create your new online account. **This step is required prior to registering for programs.** The first day of online registration for residents is November 12. To expedite your registration, we recommend creating your new account prior to November 12.

With the addition of this system, **shelters may be reserved online in 2019!** Perfect for birthday parties, graduation parties, family reunions and more, large group shelters are available in Activity Center, Forest Field, Iron Horse, Oak Creek South, Oak Grove, Robert F. Mays, Schoolhouse and Yankee Parks. Shelters may be reserved for the 2019 calendar year beginning January 2.

Staff Update



Alison Pifer joined the Park District as a Recreation Coordinator in September. She grew up in Marshall, Michigan

and received her bachelor's degree in Recreation, Parks and Leisure Studies with a concentration on Commercial Recreation and Facilities Management and a minor in Advertising from Central Michigan University.

Alison worked at Kiawah Island Golf Resort before moving to Ohio to be closer to family. She most recently worked at Bellbrook Sugar Creek Park District. Alison currently lives in Kettering with her husband Tim, daughter Lilly and two of the cutest labs you could imagine! She is passionate about gardening, knitting and enjoying the outdoors with her family. She is very excited to bring unique experiences through recreation to the community!

Save a Tree

To subscribe to the e-newsletter visit www.cwpd.org.

To stop home delivery of the printed newsletter, email your name and address to mail@cwpd.org.

Volunteer Spotlights



TOM CONWAY

Tom's love of nature started developing when his parents bought a 245-acre dairy farm. Tom and his brother worked

side by side with their dad for 20 years. What a life — working hard, going fishing and exploring the woods!

Bicycling was his major hobby for many years. After completing several bicycling tours, a group of friends decided on the grand daddy of all tours, biking across America! Back in 1990, they completed the coast-to-coast tour. It took them 53 long difficult days — but what memories!

Archery has been an interest of Tom's since childhood. About five years ago, he took a class on bow making and got hooked on making his own bows. That led him to check out the archery range at Oak Grove Park.

Tom says, "Most weeks, I spend at least five days a week at the range. Since I take advantage of the range, I felt like I needed to give back to the community. That is what brought me to volunteer for the park district. My favorite part of volunteering is helping with the archery programs."



HAYLEY ZIMBRIC

Hayley is a senior at Centerville High School. Outside of school, she spends time playing soccer and volunteering for the

Centerville-Washington Park District and Dayton Children's Hospital.

Hayley has been a CWPDP volunteer for two years, giving her time to Hidden Meadows Day Camp and other activities throughout the year.

She says, "I love to volunteer for CWPDP because I plan to go into pediatrics and the park district offers opportunities to work with children. I also enjoy spending time outdoors — volunteering for CWPDP allows me to do that!"

The Centerville-Washington Park District would like to thank all volunteers for giving their time and talents to our community! If you are interested in becoming a volunteer, please contact Community Engagement Coordinator Ginger Clark at 937-433-5155 x 234 or gclark@cwpd.org.

SPECIAL EVENTS

Luminary Walk

All ages

Friday, December 14

Rain date: Saturday, December 15

6:30 – 8:30 p.m.

Bill Yeck and Forest Field Parks

Parking at 2100 E. Centerville Station Rd. (Forest Field Park)

Enjoy a one-mile candlelit stroll through Bill Yeck Park. Warm up by the fire outside with some hot chocolate and stop in the house to hear the Hithergreen Strummers play the dulcimers. Assist Helping Hands of Dayton by making get well cards for children!

There is a shorter path to the bonfire and Smith House if you prefer to skip the one-mile walk.

Registration is requested. (AD)

Participants are encouraged to bring travel-sized toiletry items for Helping Hands of Dayton. Helping Hands provides basic necessities to families with a child admitted to intensive care at our local hospitals. Most needed items are travel-sized deodorant, travel-sized toothpaste, travel-sized tissues and individually packaged toothbrushes. Pens, travel-sized hand lotion, and travel-sized shampoo and conditioner are also useful.



#itsacwpdwinter



The Winter PopUP Park Challenge

All ages

Begins Monday, December 3

Are you up to the challenge?

The Pop-Up Park Challenge is back for more winter-themed fun! Throughout the winter months we'll be posting challenges on our social media accounts — Facebook, Twitter and Instagram. Complete ten out of 15 posted pop-up park challenges on your own, or with family and friends, and win a special prize! In addition, each winner will be entered into a grand prize drawing sponsored by Great Miami Outfitters — a \$100 gift card to their store!

Most challenges will involve visiting a specific park location to fulfill a task or to find a landmark. Other challenges will involve attending one of our winter events! You won't know the challenge until the challenge time clock begins, and then you'll have a deadline to complete it! Post a photo proving challenge completion with the tag **#itsacwpdwinter**.

Like us on Facebook and follow us on Twitter and Instagram to get more updates about this winter's Pop-Up Park Challenge!

Registration is not required. One prize per household. (GC)



**Online resident registration begins Monday,
November 12, 10:00 a.m.**

WINTER DAY CAMPS

Arctic Explorations Camp

Ages 6 – 12

Wednesday, January 2 – Friday,
January 4

9:00 a.m. – 4:00 p.m.

Grant Park

501 Normandy Ridge Rd.

Camp Fee: \$66 residents, \$99
nonresidents

Before/After Care Fee: \$20

Registration deadline: Saturday,
December 22

A three-day camp experience to keep your children active while school is out! Much like our summer day camp, campers will explore Grant Park, but this time for all things winter! Children will warm up in the nature buildings with games, crafts and nature programs. All campers will receive a t-shirt. Bring a packed lunch that does not require refrigeration. Snack provided. Bring a sled on snowy days! (AP)

Before care is available 8:00 – 9:00 a.m.

After care is available 4:00 – 5:00 p.m.



New!

Winter Woods Day Camp

Saturdays, February 2 – 23

Grant Park

501 Normandy Ridge Rd.

Registration deadline: Friday, January 25

Winter Woods for ages 3 – 4

10:00 a.m. – noon **OR** 12:30 – 2:30 p.m.

Fee: \$40 residents, \$68 nonresidents

Winter Woods for ages 5 – 12

10:00 a.m. – 2:30 p.m.

Fee: \$65 residents, \$93 nonresidents

Give your children fond winter memories and keep them active this February at Winter Woods Day Camp! Campers will hike, participate in games and activities, make crafts and, of course, go sledding! No snow? No problem! There are many other adventures to be found at Grant Park. Activities will be conducted indoors and out.

Camp will be held unless the weather causes roadways to become treacherous. Parents will be alerted of cancellations by phone and on the website no later than one hour before the start of camp. Children are required to wear boots, hats and gloves each day.

Campers will be placed in groups based on age. You may request one camper friend of a similar age to be in your child's group. Requests will be honored when possible, but are not guaranteed.

Please have full-day campers pack a lunch and bring a water bottle (no peanut products). Snack provided. (AP)

All participants of Arctic Explorations Camp and Winter Woods Day Camp are required to complete health history information on the ePACT Network.

How ePACT works

1. You'll receive an email invite to share information with Centerville-Washington Park District.
2. Click "Complete Request" to create a free account, or log-in if you already have an existing ePACT account.
3. Enter the required information, like medical conditions, and share it with Centerville-Washington Park District so that camp staff have access.
4. You can update your information at any time in the year, and we will automatically be notified (e.g. a new cell phone number). ePACT makes it far easier for you to share emergency information with us, while also ensuring we have access to records anytime, anywhere with the mobile app — even without an internet connection. Rest assured that you always own your account and the information in it. Plus, ePACT maintains the same levels of security as online banking, and limits access only to the administrators we assign for enhanced privacy.

ePACT Support

Have questions or feedback? Please contact help@epactnetwork.com or call 1-855-773-7228 ext. 1 to speak with ePACT's customer success team.



“Nature is a tool to get children to experience not just the wider world, but themselves.”

Stephen Moss, naturalist,
broadcaster and author

Registration closes 4:30 p.m. the day prior to
all programs unless otherwise indicated.

Registration is required for all programs unless otherwise indicated.

PRESCHOOL PROGRAMS (AGES 6 AND UNDER)



Early Adventures

Ages 0 – 4 years with adult companion
10:00 – 10:45 a.m.

Fee/session: \$4 nonresidents

December Adventures

Tuesday, December 4 OR Thursday, December 6

Yankee Park
7500 Yankee St.

January Adventures

Tuesday, January 8 OR Thursday, January 10

Holes Creek Park
8575 Yankee St.

February Adventures

Tuesday, February 5 OR Thursday, February 7

Forest Field Park
2100 E. Centerville Station Rd.

Taking your little ones outdoors provides them with an experience that will benefit them forever. There are unique sounds, colors, lights, sensations and textures to process each time they go outdoors.

These leisurely hikes provide quality family time in nature!

Backpacks and front carriers are appropriate if your child is not walking. All hikes are on paved trails. Siblings are welcome to attend. (JK)

Playdate Pals

Ages 18 – 42 months with adult companion

10:00 – 11:00 a.m. **OR** 3:30 – 4:30 p.m.

Bill Yeck Park, Smith House
2230 E. Centerville Station Rd.

Fee/session: \$4 nonresidents

Wee Evergreens

Wednesday, December 12

Registration deadline: Monday, December 10

Silly Socks

Wednesday, January 9

Registration deadline: Monday, January 7

Happy Hats

Wednesday, February 13

Registration deadline: Monday, February 11

This program is designed to build sensory awareness, to build motor skills and to encourage social interaction among little ones.

Each Playdate Pals begins with learning stations. We come together for a short program about our winter nature theme, which may include a story, song, activity and a short hike. Join us for lots of fun and new learning experiences! (JK)

DECOY ART STUDIO

Nature Art Exploration Together!

Ages 2 – 4

Mondays, February 4 – 25

9:00 – 9:45 a.m. **OR** 2:30 – 3:15 p.m.

Bill Yeck Park, Smith House
2230 E. Centerville Station Rd.

Fee: \$50 residents, \$65 nonresidents for all 4 classes, **OR** \$14 residents, \$19 nonresidents per class

Registration Deadline: Wednesday before each session

Sign up for the whole series or choose individual days!

Nature and art come together in this fun parent/caregiver and child class! Children should come prepared to get messy! We will learn about and use pastels, clay, finger paint and more. This class will include a variety of activities including games, songs, sensory bins and a unique art project each week. (AD)

Mommy & Me: Storytime Yoga

New!

Ages 3 – 5 with adult companion

Tuesdays, January 8 – 29

10:00 – 11:00 a.m.

Grant Park, Kennard Nature Nook
6588 McEwen Rd.

Fee/family: \$60 residents, \$80 nonresidents

Registration deadline: Wednesday, January 2

Join certified Color Me Yoga Instructor, Megan Pooler, for this fun parent and child yoga program geared toward 3- to 5-year-olds (older and younger siblings welcome). Each yoga session will include breathing techniques, games, simple yoga poses and a craft that goes along with a weekly theme. Yoga mats will be provided. This is not a drop-off program, parents/guardians are encouraged to participate. (AD)

Online resident registration begins Monday, November 12, 10:00 a.m.

Preschool Nature Series

Ages 3 – 5 with adult companion
Bill Yeck Park, Smith House
2230 E. Centerville Station Rd.
Fee/session: \$4 nonresidents

What Lives in a Forest?

Thursday, December 13

9:30 – 10:30 a.m. **OR**

Saturday, December 15

1:00 – 2:00 p.m.

This month we will learn about all the living things we can find in a forest! After exploring the forest, participants will make a forest shoebox habitat to take home. Please be prepared for some time outdoors. (KL)

Red Fox, Gray Fox

Thursday, January 17

9:30 – 10:30 a.m. **OR**

Saturday, January 19

1:00 – 2:00 p.m.

There are two kinds of foxes in Centerville! We will learn how red foxes and gray foxes are alike and how they are different! Please be prepared for some time spent outdoors. (KL)

Water in Winter

Thursday, February 14

9:30 – 10:30 a.m. **OR**

Saturday, February 16

1:00 – 2:00 p.m.

Water has many different properties. We will investigate water as a liquid and a solid while learning how important snow is for wildlife. Please be prepared for some time spent outdoors. (KL)



Intergenerational Series

Ages 3 – 6 with grandparent(s)

Fee/session: \$4 nonresidents

The Intergenerational Series is only for grandparents and their grandchildren. Parents and other caregivers may attend any of our other programs.

Grand Gifts

Friday, December 7

10:00 – 11:00 a.m. **OR** 1:30 – 2:30 p.m.

OR 6:00 – 7:00 p.m.

Grant Park, Kennard Nature Nook
6588 McEwen Rd.

Registration deadline: Tuesday,
November 27

Grandchildren will enjoy stories and make holiday crafts to take home and give to parents, teachers or friends — all with help from grandma and/or grandpa! (AD)

Very Special Valentine

Friday, February 1

10:00 – 11:00 a.m. **OR** 1:30 – 2:30 p.m.

OR 6:00 – 7:00 p.m.

Grant Park, Kennard Nature Nook
6588 McEwen Rd.

Registration deadline: Tuesday,
January 29

Grandparents will help their grandchildren make valentine cards to take home or mail to loved ones. Participants will also play games and listen to a Valentine's Day story. (AD)



Creative Kids Corner

Ages 4 – 5

Grant Park, Kennard Nature Nook
6588 McEwen Rd.

Fee: \$9 residents, \$12 nonresidents

Registration deadline: Sunday,
December 9

Sign up for one session only, Thursdays or Fridays each month. Pick the session with the day and time that works best for you!

Session A

Thursdays, December 13, January 10 & February 14, 2:00 – 3:00 p.m.

Session B

Fridays, December 14, January 11 & February 15, 10:00 – 11:00 a.m.

This drop-off program features games, a story and a craft all revolving around a fun seasonal theme. Children are encouraged to wear old clothes. (AD)

Creature CommOTION

Ages 4 – 5

Mondays, January 7 – February 18

(no class January 21)

1:00 – 1:45 p.m.

Grant Park, Kennard Nature Nook
6588 McEwen Rd.

Fee: \$9 nonresidents

Little ones will learn animal sounds and movements that assist in motor development and rhythmic skills. They will have an opportunity to interact with other children their age. They will enjoy activities with an animal theme, age-appropriate equipment and fun music. Participants will learn fascinating facts about animals from A to Z, found in our parks and around the world! Group and individual activities will be included for them to expand their social skills and be creative.

All children must wear comfortable clothing and gym shoes. This is a drop-off program; parent participation is not required. (JH)



Registration closes 4:30 p.m. the day prior to all programs unless otherwise indicated.



CHILDREN'S PROGRAMS

(AGES 5 – 13)



Children's Yoga Series

Ages 5 – 8

Saturdays, January 5 – 26

Noon – 1:00 p.m.

*Grant Park, Kennard Nature Nook
6588 McEwen Rd.*

Fee: \$18 residents, \$25 nonresidents

Strike a pose! Your child will stretch, balance and strengthen the body while learning yoga poses from certified Color Me Yoga Instructor, Megan Pooler. A blend of nature and exercise, children will learn about winter nature topics during the first 15 minutes of each class and finish with a quieter yoga session. All equipment is provided. (JK)

Winter-Style Campfire Sing-Along

Ages 5 – 8

Friday, January 11 OR

Friday, January 18

7:00 – 8:30 p.m.

*Grant Park, Kennard Nature Nook
6588 McEwen Rd.*

Fee: \$4 residents, \$6 nonresidents

Join us for a cozy evening singing fun songs around the fireplace! We will make a campfire craft and enjoy a camp-style snack! Sign up for one or both sessions. They will be similar. (AD)



Valentine's Day with Decoy Art Studio

New!

5:30 – 6:30 p.m.

Bill Yeck Park, Smith House

2230 E. Centerville Station Rd.

Fee: \$30 residents, \$38 nonresidents

Ages 5 – 8: **Wednesday, February 6**

Registration deadline: Friday, February 1

Ages 9 – 11: **Wednesday, February 13**

Registration deadline: Friday, February 8

Artists will share their creativity with someone they love! They will paint and decorate a ceramic trinket box they can take home the same day! While boxes dry, they will create unique nature-themed Valentine's Day cards with materials from nature and will participate in more theme activities! (AD)

Art & Imagination

Ages 6 – 8

Tuesdays, December 11, January 8 & February 12

4:30 – 5:30 p.m.

*Grant Park, Kennard Nature Nook
6588 McEwen Rd.*

Fee: \$9 residents, \$12 nonresidents

Registration deadline: Friday, December 8

Does your child love art time? This drop-off program is designed to give your child an opportunity to get creative! They will try new things and design unique projects based on a monthly theme. Participants should wear old clothes — things could get messy! (AD)



MusicMania

Ages 6 – 9

Saturdays, January 5 – 26

10:00 – 11:00 a.m.

*Bill Yeck Park, Smith House
2230 E. Centerville Station Rd.*

Fee: \$20 residents, \$30 nonresidents

Registration deadline: Friday, December 28

We are teaming up with McCutcheon Music again to bring your children an energetic musical experience! Children will learn, play and engage with a wide variety of musical instruments. At the end of the series each child will take home a musical instrument! (AP)

Kid's Glass Fusing: Penguin Ornaments

Ages 6 – 10 with adult companion

Saturday, December 8

9:30 – 11:00 a.m.

*Activity Center Park, Headquarters
221 N. Main St.*

Fee: \$26 residents, \$39 nonresidents

Registration deadline: Monday, December 3

Children will use their creativity to make two penguin ornaments! Kathy Woodruff will assist the children and parents, guardians or grandparents as they work together on this special project. Ornaments will be available for pick up from Park District headquarters during office hours approximately one week after class. (AD)

Online resident registration begins Monday, November 12, 10:00 a.m.

Park Quest

Ages 6 – 10

4:00 – 5:00 p.m.

Fee: \$9 residents, \$12 nonresidents

Thursday, December 13

*Beechwood Springs Park
1141 Quiet Brook Trl.*

Thursday, January 10

*Village South Park
411 North Village Dr.*

Thursday, February 14

*Old Lane Park
500 Druewood Ln.*

Your Park District has 50 parks! Park Quest is a way to see a few new parks each season while enjoying games and challenges with other children. Get children active after school this winter!

Registration includes all three dates. (KM)

Explorers!

Ages 6 – 12

Grant Park

501 Normandy Ridge Rd.

Fee: \$9 residents, \$12 nonresidents

Junior Explorers

Ages 6 – 8

Wednesdays, January 9 – February 13

4:00 – 5:00 p.m.

Outdoor Explorers

Ages 9 – 12

Mondays, January 7 – February 11

4:00 – 5:00 p.m.

Outdoor play is vital to child development and well-being. Children will learn about nature and the outdoors in this program designed to allow children to interact with nature in unique ways. Activities include discovery, challenges and games. Make sure to send them dressed for outdoor play! Explorers will be canceled in inclement weather. (KL)

New time!

Tortoise vs. the Hare: After School Yoga

Ages 7 – 10

Thursday, January 24 AND/OR

Thursday, February 28

5:00 – 6:00 p.m.

*Grant Park, Kennard Nature Nook
6588 McEwen Rd.*

Fee: \$10 residents, \$13 nonresidents

Registration deadline: Thursday, January 17 & Thursday, February 21

Come wind down after school with certified Color Me Yoga Instructor, Megan Pooler. Kids will enjoy a relaxing hour of breathing techniques, games, yoga poses and meditation. Yoga mats will be provided.

Sign up for one or both sessions. (AD)

STEM: Light Art

Ages 7 – 10

Mondays, February 4 – 18

6:30 – 7:30 p.m.

*Bill Yeck Park, Smith House
2230 E. Centerville Station Rd.*

Fee: \$50

Children will be the director, artist and creator of digital light art. We will learn about different types of digital photography and how we can affect light drawings. Then we will program a robot to help us draw our pictures. Using a special app and equipment, all elements will come together to reveal a masterpiece!

Students will create many pieces to take home and display and will also show off their work in a public gallery walk in the forest. (KM)



Ice Age Discovery

Ages 7 – 10

Friday, February 15

6:00 – 9:00 p.m.

*Grant Park, Kennard Nature Nook
6588 McEwen Rd.*

Fee: \$9 residents, \$12 nonresidents

Children will have the opportunity to learn the story of the Ice Age firsthand. We will travel back 19,000 years to when glaciers began to retreat in the Ohio Valley. We will learn about the unique animals that once inhabited our region. The evening will culminate with a movie that brings the ice age to life. (AP)

Nature at Night Club

Ages 8 – 12

Wednesdays, January 9 – 30

6:30 – 8:00 p.m.

*Bill Yeck Park, Smith House
2230 E. Centerville Station Rd.*

Fee: \$12 residents, \$15 nonresidents

Is your child excited about nocturnal animals and their evening antics? They will learn about nocturnal animals through games, hikes and surveys! Please prepare your child for both indoor and outdoor activities each week. (KL)

Crafting Club

Ages 9 – 13

Thursdays, December 6, January 3 & February 7

4:30 – 5:30 p.m.

*Grant Park, Kennard Nature Nook
6588 McEwen Rd.*

Fee: \$9 residents, \$12 nonresidents

Registration deadline: Sunday, December 2

This fun after-school program covers basic crafting skills and techniques used to create handmade decorations and keepsakes — all while making friends. We provide everything needed with no mess, prep or fuss at home! Crafters are encouraged to wear old clothes or bring an apron or smock. (AD)

Registration closes 4:30 p.m. the day prior to all programs unless otherwise indicated.

Registration is required for all programs unless otherwise indicated.

FAMILY PROGRAMS



Ho! Ho! Ho! Let's Play in the Snow

All ages

Date TBD by the weather!

*Rosewood Park
475 Roselake Dr.*

Let's play in the snow! Register your family and then when the first big snowfall arrives, we will alert you to the date and time of the program! Bring sleds and join us for games, activities and hot cocoa — guaranteed to warm you up! (AP)

Wump Mucket Puppets

All ages

Saturday, December 8

1:30 – 2:30 p.m. **OR** 3:30 – 4:30 p.m.

*Grant Park, Kennard Nature Nook
6588 McEwen Rd.*

Fee/family: \$5

The Wump Mucket Puppets are coming to CWPD! Enjoy the environmentally themed show "Bee Happy!" The lively puppets are sure to be a fun part of your weekend! (AP)



Gingerbread Parks Decorating Party

Ages 6 and up

Thursday, December 13

6:00 – 7:30 p.m.

*Bill Yeck Park, Smith House
2230 E. Centerville Station Rd.*

Fee/family of up to 5: \$15 residents, \$20 nonresidents

Some people build gingerbread houses. We build gingerbread parks! All materials provided. (AP)

Geology Rocks!

All ages

Saturday, December 22

1:00 – 2:30 p.m.

*Bill Yeck Park, Smith House
2230 E. Centerville Station Rd.*

Fee/family: \$6 residents, \$9 nonresidents

Geology is all around us! We will learn how different types of rocks are formed, break geodes and search for rocks! (KL)



Geocache Adventure: Snowman Build-it

All ages

Monday, January 7 –

Friday, January 18

*Bill Yeck Park, Smith House
2230 E. Centerville Station Rd.*

Fee: \$5

Registration deadline: Sunday, January 6 at noon

Do you want to build a snowman? Use a GPS to locate all of Olaf's snowman parts! Find them all as part of this five-stage multi-cache. Once you have found them all, Princess Elsa will reward you with a special gift.

The first set of coordinates will be sent to registrants the morning of January 7. When complete, assemble Olaf and bring him to Activity Center Park Headquarters, 221 N. Main Street, to read a note from Elsa and claim your prize. Prizes must be claimed by 4:30 p.m. Friday, January 18. (KM)



Online resident registration begins Monday, November 12, 10:00 a.m.

"In my children's memories,
the adventures we've had
together in
nature will
always exist."

All About Reptiles Family Workshop

All ages

Saturday, January 12

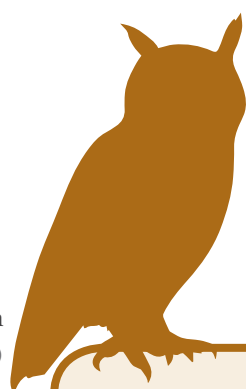
1:30 – 3:30 p.m. **OR** 2:30 – 4:30 p.m.

Bill Yeck Park, Smith House

2230 E. Centerville Station Rd.

Fee/family: \$12 residents, \$15 nonresidents

Learn all about the characteristics of this special class of animals and their awesome adaptations for surviving in the wild! Families will have hands-on activities and lessons as well as a special presentation with live reptiles from Arrowhead Reptile Rescue. This program will take place indoors and outdoors. (KL)



Richard Louv,
Last Child in the
Woods: Saving
Our Children
from Nature-
Deficit Disorder



Groundhog Day!

All ages

Saturday, February 2

10:00 – 11:30 a.m.

Bill Yeck Park, Smith House

2230 E. Centerville Station Rd.

Fee/family: \$4 nonresidents

It's Groundhog Day! Groundhogs are really unusual creatures and we are going to celebrate them! Learn all about groundhogs and their unique adaptations that help them survive in Ohio! Plan for both indoor and outdoor activities. (KL)

Nocturnal Nature Series

All ages

Grant Park

501 Normandy Ridge Rd.

Owl Search

Friday, January 25

7:00 – 8:30 p.m.

Fee/family: \$4 nonresidents

Join naturalists on this very quiet hike through the forest to listen for owls. Please dress for the weather and bring a flashlight if you have one. (KL)

Evening S'mores Hike

Friday, February 8

6:30 – 8:00 p.m.

Fee/family: \$4 residents, \$6 nonresidents

We will take a peaceful hike to enjoy the night air. We will finish with a campfire and s'mores! No peanut or tree nut products will be used. (KL)

Can you find these tree carvings?



Over the last decade, the emerald ash borer (EAB) has become the most destructive forest pest seen in North America. Unfortunately, our community's tree canopy has been severely impacted. The Centerville-Washington Park District has lost over 4,000 trees, with at least 3,000 more trees projected to succumb to EAB.

In an effort to bring something positive out of this devastating loss, we have repurposed four dead ash trees and two dead locust tree into works of art within your parks. Professional woodcarver Loren Lorenzo completed the carvings in late summer/early fall. The six sculptures are of wildlife indigenous to the area.

Find the owl and owlets in **Village South Park**, the squirrel in **Grant Park** (Grant's Trail entrance) and the fox in **Black Oak Park**.

Plans for the additional three carvings were underway as of press time. They are located in **Forest Walk Park** and in high traffic areas of **Grant Park**.

We are excited to bring beauty to this situation and give new life to our stricken ash trees. We are thrilled with the quality of Lorenzo's work and are happy to have found him to help us achieve our vision!

Registration closes 4:30 p.m. the day prior to all programs unless otherwise indicated.

ADULT PROGRAMS

Bare Tree ID Workshop

Ages 14 and up

Saturday, December 1

1:00 – 2:30 p.m.

Grant Park

501 Normandy Ridge Rd.

Fee: \$6 residents, \$9 nonresidents

Join Volunteer Naturalist Joe DiMisa as he points out tips and tricks for identifying trees in winter! Participants will receive an information packet on bare tree identification to assist them beyond the workshop. This program takes place outdoors on a natural path. (KL)

Glass Fusing: Holiday Ornaments

Ages 16 and up

Monday, December 3 OR

Thursday, December 6

6:00 – 8:00 p.m.

Activity Center Park, Headquarters

221 N. Main St.

Fee: \$35 residents, \$50 nonresidents **OR** \$52 residents, \$78 nonresidents to attend both sessions

Registration deadline: Tuesday, November 27

Get a head start on decorating or making your own holiday gifts! Instructor Kathy Woodruff will lead the class in creating a variety of fused glass ornaments. You can make 4 – 6 ornaments per class depending on the level of detail you choose. Kathy will have a variety of options. Ornaments will be available for pick up from Park District headquarters during office hours approximately one week after class. (AD)



Booked for Lunch

Ages 14 and up

**Wednesdays, December 5, January 9
& February 6**

11:30 a.m. – 12:30 p.m.

Bill Yeck Park, Smith House

2230 E. Centerville Station Rd.



A collaborative program with Centerville-Washington History and the Washington-Centerville Public

Library, Booked for Lunch is a monthly lunchtime discussion on a historical fiction or nonfiction book. Bring your lunch and we'll provide dessert!

Participants must supply his/her own book. The library will advance order copies for participants to borrow while supplies last. (AP)

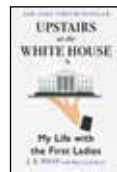
December's Discussion

End of the year book review. We will discuss everything we read in 2018!



January's Discussion

Enchanted Islands, by Allison Amend (January's discussion will be held at the Woodbourne Library)



February's Discussion

Upstairs at the White House: My Life with the First Ladies, by J.B. West

Leave No Trace Workshops

Ages 12 and up

Two-hour Workshop

Saturday, January 12

9:00 – 11:00 a.m.

Grant Park

501 Normandy Ridge Rd.

Fee: \$20 residents, \$26 nonresidents

Registration deadline: Tuesday, January 8

New!

Three-hour Workshop and Meal

Saturday, February 16

8:00 – 11:00 a.m.

Bill Yeck Park, Smith House

2230 E. Centerville Station Rd.

Fee: \$30 residents, \$39 nonresidents

Registration deadline: Tuesday, February 12

Leave No Trace is an organization advocating outdoor ethics and conservation. Knowing the principles of Leave No Trace is essential when backpacking, hiking, kayaking, fishing, biking, etc!

During this course, we will learn the seven principles of Leave No Trace with hands-on activities:

1. Plan ahead and prepare
2. Travel and camp on durable surfaces
3. Dispose of waste properly
4. Leave what you find
5. Minimize campfire impacts
6. Respect wildlife
7. Be considerate of other visitors

We will learn how to dig proper cat holes for waste, how to clean up your backcountry meals, how to hang a bear bag, how to make a Leave No Trace fire when fire rings are not present and more!

The February workshop also includes a crash course in backcountry cooking, a backcountry meal and proper backcountry meal clean up procedures. (AD)



Online resident registration begins Monday, November 12, 10:00 a.m.



Women's Self Defense Part I

Ages 16 and up

Saturday, January 5

1:30 – 3:30 p.m.

*Grant Park, Kennard Nature Nook
6588 McEwen Rd*

Fee: \$25 residents, \$38 nonresidents

Whether you're running the trails by yourself or walking to the car from the mall, knowing how to properly defend yourself is vital to your safety. Valor Martial Arts will equip women with the knowledge, skills and confidence to avoid or respond to violent encounters. This workshop is designed specifically for women and taught by a woman. Learn simple and effective techniques through presentation and hands-on drills based on real-world scenarios. (AP)

Women's Self Defense Part II

Ages 16 and up

Saturday, January 26

1:30 – 3:30 p.m.

*Grant Park, Kennard Nature Nook
6588 McEwen Rd*

Fee: \$25 residents, \$38 nonresidents

A continuation of the Women's Self Defense Part I class, we will go in depth with defense tactics to equip women with the knowledge, skills and confidence to avoid or respond to violent encounters. This workshop is designed specifically for women and taught by a woman. Learn simple and effective techniques through presentation and hands-on drills based on real-world scenarios. (AP)

Glass Fusing: Bubble Wave Bowl

Ages 16 and up

Saturday, January 26

9:00 – 11:00 a.m.

*Activity Center Park, Headquarters
221 N. Main St.*

Fee: \$46 residents, \$66 nonresidents

Registration deadline: Friday,
January 18

Learn the principles of kiln-fired glass and the skills to cut glass from instructor Kathy Woodruff. Create your own unique bowl! Projects will be available for pick up from Park District headquarters during office hours approximately one week after class. (AD)

Chat With a Naturalist: Nature Myth Busters

Ages 18 and up

Monday, January 28

10:00 – 11:00 a.m.

*Rec West Enrichment Center
965 Miamisburg-Centerville Rd.*

Sometimes myths are so common that they are taken for facts! During this session, we will bust some common myths about our local wildlife. This program is open to the public.

Do you want to learn more about local wildlife? Chat with a Naturalist presentations are offered at the Enrichment Center five times a year to connect you with local flora and fauna.

Registration is not required. (KL)

Winter Birding Workshop

Ages 14 and up

Saturday, February 9

10:00 a.m. – noon

*Bill Yeck Park, Smith House
2230 E. Centerville Station Rd.*

Fee: \$9 residents, \$12 nonresidents

Registration deadline: Thursday,
February 7

If you are new to bird identification, this is the training for you! For the first hour, we will have an indoor presentation on bird identification and focus on common birds that call Ohio home in winter. Then we will spend an hour on the trails in search of some of these birds in the field! Participants should bring binoculars and bird guides if they have them. A limited supply will be available to borrow. (KL)

Winter Birding Walk

Ages 14 and up

Saturday, February 16

10:00 – 11:30 a.m.

*Grant Park
501 Normandy Ridge Rd.*

Fee: \$4 nonresidents

Search Grant Park for some of our winter residents! Please bring binoculars if you have them. A limited supply will be available. (KL)



Registration closes 4:30 p.m. the day prior to
all programs unless otherwise indicated.

Registration is required for all programs unless otherwise indicated.

ADULT WELLNESS

Hike for Your Health

Ages 18 and up

Mondays & Wednesdays, December 3 – February 27

(no hikes December 24, 31 or January 21)

9:30 – 10:30 a.m.

Fee: \$15 nonresidents

Designed to get your heart rate up and get you moving outdoors this winter! Staff and volunteers will lead you on these guided, self-paced hikes. Hike for Your Health is a wonderful opportunity to get to know your parks better. Path descriptions are provided to help you choose the most comfortable shoe attire.

Hike for Your Health STEPS INSIDE is back! Registered participants can take advantage of an indoor option when the weather doesn't cooperate! If we are unable to hold our hike outdoors due to weather, you can get your steps in at the Rec Center at no charge! Participants will be notified of a change in location to the Washington Township Recreation Center, 895 Miamisburg-Centerville Road.

There is no registration deadline for this program. Join anytime! (JH)



Walking groups are worth it!

Researchers have found, on average, participants who join walking groups experience meaningful improvements in lung power, overall physical functioning and general fitness, in addition to changes in blood pressure, body mass index and other important risk factor measures.

Participants also tend to be less depressed after joining walking groups!

SOURCE: British Journal of Sports Medicine, January 19, 2015

MONDAYS		
Date	Park	Path
December 3	Iron Horse	Paved
December 10	Grant, Normandy Entrance	Natural
December 17	Schoolhouse	Paved
January 7	Bill Yeck, Smith House Entrance	Natural
January 14	Oak Grove	Paved
January 28	Holes Creek	Paved
February 4	Forest Field	Natural
February 11	Iron Horse	Paved
February 18	Grant Park, Watts Entrance	Natural
February 25	Yankee	Paved

WEDNESDAYS		
Date	Park	Path
December 5	Bill Yeck, Smith House Entrance	Natural
December 12	Oak Grove	Paved
December 19	Forest Field	Natural
December 26	Robert F. Mays	Paved
January 2	Grant, Watts Entrance	Natural
January 9	Iron Horse	Paved
January 16	Forest Field	Natural
January 23	Schoolhouse	Paved
January 30	Bill Yeck, Smith House Entrance	Natural
February 6	Robert F. Mays	Paved
February 13	Bill Yeck, Rooks Mill Entrance	Natural
February 20	Oak Grove	Paved
February 27	Grant, Normandy Entrance	Natural

Online resident registration begins Monday, November 12, 10:00 a.m.

A Walk in the Park

Ages 18 and up

Tuesdays, December 4 – February 26

(no walks December 25 or January 1)

9:30 – 10:30 a.m.

Fee: \$15 nonresidents

Get outdoors, enjoy sunshine and fresh air while meeting other walking enthusiasts. These are self-guided walks around your community parks! Walking helps maintain a healthy weight, increases energy, lifts your spirits, strengthens memory and protects from heart disease and high blood pressure. Enjoy reduced stress, improved quality of sleep and the many benefits from an improved quality of life. It will be A Walk in the Park!

Staff will join the walks from time to time.

There is no registration deadline for this program. Join anytime! (JH)

Date	Park
December 4	Oak Grove
December 11	Oak Creek South
December 18	Holes Creek*
January 8	Yankee
January 15	Oak Creek South
January 22	Robert F. Mays
January 29	Oak Grove
February 5	Yankee
February 12	Schoolhouse
February 19	Holes Creek*
February 2	Iron Horse

***Overflow parking at The Gathering Church at 8911 Yankee Street.**

Trail Trekking

Ages 18 and up

Fridays, December 7 – February 22

9:30 – 10:30 a.m.

Fee: \$15 nonresidents

Trekking with Nordic poles is a wonderful way to cross-train or try something new. The Cooper Institute research studies showed that Nordic walking burns more calories, increases oxygen consumption and can be 46% more efficient than normal walking. It's a great workout!

Please wear shoes comfortable for paved paths and bring a bottle of water. Nordic poles provided are adjustable to your height.

There is no registration deadline for this program. Join anytime! (JH)

Date	Park
December 7	Schoolhouse
December 14	Forest Field
December 21	Iron Horse
December 28	Yankee
January 4	Oak Creek South
January 11	Holes Creek*
January 18	Robert F. Mays
January 25	Oak Grove
February 1	Schoolhouse
February 8	Forest Field
February 15	Iron Horse
February 22	Yankee

***Overflow parking at The Gathering Church at 8911 Yankee Street.**



New Volunteer Opportunity!

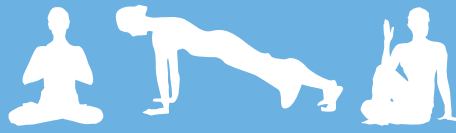
Meet new people, get in your steps and give back to the community! Lead an evening walking group in the parks this spring!

We are looking for volunteers to lead groups in A Walk in the Park or Hike for Your Health beginning in March. If you are interested in discussing this opportunity, please contact Ginger Clark, Community Engagement Coordinator at gclark@cwpcd.org or Janet Holthaus, Fitness Coordinator at jholthaus@cwpcd.org. Ginger and/or Janet can also be reached at 937-433-5155.

Walking not your thing? We have many other opportunities for you! We hope you will consider joining our wonderful volunteer team!



Registration closes 4:30 p.m. the day prior to all programs unless otherwise indicated.



Strollers in Motion

Adult caregivers with child 6 weeks – Pre K
9:30 – 10:30 a.m.

Rec West

965 Miamisburg-Centerville Rd.

Fee/session: \$24 residents, \$32 nonresidents

Session A

Mondays, December 3 – January 14
(no class December 24 or 31)

Session B

Mondays, January 28 – February 25

Strollers in Motion is a stroller-based workout for moms, dads or other caregivers. Each total body workout incorporates power walking and strolling, strength training, balance work and toning. Strollers in Motion is an awesome way to get fit, meet new people and have fun with your little ones! And, after some classes, special activities will be planned for the children! All new participants will receive a water bottle. Strollers in Motion is led by Strollercize® certified instructor, Caitlin Elliott. (JH)

Strollers in Motion Winter/Spring Pass

Adult caregivers with child 6 weeks – Pre K
Fee: \$28 residents, \$36 nonresidents

You can purchase a Strollers in Motion pass to use for four classes. The pass is good for classes held December 2018 – May 2019 at any Centerville Strollers in Motion class. If you cannot make it to an entire five-week session, this may be the solution for you! (JH)

Yoga in the Park

Ages 18 and up

Grant Park, Kennard Nature Nook

6588 McEwen Rd.

Fee/session: \$52 residents, \$67 nonresidents

Session A

Saturdays, December 8 – January 12
7:45 – 8:45 a.m.

Session B

Saturdays, December 8 – January 12
9:00 – 10:00 a.m.

Session C

Saturdays, January 19 – February 23
7:45 – 8:45 a.m.

Session D

Saturdays, January 19 – February 23
9:00 – 10:00 a.m.

Session E

Mondays, January 7 – February 18
(no class January 21)
9:30 – 10:30 a.m.

Method Yoga Studio's Megan Lees leads these yoga classes for all levels. Classes include warm-up, breath work, standing poses, flowing poses and end with relaxation. Please bring a yoga mat and water. (JH)

Tai Chi for Wellness

Ages 18 and up

Grant Park, Kennard Nature Nook

6588 McEwen Rd.

Fee: \$39 residents, \$51 nonresidents

Session A

Saturdays, January 5 – February 23
10:30 – 11:30 a.m.

Session B

Mondays, January 7 – March 4
(no class January 21)
7:00 – 8:00 p.m.

Harvard School of Integrative Medicine tells us that the slow meditative movements, deep breathing, and relaxation that is characteristic of Tai Chi practice creates a special biological state that activates our own capacity for body/mind wellness and healing. Great for stress relief, post-illness or with managing a chronic health condition. Improves coordination, balance and attention. Facilitates cardiac rehab, lowers blood pressure and helps maintain strong bones.

A focus on Tai Chi and Qigong (pronounced Chi Kung) principles and form through Tai Chi Easy — a form created by Roger Jahnke, O.M.D. — to make Tai Chi accessible and fun for everyone. This class is suitable for beginners and those already experienced with Tai Chi. Taught by Judy Wilson, Certified Integra Qigong and Tai Chi Instructor. (JH)



Online resident registration begins Monday, November 12, 10:00 a.m.

Zumba Wake-up Workout

Ages 16 and up

7:00 – 8:00 a.m.

Grant Park, Kennard Nature Nook

6588 McEwen Rd.

Fee: \$24 residents, \$32 nonresidents

Session A

Tuesdays, January 8 – February 12

Session B

Thursdays, January 10 – February 14

Are you ready to jumpstart your morning? There is no better way than Wake Up Workout to boost your energy and help you blast fat throughout the day. You'll join certified Zumba instructor Janet Hartsock for an hour long mix of Zumba cardio along with a full body muscle strengthening and toning workout. This class is designed for everyone at any fitness level. Please bring water, towel and an exercise mat ... and get ready to have a lot of fun and burn plenty of calories! (JH)



Zumba

Ages 16 and up

Tuesdays, January 8 – February 12

6:00 – 7:00 p.m.

Bill Yeck Park, Smith House

2230 E. Centerville Station Rd.

Fee: \$29 residents, \$38 nonresidents

This class is a perfect fit for everybody at any fitness level. We take the “work” out of workout by combining great music with low and high intensity moves for an interval-style, calorie burning dance fitness party. Zumba has all the elements of a great fitness class — cardio, muscle conditioning, balance and flexibility, along with boosting your energy level. Each class is designed to bring people together to have fun and get their sweat on. Taught by Janet Hartsock, certified Zumba instructor. Please bring water and a towel. (JH)

Health Coaching Class

Ages 18 and up

Wednesdays, January 9 – February 13

6:00 – 7:00 p.m.

Grant Park, Kennard Nature Nook

6588 McEwen Rd.

Fee: \$36 residents, \$46 nonresidents

Registration deadline: Friday, January 4

Relationships, exercise, career and spirituality are just as important to your health as the food you eat. Join certified health coach Betsy Holzapfel, as she discusses using a holistic approach to set personal wellness goals and action steps necessary in achieving those goals. A new health topic will be discussed each week for a total of six weeks. (JH)

Lacrosse Ball/Foam Rolling Clinic

Ages 16 and up

Tuesday, January 29

6:00 – 7:00 p.m.

Grant Park, Kennard Nature Nook

6588 McEwen Rd.

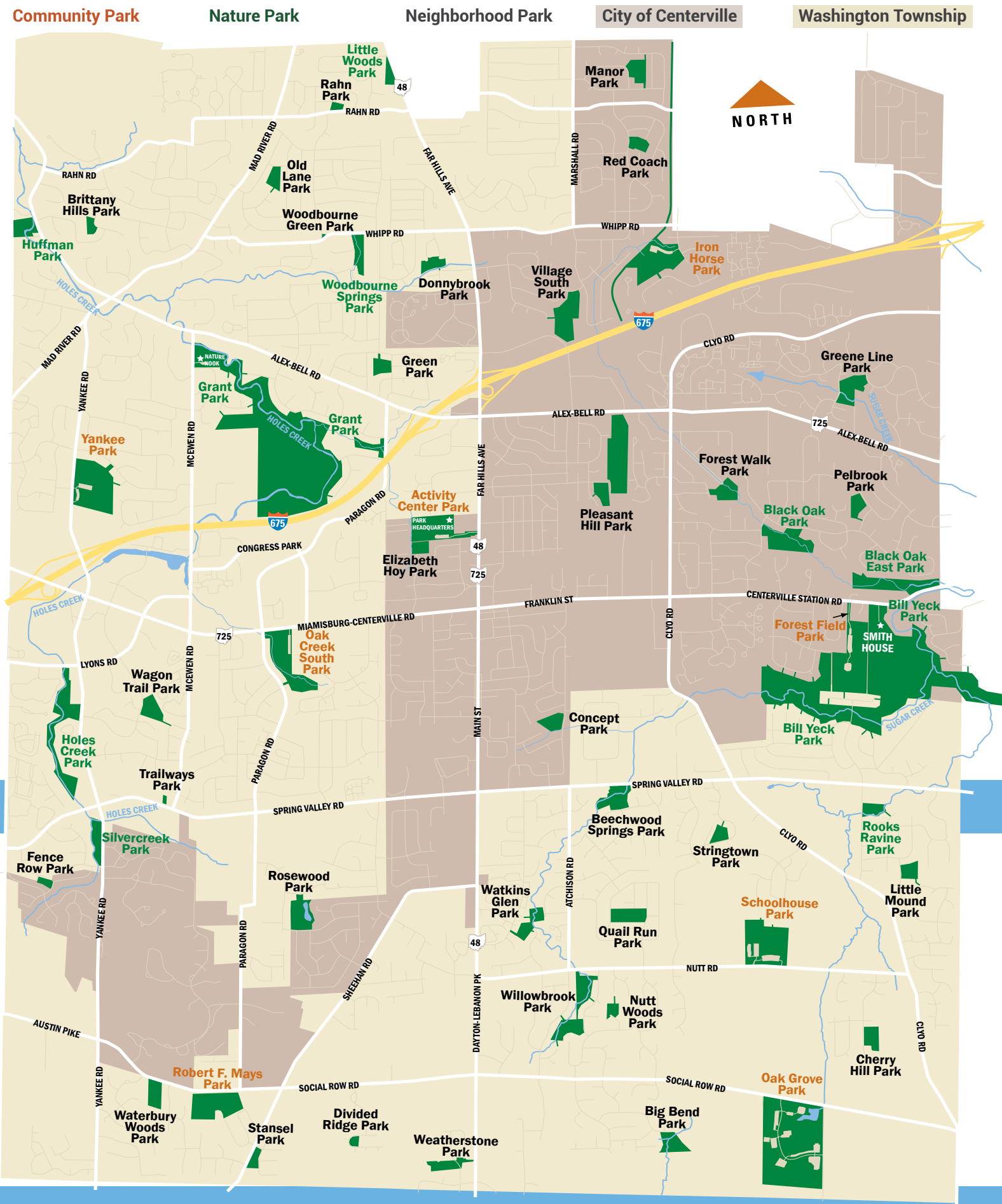
Airrosti's Dr. William Wright is back to teach how to manage, reduce and eliminate musculoskeletal pain through preventative self-myofascial release techniques using a foam roller and lacrosse ball. This class will focus on both upper and lower body exercises. If you have a foam roller, lacrosse ball or mat, please bring them with you. There will be a limited supply of foam rollers and lacrosse balls on hand to use. This is beneficial for people of all ages and activity levels. (JH)



Registration closes 4:30 p.m. the day prior to all programs unless otherwise indicated.

Registration is required for all programs unless otherwise indicated.

The Park District is made up of 50 community, nature and neighborhood parks.
Visit www.cwpd.org for detailed information and a map to each park.



HOW TO REGISTER

We have a new registration system!

Online

Visit <https://cwpd.recdesk.com> to register. Please make note of the new registration site! To expedite your registration, create your account prior to 10 a.m. on November 12. **Even if you have registered for CWPDP programs in the past, you will need to create a new account in order to register for winter programs.** Payment is due for fee-based programs at the time of registration.

By Phone

Call us at (937) 433-5155 Monday – Friday between 8:00 a.m. and 4:30 p.m. Please have your credit card ready for fee-based programs. **Phone registration begins one day later than online registration.**

In Person

Visit Park District headquarters at 221 N. Main Street Monday – Friday between 8:00 a.m. and 4:30 p.m. You may pay with cash, check or credit card. Make checks payable to CWPDP or Centerville-Washington Park District. **In person registration begins one day later than online registration.**

Registration and Refund Policy

- Residents may register members of their family and one other resident family.
- Our intent is that program participants be completely satisfied with their experience! If participants are not satisfied with their program experience, or they are unable to participate in a program for any reason, they may repeat the program at no charge, receive credit toward future fees or receive a refund.

Centerville-Washington Park District Program Release

When registering for or attending any Park District program, you are required to agree to the following statement:

In consideration of your accepting my entry or my child's entry, I hereby, for myself or my child, release, indemnify, and hold harmless the Centerville-Washington Park District, its Commissioners, Agents, Employees and Assignees from any and all liability claims, actions, demands and judgments arising out of injury or loss sustained by me or my child while participating in activities or using facilities of the Centerville-Washington Park District.

WHY REGISTER ONLINE?

#1

You're first in line!

Online registration takes place the day before phone or walk-in registration.

24

It's convenient

The flexibility to register and pay at your convenience, anytime, from anywhere.



It saves time

In less than five minutes, you can setup your account and enroll for your program.



It's easy

Three simple steps, and you'll be enrolled in the program of your choice.



It's environmentally friendly

No need to use gas driving over to register in person. And it saves paper.

Online resident registration begins November 12

**Online Resident Registration Begins
Monday, November 12
at 10:00 a.m.**

**Online Nonresident Registration Begins
Monday, November 19
at 10:00 a.m.**



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