

Recreation: September 2021

# **Description**



North Avondale Recreation Center 617 Clinton Springs Ave. 513.961.1584

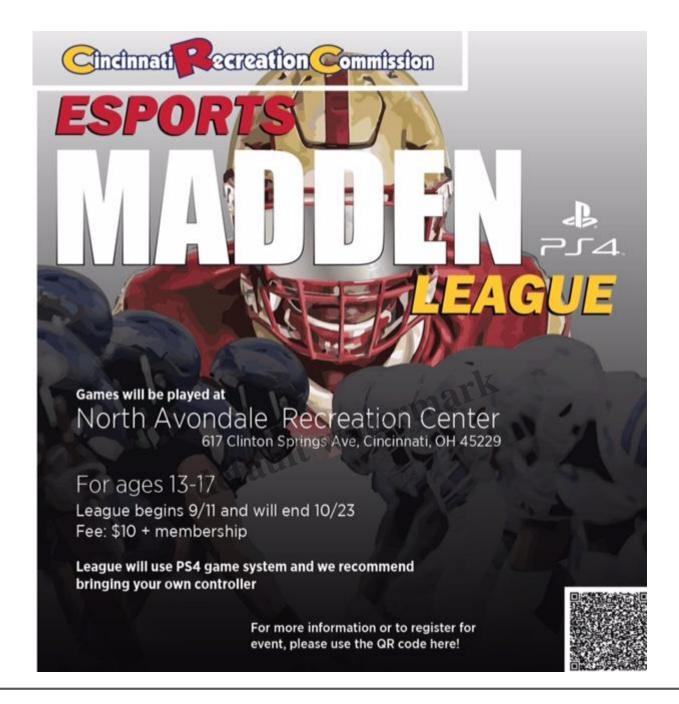
- Hours: open Monday thru Friday 9 am to 8 pm
  - Weight Room is by reservations
- Masks must be worn unless you are vaccinated and your temperature must be taken upon arrival.
- Senior Fitness Starts Monday, September 13 at 10:45 to 11:15 \$2 per class plus membership
- Senior Knitting & Social Group Starts Monday, September 13 at 12:00 to 1:30 membership required
- Soccer FC Cincinnati Foundation opened mini pitch for kids on July 19!







- Soccer Unites partnership with FCC: 6 to 8 week program; games Thursday Afternoons at the new mini pitch; teaches basic soccer skills and character building; Fall and Spring Sessions
- Adult Fall Volleyball: For registration go to cincyrec.org
- Adult Fall Kickball at Oakley ballfields on Tuesdays



Congratulations to all students that attended Summer classes and were promoted to their next belts at NARC. The students performances were amazing after working hard to achieve their goals! NARC Dojo was home to students at HPS and Sands Montessori while their school dojo's were closed due to COVID19. 7 Star Dragons Karate appreciates North Avondale Recreation Center's staff and CRC for the opportunity to serve these youth.

Registration is open for new students at North

Avondale Recreation Center. Classes are continuous and registration, and program information is at:

http://7stardragonskarate.com/index.php/north-avondale-recreation-center-dojo/

### Sensei Terrell Davis



# North Avondale CRC Home Dojo of 7 Star Dragons TEAM of CHAMPIONS Sign up @ 7stardragonskarate.com Youth \* Teens \* Adults \* Seniors Master Terrell Davis, Chief Instructor Tuesday & Thursdays Group Classes



# 7stardragonskarate.com

## Tim Johnson, Service Area Coordinator

Hirsch Recreation Center 3620 Reading Road 513.751.3393

- Hours: 10am to 8pm Monday thru Friday
- After School 2:30-6:00pm Cost: \$62.50/child accept vouchers for children
- **Spinning classes**: Mon. & Wed., 6:15 7:00 pm. It is necessary to sign up before class. To register call 751.3393 or go to the front desk.
- Yoga: Tuesday 6:00pm call to reserve space.
- Senior Program: arts & crafts, journaling, walking club, essential oils calendar available at

### center

• Gym Schedule and a Program Schedule.

# Blake Williams, Service Area Coordinator

**Date Created**September 1, 2021 **Author**northavondale

