

# January Center News



Prairie Township Community Center Newsletter / January '20

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## Don't Miss These Dates:

- **Closed**- 1/1
- **SMART New You** - 1/9
- **Parent & Child Pottery** - 1/18
- **Family Game Night** - 1/23

## Meet the Staff:



Name: Jeff Franklin

Position: Lifeguard

Hobbies: Target shooting, swimming, & spending time with my grandchildren.

Words to live by: "Be kind and speak to everyone as if they were a friend".

## Family Game Night & Dinner

PTCC Recreation Staff

Introduce your kids to some classic games in a very fun way! The whole family can get in on the fun, including Giant Connect Four, Giant Checkers, board games, and much more! Pizza will be served for dinner. Registration is for a family of four (4). Two different dates to chose from. Registration deadline is the Friday before the event (1/17/20 and 2/14/20).

1671411 01	6:30-8:30 pm	Th	1/23	4-99 yrs
1671411 02	6:30-8:30 pm	W	2/19	4-99 yrs

PTCC, Prairie Room  
\$5R | \$5 NR 1 session

## SMART New You

Tiffany Whetzel

Out with the old, in with the new... SMART New Year will teach participants how to make realistic goals and how to achieve them using the SMART goal setting method. This system will accommodate any goal (health, fitness, work etc.) so plan on joining Tiffany, PTCC Fitness Supervisor in this 45-minute talk on SMART goal building, encouragement, and advice as you make 2020 your best year.

1450555 01	6:45-7:45 pm	Th	1/10	16yrs+
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PTCC, Prairie Room Free

## Travel Ohio

PTCC Fitness Staff

The Travel OHIO Incentive Program is back with more exciting destinations to choose from so where will you go this year? Pick your landmark(s) from our list and see how many miles you will need to travel in order to reach your destination(s). Travel the determined distance to reach each landmark by logging the miles you acquire while exercising. Log your mileage each time you complete an exercise. How many destinations can you make it to? Prizes will be awarded to the top travelers. This program will start January 12, 2020 and end February 23, 2020. Registration will open December 1, 2019. See a fitness attendant for more information and official rules. Program participation must be completed at PTCC

1450559 01	5:30 am-9 pm	Su-Sa	1/15-2/25	18yrs+
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5955 West Broad St. / Galloway, OH 43119  
phone: (614) 907-7990 / [PrairieTownship.org](http://PrairieTownship.org)



# Center News

## Fitness Programs

### Indoor Duathlon

PTCC Staff

Come join us for a 15 minute Run 25 minute Bike & 20 minute Run all indoors! Session 1:Wave 7:30am Session 2:Wave 8:55am Session 3:Wave 10:15am. We only have 24 total spots available so register today! If you are racing with a friend, please during the same wave, only 8 spots available for each wave.

1451300 01	7:30-8:45am	Su	3/22
16yrs+			
1451300 02	8:55-10:05	Su	3/22
16yrs+			
1451300 03	10:15-11:30am	Su	3/22
16yrs+			

Prairie Township Community Center

Registration Dates & Fees:

Early Bird Registration: January 1-31 | \$25

Registration: January 1-March 21 | \$30

Day of Registration: March 22 | \$35

### Youth Hip Hop Dance

Brian Hood

Is Dancing your Passion? Try our Youth Hip Hop Dance class. This high energy class will get your body moving & flowing. You will be learning the foundations of hip hop dance through a progressive choreography! Your instructor will break down the moves to help you learn a brand new hip hop routine!

14030533 01	12:15-1:05 pm	Su	1 / 1 2 - 2 / 1 6
8-12Yrs	PTCC, Multipurpose Room		

## Senior Social

### Important dates:

- Eat Better Feel Better January 2 @11am
- Movie Time - January 3 @10am
- Euchre-January 7 @12pm
- Lunch & Learn - Wednesdays January 8, 15, 22, 29 @12pm
- Lunch Bunch -January 10 @11am
- Bingo -January 16 @3pm
- Bingo January 20 Carrie's Cafe @ 10:20am
- Euchre- January 21 @ 12pm
- Pokeno - January 23 @ 3pm
- Bingo - January 28 2pm
- Potluck - January 31 @12pm

## Release: A Mind & Body Event

PTCC Staff

Come join Tiffany, Alice & Brian as you take a breath, move your body, and release your mind. Come recharge in a one-hour workout. The workout will start with a 5-7 minute warm-up and then move through different exercise formats such as strength and cardio. We will conclude with a 15-20 minutes guided meditative yoga and mental release. Your heart rate will be up, your body will sweat, and your mind will unwind all while having a good time. All skill levels welcomed.



1450558 01	2:30-4:00pm	Su	2/9	18yrs+
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PTCC, Gym West

\$15R/\$18NR

## Strength & Conditioning

Will Martello

Strength & Conditioning is a program designed for tweens and teens to be active and involved while working on their overall strength technique and performance. Your child will learn proper techniques of resistance training and workout in a fun, comfortable and safe environment.

1440500 01	7:00-8:00pm	W	1/22-2/26	11-17yrs
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PTCC, Gym-West

\$25R | \$30NR

6 Sessions



For a complete list of classes and programs please check out: [recreation.prairietownship.org](http://recreation.prairietownship.org)

## Youth Programs

### Parent & Child Pottery

*Claudia Johnson*

In this class, parents and their children will discover the world of clay together! Using air dry clay and with instruction from a local artist, you and your child will each create and decorate your own piece of pottery. Class meets two times to create the pottery piece, and a second time to paint it. Registration is per couple. No experience necessary. All materials provided.

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1630411 01	10-11:30 am	Sa	1/18-1/25	5-12 yrs
1630411 02	6-7 pm	W	3/11-3/18	5-12 yrs

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PTCC, Prairie Room  
\$25R | \$30 NR 2 sessions

### Youth Spanish Lessons

*Kirstin Rosales*

Have you been trying to teach your child Spanish? Do you want your child to learn a new language? In these classes, your child will encounter a new language and have fun learning through a variety of activities. Children will be exposed to the Spanish alphabet, numbers, simple phrases, and much more. No experience necessary. All materials provided. Registration Deadline 01/10/20. Ages 8-12.

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1631011 01	6-7 pm	W	1/15-2/19	8-12 yrs
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PTCC, Prairie Room  
\$60R | \$65 NR 6 sessions

### Youth Tumbling

*Katie Grace Kissel*

Children will enjoy learning the fundamentals of gymnastics including forward rolls, backward rolls, etc. through simple techniques and games. Children will also develop their strength, coordination, and self confidence. Older children will continue to develop and reinforce their current skills.

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1430566 01	5:30-6 pm	Th	1/23-2/27	2-3 yrs
1430566 02	6-6:30 pm	Th	1/23-2/27	2-3 yrs
1430566 03	6:30-7:15 pm	Th	1/23-2/27	2-3 yrs
1430566 04	7:15-8 pm	Th	1/23-2/27	2-3 yrs

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Prairie Township Community Center, Prairie Room  
\$55R | \$60 NR 6 sessions

### Sporties for Shorties

*PTCC Recreation Staff*

This class is great for the youngster who wants to learn a little bit about a lot of different sports. Besides learning the basics of soccer, basketball and T-ball, we may also learn about sports like hockey, track & field and football. Parents are encouraged to participate and play along with their child.




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1621502 01	6-6:45 pm	W	1/8-1/29	3-4 yrs
1621502 02	7-7:45 pm	W	1/8-1/29	3-4 yrs

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Prairie Township Community Center, Gym-West  
\$25R | \$30 NR 4 sessions

### HomeSchool Gym

*HomeSchool Gym Staff*

The HomeSchool Gym provides a safe and positive physical education experience for homeschooled children. We use a variety of games and activities that are both fun and educational. Our goal is to provide an atmosphere in which children of varying ages can come together and learn physical skills that will lead them to a lifetime of health, fitness and fun. More information can be found at <http://welcome.homeschoolgym.com/> Fee: \$45 for one child/six week session (\$25 each additional child max \$95 per family/session)

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1631527	10am-Noon	1/8-2/12	W	5-18 yrs
1631527	10am-Noon	2/27-4/3	W	5-18 yrs

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Prairie Township Community Center, Gym-West  
\$45R | \$45 NR 11 sessions



## Aquatic Programs Swim Lesson Schedule

**Winter 2020** – January 6 Feb - 29

(8 Classes)

Registration Dates:

Residents/Members/JEDD/JEDZ

Online Dec 30 Phone/In-person Dec 31

Non-Residents

Online Jan 2 | Phone/In-person Jan 3

Class fees: Res/Member/JEDD/JEDZ: \$64 | NR \$77

**Makeup Policy:** No makeup classes are offered for lessons missed by participants. Refunds are given up to seven days before the start of class, minus a \$5 administration fee.



## Adult Programs

### Adult Spanish Lessons

*Kirstin Rosales*

Interested in learning Spanish for the workplace or everyday life? Come join this six week course that will be catered to your interests and needs. We will learn conversational Spanish for social life and in the workplace. Learning the skills of speaking a new language is a wonderful tool to have. All materials are provided and all abilities are welcome. Registration Deadline 01/10/20. Ages 18+.

1651012 01 7-8 pm W 1/15-2/19 18-99 yrs

Prairie Township Community Center, Prairie Room

\$60R | \$65 NR 6 sessions

## Blueprint to Financial Success

*Heather Domitrovic*

Explore the basics of building financial security, including managing debt, growing savings, and safeguarding against risk and unexpected events.

Registration Deadline 02/07/20.



1650211 01 6-7 pm Tu 2/11-2/25 18-99 yrs

Prairie Township Community Center, Prairie Room  
\$20R | \$22 NR 3 sessions

## New Year, New Novel

*Matt Betts*

You keep saying you're going to write a novel, but never get around to it. Change that by kicking off 2020 with local author, Matt Betts, as he helps you create an idea that will get that book of yours rolling. Matt will give you writing exercises to flesh out a plot and character, and suggestions on how to create an outline that you can stick to.

1651867 01 6-7 pm W 2/12 18-99 yrs

Prairie Township Community Center, Prairie Room

*Be sure to check our complete list of classes and programs:*

[recreation.prairietownship.org](http://recreation.prairietownship.org)

## Thank you for your sponsorship



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# Building FUN, Healthy Community!

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