

Lordstown Recreational Program Schedule Fall 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
5:30 PM - 8:00 PM Walking	5:30 PM - 8:00 PM Walking	5:30 PM - 8:00 PM Walking	5:30 PM - 8:00 PM Walking
5:30 PM – 8:00 PM Phillip/Rhade Exercise Center	5:30 PM – 8:00 PM Phillip/Rhade Exercise Center	5:30 PM – 8:00 PM Phillip/Rhade Exercise Center	5:30 PM – 8:00 PM Phillip/Rhade Exercise Center
*6:30 PM - 7:30 PM Exercise Class – to be announced	6:30 PM - 7:30 PM Yoga Class	6:45 – 7:45 PM Body Focus	5:45 PM – 6:30 PM Chair Yoga
	8:00 PM – 10:00 PM Open Gym Basketball		6:30 PM - 7:30 PM Yoga Class
			8:00 PM – 10:00 PM Open Gym Basketball

The 2018 Fall Recreation Walking & Open Gym Basketball program will begin on Monday, September 17, 2018. The Phillip/Rhade Exercise Center will open Tuesday, September 4, 2018. All other programs will begin on Monday, October 3, 2018. All programs will end on December 20, 2018. Please note that if the school is closed or cancelled for any reason, the recreation program is also cancelled.

The Lordstown recreation program charges an instructional fee to all participants taking the following classes: Phillip/Rhade Weight Room and all exercise classes. The instructional fee is \$1.00 for senior participants age 62 and older, all students age 14-18 years old; and \$2.00 for all other participants for each class attended. The fee is due to the instructor at the beginning of each class. A discount may be given if paid in full at the beginning of each session. Please see individual instructor for discounted rate.

The Village Recreation Program is open to the public with Lordstown Residents, Village of Lordstown employees and Lordstown School employees receiving first opportunity to participate should the classes become full.

GENERAL COURSE DESCRIPTIONS

Walking - Open to all persons ages 14 and above. Children younger than 14 may participate **IF ACCOMPANIED BY AN ADULT AT ALL TIMES**. No pre-registration required. Class held in hallways of high school. Supervisors - Bonnie Taylor & Theresa Rendziniak.

Yoga – A series of postures and breathing exercises practiced to achieve control of the body and mind. Children who must accompany parent to class must remain in their seats and must remain quiet during the session. No pre-registration required. Classes

will be held in the high school library. Instructors – Nicole Peterson & Nicole McWhirter.

Chair Yoga – Considered a gentler form of yoga, it uses a chair for additional support. Most of the exercises are done while sitting on, leaning on or holding on to a chair. Open to all persons ages 14 and above. Children who must accompany parent to class must remain in the library seats and must remain quiet during the session. No pre-registration required. Class held at the Lordstown High School Library. Instructor: Nicole Peterson.

Body Focus – This body conditioning class provides a workout combining ballet, yoga and Pilate's principles with low impact aerobics. This class also focuses on stretching and flexibility which promotes increased circulation and therefore weight loss. Classes will be held in the High School Auditorium. Instructor – Lauren Cash.

Phillip/Rhade Exercise Center – Open to all persons ages 14 and above. No pre-registration required. Class held in weight room located in the old metal shop room. Please have clean dry tennis shoes. If children must accompany the parent, the children are required to sit and not roam the hallways or the gym. Instructor – Mike Rendziniak & Tom Paisley.

Open Gym Basketball – Open to all persons ages 14 and above. Parents are urged not to bring children with them. If children must accompany a parent, the children are required to sit on the bleachers and are not allowed to roam in the gym or other parts of the building. No preregistration required. Held in the High School Gym. September 17, 2018 through October 30, 2018. Supervisor: Alex Behon.

GENERAL RULES AND REGULATIONS

1. All participants must have a medical information/insurance release card completed before they may participate in any program. The forms must be completed by a parent/guardian for any person who is age 18 and under. Forms can be obtained from the instructor or supervisor of the programs. Cards must be completed once each program year (starting in September and ending in August).
2. Please do not bring valuables or money to recreation programs. The Village, Recreation Director, instructors, supervisors and the school and its employees are not liable for the loss of any valuables.
3. Skateboards, roller-skates, in line skates and scooters are not permitted at recreation programs.

If you have any questions concerning these programs, please call Marty Gibson, Recreation Director, at 330-392-4574 before 9:00 PM. If you need to leave a message, please be sure to leave your name, telephone number and an appropriate time for the call to be returned.

