



# VILLAGE OF EVENDALE

JUNE 2022

Dear Neighbors and Friends,

The pond at the Griffin Nature Preserve is now fully stocked and the pump is working. So go fish! Remember, catch and release.

By the way, several volunteers, with help from the Service Department, have made remarkable progress on the cleanup of the Preserve. Seventeen people showed up to help, including eight Phi Lambda Pi members. Members of Council who participated were Beth McDaniel, Steve Berke, and Bill Puthoff. Say thanks the next time you see them.

Village staff and I had a recent Zoom meeting with Governor DeWine as we collaborate with multiple stakeholders in search of funds to relocate the Cincinnati Police Gun Range from Evendale to Hamilton County's existing Range in Colerain Township where it would be expanded and become a Regional Safety Complex. Also on the call were Hamilton County Commissioner Driehaus, Cincinnati Vice-Mayor Kearney, Lincoln Heights Mayor Kinsey-Mumphrey, and Woodlawn Mayor Poole. In all, twelve people participated in the meeting. The Governor seemed very interested. We will see.

On occasion, I receive anonymous letters from residents sharing both compliments and concerns about Village services or community-related activity. Village officials are always happy to receive and respond to resident feedback; however, anonymity doesn't enable constructive dialogue and true problem solving. By providing your name and contact information, I'm able to better understand concerns; follow up is often needed so staff and I can help better solve problems or find the right resources or agencies to handle them. We all want Evendale to be the best Village it can be.

The Service Department is about to commence its 2022 street resurfacing program. If you see paint marks on your street, it means they are part of the project; however, be sure to check which way the painted arrows are pointing as they indicated which direction resurfacing will occur! Please contact the Service Department for the full line up of streets that are being resurfaced.

The Inter-Community Cable Regulatory Commission (ICRC) is up for a Blue Chip Award at their annual meeting this year. It is for the filming of the Eagle Project Concert at the Pavilion in 2021. We are one of fifty nominees. Still, it is great to be nominated. Also, ICRC also has two potential new members that would help sustain them in the future.

Lastly, the old PNC Bank site has been taken over by a Duke contractor until October. They are working on the Glendale-Milford Road buildings which will be for their gas pipeline station. By the way, the recently installed pipeline under Glendale-Milford and Evendale Commons Roads is now fully operational.

Sincerely,

Your Mayor



## FINANCE DEPARTMENT

### Financial Comparison

	2022		2021	
	April	Year to Date	April	Year to Date
Total Revenue	\$ 2,459,880	\$ 6,287,145	\$ 2,011,863	\$ 5,883,059
Total Expenditures	\$ 1,269,000	\$ 5,110,666	\$ 2,269,992	\$ 5,851,491
Net Result	<b>\$ 1,190,880</b>	<b>\$ 1,176,479</b>	<b>\$ (258,129)</b>	<b>\$ 31,568</b>



## VILLAGE OF EVENDALE ADOPTED ORDINANCES AND RESOLUTIONS

The following ordinances were opted by the Council of the Village of Evendale at the Regular Council Meeting on May 10, 2022.

ORD.#22-28

AN ORDINANCE APPOINTING MARIA D. SANTILLAN AND KAITLIN M. LESLIE AS POLICE CADETS AND EMPLOYEES OF THE VILLAGE OF EVENDALE POLICE DEPARTMENT AND UPON SUCCESSFUL COMPLETION OF THE POLICE ACADEMY AS POLICE OFFICERS OF THE VILLAGE OF EVENDALE AND DECLARING AN EMERGENCY.  
Approved

ORD. #22-29

AN ORDINANCE APPOINTING TAYLOR L. MILAM AS A POLICE OFFICER OF THE VILLAGE OF EVENDALE AND DECLARING AN EMERGENCY.  
Approved

ORD. #22-30

AN ORDINANCE APPOINTING TIMOTHY HOLLOWAY AS POLICE CHIEF OF THE VILLAGE OF EVENDALE AND CONFIRMING THE RANK AND RATE OF PAY FOR ASSISTANT POLICE CHIEF OF THE VILLAGE OF EVENDALE AND APPOINTING SEAN MCKINNEY AS ASSISTANT CHIEF AND DECLARING AN EMERGENCY.  
Approved

ORD #22-31

ORDINANCE AUTHORIZING THE MAYOR TO ENTER INTO A CONTRACT WITH KATHLEEN F. RYAN FOR THE PROVISION OF LEGAL SERVICES AND DECLARING AN EMERGENCY.  
Unanimously Approved

ORD #22-33

ORDINANCE AUTHORIZING MAYOR TO HIRE SEASONAL EMPLOYEES AND SETTING PAY RATES AND DECLARING AN EMERGENCY.  
Unanimously Approved

ORD #22-34 (Berke)

ORDINANCE AUTHORIZING MAYOR TO HIRE SEASONAL EMPLOYEES AND SETTING PAY RATES AND DECLARING AN EMERGENCY.  
Unanimously Approved

ORD #22-35 (McDaniel)

ORDINANCE AUTHORIZING MAYOR TO HIRE SEASONAL EMPLOYEES AND SETTING PAY RATES AND DECLARING AN EMERGENCY.  
Unanimously Approved

ORD #22-36 (Puthoff)

ORDINANCE AUTHORIZING MAYOR TO HIRE SEASONAL EMPLOYEES AND SETTING PAY RATES AND DECLARING AN EMERGENCY.  
Unanimously Approved

ORD # 22-37

ORDINANCE AUTHORIZING THE MAYOR TO HIRE MEGAN VON LEHMEN AS A PART-TIME CHILDCARE ATTENDANT FOR THE RECREATION DEPARTMENT AND DECLARING AN EMERGENCY.  
Unanimously Approved

ORD 22-38

ORDINANCE AUTHORIZING THE MAYOR TO EXECUTE A CONTRACT WITH THE OHIO DEPARTMENT OF TRANSPORTATION (ODOT) FOR SYSTEMATIC SIGN REPLACEMENT AND DECLARING AN EMERGENCY.  
Unanimously Approved

ORD #22-39

AN ORDINANCE APPROVING A TRANSFER FROM THE CONTINGENCY FUND TO THE POLICE DEPARTMENT AND DECLARING AN EMERGENCY.

ORD #22-40

AN ORDINANCE APPROVING AN ADDITIONAL APPROPRIATION IN THE LAW ENFORCEMENT TRUST FUND AND DECLARING AN EMERGENCY.  
Unanimously Approved

ORD # 22-41

ORDINANCE AMENDING CERTAIN PROVISIONS OF CHAPTER 258, EMPLOYEES GENERALLY PURPOSE AND POLICIES, SPECIFICALLY SECTION 258.020(c) CASUAL TIME DEFINITION, SECTION 285.127 SICK LEAVE DONATION, SECTION 258.175 GRIEVANCES AND DECLARING AN EMERGENCY.  
Unanimously Approved

ORD. #22-42

ORDINANCE AUTHORIZING TWO LUMP SUM PAYMENTS TO BE MADE TO EVENDALE EMPLOYEES AND DECLARING AN EMERGENCY.  
Unanimously Approved

ORD # 22-43

ORDINANCE AUTHORIZING THE MAYOR TO ENTER INTO A CONTRACT WITH PEYTON OGLE TO ATTEND THE PARAMEDIC PROGRAM AT CINCINNATI STATE TECHNICAL AND COMMUNITY COLLEGE AND BE OFFERED A POSITION ON THE VILLAGE OF EVENDALE FIRE DEPARTMENT AND DECLARING AN EMERGENCY.  
Unanimously Approved

ORD #22-44

ORDINANCE AUTHORIZING MAYOR TO ENTER INTO CONTRACT WITH THE LOWEST AND BEST BIDDER FOR THE 2022 STREET IMPROVEMENTS PROJECT AND DECLARING AN EMERGENCY.  
Unanimously Approved



## FIRE DEPARTMENT

### Summer Safety Tips

We are entering into the summer months and the Evendale Fire Department would like to give you a few pointers to help safely enjoy the season.

#### Grilling Safety:

According to the National Fire Protection Association (NFPA) between years 2014-2018, fire departments responded to an average of 8,900 home fires involving grills and an average of 19,700 patients were seen in the emergency room due to injuries involving grills. To better enjoy cooking and avoid becoming a statistic, please keep the following grill safety tips in mind:

- Keep a 3-foot safe zone around your grill. This includes a building's siding and eaves, deck railings, as well as your children and pets.
- Open your gas grill before lighting it to ensure proper ignition and avoid an overabundance of gas and flare-up.
- Inspect your gas grill at the beginning of the season, make sure all parts are functioning properly. The NFPA reports that ten percent of house fires involving gas grills and 22 percent of outdoor gas grill fires were caused by grill defects such as leaks or breaks.
- Keep an eye on your grill. Do not walk away from a lit grill to avoid fires and injury.
- Clean your grill and brush after each use. Buildup of grease can become fuel for fire.
- Discard used grill coals in a metal can with a lid once they have cooled.

#### Pool Safety:

Keep the following safety tips in mind this summer as you and your family enjoy some pool time.

- Teach your children how to swim. Whether through local lessons or through practicing with them, the more confident children are in the pool, the better understanding they can have of important safety rules.
- Never leave a child unattended. If you need to leave, even for a moment, ask another adult to watch the child if available or remove the child from the pool area. Accidents can happen in a split second.
- Teach children to stay away from pool drains. Hair, limbs, or bathing suits can get stuck in a drain and become difficult for a child to overcome. This creates panic and exhaustion and can lead to a tragic accident.
- Ensure residential pools have proper barriers. To avoid children wondering into a pool unsupervised,

make sure your pool area is protected by proper fencing, alarms and covers.

- Learn CPR. A bystander that knows how to properly perform CPR can mean the difference between life and death during a drowning emergency. The fire department's Public Education program offers CPR instruction, please contact the station for further information.

A few reminders from the fire department: Our annual Chili Lunch will carry on with full in-house dining again this year on June 15<sup>th</sup> from 11am to 1pm. Please come out and enjoy this event with us.

The fire department would also like for everyone to remember firework safety in this upcoming season. **While the State of Ohio has legalized fireworks, the Village of Evendale has not yet permitted them.** We at the fire department would like for everyone to enjoy the show, but to leave lighting fireworks to the professionals.



## SERVICE DEPARTMENT

### Brush Chipping Regulations

*(No brush collection July 4th)*

- All items to be chipped are to be at the curb by 7:00 a.m. on Monday morning.
- Tree limbs and branches should be no larger than 8" in diameter.
- Pile tree limbs neatly with the stalk end at the curb.
- The following **CANNOT** be chipped: vines, garden waste, wood with nails or bushes with an excessive amount of dirt on roots. All vines and garden waste should be in bags for Rumpke pickup, not more than 50 pounds.
- Please remove the root ball from trees and bushes for pickup.

**It is the responsibility of the resident to have contractors, tree surgeons, landscapers, etc., remove their own materials and waste from the property.**

#### REMINDER:

Grass clippings and leaves must be bagged and set out at the curb for pickup by Rumpke, not more than 50 pounds.

Thank you for your cooperation. If you have any questions, please call the Service Department at 563-4338.

**Reminder:** Rumpke requests residents to place leaf bags and waste containers in the same spot. **Rumpke will only stop one time per house!**





## GORMAN HERITAGE FARM

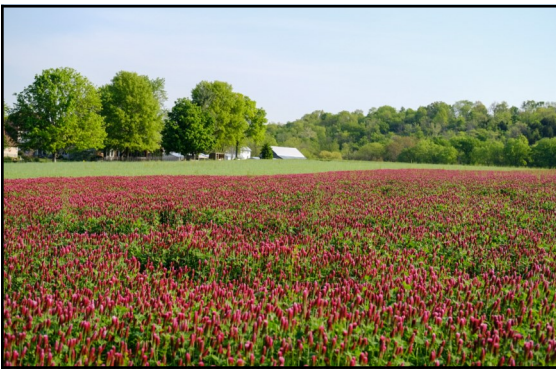
### Win a Mule-Drawn Wagon Ride for 12!

Have you always wanted to be in a Parade? Or take a ride on Gorman Heritage Farm's mule-drawn wagon? Well, now is your chance!

Enter our raffle to win a ride in the Montgomery Independence Day Parade on Monday, July 4, 2022 at 10am. The winning ticket will be given all 12 seats in the wagon to fill with your friends and family!

Tickets are \$10 each or 3 for \$20! All proceeds will benefit the Gorman Heritage Farm Harness Club, a volunteer-led organization that trains and cares for our Mule Team, Tom and John. The Mules and Harness Club are true community Ambassadors of the Farm. In addition to participating in parades, the Harness Club provides wagon rides for seniors and people with disabilities in their wheelchair-accessible wagon.

Visit the Gorman Heritage Farm website: [www.gormanfarm.org](http://www.gormanfarm.org) or stop into the Farm Shop to purchase your chances today!



### Cover Crops are Beneficial and Beautiful!

You may have noticed this field of red flowers blooming on the Cooper Road side of the Farm this spring. It was one of our cover crops called Crimson Clover! Cover crops are a key strategy used in sustainable agriculture to prevent soil erosion, increase water retention, and build soil health. Clover is a member of the legume family and helps by fixing nitrogen in the soil. Having done its job, the clover has been turned in and a new crop of corn has been planted here. The corn will have access to the nitrogen it needs to grow strong thanks to the Crimson Clover. By rotating our crops and cover cropping, we are building healthy soil and beautifying the neighborhood!

### Upcoming Public Programs:

Farm Encounters Walk - June 25, 10:00-11:30

Discover the hidden gems of Gorman Heritage Farm in this interactive farm tour for all ages! Explore the gardens, join the animals in their pasture, and walk through our historic buildings in this guided farm walk.



### Chicken Pickup!



Our chickens are out on the pasture! They'll be moved regularly through the field to eat up the plants and insects. This is an incredibly healthy and varied diet for chickens! We even supplement what they forage with the feed we grow and blend here on the farm. Come to the farm tomorrow to pick up fresh chicken!



**Arts**  
**WATERCOLOR WEDNESDAY**  
**"BUTTERFLY 5-WAY"**  
Wednesday, June 1  
6:30–8:00 pm, \$20  
Email registration to  
designbydiana@aol.com

**Arts Delivered!**  
Call the Recreation Center Front Desk to reserve your kit. **DEADLINE TO ORDER IS JUNE 10!**

**STARGLAZERS PAINTED POTTERY KIT**  
Choose the piece(s) you want included in your borrowed kit. Kits will be delivered to your house the week of June 17. Return the kit and your painted pieces to the Recreation Center Front Desk by JUNE 24 for glazing and firing. Once the pieces are glazed and fired, you'll get a notice to pick them up at the Recreation Center Front Desk.



Camper Bank \$10    Dolphin Box \$12    Starfish Plate \$15

**OPEN PAINTING STUDIO**  
Mondays, Wednesdays & Fridays  
Bell Tower Arts Pavilion  
10 am–2:30 pm, Free.

**OIL PAINTING CLASS**  
Tuesdays, 9:30 am–2:00 pm,  
\$13 each class  
Email jhaslit@fuse.net for registration and information. Pre-registration required—class size limited. Class held at Bell Tower Arts Pavilion lower level.

**ACRYLICS AND OIL PAINTING CLASS**  
Thursdays, 6:30 pm, \$99 for 6 week session—start anytime  
Instructor: Robert Hebenstreit  
Email rhebenstreit@fuse.net to register

**LADYBUG & BEE PAINTED ROCKS—TIC TAC TOE SET (AGES 10+)**  
Wednesday, June 22 @ 6:30 pm OR  
Saturday, June 25 @ 2:00 pm, \$25  
Cultural Arts Center. Instruction and all supplies provided. Registration required. To register contact Linda at: BobbinsNBrushstrokes@gmail.com



**Exhibits**

**SAVE THE DATE!**  
**2022 FOTOFOCUS—EVENDALE JURIED PHOTO EXHIBIT OUTSIDE!**  
**"THE WORLD AROUND US"**  
Start taking your photos now for our annual photo exhibit. The exhibit opens October 2. More details starting June 1.

**Fine Living**

**EVENDALE WINE CLUB WINE TASTING**  
SATURDAY, JUNE 11 AT 5:30 PM  
RECREATION CENTER PATIO, \$20 each  
Please visit [www.evendaleohio.org](http://www.evendaleohio.org) to sign up! Spaces limited. Must be 21 and older. Reservations required.

**ARTVENTURES! (AGES 18+)**  
**CARILLON HISTORICAL PARK AND BREWERY**  
Friday, June 24  
Leave Evendale @ 9:00 am  
**\$10.00 per person fee for tour.**  
Lunch is on your own.  
Min: 6, Max: 10  
Register at Evendale Rec. Center  
Carillon Historical Park is a 65-acre open-air history museum that serves as the main campus for Dayton History. The Gem City is home to the airplane, the automobile self-starter, the cash register and so much more. With

a hand-carved carousel, 4-D theatre, trains, slides, living history experiences, thousands of artifacts, and so much more, Carillon Historical Park brings Dayton's past to life in a way that is fun for the whole family!

**Music**

**Evendale residents 18 and younger qualify for scholarships.**  
**Band Instruments**—JM Bunny Driscoll—call 513-235-0142  
**Drum & Percussion**—Chris Ellison— call 513-259-9664  
**Guitar**—Lou Larson—call 513-675-9545  
**Piano**—Aisha Butler—call 513-236-5711  
**Piano & Voice**—Roxanne Engle—call 513-948-9896  
**Violin & Viola**—Gayle Castle—call 513-310-9147  
**Voice Lessons** - Junbo Zhou—Email [junbozhoubaritone@gmail.com](mailto:junbozhoubaritone@gmail.com)

**Performing Arts**

**CINCINNATI ACTOR'S STUDIO (18+)**  
Mondays, Wednesdays & Thursdays  
\$25 per class, Register 513-615-2827

**TIPPI TOES TINY TOES (AGES 2-3)**  
Tuesdays, 5:00–5:30 pm,  
\$50 month (residents receive discounts)

**TIPPI TOES BALLET, TAP & JAZZ**  
Mondays (ages 3-5)  
5:45 - 6:30 pm  
\$60 month (residents receive discounts)

**GENTLE FLOW YOGA (13+)**  
Mondays & Wednesdays, 9:30-10:30 am,  
\$10 per class,  
Register at [debbagley01@gmail.com](mailto:debbagley01@gmail.com)

**DANCEBLAST! (16+)**  
Tuesdays, 7:15 pm,  
Register @ [danceblastinfo.com](http://danceblastinfo.com)



Follow us on Facebook at Village of Evendale, Ohio.



Sign-up for E-mail Notifications (under Government tab) at [www.evendaleohio.org](http://www.evendaleohio.org).

## EVENDALE POOL

2022 Membership and ID card required for entry.

New - Member must be 12 years of age or older to enter without supervision.

Guests: \$2 per person; Max of 30 guests a summer per membership; guests must remain with member.

### 2022 POOL HOURS

#### MEMORIAL DAY WEEKEND

Saturday, May 28 11:00 AM – 8:00 PM  
 Sunday, May 29 12:00 Noon – 8:00 PM  
 Monday, May 30 12:00 Noon – 8:00 PM

#### REGULAR POOL OPERATING HOURS

##### MAY 31 – AUGUST 14

Saturdays 11:00 AM – 8:00 PM  
 Sundays 12:00 PM – 8:00 PM  
 Monday – Friday 12:00PM – 9:00 PM

### ADJUSTED POOL HOURS

#### Dates

#### Pool Hours

#### Reason

Friday, June 3	12:00 Noon – 5:00 PM	Pool Party for Registered Residents
Thursday, June 9	12:00 Noon – 4:30 PM	Home Swim Meet
Thursday, June 16	12:00 Noon – 4:30 PM	Home Swim Meet
Thursday, June 23	12:00 Noon – 4:30 PM	Home Swim Meet
Thursday, July 30	12:00 Noon – 4:30 PM	Home Swim Meet
Monday, July 4	11:00 AM – 8:00 PM	Holiday
Monday, July 18	POOL CLOSED FOR SWIM CHAMPIONSHIPS	
Tuesday, July 19	POOL CLOSED FOR SWIM CHAMPIONSHIPS	
Mon – Thurs, Aug 15 – Sept 1	4:00 PM – 8:00 PM	
Fridays, August 19 – Sept 2	4:00 PM – 9:00 PM	
Sundays, August 21 & 28, Sept. 4	12:00 PM – 8:00 PM	
Labor Day, Monday, September 5	12:00 PM – 8:00 PM	

### EARLY MORNING ADULT OPEN SWIM FOR POOL MEMBERS

**June 6 – August 12** 6:00 AM – 7:30 AM M, W, F Sign-in required at the pool desk.

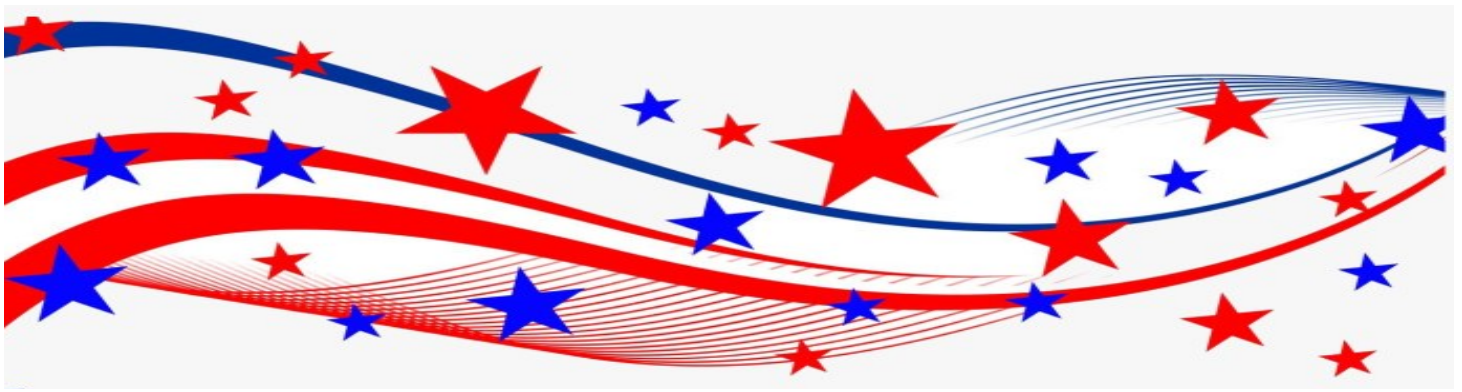
#### **Minimize time and worrying about deadlines:**

“Oh no, I forgot to register! I know, I have money on my Recreation Center account, so thankfully, I can just call in to beat that deadline!” Has the first part ever happened to you? Wouldn't it be nice to have the second part available?

It is simple to do. The next time you stop in the Recreation Center, put some extra money on your account here and when that thought hits, *I forgot to register for an event*, just call the Center, we can get you registered because you have money on your account. Quiet times at the front desk are typically Noon-2:00pm, or in the evenings 4:00-7:00pm. And, as we do not store your credit card number here at Recreation; so this minimizes the number of times you have to repeat you card number to us.

Save time, and worry less...keep some monies on your account at the recreation center.





## **JULY 4<sup>TH</sup> FESTIVITIES RETURN TO EVENDALE!**

### **41st ANNUAL 10K RUN & 4.5 MILE WALK**

#### **8:00 AM**

- *Please call 911 if you notice a participant having difficulty on the course.*
- Register online at [www.registrationspot.com](http://www.registrationspot.com) by the June 19 deadline to receive a free t-shirt. Applications also available at [www.evendaleohio.org](http://www.evendaleohio.org) or at the Evendale Recreation Center. Race day only registrations **after June 19 and t-shirts will not be available.**
- Chip-timed event. Race benefits Phi Lambda Pi, Evendale's teen organization. Course map posted online.

*Cooper Road will close to incoming traffic during the run. The following roads will be most affected by the run between 8:10 and 9:00 am: Cooper, Otterbein, Stanwin, Winnebago, Acton, Oxbow, Lamar, Cooperhill and Ambler. All motorists throughout Evendale should drive cautiously until the race is finished at approximately 10:00 a.m. Evendale Police Officers will be located at all major intersections.*

### **POOL GAMES for Residents, Members, and their Guests**

#### **2:00 PM** Sponsored by SwimSafe Pool Management, Inc.

- Pool Open 11:00 AM – 8:00 PM on July 4<sup>th</sup>.

### **FOURTH FEST'**

#### **6:00 – 10:00 PM**

- Festival Occurs Rain or Shine; *Service Dogs Only.*
- **Enhanced Safety Protocols in Place.**
- Food Trucks: Sweets & Meats BBQ, JC's Taco Truck, Roc-a-fella's Pizza, Hometown Swirls and Funnel Cake Island.
- Inflatables, DJ, Phi Lambda Pi's Kid's Carnival, Raffle, Corn hole, Split the Pot & More!
- Rozzi's Famous Fireworks at 10:00 PM. *Fireworks are weather permitting; if cancelled due to weather, they will not be rescheduled.*

#### **Event Parking**

- The municipal driveway between the Tennis Courts and the Pavilion will be CLOSED from 1:00 PM – 11:30 PM.
- Baxter Park Parking Lot will remain closed 30 minutes post fireworks. Police will be directing traffic.
- Handicap parking will be available in front of the Recreation Center. A handicap parking pass will be required to park in these dedicated spaces.
- The Shelter House Lot is closed due to the fireworks safety zone.
- Parking will be available at Baxter Park Lot, the Tennis Courts Lot, the Bell Tower Arts Pavilion, G.E. Credit Union and Evendale Crossings Shopping Plaza. Residents are encouraged to carpool, walk or bike to the event, if possible.

## PROGRAMS FOR THOSE OVER AGE 18

### MONDAY NIGHT CARDS AND GAMES

June 6, 13, 20, 27 5:00-8:00 PM

No fee. No sign-ups.

Bring a snack, appetizer or dessert to share and join us any Monday night in the Evendale Room. Come alone, or bring others and play whatever game you like! We normally have two tables of Hand & Foot, and one table of Mexican Train Dominos. We have a few people interested in starting a Bridge table!

### CHAPTER ONE BOOK CLUB

Contact: Georgia Bergan, 513-477-9547  
Join other book enthusiasts for Evendale's monthly book club the fourth Tuesday of the month. If you are new to the book club, please contact Georgia for book information and to confirm meeting time.

### LIVING HISTORY SPEAKER

Tuesday, June 28 5:30 PM

No fee.

Please register at the front desk.

Do you enjoy history? Join us for a special living history performance! Joyce Lovins Browning portrays Ohio native, sharp shooter Annie Oakley. Learn about her wild life while enjoying a unique performance.

### MEET AND GREET AND EAT

Monday, June 6 5:30 PM

Evendale Residents \$ 3.00

(and grandfathered friends)

Limited Seating.

Please register by June 1st.

Kick off the summer with a grill out! We're grilling burgers, hot dogs, brats and mets and serving them with potato salad, fresh fruit and saratoga chips. Dessert available. Meet, greet and eat with friends and neighbors! All residents over the age of 18 are invited to join in on the fun.

### CARD MAKING

Monday, June 13, 27 11AM-1PM

No fee. No sign-ups.

B.Y.O.A. (Bring Your Own Adhesive)

Card making is back! Enjoy an abundance of creative supplies needed to make cards. Make cards for friends and family! Additionally, we will be making blank cards to send to deployed soldiers to use through the Cards for Soldiers program. Come test out your creative side!

### MEET AND GREET AND EAT

Monday, August 1 5:30 PM

Evendale Residents \$ 3.00

(and grandfathered friends)

Limited Seating. Please add your name to wait list if program is full.

### PUTT PUTT NIGHT AT THE ACRES

(formerly Etter's)

Wednesday June 8 5:30 PM

Evendale Residents \$ 10.00

(and grandfathered friends)

The Acres (formerly Etter's Custom Golf) has been transforming! They are installing the very best putting turf to the 36 holes of miniature golf on the property. Join us for a night of unlimited putt putt and some tasty food from the new restaurant on the facility! Appetizers provided. Golfers are on their own for drinks or dinner.

### SUMMER PUTT PUTT LEAGUES

Tuesdays June 21, 28, July 5, 12, 19

Evendale Residents \$ 45.00

(and grandfathered friends)

Five week putt putt leagues ending in a final night with an awards ceremony and prizes for the winners (and booby prizes for the worst players!) League members can also play an additional bonus game on Tuesdays after the official game if they have the time and desire. Create a team or sign up solo and we will put you on one! Teams can be two or more players. We will take the average score to determine winners. Email Allison with team names, scores or questions at [Allison.nasser@evendaleohio.org](mailto:Allison.nasser@evendaleohio.org)  
Sign up today at the front desk!

## 2022 PAVILION SERIES

New this year! A food truck (or ice cream truck) will be available during the concerts!  
Check our Facebook page for updates on which truck will be available.

Saturday June 4th 7:30 p.m.	Gee Your Band Smells Terrific	(Super Hits of the 70s)
Friday June 17th 7:30 p.m.	Crown Watts	(A Prog Rock Inspired Experience)
Saturday July 16th 7:30 p.m.	DeadCentric	(Grateful Dead Jam Band)
Wednesday July 27th 12 noon	MadCap Puppets	(Jack and the Gentle Giant)
Friday August 5th 7:30 p.m.	Hot Magnolias	(New Orleans Style Party Band)
Saturday August 20th 7:30 p.m.	The Missy Werner Band	(Bluegrass)
Wednesday August 31st 7:00 p.m.	Cincy Shakes	(Twelfth Night)
Saturday September 10th 7:30 p.m.	The Remains	(60s to Today)
Saturday September 24th 7:30 p.m.	The Eagles Project	(Eagles Tribute Band)

Free Yoga in the Pavilion every Monday at 5:30. No Yoga July 4





# Evendale Swim Lessons 2022

In partnership with SwimSafe Pool Management Co.



**EVENDALE  
RECREATION**  
Your Center For Life

## Registration Required

Sign up at the front desk of the recreation center.

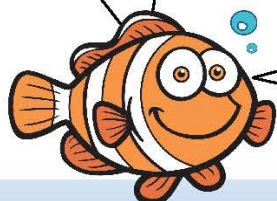
Registration closes the Thursday before classes begin.



Class Schedule			
Session	Dates	Time(s)	Level (s)
Session 1 Mon-Thur	June 6 to June 16	10:45-11:15 am	1, 2, 3
		11:15-11:45 am	1, 2, 3
Session 2 Mon- Thur	June 20 to June 30	10:45-11:15 am	1, 2, 3
		11:15-11:45 am	1, 2, 3
Evening Lessons Mon & Wed	June 6 to June 29	6-6:30 pm	0, 1
		6:30-7 pm	1, 2
Fee: \$25 before deadline		Fee: \$30 after deadline	

### Waitlist Policy

Every child should have the opportunity to take swim lessons. If a class is full please join the waitlist. Classes may be combined or cancelled if enrollment is less than 3 swimmers.



### Cancellation Policy

Lessons will only be cancelled if thunder or lightning is in the area 15 minutes before the start of class. Make-up lessons may be offered on the first Friday of the session but are not guaranteed.

### Cancellation Notifications

We use an automated text notification system to quickly notify parents in the event of a cancellation. To receive notification, text **EVENDALE** to **84483**.



Questions? Contact





[heather@swimsafepool.com](mailto:heather@swimsafepool.com) or 513.755.7075, ext 11

[Evendaleohio.org](http://Evendaleohio.org)

# Evendale Swim Lessons 2022

In partnership with SwimSafe Pool Management Co.



	Class Description	Prerequisite	This class is for children who:
	<p><b>Level 0: Frogs &amp; Tadpoles</b> Parent and child will learn to enjoy the water together in this class. Parent (or responsible adult) and child will become acclimated to the water through games and songs while in a group setting. Parent will learn key safety tools to use at a pool or near water.</p>	<p><i>Limited to children 12-36 months old</i></p>	<p><i>Children from 1-3 years old (with a parent)</i></p>
 Feliz the Flounder	<p><b>Level 1: Flounder</b> Child will become acclimated to the water through games and will learn basic safety skills in addition to water submersion and floating with support. Skills: <i>Independent movement through the water, floating on front and back, recovery from a floating position, nose/mouth bubbles, introduction to bobs, and age appropriate safety skills.</i></p>	<p><i>3 years old on or before the first day of class</i></p>	<p><i>Have little experience in the water or are taking lessons for the first time</i></p>
 Jimmy the Jellyfish	<p><b>Level 2: Jellyfish</b> Child will expand on the skills learned in the Flounder class and learn to be in the water unassisted in both front and back positions while learning to propel themselves through the water using either arms or legs. Skills: <i>Floating, gliding, streamline body position, recovery, bobs, submersion, propulsive kicking, introduction to propulsive arms, sit dives, and safety skills.</i></p>	<p><i>Successful completion of all Flounder skills</i></p>	<p><i>Can comfortably submerge under the water and perform 5 unassisted consecutive bobs</i></p>
 Oliver the Octopus	<p><b>Level 3: Octopus</b> Child will learn fundamental freestyle and backstroke skills with emphasis placed on the coordination and timing of the strokes as well as the development of a strong flutter kick. Skills: <i>Novice freestyle, novice backstroke, elementary backstroke, side glide, treading, kneel dive, and safety skills.</i></p>	<p><i>Successful completion of all Jellyfish skills</i></p>	<p><i>Can independently perform a back float for at least 5 seconds</i></p>

## How to make the most out of lessons

- Arrive on time and ready for lessons
- Wear a well fitted swimsuit that is appropriate for lessons
- Children with long hair should use a hair tie or wear a swim cap
- Swim goggles (not a snorkel or mask) may be used by children in the upper level classes
- Children who are not potty trained must wear a swim diaper while in the pool

**EVENDALE RECREATION**

Your Center For Life

Questions? Contact

[heather@swimsafepool.com](mailto:heather@swimsafepool.com) or 513.755.7075, ext 11

[Evendaleohio.org](http://Evendaleohio.org)

## Summer Camps

### Fun in the Sun Summer Program June 6 – July 14 (Program does not meet July 4<sup>th</sup> & 5<sup>th</sup>)

**Prior to the first day of camp, parents/guardians need to complete the following paperwork upon registration:**

- 2022 Participant Agreement Form (required)
- Parent/Guardian Drop-Off and Pick-Up Authorization Form (required)
- Request for Special Accommodations form, if needed. Deadline for Special Accommodation requests are due May 1<sup>st</sup> as it can affect staffing.
- Allergies & Medical Conditions form, if needed
- Permission to Dispense Medicine form, if needed.
- FunShines Only: Fieldtrip waivers for any trips necessary

### SunBeams, Ages 3 – 6

- Children who are entering 1<sup>st</sup> Grade may sign-up for either program; *parent's choice. Child may not be enrolled in both SunBeams and FunShines.*
- Must be potty trained and three years of age by 6/6/22; Staff cannot change diapers. *Children cannot enroll in the program if they turn three during the six week session.*

**M-TH, 9:30 - 11:00 AM**

**\$65 per Child, \$75 per Resident's Grandchild**

**(Max of 20 Resident's Grandchildren – first come, first serve)**

SunBeams is a highly structured morning program. Children are split into three age groups and rotate between three daily stations, including, but not limited to, gym games, crafts, playground, song and dance, etc. Leaders are assigned to each area and each age group. An activity calendar will be available at the beginning of the program.

### FunShines, Entering 1<sup>st</sup> Graders – Entering 8<sup>th</sup> Graders

- Children who are entering 1<sup>st</sup> Grade may sign-up for either program; *parent's choice. Child may not be enrolled in both SunBeams and FunShines.*

**M-TH, 11:15 AM - 4:00 PM**

**Bring a lunch & wear sunscreen to After May 15: \$100 per Child, \$125 per Resident's Grandchild (Max of 20 Resident's Grandchildren – first come, first serve)**

FunShines begin their day with a pre-lunch activity. Lunch is eaten between 12:00-12:30; vending machine and concession purchases strongly discouraged. Money can be sent for snacks during swimming only. After lunch, we start with a daily meeting for announcements and daily activities. FunShines will choose between designated activities including, but not limited to group games, sports, arts & crafts, swimming, reading, Lego's, outdoor play and more! Bathing suits, towels and sunscreen should be sent on Mondays and Wednesdays for optional pool days; Leaders cannot apply sunscreen. Leaders are assigned to each area throughout the day. An activity calendar will be available at the beginning of the program.

### SUMMER SPECIALITY CLASS

*Participants do not have to be enrolled in the Fun in the Sun camp to sign-up.*

### ENRICHING KIDZ BETTER BABY SITTERS (GRADES 5-8)

**July 11 and 13, 2pm – 6pm (Min 6, Max 25)**

**\$85 per person**

The Evendale Recreation Department is proud to partner with Enriching Kidz to bring you a new and improved babysitting course. Participants will learn CPR, the Heimlich maneuver, sitter professionalism, important safety information, choking and cardiopulmonary resuscitation, how to handle emergencies, first aid, creative problem solving, infant and toddler care and how to create a marketing plan. Participants will receive their own first aid kit. Participants are asked to bring a lunch or snack.

### Fabulous Friday Fieldtrips for FunShines

Entering 1<sup>st</sup> – Entering 8<sup>th</sup> Grades; *1<sup>st</sup> Graders enrolled in SunBeams are not eligible for trips.*

### Cincinnati Zoo & Botanical Garden

**Friday June 10<sup>th</sup>**

**Sign-up deadline June 8<sup>th</sup> (max 100) \$10 per person**

Includes zoo admission and about 2 hours at the zoo. Please eat lunch beforehand. Kids may bring up to \$10 for concessions/souvenirs.

Meet in the Gym: 11:45 AM  
Return to Baxter Park: 3:00 PM

### Main Event Bowling, West Chester

**Friday June 17<sup>th</sup>**

**Sign-up deadline June 15<sup>th</sup> (max 100)**

**\$15 per person**

Includes two hours of party bowl and shoe rental. Socks must be worn by all participants. Please eat lunch beforehand. Kids may bring up to \$10.00 for concessions, however the video game area will not be accessible.

Meet in the Gym: 11:45 AM  
Return to Baxter Park: 3:00 PM

### Get Air Trampoline Park, West Chester

**Friday June 24<sup>th</sup>**

**Sign-up deadline June 22<sup>nd</sup> (max 100)**

**\$15 per person**

WAIVER NEEDED AT SIGN-UP. Includes two hours of jumping and socks. Socks provided at Get Air must be worn by all participants. Please eat lunch beforehand. Kids may bring up to \$10.00 for concessions. Kids should bring their own water bottles as water fountains are turned off.

Meet in the Gym: 11:45 AM  
Return to Baxter Park: 3:00 PM

### Pump it Up, West Chester

**Friday July 8<sup>th</sup>**

**Sign-up deadline July 6<sup>th</sup> (max 100) \$10 per person**

WAIVER NEEDED AT SIGN-UP. Available at the Front Desk. Includes two hours of fun in the inflatable arenas. Socks must be worn by all participants. Please eat lunch beforehand. Kids should bring their own water bottles as water fountains are turned off.

Meet in the Gym: 11:45 AM  
Return to Baxter Park: 3:00 PM



## Evendale Cultural Arts Center Camps

### ART CAMP WITH CARA!

Tuesdays, 12:30 – 2:00 pm

(GRADES 1-4)

June 7, 14, 21, 28 and July 5, 12

\$50 per camper

(MIN:10, MAX: 20)

Have fun this summer exploring art with Cara Mosso. We'll discover a variety of modern artists, and their unique works and try our hand at their approaches, through diverse mediums- come paint pottery, create mosaic, painting, stamp, weave, cut, splatter and more! If you love to create, sign up! All artwork will be featured at our Big Art Party Summer Youth Art Show on Friday, August 5. Register at the Recreation Center Front Desk. (Fun in the Sun staff will take kids to and from class at the Cultural Arts Center.)

### ART CAMP WITH CARA!

Tuesdays, 2:00 – 3:30 pm

(GRADES 5-8)

June 7, 14, 21, 28 and July 5, 12,

\$50 per camper

MIN:10, MAX: 20

Have fun this summer exploring art with Cara Mosso. We'll introduce a variety of artists, and their unique works and try our hand at their approaches or the attempt to think the way they thought while working through the creative process. We will try out diverse mediums- come create installations together, paint, collage, or make something useful, and tailor the day's lesson to your own expression, whatever your favorites are or what you want to see in art. All artwork will be featured at our Big Art Party Summer Youth Art Show on Friday, August 5. Register at the Recreation Center Front Desk. (Fun in the Sun staff will take kids to and from class at the Cultural Arts Center.)

### TWEENS AND TEENS FLOW YOGA SERIES (AGES 10-14)

Wednesdays, 1:30-2:30 PM

June 8, 15, 22, 29 and July 6 & 13

\$45 per person

(MIN 8, MAX 30)

Yoga helps tweens and teens build the groundwork to live a healthy life-style in a safe and non-competitive space. Yoga can provide tools to help teens deal with daily stress through learning to use their breath to relax while building self-esteem, strength and flexibility. Must bring your own yoga mat. Register at the Recreation Center Front Desk. (Fun in the Sun staff will take kids to and from class at the Cultural Arts Center.)

VILLAGE OF EVENDALE - JUNE, 2022

### SUMMER IN THE SPOTLIGHT

(GRADES 1-8)

Thursdays, 1:00 – 3:00 PM

June 9, 16, 23, 30, and July 7, 14

\$25 per person

(MIN 8, MAX 30)

Whether you are new to the stage or have been performing for years, *Summer in the Spotlight* will immerse you in the world of theatre. Each week, prepare to dive into different aspects of the stage that will elevate your stage presence and confidence. Get ready to sing, dance, act, and explore your unique talents and capabilities in a supportive environment. Register at the Recreation Center Front Desk. (Fun in the Sun staff will take kids to and from class at the Cultural Arts Center.)

### UKULELE KIDZ CAMP (GRADES 2-6)

July 11-14, 1:00- 3:00 pm, \$120

8 Hours of jamming, over 4 days of FUN!

Covering 3-4 songs, our camps are perfect for Beginners with no experience & Intermediates to keep their skills FRESH!

Register online @ <https://www.ukulelekidz.com/camp-registration>

### PLAYHOUSE IN THE PARK CAMPS AT THE BELL TOWER THEATER

Register online @ <https://www.cincyplay.com/learn/summer-theatre-camps/camp-sessions?q=evendale>

<https://www.cincyplay.com/learn/summer-theatre-camps/camp-sessions?q=evendale>

### ROBOTS VS. ALIENS (GRADES 1-10)

June 6-10, 9:00 am – 4:30 pm daily, \$245

The universe is calling – it's time to explore! Shift into hyperdrive as we embody robots, aliens and other space creatures, all created by you! Classes in character creation, action movement and improvisation will equip you for blast-off and remind you that adventure is infinite. Showcase your space travels in a Shareformance at the end of the week. Classes Include: Character Creation, Action Movement, Improvisation, Theatre Crafts, Rehearsal and Performance.

### MYSTERIOUS MISSIONS: CHOOSE YOUR OWN ADVENTURE

(GRADES 1-10)

June 13-17, 9:00 am – 4:30 pm daily, \$245

Will you go down the dark hallway? Unlock the cellar door? Venture into the wilds of a forbidden forest? Enter a realm of limitless possibilities as you craft scenes for a choose-your-own-adventure mystery! Use the power of your imagination to decide where the story goes as

you learn acting, playwriting, improvisation and more. Present your adventure with others in a Shareformance at the end of the week. Classes Include: Acting, Playwriting, Improvisation, Theatre Crafts, Rehearsal and Performance

### SONGS FOR SCOUNDRELS: A MUSICAL ADVENTURE

(GRADES 1-10)

June 21 – 24, 9 am to 4:30 pm, \$200

Every hero needs a nemesis. Venture through a week of songs from the point of view of the real VIP of any musical: the villain! Each group will receive training in singing, dance and acting while taking on songs and scenes from *The Little Mermaid*, *Descendants*, *Annie* and others. Each camp group will focus on one musical to present in a Shareformance at the end of the week.

Classes Include: Acting, Singing, Dance, Theatre Crafts, Rehearsal and Performance. There will be no camp on June 20 in observance of Juneteenth.

### SWASHBUCKLING SAILORS: A PIRATE ADVENTURE

(GRADES 1-10)

June 27 – July 1, 9 a.m. to 4:30 p.m., \$245

Ahoy matey, come sail the high seas! Learn to batten down the hatches as you discover your inner pirate, create your own character and imagine life on the briny deep. Buccaneers will discover character creation, hand-to-hand stage combat and improvisation in this bounty of an adventure and present their work in a Shareformance at the end of the week. Classes Include: Character Creation, Stage Combat, Improvisation, Theatre Crafts, Rehearsal and Performance.

### VIDEO GAME VICTORIES: A ROLE PLAYERS ADVENTURE

(GRADES 6-12)

July 25 – 29, 9 a.m. to 4:30 p.m., \$245  
Performance: July 29 at 4:30 p.m.

Ready Player One! Choose your fighter, champion or hero as you log in and transform into your favorite video game character. Spend the week gaining experience points through costume design, character creation, monologue writing and performances classes. At the end of the week, share your player's story by performing your monologue for family and friends. Classes Include: Acting, Improvisation, Character Creation, Costume Design, Rehearsal and Performance.

**ROALD DAHL'S WILLY WONKA KIDS  
(GRADES 1-6)**

**July 25 – Aug. 5, 9 a.m. to 4:30 p.m.,  
\$545**

Performance: Aug. 5 at 4:30 p.m. You've got a golden ticket! Enigmatic candy man Willy Wonka stages a contest by hiding golden tickets in five of his scrumptious candy bars. Whomever comes up with these tickets will win a free tour of his mysterious chocolate factory – and a lifetime supply of candy! Four of the five winning children are insufferable brats, but the fifth is a likeable young lad named Charlie Bucket, who is accompanied by his equally amiable grandfather. The children must learn to follow Mr. Wonka's rules in the factory or suffer some wild consequences. This scrumdilyumptious musical features songs from the beloved 1971 film, as well as a host of new tunes. Over two weeks, performers will work as a group to put together a full production while learning acting, singing and dancing through fun theatre games. Classes Include: Acting, Singing, Dancing, Theatre Crafts, Rehearsal and Performance. Lyrics and Music by Leslie Bricusse and Anthony Newley | Adapted for the Stage by Leslie Bricusse and Timothy Allen McDonald | Based on the book Charlie and the Chocolate Factory by Roald Dahl

**CREATING CAPERS: AN ADVENTURE  
A DAY**

**(GRADES 6-10)**

**Aug. 1 – 5, 9 a.m. to 4:30 p.m.,  
\$245**

**Performance: Aug. 5 at 4:30 p.m.**

The world is an open book – you just have to tell the story! Join us as we pick up our pens and imagine exciting adventures in this writing and performance camp. Each day, you and your fellow artists will write a new short play based on a classic plot device, be it overcoming the monster, rags-to-riches or a great quest. We'll give you the parameters, you create the story! On the final day, perform your pieces for friends and family. Classes Include: Acting, Improvisation, Playwriting, Rehearsal and Performance

**MY NOSE TURNS RED CIRCUS CAMPS  
AT THE CULTURAL ARTS CENTER**

**June 20-24, Ages 5-7, 9-11:30 am | \$125  
max: 6**

**June 27 – July 1, Ages 5-7, 9-11:30 am |  
\$125 max: 6**

**July 11-15, Ages 5-7, 9-11:30 am | \$125  
max: 6**

**August 8 – 12, Ages 5-7, 9-11:30 am |  
\$125 max: 6**

Boost your child's self-confidence and creativity in a safe, non-competitive, supportive environment! My Nose Turns Red's summer circus camps are highly engaging and challenge youth to balance, manipulate objects and build strength – all activities needed to build hand-eye coordination. For the 5-7-year-old camps, the fun includes circus games, foam stilts, hula hooping, balancing on the globe and wire, and the basics of juggling.

**June 20-24, Ages 7-13, 9:00 am – 3:00  
pm | \$235 max: 15**

**June 27 – July 1, Ages 7-13, 9:00 am –  
3:00 pm | \$235 max: 15**

**July 11-15, Ages 7-13, 9:00 am – 3:00  
pm | \$235 max: 15**

**August 8 – 12, Ages 7-13, 9:00 am –  
3:00 pm | \$235 max: 15**

Learn how to juggle, balance on the rolling globe and learn the basics of creating a clown character. Summer Circus Camps are highly engaging; challenging youth to walk on the wire, balance on the rola bola and build human pyramids, which builds their physical literacy and hand-eye coordination. Students play a wide variety of circus games that build teamwork and cooperation, trust and friendship. Boost your children's self-confidence and creativity in a safe and non-competitive environment.



**Youth Tennis Lessons**

Session I: June 6 – July 14  
(18 classes)

Fee: \$54 residents  
\$72 Non-residents

Session II: July 25 – Aug. 4  
(6 classes)

Fee: \$18 residents  
\$24 Non-residents

Must have 4 registered one week prior or may combine /cancel levels.

Evendale continues teaching the USTA Standards for 10 and Under! \*\*\*Three days per week–Monday, Wednesday & Thursday\*\*\* Lessons are held on Mondays and Wednesdays! Thursdays will be match play and FUN!

Rainout Day will automatically be Tuesdays at the same times. Ex. Mon rains out – attend Tuesday. If Wed or Thursday rain out, attend following Tuesday. If further rain days occur, refunds will be credited to account.

Ages 10 & above  
Stage Green/Yellow  
9:30–10:15a

Ages 8-9  
Stage Orange  
10:25–11:00a

Ages 5-7  
Stage Red  
11:15 a–12:15p  
Tuesdays & Thursdays only

**June, July & August Group Fitness Class Schedule**  
**BUY FITNESS PASS \$60/ 3-month unlimited classes!!!**  
**OR Walk-in for \$10**

Monday	Tuesday	Wed.	Thursday	Friday	Saturday
	<b>HIIT Bootcamp</b> 5:00- 5:45a Michael		<b>HIIT Bootcamp</b> 5:00- 5:45a Michael		<b>Spin</b> 8:30-9:15a Amy
<b>Cardio &amp; Strength</b> 9:30-11:00a Lisa	<b>Yoga</b> 9:30-10:30a Activity Room Helene	<b>Cardio &amp; Strength</b> 9:30-11:00a Lisa			<b>Strictly Muscle</b> 9:30-10:30a Amy
	<b>Barre</b> 9:30-10:30a Amy		<b>Barre</b> 9:30 - 10:30a Amy	<b>Yoga</b> 9:15-10:15a Sandy	<b>SUMMER ONLY!</b> <b>Cardio Tennis</b> 9:00 - 10:00 a Staff
<b>Indoor Cycling</b> 5:30-6:15p Helene	<b>Hit Me Up</b> 5:30-6:15p Amy	<b>Mindful Yoga</b> 5:45 - 6:45p Cynthia C.	<b>Way of Lift</b> 5:30-6:15p Amy	Please purchase pass 1 <sup>st</sup> week at the front desk. You may call Front desk to purchase. <b>513-563-2247</b>  <b>Clean ALL equipment used with spray and towels provided.</b>  <b>Childcare offered</b> 9:00 - Noon Mon-Sat 5:30-8 p.m. Wed	
<b>Functional Core Conditioning</b> 6:30-7:15p Helene	<b>Stretchability</b> 6:15-7:00 p Amy				
<b>Yoga</b> Activity Room 6:00- 7:15p Sandy		<b>SUMMER ONLY!</b> <b>Water Aerobics</b> 7:10-7:55p Helene	<b>Core And More</b> 6:15 - 7:00p Amy		

Evendale Recreation offers

# CHILDCARE

**Miss Patti's Place**  
 Mon- Sat 9:00 am - 12:00 pm  
 Wed 5:30 - 8:00 pm  
 \$3/hr. or portion of an hour  
 \$2/hr/additional child  
 2 hour limit per visit  
 Ages: 6 weeks to 10 yrs.  
 Adult must remain on complex.

Additional information available at  
[www.evendaleohio.org](http://www.evendaleohio.org)





## Barre

**Tuesday & Thursdays 9:30-10:30 a.m.**

This class uses a series of ballet moves done repetitively while incorporating light weights. The core is targeted with Pilates moves and Yoga is utilized in the stretching portion.

## Cardio & Strength

**Mondays & Wednesdays 9:30 -11:00 a.m.**

This 90 minute long cross training class uses a mix of interval training with weights combined with fun cardio that incorporate elements of endurance training, calisthenics and strength training to help develop overall body fitness. Work out format and structure change from class to class to meet goals and offer participants a taste of the variety available in the world of group exercise. Come join the fun and watch your body change!

## Cardio Tennis

**Saturdays 9:00 – 10:00 a.m.**

Hit the courts and use your tennis skills to get your exercise in for the day!

## Core And More

**Thursdays 6:15–7:00p.m.** Strengthen and tone your abdominals and lower back with a variety of equipment (designed to fatigue all of the muscles in your core.)

## Functional Core Conditioning

**Mondays 6:30-7:15 p.m.**

Plank, hover, crunch, & chop your way to improved core stability, toned abs, & strong glutes using body weight, resistance bands & free weights.

## HIIT

**Tues & Thurs 5:00-5:45 a.m.**

Looking to build lean muscle, shred calories, or a new cardiovascular workout then HIIT is for you. Forty five minutes of high intensity designed to get your heart rate up and calories burning off. Every week HIIT will challenge you in new ways with incorporating many different training protocols such as: tabata, plyometrics, cardio, & strength all together to give you a total workout.

## Indoor Cycling

**Mondays 5:30-6:15 p.m.**

Climb and sprint your way to improved cardiovascular fitness as you pedal to the beat in this music driven, high energy, high intensity cycling interval class. Don't forget water and a towel!

## Mat Pilates

**Tuesdays 6:00 -6:45 p.m.**

This calisthenic class will strengthen your abdominals, lower back, inner and outer thighs and hips. Reap the benefits of improved posture and flexibility while lengthening and toning your body in this amazing workout.

## Mindful Yoga

**Wednesdays 5:45-6:45 p.m.**

A mixed level class which connects breath and physical movement in a mindful way. This class includes meditation and slow yoga flow to reduce stress and increase flexibility. Mixed level class which connects breath and physical movement in a mindful way. This class includes meditation and slow yoga flow to reduce stress and increase flexibility.

## Spin

**Saturdays 8:30 – 9:15 a.m.**

**Mondays 6:00-6:45 p.m.**

An adventurous cycling excursion with inspirational music. Break free of your comfort zone & improve your fitness level!

**SPIN CLASSES:** *Limited bikes=1<sup>st</sup> come, 1<sup>st</sup> serve.*

## Strictly Muscle

**Saturdays 9:30-10:30 a.m.**

Workout entire body by using dumbbells in a high repetition class that uses different formats to fully fatigue every muscle!

## Tae Kwon Do

**Tuesday and Thursday**

**5:45 – 6:45 p.m.**

## Yoga

**Mondays 5:30 – 6:45 p.m.**

## Slow Flow Vinyasa

**Tuesdays 8:30 – 9:30 a.m.**

Postures are generally held for longer periods, and the transitions between poses are a little slower. Appropriate for all levels.

**Fridays 9:15 – 10:30 a.m.**

A mix of movements designed to improve flexibility, strengthen, re-energize and relax the body and mind. *(If possible, please bring your own yoga mat-small mats available for use at the center) Balance Vinyasa Flow – Fri Am and Monday PM (more gentle flow)*

## Way of Lift

**Thursdays 5:30-6:15 p.m.**

Strengthen and build strong muscles by utilizing everything from dumbbells, to tubing to your own body weight (designed to increase lifting power and endurance.)

## BACK FOR SUMMER:

### Water Aerobics

**Wednesdays 7:10 -7:55 p.m.**

Join Helene at the pool for a water workout!!

## PROGRAMS OFFERED BY FITMEES

Please note that these programs are not offered through the Recreation Dept.

Please Ask a FitMees Team member about signing up or email [michael@fitmees.com](mailto:michael@fitmees.com).

### 30-Day Fitness Challenge

The competition is ON! For the second 30-day 2022 challenge, FitMees is challenging you to walk or run one mile per day in June!

There will be a check in sheet at the fitness center desk to track how many days you complete the challenge. The most consistent person will win a \$50 gift card.

### June Educational Program - Running

Being just a month away from the Village of Evendale Conquer the Hill 10K, Trainer Meganne will be talking about her experience running the Boston Marathon with insights in the training process, day before preparations, running strategies, and the recovery process. For more information or to set up time with Meganne, email [mbrzygot@gmail.com](mailto:mbrzygot@gmail.com).

### Corrective Exercise with Trainer Tucker and Alice

Did you know FitMees Trainers Alice and Tucker are both certified as Corrective Exercise Specialists? This means, they have the training to break down your form into smaller, more in-depth pieces so you can identify different parts of the body in need of attention. For instance, they are able to identify and correct when you're frequently overcompensating one shoulder over another during bench press. This could save you from injuring yourself as well as improving the quality of your workouts, which could lead to better and faster results.

Fitness assessments from Alice and Tucker are on sale for \$25 in June and will include an Inbody analysis.

Email [michael@fitmees.com](mailto:michael@fitmees.com) or speak to a FitMees trainer to sign up for yours.

### Evendale 100 Starts July 1

Your favorite annual fitness challenge is one month away! The Evendale 100 will begin on July 1!

The challenge will run for 8 weeks from Monday, July 1 through Friday, August 26.

Your goal? To reach 100 "miles" by completing a variety of fitness activities - run, walk, play tennis, attend a fitness class, the list goes on. Just record your activity for the day at the fitness center desk - your max is 5 "miles" per day.

Every member who signs up by June 30 will receive a FREE T-shirt at the end of the competition. But the first male and female to reach 100 "miles" will also get their names on a plaque ... and all the glory.

To sign up, stop by the Fitness Center Desk and provide your name, T-shirt size and email. Good luck!



10500 Reading Road  
Evendale, Ohio 45241

Presorted  
Standard  
U.S. Postage  
**PAID**  
Cincinnati, OH  
Permit #1542



### IMPORTANT PHONE NUMBERS

Administration Office	513-563-2244
Director of Administration	513-956-2666
Building Department	513-956-2665
Tax Department	513-563-2671
Village Clerk	513-563-2244
Cultural Arts Center	513-563-1350
Fire Department	513-563-2248
Gorman Heritage Farm	513-563-6663
Police Department	513-563-2249
Recreation Department	513-563-2247
Pool	513-563-2246
Weather Hotline	513-956-2667
Service Department	513-563-4338
Rumpke Trash Service	1-800-828-8171
Chamber of Commerce	513-383-7034

Website: [www.EvendaleOhio.org](http://www.EvendaleOhio.org)

 Village of Evendale, Ohio -  
Recreation, Administration and Cultural Arts.

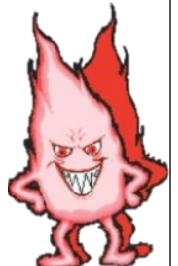
 Evendale Emergency Services -  
Police, Fire and the Service Department.



### REMINDER FOR THE



# 2022 FIREHOUSE CHILI LUNCH



Wednesday, June 15, 2022  
Time: 11am-1pm

**CARRYOUT, PREORDER and EAT IN!!**

**Ticket Info:** \$6.00 – Includes 3-Way and Beverage & Ice Cream \*eat in only  
Lunch Orders can be purchased IN ADVANCE by mailing in the form on reverse side or  
online at [evendalechamber.com](http://evendalechamber.com)—tickets will be available day of the event

**BUY EARLY AT THE REC. CENTER & SUPPORT PHI LAMBDA PI**