

sports PROGRAMS

Sports of all sorts are offered to every member of the family at the Kettering Recreation Complex gymnasium. Our indoor fitness track and multipurpose gymnasium, featuring three regulation volleyball courts and two regulation basketball courts (with 12 baskets), provide the perfect setting for league action, family fun or youth and adult drop-ins.

DROP-IN GYMNASIUM INFORMATION

Youth Drop-In

Special times have been set aside in the gymnasium for boys and girls currently attending elementary through high school (K-12 grade). Please see the gym schedule below for days and times. During Youth Drop-in times, gym participants will be divided into age groups and everyone will have a chance to participate in a non-structured play environment. Parents must remain off of the gym floor for the duration of the activity. Kettering resident school children with I.D. are admitted free; non-residents/\$1.50. All youths are required to present either a Kettering Resident I.D. Card or a Youth Gym I.D. Card to gain admittance (note: Youth Gym I.D. cards are good for one year).

Adult Drop-In

Time has been set aside for Adult Drop-In Gym programs. Basketball and volleyball are offered at specific times. This is a chance to play a pick-up game with your friends. The fee is \$3/Kettering resident and \$6/non-resident. All participants will be required to bring or purchase a Resident I.D. Card or Gym I.D. Card in order to participate. In addition, basketball players will be required to present either a current Resident I.D. Card or a Drop-In Gym Card to gain admittance. During this time, spectators and children are not permitted in the gymnasium or gym lobby area. Please check the gymnasium schedule for specific drop-in times.

Family Drop-In

The Family Drop-In time on Sunday afternoons is the perfect way to enjoy quality time at an affordable price: \$3/resident family; \$6/non-resident family. All children must be accompanied by an adult, guardian or legal caregiver to gain entry. Be prepared to show proof of age, 18 and older, with a picture I.D. Please check the gymnasium schedule for specific times. See you there!

The following rules will be enforced:

1. Adults must accompany and supervise children on the track. (Children under 8 years of age must be within arm's length of adults.)
2. Minimum age allowed on the track is 5 years old.
3. The maximum ratio for children to adults is three to one.
4. A child must accompany all adults and an adult must accompany all children.

NOTE: You are responsible for the children you bring.

DROP-IN GYMNASIUM SCHEDULES

Winter Break: December 21, 2009 - January 3, 2010

Sun.	Family* 11:30 a.m. - 1:30 p.m.
Mon.	Seniors 8 - 10:30 a.m. • Adults 11 a.m. - 2 p.m. • Youth 2 - 5 p.m.
Tues.	Seniors 8 - 10:30 a.m. • Youth 2 - 5 p.m.
Wed.	Seniors 8 - 10:30 a.m. • Adults 11 a.m. - 2 p.m. • Youth 2 - 5 p.m.
Thurs.	Seniors 8 - 10:30 a.m. • Youth 2 - 5 p.m.
Fri.	Closed on Christmas Day and New Year's Day
Sat.	Seniors 12:30 - 2:30 p.m.

Effective January 4, 2009 - March 28, 2010

Sun.	KYB Games 11 a.m. - 2 p.m. • Family* 11:30 a.m. - 1:30 p.m. CYO League 2:15 - 5:45 p.m. • Volleyball 5:45 - 7:45 p.m.
Mon.	Seniors 8 - 10:30 a.m. • Adults 11:30 a.m. - 1:30 p.m. Youth 3 - 5 p.m. • KYB Practice 5:15 - 7 p.m. Adult Leagues 7:15 - 10 p.m.**
Tues.	Seniors 8 - 10:30 a.m. • Youth 3 - 5 p.m. KYB Practice 5:15 - 6:15 p.m. • Adult Leagues 6:30 - 10 p.m.**
Wed.	Seniors 8 - 10:30 a.m. • Adults 11:30 a.m. - 1:30 p.m. Youth 3 - 5 p.m. • KYB Practice 5:15 - 6:15 p.m. Adult Leagues 6:30 - 10 p.m.**
Thurs.	Seniors 8 - 10:30 a.m. • Youth 3 - 5 p.m. KYB Games 5:30 - 6:30 p.m. • Adult Leagues 7 - 10 p.m.**
Fri.	Seniors 8 - 10:30 a.m. • Adults 11:30 a.m. - 1:30 p.m. Youth 3 - 5 p.m. • KYB Practice 5:15 - 7 p.m. Adult Leagues 7:15 - 10 p.m.**
Sat.	KYB Games 8 a.m. - 7 p.m. • Seniors 12:15 - 2:15 p.m.

Spring Break Drop-In Schedule

March 26 - April 3, 2010

Sun.	Family* 11:30 - 1:30 p.m. • CYO League 1:45 - 5:15 p.m. Volleyball 5:45 - 7:45 p.m.
Mon.	Seniors 8 - 10:30 am • Adults 11:30 a.m. - 1:30 p.m. Youth 2 - 5 p.m.
Tues.	Seniors 8 - 10:30 a.m. • Youth 2 - 5 p.m.
Wed.	Seniors 8 - 10:30 a.m. • Adults 11:30 a.m. - 1:30 p.m. Youth 2 - 5 p.m.
Thurs.	Seniors 8 - 10:30 a.m. • Youth 2 - 5 p.m.
Fri.	Seniors 8 - 10:30 a.m. • Adults 11:30 a.m. - 1:30 p.m. Youth 2 - 5 p.m.
Sat.	Seniors 12:15 - 2:15 p.m.

* Please see family drop-in rules.

** Must register for league play. Call 296-2486.

DROP-IN GYMNASIUM HOURS

Holiday	Date	Hours
Christmas Day	Dec. 25, 2009	Closed
New Year's Day	Jan. 1, 2010	Closed
Easter	April 4, 2010	Closed

DROP-IN GYM FEES

Drop-In Admission	Res.	Non-Res.
Youth (17 and under)	Free	\$1.50
Adult	\$3	\$6
Family	\$3	\$6
I.D. Cards		
Youth (17 and under)	\$4	\$4
Adult Basketball	\$4	\$4
Annual Gym Pass		
Youth (17 and under)	Free	\$45
Adult	\$45	\$70

ADULT BASKETBALL I.D. CARDS — Participants in adult basketball must have a Kettering Resident I.D. Card (\$4) or a Drop-In Gym I.D. Card (\$4). These cards are valid for two years from the date of purchase. You must present this card to gain admittance to the gym. The card will be returned to you when you are finished. The normal drop-in gym fees apply. With the purchase of an I.D. your first visit will be half price.

YOUTH ID CARDS — All youths must present a Kettering Resident I.D. Card (\$4) or a Youth Gym I.D. Card (\$4) to gain entry into the gym. The normal drop-in fees apply. The I.D. cards are good for two years from date of purchase. If you lose your card, you may purchase a replacement card for \$2.

ANNUAL DROP-IN GYM PASS — Drop-in Gym Passes are valid for one year from date of purchase and may be used for all drop-in gym programs and for admission to the walk/run track.

GENERAL INFORMATION

Gymnasium Rentals

The Kettering Recreation Complex's gymnasium is available for individual or group rentals. If your club or organization needs a gymnasium, call the Sport Activities Coordinator at 296-2587 and ask about prices and availability.

Sports Activities

Sports of all sorts are offered to every member of the family at the Kettering Recreation Complex gymnasium. Our indoor fitness track and multipurpose gymnasium, featuring three regulation volleyball courts and two regulation basketball courts (with 12 baskets), provide the perfect setting for league action, family fun, or youth and adult drop-ins.

Volunteer Opportunities

By volunteering a few hours a week, you can help the City of Kettering Parks, Recreation and Cultural Arts Department teach hundreds of young athletes in our community sportsmanship, skills and self-esteem. If you are interested, call the Fitness/Sports Supervisor at 296-2587.

Disc Golf Course

An 18-hole disc golf course is available for play. The course begins at Indian Riffle Park and winds around the Kettering Recreation Complex grounds. Scorecards and course layout are available at the Kettering Recreation Complex main desk.

As a department, we are committed to strive for excellence. Please tell us how we are doing by calling 296-2454. Good or bad, we want to hear from you.

Outdoor Shuffleboard Courts and Horseshoe Pits

Our outdoor shuffleboard courts and horseshoe pits are located on the south side of the Lathrem Senior Center, but any age may play. (Youth 17 and under must be accompanied by an adult.)

SCHEDULE

This schedule is effective from Labor Day on (weather permitting).

Senior adults only	8 a.m. - 4:30 p.m.	Monday-Friday
All ages	4:30 - 8:30 p.m.	Monday-Friday
(new hours)	12:30 - 4:30 p.m.	Saturday-Sunday

EQUIPMENT RENTAL

Equipment and the horseshoe pit key may be obtained at the Lathrem Senior Center.

Horseshoes: \$2/resident; \$4/non-resident
(2 shoes) Free/CIL member

Singles Shuffleboard: \$2/resident; \$4/non-resident
(2 sticks/8 disks) Free/CIL member

Doubles Shuffleboard: \$3/resident; \$6/non-resident
(4 sticks/8 disks) Free/CIL member

Tennis Court Rules

Tennis courts are available on a first-come, first-served basis. Please be courteous of others, and adhere to the following rules:

1. If others are waiting, the time limit on the court is one hour for singles and two hours for doubles.
2. Players under age 16 must surrender their court to players 16 or older if no other courts are open. This rule is in effect during public school summer vacation dates only.
3. Tennis camp, lessons and tournaments may make some court times unavailable. Contact the Fitness/Sports Supervisor at 296-2587 for details.

Tennis Court Locations:

* Ernst Park 1030 E. David Road 4 courts	Southern Hills Park 1545 Sacramento Dr. 2 courts
Kantner Park 1512 Brownleigh Road 2 courts	Tait Park 3750 Tait Road 1 court
* Kettering Fairmont High School 3301 Shroyer Road 6 courts	Van Buren Park 1450 Scottsdale Ave. 2 courts
John F. Kennedy Park 5073 Bigger Road 4 courts	Wenzler Park 3535 Sharewood Court 2 courts
Oak Park 2055 Malcom Ave. 1 court	Walther Park 4421 Overland Trail 2 courts

*Courts lighted for night play.

NURSERY INFORMATION

Please refer to page 6 for information regarding nursery services. Nursery hours are available to you while you use the Fitness Room/Gym.

YOUTH PROGRAMS

Beginner Golf Clinic

Age(s) 8 - 16

This clinic will introduce youth to the game of golf. Fundamental golf mechanics (grip, stance, swing as they pertain to iron play, wood play, putting and chipping) will be introduced along with game rules and course etiquette. Students will have the opportunity to advance to the certification clinic to prepare them for junior golf league play. A 10:1 (Student: Teacher) ratio will be maintained for all three sessions, and a maximum of 20 children per class. Students should bring their own clubs and glove if owned. Equipment will be provided if necessary. Contact Jim Rue, Director of Junior Golf, at 434-4911.

111062-A	Sat.	11 a.m. - 12:30 p.m.	March 13 - 27
111062-B	Sat.	10 - 11:30 a.m.	April 10 - 24
111062-C	Sat.	Noon - 1:30 p.m.	April 10 - 24
111062-D	Sat.	10 - 11:30 a.m.	May 15 - 29
111062-E	Sat.	Noon - 1:30 p.m.	May 15 - 29

Fee: \$75/resident; \$85/non-resident
 Instructor(s): Rollandia Golf Center PGA Golf Professionals
 Location: Rollandia Golf Center, 4990 Wilmington Pike

Intermediate Golf Clinic

Age(s) 8 - 16

This clinic is designed to prepare participants for Junior Golf League play. Campers will have the opportunity to apply the golf fundamentals learned in the Beginner Golf Camp. Advanced instruction in shot control, distancing, short game and bunker play will be covered. A 10:1 (Student: Teacher) ratio will be maintained for all three sessions, as well as a maximum of 20 children per class. Contact Jim Rue, Director of Junior Golf, at 434-4911 for additional information.

111063-A	Sat.	2 - 4 p.m.	April 10 - 24
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Fee: \$99/resident; \$109/non-resident
 Instructor(s): Rollandia Golf Center PGA Golf Professionals
 Location: Rollandia Golf Center

Winter Golf Clinic

Age(s) 6 - 16 (boys and girls)

Golfers who are looking for an edge over the winter can train once a week for 1½ hours per day. Two days each week are offered and you can choose to attend either Wednesday or Saturday. Rollandia Golf Center offers covered, heated, exterior driving range stalls for wood and iron play. Chipping and putting will take place indoors. Students will receive a video analysis of their swing during the first week and will be given a detailed practice regimen to follow for the duration of the program.

111064-A	W	4 - 5:30 p.m.	Jan. 20 - March 10
	Sat.	11:30 a.m. - 1 p.m.	

Fee: \$140/resident; \$150/non-resident
 Location: Rollandia Golf Center (4990 Wilmington Pike)
 Instructor: Jim Rue, Junior Golf Director, Rollandia Golf Center

Home School Sports Program

Age(s): 5 - 14 years old

This structured program offers the home-schooled child the opportunity to learn sports skills, get plenty of healthy exercise and have fun in a supervised, non-threatening setting and with a developmental format. Basketball, soccer, floor hockey, kickball and other gym games will be incorporated into this program. Participants will be grouped by age and ability.

Drop-In	T/Th	2 - 3 p.m.	Jan. 5 - May 20
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Fee: \$2/resident; \$2.75/non-resident

There will be no program during the Kettering City School's spring break (March 29 - April 3, 2010). The program will resume on the first Tuesday. Please contact David Westendorf, Sport Activities Coordinator, at 296-2587 or email at david.westendorf@ketteringoh.org with any questions or concerns.

www.ketteringoh.org

Spring Pee-Wee Soccer League

Age(s) 4 - 7

Sign-ups are on-going until program is filled at the Kettering Recreation Complex Lobby, 2900 Glengarry Drive. This league will blend plenty of instruction with games. Practices will be held once a week and games will be held each Saturday morning. Each participant will receive a T-shirt. Parents will coach the various teams.

111025-A	M-Sat.	6:30 - 7:30 p.m.	April 5 - May 22
111025-B	M-Sat.	5:30 - 6:30 p.m.	April 5 - May 22

Fee: \$48/resident; \$53/non-resident

Location: KRC/CIL Sport Fields

Instructor: Parent coaches & KRC staff

Spring Basketball League

Boys and Girls Age(s) 7 - 12

Play basketball this spring in our air-conditioned gym. Registration will be held until all sessions are filled. Practices will be held once per week, Monday through Friday, from 5:15 - 6:15 p.m. and games will be held on Friday evenings from 6 - 10 p.m. Teams will be coached by volunteer parents. Contact the Sports Coordinator at 296-2587 if you are interested in coaching. T-shirts are included in price of registration. Player evaluations will be held prior to practice start. Times and dates are TBA. Practice will be the week of April 20 - June 5, while games start on May 1 and end on June 4 (6 games).

111027-A	Boys 7-8 years old
111027-B	Girls 7-8 years old
111027-C	Boys 9-10 years old
111027-D	Girls 9-10 years old
111027-E	Boys 11-12 years old
111027-F	Girls 11-12 years old

Fee: \$45/resident; \$50/non-resident

Location: KRC Gymnasium

Pee-Wee Soccer Camp

Age(s) 4 - 7

This camp is a great opportunity to introduce your little athlete to the sport of soccer in a fun, safe and comfortable environment. Participants will be introduced to the general concept and basic rules of soccer, as well as various positions in the game. This camp will also focus on the fundamental skills of kicking (passing and shooting), ball handling, throw-ins and basic defense. Space is limited, be sure to register early! Campers will receive a camp T-shirt.

111026-A	M-F	5:30 - 6:30 p.m.	March 29 - April 2
111026-B	M-F	6:30 - 7:30 p.m.	March 29 - April 2

Fee: \$33/resident; \$38/non-resident

Location: KRC/CIL Sport Fields

"Bowling Rocks" Winter Bowling Camp

We will focus on bowling fundamentals, skill development and sportsmanship. Upon completion, all bowlers will be able to apply what they've learned in a recreational or competitive setting. Campers will receive a T-shirt, awards and a season-ending "cosmic" party.

Youth (boys and girls ages 8-11)

111007-A	F	4 - 5:30 p.m.	Feb. 5 - 27
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Fee: \$50/resident; \$60/non-resident

Teen (boys and girls ages 12-18)

111007-B	F	4 - 5:30 p.m.	Jan. 8 - 29
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Fee: \$65/resident; \$75/non-resident

Location: Poelking-Woodman Lanes (3200 Woodman Dr.)

Instructor: Poelking-Woodman Lanes Staff

Registration starts now! See page 72.



Pee-Wee Bumper Bowling

Age(s) 5 - 8

This is designed to teach the fundamentals of bowling with the assistance of bumper rails to young children. This activity will be at Poelking-Woodman Lanes in Kettering. Participants will receive a T-shirt, award and season-end party.

111018-A	F	4 - 5 p.m.	Jan. 15, 22 & 29
Fee:	\$35/resident; \$45/non-resident		
Location:	Poelking-Woodman Lanes (3200 Woodman Dr.)		
Instructor:	Poelking-Woodman Lanes Staff		

Kettering Youth Basketball League

Practices start the week of Nov. 30, 2009 (M - F). Games start Jan. 9, 2010 (Saturdays) through March 6, 2010. For more information, contact KYB league director or the Sports Coordinator at 296-2587.

ADULT PROGRAMS

Golf 101

Age(s) 16 +

Golf is a game of hitting a little white ball, finding it, and hitting it again. If only it was the easy! Golf instructors from the Rollandia Golf Academy are offering a winter lesson program that focuses on fundamentals to beginners or help experienced golfers improve their game. Call 296-2587 for additional information.

All golf classes are offered in three-week sessions. Classes will take place at Rollandia Golf Center using the covered and heated hitting bays (driving range), along with indoor instruction. Please bring clubs if you have them, clubs may be provided if you have none. Limit of 16 students for Golf 101 and 102, limit of eight students for Golf 103.

Golf 101 will concentrate on swing technique and the fundamentals needed for all players. Rules and etiquette will also be discussed, as well as topics on what a golfer will run into their first time on the course. **Golf 102** will focus on all aspects of the "short game" (putting, chipping, pitching) and the application of fundamentals. **Golf 101** is a prerequisite to **Golf 102** (exceptions by instructor approval only). **Golf 103** will focus on full swing improvements. This class will be limited to 8 students and will involve more extensive video use and will also involve course management. This is an intermediate class. **Golf 101** is a prerequisite for **Golf 103** (exceptions by instructor approval only).

Golf 101

111021-A	T	6 - 7 p.m.	Feb. 2 - 16
111021-B	Th	6 - 7 p.m.	Feb. 4 - 18
111021-C	T	6 - 7 p.m.	March 2 - 16
111021-D	T	7 - 8 p.m.	April 6 - 20

Fee: \$70/resident; \$80/non-resident

Golf 102

111022-A	T	6 - 7 p.m.	April 6 - 20
111022-B	Th	6 - 7 p.m.	April 8 - 22

Fee: \$70/resident; \$80/non-resident

Golf 103

111023-A	Th	6 - 7 p.m.	March 4 - 18
111023-B	Th	7 - 8 p.m.	April 8 - 22

Fee: \$70/resident; \$80/non-resident

Location: Rollandia Golf Center

Instructor: Rollandia Golf Center PGA Pro's

Please register for all these classes at the Kettering Recreation Complex unless otherwise noted. All classes and programs are held at the Kettering Recreation Complex unless otherwise noted.

Kettering Adult Athletic Leagues

A variety of athletic leagues for adults. League champion (T-shirts) are awarded to the players of each championship team. Officials and scorekeepers are provided for the respective sport.

Different skill levels are available in each league. If you have questions on specific levels, please call the adult sports supervisor at 296-2486.

League duration will vary pending league size. Most leagues run 8-10 weeks in duration and include a season-ending tournament (league play will determine tournament seeding).

Basketball and volleyball league games are played in the evenings throughout the week. Game times vary from 6:15 to 9:30 p.m.

Winter Volleyball Leagues: Men's, Women's & COED

Dates: Leagues begin the week of January 4, 2010

Registration: November 1, 2009 and ends the week of December 12, 2009

Fees: \$220/team (annual non-resident fee policy applies)

Location: Kettering Recreation Complex

Winter Basketball Leagues: Men's, Women's & COED

Dates: Leagues begin the week January 4, 2010

Registration: November 1, 2009 and ends the week of December 12, 2009

Fees: \$330/team (annual non-resident fee policy applies)

Location: Kettering City School Gymnasiums

Spring Volleyball Leagues: Men's, Women's & COED

Dates: Leagues begin the week of April 5, 2010

Registration: February 1, 2010 and ends the week of March 20, 2010

Fees: \$220/team (annual non-resident fee policy applies)

Location: Kettering Recreation Complex

Spring Corn Hole League Schedule

Dates: Leagues begin the week of May 3rd (8-10 weeks in duration)

Registration: March 15 and ends the week of April 23

Days: Tuesday evenings

Fees: \$40 per resident team/\$50 per non-resident team

Location: Applebee's Restaurant Patio (Dorothy Lane)

MARTIAL ARTS

Tae Kwon Do

Age(s) 8 +

For self-defense, sport, fitness and fun, learn this ancient martial art. Learn body movement and control involving the skilled application of punches, kicks, blocks and dodges with the hands and feet. Start working on achieving your black belt status now. *Class will not meet on: Jan. 23 or Feb. 20



111017-A	T/Th	5:30 - 7:30 p.m.	Jan. 5 - 30*
	Sat.		Noon - 2 p.m.
111017-B	T/Th	5:30 - 7:30 p.m.	Feb. 2 - 27*
	Sat.	Noon - 2 p.m.	

Fee: \$30/resident; \$37/non-resident

Location: KRC Multipurpose Room

Instructor: Mike Booth, 2nd DAN Black Belt

Tai Chi Chaun

Age(s) 18 +

Combat the stress in your life with a low-impact exercise class in Tai Chi. On any morning in China, a visitor can see hundreds of people of all ages practicing Tai Chi. The soft, slow, flowing movements aid balance, breathing, muscle tone, relaxation and concentration. Tai Chi even burns calories! Tai Chi is an ideal and interesting form of exercise. Those with limitations on their level of activity can even practice it. Weather permitting, these classes will be held outdoors. *Class will not meet on: Jan. 23 or Feb. 20.

Beginning Tai Chi

111014-A	Sat.	10 - 11 a.m.	Jan. 2 - March 6*
111014-B	Sat.	10 - 11 a.m.	March 13 - May 1*

Intermediate Tai Chi

111014-C	Sat.	11 a.m. - 12 p.m.	Jan. 2 - March 6*
111014-D	Sat.	11 a.m. - 12 p.m.	March 13 - May 1*

Fee: \$50/resident; \$60/non-resident

Instructor: Tama Martial Arts Center instructor

Brazilian Jiu Jitsu

Age(s) 7 - 12 (boys and girls)

This exciting class will develop self-esteem and teach basic to intermediate skills of Brazilian Jiu Jitsu. Learning to escape and defend from the bottom position, throwing and take-down techniques, as well as submission locks will be taught and practiced. Participants will learn to control without being dominated. This program is a great cardio workout for children. A Jiu Jitsu uniform is mandatory and can be purchased from TAMA Martial Arts Center.

111013-A	Th	5:30 - 6:30 p.m.	Jan. 21 - March 18
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Fee: \$110/resident; \$120/non-resident

Location: TAMA Martial Arts Center (1753 Woodman Dr.)

Instructor: TAMA Martial Arts Center staff

Muay Thai Kickboxing

Age(s) 7-12 (boys and girls)

Participants will learn and practice the ancient art of kickboxing. Various punching, kicking and clinching techniques will be taught. Bag workouts, ring drills and sparring will also be included. This program will develop self-confidence, focus, listening and fighting skills. A Muay Thai kit is mandatory and can be purchased at TAMA Martial Arts Center.

111015-A	M	5:30 - 6:30 p.m.	Jan. 18 - March 15
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Age(s) 13 - Adult

This class covers skills beyond the basic introductory level. More intensive offensive techniques and defensive applications will be taught in addition to the introductory/youth kick-boxing class. This class offers a great opportunity to get in shape and develop self-discipline, coordination, balance and self-defense.

111015-B	T	7:30 - 9 p.m.	Jan. 19 - March 16
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Fee: \$110/resident; \$120/non-resident

Location: TAMA Martial Arts Center (1753 Woodman Dr.)

Instructor: TAMA Martial Arts Center Staff

Please register for all these classes at the Kettering Recreation Complex unless otherwise noted. All classes and programs are held at the Kettering Recreation Complex unless otherwise noted.

Boxing

Age(s) 13 +

This program teaches fundamental boxing skills with intermediate to advanced application and include offensive and defensive punching, combinations, blocking and ring movement techniques. Participants will box with heavy bags, hand bags and ring partners. This is a great cardio and conditioning class. Boxing gear is mandatory and can be purchased from TAMA Martial Arts Center.

111016-A	T	5:30 - 6:30 p.m.	Jan. 19 - March 16
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Fee: \$100/resident; \$110/non-resident

Location: TAMA Martial Arts Center (1753 Woodman Dr.)

Instructor: TAMA Martial Arts Center Staff

Basic Self-Defense Education

Age(s): 14+ years old; 11 - 13 years old with adult

The RAD program is a national program formally titled, "Rape, Aggression, Defense Systems." Participants will learn realistic self-defense tactics and techniques. RAD is a comprehensive course for females that begins with awareness, prevention, risk reduction and avoidance while progressing on the basics of hands-on defense training.

T	6 - 9 p.m.	Jan. 5 - 26
T	6 - 9 p.m.	March 9 - 30

Fee: \$20; \$10/additional family member

Instructor: Judy Kohl, Kettering Police Department, Certified RAD Instructor

Registration: Call Judy Kohl at 296-3266 to reserve a spot

Location: First class of each session meets at the Kettering Police Department, 3600 Shroyer Road. Last 3 classes of each session will meet at Barnes Gym.

Cadet Judo

Age(s) 4 - 6

Basic body movements and control will be developed through the use of games and basic Judo skills. Coordination, control and basic motor-skills will be enhanced while the student is having fun. NO NEW STUDENTS DURING SESSION B (only continuing students).

111036-A	M/W	5:30 - 6:30 p.m.	Jan. 4 - 27
111036-B	M/W	5:30 - 6:30 p.m.	Feb. 1 - 24
111036-C	M/W	5:30 - 6:30 p.m.	March 1 - 31

Fee: \$25/resident; \$30/non-resident

Location: KRC Multipurpose Room

Instructor: Russ Scherer, 4th DAN Black Belt

Judo

Age(s) 7 +

This Olympic sport is fun for the entire family. It builds self-confidence, self control and self respect while developing coordination, strength, flexibility, agility and balance. Learn how to fall safely, control your body movements, throw and pin your opponent. The program will run year-round allowing you the opportunity to progress in rank. \$10 discount for additional family members. NO NEW STUDENTS DURING SESSION B (only continuing students).

111038-A	M/W	6:30 - 8 p.m.	Jan. 4 - 27
111038-B	M/W	6:30 - 8 p.m.	Feb. 1 - 24
111038-C	M/W	6:30 - 8 p.m.	March 1 - 31

Fee: \$25/resident; \$30/non-resident

Location: KRC Multipurpose Room

Instructor: Russ Scherer, 5th DAN Black Belt

Kung Fu

Age(s) 8 +

Wing Chun is a logical system of martial arts based on scientific concepts and the natural motion of the human body. It is the original style of the late Bruce Lee. It relies on technique to which anyone can learn regardless of size for self-defense and fitness. Participants will also learn ways to help them focus and concentrate with the ancient system of self-defense from the Shaolin Kung Fu. \$10 discount for additional family members.

111039-A	F/Sun.	7 - 8 p.m.	Jan. 3 - 31
	Sun.	3:30 - 4:30 p.m.	
111039-B	F/Sun.	7 - 8 p.m.	Feb. 5 - 28
	Sun.	3:30 - 4:30 p.m.	
111039-C	F/Sun.	7 - 8 p.m.	March 5 - 28
	Sun.	3:30 - 4:30 p.m.	

Fee: \$25/resident; \$30/non-resident

Location: KRC Aerobics Studio

Instructor: Ron Bey

MULTI-GENERATIONAL PROGRAMS

Tennis Lessons

Age(s) 8 - 14

The City of Kettering, in conjunction with Quail Run/Kettering Tennis Center, will offer indoor tennis lessons this winter on the following dates and times. Bring your own racquet for an hour of great instruction. Learn a sport you'll enjoy for the rest of your life.

Youth Tennis Lessons

111030-A	Sat.	2:30 - 4 p.m.	Jan. 9 - 30
111030-B	Sat.	2:30 - 4 p.m.	Feb. 6 - 27
111030-C	Sat.	2:30 - 4 p.m.	March 6 - 27
111030-D	Sat.	2:30 - 4 p.m.	April 3 - 24

Adult Tennis Lessons

111032-A	Sat.	2:30 - 4 p.m.	Jan. 9 - 30
111032-B	Sat.	2:30 - 4 p.m.	Feb. 6 - 27
111032-C	Sat.	2:30 - 4 p.m.	March 6 - 27
111032-D	Sat.	2:30 - 4 p.m.	April 3 - 24

Fee: \$45/resident; \$55/non-resident

Instructor: Quail Run, USTPA Tennis Pros

Location: Quail Run Tennis Center

Parent Guidelines for Youth Sports

1. Support your child — win or lose.
2. Keep the goals of the program in mind.
3. Lend your support to the team. Parental support is great, but parental interference can be counter-productive. — BE POSITIVE!
4. Have patience with your child.
5. The coaches control the athletes — not the parents.
6. Don't argue with or try to undermine the officials/umpires.
7. Parents should consider the coaches' feelings. Remember, our coaches are unpaid volunteers and already have full-time employment.
8. Let the children have fun! Remember, youth sports are not designed to compete with college or professional athletics.



For more information, call 937.296.2587.

Fencing

Age(s) 7 +

Olympic fencing is both an art and a sport that requires exacting technique, physical stamina and strategy. Benefits include enhanced fitness (strength, cardiovascular, balance and flexibility), self discipline and confidence, character and sportsmanship. These classes will introduce proper mechanics and technique and ability-specific fencing situations and strategies. All classes, regardless of level, will feature a balance of group instruction for footwork and bladework, free fencing and bouting, as well as ample practice time. Our mentoring approach and high level of instruction lead to faster acquisition of skills and program enjoyment. Private lessons and open fencing are available on Sundays following the intermediate/advanced classes. Please check class schedule for cancellations. Equipment rental is available for \$20/session (cash or check on the day of the first class to the instructor). For more information on fencing programs or special events, contact 296-2587. *Class will not meet on: Jan. 22, 24, Feb. 19 and Feb. 21.

Beginning Fencing:

111050-A	Sun.	11 a.m. - noon	Jan. 3 - March 7*
111050-B	Sun.	11 a.m. - noon	March 14 - May 2
111050-C	Sun.	1 - 2 p.m.	Jan. 3 - March 7*
111050-D	Sun.	1 - 2 p.m.	March 14 - May 2*

Intermediate Fencing:

111051-A	Sun.	Noon - 1 p.m.	Jan. 3 - March 7*
111051-B	Sun.	Noon - 1 p.m.	March 14 - May 2

Competitive Fencing:

111052-A	F	6 - 9 p.m.	Jan. 8 - March 12*
111052-B	F	6 - 9 p.m.	March 19 - May 7

Adult Fencing:

111055-A	Sun.	1 - 2 p.m.	Jan. 3 - March 7*
111055-B	Sun.	1 - 2 p.m.	March 14 - May 2

Fee: \$34/resident; \$42/non-resident

Location: KRC Multipurpose Room

Instructor: American Fencing Academy of Dayton Instructors

Open/Drop-In Fencing:

Drop-In	Sun.	2-5 p.m.	On-going
Fee:		\$3/resident; \$6/non-resident	

Registering In Advance

Watching a good activity die is painful. There is a point when, if there are not enough registrants, an activity is canceled. Signing up on the day of the activity will not resurrect it! Please register at least seven days prior to the beginning of the activity.

As a department, we are focused on innovation. Please tell us how we are doing by calling 296-2454. Good or bad, we want to hear from you.

Gift Certificates

A great idea for any occasion! Purchase gift certificates for most of the Parks, Recreation and Cultural Arts programs. Purchase certificates at any recreation facility.

www.ketteringoh.org

ATHLETIC SERVICE ORGANIZATIONS

The City of Kettering supports a variety of sports activities for both youth and adults. Below is a list of athletic service organizations and contact persons. If you are unable to locate a specific organization, contact the Parks, Recreation and Cultural Arts Department at 296-2454.

1. BASEBALL/SOFTBALL/T-BALL

East Kettering Recreation Club (youth) Ed Barnette 293-5087 (T-ball, baseball) (State Farm Park) Email: ekrcbaseball@yahoo.com; Website: www.ekrc.org
Kettering Amateur Baseball Commission (youth) Rick Pennington 433-1403 (Indian Riffle Park) Email: rkpenn@aol.com Website: www.eteamz.active.com/KABC
First Kettering Athletic League (youth) Rob Young 604-9321 (T-ball, baseball) (Irelan Park) Website: www.fkal.org
Kettering Parks, Recreation & Cultural Arts (adults) Jim Englehardt 296-2587 (softball, basketball, volleyball, sand volleyball, soccer) Email: jim.Englehardt@ketteringoh.org
Kettering Officials Association Bernie Harris 296-2486 (softball, basketball, volleyball, youth sports)

2. FOOTBALL

Kettering Youth Football/Cheer Organization Stephen Wharton 427-0265 (Kettering Middle School/State Farm Park) Email: whartons13@aol.com; Website: www.leaguelineup.com
First Kettering Athletic League (youth) Rob Young 604-9321 (Irelan Park) Website: www.fkal.org

3. SOCCER/LACROSSE

Metro F.C., Club (youth) Mike Franklin 623-2555 (recreational/select soccer) Email: metropres@aol.com Website: www.metrofcsoccer.org
Dayton Lacrosse Club (boys) John Reed 395-1915 (high-school age) Email: reedj@KGHS.com
Kettering Pee-Wee Soccer Sports Coordinator 296-2587 (youth sport development programs and leagues)

4. FIGURE SKATING

South Dayton Jr. Figure Skating Club Trish Burke-Williams 395-1915 (USFSA Affiliated) Gayle Lemoine 433-6388
Ice Force Precision Team (adult, USFSA, Age 21+) Katie Shoemaker-Miller 859-1995 (Youth, USFSA/ISIA, Ages 8 - 18)
Kettering Ice Kadettes Barb Clark 293-4415 (Adult Formation, ISIA, Age 19+)

5. ICE HOCKEY

Kettering Adult Hockey Association (Age 19+) Bob Gruhl 293-9272 (no check, competitive)
Kettering Huff-n-Puff (Age 30+) Ron Sochocki 750-0651 (no check, no slapshot, non-competitive) Email: Huff-n-Puff-owner@yahoogroups.com
Dayton Bombers Youth Hockey League (youth) Call 296-2587, ask for the league's voicemail box #4869 (AHAUS Affiliated)
Fairmont Ice Hockey Club (high school) Kettering Ice Arena 296-3293
Western Ohio Hockey Referee Association Gary Dickstein 235-5469

6. RUNNING

South Dayton Flyers Track Club Fritz Spillman 233-0488 (youth track and field, cross country, race walking)
Ohio River Road Runners (youth/adults) Dan Thompson 438-5308 (running races)

7. BASKETBALL

Kettering Youth Basketball (recreational) Sports Coordinator 296-2587 (boys and girls, ages 5 - 14)
Kettering Cobras (select) Dave Roalef 296-3224, ext. 4890 Website: www.ketteringcobras.com

8. MISCELLANEOUS

BMX Association of Kettering (youth) Bob Bruns 866-1414 (Bicycle Moto-cross) (Summers only) 294-4110
Kettering City Swim Team (youth) David Back 296-2587
Danzsport (ballroom dance) Dale Archer dalearcher2003@yahoo.com