



ET CC

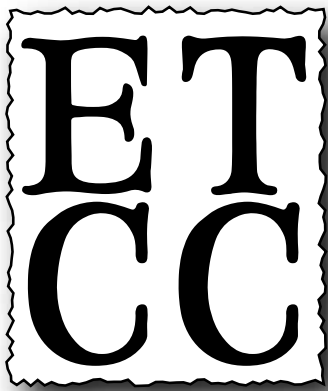
Elizabeth Township
Community Center

5760 Walnut Grove Rd, Troy, OH 45373

Winter 2020 Program Schedule
January - April 2020

937-335-ETCC

www.335-ETCC.com



Elizabeth Township Community Center

This Winter at ETCC!

Look at what is happening at ETCC...

Youth Soccer Clinics - Ages 5 to 8

Starts January 4 (page 6)

Youth Basketball Clinics - Ages 5 to 8

Starts January 14 (page 6)

Parents Night Out/Children's Movie Night

February 14 (page 6)

Lifeline Screening

April 1 (page 3)



Follow Elizabeth Township Community Center.
We're now on Facebook.



Holiday Special Dates & Times

The Elizabeth Township Community Center will have special hours or be closed on the following dates:

New Year's Day - Wednesday, January 1 - Closed

NEW DATES and TIMES!

Bookmobile

The Troy-Miami County Public Library Bookmobile will be at the Elizabeth Township Community Center once a month.



Dates: Monday, January 20 at 11:25 - 11:55 am
Monday, February 17 at 11:25 - 11:55 am
Monday, March 16 at 11:25 - 11:55 am
Monday, April 13 at 11:25 - 11:55 am

GET THE LATEST VIA EMAIL

Subscribe Now

Yes, I would like to receive the following emails:

- ☐ Township Newsletter
- ☐ ETCC Programs
- ☐ Upcoming Events

FULL NAME

EMAIL ADDRESS

Submit >

Visit www.335-ETCC.com and submit your email address in the footer.



Elizabeth Township Community Center

Cancellations

When inclement weather affects the area, ETCC will make day-to-day determinations on closings or delays. We will list closings on www.WHIOTV.com and on TV Channel 22. There will be no make-up classes/programs for those classes canceled due to inclement weather.

Schedule Changes and Cancellations

ETCC reserves the right to alter schedules, fees, and instructors as necessary. Classes are subject to cancellation when minimum enrollment has not been reached.

Fair Share Policy

ETCC is financed through Elizabeth Township; therefore, to be considered a "resident" in our registration process, you must live within the township limits. Non-resident applies to all others. We ask for your understanding when registering.

Resident/Non-resident

To receive resident rates, township residents will be required to present identification such as a valid driver's license, utility bill, tax record, or pay with a check, with address printed by the bank. Patrons (children or adults) who do not have identification at the time of the transaction will be required to pay the non-resident rates.

GIFT CERTIFICATES

A great gift idea for any occasion! Gift certificates can be used toward membership, classes, programs, or facility rentals.

Purchase at the member service desk.



Our Hours

Monday – Thursday	6 am – 9:30 pm
Friday	6 am – 7 pm
Saturday	8 am – 2 pm
Sunday	Closed

We close for major holidays.

Code of Conduct

The ETCC strives to be a positive influence in the lives of all who participate. Individuals using the ETCC are expected to conduct themselves in a responsible manner respecting others and the ETCC. Any individuals who do not respect the rights of others will lose their membership privileges. YOU MUST BE 13 YEARS OLD TO STAY AT THE ETCC WITHOUT AN ADULT. Youth under 16 must be accompanied by an adult in the fitness center.

Notice to Participants

Participants must recognize that all fitness classes/activities involve some risk, and by registering for a class/activity of this nature, there is an assumption of risk by the participant. ETCC is dedicated to providing safe facilities and equipment, as well as qualified staff for all participants. Every effort is made to ensure the safety of the participants and to provide them with first-class recreational facilities, classes and activities. In the event of a serious accident or illness, it is the policy of ETCC to:

1. Contact EMS to perform First Aid and, when necessary, recommend transport of the victim to the hospital;
2. Reach the parent or guardian as soon as the situation allows.

Age/Grade Requirements for Class Participation

All class participants must be the appropriate age/grade on the first day of class in order to register. No children under the age of 16 are allowed in adult fitness programs or any adult instructional programs, unless otherwise noted.



Elizabeth Township Community Center

Activities & Programs

Adult Activities

Parents' Night Out/ Children's Movie Night

Drop off your child/ children for a night of games, movies and light snacks and enjoy an evening on your own. Children should bring a pillow and blanket if desired. A minimum of six participants is required for this program to meet. Registration and payment are required by Wednesday, February 12.

Date: Friday, February 14

Time: 6 pm - 9 pm

Cost: Member: \$8 Non Member: \$10

Card Club

Play your favorite card game on the second and fourth Wednesdays of the month.

Dates: Wednesdays

January 8 & 22, February 12 & 26, March 11 & 25, April 8 & 22

Time: 1 pm

Cost: Member: Free Non Member: Free

BINGO

Come and enjoy BINGO on the third Wednesday of the month.

Dates: Wednesdays

January 15, February 19, March 18, and April 15

Time: 12 - 2 pm

Cost: Member: Free Non Member: Free

Lifeline Screening

Lifeline screening will be at ETCC on Wednesday, April 1. For more information on screening types and costs, please go to www.lifelinescreening.com or call 800-720-0463.

Date: Wednesday, April 1

Time: 8 am - 7 pm

Quilt Guild

Join our group of both new and experienced quilters and sewers that come together to learn, share, sew and improve skills. We welcome new members of all levels. We meet the second Saturday of the month at the ETCC. For more information contact Beth Ann at kmiller029@woh.rr.com.

Yearly Dues: Member: Free Non Member: \$10

Dates: Saturdays

January 11, February 8, March 14 and April 11

Time: 9:30 am

Blooming Betsy's Garden Club

You are welcome to join our garden club. We meet the second Thursday of the month at 1:00 pm at the ETCC unless otherwise noted.

Yearly Dues: Member: \$12 Non Member: \$22

Thursday, January 10 "Succulents"

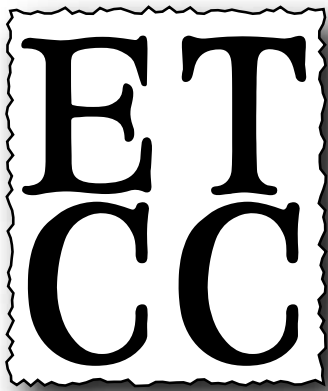
Thursday, February 13 "Making Pictures from our Garden Note Cards"

Thursday, March 12 "Plants that are Illegal to Sell"

Thursday, April 9 "What's New in the Garden"

Follow Elizabeth Township Community Center.
We're now on Facebook.





Elizabeth Township Community Center

Activities and Programs

Adult Activities, continued.

TRX Class

Get the benefits of personal training without the cost with a TRX class. Boost your results and change up your workout routine with body weight exercises using TRX training.

What is TRX?

Developed by U.S. Navy Seals, TRX Suspension Training uses body weight exercises and gravity to deliver a highly-effective workout favored by athletes, military personnel, and fitness experts throughout the world. TRX classes deliver a revolutionary method of leveraged bodyweight exercise. Use your own body weight with gravity to build strength, balance, coordination, flexibility, and core and joint stability with TRX training. No weights, no machines, no bars are used in TRX classes. Your body weight is all you need.

What to Expect in a TRX Class?

TRX training easily adjusts to all fitness levels as resistance is adjusted. Settings on the ropes let you change the incline of your body and the difficulty of the workout. Trainers around the world value the versatility of suspension training because of its ability to deliver a total body workout.

Try a fun, challenging workout to get the experience of personal training with a TRX class.

What are the benefits of TRX training?

- Big results in short amount of time by working out your entire body in small segments
- Work every part of your body – abs, pelvis, back and chest muscles
- Accelerate your fitness goals with fun, challenging workouts
- Use suspension straps and body weight – no additional weights or machines necessary

See page 5 for dates and times.

Adult Drop-In Volleyball

Join us for drop-in volleyball.

Days: Tuesdays

Time: 7:30 - 9:30 pm

Cost: Member: Free Non Member: \$5

Adult Drop-In Pickleball

Join us for drop-in pickleball.

Days: Wednesdays 6:30 - 8 pm

Thursdays 10 am - 12 pm

Saturdays 8 am - 10 pm

Cost: Member: Free Non Member: \$5

Adult Basketball League

Come play pickup games with other adults. Men and women both welcomed.

Days: Wednesdays

Time: 8:30 - 9:30 pm

Cost: Member: Free Non Member: \$5

Open Gym Hours

If gym is not rented, it is open for use. Please call or ask at the front desk for the latest information.

Mondays: 6:30 - 9:30 pm

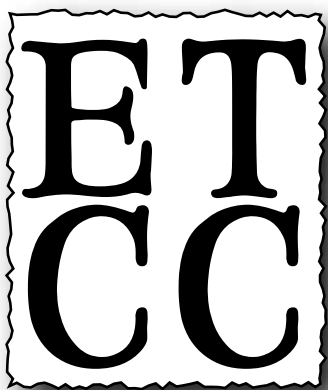
Tuesdays: 6:30 - 7:30 pm

Wednesdays: 8 - 8:30 pm

Thursdays: 7:30 - 9:30 pm

Saturdays: 12 - 2 pm

Cost: Member: Free Non Member: \$5



Elizabeth Township Community Center

Fitness Classes

**PLEASE CHECK WITH YOUR DOCTOR BEFORE
BEGINNING ANY FITNESS PROGRAM**

Fitness Classes

“Muscle/ Agility/ Stability”

This first section of this class will include two strength segments with two cardio agility segments. The second section will include Stability/Pilates type movements for gait training and core. Come enjoy an overall body workout!

Days: TH 6-6:50 pm Member: \$14 Non Member: \$20

Pilates

This mat Pilates' class helps improve strength, coordination, posture and balance, leading to a great overall body workout.

Days: M 10-10:50 am Member: \$14 Non Member: \$20

Senior Fitness

This class is designed to improve strength and endurance. Exercises can be performed either seated or standing with a chair for support. Class begins with a warm-up. Exercises using dumbbells, tubes and balls follow, and the class ends with a cool-down and stretch segment. This class does not get on the floor.

Days: T/F 10-10:50 am Member: \$24 Non Member: \$36
(65 and over half price)

Spinning

Indoor exercise bikes are used as the basis of this exercise class. Using music as a motivational background, this exercise class begins with a warm-up followed by 40 minutes of cardio exercise and concluded with a cool-down and stretch segment. Class size is limited to 11.

Instructor - Susan Westfall

January, February, March

Days: M/W 6-6:50 pm Member: \$12 Non Member: \$18

TRX Class

TRX suspension training uses straps, gravity and your body weight to increase your strength, balance, flexibility and core stability. The flexibility of TRX allows participants to progress to different levels of intensity and choose options that are right for them. Simply by changing resistance and altering body positions, each participant can customize their workout for their individual needs and personal goals. See page 4 for more details.

M/W 5-5:50 pm Member: \$30 Non Member: \$40

M/W 6-6:50 pm Member: \$30 Non Member: \$40

S 9-9:50 am Member: \$15 Non Member: \$20

Please note: NO classes on February 10, 12, March 28, 30, April 1

Total Body Weights

Tone and sculpt your body using resistance bands, dumbbells and the fitness ball in this workout. This class does not include an aerobic segment. Class size is limited to eight.

Session 1: T 7-7:50 pm Member: \$14 Non Member: \$20

Session 2: TH 5-5:50 pm Member: \$14 Non Member: \$20

ZUMBA /Circuit Mix

Join the fun with cardio class that includes intervals of Zumba, routines weights, and body weight exercises. Get your full body workout all in one class!

Days: M 9-9:50 am Member: \$14 Non Member: \$20

ZUMBA

ZUMBA is a fusion of Latin and International music-dance themes creating a dynamic, exciting, effective fitness program! The routine features aerobic/ fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Days: T 6-6:50 pm Member: \$14 Non Member: \$20

CLASS MINIMUMS All classes have a four (4) participant minimum in order to be held. Classes that do not have the required minimum will be canceled and payments refunded. Classes will run monthly.

AGE GUIDELINE Fitness classes are for ages **16 and older**, unless specifically noted.



Elizabeth Township Community Center

Activities & Programs

Youth Activities

Soccer Clinics - U5/U6 Age Group

Kids must be either 5 or 6 years old on Dec 31st, 2019 at the time of registration. Nine sessions that will focus on having fun while learning the basic fundamentals of soccer. Each session will have a primary topic including passing, trapping, dribbling and shooting. Additionally, each session will include scrimmage play with instruction. Indoor soccer shoes and shin guards are highly encouraged. Limited to 10 participants. Registration and payment are required by Thursday, January 2.

Dates: Saturdays, January 4, 11, 18, 25, February 1, 8, 15, 22, 29
Time: 10 am - 10:45 am
Cost: Member: \$50 Non Member: \$60

Soccer Clinics - U7/U8 Age Group

Kids must be either 7 or 8 years old on Dec 31st, 2019 at the time of registration. Nine sessions that will cover soccer fundamentals as well as diving into more advanced topics. Examples include passing, dribbling, shooting, defensive positioning, spacing and tactics. Additionally, each session will include scrimmage play with instruction. Indoor soccer shoes and shin guards are highly encouraged. Limited to 10 participants. Registration and payment are required by Thursday, January 2.

Dates: Saturdays, January 4, 11, 18, 25, February 1, 8, 15, 22, 29
Time: 11 am - 12 pm
Cost: Member: \$50 Non Member: \$60

Basketball Clinics - Ages 5 to 8

The purpose of the clinic is to instruct area youth in the fundamentals of basketball. They will be taught the basics of defense, dribbling, passing, shooting, as well as good sportsmanship in team play. A minimum of five participants is required for this clinic to meet. Registration and payment are required by Saturday, January 11.

Day: Tuesdays, January 14, 21, 28 and February 4, 11
Time: 6 pm - 6:50 pm
Cost: Member: \$20 Non Member: \$25

Parents' Night Out/ Children's Movie Night

Drop off your child/ children for a night of games, movies and light snacks and enjoy an evening on your own. Children should bring a pillow and blanket if desired. A minimum of six participants is required for this program to meet. Registration and payment are required by Wednesday, February 12.

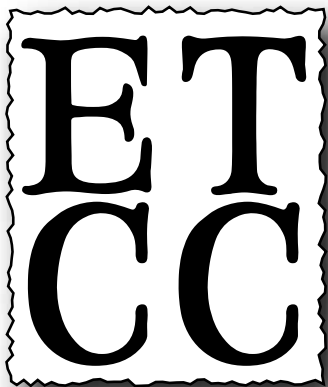
Date: Friday, February 14
Time: 6 pm - 9 pm
Cost: Member: \$8 Non Member: \$10



Walnut Grove Learning Center, Ltd
Annual Open House
Sunday, February 2
2:00 - 4:00 pm

Take a tour. Meet our staff.
Register for the 2020-2021 school year.

937-339-2189
www.WGLC.info



Elizabeth Township Community Center

Registration Form

ELIZABETH TOWNSHIP COMMUNITY CENTER PROGRAM REGISTRATION FORM

Household

Last Name:		First Name:	
Member Yes <input type="checkbox"/> No <input type="checkbox"/>		Resident Yes <input type="checkbox"/> No <input type="checkbox"/>	
Mailing Address		Home Phone	
City	State	Zip	Cell Phone
Email Address		I give permission to be included in ETCC e-mail newsletter mailings:	Yes <input type="checkbox"/> No <input type="checkbox"/>

Participant

Participant's Name	Age	Name of Program	Day	Time	Class	Fee

Make Checks payable to Elizabeth Township	Total	
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Waiver of Liability

I understand that while I participate in the class, I will participate at my own risk. I also agree to and do hereby release and forever discharge Elizabeth Township, the Elizabeth Township Community Center thereof and its officers, agents, or employees from or in any manner arising out of injury or damage which may be sustained in the aforementioned program(s).

Photo Release

By participating in Elizabeth Township Community Center programs, you agree to allow publication of any photos taken during any program, event or open facility time. If you do not wish to have your picture taken, please inform the photographer.

REFUND POLICY

There will be no class refunds or adjustments after they have been paid, unless a class is cancelled by the ETCC or the class instructor. Refunds will

be approved during Trustee Meetings, generally held the 1st and 3rd Wednesday of the month. Payment will be received in the form of a check and mailed to the patron. There are no cash refunds.

RESIDENCY MUST BE PROVEN, in the form of a valid driver's license, utility bill, tax record, or check with bank-printed address.

I have read and understand the above policies. (Your signature is required before this registration will be processed.)

Signature _____ Date _____

FOR OFFICE USE ONLY

Refund Amount _____

Total Amount Due _____

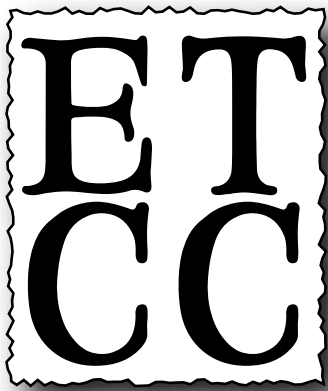
Refund Check # _____

Check # _____

Township Meeting Date _____

Cash _____

Initials _____



Elizabeth Township Community Center

Registration and Membership

REGISTRATION

Registration for classes with limited enrollments will be open any time to ETCC members. Because Elizabeth Township Community Center is a township government organization, members will have priority registration. Individuals who are not members of the ETCC may register ten days prior to the start of the session. Registrations must be made with payment in full. Payment must be received before attending first class session.

Waiting List

If a class limit is reached, a waiting list will be established. If a vacancy occurs, individuals will be contacted in the order they appear on the list.

Telephone Registration

Telephone registrations do not hold your place on a class list. Full payment is needed to be a registered participant.

Mail-in / Drop-in Registrations

Mail-in registrations must include a fully completed registration form and full payment. Mail-in registrations will be processed for confirmation five days prior to the start of the session. Drop-in registrations will be processed according to resident and member status.

Refund Policy

There will be no class refunds or adjustments after they have been paid, unless a class is cancelled by the ETCC or the class instructor.



ETCC MEMBERSHIP RATES

Township Resident Rates		Non-Resident Rates	
Basic	Individual year: \$30 Family year: \$60	Basic	Individual year: \$40 Family year: \$80
Fitness	Individual year: \$155 Family year: \$370	Fitness	Individual year: \$240 Family year: \$540

Daily drop-in rate: \$5

MEMBERSHIP CATEGORIES

Individual: Includes ages 16 and up (with proper ID)

Family: Includes husband, wife and legal dependents

Basic membership includes use of the basketball gym and reduced rates for classes. Fitness membership includes the use of the fitness center and a complimentary fitness orientation.

Payment

Membership fees are to be prepaid.

We accept the following methods of payment:

Cash or check – payment in full.

We cannot provide payment plans or billing at this time.

Membership Refund Policy

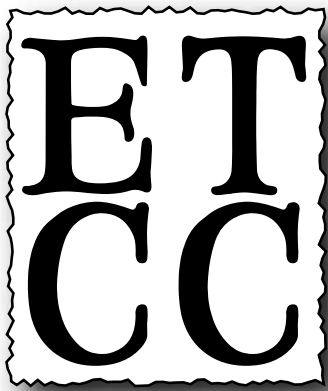
ETCC memberships are nonrefundable and nontransferable.

Fair Share Policy

ETCC is financed through Elizabeth Township; therefore, to be considered a "resident" you must live within the township limits. Non-resident applies to all others. In order to receive resident rates, township residents will be required to present identification such as a valid driver's license, utility bill, tax record, or pay with a check that has your address within the township printed by the bank.

GIFT CERTIFICATES

A great gift idea for any occasion! Gift certificates can be used toward membership, classes, programs, or facility rentals. Purchase at the member service desk.



Elizabeth Township Community Center

Customer Service Information

Alcoholic beverages are not permitted.



Shelter Reservations and Rental

If a reservation notice is not posted the shelter is available on a first-come, first-served basis at no charge. Parties without shelter reservations must vacate the shelter if a party with a reservation for that day and time arrives. Reservations may be made one (1) year in advance of today's date. Applicants must be 18 years of age or older to reserve a shelter.

Rates and Deposits

Resident rate: \$25 half day, \$30 full day

Non resident rate: \$50 half day, \$60 full day

Half day= 4 hours total Full day= 4+ hours

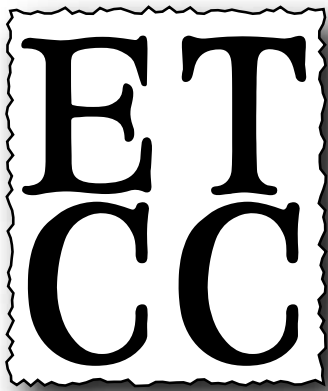
Deposit: A \$35 deposit is required for both residents and non residents. The deposit will be returned when staff verifies that the shelter is clean and in good condition. Full payments are due at the time of reservation, check or cash only.

Usage Guidelines

- Supervision of minors is required at all times.
- Fires not permitted. There is a grill for use with charcoal only.
- Pets are allowed, but must be on a leash no longer than eight (8) feet or suitably caged. You must clean up after pets.
- Posting of signs is prohibited. The use of tape, glue, nails, tacks, screws, staples or other fasteners that may scratch or otherwise damage surfaces of the shelter, tables, or other equipment are prohibited.
- Area must be cleaned prior to departures. Trash receptacles are provided.
- Alcohol is not permitted.
- Park in designated areas only, no parking on the grass.

Refund Policy for Rental

For all cancelled events outside of 30 days, a refund will be given back along with your deposit. If 30 days or less from your event you will receive payment back but you will not receive your deposit.



Elizabeth Township Community Center

Customer Service Information

Facility Rental and Rates

ETCC is available for rental. The center houses a gym, multipurpose room, kitchen, and meeting rooms. Call 335-3822 for more information. A \$35 deposit is required for all room rentals. The listed are rates during regular open hours. After-hour rentals will include a security and staff charge of \$20 per hour. Non-resident ETCC members will receive the resident rate for rentals.

Multipurpose Room (with kitchenette)

Members/ Residents Rate
\$50 for 2 hours (2 hours minimum)
\$20 for each additional hour
\$110 day rate (8+ hours)

Non Members/ Non Residents Rate
\$75 for 2 hours (2 hours minimum)
\$30 for each additional hour
\$175 day rate (8+hours)

Kitchen

Members/ Residents Rate
\$40 for 2 hours (2 hours minimum)
\$20 for each additional hour
\$100 day rate (8+ hours)

Non Members/ Non Residents Rate
\$50 for 2 hours (2 hours minimum)
\$25 for each additional hour
\$125 day rate (8+ hours)

Gym

Members/ Residents Rate
\$30 for 2 hours (2 hours minimum)
\$15 for each additional hour

Non Members/ Non Residents Rate
\$50 for 2 hours (2 hours minimum)
\$20 for each additional hour

Picnic Shelter

Members/ Residents Rate
\$25 half day, \$30 full day

Non Members/ Non Residents Rate
\$50 half day, \$60 full day

Meeting Rooms Community Room, Lounge Board Room, Card Room:

Members/ Residents Rate
\$30 for 2 hours (2 hours minimum)
\$15 for each additional hour
\$75 day rate (8+ hours)

Non Members/ Non Residents Rate
\$40 for 2 hours (2 hours minimum)
\$20 each additional hour
\$100 day rate (8+ hours)

NOTE: Community Room still free to all approved 501(c) 3 organizations





Elizabeth Township Community Center Winter 2020 Program Schedule

January - April 2020

937-335-ETCC

www.335-ETCC.com

Elizabeth Township
Community Center
5760 Walnut Grove Rd
Troy, OH 45373

