

## **PRESS RELEASE**

### **City of Tallmadge Parks & Recreation Department Tallmadge Recreation Center**

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### ***FOR IMMEDIATE RELEASE – FEBRUARY 1, 2012***

#### **Super Fitness Sunday at the Tallmadge Recreation Center**

The Tallmadge Recreation Center will be hosting a pre-Super bowl family fitness day on Sunday, February 5, 1-3 pm. Families are invited to join us for Family Zumba, an obstacle course and Super Bowl team-oriented crafts for kids. All members are encouraged to bring their families free of charge. Guests must bring a photo ID and be accompanied by a member. Non-members can attend for \$5 for ages 12 and under and \$8 for ages 13 and over.

#### **February Fitness Class Updates**

The February schedule of fitness classes at the Tallmadge Recreation Center is now available at the Recreation Center. New classes for February include a Tuesday and Thursday 6 am Zumba class, additional MSROM classes on Wednesdays at 9:15 am and Thursdays at 10:15 am, and new Beginner Ballroom and Beginner Salsa classes on Wednesday evenings at 6 and 7 pm. The Monday and Wednesday Powerfit class at 5 am will move to Tuesdays and Thursdays at 5 am.

#### **Home School Open Gyms – Join the fun**

The Tallmadge Recreation Center will be hosting home school open gyms for all home school students in grades K-12 on Thursdays, 12:45-2:30 pm. The next session will run through March 15, 2012 at the Tallmadge Recreation Center. Students will learn a variety of sports skills, key health and fitness concepts and how to establish personal fitness goals. No pre-registration is necessary and students may come as often as they choose. Parents may choose to pay and play

or pay to workout on their own. Cost is \$3 for members and \$5 for non-members. Each class begins with a ½ to 1 mile timed run. The upcoming schedule is listed below:

February 9: Soccer & Flexibility Basics

February 16: Basketball and Tubes-n-Bands

February 23: Capture-the-Bag-Flag-Tag & Parachute

### **Presidents' Day No School Day Camp now**

The Tallmadge Recreation Center is hosting a No School Days Camp for ages 5-13 on Monday, February 20. Camp will be 6:30 am-6:30. This supervised day camp includes organized games, crafts, movies and use of the soccer field and basketball courts. Lunch and 2 snacks will be provided. Cost is \$30 per child per day for members and \$35 per child per day for non-members. Pre-registration is requested by February 19.

### **Coffee Talk – The basics of Alzheimer's Disease**

The Tallmadge Recreation Center is hosting a coffee talk presentation by the Alzheimer's Association on Thursday, February 16, 10 am at the Tallmadge Recreation Center. A speaker from the Greater East Ohio Chapter of the Alzheimer's Association will speak about the basics of Alzheimer's disease risk factors, diagnosis, stages, treatments and how it differs from other types of dementia or memory loss conditions. Admission is free and a light snack will be provided. Space is limited, so please make your reservation at the Tallmadge Recreation Center by February 14.

### **Tallmadge Little Leapers with Renee**

Introduce your child to the world of gymnastics with this innovative program at the Tallmadge Recreation Center. The next session of Little Leapers starts Friday, February 24 and is on Friday afternoons through April 6, with no class on March 23. The Dynamic Duo class is for parents and children ages 18 months-3 years and will take place from 3-3:30 pm on Fridays. Children ages 3-4 years old can sign up for the Puddle Jumpers class, offered from 2:15-3:00 pm or 3:30-4:15 pm. Pond Hoppers is for children ages 4 and a half through 6 years old and will be offered 1:30-2:15 pm or 4:15-5 pm. Both Puddle Jumpers and Pond Hoppers will introduce participants to beginning skills and progressions on floor, vault, beam and bars. Cost is \$40 for Recreation Center members and \$45 for non-members. Children ages 6 and older must be members to qualify for the member rate. Please register by February 22, 2012.

### **Friday Night Family Fun Fest at Tallmadge Rec Center**

The Tallmadge Recreation Department is inviting families to come enjoy some family fun at the Recreation Center on Friday, February 17, 6:30-9:30 pm! The night includes a variety of family

fun including inflatables that parents & kids of all ages can jump on together, family crafts, face painting, exhibits, prizes for playing games, and a live petting zoo! Participants will also have the chance to meet several big furry celebrities, such as the University of Akron's Zippy, the Tallmadge Blue Devil and the Akron Aeros' Orbit! Discounted presale tickets are \$4 per person and can be purchased at Ritchie's Sporting Goods, Tallmadge City Hall, and the Tallmadge Recreation Center. Tickets can be purchased the day of the event for \$5 per person. Children 2 & under are free.

### **Junior Olympic Volleyball Tournament at the Tallmadge Rec Center**

The Tallmadge Recreation Department is proud to host a Junior Olympic Youth Volleyball Tournament on Sunday, February 19. The basketball courts will be unavailable during this tournament. We apologize for the inconvenience, but we welcome you to watch some of the area's best young players compete for the tournament title. Admission is free for spectators.

### **New Technical Improvements at the Recreation Center**

The Tallmadge Recreation Center is pleased to announce two new additions on the technical front. Over the past few weeks, a new wireless router and bi-directional amplifier have been installed at the Recreation Center. The free Wi-Fi is available throughout most of the building. Now Rec Center users can stream music, movies and TV shows to their Wi-Fi enabled device during their workout. Just ask for the password at the front desk. The bi-directional amplifier will help boost cellular phone reception inside the Recreation Center.

### **Have your birthday party at the 'REC'**

You can reserve the newly remodeled party room at the Tallmadge Recreation Center for your child's next birthday party. All birthday party room reservations include pizza and pop, decorations and party supplies for the theme you choose, use of equipment (i.e. playground, courts or soccer field), a party hostess, set up and clean up. Take the stress out of your child's next birthday and reserve your special day now by calling the 'Rec' at 330-634-2349.

***More information on any of these programs can be found by calling the Tallmadge Recreation Center at 330-634-2349 or online at [www.tallmadge-ohio.org](http://www.tallmadge-ohio.org). The Tallmadge Recreation Center is located at the corner of East Avenue and N. Munroe Road in Tallmadge.***

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