



2013



Spaces and Places for Physical Activity in Hamilton County



city of
CINCINNATI
HEALTH DEPARTMENT



We know **health** matters

Creating Healthy Communities Program

Promoting Physical Activity, Nutrition and Tobacco Cessation to Prevent Chronic Disease

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Call Cincinnati Health Department
 Health Promotion & Worksite Wellness
 Phone 513 357 7439



We know **health** matters

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City of Cincinnati



DEPARTMENT OF HEALTH
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Assistant Health Commissioner

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Environmental Services
357-7201

Counseling and Health
Education Services
357-7440

Vital Statistics
352-2912

January 1, 2013

Dear Hamilton County Residents,

Hamilton County is an exciting and entertaining place to live. The Cincinnati Health department and the Creating Healthy Communities Coalition want to make sure we are using all of our resources to create healthy lives, and we are excited to share with you the 2013 guide for **Spaces and Places for Physical Activity in Hamilton County**. This guide is a list of all of the diverse parks and places for physical activity throughout Hamilton County.

The struggle with obesity is continuously occurring not only in Hamilton County, but across the United States. Because of unhealthy eating and exercise habits Ohio has become the 13th heaviest state in the country. But, by using this guide you can help us to lower the obesity rate in Hamilton County, and in turn in Ohio.

Please take the time to enjoy the 2013 guide for **Spaces and Places for Physical Activity in Hamilton County** and experience some of the places for yourself. Being active in your home or neighborhood can be rewarding, but this guide allows you to do even more so and in your own community! In using this guide you can help to make our state and county healthier while experiencing something new.

Sincerely,

A handwritten signature in black ink, appearing to read "Camille Jones MD". The signature is fluid and cursive, with a large loop at the end.

Camille Jones MD
Assistant Health Commissioner
Cincinnati Health Department



If you or someone you know is a person with a disability who is looking for fun fitness and recreational activities and programs in the Greater Cincinnati area, check out the complete Fun and Fit Directory at: <https://www.ucucedd.org/funandfit>

The Fun and Fit directory was developed by the Health and Fitness Advisory Committee in the Division of Developmental and Behavioral Pediatrics of Cincinnati Children's Hospital to help people with intellectual and developmental disabilities, their families and friends, and community providers find fitness and recreational activities and programs in the Greater Cincinnati area. Developed in 2008 and updated yearly since then, the 2012 edition provides a comprehensive list of services and service-facilitators to help people get physical activities into their lives.

Research tells us physical activity can:

- help keep us healthy and make us feel happier
- prevent weight gain
- help with weight loss when combined with diet
- lower the risk of diabetes, heart disease, high blood pressure, high cholesterol,
- breast and colon cancer
- improve bone health
- improve our balance and lower the risk of falls
- help us sleep better
- decrease symptoms of depression and anxiety
- help prevent medical conditions and complications

The Centers for Disease Control and Prevention (CDC) tells us that over half of all Americans do not get enough physical activity. We know that even more **people with developmental disabilities** do not get enough physical activity. Participating in recreational activities is a great way to meet new friends, learn new skills, and get fit.

ucedd



For information contact Erica Coleman,
UC UCEDD Health Activities Coordinator

Erica_Coleman@cchmc.org

Phone: 513-803-4399

HAMILTON COUNTY RESOURCES FOR ACTIVE LIVING

This guide to Hamilton County resources for Active Living is, by no means, complete, but it can give you plenty of ideas of where you can enjoy fitness fun in our community. Check it out and get moving!

Abbreviations: CRC - Cincinnati Recreation Commission

PARKS, NATURE PRESERVES & WALKING TRAILS

NAME	LOCATION	DESCRIPTION	NOTES/FEES
PAVED HIKE/BIKE TRAILS			
Airport Play Field at Lunken	EAST - East End 4750 Playfield Lane 513-321-1772 or 513-321-6500	6.5 miles of paved hike/bike trail, bicycle rental, tennis courts, miniature golf, 9 hole and 18-hole golf, driving range, ball fields, picnic area, children's playground.	CRC, fees for golf, tennis, bike rental and miniature golf. www.cincyrec.org
Amberley Walking Track	NORTHEAST - Amberley Village Section and Ridge Rd	Paved Tracks: Lower 0.3 mi, Upper 0.4mi.	Open to the public dawn to dusk. Pets, bikes and skates not permitted. www.amberlyvillage.org/recreation.cfm
Armleder Park	EAST 5057 Wooster Pike (North of Beechmont Levy) 45226	1.9 paved loop, multipurpose trail, 10 acre dog park, playground, picnic shelters and soccer fields.	Open to the public dawn to dusk. Bikes and skates not permitted. www.greatparks.org
Beech Acres Park Path	EAST - Anderson Township 6910 Salem Ave	26.9 acres with 0.8 mi paved hike/bike and skate trail. Skate park, sand volleyball and basketball courts, pavilion.	Anderson Park District. Open dawn to dusk. www.andersonparks.com
Drake Park Walking Path	EAST - Kennedy Heights 5800 Red Bank Rd 513-321-8439	Walking path loop starting at playground to parking lot, park road and starting point is 1/2 mile walking path.	Cincinnati Park - 66 Acres www.cincyparks.com
Dunham Recreation Center	WEST - Price Hill 4356 Dunham Lane 513-251-5862	2.2 miles of paved hike/bike trail, gym, freeweights, fitness center, aerobics, golf, playground, clogging, yoga, Tae Kwon Do, tai Chi, Senior Softball (74+), Senior golf, shalllow/wading pool.	CRC - Call for fees. www.cincyrec.org
Five Mile Trail	EAST - Anderson Township Along Five Mile Road through to Newtown	Paved hiking and biking pathway 2.5 miles long that curves through woods and serves as pedestrian friendly transportation spine connecting to Anderson Township's signature hike-bike system of paths and trails.	Anderson Township. Open dawn to dusk. www.andersontownship.org/index.asp?page=andersontrails
Glenwood Gardens	NORTH - Springdale/Woodlawn Springfield Pike at Glendale Milford 513-771-8733	1 mile paved walking loop, 1.5 mile nature trail, wetlands, gardens, restroom, water, vending, parking.	Hamilton County Park - 334 Acres \$10.00 Annual Permit www.hamiltoncountyparks.org
Julifs Park	EAST - Anderson Township 8249 Clough Pike 513-474-0003	26 acres with 0.9 hike/bike trail, 2 sand volleyball courts, basketball court, 3 ball diamonds, 2 pavilions, picnic area, tricycle path with pretend gas pumps. Playground, soccer fields and tennis courts.	Anderson Park District. Open dawn to dusk. www.andersonparks.com

PARKS, NATURE PRESERVES & WALKING TRAILS

NAME	LOCATION	DESCRIPTION	NOTES/FEEES
PAVED HIKE/BIKE TRAILS			
Kuliga Park	WEST - Bridgetown 6717 Bridgetown Rd Cincinnati OH 45248	Nature trail, playground, baseball and soccer fields and tennis courts.	Green Township www.greentwp.org
Lindner Park	CENTRAL - Norwood 726 Cypress Way (off Montgomery Rd) 513-731-6455	Park with over 3 miles of walking trails, 1.5 acre nature preserve.	Call Norwood Recreation for information. 513-531-9798 www.noreco.org
Little Miami Scenic Trail Loveland Bike Trail	EAST - Newtown/Loveland Access to trail from Newtown or downtown Loveland	Hiking, biking, skating & wheelchair, Loveland to Newtown segment = 13.3 miles. Over 78 miles of paved trail starting in Newtown and going through 4 counties.	Call Chamber of Commerce at 513-683-1544. Bike & Skate rental at 513-683-0468. No charge for trail use. Rental fees for bikes and skates - call for pricing.
McDonald's Commons Walking Trail	EAST - Madeira 7465 Dawson Rd 513-561-7228	Paved 0.5 mi. loop. Baseball diamonds, soccer fields, tennis, playground, and batting cage.	Bikes and skates not permitted. www.madeiracity.com/index.asp?nid=119
Miami Whitewater Forest	WEST Harrison Pike off I-74 (Dry Fork exit) 513-367-4774	Paved hike/bike trail - 4 nature trails, 1.2 mile inner loop, 7.8 mi. outer loop, Frisbee golf, Timberlake Nature Trail, playgrounds, visitor center, boathouse, inline skate & bike rental, wetlands.	Hamilton County Park - 4279 Acres \$10.00 Annual Permit, \$3.00 per day per vehicle. www.greatparks.org
Norwood Walking Paths	CENTRAL - Norwood Around each Norwood City School	1 mile walking path around each school, marked with painted red feet on pavement.	Call Norwood Health Department for more information. 513-458-4600
Riverside Park Hike / Bike trail	EAST - Anderson Township 3969 Round Bottom Rd	46 acre park 0.7 mi. trail around playground, six ball diamonds, baseball, soccer, rugby and lacrosse fields, playground.	Anderson Park District Open dawn to dusk. www.andersonparks.com
Sharon Woods	NORTH - Sharonville 11450 LeBanon Rd 513-563-4513	2.6 miles paved hike/bike trail, 1 mile Parcourse Fitness Trail, boathouse, Historic Village, bike rental.	Hamilton County Park - 730 Acres \$10.00 Annual Permit www.greatparks.org
Shea Stadium	CENTRAL - Norwood 2703 Harris Avenue	0.25 mile walking/running track.	Norwood Recreation Open 6am until dusk.
Spring Grove Cemetery	Spring Grove 4521 Spring Grove Ave 513-681-7526	Several paved loops ranging from one mile to 3.5 miles through cemetery.	Brochure available at main office. Open 8:00am - 6:00 pm www.springgrove.org/SG/maps/maps.shtm
Veterans' Park	WEST - Dent 6231 Harrison Ave Cincinnati, OH 45247	1/2 mile paved hike/bike trail. Playground, soccer and baseball fields, basketball and handball/racquetball courts.	Green Township www.greentwp.org
Winton Woods	NORTH - Forest Park 2703 Harris Ave	2.6 miles paved hike/bike trail, 1.1 mile Parcours Fitness Trail, Frisbee golf, playgrounds, boating, riding center, camping, 2 nature trails, horse trail, picnic area.	Hamilton County Park - 2465 Acres \$10.00 Annual Permit www.greatparks.org

PARKS, NATURE PRESERVES & WALKING TRAILS

NAME	LOCATION	DESCRIPTION	NOTES/FEEES
PUBLIC PARKS, PLAYGROUNDS AND NATURE PRESERVES			
Alms Park	EAST - Mt. Lookout 710 Tusculum Ave 513-357-2604	Playground, picnic area, hiking trails.	Cincinnati Park - 94 Acres Trail Map available at www.cincinnatiiparks.com
Ault Park	EAST - Hyde Park 3600 Observatory Ave 513-357-2604	Playground, picnic area, hiking trails, gardens.	Cincinnati Park - 224 Acres Trail map available at www.cincinnatiiparks.com
Avon Woods	CENTRAL - North Avondale 4235 Paddock Rd 513-861-3435	Nature Center and hiking trails.	Cincinnati Park - 14 Acres Trail map available at www.cincinnatiiparks.com
Bellevue Hill Park	CENTRAL - Clifton Heights 2191 Ohio Ave	Playground, scenic views, athletic fields, picnic areas.	Cincinnati Park - 15 Acres www.cincinnatiiparks.com
Bicentennial Commons	CENTRAL 705 E. Pete Rose Way 513-352-4000 or 513-352-6180	Tennis and volleyball courts, children's play area, skating rink, paved walking trail, fitness area, fishing piers, boathouse, rowing center.	CRC www.cincyrec.org
Bettman Nature Resource Center	CENTRAL - Evanston 4 Beech Lane 513-321-6070	Beech forest, hiking, Park's Nature Education Program.	Cincinnati Park - 6 Acres www.cincinnatiiparks.com
Brodbeck Preserve Bracken Woods	WEST 2472 Westwood Northern Blvd	Greenways and hiking trails.	Cincinnati Park - 30.23 Acres www.cincinnatiiparks.com
Bradford-Felter Tanglewood	WEST - Northside 4946 Kirby Ave	Greenways and hiking trails.	Cincinnati Park - 83 Acres www.cincinnatiiparks.com
Burnet Woods	CENTRAL - Clifton 3251 Brookline Dr 513-751-3679	Trailside Nature Center, hiking trails, playground, lake Accessible restrooms, picnic area and disc golf.	Cincinnati Park - 89 Acres Trail Map available at www.cincinnatiiparks.com
Buttercup Valley	WEST - Northside 1558 Stanford Dr	Hiking trail, greenways, trail guide.	Cincinnati Park - 25 Acres www.cincinnatiiparks.com
Caldwell Nature Preserve	CENTRAL - Hartwell 500 North Bend Rd 513-761-4313	Outdoor education, 3.5 nature hiking trails, handicapped-accessible trail, nature trail.	Cincinnati Park - 121 Acres Trail Map available at www.cincinnatiiparks.com
California Woods	EAST - California 5400 Kellogg Ave 513-231-8678	Nature Center, hiking trails, greenways.	Cincinnati Park - 113 Acres Trail Map available at www.cincinnatiiparks.com
Cincinnati Nature Center	EAST - Milford 4949 Tealtown Rd 513-831-1711	Rowe Woods has over 18 miles of hiking trails, Long Branch Farm and trails have 4 miles of hiking trails.	Call for pricing. www.cincynature.org

PARKS, NATURE PRESERVES & WALKING TRAILS

NAME	LOCATION	DESCRIPTION	NOTES/FEEES
PUBLIC PARKS, PLAYGROUNDS AND NATURE PRESERVES			
Delhi Park	WEST - Delhi 5125 Foley Rd 513-451-3300	50 acres with 9 ball fields, walking trail, playground, skate park and 4 shelters.	Delhi Township Parks and Recreation Open 8am to 11pm www.delhi.oh.us/parks/delhi.htm
Daniel Drake Park	EAST - Kennedy Heights 5800 Red Bank Rd 513-357-2604	Shelter building, play areas, walking path.	Cincinnati Park - 66 Acres www.cincinnatiiparks.com
Eden Park	CENTRAL - Walnut Hills 1501 Eden Park Dr 513-357-2604	Parcourse Fitness Trail, hiking trails, scenic overlooks, Krohn Conservatory, Art Museum, ice skating in winter.	Cincinnati Park - 186 Acres Trail Map available at www.cincinnatiiparks.com
Embschoff Woods & Nature Preserve	WEST - Delhi 4050 Paul Rd	Parcourse Fitness Trail, frisbee golf, playground, ball fields, picnic area.	Hamilton County Park - 331 Acres \$10.00 Annual Permit www.greatparks.org
Fleischmann Gardens	CENTRAL - Avondale 524 Forest Ave 513-352-4080	Walking paths, play area.	Cincinnati Park - 4 Acres www.cincinnatiiparks.com
Floral Paradise Gardens	WEST - Delhi 461 Greenwell Rd 513-451-3300	Walking paths and picnic shelter.	Delhi Township Parks and Recreation Open 8am to 11pm www.delhi.oh.us/parks/delhi.html
Fernbank Park	WEST - Saylor Park 50 Thornton Ave 513-352-4080	Picnic and playground area, Ohio River Shore, 1.25 mile walking trail, 3 shelters.	Hamilton County Park - 58 Acres \$10.00 Annual Permit www.greatparks.org
French Park	NORTHEAST - Amberly Village 3012 Section Rd 513-357-2604	Hiking trails, playground, picnic area, water, ponds, greenways.	Cincinnati Park - 275 Acres Trail Map available at www.cincinnatiiparks.com
Hauck Botanic Gardens	CENTRAL - Avondale 2625 Reading Rd 513-475-9600	Civic Garden Center gardens and walking paths.	Cincinnati Park - 8 Acres. Open 9:30am - 4:00pm • www.cincinnatiiparks.com
Jacob Hoffner Park	WEST - Northside 4101 Hamilton Ave	Pavilion, playground, walking path.	Cincinnati Park - 2 Acres www.cincinnatiiparks.com
Magrith Preserve	EAST 5000 Salem Rd	Water/ponds, greenways, hiking trails.	Cincinnati Park www.cincinnatiiparks.com
Kennedy Heights Park	NORTHEAST - Kennedy Heights 6039 Kennedy Ave	Shelter, playground equipment, soccer field, hiking trails, picnic area.	Cincinnati Park - 12.5 Acres www.cincinnatiiparks.com
LaBoiteaux Woods	WEST - College Hill 5400 Lanias Ave 513-542-2909	Nature center, 4 miles of hiking trails, greenways.	Cincinnati Park - 53 Acres Trail Map available at www.cincinnatiiparks.com

PARKS, NATURE PRESERVES & WALKING TRAILS

NAME	LOCATION	DESCRIPTION	NOTES/FEEES
PUBLIC PARKS, PLAYGROUNDS AND NATURE PRESERVES			
Lake Isabella	EAST - Loveland 10174 Loveland-Madeira Rd 513-791-1663	Canoeing, Playground, row boat rentals, picnic areas.	Hamilton County Park - 77 Acres \$10.00 Annual Permit www.greatparks.org
Laverty Park	EAST - Anderson Township 839 Laverty Lane	Wooded terrain, playground, basketball court and small ball diamond.	Anderson Park District - 9.2 Acres Open dawn to dusk www.andersonparks.com
Little Duck Creek Park	EAST - Madisonville 6365 Roe St	Water, pond, greenways, hiking trail.	Cincinnati Park www.cincinnatiiparks.com
Lytle Park	CENTRAL - Downtown 500 East Fourth St 513-352-4080	Walking paths, seasonal flower displays, play equipment, historic places.	Cincinnati Park - 2.3 Acres www.cincinnatiiparks.com
McDonald's Commons Park	EAST - Madeira Madeira off Dawson Rd next to city garage	Playground equipment, prime shelter, wooded area, fields for baseball, soccer and tennis. Also has batting cage and wooded area.	Madeira Park - 17 Acres
Mitchell Memorial Forest	WEST - Cleves 5401 Zion Rd Cleves, Ohio 45002	Hiking, playground, fishing and 3.34 mile mountain bike trail.	Hamilton County Park - 1336 Acres \$10.00 Annual Permit www.greatparks.org
Mt. Airy Forest	WEST - Mt. Airy 5083 Colerain Ave 513-357-2604	Extensive hiking trails, playground, picnic areas, shelters, arboretum, dog park, water/ponds, greenways, athletic fields.	Cincinnati Park - 1460 Acres Trail Map available at www.cincinnatiiparks.com
Mt. Echo Park	WEST - Price Hill 381 Elberon Ave 513-357-2604	River overlooks, walking, picnic, playground areas, basketball, tennis, volleyball courts, horseshoe ring, shelter.	Cincinnati Park - 84 Acres Trail Map available at www.cincinnatiiparks.com
Mt. Storm Park	CENTRAL - Clifton 700 Lafayette Ave 513-357-2604	Overlook, Temple of Love, play equipment, picnic area, shelter.	Cincinnati Park - 57 Acres Trail Map available at www.cincinnatiiparks.com
Nelle V. Hosbrook Bird Sanctuary	EAST Madeira along Miami Ave 513-561-7228	2 acres with short trail, picnic benches.	Madeira Park - 2 Acres
Parkers Woods	WEST - Northside 4400 Haight Ave	Greenways, picnic area.	Cincinnati Park - 27.5 Acres www.dynamic.cinci-parks.org
Rapid Run Park	WEST - Price Hill 4548 Rapid Run Pkwy 513-357-2604	Paved walking trail, ice skating in winter, picnic, shelter, athletic fields, play equipment.	Cincinnati Park - 50 Acres Trail Map available at www.cincinnatiiparks.com

PARKS, NATURE PRESERVES & WALKING TRAILS

NAME	LOCATION	DESCRIPTION	NOTES/FEEES
PUBLIC PARKS, PLAYGROUNDS AND NATURE PRESERVES			
Shawnee Lookout	WEST - Cleves 2008 Lawrenceburg Rd	Hiking, playgrounds, historical buildings, 3 nature trails.	Hamilton County Park - 1515 Acres \$10.00 Annual Permit www.greatparks.org
Sellman Park	EAST - Madeira Behind Madeira Middle School 513-561-7228	Play equipment, picnic shelter, picnic grove, 1 baseball field, 1 soccer field, 2 tennis courts, basketball court, sand volleyball court.	Madeira Park - 10 Acres
Seymour Preserve	CENTRAL - Hartwell 1079 W Seymour Ave	Greenways and 1.5 mile trail.	Cincinnati Park www.cincinnatiiparks.com
Stanberry Park	EAST - Mt. Washington Corbley Rd and Oxford Ave 513-352-4080	National Trail System nature trails, picnic, play areas, sledding in winter.	Cincinnati Park - 125 Acres Trail Map available at www.cincinnatiiparks.com
Story Woods Park	WEST - Delhi 694 Pontius Rd 513-451-3300	40 acres with 2 miles of trails and playground.	Delhi Township Parks and Recreation Open 8am to 11pm http://www.delhi.oh.us/parks/delhi.htm
Theodore M. Berry International Friendship Park	CENTRAL - Downtown East of Downtown Cincinnati and Sawyer Point along Riverfront	Ponds, public art, bike trails, scenic view.	Cincinnati Park - 27 Acres www.cincinnatiiparks.com
Triple Creek	NORTH 2700 Beull Rd 513-521-7275	Hiking, Parcourse Fitness Trail, softball, wiffleball, playground, picnic shelter.	Hamilton County Park - 177 Acres \$10.00 Annual Permit www.greatparks.org
Veterans Park	EAST - Anderson Township 8531 Forest Rd	0.4 mi. partially paved path (some gravel), 2 pavilions, tennis courts, sand volleyball, fishing pond, a playground designed for physically challenged children, ball diamonds, soccer fields and basketball courts.	Anderson Park District - 12 Acres Open dawn to dusk www.andersonparks.com
Withrow Nature Preserve	EAST - Anderson Township 7075 Five Mile Rd 513-521-7275	Nature preserve, 2 mile nature trail.	Hamilton County Park - 270 Acres \$10.00 Annual Permit www.greatparks.org
Woodland Mound	EAST - Anderson Township 8250 Old Kellogg Rd 513-521-7275	Parcourse Fitness Trail, 18 hole Frisbee Golf, 3 nature trails, lodge, nature center, playground, wetpark.	Hamilton County Park - 1066 Acres \$10.00 Annual Permit www.greatparks.org

HAMILTON COUNTY RESOURCES FOR ACTIVE LIVING

There are plenty of outdoor spaces for walking in Cincinnati, but malls offer some shelter. Many malls have regular walking groups. Also, check out the track at your neighborhood high school or college. Most let community members use the facility when not in use by the students.

ADDITIONAL WALKING SOURCES

NAME	LOCATION	DESCRIPTION	NOTES/FEEES
MALLS FOR INDOOR WALKING			
Cincinnati Mills Mall (Forest Fair Mall)	NORTH • 600 Cincinnati Mills Drive Take Winton Road exit (exit 39 off I-275) 513-346-3300	One time around perimeter of both levels is about 1.8 miles.	Mall hours for walkers are: 8:30am - 9:00pm Mon. through Sat., 12:00pm - 6:00pm Sun. Use Entry 3 or 4.
Eastgate Mall	EAST 4601 Eastgate Boulevard 513-752-2294	One lap around the mall including corridors equals a 0.9 mile walk.	Mall hours for walkers are: 8:30am - 9:00pm Mon. through Sat. and 10:30am - 6:00pm Sun.
Kenwood Towne Center	EAST - Kenwood 7875 Montgomery Rd 513-745-9100	One lap around the mall including corridors equals a 0.9 mile walk.	Mall hours for walkers are 7:00am - 9:00pm Mon through Sat. and 9:00am - 6:00pm on Sun. Enter on Kenwood Rd at Entrance #5
Northgate Mall	WEST 9501 Colerain Ave 513-385-5600	One time around is about 0.8 mile.	Mall hours for walkers are: 8:00am Mon. through Sat. and 10:00am on Sun. Enter by food court.
Tower Place	CENTRAL - Downtown 4th and Race St 513-241-7700	Three levels available for walking. Connects with the Skywalk system at Level 2.	Opens at 10:00am Mon. through Sat. and 12:00pm on Sun.
Tri-County Center	NORTH - Springdale 11700 Princeton Pike 513-671-0120	One time around the perimeter of upper and lower levels is about 1 mile.	Mall hours for walkers are: 6:00am - 9:00pm Mon. through Sat. and 7:00am-6:00pm on Sun.

ADDITIONAL WALKING SOURCES

NAME	LOCATION	DESCRIPTION	NOTES/FEEES
WALKING CLUBS/ORGANIZATIONS			
American Walkers' Association of Greater Cincinnati		This is the oldest walking club in the USA. Two groups walk every Sunday (one in the morning and one in the afternoon). Ten dollar membership includes schedule book and six issues of the newsletter. For more information, go to the website.	\$10 membership fee http://awacincy.com
Bob Ronkers Running Spot	EAST - O'Bryonville 1993 Madison Rd Cincinnati, OH 45208 513-513-521-0336 or 1-800-490-6602	A shoe store specializing in running and walking shoes. Local resource for running/walking information. Holds regular programs. Publishes a quarterly newsletter with calendar of local runs/walks.	www.runningspot.com
Fleet Feet	EAST - Blue Ash 9525 Kenwood Rd, Cincinnati, OH 45242 (Crossing of Blue Ash at Kenwood and Cooper) 513-793-8383	A shoe store specializing in running and walking shoes. Hoses weekly walks/runs about 3 times/week and boot camp once a week leaving from their Blue Ash store.	www.fleetfeetcincy.com
Walk Club	Hamilton County Park District 513-521-2345	A local walking group for adults 50 years and over. Meets at the Paved Trails at 5 Hamilton County Parks (Farbach-Werner Nature Preserve, Sharon Woods, Winton Woods, Fernbank Park, Miami Whitewater Forest) on Monday, Wednesday, and Friday at 8:30 am from mid March through November. Registration is free.	http://greatparks.org/recreation/trails/walkclub/index.htm
Loveland Sport Walkers	EAST 513-697-9679	A local walking group for fitness and racewalkers. They meet at the Loveland Bike Trail Saturdays and occasional week days at 7:30am. During the school year, weekday morning meetings are at 8:30am and meet where the bike trail crosses Branch Hill Guinea Pike in Loveland/Symmes Township. Group occasionally trains for the Flying Pig Marathon or Half Marathon and other races. No Fees.	Contact Suzy Shunk at suzyshunk@me.com for more information and to confirm walking times.
America on the Move	EAST - East End 4750 Playfield Lane 513-352-4020	AOM provides free web-based programs, tools, and resources to individuals, families, groups, and communities of all types and sizes to make changes in physical activity.	FREE http://aom.americaonthemove.org
Winter Hike Series	Hamilton County Park District 513-521-7275 x240	Meet five consecutive Saturdays in January and February at five different parks. Each hike is 4 to 5.5 miles. Registration fee of \$5.00 per hike. Hikes begin at 10:00am. Register online.	www.greatparks.org

HEALTH CLUBS, GYMS, FITNESS & RECREATION CENTERS

You don't have to go to a special place or spend a lot of money to enjoy the benefits of an active lifestyle but many people find a gym-based program is best for them. There are a wide variety of clubs, gyms and recreation centers in Hamilton County with different levels of services and costs. Here are some things to consider when you are looking for a health club to help you reach your fitness goals:

- **FACILITIES AND EQUIPMENT:** What kind of equipment do they have and will it meet your fitness needs? Is the equipment well maintained? Is an orientation included in your membership? Look at both strength training equipment (Cybex VR2, free weights, Hammer Strength, Life Fitness, Nautilus) and cardiovascular equipment (elliptical trainers, treadmills, stationary bikes-upright and recumbent, Nordic Track, stairclimbers, rowing machines). Are the locker rooms clean and well maintained? Ask for a tour and an equipment try-out before you join any club.
- **PROGRAMS AND SERVICES:** What kind of classes, programs and services are offered? What are the fees for these services or are they included in your membership? Programs and services you may be interested in include: aerobics, aquatics, fitness consultations, kick-boxing, league sports like volleyball or basketball, martial arts, nutrition counseling, personal training, pilates, racquet sports, self-defense, spinning (group cycling), tai chi, yoga, spa services, towel services and childcare.
- **STAFF:** Are staff available, friendly and helpful? What are the qualifications of the fitness staff? Do they have national certifications or advanced degrees? Are they experienced with all levels of fitness? Does the facility have licensed health professionals (physical therapy, dietitians, massage therapists) on staff?
- **COST:** What are the membership fees? Is there an annual fee? How long do you have to sign up for and what are the terms of the contract? Be careful of high-pressure sales - take your time and take the contract home to review before signing. Check with the Better Business Bureau.
- **LOCATION:** Is the location convenient to your home or work? Is your membership transferable to other locations?
- **ACCESS:** How crowded is the club during the time you are most likely to be there? Are there lines for the equipment? How quickly do their classes fill up? Do they have a limit on membership? Is parking available?
- **ATMOSPHERE:** Do you feel comfortable in the club? Does the age, gender or fitness level of other members matter to you? There are clubs that cater to bodybuilders, women and adults over 50. Be sure to look for an environment you enjoy. What kind of music do they play or is it too loud? Are televisions available and is this important?

GYMS, HEALTH CLUBS, FITNESS & RECREATION CENTERS

NAME	LOCATION	DESCRIPTION	NOTES/FEES
Bally Total Fitness	WEST - Western Hills 3694 Werk Rd 513-922-1731	Cardio and strength training equipment, group exercise classes, personal training. Indoor pool at Western Hills location.	Call for pricing. 1-800-515-CLUB www.ballyfitness.com
Blue Ash YMCA	NORTH - Blue Ash 5000 YMCA Dr 513-791-5000	New fitness center with strength and cardio equipment, 2 indoor pools, outdoor pool, handball/racquetball courts, tennis courts, gym, fitness trail, variety of adult & youth sport leagues, classes, daycare. Indoor pool has chair lift.	Metro YMCA membership Call for pricing. www.cincinnatiymca.org
Blue Ash Community Center	NORTH - Blue Ash 4433 Cooper Rd 513-745-8550	Fitness Center with cardiovascular and strength training equipment, racquetball, tennis courts, 2 gyms, outdoor pool, babysitting facility, Jazzercise and other classes. Outdoor pool has chair lift.	Facilities open only to Blue Ash residents and full time employees. Call for pricing. Classes open to the public. www.blueash.com
Bond Hill Recreation Center	CENTRAL - Bond Hill 1501 Elizabeth Place 513-242-9565	Weight room, gym, aerobics, exercise classes, senior exercise class (50+), line dancing, indoor cycling, playground.	CRC Call for pricing. www.cincyrec.org
Bush Recreation Center	CENTRAL - Walnut Hills 2640 Kemper Lane 513-281-1286	Weight room, gym, daycamps, drop in kids program, playground, teen & adult open gym and outdoor basketball.	CRC Call for pricing. www.cincyrec.org
Camp Washington Recreation Center	CENTRAL - Camp Washington 1201 Stock Ave 513-681-6046	Senior general fitness class, weight room, playground, outside basketball, fitness facility, soccer field, softball field and baseball field.	CRC Call for pricing. www.cincyrec.org
The Gym at Carew Tower	CENTRAL - Downtown 441 Vine St 513-651-1442	Fitness center with cardio and strength training equipment, indoor pool, aerobic classes, spinning. Indoor pool has chair lift.	Call for pricing or visit. www.thegymatcarewtower.com
Carl H. Linder YMCA	CENTRAL - West End 1425 Linn St 513-241-9622	Fitness center, Aquatic Center with Indoor Watermark with waterslide and 3 lane lap, sauna and steam room, locker rooms, multipurpose room, gym, aerobics room, teen center, child care center, pool has zero depth entry.	Metro YMCA membership Call for pricing. www.cincinnatiymca.org
Carthage Recreation Center	CENTRAL - Carthage 19 East 72nd St 513-821-2954	Exercise classes, Fitness room (no gym), chair volleyball team for seniors, outdoor basketball and teen open gym.	CRC Call for pricing. www.cincyrec.org
Central Parkway YMCA	CENTRAL - Downtown 1105 Elm St 513-241-5349	Fitness center with strength and cardio equipment, indoor pool, indoor track, handball/racquetball courts, gymnasium, wide variety of classes, indoor gold range driving range, massage therapist, personal trainers.	Metro YMCA membership Call for pricing. www.cincinnatiymca.org

GYMS, HEALTH CLUBS, FITNESS & RECREATION CENTERS

NAME	LOCATION	DESCRIPTION	NOTES/FEES
Cincinnati Sports Club	EAST - Fairfax 3950 Red Bank Rd 513-333-2580	Fitness center with cardio and strength training equipment, indoor & outdoor pool, racquet ball, basketball, wide variety of aerobic and aquatic classes.	Call for pricing. www.cincinnati-sportsclub.com
Clifton Recreation Center	CENTRAL - Clifton 320 McAlpin Ave 513-961-5681	Yoga, fencing, karate, outdoor basketball and Runners Club.	CRC Call for pricing. www.cincyrec.org
Clippard YMCA	NORTH - Colerain 8920 Cheviot Rd 513-923-4466	Fitness center with strength and cardio equipment, indoor pool & water playground, tennis courts, gymnasium, wide variety of classes, summer day camps, classes for youth through adult, personal trainer, lifestyle coaching.	Metro YMCA membership Call for pricing. www.cincinnatiymca.org
Colonial Tennis Fitness & Swim	NORTH - North College Hill 1575 Goodman Ave 513-729-3783	Fitness center with cardio and strength training equipment, indoor tennis courts, racquetball, aerobic classes.	Call for pricing. www.colonialtfs.com
College Hill Recreation Center	CENTRAL - College Hill 5545 Belmont Ave 513-591-3555	Gym, basketball, fitness center, walking track, Tae Kwon Do, aerobics, playground, tennis court, soccer & softball fields, senior line dancing, personal trainers, Boot Camp and dance classes.	CRC Call for pricing. www.cincyrec.org
Corryville Recreation Center	CENTRAL - Corryville 2823 Eden Ave 513-221-0888	Free weights, gym, basketball, tai chi, yoga, fitness center, playground, karate, fencing, volleyball and group fitness.	CRC Call for pricing. www.cincyrec.org
Curves	Multiple Locations 1-800-287-8374	Fitness centers for women.	Call or visit website for pricing and locations. www.curves.com
Dixie Fitness	EAST - Mt. Washington 2210 Beechmont Ave 513-231-8700	Cardio equipment, free weights, nautilus, personal training.	Call for pricing.
Dunham Recreation Center	WEST - Price Hill 4356 Dunham Lane 513-251-5862	Gym, weight room, 2.2 mile paved hike/bike trail, walking, basketball, Tae Kwon Do, yoga, dancing, 9 hole golf course, sand volleyball, preschool to senior programs, soccer field, softball field, playground aquatic center, pool has zero depth entry and Miracle Baseball Field for youth with disabilities.	CRC Call for pricing. www.cincyrec.org
Evanston Recreation Center	CENTRAL - Evanston 3204 Woodburn Ave 513-861-9417	Fitness center, gym, weight room, playground and senior exercise class.	CRC Call for pricing. www.cincyrec.org
Evendale Recreation Center	NORTH - Evendale 10500 Reading Rd 513-563-2247	Fitness center, basketball, racquetball, outdoor pool, pool has zero depth entry.	Open to residents of Evendale and Evendale business. www.evendaleohio.org

GYMS, HEALTH CLUBS, FITNESS & RECREATION CENTERS

NAME	LOCATION	DESCRIPTION	NOTES/FEES
Fitworks Fitness Centers	Multiple Locations 513-531-1500	Cardio and strength training equipment, aerobic classes, Silver Sneaker program for persons age 65+.	Call for pricing. www.fitworks.com
Gamble-Nippert YMCA	WEST - Western Hills 3159 Montana Ave 513-661-1105	Fitness center w/cardio & strength equipment, indoor & outdoor pools, racquetball/wallyball & tennis courts, childcare, wide variety of classes & leagues.	Metro YMCA membership Call for pricing. www.cincinnatiymca.org
Hartwell Recreation Center	CENTRAL - Hartwell 8275 Vine St 513-821-5194	Jazzercise, baseball, softball, soccer fields, basketball courts and Karate.	CRC Call for pricing. www.cincyrec.org
Hirsch Recreation Center	CENTRAL - Avondale 3630 Reading Rd 513-751-3393	Fitness center, weight room, gym, basketball, baseball, softball, soccer fields playground and senior tai chi. Otto Armleder Family Memorial Center.	CRC Call for pricing. www.cincyrec.org
Jazzercise	Multiple Locations 1-800-348-4748	A well-rounded workout program that combines jazz dance, resistance training, Pilates, yoga, and kickboxing and more in classes for people of every age and level.	Call or visit website for pricing and locations. www.jazzercise.com
LeBlond Recreation Center	EAST 2335 Riverside Dr 513-281-3209	Fitness center, gym, outdoor basketball, Soccer field, playground, volleyball.	CRC Call for pricing. www.cincyrec.org
Lincoln Recreation Center	CENTRAL - West End 1027 Linn St 513-721-6514	Fitness center, weight room, gym, playground, outdoor basketball, tennis court, marital arts, boxing, teen gym and exercise classes for seniors.	CRC Call for pricing. www.cincyrec.org
Madisonville Recreation Center	CENTRAL - Madisonville 5320 Stewart Rd 513-271-4190	Gym, weight room, walking track, outdoor basketball, baseball field, football field, soccer field, softball field, tennis court, playground and fitness classes.	CRC Call for pricing. www.cincyrec.org
Madisonville YMCA	CENTRAL - Madisonville 5320 Stewart Rd • Located in John P. Parker Elementary School 513-271-4190	Gymnasium, weight room, dance studio, ballet & tap classes, basketball, volleyball, karate, African dance, double dutch.	Call for pricing. www.cincinnatiymca.org
Mayerson JCC	NORTHEAST 8485 Ridge Rd 513-761-7500	Fitness center, 2 court gym, training studio, 1/8 mile indoor track, outdoor pool (open during summer), indoor lap pool, indoor water park, (whirlpool spa, tube slide,current pool,leisure pool, splash pool), entertainment center, game room, early childhood school, computer center, and a wide variety of exercise classes.	Call for pricing. www.mayersonjcc.org
ME Lyons YMCA	EAST - Anderson Township 8108 Clough Pike 513-474-1400	Fitness center, gym, aerobic studio, indoor pool, outdoor pool, racquetball courts. Tennis courts, weight room, child care.	Metro YMCA membership Call for pricing. www.cincinnatiymca.org

GYMS, HEALTH CLUBS, FITNESS & RECREATION CENTERS

NAME	LOCATION	DESCRIPTION	NOTES/FEEES
McKie Recreation Center	CENTRAL - Northside 1655 Chase Ave 513-681-8247	Outdoor pool, fitness center, weight room, gym, tai chi, aerobics, outdoor basketball, soccer field, playground and senior fitness class.	CRC Call for pricing. www.cincyrec.org
Melrose YMCA	CENTRAL - Walnut Hills 2840 Melrose Ave 513-961-3510	Fitness center, indoor pool, gymnasium, steam room, sauna, teen center.	Metro YMCA membership Call for pricing. www.cincinnatiymca.org
Mercy HealthPlex	EAST - Anderson Township 7495 State Rd • 513-624-1871 WEST - Western Hills 3131 Queen City Ave • 513-389-5600 NORTH - Fairfield 3000 Mack Rd • 513-682-1212	Fitness center with cardio and strength training equipment, indoor pool, indoor track, tennis, racquetball, basketball, aerobics, holistic health services, weight management, group exercise classes.	Affiliated with Mercy Hospital. Call for pricing. www.mercyhealthplex.com
Millvale Recreation Center	CENTRAL - Millvale 3303 Beekman Ave 513-352-4351	Weight room, fitness center, gym and outdoor basketball.	CRC Call for pricing. www.cincyrec.org
Mt. Auburn Recreation Center	CENTRAL - Mt. Auburn 270 Southern Ave 513-381-1760	Indoor pool (open swim and classes), softball, basketball, gym, fitness center, weight room and playground.	CRC Call for pricing. www.cincyrec.org
Mt. Washington Recreation Center	EAST - Mt. Washington 1715 Beacon St 513-232-4762	Weight room, gym, fitness center, Jazzercise, baseball, football, softball, soccer fields, tennis court, playground and exercise classes.	CRC Call for pricing. www.cincyrec.org
North Avondale Recreation Center	CENTRAL - Avondale 617 Clinton Springs Ave 513-961-1584	Fitness center, aerobic classes, outdoor basketball, gym, playground, soccerfield, softball field, and tennis court.	CRC Call for pricing. www.cincyrec.org
Norwood Recreation Center	CENTRAL - Norwood 1810 Courtland 513-531-9798	Basketball, softball, baseball, soccer, flag football, self defense, exercise classes, 3 outdoor pools (one is olympic size). Use of Norwood high School indoor pool when available to offer open swim and water aerobics.	Norwood Recreation http://norwoodrecreationcommission.shutterfly.com
Oakley Recreation Center	EAST - Oakley 3882 Paxton Ave 513-321-9320	Tai chi, pool, outdoor basketball, baseball, softball, soccer fields, tennis court, playground, martial arts and Zumba.	CRC Call for pricing. www.cincyrec.org
Over-the-Rhine Recreation Center	CENTRAL - Over-the-Rhine 1715 Republic St 513-381-1893	Indoor pool (open swim, swim lessons, lap swim), roller rink, weight room, gym, fitness center and personal fitness instruction.	CRC Call for pricing. www.cincyrec.org

GYMS, HEALTH CLUBS, FITNESS & RECREATION CENTERS

NAME	LOCATION	DESCRIPTION	NOTES/FEEES
Pleasant Ridge Recreation Center	Pleasant Ridge 5915 Ridge Ave 513-731-7894	Gym, weight room, fitness center, volleyball, senior walking group, baseball field, football field, soccer field, softball field, tennis court, playground, tai chi and martial arts.	CRC Call for pricing. www.cincyrec.org
Powell-Crosley YMCA	NORTH - Springfield Township 9601 Winton Rd 513-521-7112	Outdoor walking track (1/5 mile), water park, fitness center, indoor & outdoor pool. Outdoor track, sand volleyball, racquetball, tennis courts, gymnasium, aerobics studio, wide variety of adult & youth programs, stretching room.	Metro YMCA membership Call for pricing. www.cincinnatiymca.org
Price Hill Recreation Center	WEST - Price Hill 959 Hawthorne Ave 513-251-4123	Gym, hammer strength fitness room, senior fitness classes, tai chi, martial arts, outdoor basketball and a playground.	CRC Call for pricing. www.cincyrec.org
Queen City Racquet & Fitness Club	NORTH - Sharonville 11275 Chester Rd 513-771-2835	Tennis courts, outdoor pool, cardio & strength training, spinning, aerobics, squash, racquetball, basketball, Pilates, yoga, paddle tennis.	Call for pricing. www.queencityfitness.com
Richard Lindner YMCA	CENTRAL - Norwood 2039 Sherman 513-731-0115	Fitness center, indoor & outdoor pool, racquetball, gymnasium, fitness classes and workout room.	Metro YMCA membership Call for pricing. www.cincinnatiymca.org
Sharonville Community Center	NORTH - Sharonville 10990 Thornview Dr 513-563-2895	Outdoor pool, fitness center, exercise classes, dance classes, Walk Club, basketball, softball, soccer, volleyball, Pilates, yoga.	Call for pricing. www.sharonville.org
Sayler Park Recreation Center	WEST - Sayler Park 6720 Home City Ave 513-941-0102	Volleyball, outdoor basketball, baseball field, soccer field, softball field, weight room, fitness center, gym, playground, karate and Zumba.	CRC Call for pricing. www.cincyrec.org
Springdale Community Center	NORTH - Springdale 11199 Lawnview Ave 513-346-3910	Fitness center & 3 gyms, indoor & outdoor walking track, racquetball, outdoor pool, 4 tennis courts, 2 outdoor basketball courts, 6 athletic fields, sand volleyball, batting and golf cages, exercise classes.	Center open to Springdale residents, outdoor track open to public. Call for pricing. www.springdale.org
Tri-Health Fitness & Health Pavilion	6200 Pfiesser Rd (near I-71) 513-985-0900	Cardio & strength training, indoor lab & warm water therapy pool, outdoor pool, indoor & outdoor track, children's programming, extensive class offerings.	Affiliated with Bethesda and Good Samaritan Hospitals; RD on staff. Call for pricing. www.trihealthpavilion.com
Twin Towers Wellness Connection	5343 Hamilton Ave 513-853-4100	Indoor pool, fitness room, exercise classes.	For adults over 50. Call for pricing.
Urban Active (formerly Gold's Gym)	Multiple Locations	Largest co-ed gym in the world.	Call for pricing. www.urbanactive.com

GYMS, HEALTH CLUBS, FITNESS & RECREATION CENTERS

NAME	LOCATION	DESCRIPTION	NOTES/FEES
Victory Lady Fitness Center	EAST - Cherry Grove 433 Ohio Pike • 513-528-2434 NORTH - Colerain 9351 Colerain Ave • 513-923-3334 WEST - Western Hills 6252 Glenway Ave • 513-662-7772	Swimming pool, aerobic classes, cardiovascular and strength training. Personal training and aerobic classes included with membership fee.	Women only. Call for pricing. www.victorylady.net
Western Sports Mall	WEST - Westwood 2323 Ferguson Rd 513-451-4900	Racquetball, soccer, volleyball, basketball and fitness center.	Call for pricing. www.westernsportsmall.com
Westwood Town Hall Recreation Center	WEST - Westwood 3017 Harrison Ave 513-662-9109	Clogging, Tae Kwon Do, fitness classes and playground.	CRC Call for pricing. www.cincyrec.org
Williams YMCA	CENTRAL - Walnut Hills 1228 E. McMillan 513-961-7552	Aerobics, fitness classes, basketball, fitness center, gym, indoor track, tennis, racquetball courts.	Metro YMCA membership Call for pricing. www.cincinnatiymca.org
Winton Hills Recreation Center	Winton Hills 5170 Winneste Ave 513-641-0422	Roller rink, gym, fitness center, outdoor basketball, volleyball, weight room, softball field, baseball field, football field, karate, and playground.	CRC Call for pricing. www.cincyrec.org
Wyoming Recreation Center	Wyoming 9940 Springfield Pike 513-821-5200	Fitness center, aerobics, yoga, outdoor pool, personal training, gym, basketball, softball, Pilates, tennis, dancing, fitness classes.	Wyoming residents only. www.wyomingohio.us
YWCA	CENTRAL - Downtown 898 Walnut St 513-241-7090	Indoor lap pool, indoor track, gym, cardio and strength training equipment, classes, yoga, basketball court, spa pool.	Call for pricing. www.ywacincinnati.org

HAMILTON COUNTY RESOURCES FOR ACTIVE LIVING

To get the maximum benefit from your golf game, leave the cart behind and walk the course.

PUBLIC GOLF COURSES

NAME	LOCATION	DESCRIPTION	NOTES/FEEES
Avon Field Golf Course	CENTRAL - Paddock Hills 4081 Reading Rd 513-281-0322	18 hole golf course and driving range.	CRC Call for pricing. www.cincyrec.org or www.cincygolf.org
Blue Ash Golf Course	NORTH - Blue Ash 4040 Cooper Rd 513-686-1280	18 hole golf course.	Call for pricing. www.blueash.com
California Golf Course	EAST - California 5924 Kellogg Ave 513-231-6513	18 hole golf course, practice field.	CRC Call for pricing. www.cincyrec.org or www.cincygolf.org
Dunham Golf Course	WEST - Price Hill 1951 Dunham Way 513-251-1157	9 hole golf course.	CRC Call for pricing. www.cincyrec.org
Glenview Golf Course	NORTH 10965 Springfield Pike 513-771-1747	27 holes and driving range, practice green.	CRC Call for pricing. www.cincyrec.org or www.cincygolf.org
Indian Valley Golf Course	EAST - Newtown 3950 Newtown Rd 513-505-3100	18 hole golf course.	Call 513-561-9491 for pricing. www.golfguideweb.com/ohio/cincinnati/dbcj.html
Little Miami Golf Course	EAST - Newtown Newtown Road (off US 50) 513-561-5650	Family golf center and miniature golf, Par 3, 9 holes, 9 hole regulation course, heated driving range.	Hamilton County Park www.greatparks.org
Miami Whitewater Golf Course	WEST - Harrison 8801 Mount Hope Rd 513-367-4627	18 hole golf course.	Hamilton County Park www.greatparks.org
Neumann Golf Course	WEST 7215 Bridgetown Rd 513-574-1320	27 holes and driving range, practice green.	CRC Call for pricing. www.cincyrec.org or www.cincygolf.org
Reeves Golf Course	EAST - East End 4757 Playfield Lane 513-321-2740	18 holes regulation, 9 holes executive, practice green, putt-putt & driving range.	CRC Call for pricing. www.cincyrec.org or www.cincygolf.org

PUBLIC GOLF COURSES

NAME	LOCATION	DESCRIPTION	NOTES/FEES
Sharon Woods Golf Course	NORTH - Sharonville 11355 Swing Rd 513-769-4325	18 hole golf course.	Hamilton County Park www.greatparks.org
Shawnee Lookout Golf course	WEST - Cleves 2030 Lawrenceburg Road 513-941-0120	18 hole golf course.	Hamilton County Park www.greatparks.org
Vineyard Golf Course	EAST • 600 Nordyke Rd (Located in Woodland Mound Park) 513-474-3007	18 hole golf course.	Hamilton County Park www.greatparks.org
Winton Woods Golf Course The Mill Course	NORTH 1515 West Sharon Rd 513-825-3770	18 hole golf course.	Hamilton County Park www.greatparks.org
Winton Woods Golf Course - Meadow Links and Golf Academy	NORTH 10999 Mill Rd 513-825-3701	9 hole golf course, driving range, practice facility.	Hamilton County Park www.greatparks.org
Woodland Golf Course	WEST 5820 Muddy Creek Rd 513-451-4408	9 holes, practice green.	CRC Call for pricing. www.cincyrec.org or www.cincygolf.org

FAITH-BASED ORGANIZATIONS

NAME	LOCATION	DESCRIPTION	NOTES/FEEES
Crossroads Community Church	EAST - Oakley 3500 Madison Rd 513-731-7400	Indoor walkway around mezzanine level. Includes a few stair steps. 10 laps equal to 1 mile.	FREE • Hours: Mon. - Fri. 6:00am-9:00pm Sat. 7:00am-3:30pm, closed Sundays. www.crossroads.net
Great Commission Bible Church	10200 Hamilton Ave 513-851-4946	Zumba	Monday and Thursday 7pm-8pm \$4.00 per class • Women only, ages 13+
New Vision United Methodist Church	Bond Hill 4400 Reading Rd 513-961-4817	Lindner Walk for Wellness Indoor Track. Low impact, high impact, and line dancing classes.	FREE. Donations Accepted. For information regarding classes, send contact information to newvision@fuse.net . Lindner Walk for Wellness Track hours: Monday 9:00a.m.-12:00p.m. and 5:00 -7:00p.m. Tuesday 9:00a.m.-1:30p.m. Wednesday 9:00a.m.-11:00a.m. Thursday 9:00a.m.-1:30p.m. and 5:00 -7:00p.m. Saturday 10:00a.m. - 1:00p.m. For exercise class times please call or visit http://newvisionumcministries.org
Springdale Nazarene Church	CENTRAL - Springdale 11177 Springfield Pike 513-771-3571	Gym, basketball and softball leagues.	http://www.springdalenaz.com/#/ministries/recreation-ministries
The Vineyard Community Church	CENTRAL - Tri-County 11340 Century Circle East 513-671-0422	Walking path and also frequently offers Zumba and other excersise classes.	https://vineyardcincinnati.com/tri-county
Word of Deliverence	Forest Park 693 Fresno Road 513-742-9673	Indoor walking track, weight room, aerobics room and Praise Dance.	Open to the public. Thursdays 6:00pm-8:00pm Call for information about Praise Dance. www.wordofdeliverence.org
Zion Baptist Church	Avondale 630 Glenwood Ave 513-751-8608	5 times around parking lot is 1 mile.	Open to the public. http://zionbaptistcincinnati.org

POOLS/SPRAYGROUNDS

NAME	LOCATION	DESCRIPTION	NOTES/FEES
Blue Ash Recreation Pool	Blue Ash 4433 Cooper Rd 513-745-8550	Heated olympic-sized outdoor pool with water slides. Heated, zero depth wading pool with water features.	Membership fees or daily use fees available to residents of Blue Ash. www.blueash.org
Cheviot Municipal Pool	WEST - Cheviot 3961 North Bend Rd 513-661-5738	Water Slide.	Membership and daily use fees available.
CINCINNATI RECREATION CENTER - DEEP WATER POOLS			
Bond Hill	Bond Hill 1620 Yarmouth Ave 513-242-6897	Diving board and shallow wading pool. Offers swim lessons, swim team and Guard Start programs. Located next to Bond Hill playground.	\$10.00 annual membership fee. www.cincyrec.org
Bush	2640 Kemper Lane 513-751-5085	Diving board and shallow wading pool. Offers swim lessons, swim team and Guard Start programs.	\$10.00 annual membership fee. www.cincyrec.org
Camp Washington	Camp Washington 1201 Stock Ave 513-681-1241	Diving board and shallow wading pool. Offers swim lessons, swim team and Guard Start.	\$10.00 annual membership fee. www.cincyrec.org
Dempsey	956 Purcell Ave 513-921-6338	Diving board and shallow wading pool. Offers swim lessons, swim team and Guard Start.	\$10.00 annual membership fee. www.cincyrec.org
Dickman	6720 Home City Ave 513-941-6270	Diving board and shallow wading pool. Offers swim lessons, swim team and Guard Start.	\$10.00 annual membership fee. www.cincyrec.org
Evanston	Evanston 3558 Evanston Ave 513-631-6929	Diving board and shallow wading pool. Located next to Evanston playground.	\$10.00 annual membership fee. www.cincyrec.org
Filson	Mt. Auburn 461 Ringgold St 513-721-1209	Diving board and shallow wading pool. Offers swim lessons, swim team and Guard Start programs. Located next to Filson playground.	\$10.00 annual membership fee. www.cincyrec.org
Hartwell	8275 Vine St 513-821-2153	Diving board and shallow wading pool. Offers swim lessons, swim team and Guard Start programs.	\$10.00 annual membership fee. www.cincyrec.org
Lincoln	West End 1027 Linn St 513-621-6783	Diving board, diving well, and wading pool.	\$10.00 annual membership fee. www.cincyrec.org
Krueck	Clifton 270 W. McMillian St 513-861-2333	Main aquatic staff training facility. Offers a wide variety of programs. Available for rentals to individuals and groups. Attached to Hughes High School in Clifton.	\$10.00 annual membership fee. www.cincyrec.org
Madisonville	Madisonville 5312 Stewart Ave 513-271-3301	Diving board and shallow pool. Offers swim lessons, swim team and Guard Start programs.	\$10.00 annual membership fee. www.cincyrec.org

POOLS/SPRAYGROUNDS

NAME	LOCATION	DESCRIPTION	NOTES/FEEES
McKie	Northside 1655 Chase Ave 513-681-7669	Diving board and shallow wading pool. Offers swim lesson, swim team, and Guard Start programs.	\$10.00 annual membership fee. www.cincyrec.org
Millvale	3303 Beekman St 513-541-1707	Diving board and shallow wading pool. Offers swim lessons, swim team and Guard Start program.	\$10.00 annual membership fee. www.cincyrec.org
Mt. Auburn (Indoor Pool)	Mt. Auburn 270 Southern Ave 513-381-6780	Warm water pool, avg. temp. 89 degrees F. and handicap accessible. Offers trained staff for a variety of group and individual instruction.	\$10.00 annual membership fee. www.cincyrec.org
Mt. Washington	EAST - Mt. Washington 1715 Beacon St 513-232-5621	Diving board and wading pool. Offers swim lesson, swim team and Guard Start programs.	\$10.00 annual membership fee. www.cincyrec.org
North Fairmount	1702 Denham St 513-921-5666	Diving board and shallow wading pool. Offers swim lessons, swim team and Guard Start programs.	\$10.00 annual membership fee. www.cincyrec.org
Oakley	EAST - Oakley 3900 Paxton Ave 513-631-4264	Diving board and shallow wading pool. Offers swim lessons, swim team and Guard Start programs.	\$10.00 annual membership fee. www.cincyrec.org
Over-the-Rhine (Indoor Pool)	Over-the-Rhine 1715 Republic St 513-381-8666	Indoor year round pool located across from Findlay Market.	\$10.00 annual membership fee. www.cincyrec.org
Pleasant Ridge	5915 Ridge Ave 513-531-1707	Diving board and shallow wading pool. Offers swim lessons, swim team and Guard Start programs.	\$10.00 annual membership fee. www.cincyrec.org
Ryan	WEST - Westwood 3324 Meyer Place 513-661-3128	Diving board and shallow wading pool. Offers swim lessons, swim team and Guard Start programs.	\$10.00 annual membership fee. www.cincyrec.org
Washington Park	CENTRAL 1315 Race St 513-721-5150	Diving board and shallow wading pool. Offers swim lessons, swim team and Guard Start programs.	\$10.00 annual membership fee. www.cincyrec.org
Winton Hills	Winton Hills 5170 Winneste Ave 513-641-3688	Diving well with diving boards, and a shallow wading pool. Offers swim lessons, swim team and Guard Start programs.	\$10.00 annual membership fee. www.cincyrec.org

POOLS/SPRAYGROUNDS

NAME	LOCATION	DESCRIPTION	NOTES/FEES
CINCINNATI RECREATION CENTER - SHALLOW WATER POOLS			
Caldwell	Carthage 316 W. North Bend Rd 821-4473	Wading pool. Offers swim lesson program. Located next to Caldwell Park playground.	\$10.00 annual membership fee. www.cincyrec.org
College Hill	College Hill 5660 Belmont Ave 513-541-4504	Wading pool. Offers swim lesson program. Located next to College Hill playground.	\$10.00 annual membership fee. www.cincyrec.org
Fairview	CENTRAL - Fairview 2219 Ravine St 421-4576	Wading pool. Offers swim lesson program.	\$10.00 annual membership fee. www.cincyrec.org
Hoffman	3059 Woodburn Ave 513-281-3360	Wading pool and swim lessons are offered.	\$10.00 annual membership fee. www.cincyrec.org
Inwood	2322 Vine St 513-241-5412	Offers wading pool and swim lessons.	\$10.00 annual membership fee. www.cincyrec.org
LeBlond	EAST 2335 Eastern Ave 513-281-3717	Wading pool and swim lessons are offered.	\$10.00 annual membership fee. www.cincyrec.org
Mt. Adams	Mt. Adams 966 Mt. Adams Circle 513-421-5073	Wading pool and swim lessons are offered.	\$10.00 annual membership fee. www.cincyrec.org
Oskamp	WEST - Westwood 5652 Glenway Ave 513-922-1843	Wading pool.	\$10.00 annual membership fee. www.cincyrec.org
Otto Armleder Memorial Regional Aquatic Center at Dunham	WEST - Price Hill 4356 Dunham Lane 513-357-7665	Water features and slide, zero depth entrance, picnic area.	\$50 individual annual fee \$120 family annual fee www.cincyrec.org
Otto Armleder Memorial Regional Aquatic Center at Hanna	226 Stark St 513-721-7521	Water slide and zero depth entrance. Offers a swim lesson program.	\$10.00 annual membership fee. www.cincyrec.org
Otto Armleder Memorial Regional Aquatic Center at Hirsch	Avondale 3630 Reading Rd 513-357-7665	Offers water spray features, water slides, wading pool and zero depth entrance.	\$10.00 annual membership fee. www.cincyrec.org
Winton Place	Spring Grove Village 634 Hand Ave • 513-542-2768	Zero depth entrance and swim lesson program.	\$10.00 annual membership fee. www.cincyrec.org
Ziegler	CENTRAL - Over-the-Rhine 1311 Sycamore Ave • 513-621-3650	Shallow wading fountain. Offers swim lesson, swim team and Guard Start programs.	\$10.00 annual membership fee. www.cincyrec.org

POOLS/SPRAYGROUNDS

NAME	LOCATION	DESCRIPTION	NOTES/FEEES
CINCINNATI RECREATION COMMISSION - SPRAYGROUNDS			
Dyer Sprayground	WEST - West End 2110 Freeman Ave 513-241-1192	Sprayground.	FREE www.cincyrec.org
Otto Armleder at Sawyer point Fountain	CENTRAL - Downtown 601 E. Mehring Way	Sprayfountain.	FREE www.cincyrec.org
Oyler Sprayground	WEST - Price Hill 2125 Staebler St 513-357-7665	Sprayground.	FREE www.cincyrec.org
South Fairmont	WEST - South Fairmont 1685 Queen City Ave 513-357-7665	Sprayground.	FREE www.cincyrec.org
OTHER POOLS IN HAMILTON COUNTY			
Burwood Pool (Norwood Recreation Commission Pool)	Norwood End of Burwood Ave or go to park entrance at Forest and Morton Ave 513-531-9798	Shallow water pool and wading pool.	Call for pricing. www.norco.org
Coney Island Sunlite Pool	EAST 6201 Kellogg Ave 513-231-7801	World's largest recirculating pool with diving boards, lap lanes and multiple water features. Child's pool available. Swim lessons available.	Call for pricing. Discounted rates after 4:00pm. Season passes available. www.coneyislandpark.com
Family Aquatics Center Pools (Sharonville Parks and Recreation)	Sharonville 1990 Thornview Dr 513-563-2895	Shallow water family pool has zero depth entry and water features. The heated competitive pool has diving boards, 8 swim lanes and in-deck lift system for easy entry.	Call for membership fees.
Gorman Pool (Sharonville Parks and Recreation)	Sharonville 1663 Circlefield Dr 513-671-2575	Wheelchair ramp.	Call for membership fees.
Green Hills Village Pool	11000 Winton Rd 513-825-0288	Deep water pool with diving boards and water slides. Baby pool available.	Season passes available for residents and non-residents. Daily use fees vary by age. Call for details. www.greenhillsohio.org
J.B. Wirth Pool (Norwood Recreation Commission Pool)	Norwood 2605 Harris Ave 513-531-9798	Deep water pool with slide and diving board. Wading pool.	Call for pricing. www.norco.org

POOLS/SPRAYGROUNDS

NAME	LOCATION	DESCRIPTION	NOTES/FEES
Montgomery City Pool	8075 Hopewell Rd 513-985-1640	Deep water pool with diving board, water features, lap lane, and zero depth entry. Wading pool available. Swim lessons available.	Call 891-2424 for membership fees for residents and non-residents. Daily use passes available for city residents.
Springdale Parks and Recreation Pool	Springdale 11999 Lawnview Ave 513-346-3910	Deep water pool with water slides, lap lanes, and diving boards. Wading pool available. Swim lessons available.	Call for membership fees. www.springdale.org
St. Bernard Aquatic Center	4700 Vine St 513-242-7775	Deep water and baby pool. Swim team available.	Call for membership fees. Daily use fees also available.
Victory Pool (Norwood Recreation Commission Pool)	Norwood Victory Park on Montgomery Rd at Mills Ave • 513-531-9798	Shallow water pool (5ft max. depth).	Call for pricing. www.norco.org
Wyoming Family Aquatics Center	Wyoming 9940 Springfield Pike 513-821-5200	Deep water, heated competitive sized pool with play and spray area, vortex swirl pool, diving board, and slides.	Resident/non-resident membership fee schedule. Daily use passes for residents or guests of residents. www.wyoming.oh.us

PAR-Q & YOU

(A Questionnaire for People Aged 15 to 69)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check YES or NO.

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	1. Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activity recommended by a doctor?
<input type="checkbox"/>	<input type="checkbox"/>	2. Do you feel pain in your chest when you do physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	3. In the past month, have you had chest pain when you were not doing physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	4. Do you lose your balance because of dizziness or do you ever lose consciousness?
<input type="checkbox"/>	<input type="checkbox"/>	5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
<input type="checkbox"/>	<input type="checkbox"/>	7. Do you know of <u>any other reason</u> why you should not do physical activity?

If
you
answered

YES to one or more questions

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want — as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

NO to all questions

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:

- start becoming much more physically active — begin slowly and build up gradually. This is the safest and easiest way to go.
- take part in a fitness appraisal — this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

DELAY BECOMING MUCH MORE ACTIVE:

- if you are not feeling well because of a temporary illness such as a cold or a fever — wait until you feel better; or
- if you are or may be pregnant — talk to your doctor before you start becoming more active.

PLEASE NOTE: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

Informed Use of the PAR-Q: The Canadian Society for Exercise Physiology, Health Canada, and their agents assume no liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult your doctor prior to physical activity.

No changes permitted. You are encouraged to photocopy the PAR-Q but only if you use the entire form.

NOTE: If the PAR-Q is being given to a person before he or she participates in a physical activity program or a fitness appraisal, this section may be used for legal or administrative purposes.

"I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction."

NAME _____

SIGNATURE _____

SIGNATURE OF PARENT
or GUARDIAN (for participants under the age of majority) _____

DATE _____

WITNESS _____

Note: This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.





We know **health** matters



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