



AMMON Recreation Center



2217 Bedford Avenue
(Hill District)
Pittsburgh, PA 15219
412-255-2501

CURRENT PROGRAM OFFERINGS

- ⇒ **Basketball Training Ages 10+ (FREE)**
Mondays-Fridays—3 to 5:30 PM
September 9, 2024—Ongoing: Work on multiple facets of the game that focuses on development of shooting, ball handling & IQ.
 - ⇒ **Ammon Pre-K Hour Ages 5 & Under FREE**
Mondays, Wednesdays & Fridays—9:30 to 10:30 AM
September 4, 2024—Ongoing: For children and their parent/guardian. A fun, educational pre-school activities program, keeping these little ones active and hoping with socialization and academic skills. Followed by crafts & story time.. Parent/Guardian must accompany child.
 - ⇒ **Friday Night Lights Ages 14+ co-ed (FREE)**
Fridays—7 to 8:45 PM
September 13, 2024—Ongoing: Boys & Girls Open Gym Hoops! Play 2 games every Friday with your friends! (10 minute running clock halves)
 - ⇒ **Adult Fitness Ages 18+ (FREE)**
Mondays-Fridays—3 to 6 PM
September 16, 2024—Ongoing: Weight training and calisthenics for Men & Women. Geared toward those 40+ all are welcome to get fit & stay in shape. Requires \$5/month Fitness Membership
 - ⇒ **OZANAM After School Program**
Mondays-Fridays—3 to 6 PM
Please Contact Ozanam for detailed info.
 - ⇒ **OZANAM Basketball Skills & Development**
Mondays & Wednesdays—5:15-7:45 PM
Please Contact Ozanam for detailed info.
- OZANAM CONTACT Info:
Boys call (412) 389-4305
Girls call (412) 389-4566
Email: ozanamprogam@gmail.com

HOURS OF OPERATION

Monday-Friday: 9 AM to 9 PM
Saturday: 11 AM to 3 PM

AFTER-SCHOOL FOOD SERVICE PROGRAM

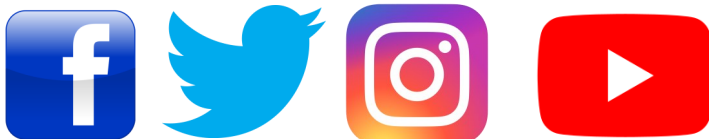
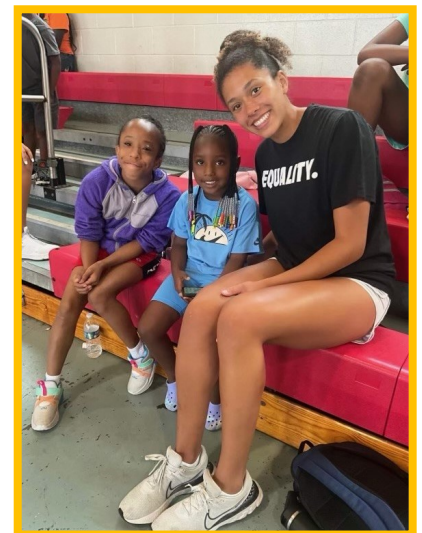
Snack: 3-4 PM

Dinner: 5-6:30 PM

Free, first come, first served. 18 & under or 21 & under for special needs.

Home to

OZANAM BASKETBALL!



CITIPARKS
RECREATION



AMMON Recreation Center



⇒ FITNESS/WEIGHT ROOM

- ⇒ Mondays—Fridays: 9 AM—9 PM
- ⇒ Saturdays: 11 AM—3 PM
- * Fitness Room is open to those 18 & older, 14+ & accompanied by parent/guardian.
- * Fitness Memberships are \$5/month

FACILITY/PARK OFFERINGS

- ⇒ Weight Room—requires Fitness Membership (\$5/month)
- ⇒ Full Court Gymnasium
- ⇒ Ammon Swimming Pool (Outdoor/Seasonal)
- ⇒ Playground
- ⇒ Basketball Courts



Proud of our Ammon Alumni



AYANNA TOWNSEND
WOMEN'S BASKETBALL
SCHOLAR ATHLETE
OF THE YEAR
BIG EAST

Ammon Rec Center and Ozanam Alum!

Congratulations to Ayanna Townsend and Michaela Porter!

Both of these young ladies are Ammon Rec Center and Ozanam Alumni, achieving greatness on and off the court!

CitiParks is proud to recognize both Ayanna and Michaela, and we wish them continued success in all that life has to offer!



MICHAELA PORTER

Ammon Rec Center and Ozanam Alum!

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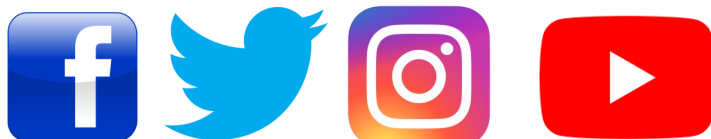
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CITIPARKS
RECREATION

BODY CON BOOT CAMP

at Ammon Rec Center

Kick Start Your Fitness Journey
With This 12 Week Program

TUESDAYS & THURSDAYS @ 6 PM

Begins September 19th

FREE

Improve Functional Movement
through a combination of
Calisthenics, Plyometrics,
Balance & Stability.

Learn Proper Form, Modifications
& Progressions.

2217 Bedford Avenue PGH, PA 15219

