

# Rec News Blast



7370 Groveport Rd. • Groveport, OH 43125  
614-836-1000 / www.groveportrec.com

July 2014

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**Deb Scholl-Saulnier**

Senior Citizens Coordinator

**Mark DiGiando**

Parks Superintendent

**Bob Dowler**

Senior Transportation Coordinator

**Jeff Fields**

Building Maintenance Technician

## Friday, July 4 (Independence Day)

You, your family & friends are invited to attend and participate in the City of Groveport's July 4th festivities. Please keep in mind of the following:

- Groveport Recreation Center Closed
- Groveport Aquatic Center opens at 1:00 p.m. (weather permitting)

**9:00 AM Kid/Pet Parade Registration @ Groveport Elementary School**

**9:30 AM Kid/Pet Parade @ Main Street**

**11:00 AM Parade @ Main Street**

**1:00 PM Kids Activities @ Wirt Road**

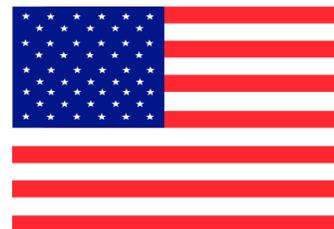
**2:00 PM Kiddie Tractor Pull Registration @ Wirt Road**

**3:00 PM Kiddie Tractor Pull @ Wirt Road**

**5:00 PM Tom Baumann & the Cruisers @ Crooked Alley Kid Space**

**7:30 PM Ray Fuller Band @ Crooked Alley Kid Space**

**Dusk Fireworks**



## THANK YOU TO OUR GENEROUS SPONSORS

Advance Auto Parts  
Berwick Glass & Mirror Inc.  
Electric Power & Design  
Groveport Dairy Queen  
Groveport-Madison Board of Education  
Imagine Groveport Community School  
Kendra's Kiddie Kare  
Local Waste Services  
Norm's Market  
Paper Barn  
Petermann Transportation  
TurnPoint Church

## V.I.P. Night

Date: Friday, July 18  
Time: 8:15 PM - 11:00 PM

Free private event for our Groveport Aquatic Center Season Pass Holders. Enjoy contests, prizes & giveaways. Register by July 12.

## Fins and Feet Biathlon

Date: Sat., July 19  
Registration: accepted thru July 11  
Fee: \$15 (includes t-shirt)



Push yourself and have some fun at the same time. This event is for kids & adults. Race participants will swim outdoors at the Groveport Aquatic Center then run in Groveport Park. Age determined as of 6/1/14. Awards to 1st, 2nd & 3rd place finishers in each age group. Start training now.

7 - 10 Year Olds	9 AM	75 meter swim & 1 mile run
11 - 14 Year Olds	9 AM	150 meter swim & 1 mile run
15 & Over	10 AM	250 meter swim & 2 mile run

ALL SHAPES, SIZES  
AND ABILITIES  
WELCOME



# GENERAL NEWS

## On-Line Program Registration Coming Soon

Dear Friends of Groveport Parks & Recreation Dept.,

Our staff is working with Vermont Systems to bring you Online Program Registration. We hope to run our first program in the near future. This program will be **Youth Fall Soccer**. Registration for this program begins June 29. If you would like to register your child for this program, we encourage you to try the online registration method. You do not have to register online, but the option will be available.

What does this ultimately mean for you? This means that you will eventually be able to register for most of our programs from the comfort of your own home or office, provided that you have a valid credit card (Visa or Mastercard). Annual and seasonal passes will still have to be purchased in-person at the Groveport Recreation Center.

If you are a City of Groveport resident and have NOT participated in any type of programs or have not purchased a membership/pass within the last 6 months, you will need to come into our office so we can verify your residency status. Please bring the following documents with you:

- Valid Ohio Driver License or State Issued I.D.
- Groveport Water Bill or some other utility bill

Once we verify your residency status, you will be able to register online for programs at the Groveport resident rate.

In order for you to register online, your email address must match the email address that we have in our database. Please stop by the Groveport Recreation Center and check to make sure that we have your correct email address in our system.

Additional information regarding the Online Program Registration process will be communicated to you (our friends) as we acquire more information from Vermont Systems. We appreciate your patience during this transition.

Thank you,

*Groveport Parks & Recreation Dept. Staff*

## July Climbing Wall Hours

Tuesdays & Thursdays 6 - 8 PM  
Saturdays 12 PM - 3 PM

Use of the climbing wall is included with a Day or Annual Pass. Participants must sign a waiver to climb the wall. Participants under the age of 18 must have the waiver signed by their parent prior to use.

## Skin Cancer Prevention Guidelines

Since its inception in 1979, The Skin Cancer Foundation has always recommended using a sunscreen with an SPF 15 or higher as one important part of a complete sun protection regimen. Sunscreen alone is not enough, however.

**SEEK THE SHADE**, especially between 10 am & 4 pm.

**DO NOT BURN.**

**AVOID TANNING AND UV TANNING BOOTHS.**

**COVER UP** with clothing including a broad-rimmed hat and UV blocking sunglasses.

**USE A BROAD SPECTRUM (UVA/UVB) SUNSCREEN** with an SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant, broad spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher.

**APPLY 1 OZ.** (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every 2 hours or immediately after swimming or excessive sweating.

**KEEP NEWBORNS OUT OF THE SUN.** Sunscreens should be used on babies over the age of 6 months

**EXAMINE YOUR SKIN** head-to-toe every month.

**SEE YOUR PHYSICIAN EVERY YEAR** for a professional skin exam.

[www.skincancer.org](http://www.skincancer.org)

## 10 Tips for Safe Summer BBQs (Stay safe this July 4th)

1). Keep your grill at least 10 feet away from your house at all times. 2). Clean your grill regularly. 3). Check for gas leaks. 4). Keep decorations away from your grill. 5). Keep a spray bottle of water handy. 6). Keep a fire extinguisher within a couple of steps of your grill. 7). Don't turn on the gas while your grill lid is closed. 8). Don't leave a grill unattended. 9). Don't overload your grill with food. 10). Don't use a grill indoors.

- Underwriters Laboratories



# GENERAL NEWS

## Birthday Parties

If you are a parent with an active child, you need to read further. For **\$10.50** per person your child and his/her friends can celebrate a birthday at the Groveport Recreation Center or Groveport Aquatic Center. \$210 covers: • 20 Day Passes to the GRC • 90 minute room reservation • 3 Large Single Item Pizzas • 1 Dairy Queen Ice Cream Cake • 4 Two Liters of Pop • Disposable plates, cups, napkins & utensils • T-shirt for the birthday boy or girl • 4 GRC or GAC Day Passes to be used at a later date. All you need are a few decorations, some invitations and maybe some ear plugs (optional). Minimum party size is 20 (at \$10.50/each). Additional party guests are only \$5/person.

To book your child's party, call Braydon Jordan (Front Desk Coord.) at 614-836-1000 ext. 1508 or stop by the front desk anytime.



## Don't forget that Summer Hours for the GRC began May 27

Mon. - Thurs.	5:30 am - 8:30 pm
Fri.	5:30 am - 8:00 pm
Sat.	8:00 am - 7:00 pm
Sun.	8:00 am - 5:00 pm



## Soccer Officials Needed

Do you enjoy the sport of soccer? Interested in making some extra cash? We are in need of soccer officials to work our Fall Youth Soccer Leagues. No experience is necessary. Persons must be at least 14 years of age. Interested persons should call Vance Casebolt at 614-836-1000 ext. 1505.



## Free Blood Pressure Screenings

Compliments of the Madison Township Fire Dept., free blood pressure screenings will be offered in the lobby of the Groveport Recreation Center on the following dates. \*Due to emergency runs, there may be times when the Madison Twp. Fire Dept. staff may not be available.

Date:	Time:
Thurs., July 3	9 AM - 12 PM
Thurs., July 17	9 AM - 12 PM



## Community Affairs Director Retires

For the last 17 years, Linda Haley has served as the City of Groveport's Community Affairs Director. As the Community Affairs Director, Linda was responsible for managing facility reservations and maintenance at Groveport Town Hall, developing cultural arts programs, supervising full & part-time staff, designing special community outreach projects/activities and more. Linda announced her retirement on May 1. Her last day in the office will be June 26. Linda's work as Community Affairs Director has brought thousands of hours of entertainment, art, education & fun to the residents of Groveport & others who have used the programs offered by her department. All of us at the City of Groveport wish Linda only the best.



## Meet the City's New Community Affairs Director

Patty Storts began her duties as Community Affairs Director on June 16. Patty has worked for the City since April of 1993. She was hired in as a Clerk/Typist for the Parks & Recreation Dept., Public Works Dept. & Police Dept. In 1999 Patty was promoted to Administrative Assistant and then to Executive Assistant in 2004. Over the years, Patty has assisted with almost every city department in one way or another. She has also been involved with the Fourth of July Committee, Apple Butter Day Festival, Cemetery Committee, Street & Tree Beautification Committee, as well as the Community Improvement Corporation. According to Administrator Hall, "Patty has shown excellent customer skills in her role as Executive Assistant and has been instrumental in the success of the last several Fourth of July Celebrations and Apple Butter Day Festivals. She will be excellent in her new role as Community Affairs Director."



"Over the years, I have seen many positive changes in the City and look forward to my new role and challenges as the Community Affairs Director." - Patty Storts.

Patty's office is located at the Groveport Town Hall (648 Main Street, Groveport, OH 43125). She can be reached at either 614-836-3333 or pstorts@groveport.org.

# JULY GROUP FITNESS SCHEDULE

<u>DAY</u>	<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
Monday	9:15 a.m.	Trim Tummies	Sara Denune
	10:00 a.m.	Water Aerobics	Kathy Frank
	10:00 a.m.	Boot Camp	Joe Newland
	10:00 a.m.	SilverSneakers Classic	Sara Denune
	11:15 a.m.	Arthritis Aquatics Program	Kathy Frank
	5:00 p.m.	Arthritis Land Based Program	Kathy Frank
	5:00 p.m.	* Tae Kwon Ki Do/Karate Ki Do	Rich Evans
	6:00 p.m.	Water Aerobics	Sara Denune
Tuesday	6:15 p.m.	Zumba	Kathy Frank
	8:30 a.m.	Water Aerobics	Sara Denune
	5:30 p.m.	Pilate's	Ann Neu
Wednesday	6:45 p.m.	Zumba	Ann Neu
	9:00 a.m.	Zumba Gold (Senior Center)	Tamika Dean
Thursday	9:15 a.m.	**Silver Sneakers Yoga	Sara Denune
	10:00 a.m.	Water Aerobics	Kathy Frank
	10:15 a.m.	SilverSneakers Yoga	Sara Denune
	11:15 a.m.	Arthritis Aquatics Program	Kathy Frank
	6:00 p.m.	S.W.A.T. Cycling	Sara Denune
	6:15 p.m.	Aqua Zumba	Kathy Frank
	7:15 p.m.	Power Yoga	Michele Blanton
Friday	9:15 a.m.	Stretch to Fitness	Kathy Frank
	9:15 a.m.	H2O Kickboxing/Step	Sara Denune
	10:30 a.m.	SilverSneakers Classic	Kathy Frank
	5:00 p.m.	Arthritis Land Based Program	Kathy Frank
Saturday	6:15 p.m.	Zumba / Strength & Tone	Kathy Frank
	8:30 a.m.	Water Aerobics	Sara Denune
Sunday	5:00 p.m.	* Tae Kwon Do/Karate Ki Do	Rich Evans
	10:00 a.m.	Boot Camp	Joe Newland
Sunday	11:00 a.m.	Restorative Yoga	Bonnie Finneran
	12:15 p.m.	Power Yoga	Bonnie Finneran

\* Pre-registration REQUIRED.

\*\* Class takes place in Groveport Senior Center

## Master's Swimming

Are you at least 19 years of age? Enjoy swimming as part of your workout? If so, give Kelly Carter (Aquatics Coord.) a call at 614-836-1000 ext. 1512 or send her an email at [kcarter@groveport.org](mailto:kcarter@groveport.org). She would be happy to give you more information regarding our Masters Swim Team. Next quarter runs July 1 - Sept. 30. Available swim times are Mon., Wed. & Fri. (6 AM - 7 AM).

## Farewell to Casey O'Lynn

Casey O'Lynn is headed to Florida to pursue his passion of teaching and coaching at the collegiate level. Although we are all sad to see Casey leave the Groveport Rec. Center, we want to congratulate and wish him and his family the best of luck on their new journey. Casey has been a well like, respected and knowledgeable personal trainer, group fitness instructor and coach for the Groveport Recreation Center for a number of years. He will be greatly missed by staff & patrons.

## Hello to Jordan James

Jordan James has been working under Casey O'Lynn for sometime and will be taking over Casey's clients. Jordan became a Personal Trainer through the World Instructor Training Schools in March of 2013. However, he has been involved in athletics most of his life, having played football, track & wrestling. He also holds a black belt in Tae Kwon Do, competed nationally and has instructed. Prior to personal training, Jordan used his Master's degree in Public Administration to spend roughly 10 years as a finance analyst in numerous settings. Jordan's specialties include general fitness, weight management & fat loss, muscle strength/gain, martial arts, athletic performance & youth fitness. For questions, contact Jordan directly at 614-783-9187.

For more info. about Group Fitness Classes, pick up The Fitness Guide or contact Stephania Bernard, *Sports/Fitness Manager* at 614-836-1000 ext. 1513 or [sbernard@groveport.org](mailto:sbernard@groveport.org)



# FITNESS

Important Fact... you do not have to be a Pass Holder (Member) to register or participate in our fitness classes. Annual Pass Holders pay the resident rate for our classes.

## Fitness Freedom Pass

This pass allows you take participating fitness classes at a reduced rate. Simply purchase the package that best suits you and start enjoying. Pick up a Fitness Guide to see all participating classes.

5 Classes	\$20 Resident/Pass Holder	\$25 NR
10 Classes	\$40 Resident/Pass Holder	\$50 NR
20 Classes	\$80 Resident/Pass Holder	\$100 NR

## Zumba Freedom Pass

This pass is similar to the Fitness Freedom Pass. The pass allows to take all Zumba classes at a reduced rate.

5 Classes	\$25 Resident/Pass Holder	\$30 NR
10 Classes	\$50 Resident/Pass Holder	\$60 NR
20 Classes	\$100 Resident/Pass Holder	\$120 NR

## H2O Kickboxing/Step

Want a Kickboxing Class AND a Step Class without the joint impact? Want great results? This class is for you! This class is for all levels and ages.

Days:	Thursdays (July 3 - July 31)
Times:	9:15 AM - 10:00 AM
Fee:	Drop-In: \$5 Residents/Pass Holders \$6 Non-Residents
Ages:	13 Years of Age & Older
Registration:	Drop-in anytime
Instructor:	Sara Denune

## Stretch to Fitness

This one hour will begin with muscle strengthening using weights, mats & incorporation of small muscle balls. This will be followed by different stretching techniques while on the floor, sitting & standing.

Days:	Thurs., (May 1 - June 26)
Times:	9:15 AM - 10:00 AM
Fee:	Drop-In: \$5 Res. \$6 Non. Res.
Ages:	13 Years of Age & Older
Registration:	Drop-in anytime
Instructor:	Kathy Frank



NOTE: Kathy Frank is a Certified Group Fitness Instructor through The American Council of Exercise (ACE) as well as a the National Arthritis Foundation.

## Exercise Tips from Kathy Frank

Finally, our long awaited summer is here. Ready for cookouts, picnics & fun. Even though it is hot outside, you want to make sure to keep a regular fitness routine.

When the humidity goes up, your exercise can be altered. You want to avoid heat exhaustion & dehydration. Change up your exercise routine, still enjoy your cardio program, but bring your level of intensity down a notch if the humidity is sky rocketing. Try a new type of exercise. Stretching is extremely beneficial for your muscles, joints, body & mind.

Did you know that you should stretch 7 days a week? Adding a stretch routine to your daily schedule makes you more flexible, & improves your balance/posture. Most importantly, drink plenty of water before, during & after exercising. Be safe & have a great summer. See you in class!

Kathy Frank is a Certified Group Fitness Instructor at the Groveport Recreation Center.

## Fins & Feet Biathlon



Date:	Sat., July 19
Fee:	\$15, includes t-shirt
Register:	thru July 11

Push yourself and have some fun at the same time. This event is for kids & adults. Race participants will swim outdoors at the Groveport Aquatic Center then run in Groveport Park. Age determined as of 6/1/14. Awards to 1st, 2nd & 3rd place finishers in each age group.

7 - 10 Year Olds	75 meter swim & 1 mile run	9 AM
11 - 14 Year Olds	150 meter swim & 1 mile run	9 AM
15 & Over	250 meter swim & 2 mile run	10 AM

*Why not try something new?*

# FITNESS

## Tae Kwon Ki Do/Karate Ki Do - Beginner

The Beginner's classes are for all newcomers to the martial arts. Students learn the basic movements and philosophy necessary to build a strong foundation and understanding of what they are learning and why. All students in the class are White Belts, preparing for their 1st Yellow Belt.

- Ages:** 6 and over
- Days/Time:** Mondays & Fridays / 5:00 - 5:45 PM  
July 7 - July 28
- Fee:** \$24 Residents / \$44 Non-Residents  
Pre-registration is required
- Instructor:** Richard and Kazuko Evans

## Tae Kwon Ki Do/Karate Ki Do - Advanced

All advanced classes are for those who have tested, advancing themselves above the rank of White Belt. Students in this class will learn techniques and philosophy above and beyond those at the Beginner level. Students in this class are Yellow Belts, up to the rank of 2nd Blue Belt (1 test away from achieving Brown Belt).

- Ages:** 6 and over
- Days/Time:** Mondays & Fridays / 5:00 - 6:45 PM  
July 7 - July 28
- Fee:** \$34 Residents  
\$54 Non-Residents  
Pre-registration is required
- Instructor:** Richard and Kazuko Evans

**Tae Kwon Ki Do/Karate Ki Do classes  
are for youth and adults.**



**You are never too old  
to play a sport. Stay active!**

# ADULT ATHLETICS

## Fall Pickleball League

Pickleball is a fun game that is played on a badminton court with the net lowered to 34 inches at the center. It is played with a plastic Wiffle Ball and wood or composite paddles. It is easy for beginners to learn, and can develop into a quick, fast-paced, competitive game for experienced players. Participants are guaranteed 2 games per night. Games are self scored. League is 8 weeks long. Games will be played as doubles. Partners will be assigned and will change weekly.

NEVER PLAYED BEFORE? Join us for open play on Thursday, Aug. 28. This is a great opportunity to try out the game, learn the rules, ask questions and meet your partners & opponents.

- Ages:** Men & Women 18 Years of Age & Over
- Days/Time:** Thursdays, beginning Aug. 28  
AM League = 10 AM - 1 PM  
PM League = 6 PM - 9 PM
- Fee:** \$40/player
- Registration:** July 14 - Aug. 28

## Adult Fall Softball Leagues

All teams will play 10 games (5 doubleheaders). One pitch per batter game. A.S.A rules. All players must be 18 years of age.

- Leagues:** Monday... Men's Open  
Tuesday... Men's Open  
Wednesday... Co-Rec  
Thursday... Co-Rec
- Play:** Tentatively begins the week of Aug. 18
- Team Fee:** \$275
- Registration:** Returning Teams - begins June 16  
New Teams - begins July 14  
Aug. 8 is final day to register.

## Adult Fall Volleyball Leagues

All players must be 18 years of age. All teams will play 10 matches then all teams will then compete in a season ending single elimination tournament.

- Leagues:** Wednesday... Co-Ed Competitive  
Sunday... Co-Ed Recreational
- Play:** Tentatively begins the week of Sept. 24
- Team Fee:** \$250
- Registration:** July 21 - Sept. 16

## Don't have a team? Want to play?

Call Stephania Bernard (Sports/Fitness Manager) at 614-836- 6100 ext. 1513. She will then put you on a Free Agent List.

# YOUTH ATHLETICS



Questions regarding the Jump Starts Sports Programs should be directed to Aaron Bally, Area Manager at 440-371-6585 or abally@jumpstartsports.com. \*denotes a \$10 late fee will be assessed if registering after deadline, provided space is still available.

## Summer Sports Camp

Kids in grades K-6 have a blast with the team from Jump Start Sports participating in weekly sports themes including: Baseball/Softball, Soccer, Football/Cheerleading, Lacrosse, Volleyball, Olympics-Track & Field, Basketball and the Olympic Team Sports. Participants will play themed activities in the morning, have lunch, and then swim and/or play traditional camp games and additional activities in the afternoon. Participants need to bring a packed lunch, snack, tennis shoes, bathing suit, towels, and a change of clothes.

<u>Week</u>	<u>Dates</u>	<u>Sports</u>	<u>Register By</u>
1	June 9 - 13	Baseball/Softball (bring glove)	June 2
2	June 16 - 20	Soccer (bring shin guards)	June 9
3	June 23 - 27	Football/Cheerleading	June 16
4	July 7 - 11	Track & Field	June 30
5	July 14 - 18	Lacrosse/Volleyball	July 7
6	July 21 - 25	Basketball	July 14
7	July 28 - 31 (4 days)	Olympic Team Sports	July 21

**Time:** 9:00 AM - 3:00 PM, extended care available for extra fee.

**Cost:** \$100/week for 6+ weeks  
Register by May 30 to receive \$100/week rate

### Extended Camp Care:

\* Additional Fees are paid directly to Jump Start Sports via check on first day of camp.

**Time:** 7:30 AM - 9:00 AM (Early Care)  
3:00 PM - 5:30 PM (Late Care)

**Fee:** \$10/day (includes Early & Late Care) OR  
\$30/week (includes Early & Late Care)

**Note:** Children picked up after the late pick up time will be charged a late fee of \$1/minute for each minute, not to exceed \$15.



## 3-ON-3 Basketball Tournament

Register as an individual or as a team for our new 3-ON-3 Basketball Tourney. No team may have more than 5 players. Boys & girls divisions offered. Divisions may be combined if necessary. Games will be played inside the Groveport Recreation Center. Separate divisions for boys and girls.



**Ages:** 5th - 6th Grade  
7th - 8th Grade  
9th - 12th Grade

**Date:** Saturday, July 26

**Cost:** \$35/person (\$140/team)

**Registration:** accepted thru July 21

## Scholarships Available



Marty DuBoe Muncy Memorial Scholarships may be used towards athletic programs through the Groveport Parks & Recreation Dept., such as Youth Soccer & Swim Lessons. For more information about the scholarship program to see if you are eligible, please contact Groveport Madison Adopt-A-Family at 614-836-7939.

## British Soccer Camp 2014

Registration is underway for this year's soccer camp. Participants will learn agility, balance, coordination, ways to move and fake opponents, dribbling, passing, receiving, shooting, heading, tackling & defending. Soccer skills are taught within the framework of character development based on respect, responsibility, integrity, leadership & sportsmanship.

**Ages:** Boys & Girls, 3 - 18 Years

**Dates:** July 14 - 18

**Location:** Groveport Park

**Time/Cost:** Varies per each age group

**More Info.:** 513-407-6739 or  
gleckie@challengersports.com

**Register:** challengersports.com



# YOUTH ATHLETICS



**More classes  
coming in Sept.**

Groveport Parks and Rec. Dept. offers high quality Tennis instruction by Chris Brown-Borden, certified USPTA Teaching Professional. Program is for ages 3.5 years and up. Clinics are available for beginners through advanced players. Quick Start Instruction will be used with Juniors and all lessons will take place at Degenhart Park. Youth racquets are available to borrow. Please contact Chris Brown-Borden with questions at (740) 756-7977 or groveporttennis@hotmail.com.

Look for information in our August Newsletter for programs beginning in September.

## Soccer Officials Needed

Hey you! Yeah you! Mom, dad, aunt, uncle... we need you to step up. I'm talking about the ones that are NOT coaching. Sure, it's easy to criticize soccer officials from the sidelines. Why not put your enthusiasm for the game into something positive? That's right, we're talking to you. We need soccer officials to work our Fall Youth Soccer League. Yes you will get paid. Free training is available. Please call Vance Casebolt (Recreation Coord.) at 614-836-1000 ext. 1505.



## QUOTE OF THE MONTH

**“A bear, however hard  
he tries, grows tubby  
without exercise”.**

**- A.A. Milne  
Winnie-the-Pooh**

## Fall Soccer Leagues

Registration begins June 29 for our Fall Youth Soccer Leagues. Volunteer Coaches are needed. Age determined as of 8/1/14. For more info., stop by the Groveport Recreation Center or visit our website ([www.groveportrec.com](http://www.groveportrec.com)) beginning June 29.

Divisions: 4.5 yr. - 6 yr.  
8 & Under  
10 & Under  
12 & Under  
14 & Under

Season: Games will played in Sept. & Oct.

Fee: \$45 Resident / \$55 Non-Resident  
Includes keepsake jersey & socks

Register: June 29 - July 28

**Note:** Online registration for this program coming soon. Please check our website beginning June 29 for more information.



Sign your child up for  
the most popular team  
sport in the world.

## Fins and Feet Biathlon

Date: Sat., July 19  
Fee: \$15, includes t-shirt

Push yourself and have some fun at the same time. This event is for kids & adults. Race participants will swim outdoors at the Groveport Aquatic Center then run in Groveport Park. Age determined as of 6/1/14. Awards to 1st, 2nd & 3rd place finishers in each age group. Start training now.



7 - 10 Year Olds (9 AM) 75 meter swim & 1 mile run  
11 - 14 Year Olds (9 AM) 150 meter swim & 1 mile run  
15 & Over (10 AM) 250 meter swim & 2 mile run

Registrations accepted thru July 11.

# AQUATICS

The Groveport Parks and Recreation Department is a local provider of The American Red Cross Learn-to-Swim program. This program teaches participants, beginning at age five, how to swim skillfully and safely. Courses are fun and interactive. More advanced-level students refine their skills, learn the basics of springboard diving and how to incorporate swimming into a fitness plan. Below is a more detailed description of each level we have to offer.

## Parent & Tot (6 months to 2 year of age):

This class is designed to give children an introduction into the world of pool water. Hands-on parent involvement required. You and your child will gain confidence in the water and learn water safety skills.

## Pre-school Program (3 years to 5 years of age):

Splash, play games and build confidence. Class is designed for children that are unsure of the water.

## LEVEL 1 - Introduction to Water Skills:

Helps students feel comfortable in water. Participants learn to enter & exit water safely, open eyes underwater & pick up submerged object, swim on front & back using arm & leg actions, submerge mouth, nose & eyes, float on front & back, follow basic rules, exhale underwater through mouth & nose, explore arm & leg movements, use a life jacket.

## LEVEL 2 - Fundamentals of Aquatic Skills:

Participants learn to enter water by stepping or jumping from side, open eyes underwater, pick up a submerged object, roll over from front to back & back to front, swim on side, exit water safely using ladder or side, float on front & back, tread water using arm & leg motions, move in the water while wearing a life jacket, submerge entire head, perform front & back glide, swim on front & back using combined strokes.

## LEVEL 3 - Stroke Development:

Participants learn to jump into deep water from the side, bob with head fully submerged, perform survival float, butterfly (kick & body motion), user check-call-care in an emergency, dive from kneeling or standing position, use rotary breathing in horizontal position, change from horizontal to vertical position on front & back, perform the HELP & Huddle position, submerge & retrieve an object, perform front & back glide & crawl, perform a reaching assist.

## LEVEL 4 - Stroke Improvement:

Participants learn to shallow dive or dive from stride position, perform open turns on front & back using any stroke, swim underwater, tread water using sculling arm motions & kick & perform feet first dive. Swimmers will perform front & back crawl, swim on side using scissors-like kick, breaststroke, butterfly & elementary backstroke.

## LEVEL 5 - Stroke Refinement:

Participants learn to tread water with two different kicks, learn survival swimming & perform rescue breathing. Swimmers will perform standing dive, pike surface dive, butterfly, shall dive, front flip turn, breaststroke, backstroke flip turn, elementary backstroke, tuck surface dive, front & back crawl, sidestroke.

## LEVEL 6 - Swimming & Skill Proficiency:

Participants will refine their strokes so they swim with ease, efficiency, power and smoothness over greater distances. This class prepares swimmers to participate in more advanced courses, including Water Safety Instructor & Lifeguard Training Courses. These options include: personal water safety, fitness swimming, lifeguard readiness & fundamentals of diving.

## Group Swim Lessons

Let our staff teach your child the skills they will use the rest of their life. Classes normally fill quickly. Registrations are taken on a first come, first served basis. In the event of "bad" water chemistry or storms in the area, some classes may be held out of the water.

**Ages:** All (6 months - 15 years & Adults 16+)

**Fee:** \$45 Res / \$55 Non-Res

**\$5 late fee assessed if participant is registering after posted registration deadline & provided space is still available.**

**Dates:** July 7 - July 17 (Mon. - Thurs., AM @ outdoor)  
Registration = June 23 - July 6

July 8 - July 31 (Tue. & Thurs., PM @ indoor)  
Registration = June 23 - July 7

## So you want to teach Swim Lessons?

The Groveport Parks & Recreation Department is offering the American Red Cross **Water Safety Instructor** Course. Persons will be trained to teach swim lessons in the American Red Cross Swimming & Water Safety Program by developing their understanding of how to use the course materials, how to conduct training sessions and how to evaluate participants' progress.

**Dates:** July 14 - 17, 5 PM - 9:30 PM  
July 19, 9 AM - 5 PM

**Location:** Groveport Recreation Center

**Fee:** \$220.00

**More info:** Pick up a brochure and registration form in the lobby of the Groveport Recreation Center or visit our website at [www.groveportrec.com](http://www.groveportrec.com).

**Questions:** Kelly Carter, *Aquatics Coordinator*  
614-836-1000 ext. 1512



# AQUATICS

## Presenting the Award Winning Groveport Aquatic Center

- Now accepting credit cards -

Unless you are new to central Ohio, you already know what a blast you and your family can have at the award winning Groveport Aquatic Center. As a reminder...

- Affordable fun for the entire family
- 450 foot lazy river with tumble buckets & inner tubes
- 450,000 gallons of water
- (2) 30 foot water slides
- Zero-depth entry leisure pool
- In-water playground
- Kiddie slide
- Shade Umbrellas
- Tots Sprayground
- Diving boards
- Lounge chairs
- Changing rooms
- Birthday party packages
- Swim Lessons
- Dairy Queen operated concession stand (cash only)
- Free WIFI
- Digital music service (playing billboard top 100, rock, oldies & young country)



Seasonal Passes are on sale now and are available to Groveport residents and non-residents alike. If you can't afford or don't want a seasonal pass... not a problem. The Groveport Aquatic Center also sells day passes.

## Appreciation Weeks at the award winning Groveport Aquatic Center & Groveport Recreation Center

Bring proper ID... get in FREE. Normal admission applies to all others in your party. Just our way of saying, "Thank you for all that you do".

June 30 - July 6	Military & Veterans
July 7 - 13	Teachers
July 14 - 20	Police Officers
July 21 - 27	Fire Fighters & EMTs
July 28 - Aug. 3	Government Workers
	* excluding those mentioned above

## July Special Events at the Groveport Aquatic Center

### Super Family Sundays

Dates: Sunday, July 13

Time: 1:00 PM - 5:00 PM

Contests, Games, Races, Prizes & More

### V.I.P. Night

Date: Friday, July 18

Time: 8:15 PM - 11:00 PM

Free private event for our Groveport Aquatic Center Season Pass Holders. Enjoy contests, prizes & giveaways.

Please register by July 12. Registration forms are available at the front desk.

### Fins & Feet Biathlon

Date: Sat., July 19

Fee: \$15, includes t-shirt

Participants will swim outdoors and then run on the paved path in Groveport Park. Age determined as of 6/1/14.

7 - 10 Yr.	75m swim & 1 mile run	9 AM
11 - 14 Yr.	150m swim & 1 mile run	9 AM
15 Yrs. & Up	250m swim & 2 mile run	10 AM



Registrations accepted thru July 11.



# CLASSES & SPECIAL EVENTS

## Kids' Night Out

Ditch the parents and head to the GRC for some good old fashion fun. Well, you might need a ride. Play games, swim, eat pizza, climb the wall (on occasion) and more under the watchful eyes of our staff. Pack your swim suit and towel as well. Don't forget your tennis shoes! Space is limited so sign up early.

**Who:** 6 - 11 year olds  
**Dates/Times:** Fridays: July 11 & 25, 5:30 PM - 8 PM  
**Cost:** \$ 8 Res. / \$10 Non-Res.  
**Registration:** The deadline to register is the Wed. before the scheduled Friday.

## Parent-Tot Open Gym & Swim

**Open Gym** - We provide the space, music, toys & opportunities for gross motor play, as well as some structured staff led activities. Come have fun and make some new friends. Participants must wear soft soled shoes and all children must be accompanied by an adult. **Open Swim** - All children must be accompanied by an adult and children that are not toilet trained must

**Who:** Parents & their kids (5 yrs. & under)  
**Date & Time** Mon. & Wed. (Gym) / Fridays (Swim)  
 10:00 AM - 11:00 AM  
**Cost:** \$2.50 one child; \$4 two children;  
**PARENTS ARE FREE.** \$5 three children; \$8 four+ children  
 \$20 for a 10 visit punch pass.  
 Kids must be in same family to receive  
 Multi-child discounted rate.

## TOUCH-A-TRUCK



Truck & vehicles of all shapes & sizes will gather at Groveport Park for kids (of all ages) to explore. We're talking fire engines, emergency vehicles, school buses, postal carriers, construction type vehicles, big rigs, back hoe, dump truck and many more. This is a family favorite activity as hundreds of folks will be in attendance. If you have a business, cool truck or car, or know of a business that would like to participate, please contact Kyle Lund (Director) at 614-836-1000 ext. 1503. This is a FREE event. Don't forget your camera. Visit the Groveport Parks & Rec. Dept. booth and pick up a coupon to be used at the Groveport Aquatic Center for that day.

**When:** Sat., Aug. 2, 10 AM - 12 PM  
**Location:** Groveport Park

## GUYS & GALS

KIDS



ADULTS

## TEENS

## Beginner Tae Kwon Ki Do/Karate Ki Do

The Beginner's classes are for all newcomers to the martial art. Students learn the basic movements and philosophy necessary to build a strong foundation and understanding of what they are learning and why. All students in the class are White Belts, preparing for their 1st Yellow Belt.

**Ages:** 6 and over  
**Days/Time:** Mondays & Fridays, 7/7 - 7/28, 5:00 - 5:45 PM  
**Fee:** \$24 Residents / \$44 Non-Residents  
 Pre-registration is required  
**Instructor:** Richard and Kazuko Evans

## Advanced Tae Kwon Ki Do/Karate Ki Do

All advanced classes are for those who have tested, advancing them themselves above the rank of White Belt. Students in this class will learn techniques and philosophy above and beyond those at the Beginner level. Students in this class are Yellow Belts, up to the rank of 2nd Blue Belt (1 test away from achieving Brown Belt).

**Ages:** 6 and over  
**Days/Time:** Mondays & Fridays, 7/7 - 7/28, 5:00 - 6:45 PM  
**Fee:** \$34 Residents  
 \$54 Non-Residents  
 Pre-registration is required  
**Instructor:** Richard and Kazuko Evans

## Home School Classes

will be starting back up in August. More info. will be included in our August issue.

## SPORTS MEDICINE MINUTE

### When the Heat is On

Summer is almost here and there are many hot and humid days ahead. Those hot, humid days greatly increase the risk of heat-related illnesses in physically active children and adolescents. Heat-related illnesses are an inherent danger when exercising outdoors in the summer and include: external heat stroke (EHS), exertional heat exhaustion (EHE), and exertional hypothermia. The best treatment for any illness to prevent it from happening altogether and heat related illnesses are no exception.

For more information on recognizing, treating and preventing heat illnesses during soccer season, please visit the Nationwide Children's Sports Medicine website:

<http://www.nationwidechildrens.org/when-the-heat-is-on>



### Part-time Job?

Do you have some free time on your hands? Would you like to make some extra money? Do you enjoy working with and around people? If so, stop by the front desk and ask for an Employment Application. Applications are also available on our website ([www.groveportrec.com](http://www.groveportrec.com)). We are always looking for good people. We are currently looking for additional Facility Supervisors and Front Desk Attendants to work at the Groveport Recreation Center.

Did you know that persons that work at the Groveport Recreation Center are eligible for resident rates for programs, passes and golf.

Questions... contact Jeff Card (Operations Manager) at 614-836-1000 ext. 1506 or email him at [jcard@groveport.org](mailto:jcard@groveport.org).

## SENIOR CENTER

Are you 55 years or older? Do you enjoy shooting pool, playing cards, going on day and overnight trips, playing board games, participating in educational seminars, dancing, exercising, playing shuffleboard, making crafts, eating meals, playing ping pong, participating in holiday special events and more? If so, you might want to consider joining the Groveport Senior Center. Under most cases, persons must be a member of the Groveport Senior Center to participate in programs. Annual membership dues are only \$6. Persons 55 years of age are encouraged to join. Questions, call Deb at 614-836-4599.

### DAILY ACTIVITIES

Monday	Bridge	11:30 a.m.
	Progressive Euchre	12:30 p.m.
Tuesdays	Line Dancing	9:30 a.m.
	Pinochle	11:00 a.m.
Wednesdays	SilverSneakers Yoga	9:15 a.m.
	Game Day	11:00 a.m.
	Pinochle	3:30 p.m.
Thursday	Lunch	11:45 a.m.
Saturday	Progressive Euchre	4:00 p.m.

### UPCOMING ACTIVITIES & TRIPS

**July 11, 10:30 a.m. Monthly Craft**  
Join us for a craft making session. Sponsored by Winchester Place. Pre-registration is required, but the program is free.

**Aug. 6 La Comedia Dinner Theatre**  
Join us for a ride to Springfield, OH for a delicious lunch buffet and show ("Mary Poppins"). Registration deadline is July 1. Cost is \$60 per person.

**Aug. 19 - 22 Trip to Lancaster, PA**  
This trip includes motorcoach transportation, 3 nights accommodations (double occupancy), 6 meals, 3 shows (including "Moses" at the Millenium Theatre) and more. Registration deadline is July 1. Cost is \$485 per person.

**Oct. 14 - 17 Riverboat Rendezvous**  
The trip includes motorcoach transportation, 3 nights accommodations (double occupancy), 8 meals, a private boat charter, paddlewheel boat cruise, Kentucky Derby Museum Tour, walking tour of Churchill Downs and stops at Fabulous Furs & Jungle Jims and more.

# IMPORTANT DATES

EVENT / PROGRAM	DATE
Master's Swimming (3rd Quarter) begins	July 1
Free Blood Pressure Screening at GRC (insert time here)	July 3
Independence Day	July 4
<ul style="list-style-type: none"> <li>• GRC Closed</li> <li>• GAC Open</li> <li>• Parade &amp; Festival (see page 1)</li> </ul>	
Teacher Appreciation Week at Groveport Aquatic Center	July 7 - 13
Kids Night Out at GRC	July 11
Registration deadline for Fins & Feet Biathlon	July 11
Registration deadline for VIP Night at Groveport Aquatic Center	July 11
Super Family Sunday at Groveport Aquatic Center	July 13
Registration deadline for Challenger Soccer Camp	July 13
Registration begins for Adult Fall Softball (New Teams)	July 14
Police Officer Appreciation Week at Groveport Aquatic Center	July 14 - 20
Registration begins for Adult Fall Pickleball	July 14
American Red Cross Blood Drive, 2 - 7 PM	July 15
Free Blood Pressure Screening at GRC (insert time here)	July 17
VIP Night at Groveport Aquatic Center	July 18
Fins & Feet Biathlon at Groveport Aquatic Center	July 19
Registration begins for Adult Fall Volleyball League	July 21
Fire Fighter/EMT Appreciation Week at Groveport Aquatic Center	July 21 - 27
Kids Night Out at GRC	July 25
Registration deadline for Youth Fall Soccer	July 28
Government Worker Appreciation Week at Groveport Aquatic Center	July 28 - Aug. 3

# Touch-A-Truck

Saturday, August 2

10 AM - 12 PM

Groveport Park

**Does your company have a truck or a large piece of equipment that you would like to show off? We are currently accepting registrations. This is free advertising. Call Kyle Lund at 614-836-1000 ext. 1503 to learn more this great event.**

## Shred-It

Protect your identity and have your sensitive documents shredded at the 2014 Touch-A-Truck Event, scheduled for Sat., Aug. 2 (10 am - 12 pm) at Groveport Park. Bring up to 4 standard sized paper boxes of documents (or paper bag equivalent) and watch them be shredded by Shred-It. It's FREE, but the City of Groveport recommends a tax deductible monetary donation to benefit the Center of Groveport-Madison Human Needs or non-perishable food items to benefit the Groveport Food Pantry. Acceptable paper to shred include: carbon paper, colored paper, computer paper, fax paper, glossy paper, invoice paper, laser printouts, ledger paper, letterhead, stationary, NCR paper, transparencies and post-it notes. Sorting is not required. For more info., visit [www.shredit.com](http://www.shredit.com) or call 1-800-69-SHRED.

Das KaffeeHaus   
 von Frau Burkhart ©  
**Kaffeewagen**

**Proudly serving Groveport Recreation Center patrons.**

- imported hot & cold coffee drinks • tea
- bagels • fresh fruit • more



Check bulletin board in the lobby of the Groveport Rec. Center for our weekly schedule.