

August 2016

The connection

The City of Groveport's Media Hub

CITY OF GROVEPORT

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Country Concert (Splash Party) at the Groveport Aquatic Center

Date: Saturday, July 23
 Time: 6:00 PM - 9:00 PM
 Fee: Free with Daily Pool Admission or Season Pass
 \$4 after 6:00 PM



Bring your towels, chairs, bug spray & a picnic basket to the Groveport Aquatic Center and enjoy the country sounds of 90 Proof Twang & Crossroad Station. All General Rules & Admission Policies apply.



NOT AUGUST, BUT CLOSE ENOUGH TO MAKE YOU GO HMMM.

Trail Riders

Join this weekly drop-in bike ride to explore local trails and try some new lunch spots! Each ride will be approximately 10 – 15 miles per round trip, with a lunch stop scheduled along the way. Riders of any skill level are welcome; no riders are left behind. Participants are responsible for buying their own lunch at the food stops, as well as providing their own locks/chains if securing bikes while eating. Helmets are required.

The ride should last approximately 2-3 hours, including the lunch stop. Some on-road riding will be required to reach the lunch destination. Every ride leaving from Cruiser Park will have a free pre-ride bike clinic led by Cyclist Connection at 10:30 a.m.

Summer Schedule

Date / Meeting Point / Lunch Stop

*Indicates pre-ride clinic at 10:30 a.m.

- August 3: Groveport Recreation Center / Shade
- August 10: Walnut Woods Metro Park / Little Italy
- August 17*: Cruiser Park / Los Mariachis
- August 24: Pickerington Ponds Metro Park / Culver's
- August 31: Walnut Woods Metro Park / Paddock Pub

WHO: Adults
 TIME: 11:00 a.m.
 FEE: Free



GROVEPORT RECREATION DEPT. - General News -

614-836-1000 / www.groveportrec.com

Aug. Climbing Wall Hours

Tue. & Thurs., 6 PM - 8 PM / Sat. & Sun., 12 PM - 3 PM

GRC Summer Hours

Summer hours at the GRC begin May 30 and end Sept. 4.

Mon. - Thurs.,
5:30 a.m. - 8:30 p.m.

Fri., 5:30 a.m. - 8:00 p.m.
Sat., 8:00 a.m. - 7:00 p.m.
Sun., 8:00 a.m. - 5:00 p.m.



New Traffic Pattern @ GRC Entry

Please keep in mind that on June 13, we started a new traffic pattern at the GRC so that pass holders will be able to check-in to the facility more efficiently.

Check-In Desk #3

- Purchase a Day Pass
- Swipe your pass/membership ID Card
- Present your Class Entry Card



Desk #1 & #2

- Check/Sign-in for a class or program
- Register for a class or program
- Purchase an Annual or Seasonal Pass/Membership
- Healthways SilverSneakers
- Reserve picnic shelter, log house, tennis court, athletic field
- Birthday Parties
- Purchase Fitness Freedom Pass
- More/Etc.

At the GRC for a class or program?

Stop by Desk #1 or #2. Our staff will check you in, collect your payment (if necessary), have you sign a roster and present you with a I PAID FOR A CLASS TODAY card. Please present this card to the Check-In Desk (#3) on your way into the facility.

Thank you for your cooperation!

GRC Closures

Friday, Aug. 12 CLOSED
Saturday, Aug. 13 CLOSED

The Groveport Recreation Center will be closed on Aug. 12 & 13 for scheduled maintenance & repair. Please plan your workout elsewhere or take the day off.

Birthday Parties

If you are a parent with an active child, you need to read further. For **\$12.50** per person your child and his/her friends can celebrate a birthday at the Groveport Recreation Center. \$250 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 passes to be used at a later date. Your child will also have his birthday splashed on our massive digital marquee sign. All you need are a few decorations, some invitations and maybe some ear plugs (optional). Additional party guests are only \$5/person. To check room availability, call 614-836-1000 or stop by the front desk.



OnLine Program Registration

Do you want to avoid lines? Would you like to register for a class or program from the comfort of your own home?

On-Line Registration is available. Please stop by the Groveport Recreation Center so our staff can verify who you are and provide you with a Username and Password. If you are unable to make it in to our office, please print an ID Request Form from our website. Please complete it and then return it to us via 1) email ckirkwood@groveport.org 2) fax (614-836-2999) or 3) U.S. mail (Groveport Recreation Department, 7370 Groveport, OH 43125), so we can set up a Username and Password for you. **We are no longer accepting faxed in registrations.**

GROVEPORT RECREATION DEPT. - August Group Fitness Class Schedule -

614-836-1000 / www.groveportrec.com

DAY	TIME	CLASS	INSTRUCTOR
Mon.	9:15 a.m.	Trim Tummies	Denune
	10:00 a.m.	Water Aerobics	Frank
	10:00 a.m.	SilverSneakers Classic	Denune
	11:15 a.m.	Arthritis Aquatics Program	Frank
	5:00 p.m.	Arthritis Land Based Program	Frank
	5:00 p.m.	*Tae Kwon Ki Do/Karate Ki Do	Evans
	6:00 p.m.	Water Aerobics	Denune
	6:15 p.m.	Zumba	Frank
Tues.	7:00 a.m.	*PuroFitness	James
	8:30 a.m.	Water Aerobics	Denune
	10:00 a.m.	Indoor Cycling	Newland
	11:15 a.m.	SilverSneakers Circuit	Denune
	5:30 p.m.	Pilates	Neu
Wed.	6:45 p.m.	Stretch, Sculpt & Slim Down	Neu
	9:15 a.m.	Cycling with Sara	Denune
	10:00 a.m.	Water Aerobics	Frank
	10:15 a.m.	SilverSneakers Yoga	Denune
	11:15 a.m.	Arthritis Aquatics Program	Frank
Thurs.	6:00 p.m.	Piloxing® Barre	Neu
	6:15 p.m.	Aqua Zumba	Frank
	7:00 a.m.	*PuroFitness	James
	8:00 a.m.	On the Ball	Denune
	9:00 a.m.	Stretch to Fitness	Frank
	9:15 a.m.	H2O Kickboxing/Step	Denune
	10:30 a.m.	SilverSneakers Classic	Frank
Fri.	5:00 p.m.	Arthritis Land Based Program	Frank
	6:15 p.m.	Zumba / Strength & Tone	Frank
	8:30 a.m.	Water Aerobics	Denune
Sat.	10:00 a.m.	Boot Camp	Newland
	11:00 a.m.	Restorative Yoga	Finneran

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:
Thursday, August 4	9:00 AM - 12:00 PM
Thursday, August 18	9:00 AM - 12:00 PM

*A blood pressure cuff is also available if these times are not accessible. Ask a fitness attendant for help. *

August CHALLENGE

- A - 50 Jumping Jacks
- B - 20 Crunches
- C - 30 Squats
- D - 15 Pushups
- E - 1 Minute Wall Sit
- F - 10 Burpee Pushups
- G - 10 Squat to Stand
- H - 20 Squats
- I - 30 Shuffle Splits
- J - 15 Crunches
- K - 10 Pushups
- L - 90 Second Planks
- M - 20 Burpees
- N - 25 Burpees
- O - 40 Jumping Jacks
- P - 15 Sit-ups
- Q - 30 Russian Twists
- R - 15 Wide Push-Ups
- S - 30 Suitcase Crunches
- T - 15 Squat Jumps
- U - 30 Bicycle Crunches
- V - 30 Hip Drops
- W - 20 Burpees
- X - 60 Crunches
- Y - 10 Squat Jumps
- Z - 20 Pushups

Spell Your
Full Name!



* Pre-registration REQUIRED.

GROVEPORT RECREATION DEPT. - Adult Sports -

614-836-1000 / www.groveportrec.com

Adult Fall Softball Leagues

The Groveport Recreation Dept. is offering 3 Adult Fall Softball Leagues. All teams will play 10 games (5 double headers). Games are played one pitch.

Monday - Men's Open

Tuesday - Men's Open

Thursday - Co-Recreational

Who: Men & Women 18 and over
Date: Tentatively begins Monday, August 15, 2016
Location: Groveport Park
Fee: \$275
Registration: July 1 - Aug. 4



Men's Fall Basketball League

The City of Groveport offers an adult summer basketball league on Sunday afternoons. Teams play 7 regular season games. The top 4 teams are invited into a single elimination tournament.

Who: Men 18 and over
Dates: Tentatively begins Sunday, Sept. 18
Game Times: 1:00 - 4:00 PM
Location: Groveport Recreation Center
Registration: Aug. 1 - Sept. 12
Team Fee: \$300



Adult Summer Pickleball

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 perforated plastic baseball (similar to a wiffle ball) and wood or composite paddles. The game can be played as singles (one person per side) or doubles (two people per side). It is easy for beginners to learn, and can develop into a quick, fast-paced, competitive game for experienced players.

Who: Men and Women 18 and over
Date/Times: Tuesday AM - Beginners
6:00 - 8:30 PM (July 5 - August 30)
Wednesday PM - Advanced
6:00 - 8:30 PM (July 6 - August 31)
Thursdays PM- All Skill Levels
9:00 AM - 12:00 PM (July 14 - September 8)
Location: Groveport Recreation Center
Player Fee: \$40

Calling Adult Sports Junkies! Don't have a team? Want to play?

Call Stephania Bernard-Ferrell (Sports/Fitness Manager) at 614-836-1000 ext. 1513. She will then put you on a Free Agent List and try and get you on a team. If there are enough Free Agents, a "Free Agent Team" may be formed.

Employee of Month June 2016

Earl was nominated by another part-time employee for his hard work, ability to make patrons feel special & for his excellent tour giving capabilities. Earl is also a good communicator, is enjoyable to work with and is always positive. If you see Earl, please congratulate him on his award.



Earl Moore

GROVEPORT RECREATION DEPT.

- Youth Athletics -

614-836-1000 / www.groveportrec.com

Fall Soccer League

The Groveport Recreation Department will begin accepting registrations for the fall soccer league on July 1. The season will consist of 8 games, which will tentatively be played on Saturday mornings and Sunday afternoons. Practices are scheduled by the individual volunteer coach. Volunteer coaches are needed. Interested persons should contact Amy Van Huffel (Recreation Coordinator) at 614-836-1000 ext. 1505 or avanhuffel@groveport.org.

Leagues: 4.5-6 years, U8, U10, U12, U14
Age determined as of Jan. 1, 2016
The U6 division is coed; all other divisions are divided by gender

Practices: Tentatively begin in mid/late Aug.

Games: Played Sept. - Oct.

U6 - U12 Fee: \$45 Res. / \$55 Non-Res.

U14 Fee: \$70 Res. / \$85 Non-Res.

Registration: July 1 - Aug. 1



Soccer Officials Needed

If you're looking to make a little extra money, enjoy soccer, and are at least 14 years of age, consider becoming a soccer official for the Groveport Recreation Department. For questions, contact Amy Van Huffel (Recreation Coord.) at 614-836-1000 ext. 1505 or avanhuffel@groveport.org.

Flag Football (Jump Start Sports)

Pre-K - Kindergarten: Kids (at least 4 years old) will learn the basics of football in this highly instructional program. Drills & gameplay teach young children running, pass routes, pass defense, throwing & catching techniques, how to carry a football, & proper football stances. Mouth guards recommended.

1st - 2nd Graders: In addition to the fundamentals taught to the younger group, kids will learn more complex passing routes, combination routes, open field flag pulling, pass blocking & pass rushing. This program meets for one additional hour each class. Parent coaches assist in the implementation of a program designed and led by Jump Start Sports coaches. Mouth guards recommended.

Who: Boys and Girls Pre-K (4 years) - 2nd Grade

Dates: Mondays, Sept. 12 - Oct. 17

Time: Pre-K - Kindergarten: 5:30 - 6:30 p.m.**
1st - 2nd Graders: 5:30 - 7:30 p.m.**
****Final 2 classes 5:15 - 6:15 / 7:15 p.m.**

Location: Groveport Park

Fee: Pre-K - K: \$60 / 1st - 2nd Grade: \$70

Registration: July 1 - September 2

Hummingbirds Soccer (Jump Start Sports)

Kids will have fun and learn the basics of soccer (dribbling, passing, trapping, shooting, and positioning). Each session consists of instruction and participation in fun and age appropriate drills designed for young children. Participants then take these new skills and apply them in relaxed, non-competitive games. Parents are encouraged to assist. **Shin guards are required.**

Who: Boys and Girls 3 - 4.5 Years

Dates: Mondays, Sept. 12 - Oct. 17

Time: 4:30 - 5:30 p.m. or 5:30 - 6:30 p.m.

Location: Cruiser Park (4677 Bixby Rd.)

Fee: \$55

Registration: July 1 - September 2

T-Birds T-Ball (Jump Start Sports)

This is a fun and highly instructional introduction to baseball. Players learn the basics of throwing, catching, fielding, batting, and base running, then they apply what they have learned in fun, non-competitive games. Parents are encouraged to assist with coaching. **Baseball glove is required.**

Who: Boys and Girls 3-4 Years

Dates: Tues., Sept. 13 - Oct. 11

Time: 5:30 - 6:30 p.m.

Location: Groveport Park

Fee: \$55

Registration: July 1 - September 2



Rookie League Baseball (Jump Start Sports)

This program is a fun introduction to coach pitch baseball. Players will receive instruction in all basics of the sport, and will apply what they have learned in fun, non-competitive games (no scorekeeping). Players who are not able to hit a pitched ball will be able to use a tee while learning. Each session includes instruction and game play. **Baseball glove is required.**

Who: Boys and Girls 5-6 Years

Dates: Wed., Sept. 14 - Oct. 12

Time: 5:30 - 6:30 p.m.

Location: Groveport Park (7370 Groveport Rd.)

Fee: \$55

Registration: July 1 - September 2



GROVEPORT RECREATION DEPT.

- Classes & Special Events -

614-836-1000 / www.groveportrec.com

KidsFest 2016

Saturday, August 13, 2016 (9 AM - 12 PM)

Groveport Park (7370 Groveport Rd.)

Celebrate the last days of summer with us at KidsFest.
Kids of all ages will love this annual free event.



- Child ID Kits
- Children Activities
- School Supplies
- Food & Beverages
- Inflatables
- Farm Animals
- Tae Kwon Do / Karate Ki Do Demonstration
- Play a sport with the Jump Start Sports Staff
- Great Music
- Back to School Festival
- Touch-A-Truck
- Cops-N-Kids
- And more



GROVEPORT RECREATION DEPT.

- Classes & Special Events -

614-836-1000 / www.groveportrec.com

Parent Tot Open Swim/Gym

Summer Schedule: Memorial Day (5/30) - Labor Day (9/5)
Open Gym - We provide the space, music, toys and 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. All children must be accompanied by an adult. **Open Swim** - All children must be accompanied by an adult. Children that are not toilet trained must wear swim diapers.

Who: Parents & their children (5 yrs. & under)
Dates: Wednesday (Gym) & Friday (Swim)
 *Program will not meet any time facility is closed.
Times: 10 AM - 11 AM
Fee: \$2.50 one child; \$4 two children;
 \$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.
Registration: Drop-In

Kids Night Out

Ditch the parents and head to the GRC for some good old-fashion fun. Play games, swim, eat pizza, climb the wall (on occasion) and more under the watchful eyes of our staff. Pack your swimsuit and towel, and don't forget your tennis shoes! **The registration deadline is the Thursday before the program date. Registrations will not be accepted at the door.**

Who: 6 - 12 years
Dates/Time: August 5 & 26 / 5:30 PM - 8:00 PM
Fee: \$8 res. / \$10 non-res.
Reg. Deadline: August 4 & August 25 (Thursday before)



Camp COSI

YOU'RE the scientist at Camp COSI. Become an INVENTOR, an ASTRONOMER, a BIOLOGIST, an ELECTRICAL ENGINEER, and a CONSERVATIONIST - all in one incredible week. Each high-energy day features totally different COSI science activities, hands-on experiments, and fun projects, all led by a trained Team Member from COSI - Columbus' award-winning Center of Science and Industry. Build amazing structures on Monday, launch rockets on Tuesday, get energized with electricity on Wednesday, and dissect plants on Thursday. Plus, every camper receives a FREE Youth with Paid Adult General Admission Ticket to COSI. It's a summer science camp like only COSI can do it.

Who: 6 - 12 years
Dates / Times: Aug. 8 - 11 / 1 PM - 4 PM
Fee: \$110
Pre-Camp Care: 7:30 AM - 1:00 PM for \$10 / day
Registration: May 1 - August 1

Fall Community Garage Sale

Clear out the garage while the weather is still nice! The fee includes a garage sale permit, balloons, and your sale included on the Garage Sale Map & Listing. This sale does not count towards your 2x a year garage sale limit. Maps will go on sale for \$1 the morning of September 7 at the Groveport Recreation Center front desk. If you live outside the Groveport city limits, your sale will be listed, but it might not be included on the map.

Who: Homes within or around the City of Groveport
Dates / Times: September 9 & 10 / 9 AM - 6 PM
Fee: \$5 per household
Registration: August 1 - September 4

Home School Gym ~ Fun with Fitness

Home School Gym Class will help your child develop motor skills, learn teamwork, improve social skills all while getting exercise. Your child will be engaged in active group games as well as learn the basics of traditional and non-traditional sports. Please wear appropriate gym attire along with soft soled, closed toed shoes. Meets at Groveport Recreation Center.

Ages: 4 - 6 Yr., 7 - 10 Yr., 11 - 18 Yr.
Session: Fri., Sept. 9 - Nov. 11 (10:15 - 11:15 AM)
Registration: August 1 - September 1
Fee: \$25

GROVEPORT RECREATION DEPT.

- Classes & Special Events -

614-836-1000 / www.groveportrec.com

Tae Kwon Ki Do/Karate Ki Do Beginner

The Beginner's classes are for all newcomers to this 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 this class are White Belts, preparing to test for their 1st Yellow Belt. 5 week class. Additional week available for anyone interested.

Who: Ages 6 and over
Dates: Mon., Sept. 12 - Oct. 17
Times: 5:00 PM - 5:45 PM
Location: Groveport Recreation Center
Registration: Aug. 1 - Oct. 17
Fee: \$28 Resident / \$48 NR

Tae Kwon Ki Do/Karate Ki Do Advanced

The 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!). 5 week class. Additional week is available for anyone interested.

Who: Ages 6 and over
Dates: Mon., Sept. 12 - Oct. 17
Times: 5:00 PM - 6:30 PM
Location: Groveport Recreation Center
Registration: Aug. 1 - Oct. 17
Fee: \$38 Resident / \$58 NR



Home School Swim Time

You must be enrolled in either Home School Gym or Fun with Fitness in order to participate in Swim Time. Swim time is an open swim to give your children an opportunity to have fun in the water without direct instruction. Children under 10 years of age must be accompanied by a responsible adult (18 and over) who must directly supervise them while in the Indoor Aquatic Center.

Ages: 4 - 18 **Fee:** \$25
Session: Fridays, 9/9 - 11/11 (11:30 AM - 12:30 PM)
Registration: August 1 - September 1

RUCK, RUN, REMEMBER

September 11, 2016 marks the 15th anniversary of the 9-11 attacks. The goal of the Ruck, Run, Remember is to ensure that we never forget September 11, 2001 and the sacrifices that first responders and military personnel make to protect us from evil.

As a result of the September 11 attacks, 2,995 people lost their lives. Each race participant will run or walk in honor of someone who was lost that fateful day.

WHAT: RUCK, RUN, REMEMBER
WHEN: 9-11-16
WHERE: Groveport Park
7370 Groveport Rd., Groveport, OH 43125
TIME: The race starting gun will go off twice. The first group (runners not carrying a ruck) will start at 8:45 am (the time that the North Tower was struck). The second wave (anyone participating with a ruck) will start at 9:20 am (the time that the South Tower was struck).

WWW.RUCKRUNREMEMBER.ORG



Home School Water Fun

*Instructional swimming course. You do not need to be enrolled on an additional class in order to participate. *Water Fun is not the American Red Cross Learn to Swim Program.

Ages: 5 - 10
Session: Fridays, 9/9 - 11/11 (9:00 AM - 10:00 AM)
Location: Groveport Rec Indoor Aquatic Center
Registration: August 1 - September 1
Fee: \$25

GROVEPORT RECREATION DEPT. - Aquatics -

614-836-1000 / www.groveportrec.com

Super Family Sunday

Date: Sunday, Aug. 7 Time: 1 PM - 5 PM
 What: Contests, games, races, prizes & more at the outdoor water park.
 Fee: Free for all Groveport Aquatic Center attendees.



Indoor Pool Closure

The indoor pool will be closed from Aug. 12th thru 26th so that necessary repairs can be made. During this time, GRC Pass Holders can utilize the outdoor pool. Schedules will be available in the GRC's flyer racks for outdoor swim times. If you have any questions, please contact Steve Hawkins (Aquatics Manager) at 614-836-1000 ext. 1510 or shawkins@groveport.org.

THANK YOU FOR YOUR COOPERATION!

Groveport Aquatic Center End of Season Schedule

Tues, Aug. 16 - Fri., Aug. 19	Closed
Sat., Aug. 20	12 PM - 8 PM
Sun., Aug. 21	1 PM - 8 PM
Mon., Aug. 22 - Fri., Aug. 26	Closed
Sat., Aug. 27	12 PM - 8 PM
Sun., Aug. 28	1 PM - 8 PM
Mon., Aug. 29 - Fri., Sept. 2	Closed
Sat., Sept. 3	12 PM - 8 PM
Sun., Sept. 4	1 PM - 8 PM
Mon., Sept. 5	12 PM - 8 PM

Appreciation Week

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

Aug. 1 - 7... Government Workers

*excluding military, police officers, fire fighters, EMTs as those groups had their own appreciation weeks earlier in the season.

14th Annual Dog Paddle Palooza

Mark your calendar for Thursday, Sept. 6 (6 - 8 PM) at the outdoor water park. \$2/dog. Humans are free when accompanied by a dog. Participants must provide up to date dog vaccinations to be admitted. Don't want to wait in line, register in advance at the Recreation Center.

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. The Groveport Recreation Dept. is a local provider of the American Red Cross Learn-to-Swim Program. To learn more about all of the levels offered, please visit our website at www.groveportrec.com.

Who: 6 months - 15 years, plus Adults 16+
 Fee: \$45 Resident / \$55 Non-Res. \$5 late fee applied if registering after deadline, provided space is available.

Class Dates	Registration
M - Th. (8/30 - 9/22) p.m. @ outdoor	8/15 - 8/29

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. She would be happy to give you more information regarding our Masters Swim Team. Practices are Mon., Wed. & Fri., 6 - 7 AM.

Private & Semi-Private Lessons

Is your little one having a hard time integrating into a group lesson? Are you looking for stroke refinement for your older swimmer? Private Lessons might be just what you need. We offer Private (1 swimmer) or Semi-Private (2 or more swimmers) Lessons with an instructor. Please contact Kelly Carter (Aquatics Coord.) at 614-836-1000 ext. 1512 to be set up with an instructor. The cost is \$180 for six 30-minute Private Lessons or \$240 for six 30-minute Semi-Private Lessons.



GROVEPORT RECREATION DEPT.

- Sports Medicine Minute -

614-836-1000 / www.groveportrec.com

How to Help Your Kids Beat the Heat

With the summer months right around the corner, warmer, more humid conditions are sure to follow. Summer youth sports leagues will be starting soon, making this a good time to review the types of heat-related illness, first-aid, and methods for prevention of these common medical conditions.

It is estimated that 240 persons die each year in the United States of heat-related illness. Heat stroke is ranked third in cause of death of U.S. high school athletes behind head and neck injuries and cardiac conditions. This becomes an even greater concern in younger athletes.

"Youth and adolescent athletes sweat less, create more heat per body mass, and acclimate much slower than adults to warmer environments, putting them at greater risk for heat-related injuries in hot and humid temperatures," states Thomas Pommering, D.O., Medical Director for Children's Sports Medicine.

How to Recognize Heat-Related Illness

There are several types and degrees of seriousness of heat-related illness. Each can be differentiated by various signs and symptoms:

Heat Cramps - painful cramping of the muscles of the limbs and abdomen caused by excessive sweating (due to the depletion of salt and water from the body)

Heat Syncope - weakness, fatigue, and fainting due to loss of salt and water

Heat Exhaustion - cool and pale skin, headache, nausea, chills, weakness, unsteadiness, dizziness, rapid pulse, excessive thirst, and muscle cramps

Heat Stroke - hot and dry skin, incoherent speech, disorientation, unconsciousness or coma, nausea, seizures, and rapid or irregular pulse. **Heat stroke** is the failure of the body's heat-control mechanism, which can cause other organ systems to shut down and cause a life-threatening emergency.

What Should Be Done?

The basic first aid for heat cramps, heat syncope, and heat exhaustion is to cool the athlete as quickly as possible. Fluid replacement by drinking water is one step. The administration of IV fluids, by medical professionals, in more severe cases is another step. Cool the athlete rapidly by moving them to a cool location (shade, air conditioning, etc.), remove sweat saturated clothes (if appropriate), and apply cold towels/water/ice to the athlete's body. If these conditions go untreated for too long, they can gradually progress to a full blown case of heat stroke. "Early recognition and intervention are key in avoiding such a situation," says Pommering.

The treatment of heat stroke is much the same as that outlined above, except that it must happen as quickly as possible. Emergency Medical Services (911) should be activated immediately and the athlete transported to the nearest hospital for more sophisticated treatment.

How Can This Be Prevented?

Several measures can be taken to prevent heat illness with athletes. Athletes should gradually acclimate or adjust to the heat. A graduated conditioning program should be implemented and acclimatization can be underway within 7 to 10 days. Coaches should avoid practicing during peak temperatures (i.e. 11am to 3pm) if possible on hotter, more humid days. Athletes should wear clothing that is light in weight and color, because darker clothes attract heat. Water breaks should be given at least every 15 to 30 minutes (more frequently in warmer, more humid weather - every 10 minutes) and athletes should be encouraged to drink more water before and after practices. The use of salt tablets is not recommended. Modest salting of food at meals can accomplish the same effect. Lastly, identification of more at-risk athletes (i.e. overweight, out of shape, those who seem to sweat less) may be key in the prevention of heat-related illnesses. Additionally, athletes who take certain blood pressure or cold medications may be at higher risk for heat illness due to impaired cooling abilities.

Weather Guide for Activities in Hot, Humid Weather

<u>Temp.</u>	<u>Humidity</u>	<u>Recommendation</u>
80° - 90° F	< 70%	Monitor overweight and/or out of shape athletes for signs of heat illness.
80° - 90° F	> 70%	Athletes should take a 10 minute rest every hour.
90° - 100° F	< 70%	Change wet t-shirts for dry ones. Keep all athletes under constant and careful supervision.
90° - 100° F	> 70%	Practice should be altered (shortened or discontinued).

*Consult your primary care physician for more serious injuries that do not respond to basic first aid. As an added resource, the staff at **Nationwide Children's Hospital Sports Medicine** is available to diagnose and treat sports-related injuries for youth or adolescent athletes. Services are now available in five locations. To make an appointment, call (614) 355-6000.*

GROVEPORT RECREATION DEPT.

- Important Dates -

614-836-1000 / www.groveportrec.com

EVENT / PROGRAM	DATE
Youth Fall Soccer registration deadline	Aug. 1
Men's Fall Basketball League registration begins	Aug. 1
Camp COSI registration deadline	Aug. 1
Fall Community Garage Sale registration begins	Aug. 1
Home School Fun With Fitness, Swim Time & Water Fun registration begins	Aug. 1
Tae Kwon Do / Karate Ki Do registration begins	Aug. 1
Free Blood Pressure Screen (9 am - 12 pm)	Aug. 4
Adult Fall Softball registration deadline	Aug. 4
Kids Night Out at GRC	Aug. 5
Super Family Sunday at Groveport Aquatic Ctr.	Aug. 7
Groveport Recreation Center CLOSED due to scheduled maintenance & repair	Aug. 12 - 13
Groveport Rec Center Indoor Pool CLOSED due to annual maintenance & repairs	Aug. 12 - 26
Groveport KidsFest at Groveport Park (9 am - 12 pm)	Aug. 13
Group Swim Lesson registration begins for 8/30 - 9/22 session	Aug. 15
Groveport Aquatic Center CLOSED	Aug. 16 - 19
Free Blood Pressure Screen (9 am - 12 pm)	Aug. 18
Groveport Aquatic Center OPEN normal hours	Aug. 20 - 21
Groveport Aquatic Center CLOSED	Aug. 22 - 26
Kids Night Out at GRC	Aug. 26
Groveport Aquatic Center OPEN normal hours	Aug. 27 - 28
Group Swim Lesson registration deadline for 8/30 - 9/22 session	Aug. 29
Groveport Aquatic Center CLOSED	Aug. 29 - Sept. 2
Groveport Aquatic Center OPEN normal hours	Sept. 3 - 5



**There's only
one sports
medicine leader
for serious athletes.**

We're the best at getting them ready for battle. The best at getting them back in the game. And the best at bringing their goals into reach. We're the sports medicine experts at Nationwide Children's Hospital and we're the best equipped to treat concussions, rehab sports injuries or prevent them from happening in the first place. So, if your athlete is 18 or under, don't risk their career to anyone else.

**For more information
about our five central Ohio locations, visit
NationwideChildrens.org/Sports-Medicine**



GROVEPORT SENIOR CENTER

- General News -

614-836-4599 / www.groveportrec.com

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, 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. Questions, call Deb at 614-836-4599.

DAILY ACTIVITIES

Monday	Progressive Euchre	12:30 p.m.
Tuesdays	Line Dancing	9:30 a.m.
	Pinochle	10:00 a.m.
Wednesdays	Game Day	11:00 a.m.
	Quilting	12:00 p.m.
Thursday	Crafts	9:30 a.m.
	Lunch	11:45 a.m.
	Hand & Foot	Times Vary
Saturday	Progressive Euchre	4:00 p.m.

UPCOMING ACTIVITIES

Foot Care Clinic: We will have a registered nurse from **Everyday Divinity** here on the first Thursday of every month to do foot care. The cost is \$27 for a 30 minute appointment and will include a complete foot assessment, expertly trimmed, thinned and filed nails and corns and callouses filed and buffed if necessary. Call or stop in to schedule your appointment for **August 4**.

Hearing Screenings: Avada Audiology & Hearing Care will be at the Senior Center on the 2nd Thursday of every other month between 9:30 a.m. and 11:30 a.m. to offer FREE hearing screenings and to check for wax blockage. Call the Senior Center to schedule a 15 minute appointment or just drop-in. The next screening day is **August 11**.

Wellness Clinic: A nurse from Winchester Place is at the Senior Center on the 3rd Thursday of each month (10:30 a.m. - 11:30 a.m.) and will offer free blood pressure checks. Please stop in and get your blood pressure checked. The next scheduled Wellness Clinic is scheduled for **August 15**.

Monthly Craft: Join us as we make a different craft each time we meet. Pre-registration is required for this FREE event taking place on **September 9**, at 10:30 a.m. This program is sponsored by the Inn at Winchester Trail.

Canvas Paint Class: Explore your inner artist and enjoy a relaxing break from everyday life with a guided painting class right here at the senior center. Art Studio 7.5 artist, Christine K. Jones will take you step-by-step to complete your very own 16x20 canvas painting. She will make it easy and fun! The class is **Wednesday, July 20th** from 10:00 am - 1:00 pm. Registration and payment of \$25 is due by July 14th. Stop in soon to get registered as class size is limited! We will be painting a summer scene at this class.

UPCOMING TRIPS

August 29: "The Wilds" At the Wilds you will gain a new perspective on endangered species. The Wilds has evolved into a completely immersive experience that you won't want to miss! Join us as we take an open tram tour of this amazing place. The cost is \$65.00 due on sign up and in addition to the tram ride includes transportation and lunch.

September 12-15: Pennsylvania Amishlands - This four day trip to Lancaster, Pa. includes hotel accommodations, transportation, 6 meals, 3 shows including the production of "Samson" at the Sight & Sound Theater and more. The cost is \$499.00 per person, double occupancy due on sign up.

September 23: "Million Dollar Quartet" at LaComedia Dinner Theatre – Inspired by the electrifying true story of the famed recording session that brought together rock 'n' roll icons Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins for the **one and only time**, this show is sure to be a must see! Hear all the favorites from these artists including "Blue Suede Shoes," "Sixteen Tons," "Great Balls of Fire," "Folsom Prison Blues" and more. Also included in the cost of \$60 per person is transportation and the lunch buffet. Payment is due by August 18.

Future tours, call for all the details:

October 11-12: Holmes County Amish Country. Cost is \$209 due by September 8th

October 24-28: Pigeon Forge, Tennessee. Cost is \$619 due August 24th

You do not have to be a member of the senior center to join us on any trip.



Deb Scholl-Saulnier
Senior Citizens Coordinator
7370 Groveport Road
Groveport, OH 43125
614-836-4599
www.groveportrec.com

GROVEPORT CULTURAL ARTS CENTER

- Adult Programs -

614-836-3333

Community Affairs Department

Line Dancing

All skill levels and ages are invited to participate in this daytime line dancing program. Please wear shoes with leather soles or socks.

Dates/Times: Mondays & Wednesdays
10:00 AM - 11:30 AM

Location: Groveport Town Hall, 648 Main Street

Cost: Free

Registration: Drop in

Art of Movement

The Art of Movement Foundations combines the East and West intuitive dance practices to help you add energy and relieve stress.

Who: 16 and up

Dates/Times: Thursdays / 6:30 PM - 8:00 PM

Location: Groveport Town Hall, 648 Main Street

Cost: \$4 resident / \$5 nonresident

Registration: Drop in

TOPS Weight Loss Support Group

Who: Everyone

Dates/Times: Wednesdays / 9:30 AM - 11:00 AM

Location: Groveport Town Hall, 648 Main Street

Cook's Corner

Adult (kid friendly) program series on the first Friday of each month. Join the fun and be a part of the demonstrations that include hands on cooking, discussions, experiencing new foods and learning new skills. August: Summer Salads

Who: Adult

Dates: Friday, August 5

Times: 10:00 AM - 11:00 AM

Location: Town Hall, 648 Main Street

Registration: By August 3

Fee: Free

Tuesdays@One

Adult (child friendly) art and education program every Tuesday. Speakers, demonstrations, creative projects and activities. Registration is required, due to supplies being provided.

Who: Adults (child friendly)

Dates/Times: Tuesdays / 1:00 PM - 2:00 PM

Location: Groveport Town Hall, 648 Main Street

Cost: Free

Registration: Accepted thru Tuesday of each class

August 2	Summertime Blocks Supplies provided
August 9	Seasonal Cards Supplies provided
August 16	Glass Owl Supplies provided
August 23	Growing Herbs at Home Part 3 of 3 Meet at Bixby Living Skills Center, 4200 Bixby Road
August 30	Cluster Ring Supplies provided

Programs on the Go!

Adult daytime arts and education program on July 21. Programs on the Go will focus on community art, experiencing and learning new forms of art and education with the benefit of transportation. Participants will be picked up from KidSpace, 630 Wirt Road and will return to KidSpace after the adventure. Prices will be determined monthly based on each trip location. Space is limited. Return times are approximate. August Trip: State House Tour

Who: Adult

Dates: Monday, August 15

Times: 12:30 PM - 3:00 PM

Location: Meet at KidSpace, 630 Wirt Road

Registration: By August 12

Fee: \$3 per person



GROVEPORT CULTURAL ARTS CENTER

- Adult Programs -

614-836-3333

Community Affairs Department

Mommy & Me Cupcake Decorating

Kids bring an adult helper to have fun learning the art of cake decorating. Learning together is best! Join Danyel, Cake Décor of Groveport. Space is limited.

August Theme: Back to School Cupcakes

Who: Ages 5 and up
Dates: Sunday, August 21
Times: 2:00 PM - 3:00 PM
Location: Town Hall, 648 Main Street
Registration: By August 19
Fee: \$8 per person resident /
\$10 per person nonresident



Wood Builders

Do you like to build or would you like to learn how? This new class is for you. Each month we will learn how to build a project. Depending on the project, power tools can be in use. Come be a part of the fun! Space is limited. August Project: Spice Rack

Who: Adults
Dates: Friday, August 19
Times: 10:00 AM - Noon
Location: Groveport Heritage Park, 551 Wirt Road.
Inclement weather location: Town Hall, 648 Main Street.
Registration: By August 17
Fee: \$5 resident / \$7 nonresident

Sewing, Quilting & Craft Expo

Everyone welcome—Youths and adults. Join us for our second Sewing, Craft & Quilting Expo! Beginners and advanced sewers will be inspired to learn a new pattern/project. Experienced instructors will be teaching one hour classes throughout the day. We have added Make-It-and Take- It classes. We will have a lunch break; feel free to pack a lunch to enjoy at one of our local parks, or enjoy restaurants that are within walking distance; or a short drive. Make-It-Take-It class are priced separately. Tickets sold at Town Hall. No advanced ticket sales. Class schedule can be pick up at Town Hall. Take the classes that interest you.

Who: Everyone
Dates: Saturday, August 20
Times: 9:00 AM. - 3:00 PM
Location: Town Hall, 648 Main Street
Fee: \$5 per person

New Program- Family Dining

Would you like to learn how to prepare eight meals for your family in one day? This class will show you how from shopping list, preparing meal, and suggestions for side dishes will be discussed. Join us for this hands on cooking program. Each participant will prepare and take home three meals to enjoy. All supplies are included. Space is limited, so call and reserve your

Who: Adults
Dates: Monday, August 29
Times: 6:00 PM - 8:00 PM
Location: Groveport Town Hall, 648 Main Street
Registration: By August 26
Fee: \$30 resident / \$32 nonresident



GROVEPORT CULTURAL ARTS CENTER

This and That

614-836-3333

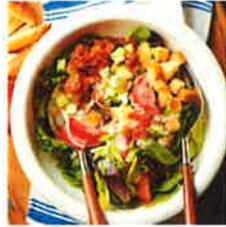
community affairs department

RECIPE OF THE MONTH

BLT SALAD

INGREDIENTS

- 1/4 c. olive or salad oil
- 3 T. tarragon vinegar or white wine vinegar
- 3 T. mayonnaise or salad dressing
- 2 t. coarse grain mustard
- 1/4 t. salt
- 1/4 c. melted butter
- 1 t. lemon pepper seasoning
- 2 cloves garlic, minced
- 8 1/2" thick slices of Italian, French or sourdough bread
- 5 c. torn mixed salad greens
- 2 med. Tomatoes, cut into thin wedges
- 1/2 c. chopped cucumber
- 1/2 c. cubed smoked cheddar cheese or Swiss cheese
- 8 slices bacon or turkey bacon, crisp - cooked, drained and crumbled.
- 2 T. thinly sliced green onion



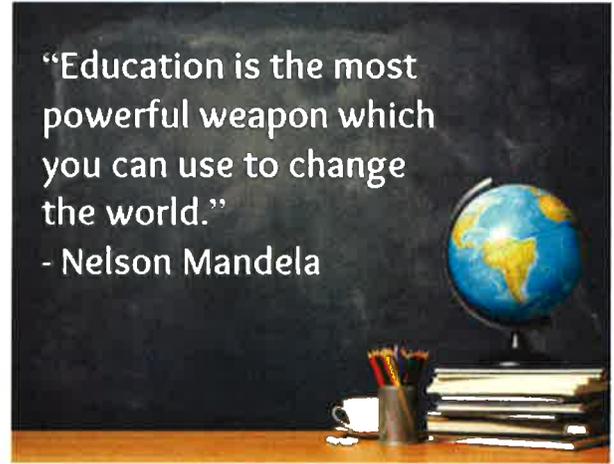
DIRECTIONS

For dressing, in a screw top jar combine oil, vinegar, mayonnaise, mustard and salt. Cover ; shake well. Set aside. Preheat the broiler, In a small bowl, stir together butter, lemon-pepper, and garlic. Lightly brush 1 side of each bread slice with some of the butter mixture. Place the bread slices, buttered side up, on a baking sheet. Broil 4 to 5 inches from the heat for 1 to 2 minutes or until the bread is toasted. Cut the slices lengthwise into 1 - inch wide strips. To serve, stack bread strips on each of 4 salad plates log cabin style, leaving a space in the center. Arrange the lettuce, tomatoes, cucumber and cheese in the center of the bread strips. Top with bacon and green onion. Drizzle dressing over Salads. Makes 4 servings.

WORDS OF WISDOM

“Education is the most powerful weapon which you can use to change the world.”

- Nelson Mandela



DID YOU KNOW

- The Cincinnati Reds baseball team name was officially changed to the Redlegs during the anticommunist movement.
- Winton Churchill was born in a ladies' restroom during a dance.
- The largest city in the United States with a one syllable name is Flint, Michigan.
- Only one person in two billion will live to be 116 or older.
- A cat has 32 muscles in each ear.
- An ostrich's eye is bigger than its brain.
- The oldest word in the English language is "town".
- There is a word in the English language with only one vowel, which occurs six times: *Indivisibility*.
- The smallest port in Canada is Port Williams, Nova Scotia.
- The second longest word in the English language is "antidisestablishmentarianism".
- The longest recorded chicken flight is thirteen seconds.
- The muzzle of a lion is like a fingerprint — no two lions have the same pattern of whiskers.
- Paul McCartney and Ringo Starr were the two left - handed Beatles.

GROVEPORT CULTURAL ARTS CENTER

- Youth Programs -

614-836-3333

Community Affairs Department

Preschool Playgroup

Grow with Me

Activities designed to accommodate different age groups within the same setting. Lessons, snacks, and free play help children grow academically and socially. Adult participation is required.

Who: Preschool children
Dates: Every Tuesday & Wednesday
Times: 10:00 AM - 11:30 AM
Location: KidSpace, 630 Wirt Road
Registration: No registration - Drop in
Fee: Free

Preschool Playgroup

Rock n' Rollers

Music and movement centered program for your junior rocker. Adult participation is required.

Who: Preschool children
Dates: Every Thursday
Times: 10:00 AM - 11:00 AM
Location: KidSpace, 630 Wirt Road
Registration: No registration - Drop in
Fee: Free

Preschool Picassos

Creative crafts that little hands can easily construct. Adult participation is required.

Who: Preschool children
Dates: Every Friday
Times: 10:00 AM - 11:00 AM
Location: KidSpace, 630 Wirt Road
Registration: No registration - Drop in
Fee: Free

Preschool Sing with Me

Music, singing and instruments that your little ones will enjoy. Adult participation is required.

Who: Preschool children
Dates: 1st & 3rd Mondays - August 1 & 15
Times: 10:00 AM - 10:45 AM
Location: KidSpace, 630 Wirt Road
Registration: No registration - Drop in
Fee: Free



Science Experiment Night

Join the fun and be a part of the things that make us go, "OHH and AHH". Dress for mess! Hands on experiments / activities. August Project: Homemade Ice-cream

Who: Ages 5-12
Dates: Monday, August 1
Times: 6:30 PM - 7:30 PM
Location: Heritage Park, 551 Wirt Road
Registration: By July 29
Fee: Free

Preschool Art Pizzazz

Come join us for an evening hour of fun arts and crafts.

Who: Ages 3-5
Dates: Tuesdays, August 2 & 16
Times: 6:00 PM - 7:00 PM
Location: KidSpace, 630 Wirt Road
Registration: Two days before each program date
Fee: Free
August 16: Watermelon Paper Plate Activity



GROVEPORT CULTURAL ARTS CENTER

- Youth Programs -

614-836-3333

Community Affairs Department

Home School Art - Hot Air Balloon

Living in Ohio we are lucky to have the Hot Air Balloon tour that can be seen during the month of August. Come join us and have fun making your own before seeing the real thing.

Who: Ages 4 and up
Dates: Thursday, August 4
Times: 10:00 AM - 11:00 AM
Location: Groveport Town Hall, 648 Main Street
Registration: By August 2
Fee: Free

Nature Program - Twig Weaving Craft

Join us in learning how to create a weave using twigs and yarn.

Who: Everyone
Dates: Saturday, August 6
Times: 11:00 AM - Noon
Location: Groveport Heritage Park, 551 Wirt Road
Registration: By August 4
Fee: Free

Kid's Night - Olympic Game Night

Join us in the "Groveport" Games. We will have 3 legged races, tug of war, and water activities. You will get wet, please bring a towel.

Who: Ages 5-12
Dates: Tuesday, August 9
Times: 6:30 PM - 7:30 PM
Location: Groveport Heritage Park, 551 Wirt Road
Registration: By August 5
Fee: Free



Tween Chef

Your tween will learn cooking techniques and how to complete a recipe. Hands on cooking class. Teen's will prepare, cook, serve and eat the finished product each class. Dress for mess! Three week cooking series.

Who: Ages 12-14
Dates: Thursday, August 11, 18 & 25
Times: 6:30 PM - 8:00 PM
Location: Groveport KidSpace, 630 Wirt Road
Registration: By August 9
Fee: \$12 resident / \$14 nonresident



KidsFest

Come and enjoy Touch-A-Truck, Cops and Kids, Back to School Night all together in one community event: KidsFest. Kid's activities, school supplies, animals, food and much more!

Who: Everyone
Dates: Saturday, August 13
Times: 9:00 AM - 12:00 PM
Location: Groveport Recreation Center, 7370 Groveport Road
Fee: Free

Youth Sewing

Come see how much fun sewing can be! This is a hands on class. Youth will learn basic important skills: sewing on buttons to more complex skills, threading a sewing machine to following a pattern. Learn how to sew a different project each month. Space is limited.

August Project: Drawstring Bag
Who: Ages 10-16
Dates: Monday, August 22
Times: 6:30 PM - 8:00 PM
Location: Groveport Town Hall, 648 Main Street
Registration: By August 19
Fee: Free
Supplies: Fat quarter fabric of your choice

GROVEPORT CULTURAL ARTS CENTER

Youth Program & News

614-836-3333

Community Affairs Department

Kid's Night - Sponge Craft & Pass the Water Game

Come make a water sponge craft and play Pass the Water Game. Dress to get wet and please bring a towel.

Who: Ages 5-12
Dates: Tuesday, August 23
Times: 6:30 PM - 7:30 PM
Location: Groveport Heritage Park, 551 Wirt Road
Registration: By August 19
Fee: Free

Preschool Science

Are you ready for a messy, fun time? Learn about science with hands on activities. Dress for mess! Space is limited.

August Theme: Food Experiment

Who: Ages 3-5
Dates: Saturday, August 27
Times: 11:30 AM - 12:30 PM
Location: Groveport KidSpace, 630 Wirt Road
Registration: By August 25
Fee: Free

Youth Connection

Come join us once a month to hang out and do things with kids your own age. The activities will be based on the desires of the class. Ideas of programs already put on the table are: arts & crafts, working with fabric, drawing/painting, fashion and nutrition. Come and make a connection.

August Activity: Teamwork Challenge

Who: Ages 10-16
Dates: Monday, August 29
Times: 6:00 PM - 7:30 PM
Location: Groveport Town Hall, 648 Main Street
Registration: By August 26
Fee: Free



Hometown Car & Motorcycle Show on Sunday, September 18 from 1:00pm-5:00pm. Held at: Groveport Recreation Center, 7370 Groveport Road, upper lot. Registration from noon-1:00pm. Car & motorcycle show from 1:00pm-5:00pm. Live band and food vendors.



Stay in the know. "Like" Groveport Town Hall on Facebook.



Follow us @GroveportGov



Need a room to hold your meeting or event?

Room rentals at Town Hall and Crooked Alley KidSpace are available. However, open dates will be filling quickly. \$25.00 nonrefundable fee for residents to reserve a room. Please contact Town Hall at 614.836.3333 for nonresident rates or for more information.

Important Dates

614.836.3333

August

Community Affairs Department

EVENT / PROGRAM	DATE	EVENT / PROGRAM	DATE
Preschool Sing with Me Line Dance TOPS Science Experiment Night	Mon., Aug. 1	Preschool Grow with Me Tuesdays@One Preschool Art Pizzazz	Tues. Aug. 16
Preschool Grow with Me Tuesdays@One	Tues., Aug. 2	Preschool Grow with Me Line Dance TOPS	Wed., Aug 17
Preschool Grow With Me Line Dance TOPS School Readiness	Wed., Aug. 3	Preschool Rock n' Rollers Tween Chef 2 of 3	Thurs., Aug 18
Preschool Rock n' Rollers Homeschool Art School Readiness Art of Movement	Thurs., Aug. 4	Preschool Picassos Wood Builders	Fri., Aug. 19
Preschool Picassos Cook's Corner	Fri., Aug. 5	Sewing, Craft & Quilt Expo	Sat., Aug. 20
Nature Program	Sat., Aug. 6	Mommy & Me Cupcake Decorating	Sun., Aug. 21
Line Dance	Mon., Aug. 8	Line Dance Youth Sewing	Mon., Aug. 22
Preschool Grow with Me Tuesdays@One Kid's Night - Olympic Games	Tues., Aug. 9	Preschool Grow with Me Tuesdays@One Kid's Night - Sponge Craft & Pass the Water Game	Tues., Aug. 23
Preschool Grow with Me Line Dance TOPS	Wed., Aug. 10	Preschool Grow with Me Line Dance TOPS	Wed., Aug. 24
Preschool Rock n' Rollers Tween Chef 1 of 3 Art of Movement	Thurs., Aug. 11	Preschool Rock n' Rollers Tween Chef 3 of 3 Art of Movement	Thurs., Aug. 25
Preschool Picassos	Fri., Aug. 12	Preschool Picassos	Fri., Aug. 26
KidsFest	Sat., Aug. 13	Preschool Science	Sat, Aug. 27
Preschool Sing with Me Line Dance Programs on the Go!	Mon. Aug. 15	Line Dance Family Dining Youth Connection	Mon., Aug. 29
		Preschool Grow with Me Tuesdays@One Preschool Art Pizzazz	Tues., Aug. 30
		Preschool Grow with Me Line Dance TOPS	Wed., Aug 31

NOTE: Many of the programs noted have registration deadlines and space could be limited. For more information, please call Town Hall: 614.836.3333 - Thank you.



City of Groveport
655 Blacklick Street
Groveport, Ohio 43125
www.groveport.org



Municipal Offices, 655 Blacklick Street 614-836-5301
 Crooked Alley KidSpace, 630 Wirt Rd. 614-836-3333
 Recreation Center, 7370 Groveport Rd. 614-836-1000
 Police Dept., 5690 Clyde Moore Drive 614-830-2060
 Public Works, 7400 Groveport Rd. 614-836-3910
 Town Hall, 648 Main Street 614-836-3333
 The Links at Groveport, 1005 Richardson Rd. 614-836-5874

Lance Westcamp..... Mayor
 Shawn Cleary, Ed Dildine, Scott Lockett,
 Jean Ann Hilbert, Becky Hutson, Ed Rarey..... Council
 Marsha Hall City Administrator
 Ralph Portier Police Chief
 Kevin C. Shannon Law Director
 Jeff Green Asst. Administrator/Finance Dir.
 Tom Walker..... Golf Director
 Kyle Lund Recreation Director
 Patty Storts..... Community Affairs Director
 Tom Byrne..... Facilities Management Director
 Dennis Moore..... Public Works Superintendent
 Stephen Moore..... Chief Building Official
 Bob Dowler..... Transportation Director

Department Phone Numbers

Administration..... 614-830-2042
 Building & Zoning..... 614-830-2045
 Clerk of Council..... 614-830-2053
 Clerk of Court..... 614-830-2052
 Community Affairs..... 614-836-3333
 Finance..... 614-830-2048
 Human Resources..... 614-830-2051
 Law Director..... 614-830-2059
 Recreation..... 614-836-1000
 Police..... 614-830-2060
 Public Works..... 614-836-3910
 Transportation..... 614-836-7433
 Utilities..... 614-830-2048

Community Meetings (655 Blacklick Street)

Wed., Aug. 3, 9:00 AM Cemetery Comm. Mtg. (Log House)
 Mon., Aug. 8, 6:30 PM Council Meeting
 Mon., Aug. 15, 6:30 PM Council Comm. of Whole Mtg.
 Mon., Aug. 22, 6:30 PM Council Meeting

