

Rec News Blast



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

August 2014

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Monday, Sept. 1 (Labor Day)

Groveport Recreation Center
CLOSED

Professional Staff

Kyle Lund

Director of Parks & Recreation

Cathy Kirkwood

Administrative Assistant

Steve Hawkins

Aquatics Manager

Kelly Carter

Aquatics Coordinator

Jeff Card

Operations Manager

Stephania Bernard

Sports/Fitness Manager

Vance Casebolt

Recreation Coordinator

Braydon Jordan

Front Desk Coordinator

Deb Scholl-Saulnier

Senior Citizens Coordinator

Bob Dowler

Senior Transportation Coordinator

Jeff Fields

Building Maintenance Technician

We are going SWAG, not SHAG

A quick reminder that the Groveport Recreation Center will be **CLOSED** on **Friday, Aug. 1 and Saturday, Aug. 2** for scheduled maintenance and repair. As part of our two day shut-down, you will be excited to hear that the City has hired Continental Commercial Floors (the same company that completed the lobby tile project last August) **to remove and replace all of the all of the carpet in the 1st floor fitness center.** We hope to get another 10 years out of the new carpet.

As you can imagine, this is a big job, especially since all of the fitness equipment has to be moved off of the floor. If you have strong legs and back, we could sure use your help on either Thursday, July 31 (8:30 p.m.) or Saturday, Aug. 2 (8:00 p.m.). If you can help us out on both days, that's even better. Please call Stephania Bernard (Sports/Fitness Manager) at 614-836-1000 ext. 1513 to volunteer.

Still time to register for one of our most popular programs... YOUTH FALL SOCCER

What? Did you forget to register your son or daughter for our Fall Youth Soccer Program? Since we knew that some of you would forget, so we published the August Rec News Blast early.

Youth Fall Soccer registrations are being accepted thru **8/4**, so you have a few days to take care of this important business. See page 8 for more detailed information.

In June you should have received an email from our department explaining how to register online for this program. If you accidentally deleted this email, please visit www.groveportrec.com and click ONLINE REGISTRATION FOR SOCCER. Please follow all of the prompts.

If you still prefer to register the "old fashion way", we would be glad to take your registration at the Groveport Recreation Center. We plan on unveiling online registration for our other programs beginning in the fall. Please stay tuned.

PARK SMART

Unfortunately we live in a society where some folks don't abide by the law. When visiting our facilities, please follow the tips below to keep from being a victim of crime.

- Lock your vehicle
- Secure your valuables
- Take your keys with you
- Report suspicious activity



OnLine Registration

The below symbol means that online registration is available for this particular program. OnLine Registration is being phased in for many of our programs.



GENERAL NEWS

New Groveport Recreation Center Workout T-Shirts For Sale

You asked for them and we got them! Be one of the first to wear our new stylish t-shirts. The new t-shirts are GILDAN DRYBLEND 5.6 oz., 50% cotton/50% polyester pre-shrunk jersey knit. The shirts are selling for \$10. Sizes range from Youth Large to Adult XXL and are on display in the lobby of the Groveport Recreation Center.



Indoor Pool Closure

The indoor pool will be closed from Aug. 1 thru Aug. 17 so staff and contractors can make necessary repairs to the facility. This closure occurs annually. During this time, if you are a GRC Annual Pass Holder, you can utilize the Groveport Aquatic Center FREE during normal business hours.

In addition, staff will be posting designated morning lap swimming times at the outdoor water park.

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., Aug. 7	9 AM - 12 PM
Thurs., Aug. 21	9 AM - 12 PM



Appreciation Day

If you are a GRC Annual Pass Holder, you can bring a friend to the facility FREE on **Sunday, Aug. 31**. This is just our way of saying "thank you for your business."

SAVE THE DATE

Quote of the Month

"Exercise to stimulate, not to annihilate. The world was not formed in a day, and neither were we. Set small goals and build upon them." - Lee Haney

August 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.



Did you know that Weight Watchers meets at the Groveport Recreation Center on Mondays (6:00 PM) and Saturdays (9:00 AM)? If you are having trouble losing weight, you might want to consider Weight Watchers. For more information, visit

www.WeightWatchers.com

New Spinning Bikes Arriving Soon

Staff recently ordered (13) new STAR TRAC NXT Black Belt Spinner bikes for the Groveport Recreation Center. The GRC purchased the bikes for \$20,757. The old bikes were traded in for credit. This new bike brings the smooth quiet ride of a belt to the Spinner bike family. When not in use by our classes, a few of the bikes will remain on the fitness floor.



SPINNER NXT Black Belt

Regular Facility Hours Return in SEPTEMBER

Beginning **September 2**, the Groveport Recreation Center will revert back to regular hours. Mark it on the calendar!

Monday - Friday 5:30 a.m. - 9:00 p.m.
Saturday 8:00 a.m. - 8:00 p.m.
Sunday 8:00 a.m. - 6:00 p.m.

Please keep in mind that the indoor pool, Kiddin' Around Room and Climbing Wall have varying hours.

GENERAL NEWS

GRC Pass Holder Earns Gold



Pete Grasselli is an 84 year old runner. On June 13, he won the gold medal running the 800 meter at the Central Ohio Senior Olympics held at Westerville South High School. The gold medal qualified him for the State Finals in Glenoak High School in Canton, OH where he took silver in the 800 and 1500 meter runs.

Pete now has 50 Ohio Senior Olympics medals. Congratulations Pete! You are an inspiration to us all.

Long Time GRC Pass Holder Hits 40k Mile Mark

Earl Moore knows first hand that regular exercise can change one's life for the better. When Earl first started coming to the GRC he weighed 255 lbs. In 1.5 years, Earl dropped 100 lbs. and has been maintaining close to that weight for 5 years.

Earl tracks his cardio mileage and has traveled more than 40,000 miles. That's a whole lot of rubber off of his tennis shoes! Earl is the second GRC Pass Holder to hit 40k miles. The other is Ken Multerer.



Now there's a cool dog. He's training his owner for the new Dog-N-Jog at Groveport Park on Saturday, Oct. 11.

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. 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). 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.



We're looking ahead to Fall...

2nd Annual Apple Butter Day 5k

If the training rigors of a marathon or half-marathon are too much, the Apple Butter Day 5k is an excellent alternative. This 5k route will incorporate sidewalks, nature trails and the paved leisure path in Groveport Park. All ages welcome.

Date: Saturday, Oct. 11
Check-In: 8:30 am - 9:15 am (9:30 am race begins)
Location: Race begins & ends in Groveport Park
Divisions: 12 & Under, 13 - 17 Yrs., 18 - 29 Yrs., 30 - 39 Yrs., 40 - 49 Yrs., 50 - 59 Yrs., 60 & Over
Prizes: Prizes go to the top male & female finishers in each age group.
Fee: \$20, includes keepsake t-shirt, post race beverage & healthy snack and a Groveport Recreation Center Day Pass



1 Mile Fun Run

Don't have a 5k in you? That's okay. Join us for a 1 Mile Fun Run. Not a runner, not a problem. Walkers are welcome. The 1 Mile Course will be contained inside Groveport Park and is all about having fun and getting some exercise. All ages welcome.

Date: Saturday, Oct. 11
Check-In: 8:30 am - 8:50 am (9:00 am start)
Location: Begins & ends in Groveport Park
Fee: \$15, includes keepsake t-shirt, post race beverage & healthy snack and a Groveport Recreation Center Day Pass

NEW 1 Mile Dog-N-Jog

We realize that even your dog needs exercise. Bring him or her out for a morning jog or stroll in Groveport Park. All dog owners must show proof of dog vaccination. All dogs must be leashed (6 foot maximum).

Date: Saturday, Oct. 11
Check-In: 8:30 am - 8:50 am (9:00 am start)
Location: Begins & ends in Groveport Park
Fee: \$15, includes keepsake t-shirt, post race beverage & healthy snack and a Groveport Recreation Center Day Pass
Registration: Aug. 11 - Oct. 3

Registration begins Aug. 11 and ends Oct. 3. Online registration available. For questions, contact **Stephania Bernard (Sports/Fitness Manager)** at 614-836-1000 ext. 1513 / sbernard@groveport.org.



AUGUST GROUP FITNESS SCHEDULE

DAY	TIME	CLASS	INSTRUCTOR
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
	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
	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
Thursday	7:15 p.m.	Power Yoga	Michele Blanton
	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
Friday	6:15 p.m.	Zumba / Strength & Tone	Kathy Frank
	8:30 a.m.	Water Aerobics	Sara Denune
Saturday	8:30 a.m.	S.W.A.T. = BURST Training	Sara Denune
	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. She would be happy to give you more information regarding our Masters Swim Team.



IMPORTANT REMINDER

The indoor pool will be closed Aug. 1 thru Aug. 17 for scheduled maintenance.

As a result, there will **NOT** be any water-related fitness classes during this time. Please call the Rec Center on Aug. 18 to make sure that the pool has reopened.



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



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

S.W.A.T. Cycling

Sara's Weight & Tone meets indoor cycling. Cycling is an intense cardio session designed for you to lose weight and inches. Accountability is key and that is what SWAT is all about.

Days:	Wednesdays
Times:	6:00 - 6:45 PM
Fee:	Drop-In: \$5 Residents/Pass Holders \$6 Non-Res.
Ages:	13 Years of Age & Older
Class Dates:	Aug. 6 - 27
Registration:	Drop-in anytime
Instructor:	Sara Denune



Extreme Fitness Boot Camp

Push yourself to new limits with Joe Newland's Extreme Fitness Boot Camp. Be ready to run, jump, sit up, push up until you reach total fatigue. This class is for advanced level participants only.

Days:	Mondays & Saturdays
Times:	10:00 - 11:00 AM
Fee:	Drop-In: \$5 Resident/Pass Holder \$6 Non-Res.
Ages:	16 Years of Age & Older
Registration:	Drop-in anytime
Class Dates:	July 5 - 25
Instructor:	Joe Newland

5 Tips from Stephania Bernard (Sports/Fitness Manager)

- Find a routine and stick with it. Your health & fitness is the foundation for everything else in life. Make time to be active and live healthy. You will find that you have more energy, less stress and additional happiness.
- Eat nutrient dense foods. Choose foods that offer your body the most benefit. Do not be afraid of carbohydrates and fats. Choose healthy fats from nuts and seeds and complex carbs from fruits & vegetables to fuel your body.
- Set goals for yourself. Fitness goals can be more than just weight loss. Goals should be manageable and appropriate to your lifestyle. Make a plan to ride a bike for 15 hours per week or jump rope for 100 jumps a day for an entire month. Adjust your goals as you reach them to increase your intensity. Tell a friend or spouse about your goal so they can help you stay on track.
- Be prepared. Take time to prepare meals or pack your gym bag at night. Set yourself up for success so there are no excuses for skipping over your exercise plans or eating out on the run.
- Have fun and enjoy. Exercise does not have to be a chore. Find something you love. Experiment with new activities and new healthy food options to find out what you like. You may meet new people or learn new things about yourself along the way.



Check out our new **DOG-N-JOG**.
See page 3 for more information.

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 & oppo-

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



Don't have a team? Want to play?

Call Stephania Bernard (Sports/Fitness Manager) at 614-836-1000 ext. 1513. She will then put you on a Free Agent List.



Team Nightmare

Men's Softball Tournament Champions 2014

This team has won the tournament for the past 4 years.

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 Co-Ed Volleyball Lges.

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



*Act like a kid...
make it a goal to play
or exercise for
1 hour a day.*

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.

T-Birds T-Ball

This program is a blast for the whole family. Kids learn the basics of batting, fielding, throwing and catching and then apply what they learned in fun non-competitive games. Parents are encouraged to assist in coaching and are provided with practice plans and literature to aid them. Fee includes team shirt, MLB cap & medal. Please bring a baseball glove.

Who: Boys & girls (3 - 4 Yrs. Old) 
Dates/Times: Tuesdays, Sept. 9 - Oct. 7, 5:30 pm - 6:30 pm
Location: Groveport Park **Fee:** \$55
Registration: July 21 - Sept. 1



Rookie League Baseball

A fun oriented coach pitch baseball program where players will receive instruction on all basics of the sport and apply what they learned in fun games. The concentration of this program is recreational/instructional game play. Fee includes team shirt, MLB cap & medal. Please bring baseball glove.

Who: Boys & girls (5 - 7 Yrs. Old) 
Dates/Times: Wed., Sept. 10 - Oct. 8, 5:30 pm - 6:45 pm
Location: Groveport Park **Fee:** \$55
Registration: July 21 - Sept. 1



Hummingbirds Soccer

Kids will learn the basics of soccer in this instructional program, including dribbling, passing, trapping, shooting, defense & positioning. Players will take what they have learned and apply their new skills in relaxed non-competitive games. Parents are encouraged to assist in coaching. Shin guards are required. Size 3 soccer ball is optional. Fee includes t-shirt & medal.

Who: Boys & girls (3 - 4.5 Yrs. Old) 
Dates/Times: Mon., Sept. 8 - Oct. 13, 5:30 pm - 6:30 pm
Location: Cruiser Park **Fee:** \$50
Registration: July 1 - Sept. 1

Flag Football

Players are grouped by age, coached at their level of understanding and play fun, low competitive games. All instruction will be conducted by Jump Starts Sports Staff. Parents are encouraged to assist. Players will learn the fundamentals of offense, defense and will be introduced to speed and agility training. JSS Staff will also officiate and supervise games to ensure equal playing time & rotation of players. Fee includes NFL I-shirt and medal. Mouth guard is required.

Who: Boys & girls (K - 4th Grade) 
Dates/Times: Mon., Sept. 15 - Oct. 20, 5:30 pm - 7:00 pm
Location: Groveport Park **Fee:** \$60
Registration: Accepted thru Sept. 8



Volleyball Clinic

This is a fun instruction clinic that will cover serves, sets, spikes, blocks, returns, positioning & team strategy. Whether your child is an experienced player or complete novice, they will have fun learning about the sport. Fee includes t-shirt. Knee pads are recommended, but are optional.

Who: Boys & girls (3rd - 4th Grade) 
Dates/Times: Mon., Nov. 9 - Dec. 8, 5:30 pm - 6:30 pm
Location: Groveport Rec Ctr. **Fee:** \$60
Registration: Accepted thru Oct. 28



Volleyball League

JSS Staff will teach the fundamentals of the game of volleyball. Practices will take place on Monday evenings and games will be played on Thursday evenings. Fee includes t-shirt. Knee

Who: Boys & girls (5th - 6th Grade) 
Dates/Times: Mon., Nov. 3 - Dec. 8, 6:30 pm - 7:30 pm
Thurs., Nov. 6 - Dec. 11, 6:00 pm - 7:00 pm
* no program on Nov. 27
Location: Groveport Rec Ctr. **Fee:** \$60
Registration: Accepted thru Oct. 28

YOUTH ATHLETICS



Quality instruction for juniors 3 1/2 years & up and adults at an affordable price. Clinics are available for beginners through tournament level & league players. Let Chris Brown-Borden (certified UPTA Teaching Professional and former Asst. Head Pro of New Albany Country Club) introduce you to the game or further your

knowledge and skills. Quick Start Instruction will be used with Juniors. All lessons will take place at Groveport's Degenhart Park (355 Lesleh Ave.).

For class information, including descriptions, dates, times and fees, please visit www.groveportrec.com. Further questions should be directed to Chris Brown-Borden at 740-756-7977 or groveporttennis@hotmail.com.

Registration for classes taking place in September & October is going on right now and will be accepted through Aug. 31 on a first come, first served basis.



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 and to see if you are eligible, please contact Groveport Madison Adopt-A-Family at 614-836-7939. Persons that are utilizing scholarship funds must register in-person at the Groveport Rec. Center.

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.



Fall Soccer Leagues

Registration ends **Aug. 4** 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). Online registration for this program is now available.



8 Reasons to Play Soccer

- **Simple.** The sport requires one ball and space to play. Regrettable, you must purchase cleats and shin-guards to play competitively. However, you still require less equipment than other sports.
- **Something For Everyone.** Anyone that can kick a ball can play soccer. It's a blast for beginners and experts alike.
- **Work Ethic.** Coaches and teammates push players to develop better work ethic. When players work hard and succeed, they build confidence, which translates to all aspects of life.
- **Leadership.** Through trial and error, players learn how to lead effectively. Leaders often form on the athletic field.
- **Sportsmanship.** Through good examples set by coaches and teammates, players learn what it takes to play a sport gracefully.
- **Perseverance.** Players will need to overcome frustration, injuries, losses and more.
- **Social.** Players often make new friends with their teammates. Teammates share a common bond which promotes a sense of unity.
- **Fitness.** When kids are playing they are not watching TV, playing video games or texting. They are getting a full workout that teaches them healthy habits.

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

Season: Games will played in Sept. & Oct.

Location: All games played at Groveport's Cruiser Park with the exception of the 14 & Under Division.

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

Register: thru Aug. 4



The most popular team sport in the WORLD.

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: Sept. 2 - 25 (T/Th., PM @ indoor)
Registration = Aug. 18 - Sept. 1

Sept. 20 - Nov. 8 (Sat., AM, @ indoor)
Registration = Sept. 8 - 19

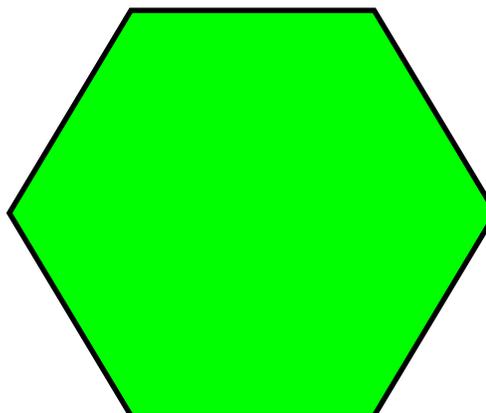
Sept. 30 - Oct. 23 (T/Th., PM @ indoor)
Registration = Sept. 15 - 29

Oct. 28 - Nov. 20 (T/Th., PM @ indoor)
Registration = Oct. 13 - 27

OnLine Registration

The below symbol means that online registration is available for this particular program.

OnLine Registration is being phased in for many of our programs.



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.

August Super Family Sunday

Dates: Sunday, Aug. 10

Time: 1:00 PM - 5:00 PM

What: Contests, Games, Races, Prizes & More



**SCUBA in
central
Ohio?
YES, right
here at the
GRC.**

Groveport Aquatic Center

DOG PADDLE



PALOOZA

Thursday, Sept. 4
6:00 PM - 8:00 PM

Avoid the lines,
register in
advance at the
Groveport Rec Ctr.

\$2/dog
Humans are free

This event was previously titled PAWS IN THE POOL

Grab Man's Best Friend, your camera and his/her favorite fetch toy, towel & leash and head to the outdoor water park for an evening of fun. Humans are not permitted in the pool. Registrants must provide up-to-date dog vaccinations to be admitted.



Questions, call Steve Hawkins
(Aquatics Manager) at 614-836-1000 ext. 1510

SCUBA... back for more

Are you in the mood to try something new? Why not SCUBA? This class is taught by PADI certified instructors from Columbus Scuba at the Groveport Recreation Center's indoor pool. This is an Open-Water PADI Entry Level course. Columbus Scuba offers lifetime certification. Course includes all 3 segments, rental gear (both Confined & Open Water), required textbooks, log book, dive tables & certification fees.

- WHEN: Sundays, Aug. 17, 24, Sept. 7 & 14
TIME: 5 - 6 PM Classroom / 6 - 8 PM Indoor Pool
* first session may include classroom time only
- EQUIPMENT: Please wear a bathing suit. Participants will need to provide their own mask, fins & snorkel, as these are personal fitting pieces of equipment required by all Dive Schools. Columbus Scuba offers an additional discount on all equipment purchased by our students. Please stop by their store and their professional staff will educate you on the equipment, even if you choose not to purchase from them.
- FEE: \$375. Checks only. Please make check payable to Columbus Scuba.
- REGISTRATION: Registration is being taken on a first come first served basis. Registration deadline is Aug. 13. Persons must be at least 10 years of age by Aug. 17 to take the class.
- QUESTIONS: Call Columbus Scuba at 614-500-7234 or visit www.columbuscuba.com

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: Aug. 8 & 22, 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 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 Vance Casebaolt (Rec. Coord.) at 614-836-1000 ext. 1505. 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

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 or call 1-800-69-SHRED.



Fall Community Garage Sale



What: If you are a Groveport resident, you can register now for the Fall Community Garage Sale. This sale does not apply towards your twice a year garage sale limit. Price includes garage sale permit, balloons/string and your address included on the Garage Sale Map & Listing.

Maps go on sale Wed., Sept. 3 for \$1 at the Groveport Recreation Center. Non-residents are welcome to shop in Groveport.

Who: Groveport residents
Dates/Times: Fri., Sept. 5 & Sat., Sept. 6, 9 AM - 6 PM
Cost: \$5 per household
Registration: Aug. 1 - Aug. 31 

HOME SCHOOL

Fun With Fitness

This class will help your child develop motor skills, learn teamwork and improve social skills all while getting exercise. Your child will be engaged in active group games as well learn the basics of traditional and non-traditional sports. Please wear appropriate gym attire along with soft-soled, closed toe shoes.

Who: 4 - 6 Yrs., 7 - 10 Yrs., 11 - 18 Yrs.

Dates/Times: Fridays, Sept. 19 - Nov. 21
10:15 am - 11:15 am

Cost: \$8 Res. / \$10 Non-Res.

Registration: Aug. 4 - Sept. 17



Water Fun

This is an instructional swimming course, but not the American Red Cross Learn-To-Swim Program. Participants do not need to be enrolled in an additional class in order to participate.

Who: 5 - 10 Yr. Olds

Dates/Times: Fridays, Sept. 19 - Nov. 21
9 am - 10 am

Location: Groveport Rec Ctr. Indoor Pool

Cost: \$25

Registration: Aug. 4 - Sept. 17



Swim Time

Participant must be enrolled in Fun With Fitness in order to register for Swim Time. Swim Time is an open swim to give children an opportunity to have fun in the water without instruction. Children under 10 years of age must be accompanied by a responsible adult (18 & over) who must directly supervise them while in the pool.

Who: 4 - 18 Yr. Olds

Dates/Times: Fridays, Sept. 19 - Nov. 21
11:30 am - 12:30 pm

Location: Groveport Rec Ctr. Indoor Pool

Cost: \$25

Registration: Aug. 4 - Sept. 17

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	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

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

Aug. 15, 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. 13, 11:30 a.m., Looking to Downsize? Moving?
Join us for a FREE lunch & presentation on how to conquer downsizing/moving. Event is sponsored by Scioto Community & Two Men And A Truck. Guest speakers from All Of It Transitions and Accent On Organizing will also present. Register by Aug. 11.

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.

IMPORTANT DATES

EVENT / PROGRAM	DATE
GRC Closed for scheduled maintenance	Aug. 1 - 2
Indoor Pool Closed for scheduled maintenance	Aug. 1 - 17
Registration begins for Jump Start Sports Fall Programs, including T-Birds T-Ball, Rookie League Baseball, Hummingbirds Soccer, Flag Football, Volleyball Clinic & Volleyball League	Aug. 1
Touch-A-Truck & Shred-It at Groveport Park (10 am - 2 pm)	Aug. 2
Registration deadline for Fall Youth Soccer	Aug. 4
Registration begins for Home School Fun With Fitness, Water Fun & Swim Time	Aug. 4
Free Blood Pressure Screening at GRC	Aug. 7
Kids Night Out at the GRC	Aug. 8
Registration deadline for Adult Fall Softball Leagues	Aug. 8
Super Family Sunday at Groveport Aquatic Center (Outdoor Water Park)	Aug. 10
Registration begins for 2nd Annual Apple Butter Day 5k, 1 Mile Fun Run & NEW 1 Mile Dog-N-Dash	Aug. 11
Indoor Pool re-opens (tentative)	Aug. 18
Groveport Aquatic Center (Outdoor Water Park) CLOSED	Aug. 18 - 22
Kids Night Out at the GRC	Aug. 22
Groveport Aquatic Center (Outdoor Water Park) OPEN	Aug. 23 - 24
Groveport Aquatic Center (Outdoor Water Park) CLOSED	Aug. 25 - 29
Registration deadline for Fall Adult Pickleball	Aug. 28
Groveport Aquatic Center (Outdoor Water Park) OPEN	Aug. 30 - Sept. 1
Groveport Recreation Center Annual Pass Holder Appreciation Day	Aug. 31
Labor Day - Recreation Center (CLOSED), Aquatic Center (OPEN, weather pending)	Sept. 1
Regular hours resume at Groveport Rec Center (see page 2 for more details)	Sept. 2

SPORT MEDICINE MINUTE

Mouthguards in Sports - A Necessary Piece of Equipment -

Youth and adolescent sports participation has grown steadily over the years. It is estimated that 20 to 25 million youths participate in competitive sports. As a result of this growth in participation levels, incidence of injury has also increased. Some have reported sports to account for approximately 36% of all unintentional [injuries to children and adolescents](#). Of those injuries, 10-20% of all sports related injuries are maxillofacial injuries according to the American Dental Association.

The National Youth Sports Foundation for Safety reports dental injuries as the most common type of orofacial injury sustained during sports participation. They contend that an athlete is 60 times more likely to sustain damage to the teeth when not wearing a protective mouthguard. Often times these injuries will result in permanent damage to oral structures which require medical intervention.

For more information on mouthguards and the injuries they can help prevent, please visit the **Nationwide Children's Hospital Sports Medicine** website: <http://www.nationwidechildrens.org/mouth-guards-in-sports-a-necessary-piece-of-equipment>



NATIONWIDE CHILDREN'S

When your child needs a hospital, everything matters.™

Das KaffeeHaus Kaffeewagen

von Frau Burkhart ©



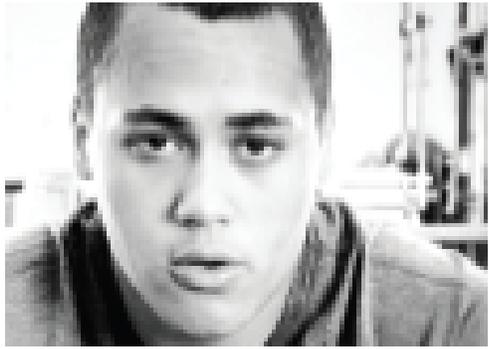
Proudly serving Groveport Recreation Center patrons.

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



Monday - Friday
6:30 am - 1 pm

Saturday
8 am - 1 pm



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.**

