

# Rec News Blast



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

**March - April 2014**

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Groveport Parks and Recreation

### Professional Staff

**Kyle Lund**

Director of Parks & Recreation

**Cathy Kirkwood**

Administrative Assistant

**Steve Hawkins**

Aquatics Manager

**Jeff Card**

Operations Manager

**Stephania Bernard**

Sports/Fitness Manager

**Vance Casebolt**

Recreation Coordinator

**Braydon Jordan**

Front Desk Coordinator

**Deb Scholl-Saulnier**

Senior Citizens Coordinator

**Mark DiGiando**

Parks Superintendent

**Bob Dowler**

Senior Transportation Coordinator

## Mark Your Calendars Now

We know how much you love to use the facility so we do not want you to show up when the facility is closed. Please see below information for our March & April Closures and Non-Traditional Hours.

DATE	EVENT	HOURS
Fri., April 4	Maintenance	CLOSED
Sat., April 19	Day Before Easter	8 AM - 5 PM
Sun., April 20	Easter	CLOSED

If you would like to volunteer a few hours during our Maintenance Day on April 4, please call Stephania Bernard (Sports/Fitness Manager) at 614-836-1000 ext. 1513. We can always use the help even if its just for a few hours.

## Words To Live By...

"I'd rather wear out than rust out!"

- Joe Newland (Personal Trainer at the GRC)

## G.Y.A.A. now taking registration for T-Ball, Baseball & Fast-Pitch Softball

Sat., March 1	9 am - 12 pm
Sun., March 2	1 pm - 3 pm
Sat. March 8	9 am - 12 pm
Sun., March 9	1 pm - 3 pm

For more information regarding the G.Y.A.A. (Groveport Youth Athletic Association), please visit [www.groveportyouth.com](http://www.groveportyouth.com) or call 614-470-0077.

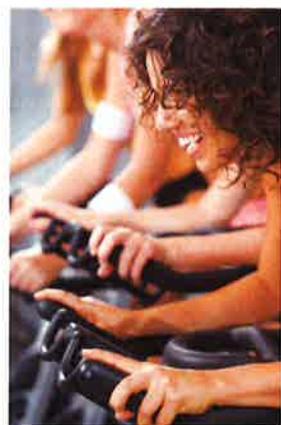


The G.Y.A.A. is a parent volunteer based organization and is not affiliated with the Groveport Parks & Recreation Department.

## Groveport Community Garden

If you are interested in planting a garden at the Community Garden (located in Heritage Park, less than one minute drive from the Recreation Center), please pick up a Plot Request Form at the front desk of the Groveport Recreation Center. Non-residents may register beginning March 1. Cost is \$10 per plot/year. Questions, call Kyle Lund (Director of Parks & Recreation) at 614-836-1000 ext. 1503.

March 20, 2014  
First Day of Spring



# Recreation Center News

## Birthday Parties

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

To book your child's party, call Braydon Jordan (Front Desk Coord.) at 614-836-1000 ext. 1508.



## Pass Holder Appreciation Day

If you are a GRC Pass Holder, you can bring a friend or family member to the facility for FREE. Just remember to have the person bring their ID (if they are an adult).

Save the date... **Sunday, April 27**

## Soccer Officials Needed

Looking to make a little extra cash? Enjoy the sport of soccer? At least 14 years of age? If so, contact Vance Casebolt (Recreation Coordinator) at 614-836-1000 ext. 1505 or [vcasebolt@groveport.org](mailto:vcasebolt@groveport.org). Officials will receive training on Sat., March 15 (9 AM - 12 PM) and will work in our Youth Spring Soccer Program. No previous experience or FIFA certification required.



## 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., March 6	9 AM - 12 PM
Thurs., March 20	9 AM - 12 PM
Thurs., April 3	9 AM - 12 PM
Thurs., April 17	9 AM - 12 PM



## Eternal Power Fitness Group Training Program

This group training program will include fun, safe and effective plans to encourage you towards your health & weight loss goals. We will focus on guiding you through fun exercise & proper nutrition. Why this program is being offered? **COMMUNITY** - We offer a safe & encouraging environment to challenge you with your workouts so you can see results. **ACCOUNTABILITY** - Not only will we ask you to change some health habits, but your workout buddies want to see you succeed as well. **QUALITY** - We have great trainers who will make sure that you get a quality workout in a short amount of time in order for you to see physical results without the aches & pains. **INCENTIVES** - We like to offer small incentives for those who like to push themselves to faster change. It's also for those with a competitive nature. **EXPERIENCE** - We want you to have a unique, caring and challenging experience when you enroll in the program. If you don't get that type of experience, we will happily give you a refund.

**Who:** Men & Women 15 Years & Older

**Days/Times:** Mondays/Wednesdays at 10 AM OR  
Tuesdays/Thursdays at 6:30 PM

**Sessions:** April 7 - June 25 or April 8 - June 26  
12-week program. Attend twice a week.

**Fee:** \$225

**Registration:** Feb. 24 - April 4

**Questions:** Email Casey O'Lynn (Personal Trainer) at [eternalpowerfitness@gmail.com](mailto:eternalpowerfitness@gmail.com)

## Attention Active Moms

Are you looking to find activities & events in south Columbus area for you and your family? If so, check out **Macaroni Kid**. You can sign up for a weekly newsletter.

[www.southcolumbus.macaronikid.com](http://www.southcolumbus.macaronikid.com)

## Free Chair Massages

Compliments of **HealthSource Chiropractic & Progressive Wellness** in Canal Winchester. This free service will be offered in the GRC as follows. To learn how HealthSource can help you feel better, call 614-833-0563.

Date:	Time:
Thurs., Feb. 20	10 AM - 12 PM
Thurs., March 6	10 AM - 12 PM
Thurs., March 20	10 AM - 12 PM
Thurs., April 3	10 AM - 12 PM
Thurs., April 17	10 AM - 12 PM



# March Group Fitness Schedule

<u>DAY</u>	<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
Monday	9:15 a.m.	Trim Tummies	Sara Denune
	10:00 a.m.	Water Aerobics	Kathy Frank
	10:00 a.m.	Boot Camp	Joe Newland
	10:00 a.m.	SilverSneakers Classic	Sara Denune
	11:15 a.m.	Arthritis Aquatics Program	Kathy Frank
	5:00 p.m.	Arthritis Land Based Program	Kathy Frank
	5:00 p.m.	* Tae Kwon Ki Do/Karate Ki Do	Rich Evans
	6:00 p.m.	Water Aerobics	Sara Denune
	6:15 p.m.	Zumba	Kathy Frank
	7:30 p.m.	Muscle Conditioning/Cardio Circuit	Ann Neu
Tuesday	8:30 a.m.	Water Aerobics	Sara Denune
	5:30 p.m.	Pilates	Ann Neu
	6:45 p.m.	Zumba	Ann Neu
Wednesday	9:00 a.m.	Zumba Gold (Senior Center)	Tamika Dean
	10:00 a.m.	Water Aerobics	Kathy Frank
	10:15 a.m.	SilverSneakers Classic	Sara Denune
	11:15 a.m.	Arthritis Aquatics Program	Kathy Frank
	6:00 p.m.	S.W.A.T. = BURST Training	Sara Denune
	6:00 p.m.	Aqua Zumba	Kathy Frank
	7:15 p.m.	Power Yoga	Bonnie Finneran
Thursday	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
	6:15 p.m.	Zumba / Strength & Tone	Kathy Frank
Friday	8:30 a.m.	Water Aerobics	Sara Denune
	5:00 p.m.	* Tae Kwon Do/Karate Ki Do	Rich Evans
Saturday	8:30 a.m.	S.W.A.T. = BURST Training	Sara Denune
	10:00 a.m.	Boot Camp	Joe Newland
	11:15 a.m.	Indoor Cycling	Joe Newland

\* Indicates pre-registration  
REQUIRED.



**Take care of your body.  
It's the only place  
where you have to live.**

For more information about Group Fitness Classes, pick up The Fitness Guide or contact  
Stephania Bernard, Sports/Fitness Manager at 614-836-1000 ext. 1513 / sbernard@groveport.org

April's Schedule will be available by mid-March.

# Adult Athletics



## Adult Spring Co-Ed VOLLEYBALL Tournament

Each team will be placed into team pools (guaranteed 3 games). Based on standings, each team is then placed into a single elimination tournament. Games are rally score to 25 with a 2 point advantage best of 3 games. T-shirts and sponsor trophy are awarded to the Champion!

**Who:** Men and Women 18 and over  
**Date:** Saturday April 12, 2014  
**Location:** Groveport Recreation Center  
**Fee:** \$150  
**Registration:** Feb. 10 - April 3

## Adult Spring/Summer Slow-Pitch Softball Leagues

The Groveport Parks and Recreation Dept. is offering 5 Adult Spring/Summer Softball Leagues. All players must be a minimum of 18 years of age. A.S.A. Guidelines apply.

Monday = Men's Competitive      Friday = Co-Ed  
Tuesday = Men's Open              Sunday = Co-Ed  
Thursday = Men's Open

**Date:** Play tentatively begins April 21  
**Location:** Groveport Park  
**Team Fee:** \$450  
**Registration:** Returning Teams can register beginning 2/24. New Teams can register beginning 3/10.  
**Deadline:** April 10

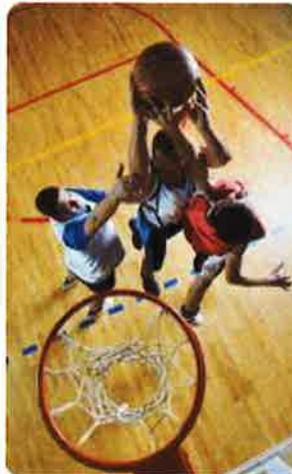
## Don't have a team, but want to play on an Adult Athletic Team?

Call Stephania Bernard (Sports/Fitness Manager) at 614-836-1000 ext. 1513. She will then put you on a Free Agent List. If enough persons put their name on the list, a team will be formed. Once a team has been formed, the fee is divided amongst all of the players. Team managers also have access to this list and may call you if they need a player on their team.

## Adult Co-Ed 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 wiffle ball and wood or composite paddles. The game can be played as singles or doubles. 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/day and the season is 8 weeks long. Games will be played as doubles. Partners will be assigned and will change weekly.

**Who:** Men & Women 18 and over  
**Date:** Thursdays, beginning March 6  
\* morning and evening leagues will be offered  
**Location:** Groveport Recreation Center  
**Player Fee:** \$40  
**Registration:** Feb. 4 - March 6



## Men's Summer Basketball Leagues

The Groveport Parks & Rec. Dept. will be offering 2 Men's Summer Basketball Leagues. Teams will play 7 games. The top 4 teams will be invited to play in a single elimination tournament.

**Who:** Men 18 years of age & over  
**Date:** Sundays (early June - early/mid Aug.)  
**Location:** Groveport Recreation Center  
**Team Fee:** \$300  
**Registration:** April 7 - May 23

# Youth Athletics

## Spring Youth Soccer Leagues

The Spring season will consist of 8 games and will tentatively be played on Saturday morning/afternoons, Sunday afternoons & weekday evenings. Practice days and times will be determined by coach availability. All players will receive a t-shirt game jersey, socks and an award. **Volunteer coaches are needed.** More info., call Vance Casebolt (Rec. Coord.) at 614-836-1000 ext. 1505 or vcasebolt@groveport.org.

**Who:** Boys & girls  
4.5 - 6 yrs., U-8, U-10, U-12 & U-14

**Game Dates:** Early April - mid/late May (tentative)

**Registration:** Feb. 1 - March 1

## Lil Might's Exercise & Soccer

This soccer program will use fun & creative games to teach basic soccer skills, such as dribbling, passing & shooting. In addition, there will be opportunities to focus on team dynamics, fitness, sportsmanship & small sided soccer games. Each session will also highlight a character development trait such as teamwork & encouragement. Instructor: Casey O'Lynn

**Who:** 3 - 4 year olds

**Dates/Times & Location:** Thursdays (4/10 - 5/29) at 11 AM or Saturdays (4/12 - 5/31) at 8:30 AM at Groveport Park

**Registration:** Feb. 17 - April 4 **Cost:** \$60



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.

## Hummingbird Soccer

Kids will have fun and learn the basics of soccer: (dribbling, passing, trapping, shooting, defense, and positioning) during fun drills that are designed to teach these fundamentals to such young children. Participants will then take their new skills and apply them in relaxed/non-competitive games. Coaching will be conducted by Jump Start Sports staff. Parents are encouraged to assist. **Shin guards are required.**

**Who:** 3 - 4 1/2 years old

**Dates:** Mondays, Apr. 7 - May 12 (No class 4/2)

**Time:** 5:30 PM -6:30 PM **Cost:** \$50\*

**Register by:** March 31

## Little Hoops Stars (Spring)

Professional Coaches from Jump Start Sports will run this instructional and recreational basketball program. Players are taught the basics of dribbling, passing, shooting, positioning, defense, and rebounding and then have the opportunity to take what they learned and apply it in fun, non-competitive games.

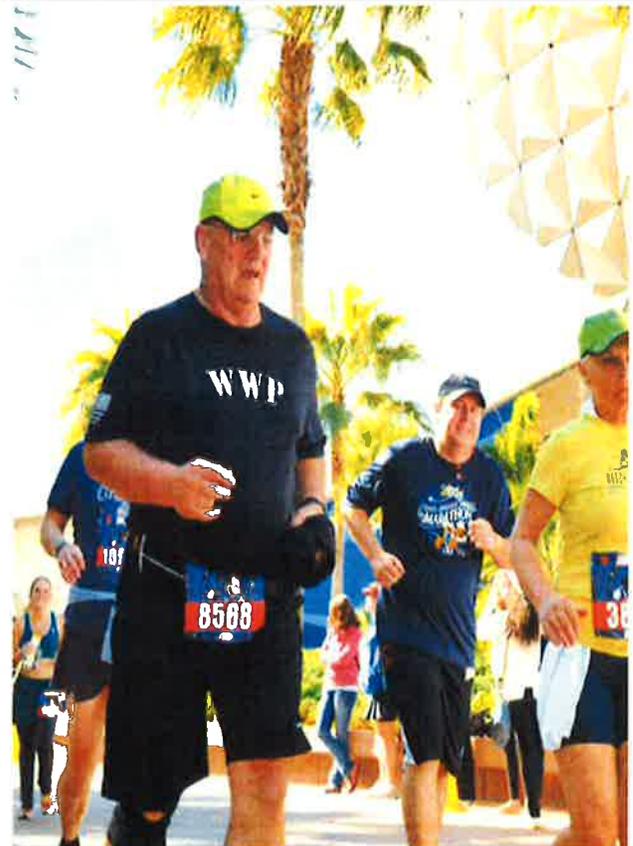
**Who:** Boys & girls (4 - 6 years old)

**Dates:** Tues., March 12 - April 23 (no class 4/2)

**Time:** 5:30 - 5:30 PM **Cost:** \$55\*

**Register by:** March 4

# Congrats!



Give a round of applause to GRC Pass Holder **John Smith**. He recently completed a Disney Marathon (26.2 miles) in Orlando, Florida. Believe it or not, John did this all on a new artificial hip. After his morning workouts, he can be seen chatting with buddies in the leather furniture in the GRC lobby. "What an inspiration!"

# Youth Athletics



## T-Birds T-ball

The T-birds t-ball program is a blast for the whole family! Kids learn the basics of batting, fielding, throwing, and catching and then apply their new skills in fun non-competitive games. Parents are encouraged to assist in coaching and are provided with practice plans and literature. Fee includes a team shirt, MLB replica hat and a medal.

**Who:** Boys & Girls (3 - 4 yrs old)  
**Dates:** Fridays, May 9 - June 6  
**Time:** 5:30 - 6:30 PM or 6:30 PM - 7:30 PM  
(1 hour dependent on team schedule)  
**Cost:** \$60\*  
**Register by:** May 2

## Spring Break Camp

Kids in grades K-6 have a blast with the team from Jump Start Sports playing flag football, cheerleading, basketball, soccer, lacrosse, volleyball, and traditional games such as capture the flag, dodge ball, kickball, and ultimate frisbee. Jump Start camps provide your child with an opportunity to play and learn about sports in a fun, well-supervised (8 to 1 ratio) environment. They will play themed activities in the morning, have lunch, and then swim and play traditional camp games and other activities in the afternoon. Participants need to bring a packed lunch, snack, tennis shoes, bathing suit, towels and a change of clothes. Program takes place at the Groveport Rec. Center.

**Ages:** 6 - 12 year olds  
**Date:** Monday - Friday, April 21 - 25  
**Time:** 9:00 AM - 3:00 PM  
**Cost:** \$105 for all 5 days of camp or \$30/day  
**Deadline** April 14

### Extended Care for Spring Break Camp

\* Additional fees paid directly to Jump Start Sports via Check on first day of camp.

**Time:** 7:30 AM - 9:00 AM (early care)  
3:00 PM - 5:30 PM (late care)  
**Cost:** \$10 per day or \$30 for the week  
\*includes both early and late care

## Summer Sports Camp

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

**Ages:** Boys & Girls, Ages 6 - 12  
**Dates:** June 9 - July 31  
\* No camp the week of 7/4  
\* 7th week is only 4 days  
**Time:** 9:00 AM - 3:00 PM  
**Cost:** \$100/week for 6+ weeks  
\*before and after care available at an additional cost.  
**Registration Begins:** March 1  
(register by May 29 to receive \$100/week rate)

## British Soccer Camps 2014

Registration is underway for this year's soccer camp.

**Ages:** Boys & Girls, 3 - 18 Years  
**Dates:** July 14 - 18  
**Location:** Groveport Park  
**Time/Cost:** Varies per each age group  
**More Info.:** 513-407-6739 or  
gleckie@challengersports.com  
**Register:** challengersports.com



## Groveport Tennis Academy

Registration begins March 1. For more info., contact Chris Borden-Brown at 614-836-3985 / groveporttennis@hotmail.com.

# Sports Medicine Minute

## Kids Sports Injuries: The Numbers are Impressive

The picture of youth sports in America is changing. Youth athletes often begin their competitive youth sports careers as early as age seven, with some youth participating in organized sports activities as early as age four, if not sooner. With an estimated 25 million scholastic, and another 20 million organized community-based programs in the United States, the opportunity for injury is enormous. This is why sports injuries are the second leading cause of emergency room visits for children and adolescents, and the second leading cause of injuries in school. Approximately three million youth are seen in hospital emergency rooms for sports-related emergencies for sports-related injuries and another five million youth are seen by their primary care physician or sports medicine clinic for injuries. These numbers leave out injuries not seen by a physician.

**WHAT DOES THIS MEAN?** Physical activity is necessary for normal growth in children. However, when the activity level becomes too intense to too excessive in a short time period, tissue breakdown and injury can occur. These overuse injuries were frequently seen in adult recreational athletes, but are now being seen in children. The single biggest factor contributing to the dramatic increase in over-use injuries in young athletes is the focus on more intense, repetitive and specialized training at much younger ages. Overuse injuries such as stress fractures, tendinitis, bursitis, spophysitis and osteochondral injuries of the joint surface were rarely seen when children spent more time engaging in free play. The following risk factors predispose young athletes to overuse injuries: sport specialization at a younger age, imbalance of strength or joint range of motion, anatomic malalignment, improper footwear, pre-existing condition, growth cartilage less resistant to repetitive microtrauma and intense, repetitive training during periods of growth.

**WHAT SHOULD BE DONE?** Early recognition of injuries is critical in returning athletes to their sport safely and quickly. Any injury that involves obvious swelling, deformity, and/or loss of normal function (i.e., movement or strength) should be seen by a physician immediately. All other injuries that appear to be minor should resolve themselves within a few days. However, if it does not heal on its own, and your child is not back to full participation without pain, it is best to have him/her evaluated by a physician. Nagging injuries that go untreated can

turn into chronic problems that require much longer time away from the sport to allow the injury to heal properly. If your child does get injured while playing sports, the best treatment plan is R.I.C.E.

**REST...** Do not use injured area until seen for further evaluation by a physician. If walking with a limp, have the athlete use crutches.

**ICE...** Apply ice to injured area to help decrease pain and swelling. Use ice 15 - 20 minutes at a time. Crushed/cubed ice or frozen peas/corn works best, avoid using chemical cold packs. Always ice for the first 48 - 72 hours after the injury. Never sleep with ice on the injured area.

**COMPRESSION...** Elastic wrap/compression sock should be used to reduce swelling. Apply wrap beginning below the injured area and wrap upward. Always keep toes/fingers exposed. Watch for numbness, discoloration or temperature changes (loosen wrap if needed). Do not sleep with wrap on the injured area.

**ELEVATION...** Use gravity to control swelling. Prop injured area higher than the heart.



**NATIONWIDE  
CHILDREN'S**

*When your child needs a hospital, everything matters.<sup>SM</sup>*



# 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.*

### Class

**Dates:** Mar. 18 - April 10 (Tues. & Thurs., PM @ indoor)  
Registration = March 4 - 13

Mar. 8 - April 26 (Saturdays, AM @ indoor)  
Registration = Feb. 24 - Mar. 7

April 22 - May 15 (Tues. & Thurs., PM @ indoor)  
Registration = April 7 - April 21

Visit our website at  
[www.groveportrec.com](http://www.groveportrec.com)

and browse the Swim Lessons  
tab for more details.



## Private Swim Lessons

The Groveport Parks and Rec. Dept. is proud to offer private and semi-private swim lessons. Private lessons are (1) instructor and (1) student. Semi-Private lessons (1) instructor and (2) similarly skilled students.

**Dates/Times:** Each session will be scheduled on the best time for you and our instructor's availability.

**Fee:** \$180 Private

\$240 Semi-private (\$120 per individual)

*For more info., contact Kelly Carter at [kcarter@groveport.org](mailto:kcarter@groveport.org). All lessons are subject to instructor availability.*

# Aquatics

## Lifeguards Needed

Are you looking for a great summer job that could lead into a year-round job? Are you at least 15 years of age? Good swimmer? Fit? Enjoy working around with a team and outside? If so you may want to consider becoming a lifeguard with the Groveport Recreation & Aquatic Centers.



### Pre-requisites:

Swim 300 yards continuously. Swim 20 yards using front crawl or breaststroke, surface dive 7– 10 feet, retrieve 10 lb. object, return to surface, swim 20 yards back to starting point with object & exit the water without using ladder or steps, within 1 minute, 40 seconds. Tread water for 2 minutes without using hands. Failure to pass any portion of pre-requisites forfeits course fee. Please be prepared.

### Lifeguarding Classes:

Classes are Monday - Friday (4 PM - 9 PM) and Saturday (9 AM - 2 PM) and are held at the Groveport Rec. Center. Sessions are noted below.

- Feb. 17 - 22
- March 17 - 22
- April 21 - 26
- May 12 - 17
- June 3 - 7 (M - F, 9 AM - 6 PM)

**Cost:** \$220 includes instruction, digital materials & certification

We are also in need of **Head Lifeguards & Swim Lesson Instructors**. To learn more, contact Steve Hawkins (Aquatics Manager) at 614-836-1000 ext. 1510 or shawkins@groveport.org.

## Groveport Masters Swim Team

Are you at least 19 years of age? Enjoy swimming as part of your workout? If so, give Kelly Carter 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 info regarding our Masters Swim Team. New quarter begins April 1. Cost is \$60/quarter, which gives you (5) structured workouts with a coach on deck. Workouts are offered Mon., Wed & Fri (6 AM - 7 AM) & Tues. & Thurs. (12 PM - 1 PM).

## Groveport Aquatic Center (Outdoor Water Park) slated to open Memorial Day Weekend

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 seasonal passes
- 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
- Water cannons
- Tots Sprayground
- Diving boards
- Lounge chairs
- Changing rooms
- Birthday party packages
- Swim Lessons
- Dairy Queen operated concession stand
- Free WIFI
- Digital music service (playing billboard top 100, rock, oldies & young country)



Seasonal Passes go on sale April 1 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.



# Classes & Special Events

## Dinner With the Bunny

Bring the family to The Groveport Recreation Center and check out all of the fun. Registration includes dinner, face painting, an Easter craft, coloring contest, dancing, fun and of course an opportunity to get your picture with the Easter Bunny (please bring your camera). Everyone attending the event must be registered. Space is limited so register early!

**Ages:** ALL ages  
**Date:** Saturday, April 5  
**Time:** 5:30 PM  
**Cost:** \$5 per person  
**Registration:** March 2 - April 2



## Under Water Easter Egg Hunt

The Easter Bunny is planning on swimming by the indoor pool and dropping off some eggs for the kids to grab. The kids have to collect the eggs and turn them in for a treat. There will be one golden egg for each age group, which means a special prize.

**Date:** Saturday, April 12

**Times:**

Infants/Toddlers	4:00 PM
Preschoolers	5:00 PM
6 - 9 Year Olds	6:00 PM
10 - 12 Year Olds	7:00 PM

**Cost:** \$3 per child  
 Infants & toddlers must be accompanied by an adult.

**Registration:** March 2 - April 5



## 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. Where else can you find a deal this good?

**Who:** 6 - 11 year olds  
**Dates:** Fridays: 3/14, 3/28, 4/11, 4/25  
**Time:** 5:30 PM - 8:30 PM  
**Cost:** \$ 8 Res. / \$10 Non-Res.  
**Registration:** The deadline to register is the Wed. before the scheduled Friday.

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

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

**Ages:** 6 and over  
**Days/Time & Fee** Mondays (3/3 - 4/14) OR Fridays (3/7 - 4/18) 5:00 - 5:45 PM  
**Fee:** \$24 Residents  
 \$44 Non-Residents  
 Pre-registration is required  
**Instructor:** Richard and Kazuko Evans

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

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

**Ages:** 6 and over  
**Days/Time & Fee** Mondays (3/3 - 4/14) OR Fridays (3/7 - 4/18) 5:45 - 7:00 PM  
**Fee:** \$34 Residents  
 \$54 Non-Residents  
 Pre-registration is required  
**Instructor:** Richard and Kazuko Evans



## 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 wear swim diapers.

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

# Home School

# Senior Center

## Home School Gym “Fun With Fitness”

This 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 proper gym attire along with soft-soled, closed toe shoes.

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

**Dates/Time:** Fridays, 10:15 AM - 11:15 AM

**Session Dates:** Spring = April 11 - June 3

**Fee:** \$25

## Home School “Water Fun”

Instructional swimming course. Lined bathing suits are required. You do not need to be enrolled in an additional class to participate. “Water Fun” is not the American Red Cross Learn To Swim Program.

**Who:** 5 - 10 Yrs.

**Dates/Time:** Fridays, 9 AM - 10 AM

**Session Dates:** Spring = April 11 - June 3

**Fee:** \$25



## Home School “Swim Time”

Participant must be enrolled in either Home School Gym Fun With Fitness or Water Fun in order to participate in this class. “Swim Time” is an open swim to give your child an opportunity to have fun in the water without direct instruction. Children under 10 years must be accompanied by a responsible adult who must directly supervise them in the water.

**Who:** 4 - 18 Yrs.

**Dates/Time:** Fridays, 11:30 AM - 12:30 PM

**Session Dates:** Spring = April 11 - June 3

**Fee:** \$25

**Location:** GRC Indoor Pool

The Groveport Senior Center is connected to the Groveport Recreation 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.

**Line Dancing (FREE)...** Tuesdays at 9:30 a.m.

**Gardening...** Fri., Mar. 12 (12:30 p.m.)

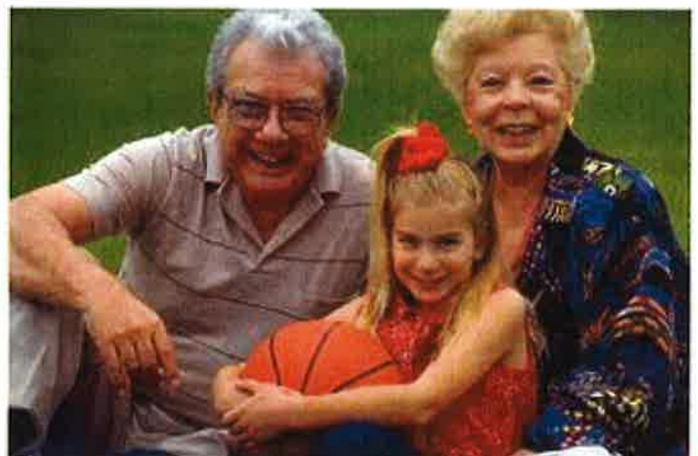
Joe Stewart will present a general information talk about flower & vegetable gardening. Joe has been growing vegetables & flowers since 1970. He is the current President of the Groveport Garden Club and is a member of the Groveport Community Garden and Groveport House & Garden Tour Committees. His garden in Groveport has over 150 labeled trees and shrubs that includes 90 different cultivars of dwarf conifers. Please call 614-836-4599 to register.

**Chair Volleyball...** Looking for another form of exercise? The Groveport Senior Center will have a demo chair volleyball game on Tuesday, March 25 (11 AM). Please stop in or call to put your name on the sign up list. It's a lot of fun, great exercise & tons of laughter. If you are not a member of the Senior Center and want to participate, please call Deb at 614-836-4599.

**Zumba Gold...** Wednesdays at 9 AM. \$16 for 4 weeks or \$20 for 5 weeks.

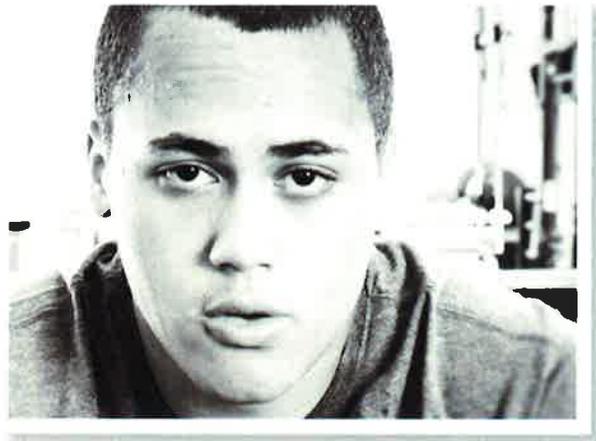
**More...**

Stop by and see what else we have to offer.



# Important Dates

EVENT / PROGRAM	DATE	EVENT / PROGRAM	DATE
Registration deadline for Youth Spring Soccer	March 1	Free Blood Pressure Screen @ GRC (9 am - 1 pm)	April 3
Registration begins for Tennis Academy - Spring Session	March 1	Free Chair Massage (10 am - 12 pm)	April 3
Registration begins for Jump Start Sports Summer Sports Camps	March 1	Registration deadline for Adult Co-Ed Spring Volleyball Tournament	April 3
Register for GYAA T-Ball, Baseball & Fast-Pitch Softball	March 1 & 2	Groveport Recreation Center CLOSED for scheduled maintenance	April 4
Registration begins for Dinner With Bunny	March 2	Registration deadline for Lilights Exercise & Soccer	April 4
Registration deadline for JSS Little Hoop Stars (Spring Session)	March 4	Registration deadline for Underwater Easter Egg Hunt	April 5
Free Blood Pressure Screening @ GRC (9 am - 12 pm)	March 6	Dinner With The Bunny * Pre-registration required	April 5
Free Chair Massage (10 am - 12 pm)	March 5	Registration begins for Men's Summer Basketball League	April 7
Registration deadline for Adult Spring Pickleball League	March 6	Registration begins for Adult Summer Pickleball League	April 7
Register for GYAA T-Ball, Baseball & Fast-Pitch Softball	March 8 & 9	Registration deadline for Adult Spring/Summer Softball Leagues	April 11
Daylight Savings Time begins	March 9	Kids Night Out at GRC	April 11
Registration begins for "new" Adult Softball Teams	March 10	Adult Co-Ed Spring Volleyball Tourney	April 12
Kids Night Out at GRC	March 14	Underwater Easter Egg Hunt * Pre-registration required	April 12
St. Patrick's Day	March 17	Free Blood Pressure Screen @ GRC (9 am - 12 pm)	April 17
First Day of Spring	March 20	Free Chair Massage (10 am - 12 pm)	April 17
Free Blood Pressure Screening @ GRC (9 am - 12 pm)	March 20	Good Friday	April 18
Free Chair Massage (10 am - 12 pm)	March 20	Registration begins for Spring Community Garage Sale	April 19
Senior Euchre Tournament @ Groveport Senior Center	March 22	Groveport Recreation Center (open 8 a.m. - 5 p.m.)	April 19
Kids Night Out at GRC	March 28	Easter (Groveport Recreation Center closed)	April 20
Registration deadline for JSS Hummingbird Soccer	March 31	Jump Start Sports Spring Break Camp begins	April 21
Groveport Aquatic Center Season Passes on sale	April 1	Arbor Day	April 25
2nd Quarter begins for Master's Swim	April 1	Kids Night Out at GRC	April 25
Registration deadline for Dinner With The Bunny	April 2	Arbor Day	April 26
		Annual Pass Holder Appreciate Day	April 27



# 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](http://NationwideChildrens.org/Sports-Medicine).**

