

The connection

The City of Groveport's Media Hub

CITY OF GROVEPORT

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City's Finance Department receives High Honor

At the November 9 meeting of Groveport City Council, Tim Kraft with the Office of the Auditor of the State presented Finance Director Jeff Green with the Auditor of State "Award with Distinction" for the City's 2014 Financial Report. To qualify for the Auditor of State's highest award, an entity must file timely financial reports with the Auditor of State's office in the form of a CAFR (Comprehensive Annual Financial Report). The audit report can not contains any findings for recovery, material citations, material weakness, significant deficiencies, single audit findings or questioned costs.

In his presentation, Mr. Kraft commented about how hard it is to receive this award. The Auditor's office audits over 5,800 public entities throughout the State of Ohio. Out of the 5,800 public entities, only 5% receive this award every year. Groveport is receiving this award back to back, which shows how committed Finance Director Jeff Green and his staff are in their reporting. Mr. Green accepted the award along with Senior Accountant Anna Krigbaum and Accounting/Utility Clerk Amy Hartung.



GROVEPORT PARKS & RECREATION DEPT. - General News -

614-836-1000 / www.groveportrec.com

Local Special Olympic Swimmers compete at State Meet

The Groveport Special Olympics Swim Team recently competed in the State Swim Meet at OSU. Every team member medaled in at least one event and many took home multiple medals. The team was overjoyed with excitement and cannot wait for next season. The GSO Swim Team practices at the Groveport Recreation Center's Indoor Pool on Sundays. This was the first year for the team.

The Pickerington Special Olympics Swim Team also participated in the meet. They had 10 athletes compete and two relay teams. All of the team members placed. They had three gold medals. The PSO Swim Team also practices at the GRC's Indoor Pool.



Members of the Groveport Special Olympics Swim Team

Left to right (top): Coach Terri Aeling, David Milligan, Jordan Wooden, Coach Kristin Hayes. Middle: Volunteer Brittany Aeling, Carrie Gibbons, Austin Van Almsick, Heather Tucker, Robin Kalb, Claire Hilty, Volunteer Stephany Aeling. Front: Lily Sorenson, Evan Alioto. Not Pictured: Volunteer Ashley Clubb, Volunteer Emily Clubb & Volunteer Karenna Reed.

Stay Informed

The City of Groveport has partnered with Nixle to implement a Community Notification System to alert persons in real time for localized emergencies, relevant community advisories and community announcements. Once you have registered, you will have the ability to receive information.

There are several simple ways that you can register.

1. Text 43125 to 888777 from your mobile phone to receive mobile phone text messages. This will provide you with general city wide alerts and announcements and police department alerts.
2. Text the keyword (noted below) to 888777 to sign up for department specific announcements that interest you.

Adult Athletics
GVPTADULTSP

Aquatics Center
GVPTPOOL

Rec Center Fitness
GVPTFITNESS

Golf
GVPTGOLF

G.R.E.A.T. Program
GVPTGREAT

KidSpace
GVPTKIDS

Police Department
GVPTPD

Recreation Center
GVPTRECCTR

Rec. Ctr. Programs
GVPTPROGRAMS

Senior Center
GVPTSRCTR

Senior Transportation
GVPTSRTTR

Swim Lessons
GVPTSWLESSON

Town Hall
GVPTTH

Youth Athletics
GVPTYOUTHSP

GROVEPORT PARKS & RECREATION DEPT.

- General News -

614-836-1000 / www.groveportrec.com

Do you walk on the indoor track?

This is just a reminder to be courteous to your fellow walkers & joggers. Please do not walk side by side as this makes passing dangerous. When persons walk side by side, a person needing to pass must do so in the jogging lane, which may cause an unwanted collision. Please keep in mind that the inside lane is for walking, the middle lane is for passing and the outside lane is for jogging. - Thank you.

More Drop-In Play Time in Gyms

If you have not already heard, our Men's Winter Basketball League is playing after the facility closes on Sundays. What does this mean? This means that we will be offering more drop-in play time in our gyms on Sundays.

We encourage you to check out our gym schedules before showing up to play as we have different times for different age groups. Schedules can be viewed on our website, which is

www.groveportrec.com

Simply click on the Rec Center button and then click on Hours & Schedules in the left hand column and select Gym Schedules.

Happy New You!

There's still time to get someone you love a great holiday gift. Purchase a gift certificate for a friend and they can apply it towards an annual recreation center pass. If they join between Jan. 1 and Feb. 29, they can get 13 months for the price of 12 or pick another gift from us, such as (4) one-day passes to the award winning Groveport Aquatic Center OR (4) one-day passes to the Groveport Recreation Center OR (1) free round of golf at The Links At Groveport.

HAPPY NEW YOU 2016

Coupon is valid for two free adult (18 years & above) visits to the Groveport Recreation Center.

May be used between 1/2/16 and 2/29/16. Not valid with any other offers. Must be used on same date. May not be used as (2) individual visits. Photo I.D. required for entry. Coupon may only be used one time by same person or persons.

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



Closures & Non-Traditional Hours

Thursday, Dec. 31

New Year's Eve 5:30 am - 5 pm

Friday, Jan. 1

New Year's Day CLOSED

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 GRC 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, please call 614-836-1000 or stop by the front desk.

January Climbing Wall Hours

Tue. & Thurs.

6:00 PM - 8:00 PM

Sat. & Sun.

12:00 PM - 3:00 PM

Scholarships Available for Youth Athletic Programs

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 Rec. Center.

Speed Up Your Entry

Want to speed up your and your fellow pass holders' entry into the facility? Just bring your Rec Center I.D. Card. Typing in your name and finding it amongst the thousands of persons in our database takes time as compared to swiping your card under the electronic card reader.

Encourage Your Friend to take a Free Test Drive at the GRC

You test drive a car before you buy it. So why not test a community rec center before you decide to purchase a pass? Share this coupon with a friend and encourage them to give us a try on their way to living a happier & healthier life.

GROVEPORT PARKS & RECREATION DEPT.

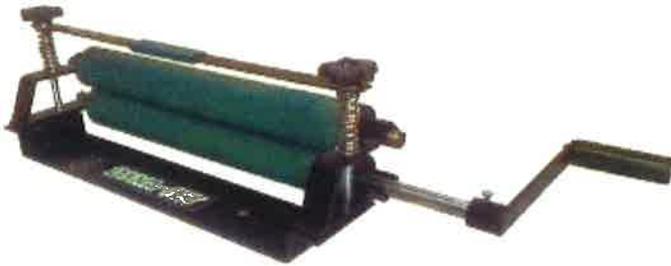
- General News -

- Sports Med. Minute -

614-836-1000 / www.groveportrec.com

New Swim Suit Water Wringers

New manual Swim Suit Water Wringers were recently installed in the Men's & Women's Locker Rooms. They replace the electric extractors, which were causing us issues on a daily basis. Each extractor is mounted to a stainless steel sink, which will catch the water expelled from your suit.



We want to hear from you

Has one of our staff members given you outstanding customer service? Have you seen results from exercising on a regular basis at the Groveport Recreation Center? Do you have any tips that might help out a person new to exercise? Would you like to have your photo appear in one of our publications or on our website?

If so, please send a detailed email to Kyle Lund (Director of Parks & Recreation) at klund@groveport.org.



FREE WEIGHT & HAMMER STRENGTH EQUIPMENT USERS:

If you are too weak to re-rack your weights, please see the Fitness Staff. We would be happy to assist you.

THANK YOU FOR YOUR CONSIDERATION.

Supplements: To Use, Or Not To Use?

TRUE or FALSE: If a dietary supplement is sold commercially to the public, it is safe and effective? **FALSE.** Read below to find out why.

What are supplements?

Supplements are products such as protein powders, creatine, amino acids, mega-dose vitamins/minerals, weight loss aids, energy boosters, and more. Specific examples include (but are not limited to) creatine products, energy drinks like Monster and 5-hour energy, protein powders, and glucosamine-chondroitin.

To use, or not to use?

The addition of supplements to an athlete's diet is a hotly debated topic. Products in the categories listed above may promise rapid, unrealistic, and potentially unsafe changes in body composition and/or appearance. Athletes – especially those who are young, impressionable, and are concerned with their body image – may be easily influenced by media and become prime targets for nutrition fraud.

Advertisements for supplements tend to target young adults and even kids. The images that are shown in ads are *carefully created* to send specific messages and are not reality. Just like anything in the advertising business, companies may use deceptive tactics to get consumers to buy their products. Nutritional supplement specialty stores and their employees may not be able to give unbiased, accurate, or reliable information and opinions about their products, uses, and side effects. Employees of these stores also may not have educational backgrounds in exercise physiology, nutrition, and/or sports medicine. Ultimately, be very wary of product advertising.

The Real Danger with Supplements

"In general, the risks of using supplements far outweigh the perceived benefits," states Dr. Steven Cuff, a sports medicine physician at Nationwide Children's Hospital. "Supplements are often expensive, are unregulated, and in many cases have side effects that can actually inhibit athletic performance."

Supplements, whether found in grocery stores, nutrition specialty stores, or on-line, **are not regulated by the FDA.** Therefore, companies and manufacturers of these products do not need to prove they are safe before they are available to the public. Also, there is no organization that holds the manufacturers of these products responsible for the accuracy of the labels and the contents of their products.

Story continued on page 10

GROVEPORT PARKS & RECREATION DEPT. - January Group Fitness Class Schedule -

614-836-1000 / www.groveportrec.com

<u>DAY</u>	<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
Mon.	6:30 a.m.	The Wheel Deal	Birk
	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
	5:30 p.m.	Pilates	Neu
	6:45 p.m.	Stretch, Sculpt & Slim Down	Neu
Wed.	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
	12:00 p.m.	The Wheel Deal	Birk
	6:00 p.m.	Piloxing® Barre	Neu
Thurs.	6:15 p.m.	Aqua Zumba	Frank
	7:00 a.m.	*PuroFitness	James
	9:15 a.m.	Stretch to Fitness	Frank
	9:15 a.m.	H2O Kickboxing/Step	Denune
	10:30 a.m.	SilverSneakers Classic	Frank
	5:00 p.m.	Arthritis Land Based Program	Frank
Fri.	6:15 p.m.	Zumba / Strength & Tone	Frank
	7:30 a.m.	On the Ball	Denune
	8:30 a.m.	Water Aerobics	Denune
	10:00 a.m.	Cycling with Sara	Denune
Sat.	5:30 p.m.	Pilates	Neu
	8:45 a.m.	Flow Yoga	Kuhn
	10:00 a.m.	Boot Camp	Newland
Sun.	11:15 a.m.	Indoor Cycling	Newland
	11:00 a.m.	Restorative Yoga	Finneran
	12:15 p.m.	Power 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, January 4	9:00 AM - 12:00 PM
Thursday, January 18	9:00 AM - 12:00 PM



NEW CLASS Flow Yoga

In this Vinyasa Flow class, you will synchronize breath with movement. Students will focus on linking conscious breath with mindful flow. In Vinyasa class, students awaken their strength, energy and flexibility in a fun atmosphere.

Who:	Ages 13 and over
Days:	Saturdays
Times:	6:30 PM - 7:30 PM
Location:	Groveport Recreation Center
Fee:	\$5 Res/\$6 NR *Use your Fitness Freedom Pass
Instructor:	Ann Neu

* Pre-registration REQUIRED.

GROVEPORT PARKS & RECREATION DEPT.

- Fitness -

614-836-1000 / www.groveportrec.com

Mission SLIM-possible

NOW is the time to reach your fitness goals. Achieve what you have dreamt about AND receive a cash prize award. Initial weigh-in is Monday January 4. You have 12 weeks to achieve mission SLIM-possible. Totals are based on total weight loss percentage. Receive tips and inspiration from staff to help you with your health and wellness journey.

Ages: 18 and over
Date: January 4 - March 28
Location: Groveport Recreation Center
Fee: \$15
Registration December 1 - January 4



CHALLENGE Yourself

2016 is the year to push the limits and CHALLENGE yourself physically. Every month, a fitness challenge will be presented. Challenges may be to complete 60 minutes or more of cardiovascular exercise weekly OR to complete 3 different chest exercises, 3 times a week for 1 month. We will give you ideas on exercises or tips on how to accomplish the CHALLENGE. Set a goal to complete each monthly challenge and share your results with us! We would love to see your progress. Your dedication will provide you with a healthier perspective AND a chance to win prizes!

Good Luck and Happy Health!



Resolution Run 5K

The Resolution Run/Walk 5K is all about starting the New Year off the healthy way! The course will begin and end on the paved leisure trail surrounding the Groveport Recreation center. GRC Members and Non-Members are welcome. Make a commitment to yourself to become and remain healthy! Make the Resolution Run the KICK-OFF to the healthy new you!

Ages: All ages welcome
Date/Time: Jan. 2, 2016 / 9:30 AM
Location: Groveport Park
*In the instance of inclement weather, the race will be held on the indoor track
Fee: \$15 R/NR
Registration Dec. 1 - Jan. 2, 2016



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 weeks, an added 6th week is available for anyone interested.

Who: Ages 6 and over
Dates/Times: Mondays, 1/4 - 2/8, 5:30 - 5:45 PM
Location: Groveport Recreation Center
Registration: Dec. 1 - Jan. 4
Fee: \$24 Resident / \$44 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 weeks, an added 6th week is available for anyone interested.

Who: Ages 6 and over
Dates/Times: Mondays, 1/4 - 2/8, 5 - 6:30 PM
Location: Groveport Recreation Center
Registration: Dec. 1 - Jan. 4
Fee: \$34 Resident / \$54 NR

GROVEPORT PARKS & RECREATION DEPT. - Adult Sports -

614-836-1000 / www.groveportrec.com

Congratulations Kings!



Fall Basketball Champions

Adult Winter Volleyball Leagues

This is a Co-Ed Competitive League that plays on Wed. nights. All teams will play 10 matches then all teams will then be invited into an end of season, single elimination tournament.

Who: Men & Women 18 and over
Date: Tentatively begins January 20
Location: Groveport Recreation Center
Registration: Dec. 1 - Jan. 11, 2016
Team Fee \$250



Calling Adult Sports Junkies!

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 and try and get you on a team. If there are enough Free Agents, a "Free Agent Team" may be formed.



Adult Winter 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 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. Participants are guaranteed 2 games, self scored for eight weeks. Games will be played as doubles. Partner's will be assigned and will change weekly.

Who: Men and Women 18 and over
Date: Thursdays tentatively January 14
 PM League 6:00 PM - 8:30 PM
***Never played before? Join us for the open play on Thursday Jan. 7 This is a great opportunity to try out the game, learn the rules, ask questions and meet your partners and opponents!**

Location: Groveport Recreation Center

Registration: Dec. 1 - Jan. 7

Player Fee: \$40



Adult AM Winter Pickleball League *NEW*

Who: Men and Women 18 and over
Date: Tuesdays tentatively January 5
 AM League 9:00 AM - 12:00 PM
***Never played before? Join us for the open play on Tuesday Dec. 29 This is a great opportunity to try out the game, learn the rules, ask questions and meet your partners and opponents!**

Location: Groveport Recreation Center

Registration: Nov. 9 - Dec. 29, 2015

Player Fee: \$40

GROVEPORT PARKS & RECREATION DEPT.

- Youth Athletics -

614-836-1000 / www.groveportrec.com

Little Hoop Stars (Jump Start Sports)

Professional coaches from Jump Start Sports will run this instructional and recreational basketball program for children ages 4-6. Players are taught the basics of dribbling, passing, shooting, positioning, defense, and rebounding, then apply what they have learned in fun, non-competitive games. Parents are welcome to assist in the coaching, but classes will be run by Jump Start Sports instructors. Players will be assigned to teams and each session will include a game as well as instruction. Fee includes T-shirt and Medal.

Who: Boys and Girls 4 - 6 Years
Dates/Time: Sat., Jan. 16 - Feb. 20
 12:30 PM - 1:30 PM or 1:30 PM - 2:30 PM
Location: Groveport Recreation Center
Fee: \$60
Registration: Oct 1 - Jan. 9

Indoor Soccer (Jump Start Sports)

3 - 6 year olds have fun and learn the basics of soccer: dribbling, passing, trapping, shooting, defense, and positioning. This 6-week session consists of instruction in each aspect of the game, participants engage in fun drills that are designed to teach fundamental skills to young children, in low-key, non-competitive games. All coaching will be conducted by Jump Start Sports staff, but parents may assist.

Who: Boys and Girls 4 - 6 Years
Dates/Time: Thurs., Jan. 14 - Feb. 18
 3 - 4 Yr. (5:30 - 6:30 PM)
 5 - 6 Yr. (6:30 - 7:30 PM)
Location: Groveport Rec. Center
Fee: \$55
Registration: Dec. 1 - Jan. 10



3rd - 4th Grade Volleyball Clinic

A fun and instructional clinic, where all fundamentals will be taught, including serves, sets, spikes, blocks, returns, positioning and team strategy. Whether your child is an experienced player or a complete novice, they will have fun learning about the sport. Fee includes Jump Start Sports shirt. **Knee Pads optional.**

Date/Time: Mon. Jan. 18 - Feb 22 / 5:30 - 6:30 PM
Fee: \$60
Registration: Dec. 1 - Jan 10

5th - 6th Grade Volleyball League

All fundamentals will be taught, including serves, sets, spikes, blocks, returns, positioning and team strategy. Instruction will take place on Monday evenings and games will be played on Thursday evenings. Fee includes Jump Start Sports shirt. **Knee Pads optional.**

Dates: Mondays & Thursdays
 Jan. 18 - Feb. 25
Times: Mon. 6:30 - 7:30 PM, Thurs. 6:00 - 7:00 PM
Fee: \$70
Registration: Dec. 1 - Jan 10

Jr. All Stars (Jump Start Sports)

The Jr. All Stars Sports Program provides kids with positive age-appropriate introduction to a variety of sports (soccer, basketball, football, floor hockey & more) in a fun learning environment. Stretching, exercises and highly active running games will be taught in a low-stress way to promote cardio fitness. Program helps kids enjoy exercise and to see which sports they like the most. It also helps to build confidence & social skills.

Who: Boys and Girls 3 - 6 Years
Dates/Time: Thurs., Jan. 22 - Feb. 19
 2-2:50 PM or 3-3:50 PM
Location: Groveport Recreation Center
Fee: \$45
Registration: Dec. 1 - Jan. 10



Questions regarding Jump Start Sports programs should be directed to Aaron Bally at abally@jumpstartsports.com

GROVEPORT PARKS & RECREATION DEPT.

- Classes & Special Events -

614-836-1000 / www.groveportrec.com

Family Night Out

Family Night Out is a chance for families to have fun together at the Groveport Recreation Center. Activities include swimming in the indoor pool, climbing the rock wall, various gym games, crafts, and much more based on the season.

Who: Families
Dates/Time: Friday, January 15 5:30-9pm
Location: Groveport Recreation Center
Fee: \$8 Res. / \$10 NR
Registration: Ends Jan. 14

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 swimsuit 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 years
Dates/Time: Fridays, Jan. 8 & 22
Fee: \$8 Res. / \$10 NR



Parent Tot Open Swim/Gym

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)
Dates: Mon. & Wed (Gym) & Friday (Swim)
Times: 10:00 - 11:00 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

Daddy Daughter Dance

Girls grab you dad, grandpa, uncle or older brother for our 5th Annual Daddy Daughter Dance for ALL ages. Sonic Sounds Entertainment will be here turning out the music that will surely have you and your dad up and dancing. Opportunities for photos, food, games, and fun will also be readily available. The theme for this year's event is: *Under the Sea*

Who: All ages
Dates/Time: Friday February 19, 6 - 8 PM
Fee: \$15 Res. / \$20 NR
\$5 Additional Guest
Registration: Jan. 1 - Feb. 16, 2016



Kayak Workshop

Quickstart Your Kayak workshop is a brief introduction to paddling a kayak. Participants are presented the basic information on clothing, paddling safety, potential hazards and simple rescues. A minimal paddle skill set is presented and practice allowing kayakers to safely and comfortably maneuver on still water.

Who: All participants must be 12 years of age and be able to 1) Independently participate 2) Hold their breath under water 3) Independently turn from face down to face up position, keeping their head above water while wearing a lifejacket 4) Effectively communicate with the instructor 5) Manage all personal care and mobility independently.
Dates: Sunday, February 28, 2016
Times: 4:30 PM - 8:00 PM
Fee: \$7 Res. / \$10 NR
Location: GRC Indoor Pool
Registration: December 10, - February 25



This class normally fills to capacity quickly so register early.

GROVEPORT PARKS & RECREATION DEPT.

- Home School - - Sports Med. Minute -

614-836-1000 / www.groveportrec.com

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 Yrs.

Days/Time: Fri., Jan. 8 - March 11, 11:30 AM - 12:30 PM

Location: Groveport Rec Indoor Pool **Fee:** \$25

Home School Water Fun

*Instructional swimming course. All participants must wear appropriate swimwear. 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 Yrs.

Days/Time: Fri., Jan. 8 - March 11, 9 AM - 10 AM

Time: 9:00 AM - 10:00 AM

Location: Groveport Rec Indoor Pool **Fee:** \$25

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.

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

Days/Time: Fri., Jan. 8 - March 11, 10:15 - 11:15 AM

Location: Groveport Rec Center **Fee:** \$25

Continue from page 4.

A supplement's label may be deceptive in a few ways. The product may not contain what is listed on the label (Example: a multi-vitamin could actually be a sugar pill). The product may contain different amounts of the substances than listed on the label (Example: a product that states it has 60 mg of caffeine may actually contain 120 mg). The product may contain (sometimes illegal) compounds that are not listed on the label (Example: a product that claims to be creatine could be laced with steroids).

The amount and type of substances in these products can be hazardous to a young athlete's performance and health if used even as directed – and *especially if used inappropriately*. Products may have unhealthy side effects, including unpredictable and dangerous interactions with over-the-counter and/or prescription medications. Many products have been pulled from the market due to adverse and potentially deadly reactions (one of the most prominent examples being Ephedra). It is vital that athletes and parents understand the potential dangers associated with supplement use!

What about Vitamins and Minerals?

Athletes can get closer to their athletic and healthy living goals by properly fueling their bodies with a well-balanced diet first, not supplements. Vitamins and minerals are vital nutrients that are necessary to keep active bodies healthy and functioning optimally. Vitamins and minerals are best gained through a healthy, well-balanced diet. There is also a misconception that vitamins and minerals provide energy – this is not true. They are factors that help to regulate energy production in the body, but these nutrients themselves do not provide calories and therefore cannot provide energy.

What's the bottom line?

Many athletes are worried about getting optimal nutrition to achieve their goals in physical training. "The best way to correct nutritional deficits and increase energy is by ensuring adequate hydration and consuming a well-balanced diet," says Dr. Cuff. "Consultation with a registered dietician may be helpful to assess dietary intake and provide suggestions to improve overall nutrition & maximize athletic performance." If you believe your young athlete would benefit from a multi-vitamin or a supplement, seek out the advice of a physician, registered dietician or athletic trainer.

Ultimately, be very cautious about supplement use. If it is decided that a multi-vitamin or supplement would benefit your young athlete, do your research. Buy only very well-known, brand name items. Absolutely avoid products that claim they alter the effects of hormones like testosterone, estrogen, and progesterone. And lastly, beware of products that make outlandish claims (example: "Build 25 pounds of muscle and lose fat in two weeks!"). If it sounds too good to be true, then it probably is.

Where Can I find More Information? drugfreesport.com - The National Center for Drug Free Sport (Drug Free Sport™) is a company devoted to preventing drug abuse in athletics. mypyramid.gov - A U.S. Department of Agriculture website that provides diet and nutrition guidelines for Americans. taylorhooton.org - a non-profit organization dedicated to educating young athletes about the dangers of supplements, named for 16 year old Taylor Hooton, who died from complications of steroid use.

GROVEPORT PARKS & RECREATION DEPT. - Aquatics -

614-836-1000 / www.groveportrec.com

SCUBA Lessons

Are you in the mood to try something new? Why not SCUBA? The Groveport Parks & Recreation Department is currently accepting registration for its new SCUBA program. This class is being 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 Open Water certification (lifetime certification). Course includes all three segments, rental gear (both Confined and Open Water), required textbooks, log book, dive tables & certification fees. Questions regarding the class should be directed to Columbus Scuba at 614-500-7234.

Who: Persons 10 Yrs of age and up
Dates: Jan. 31 - Feb. 7, 14, 21
Times: 5 PM – 6 PM Classroom; 6 PM - 8 PM Pool
Fee: \$375.00. Checks only. Please make checks payable to Columbus Scuba
Location: Groveport Rec Center Indoor Pool

Registration: Registrations are being taken on a first come first served bases. Registration deadline is the first day of class. Persons must be at least 10 years of age by the first day of class to participate.



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.

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.



Group Swim Lessons

Let our staff 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 Parks & Rec. 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
T/Th., 1/5 - 1/28 (PM)	12/21 - 1/4
Sat., 1/9 - 2/27 (AM)	12/28 - 1/8
T/Th., 2/9 - 3/3 (PM)	1/25 - 3/14



Lifeguard Certification Classes

Are you at least 15 years of age? Good swimmer? Enjoy working around people and outside? If so, you should consider becoming a LIFEGUARD with the Groveport Parks & Rec. Dept.

Why become a lifeguard? 1). Provide amazing public service, 2). Start a career in the parks & recreation industry, 3). Stay fit and get more fit, 4). Work with like minded people, 5). Compete on one of our lifeguard teams in local & state competitions, 6). Gain a life skill that will come in handy the rest of your life, 7). Work outside (work on that tan), 8). It's challenging mentally & physically, 9). Get resident rate and a 20% discount on your Groveport Recreation Center Pass, 10). Flexible hours.

PREREQUISITES: There are a number of pre-course skills that you will have to pass. To learn more about the pre-requisites and free skill assessment, pick up a brochure in the Groveport Recreation Center lobby.

Dates: Session 1: Feb. 15 - 20
 Session 2: March 14 - 19
 Session 3: April 18 - 23
 Session 4: May 9 - 14
 Session 5: June 6 - 10

Times: Session 1 thru 4: M - F, 4 PM - 9 PM,
 Sat. 9 AM - 2 PM
 Session 5: M - F, 9 AM - 6 PM



Fee: \$220 (Credit Cards Only)

Questions: Steve Hawkins (Aquatics Manager)
 614-836-1000 ext. 1510 / shawkins@groveport.org

GROVEPORT PARKS & RECREATION DEPT. - Important Dates -

614-836-1000 / www.groveportrec.com

EVENT / PROGRAM	DATE
Groveport Recreation Center Closed	Jan. 1
Happy New You pass promotion begins	Jan. 2
Annual Resolution Run 5k (9:30 AM)	Jan. 2
Daddy Daughter Dance registration begins	Jan. 2
Free Blood Pressure Screening at GRC	Jan. 4
Mission Slim Possible registration deadline	Jan. 4
Tae Kwon Do / Karate Ki Do registration deadline	Jan. 4
Adult Winter Pickleball League registration deadline	Jan. 7
Kids Night Out at GRC	Jan. 8
Little Hoop Stars (JSS) registration deadline	Jan. 9
Indoor Soccer registration deadline	Jan. 10
3 - 4 Grade Volleyball Clinic registration deadline	
5 - 6 Grade Volleyball Lge. registration deadline	
Junior All Stars registration deadline	
* All programs noted above are offered by Jump Starts Sports	
Adult Co-Ed Winter Volleyball League registration deadline	Jan. 11
Family Night Out registration deadline	Jan. 14
Free Blood Pressure Screen at GRC	Jan. 18
Kids Night Out at GRC	Jan. 22
SCUBA Lessons begin (registration deadline)	Jan. 31



Please see page 11 regarding all important dates regarding Swim Lessons



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



NATIONWIDE CHILDREN'S

When your child needs a hospital, everything matters.™

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, 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. 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.
	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

Monthly Craft - Join us as we make a different craft each month. Pre-registration is required for this FREE event taking place on **January 15**, at 10:30 a.m. This program is sponsored by the Inn at Winchester Trail.

Wellness Clinic - A nurse from Winchester Place will be 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 **January 21**.

Hearing Screenings - Avada Audiology & Hearing Care will be at the Senior Center on the 2nd Thursday of each 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 **January 14th**.

Coming to the Senior Center in February-Foot clinics by a Certified Foot Care Nurse. Clinics will be scheduled the first Thursday of **every other month** beginning in February. Watch for additional information.

UPCOMING TRIPS

January 13 - Scioto Downs-Join us for a day at Scioto Downs for some fun after all the holiday hustle and bustle. The cost is only \$12, due on sign up and includes transportation, \$20.00 free play and the half priced buffet. Register soon as space is filling fast.

February 4 - Join us for La Comedia Dinner Theatres production of "**Love, Sex (gender) and the I.R.S.**" This musical proves that tax season can be downright comical! Jon and Leslie Arthur are just two guys trying to make it in New York City. To save money, they capitalize on Leslie's first name and file their tax returns listing the pair as a married couple. The hilarity ensues once the I.R.S. informs the "couple" they're going to be investigated. The cost is \$60 per person and includes deluxe motorcoach transportation, a delicious lunch buffet and of course the show. Registration and payment is due by January 5th.

MEMBERSHIP RENEWAL FOR 2016

Please remember that the senior center dues run on a calendar year so you will want to renew for 2016 prior to the end of December. Stop in the senior center after November 15th to get a form so you can take care of this. The dues are still just \$6.00 per year but keep in mind, anyone who has not renewed by the end of the year will be assessed a \$2 late fee. New members are welcome to stop in at any time to join the center.

*The Groveport Senior Center staff & members
wish you and your family a
happy and healthy new year.*

*Happy
New Year*

GROVEPORT
Senior Center

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

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

Quilting-Chevron Quilt

Join us in learning how to make a Chevron Quilt. No quilting experience is required, Instructor will teach each step. 6 week program series.

Who: 15 & up

Dates/Times: Tuesdays, January 5 - February 9
6:30 PM - 8:00 PM

Location: Groveport Town Hall, 648 Main Street

Supplies: Please call for supply list

Cost: \$12 resident / \$14 nonresident

Registration: By January 3



TOPS Weight Loss Support Group

Who: Everyone

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

Location: Groveport Town Hall, 648 Main Street

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

January 5	Seasonal Mobile Supplies provided
January 12	Winter Blocks Supplies provided
January 19	Snowman Wooden Craft Supplies provided
January 26	Snowman Jewelry Supplies provided

Knitting-Clayoquot Toque/ A Colorful Winter Hat

This beautiful hat project is knitted with a method called fair-isle. Fair-isle is a great "blank canvas" for testing yarns and colour combinations. No prior fair-isle experience needed. We will learn together! 3 week program series.

Who: Everyone

Dates/Times: Thursdays, January 7, 14 & 28
6:30 PM - 8:00 PM

Location: Groveport Town Hall, 648 Main Street

Supplies: Please call for supply list

Cost: \$8 resident / \$10 nonresident

Registration: By January 5



GROVEPORT CULTURAL ARTS CENTER

- Adult Programs -

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Sewing Group

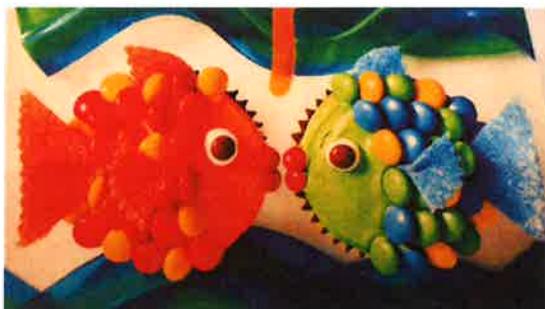
Do you have sewing projects that you think you don't have time to finish, or maybe need help figuring out the next step on a sewing project? Come and be a part of the Sewing Group for support and advice on how to start or complete your sewing

Who: Everyone
Dates: Fridays in January - no class on January 1
Times: 10:00 AM - 2:00 PM
Location: Groveport Town Hall, 648 Main Street
Registration: Drop In
Fee: Free
Supplies to Bring: Sewing machine & sewing project / supplies

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. January's theme: Rainbow Fish.

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



Buttercream Basics

This is a 60 minute class that will teach you how to level, frost, make a boarder and a beautiful flower to finish off your creation. Supplies that are included are: frosting, two decorating tips, two decorating bags, one cake board and one cake box for transportation.

Who: Adults
Dates: Friday, January 15
Times: 6:30 PM - 7:30 PM
Location: Groveport Town Hall, 648 Main Street
Registration: By January 13
Fee: \$15 resident / \$17 nonresident
Supplies: Bring one baked 8" cake layer wrapped in plastic wrap

New Program-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. January's project: Shadow Box Jewelry Holder. Power tools will be in use. Come be a part of this fun group!

Who: Adults
Dates: Friday, January 15
Times: 10:00 AM - Noon
Location: Groveport Town Hall, 648 Main Street
Registration: By January 12
Fee: \$5 resident / \$7 nonresident

How to Talk to Your Doctor-by OSU Extension Office

Today, patients take an active role in their health care. You and your doctor will work in partnership to achieve your best possible level of health. An important part of this relationship is good communication.

Who: Adults
Dates: Tuesday, January 19
Times: 6:30 PM - 7:30 PM
Location: Groveport Town Hall, 648 Main Street
Registration: By January 17
Fee: Free

GROVEPORT CULTURAL ARTS CENTER

THIS and THAT

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community affairs department

Winter Getaways in Ohio

Metro Parks - Get outside and breathe in the fresh winter air while taking in a view of central Ohio's gorgeous winter landscapes with Metro Park's Winter Hikes series. Through this program, which takes place each January through February, hikers meet up with trail experts and explore 13 trails at 13 different parks across the Columbus area. Trails range from 1 to 7 miles and most locations offer more than one trail to choose from. Go to the first hike and pick up your Winter Hikes series punch card.



Old Man's Cave is gorgeous any time of year, but during the winter, it's breathtaking. The mile-long gorge, which throughout the rest of the year is filled with waterfalls and rock formations, is transformed into a winter wonderland during the colder months of the year. The waterfalls become giant icicles, and the wind blows snow banks into works of art. Old

Man's Cave is located just 30 minutes southeast of Columbus. Wear sturdy hiking shoes and tread carefully, especially during the winter when the trails often become solid ice. Keep in mind that ice usually takes an extra week or two to melt at Old Man's Cave, since much of the area is tree-covered.

The Chiller Dublin - Get a handle on two of the winter's toughest sports at the Chiller Dublin. The Chiller Dublin offers winter skating and hockey lessons for everyone aged 4 and up. Get your lessons in this season, and show up all of your friends next year. Sessions are eight weeks long and meet once each week. Classes for both sports fill up quickly, so register early and pay online to secure your spot. Hockey players willing to play goalie sometimes can squeeze into a full class, due to the tough to fill position.



The Grange Insurance Audubon Center is less than a 10 minute walk from downtown Columbus, located on a quiet and beautiful curve in the Scioto River. This area, which has been set aside as a conservation area for local and migrating birds, is often forgotten in the midst of winter. Take a quick break from the city and walk through the 160 reclaimed acres, looking for seasonal birds, such as the hooded merganser and Ohio's state bird, the cardinal. If it's too cold for a long stroll, step outside the heated center onto the observation deck and see what's visiting the feeders.



Tips for an 8 Month Vegetable Harvest in Central Ohio

It's possible to harvest vegetable crops in central Ohio from late March into late November. Topics to be discussed include starting your own vegetable from seed, including supplies needed and timing, when to start planting outside both in the ground and using containers, and the many uses of cold frames. Learn timing of planting for the fall garden, crop rotation & much more!

Who: Adults
Dates: Part 1 on Wednesday, January 20
Part 2 on Wednesday, February 17
Times & Fee: 6:30 PM - 7:30 PM / Free
Location: Groveport Town Hall, 648 Main Street
Registration: By January 17

RECIPE OF THE MONTH

Pork Chops and Sauerkraut

INGREDIENTS

- 4 bone-in pork loin chops
- 2 T. canola oil
- 1 c. chopped onion
- 1 can (14 1/2 oz.) chicken broth
- 1/2 t. caraway seeds
- 1/4 t. pepper
- 1/4 t. celery seed
- 1 can (14 oz.) sauerkraut, rinsed and well drained
- 1 red apple chopped
- 4 bacon strips, cooked and crumbled



DIRECTIONS

- In a skillet, brown pork chops in oil; drain. Stir in the onion, broth, caraway seeds, pepper and celery seed. Cover and cook over medium heat for 30 minutes or until tender. Add sauerkraut and apple.
- Cover and simmer 10 - 15 minutes or until heated through. Before serving. Sprinkle with bacon. Yield: 4 servings

GROVEPORT CULTURAL ARTS CENTER

THIS and THAT

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community affairs department

Groveport American Legion Revitalization

Announcing the revitalization of the Robert Dutro Post # 486, Groveport, American Legion.

The Groveport American Legion has had a long standing tradition of service to Veterans and the community. A post was originally chartered in 1921 and is named after a 17 year old Groveport resident, Robert Dutro, a Marine Private, who died in France on September 23, 1918 during World War I.

While the Post was quite active in the past, unfortunately, due to low membership, had gone dormant with no meetings for the last few years. A new group led by Post Commander Tom Simons has accepted the challenge from the American Legion 12th District and is starting the Post back up.

Tom states, "Our motto is , A legacy of service to the family, Veterans and the community". We want to break the stereotype of the Veterans group as a bunch of old guys hanging around swapping war stories. There is a place for that comradery but we want to be more. We are looking for the Veterans that want to be active in the community, we want to embrace the whole family, not just the Veteran because sometimes all the family needs support. We want to be able to provide guidance to young Veterans that are navigating the different Veteran's agencies and programs.

We just started in October, but have already attended the Groveport Apple Butter Day, passed out "glow in the dark" bracelets at the Groveport Halloween block party and provided volunteers for the remodeling of the new Groveport Food Pantry. We have plans for the future and lots of ideas. We also want to partner with other groups to do good things for local Veterans, Groveport and Madison Township.

The Groveport American Legion family has something for everyone. It consists of the Post, an American Legion Riders group, Sons of the American Legion Squadron and in the near future will be starting an Auxiliary.

The Groveport American Legion meets on the 1st Monday of the month at 7:00 PM in the old Town Hall on the corner of Main and Front in Groveport. (An occasional meeting may take place on a different day of the week , due to scheduling conflicts). For more information please call 614-916-9010, or follow us on Facebook at: "GroveportAmericanLegion".

MEETING DATES

December 7, 2015	June 6, 2016
January 4, 2016	June 28, 2016
February 1, 2016	August 29, 2016
March 7, 2016	October 3, 2016
April 4, 2016	November 7, 2016
May 2, 2016	December 5, 2016

January's Art Gallery Lisa Culp– Bare Clay Studio



Ceramic art pieces can be purchased at Town Hall.

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 Tuesdays & Wednesdays
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



Science Experiment Night

Join the fun and be a part of the things that make us go, "OHH and AHH". January's project: Clouds in a Jar & Invisible Ink Messages. Dress for mess!

Who: Ages 5-12
Dates: Monday, January 4
Times: 6:30 PM - 7:30 PM
Location: Groveport KidSpace, 630 Wirt Road
Registration: By January 2
Fee: Free

Preschool Art Pizzazz

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

Who: Ages 3-5
Dates: Tuesdays, January 5 & 19
Times: 6:00 PM - 7:00 PM
Location: KidSpace, 630 Wirt Road
Registration: Two days before each program date
Fee: Free
January 5: Snow Globe Snowman
January 19: Polar Bear Mask

Home School Art

Children can create up to three unique pet rocks. They can paint them if they want or leave them in their natural colors as they create their individual faces giving them their personality and characteristic. There will be a Pet Rock description sheet per pet and we will make boxes for our new pets to hang out in. Kids are encourage to bring their favorite rocks from home if they want. This project can be duplicated at home with the kids making pet rocks for all occasions as well as for family and friends.

Who: Ages 4 and up
Dates: Thursday, January 7
Times: 10:00 AM - 11:00 AM
Location: Groveport Town Hall, 648 Main Street
Registration: By January 5
Fee: Free

GROVEPORT CULTURAL ARTS CENTER

- Youth Programs -

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community affairs department

Nature Program - Penguins

Come and join us in learning about penguins and make a paper roll penguin.

Who: Everyone
Dates: Saturday, January 9
Times: 11:00 AM - Noon
Location: Groveport Heritage Park, 551 Wirt Road
Registration: By January 7
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.

January's project: Science with Balloons

Who: Ages 3-5
Dates: Monday, January 11
Times: 6:00 PM - 7:00 PM
Location: Groveport KidSpace, 630 Wirt Road
Registration: By January 9
Fee: Free

Kid's Night-T-Shirt Tote Bag

Do you have an old t-shirt and don't know what to do with it? Come to this program, we will turn it into a tote bag! If you don't have an old t-shirt, come anyway, we'll have extras!

Who: Ages 5-12
Dates: Tuesday, January 12
Times: 6:30 PM - 7:30 PM
Location: Groveport KidSpace, 630 Wirt Road
Registration: By January 10
Fee: Free



Good Luck Origami Star Jar

Learn how to make origami lucky stars and the meaning behind them. This is a good class for kids and adults alike. Space is limited.

Who: Ages 10 & up
Dates: Monday, January 11
Times: 6:00 PM - 7:30 PM
Location: Groveport KidSpace, 630 Wirt Road
Registration: By January 9
Fee: Free



Preschool Story Time

Join Angela for a story and craft designed for Preschool children.

Who: Ages 2-6
Dates: Wednesday, January 13
Times: 6:00 PM - 6:45 PM
Location: Groveport KidSpace, 630 Wirt Road
Registration: By January 11
Fee: Free

Preschool Chef

Are you ready for a fun time? Be a part of this program series learning beginner cooking skills. Children will be encouraged to leave parents in the waiting room while they have fun preparing and tasting their creations. Space is limited. Dress for mess!

Who: Ages 3-5
Dates: Thursdays, January 14 & 21
Times: 6:30 PM - 7:30 PM
Location: Groveport KidSpace, 630 Wirt Road
Registration: By January 12
Fee: \$5 residents / \$7 nonresident

GROVEPORT CULTURAL ARTS CENTER

- Youth Programs -

614-836-3333

community affairs department

Kid's Night - Winter Recycle Craft

Brr, it's cold outside! Come inside and join me in making animals that waddle and "cool" Eskimos.

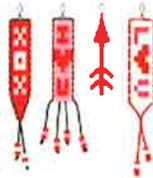
- Who:** Ages 5 -12
Dates: Tuesday, January 26
Times: 6:30 PM - 7:30 PM
Location: Groveport KidSpace, 630 Wirt Road
Registration: By January 24
Fee: Free



Pony Bead Extravanzas

Do you know what pony beads are? Well, how would you like to learn how to make things like key chains, sun catchers, zipper and backpack decorations using pony beads? Come have fun with peers as we create and learn new skills.

- Who:** 4th grade and up
Dates: January 25 - March 14
Times: 6:00 PM - 7:30PM
Location: Town Hall, 648 Main Street
Registration: By January 23
Fee: \$4.00 resident / \$6.00 nonresident



Dare to Dance - Princess Ballet Class

Calling all princesses! In this theme-based class, we will pretend to visit the Land of Princesses every week and explore a variety of classical ballet stories. With props and minimal costuming, we will use creative movement and ballet basics to bring our princess stories to life through dance. Join us for this fun and imaginative adventure! Students may wear any dance attire or comfortable clothing-ballet shoes recommended. 6 week session.

- Who:** Ages 3-5
Dates: January 29 - March 4 on Fridays
Times: 5:30 PM - 6:15 PM
Location: KidSpace, 630 Wirt Road
Registration: By January 27
Fee: \$45 resident / \$47 nonresident

Dare to Dance-Ballet & Tap

Students will get the best of both worlds by experiencing ballet and tap all in the same class! Through age appropriate material, children will learn the beginning fundamentals of classical ballet and the percussive dance form of tap. Class time will be divided up to spend half of class on ballet and half of class on tap every week. This class combines just the right balance of imaginative ballet movements with the fun, upbeat style of tap to keep young dancers engaged and excited to come to dance! Students may wear any dance attire or comfortable clothing – ballet and tap

- Who:** Ages 3 & 4
Dates: January 29 - March 4
Times: 6:15 PM - 7:00 PM
Location: KidSpace, 630 Wirt Road
Registration: By January 27
Fee: \$45 resident / \$47 nonresident

Dare to Dance - Ballet, Tap & Jazz

In this age level of Combo Class, students will not only get to experience ballet and tap, but also a little bit of beginning jazz work! Every week class time will include ballet fundamentals, percussive tap rhythms, and introductory jazz dance movements to popular age - appropriate music. Students may wear any dance attire or comfortable clothing – ballet and tap shoes required (ballet shoes will be worn for jazz work).

- Who:** Ages 5-7
Dates: January 29 - March 4
Times: 7:00 PM - 7:50 PM
Location: KidSpace, 630 Wirt Road
Registration: By January 27
Fee: \$45 resident / \$47 nonresident

Words of Wisdom for January



important dates

614.836.3333

January

Community Affairs Department

EVENT / PROGRAM	DATE	EVENT / PROGRAM	DATE
Closed	Fri., Jan. 1	Closed	Mon., Jan. 18
Closed	Sat., Jan. 2	Preschool Grow With Me Tuesdays@One - Snowman Wooden Craft	Tues., Jan. 19
Line Dance Science Experiment Night	Mon., Jan. 4	How to Talk to Your Doctor Quilting Preschool Art Pizzazz	
Preschool Grow With Me Tuesdays@One - Seasonal Mobile Quilting Preschool Art Pizzazz	Tues., Jan. 5	Preschool Grow With Me Line Dance TOPS	Wed., Jan. 20
Preschool Grow With Me Line Dance TOPS	Wed., Jan. 6	Preschool Rock n' Rollers Art of Movement Preschool Chef	Thurs., Jan. 21
Preschool Rock n' Rollers Homeschool Art Art of Movement Knitting	Thurs., Jan. 7	Preschool Picassos	Fri., Jan. 22
Preschool Picassos Groveport Sewing Group Preschool Picassos	Fri., Jan. 8	Line Dance Preschool Science Pony Bead Extravaganza	Mon., Jan. 25
Nature Program	Sat., Jan. 9	Preschool Grow With Me Tuesdays@One - Snowman Jewelry Quilting Kid's Night - Animals that Waddle & "Cool" Eskimos	Tues., Jan. 26
Mommy & Me Cake Decorating	Sun., Jan. 10	Preschool Grow With Me Line Dance TOPS	Wed., Jan. 26
Preschool Grow With Me Line Dance Good Luck Origami Star Jar	Mon., Jan. 11	Preschool Rock n' Rollers Art of Movement Knitting	Thurs., Jan. 28
Preschool Grow With Me Tuesdays@One - Winter Blocks Kid's Night - T-Shirt Tote Bag	Tues., Jan. 12	Preschool Picassos Princess Ballet Class Combo Dance Class - Ballet & Tap Combo Dance Class - Ballet, Tap & jazz	Fri., Jan. 29
Preschool Grow With Me Line Dance TOPS Preschool Story Time	Wed., Jan. 13		
Preschool Rock n' Rollers Art of Movement Knitting Preschool Chef	Thurs., Jan. 14		
Preschool Picassos Wood Builders Buttercream Basics	Fri., Jan. 15		

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NOTE: Many of the programs noted have registration deadlines. For more info., please refer to each individual program description. - Thank you.

Happy New Year!



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,	
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	Parks & 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
Parks & Recreation.....	614-836-1000
Police.....	614-830-2060
Public Works.....	614-836-3910
Transportation.....	614-836-7433
Utilities.....	614-830-2048

Community Meetings

NOTE: At the time this newsletter was published, 2016 meeting dates had not yet been established. Please call 614-836-5301 for further information.

