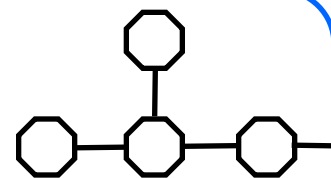
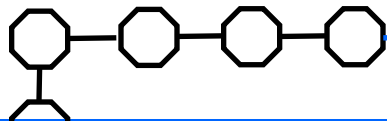


May 2019

The connection

The City of Groveport's Media Hub



Mother's Day

Sunday, May 12

CITY OF GROVEPORT

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the City of
Groveport
OHIO

Sign-Up to receive Alerts, Advisories & Community Announcements

The City of Groveport recently partnered with CivicReady. This mass communication system is replacing Nixle and will enable staff to alert citizens in real-time for emergency situations, advisories & announcements. This system will enable persons to select how they want to be notified (text message, email & phone call). Persons can select one, two or all three communication avenues. The system also allows you to select the language of your preference. The information you provide is confidential and will not be shared. This program is available to all persons regardless of where you reside or work.

There are three easy ways to sign up...

1. www.groveport.org. Click on Sign Up for Alerts & News button
2. AlertMe app (registration code is the group code)
3. Text to Join (text "Group Name" to 30890)

Example: If you want to receive information from Groveport Administration, in the message box, type GVPTADMIN. In the "To:" space, type 30890.

DEPARTMENT	GROUP CODE	STAY IN TOUCH WITH...
Administration	GVPTADMIN	Holiday hours, building closures, inclement weather, public meetings, council meeting schedule changes, special events, etc.
Community Affairs	GVPTCA	New cultural arts & nature programs, registration deadlines, special events, festivals, holiday celebrations, cancellations,
Golf	GVPTGOLF	Course closings, specials, aeration schedules, etc.
G.R.E.A.T.	GREAT	Route & schedule changes, etc.
Human Resources	GVPTHR	Job postings, etc.
Parks & Facilities	GVPTPRKS	Closings, safety issues, etc.
Police	GVPTPOLICE	Crime, safety & crash alerts, missing persons, road conditions, etc.
Public Works & Utilities	GVPTPW	Road closures & detours, construction updates, snow emergencies, leaf pick-up, power outages, boil advisories, etc.
Senior	GVPTSRTANS	Holidays, inclement weather cancellations, reminders, etc.

Please see page 2 for information regarding how to receive alerts, advisories, etc. from the Groveport Recreation Department.

City of Groveport - General News -

614-836-5301 / www.groveport.org

RECREATION DEPARTMENT:

1. www.groveportrec.com. Click on **Sign Up for Alerts & News** button
2. AlertMe app (registration code is the group code)
3. Text to Join (text "Group Code" to 30890)
Example: If you want to receive information from Groveport Aquatic Center, in the message box, type **GVPTGAC**. In the "To:" space, type **30890**.

AREA	GROUP CODE	STAY IN TOUCH WITH...
Groveport Aquatic Ctr. (Outdoor Water Park)	GVPTGAC	Closings, schedule changes, special events, reminders, etc.
Groveport Recreation Center	GVPTRECCTR	Closings, schedule changes, appreciation days, reminders, etc.
Groveport Senior Center	GVPTSNRCTR	Closings, schedule changes, registration deadlines, etc.
Rec - Adult Sports	GVPTASPORTS	Game cancellations, schedule changes, registration deadlines, etc.
Rec - Fitness Classes	GVPTFITNESS	Class cancellations, new class offerings, instructor announcements, etc.
Rec - Indoor Pool	GVPTINDPOOL	Closings, schedule changes, special events, reminders, etc.
Rec - Programs & Special Events	GVPTPRGSE	Promotions, registration deadlines, cancellations, etc.
Rec - Swim Lessons	GVPTSLESSON	Promotions, registration deadlines, cancellations, etc.
Rec - Youth Sports	GVPTYSPORTS	Game cancellations, schedule changes, registration deadlines, etc.

SCUBA Lessons

Columbus Scuba will offer an Open Water PADI entry level course (lifetime certification) at our indoor pool. Course includes classroom training, textbooks, log book, dive tables, confined water dive, open water dive and certification. Participants must provide their own mask, fins & snorkel. Equipment is available at Columbus Scuba. Discounts available for class participants.

- Who:** Persons 10 years of age & up
Dates/Times: Sundays: 5/12, 5/19, 6/2 & 6/9 (5 PM - 8 PM)
Location: Groveport Rec Center Indoor Pool
Registration: Accepted thru May 6
Fee: \$389 (checks payable to Columbus Scuba)
Questions: 614-500-7234

Officer Retiring

Officer Carrie Clites-Meader has notified the City of Groveport of her intent to retire in mid-May of 2019.

Officer Clites-Meader is well known in the Groveport community & especially at the schools because of her day to day contact with the schools and children. Although there is no SRO or agreement with the schools to be present at the school daily, she has taken her role as a protector seriously and can often be seen every morning working the Main Street School.

Officer Clites-Meader is also very instrumental in the dept's Officer Phil program, where the schools are visited by associates of the program, alongside of Officer Clites-Meader, speaking about safety and bullying.

She began her career in September of 1997 as a reserve officer and became a fulltime officer in March of 1998. Over 22 years of service of dedicated service, she has served with honor and integrity. Chief Ralph Portier stated, "We will truly miss her, she always had a smile on her face and nice things to say about everyone. We wish her and her family well."



GROVEPORT RECREATION DEPT. - General News -

614-836-1000 / www.groveportrec.com

Summer High School Passes to GRC now on sale

30-Day Passes are now available for May, June, July, August & September. No passes will extend beyond Sept. 30, 2019. Buy 1, 2, 3, 4 or 5 months. Students must provide school I.D. or report card and be entering 9th, 10th, 11th or 12th grade. Fee is \$20/month for residents and \$30/month for non-residents.



May Climbing Wall Hours

Mon., Tue. & Thurs. 6:00 PM - 8:00 PM
Sat. & Sun. 1:00 PM - 4:00 PM

Fallen 15 Memorial Run

Join us at Groveport Park on Saturday, May 11 for the 2019 Memorial Race honoring this year's 15 Fallen Service Members. Package pick up will begin at 7 AM with the race starting at 8:30 AM. This year, we will have a 5k for \$35 and 10k for \$45.

For more detailed information, including registration, visit the Fallen 15 website at www.fallen15.com/events.



This is not a City of Groveport event. The City provides a location for this event only.



The Groveport Recreation Center will be closed on Monday, May 27 in observance of Memorial Day.

The Groveport Aquatic Center will be open (weather pending).

On-Line Registration Available

Did you know that you can register on-line for most of our programs, including swim lessons? **You can now create your own User Name and Password online.**

www.groveportrec.com

Want to play, but don't have a team to play on?

If you are an adult and if this is you, we can put you on a Free Agent List. We share this information with team managers in hopes of you getting picked up by a team. If there are enough Free Agents, a "Free Agent" team may be formed. To be placed on our Free Agent List, contact:

Amy Van Huffel (Sports/Fitness Manager)
614-836-1000 ext. 1505 / avanhuffel@groveport.org.



Free Blood Pressure Screenings

Compliments of the Madison Township Fire Dept., free blood pressure screenings will be offered in the lobby of the Groveport Rec. Center on the following dates. *Due to emergency runs, there may be times when the Madison Twp. Fire dept. staff may not be available.* A blood pressure cuff is also available if these times are not accessible. Ask a fitness attendant for help.

Date:	Time:
Thurs., May 2	9:00 AM - 12:00 PM
Thurs., May 16	9:00 AM - 12:00 PM

GRC Summer Hours Mark you calendars now!

The Groveport Recreation Center's hours go into summer at the end of May.

May 27 - Sept. 2, 2019
Mon. - Thurs. 5:30 AM - 8:30 PM
Friday 5:30 AM - 8:00 PM
Saturday 8:00 AM - 7:00 PM
Sunday 8:00 AM - 5:00 PM

GROVEPORT RECREATION DEPT.

- General News -

614-836-5301 / www.groveport.org



scheduled to open Memorial Day Weekend

- Affordable fun for the entire family
- Free WIFI
- Vending Machines
- 450 foot lazy river
- (2) giant water slides
- Zero-depth entry leisure pool
- In-water playground
- Kiddie slide
- Tots sprayground
- Diving boards
- Lounge chairs
- Shade umbrellas
- Changing rooms and lockers
- Birthday party packages
- Special & corporate events
- Group swim lessons
- American Red Cross Certified Lifeguards
- Home of the Groveport Fighting Fish Youth Swim Team

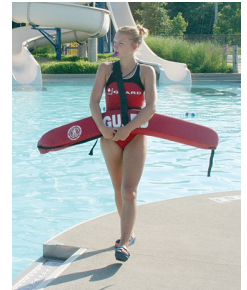


Affordable Season Passes

Purchase your Season Pass by May 10 and receive 10% off. Certain restrictions do apply.

CLASSIFICATION	RESIDENT	NON-RES.
Infant (2 & Under)	Free	Free
Individual (3 - 54 Yrs)	\$84	\$126
Senior (55 Yrs +)	\$42	\$63
Senior Couple (55 Yrs +)	\$63	\$116
Household of 2	\$147	\$221
Household of 3	\$200	\$300
Household of 4+	\$247	\$371

Proof of residency is required to receive resident rate. If you work within the City of Groveport corporate limits, you are also eligible to receive resident rate.



Current Groveport Recreation Center Annual Pass Holders, as well as Active Military, Police Officers & Fire Fighters are eligible to receive a 10% discount on the season pass of their preference.

Persons that have a permanent disability (receiving Social Security Disability) are eligible to receive a 15% discount on their pass, depending on their individual classification.

Daily Rates for Non-Pass Holders

Cash & Credit Cards accepted.

CLASSIFICATION	RESIDENT	NON-RES.
Infant (2 & Under)	Free	Free
Individual	\$8	\$12
- after 6:00 PM	\$6	\$10
Group Rate (10 Day Passes)	\$70	\$110

In order to receive "Resident" rate at the gate, you must present a current Resident ID Card, which can be obtained at the Groveport Recreation Center.

Hours of Operation

REGULAR SEASON (May 25 - Aug. 18)

Monday - Saturday	12 PM - 8 PM
Sunday	1 PM - 8 PM

Facility will open at 1 PM on Thurs., July 4 (Parade) and on Sat., Aug. 10 (KIDSFEST). Facility will stay open until 8:45 PM on Fri., June 14.

POST-SEASON (Aug. 19 - Sept. 2)

Mon., Aug. 19 - Fri., Aug. 23	CLOSED
Sat., Aug. 24	12 PM - 8 PM
Sun., Aug. 25	1 PM - 8 PM
Mon., Aug. 26 - Fri., Aug. 30	CLOSED
Sat., Aug. 31	12 PM - 8 PM
Sun., Sept. 1	1 PM - 8 PM
Mon., Sept. 2 (Labor Day)	12 PM - 8 PM

Lap pool & diving boards will close at 7 PM on Mon., Tues., Thurs. & Fri. (6/10 - 7/19) for GFF Swim Team Practices.

GROVEPORT RECREATION DEPT.

- General News -

614-836-1000/ www.groveportrec.com



Appreciation Weeks

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

July 1 - 7	Military & Veterans
July 8 - 14	Teachers
July 15 - 21	Police Officers
July 22 - 28	Fire Fighters, EMTs
July 29 - Aug. 4	Government Workers
	* excluding military, police officers, fire fighters, EMTs

Special Events

SUPER FAMILY SUNDAYS

Contests • Games • Races • Prizes • Live DJ • Fun for the whole family.

Dates: Sundays (1 PM - 5 PM): June 16, July 14 & Aug. 11

BELATED MOTHER'S DAY SPECIAL

Moms & grandmas are only \$5, when accompanied by their child or grandchild at either the Groveport Aquatic Center or the Groveport Recreation Center.

Date: Sunday, June 9

FATHER'S DAY SPECIAL

Dads & grandpas are only \$5, when accompanied by their child or grandchild at either the Groveport Aquatic Center or the Groveport Recreation Center.

Date: Sunday, June 16

MOVIE IN THE PARK

Bring your lawn chairs, blankets, picnic basket, bug spray and then join us for our FREE Movie In The Park. The family friendly movie will be shown on an inflatable 33 foot screen in Groveport Park (in the grass area across from the pool). Kids under 14 years of age must be accompanied by an adult. No alcohol or pets. Concessions will be tentatively available for purchase.

DATE: Friday, June 14 (Rain date is Sat., June 15)

TIME: Children's activities begin at 7:00 PM.

Movie begins at dusk.

NOTE: The pool will stay open until 8:45 PM.

GROVEPORT RESIDENT DAY

Not a Season Pass Holder, get in for \$4 on Thurs., July 4. Valid Resident I.D. Card required for discount. Facility opens at 1:00 PM on July 4.

MOM AND SON GAME NIGHT

Moms & their sons (12 years & under), join us for an evening of pizza, swimming, prizes and fun activities (on land and in the water) for all. *Grandmothers, aunts, older sisters, dads, etc. may attend if mom is not available.

DATE: Friday, July 12 (register by July 8)

TIME: 8:15 PM - 11:00 PM (food served at 8:15 PM)

FEE: \$4 Season Pass Holders / \$8 All Others (fee is per person)

KIDSFEST

Spend a few hours with us at Groveport Park as we celebrate KIDS. This free event administered by the Recreation, Police & Community Affairs Depts., includes Touch-A-Truck, Cops & Kids and Back to School Festival.

DATE/TIME: Saturday, Aug. 10 / 9:00 AM - 12:00 PM

DOG PADDLE PALOOZA

Grab Man's Best Friend, your camera and his/her favorite fetch toy, towel & leash and head to the outdoor water park for an evening of fun. Humans are not permitted in the pool. Registrants must provide up to date dog vaccinations to be admitted. If you don't want to wait in line, register in advance at the Groveport Rec. Center. \$2/dog. Humans are free.

DATE/TIME: Thurs., Sept. 5 / 6:00 PM - 8:00 PM

Facility Rules

We recommend that you become familiar with our rules prior to your visit. Rules can be found on our website.

www.groveportrec.com

Group Outings

If you have an organized group (20 or more persons), please call Steve Riegler (Aquatics Manager) at 614-836-1000 ext. 1510 to learn more about our Group Use Policies. Group Outings must be scheduled in advance.

Lifeguards Wanted

The City of Groveport employs approximately 70 lifeguards during the summer months. Year round employment is also available. For more information on American Red Cross Lifeguard Certification Classes held at the Groveport Rec. Center, visit page 10.

Award winning Outdoor Water Park

GROVEPORT RECREATION DEPT.

- Fitness -

614-836-1000 / www.groveportrec.com

* Pre-registration
REQUIRED

May Group Fitness Classes

To see a full description of each
class visit www.groveportrec.com

DAY/TIME	CLASS	INSTRUCTOR
MON.		
9:15 a.m.	Trim Tummies	Denune
10:00 a.m.	Water Aerobics	Frank
10:00 a.m.	SilverSneakers Classic	Denune
10:00 a.m.	TRX & Abs	Coakley
11:00 a.m.	SilverSneakers Circuit	Coakley
11:15 a.m.	Arthritis Aquatics Program	Frank
12:00 p.m.	SilverSneakers BOOM Muscle	Coakley
12:30 p.m.	SilverSneakers BOOM Stretch	Coakley
5:00 p.m.	Arthritis Land Based Program	Frank
6:00 p.m.	Water Aerobics	Denune
6:15 p.m.	Zumba	Frank
TUE.		
8:45 a.m.	SilverSneakers Classic	Coakley
9:30 a.m.	Total Body Water Workout	Denune
9:45 a.m.	TRX & Abs	Coakley
11:15 a.m.	SilverSneakers Circuit	Denune
5:30 p.m.	Pilates	Neu
6:45 p.m.	Barre	Neu
WED.		
9:15 a.m.	Cycling with Sara	Denune
10:00 a.m.	Water Aerobics	Frank
10:15 a.m.	TRX Fitness	Coakley
10:15 a.m.	SilverSneakers Yoga	Denune
11:15 a.m.	Arthritis Aquatics Program	Frank
11:15 a.m.	SilverSneakers Classic	Coakley
12:15 p.m.	SilverSneakers BOOM Muscle	Coakley
6:00 p.m.	Cardio Kickboxing	Neu
6:15 p.m.	Aqua Zumba	Frank

DAY/TIME	CLASS	INSTRUCTOR
THURS.		
9:00 a.m.	Stretch to Fitness	Frank
9:15 a.m.	H2O Kickboxing/Step	Denune
10:30 a.m.	SilverSneakers Classic	Frank
11:30 a.m.	Beginner Tai Chi	Henry
12:30 p.m.	Yang 24 Tai Chi	Henry
5:00 p.m.	Arthritis Land Based Program	Frank
6:15 p.m.	Zumba / Strength & Tone	Frank
FRI.		
8:30 a.m.	SilverSneakers Yoga	Denune
8:45 a.m.	Tai Chi for Arthritis + Fall Prevent	Henry
9:30 a.m.	Beginner TRX	Coakley
10:00 a.m.	S.W.A.T.	Denune
11:15 a.m.	SilverSneakers Circuit	Coakley
12:15 p.m.	SilverSneakers Classic	Coakley
5:30 p.m.	Pilates	Neu
SAT.		
8:45 a.m.	TRX PSE	Coakley
9:00 a.m.	Pilates Cardio Fusion	James
10:00 a.m.	The Camp	James
12:00 p.m.	*Tae Kwon Ki Do/Karate Ki Do	Evans
SUN.		
11:00 a.m.	Restorative Yoga	Pepper

Fitness Tip

Set a schedule, but be realistic

If you have not been working out much this winter, don't write down that you will do cardio exercises for 30-minutes a day, six days a week. You will only find yourself getting frustrated and will be more likely to give up on your workout program. Post your exercise plan in places you will look frequently, like the calendar app on your smartphone or at your desk at work.
- Shape Magazine "20 Ways to Spring Clean Your Fitness Routine"

GROVEPORT RECREATION DEPT.

- Fitness / Adult Athletics -

614-836-1000 / www.groveportrec.com

Trail Riders

Adults, join us on Wednesdays for this FREE drop-in bike ride to explore local paved trails and lunch spots. Each ride is approx. 10 - 16 miles round trip, with a lunch stop scheduled along the way. This is a great way to meet other bicycle enthusiasts. Beginners are welcome. Helmets are required. Please bring cash or credit card for lunch purchase. The program typically last 2 - 3 hours. Some on-road riding may be required to reach the lunch destination. Please arrive at meeting point by 10:30 AM.

Date	Meeting Point	Restaurant
5/1	Cruiser Park	Little Italy
5/8	Walnut Woods Metro Park (Richardson Road lot)	Paddock Pub
5/15	Pickerington Ponds Metro Park (Glacier Knoll)	Vick's Gourmet Pizza
5/22	Three Creeks Metro Park (Heron Pond)	Old Bag of Nails
5/29	Groveport Recreation Center (West Parking Lot)	Dairy Queen

**Cyclist Connection will be available on the first Wed. of the month at 10:30 a.m. to perform bike safety checks (when their staff is available).*

Joe Newland Memorial Bike Ride

On Feb. 13, 2018, Joe Newland (Personal Trainer at the Groveport Rec. Center) lost his life to cancer. Joe was and continues to be an inspiration for many who work out at the GRC. We invite you to ride with us (10 & 25-mile rout options) in remembrance of Joe and his passion for fitness & bicycling. Ride will take place on the Blacklick Creek & Alum Creek Multi-Use Trails. All profits will be donated to Pelotonia in honor of Joe.

Who: All ages **Fee:** \$10
Date/Time: Sat., June 8 / 9:00 AM
Location: Ride will begin and end at Cruiser Park
Register: By 5/31 to guarantee a shirt; thru 6/7 at GRC or online; event day registrations accepted at Cruiser Park



Pickleball League

Ladder leagues are designed so that players play mostly with others of similar skill levels. Each week, players will be placed in groups of 4 in the order of their ranking on the ladder for match play. All abilities welcome.

Who: Men and Women 18 and over **Fee:** \$40
Date/Times: Sun., June 2 - July 21 / evenings
Location: Groveport Rec. Center
Registration: 4/1 - 5/28



Adult Drop-in Volleyball

Interested in playing some volleyball? If so, join us at the Groveport Recreation Center for this new drop-in program. Bring a friend with you for our buy one - get one free pass specifically for this program. All levels of play are welcome.

Who: Men and Women 18 and over
Date/Time: Fri., 5/3, 5/10, 5/17, 5/24 & 5/31
(6:30 PM - 8:30 PM)
Fee: GRC Annual Pass Holders: FREE
 Resident: \$7
 Non-Resident: \$10



GROVEPORT RECREATION DEPT. - Youth Athletics -

614-836-1000 / www.groveportrec.com

Columbus Crew Soccer Camp

Columbus Crew SC Developmental Clinics focus on player development through a core foundation of soccer skills in a challenging and fun learning environment. The Crew SC staff will help each player broaden their skill set and discover a love for the sport of soccer. A wide range of technical training exercises will be incorporated, including: dribbling, passing, receiving & finishing. The clinic includes a Crew SC Camp T-shirt and one Crew SC match ticket voucher.

Who: Boys & Girls, 6 - 14 Yrs.
Date/Time: Sat., June 15 / 9 AM - 12 PM
Location: Cruiser Park
Fee: \$50
Register: www.crewcamps.com
 Click on Developmental Camps Ages 6 - 14
 Select "Cruiser Park" as location



Groveport Special Olympics Track & Field

Groveport Special Olympics is looking for athletes in hopes of going to the Summer Games at Ohio State University in June. Track & field practices are being held on Tuesdays (6:00 PM - 7:30 pm) at the Groveport-Madison H.S. Track and Sundays (4:00 PM - 5:30 PM) at Canal Winchester Middle School. To participate as an athlete or volunteer, please call Penny Hilty at 614-395-8992 or email her at groveportspecialolympics.com. Monetary donations may be sent to G.S.O. P.O. Box 296, Groveport, OH 43125.



Summer Camp for Kids

Join Bally Sports Group this summer for an active and fun summer camp experience. Campers will be introduced to a different sport each week, where instruction will be delivered in a positive and encouraging way. Instruction will be tailored to each child's skill level to be based on their experience in the sport. Camp will also feature traditional camp games and activities, including nature walks, swimming and more. In addition to weekly sport themes, Bally Sports will put an emphasis on certain life virtues relating to sports.

Dates	Sport
6/10 - 6/14	Five Tool Basketball & Softball (Poise)
6/17 - 6/21	Ninja Warrior (Friendship)
6/24 - 6/28	Shooting Stars Basketball (Confidence)
7/1 - 7/5	NO CAMP
7/8 - 7/12	Super Bowl Football & Cheer (Respect)
7/15 - 7/19	Foot Skills Soccer (Teamwork)
7/22 - 7/26	Learn to Play Lacrosse & Volleyball (Loyalty)
7/29 - 8/2	Olympics (Sportsmanship)
Fees:	1 - 2 Weeks: \$140/week 3 - 5 Weeks: \$130/week 6+ Weeks: \$120/week

Registration: Space is limited. Register by May 20.
 Register at www.ballysportsgroup.com

Junior Golf Camp

Let us teach your child golf! This 4-day camp is for all skill levels and will help your child learn the fundamentals of the full-swing, short game, rules/etiquette & playing. The camp is conducted by Larry Marshall, PGA pro and former Senior Instructor at the David Leadbetter/IMG Junior Golf Academy in Bradenton, FLA. Start the summer off with a great learning experience at a great price on the area's most popular golf course. For further info., questions or if you need golf clubs to use for the camp, contact Larry Marshall (Assistant Golf Pro) at 614-836-5874.

Who: Boys and girls, 8 years & up
Date: Mon., 6/10 – Thurs., 6/15
Time: 9:00 AM – 12:00 PM
Location: Links At Groveport Golf Course
Register: Call 614-836-5874
Fee: \$100 Residents
 \$125 Non-Residents



GROVEPORT RECREATION DEPT.

- Youth Athletics / Classes & Special Events -

614-836-1000 / www.groveportrec.com

Groveport Tennis Academy

Classes are available for beginners thru tournament level & league players. Quick Start Instruction will be used with Juniors. A minimum of 3 registered persons is needed for a class to run. Additional sections may be added with 3 persons on the waiting list. Questions about the program, call Chris Brown-Borden at 614-282-4779.

Who: 3.5 Yrs. - Adult

Dates: Summer Session: June 5 - July 24

Times/Fee: Varies per class. See our website for more specific information.

Location: Degenhart Park
355 Lesleh Ave.
Groveport, OH 43125

Registration: Thru May 28



Spring Community Garage Sale

It's time to do some spring cleaning. Before tossing your goods into the garbage, you may want to consider its value. Your trash could be someone's treasure. This sale does not count towards the City's limit of 2 per year limit for each household. Fee covers your permit and publication of our garage sale listing.

Who: Households in & around City of Groveport

Dates/Times: Fri., May 17 (9 AM - 6 PM) &
Sat., May 18 (9 AM - 6 PM)

Registration: Accepted thru May 13

Fee: \$5 per household

More info.: Juli Pintz (Rec. Coord.)
614-836-1000 ext. 1513
jpintz@groveport.org

Kids Night Out

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

Who: 6 - 12 years

Dates: Fridays: May 10 (5:30 PM - 8:30 PM)
May 31 (5:30 PM - 8:00 PM)
Register for one or multiple dates

Time: 5:30 PM - 8:30 PM

Fee: \$8 Residents / \$10 Non-Res.

Reg. Deadline: Thursday before the program

Tae Kwon Ki Do/Karate Ki Do Beginner (White Belts)

Our classes are all inclusive. Even though we take students as young as 6 years old, this is not "just a kids class." Teens and adults are strongly encouraged to participate. For new students, this class will familiarize you with the most basic techniques that we teach and give you enough time to make an informed decision as to whether or not you wish to learn more.

Who: Ages 6 and over

Dates/Times: Sat., 4/27- 6/1 12 PM - 12:45 PM

Location: Groveport Rec. Center **Registration:** On going

Fee: \$28 Res. / \$48 Non-Res.



Advanced (Yellow - 2nd Blue Belts)

For intermediate students. You have decided that you enjoy what we teach and wish to learn more. Students registering for this class must have reached at least the rank of 1st Yellow Belt, through our tests, scheduled on the 6th week of each session. Students who reach the rank of 2nd Blue Belt are considered to be graduates of this program.

Who: Ages 6 and over

Dates/Times: Sat., 4/27 - 6/1 12 PM - 1:30 PM

Location: Groveport Rec. Center **Registration:** On going

Fee: \$38 Res. / \$58 Non-Res.

Main Class

Only for committed students, who desire to become Black Belts! This class sets the bar high. Students participating in this class must first be formally invited to join by Master Evans. Students lower in rank than 2nd Blue Belt can also join this class, through Master Evans' invitation. All invited candidates will be required to be exceptional, in their commitment to being good students and mentors!

Who: Ages 6 and over

Dates/Times: Sat., 4/27 - 6/1 12 PM - 2:30 PM

Location: Groveport Rec. Center **Registration:** On going

Fee: 1 Person (\$60) / Family of 2 (\$110)
Family of 3 (\$145) / each person over 3 (\$35)

Class instruction is 5 weeks long. An additional 6th week is available for those who are interested in testing.

There are additional fees for apparel, training aids and promotion testing if you choose to participate.

GROVEPORT RECREATION DEPT.

- Aquatics -

614-836-1000 / www.groveportrec.com

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 Rec. Department.

WHY BECOME A LIFEGUARD? 1.) Provide amazing public service, 2.) Start a career in the parks & rec industry, 3.) Stay fit and get more fit, 4.) Work with like-minded people, 5.) Gain a life skill that will come in handy the rest of your life, 6.) Work outside, 7) It's challenging mentally and physically, 8.) Work out at the Groveport Rec Center FREE, 9.) Flexible hours & 10). It's fun.

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

- Who:** Persons 15 years of age and up
- Dates/Times:** Classes offered monthly Feb. thru June. Pick up a brochure at the Groveport Rec Center or visit www.groveportrec.com
- Fee:** \$220 (credit cards only)
*reimbursable if certain conditions are met
- Questions:** Steve Riegler, Aquatics Manager
614-836-1000 ext. 1510



Lifeguard Class Dates & Times

May 6 - 11, M - F (4 pm - 9 pm) & Sat. (9 am - 2 pm)
June 3 - 7, M - F (9 am - 6 pm)



The Groveport Fighting Fish is administered by a volunteer parent organization

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. We are a local provider of the American Red Cross Learn-to-Swim Program. To learn more about all of the levels offered visit 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 available.
- More Info:** Call Kelly Carter, Aquatics Coordinator at 614-836-1000 ext. 1512 or email her at kcarter@groveport.org

Class Dates / Times	Registration
Mon. - Thurs., 6/3 - 6/13 / morning	5/22 - 6/3
Tue/Thurs, 6/4 - 6/27 / evening	5/22 - 6/4

Classes fill quickly!

Due to a shortage of Swim Instructors at this time, Saturday lessons, as well as Private/Semi-Private Lessons are currently NOT available.

Infant Swimming Resource (ISR)

It only takes a few minutes for a child to drown or sustain serious, life-altering injuries. Children as young as 6 months of age can learn to save themselves in a drowning situation by using ISR's Self-Rescue technique. Before your baby can feel confident and safely enjoy the water, he or she must first learn the skills needed for survival. Unlike other swimming programs, ISR combines safe swimming lessons with life saving skills that teach your child to survive in the water.

Lessons are offered at the Groveport Recreation Center. For more information, please contact Tracy Wheeler at t.wheeler@infantswim.com. More info. is also available at www.infantswim.com.

Groveport Fighting Fish Youth Swim Team

The Groveport Fighting Fish are a competitive summer swim team, consisting of swimmers between the ages of 15 to 18 years of age. The team swims out of the Groveport Aquatic Center. For safety reasons, swimmers must be able to swim the length of the pool unassisted. The team competes in 6 regular season swim meets in June & July, including the season ending championship meet. The GFF are members of the Tri-County Aquatic League, which consists of teams from Bexley, Newark, Lancaster, Pickerington, Canal Winchester, Pataskala & South-eastern Columbus areas. The league has been in place since the early 1970s.

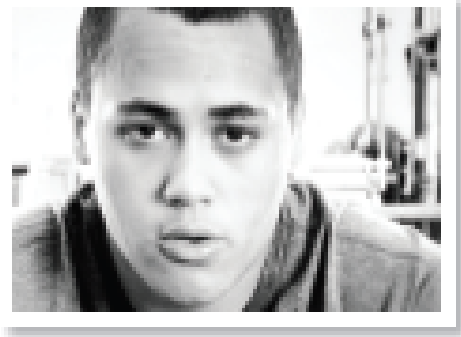
Registration will take place at the Groveport Rec Center on May 5 (10 AM - 2 PM). For more info., visit www.eteamz.com/gofightingfish

GROVEPORT RECREATION DEPT. - Important Dates -

614-836-1000 / www.groveportrec.com

EVENT / PROGRAM	DATE
Trail Riders	5/1
Free Blood Pressure Screening at GRC	5/2
Groveport Fighting Fish registration at GRC (10 AM - 2 PM)	5/5
American Red Cross Lifeguard Certification Classes	5/6 - 11
Trail Riders	5/8
Purchase your Groveport Aquatic Center Season Pass by May 10 and receive a 10% discount (restrictions apply)	5/10
Fallen 15 Memorial Run	5/11
MOTHER'S DAY	5/12
Groveport Community Garage Sale registration deadline	5/13
Trail Riders	5/15
Free Blood Pressure Screen at GRC	5/16
Groveport Community Garage Sale	5/17 - 18
Trail Riders	5/22
Groveport Aquatic Center (Outdoor Water Park) opens for the season (weather pending)	5/25
Memorial Day - Groveport Rec Ctr. closed; Outdoor Water Park open (weather pending)	5/27
Summer Hours begin at Groveport Rec Center	5/27
Pickleball League registration deadline	5/28
Groveport Tennis Academy summer session registration deadline	5/28
Trail Riders	5/29
Joe Newland Memorial Bike Ride registration deadline	5/31

**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



**HAPPY
MOTHER'S
DAY**

Sports Medicine

**NATIONWIDE
CHILDREN'S**

GROVEPORT SENIOR CENTER

- General News -

614-836-4599 / www.groveportrec.com

Are you 55 years or older? If so, you might want to consider joining the Groveport Senior Center. Persons must be a member of the Groveport Senior Center to participate in on sight programs. Annual membership dues are only \$8.

WEEKLY ACTIVITIES

Mon.	Pool Shooting	10:00 AM - 11:30 AM
	Progressive Euchre	12:00 PM
Tue.	Line Dancing	9:30 AM
	Chair Volleyball	1:30 PM
Wed.	Games	10:30 AM
	Quilting	12:30 PM
Thurs.	Crafts	9:30 AM
	Lunch	11:45 AM
	Hand & Foot	Times Vary
Fri.	Shuffleboard & Pool	1:00 PM - 3:00 PM
	Chair Volleyball	1:30 PM
Sat.	Progressive Euchre	4:00 PM

UPCOMING ACTIVITIES

Foot Care Clinic: We have a registered nurse from Everyday Divinity here on the first Thursday of every month to take care of your feet. The cost is \$30 for a 30 minute appointment and will include a complete foot assessment, expertly trimmed, thinned and filed nails and corns and callouses filed and buffed. Call 614-716-9919 to schedule your appointment for **May 2**.

Lunch Munchers: Join us on the 1st Friday of the month for "Lunch Munchers". You can meet at the center at 11:00 am to car pool or you may choose to meet at the pre-determined restaurant at 11:30 am. Sign up at least one day in advance. See you on **May 3**.

Monthly Craft: Join us as we make a different craft each time we meet. Pre-registration is required for this FREE event taking place on **May 10**, at 10:30 a.m. This program is sponsored by Wesley Ridge Retirement Community. Sign up and give it a try. All crafts made will be ideas from Pinterest.

Book Club: Do you enjoy reading? If so, check out our Book Club. The club meets on the second Tuesday of each month to discuss the book they chose to read. Stop by and join us on **May 14** at 1:30pm and be a part of the book club.

Blood Pressure Clinic: A nurse from Canal Winchester Rehab is at the Senior Center on the 3rd Thursday of each month from 10:30 a.m. - 11:30 a.m. and will offer free blood pressure checks. Next BP Clinic is scheduled for **May 16**.

Chair Volleyball: This program meets on Tuesday & Friday in the multi-purpose room at 1:30 pm. It is a ton of fun to play! The rules are just like regular volleyball only you play sitting in a chair. The only rules variation is the "one cheek rule." This means that at least half of your backside must remain in your seat while hitting the ball, which by the way is a beach ball! Why not come check it out and see how much fun it is!

UPCOMING TRIPS

May 29: This trip to the beautiful **Holmes County, Amishlands** includes a family style lunch at an Amish restaurant, browsing/shopping at Lehman's Hardware, a back roads tour with a couple of stops along the way, a visit to a bakery, farm market, chocolate shop and a cheese shop, a wagon ride at the Farm at Walnut Creek where you have the chance to feed animals from all around the world, transportation and of course we have a local guide with us the entire day. The cost is **\$75** per person due on sign up.

June 20: Please join us for the Franklin County Office on Aging Day with the **Columbus Clippers!** Tickets for the 12:05 PM game are only **\$5.00** each for reserved seating, and a boxed lunch is included for those age 60 and older. Also included in the cost is motorcoach transportation. Payment is due on registration, which begins on May 15 (no exceptions please). Registrations will be taken until we fill our motorcoach, after which you will be placed on a waiting list.

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

ATTENTION

Are Looking for a way to meet some new friends? Feeling like you want to come to the senior center but are uncomfortable coming alone? We have a great way for you to get acquainted with others. How about joining us for our weekly luncheons. We have some very nice people who will take you under their wing and ask you to join them at their table for lunch. Our lunches are weekly on Thursday's and you need to be signed up by Monday at 4:00pm for each week. Our craft ladies come in at 9:30am and work on their craft making, others come in for games about 10:00am and there are some that just come in early to sit and visit. Lunch is served promptly at 11:45 and then there are more card games going on late into the afternoon. The cost is only \$2.00 for your meal and if you would like dessert it is a complete sundae bar for only 50 cents. You do need to be a member of the senior center to attend but we will always accept guests who would like to give us a try first prior to joining. Membership dues are only \$8.00 per calendar year. What are you waiting for?



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

GROVEPORT CULTURAL ARTS CENTER - This & That -

614-836-3333 / www.groveport.org

Community Affairs Department



National Truffle Day

Fluffernutter Truffles – Peanut butter and marshmallow truffles topped with white chocolate!
TOTAL TIME: 20 minutes

Ingredients

- 1/4 cup butter, softened
- 3/4 cup peanut butter
- 1/4 cup marshmallow fluff
- 1 1/2 cup powdered sugar
- 1 1/2 - 2 cups white chocolate chips or almond bark
- 2 tablespoons peanut butter chips

Instructions

In a large mixing bowl, beat together butter, peanut butter, and marshmallow fluff. Add in powdered sugar 1/2 cup at a time until fully combined. Roll dough into 1" balls and place on a sheet pan. Freeze until the balls are firm. Place the white chocolate in a microwave safe container and heat until they are melted (about 1-2 minutes). Make sure to check and stir every 30 seconds or so. Remove the balls from the freezer and roll each in the white chocolate. Place back on tray and in the freezer to harden up.



Cinco de Mayo ("The Fifth of May") celebrates the victory of the Mexicans over the French army at The Battle of Puebla in 1862.

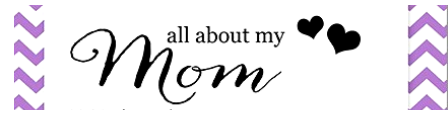


"May the 4th be with you." What started as pun warmly shared by fans has become a full-fledged *Star Wars* holiday



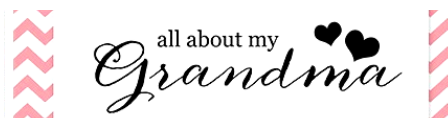
Mother's Day – May 12
Happy Mother's day to all the wonderful mothers and grandmothers! **ENJOY YOUR SPECIAL DAY!**

Do something sweet for May 12th Mother's Day



Nothing says I love you like something made from the heart. Here are a few **DIY craft ideas to do at home for Mother's Day:**

- Helping Hands Oven Mittens
- Tote Bag
- Hand Towels
- Apron
- Mother's Day Card



Facebook: @Groveport Town Hall
Instagram: @groveporttownhall
Twitter: @GroveportTH

GROVEPORT CULTURAL ARTS CENTER - Adult Programs -

614-836-3333 / www.groveport.org

Community Affairs Department

Line Dancing

All skill level & ages are invited to participate in this daytime line dancing program. Wear shoes with leather soles or socks.
No dance on May 27

Who: Adults
Date/Times: Mon. & Wed. / 10:00 AM - 11:30 AM
Location: Groveport Town Hall, 648 Main Street
Fee: Free
Registration: Drop-In

Art of Movement

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

Who: Adults
Date/Times: Thursdays / 6:30 PM - 8:00 PM
Location: Groveport Town Hall, 648 Main Street
Fee: \$4 Res. / \$5 Non-Res.
Registration: Drop-In

TOPS Weight Loss Support Group

Who: Adults
Date/Times: Wednesdays / 9:30 AM - 11:00 AM
Location: Groveport Town Hall, 648 Main Street
Registration: Drop-In



Tuesdays@One

Art and education program every Tuesday. Speakers, demonstrations, creative projects and activities. **No program on May 14.**

Who: Adult (child friendly)
Times: 1:00 PM - 2:00 PM
Location: Groveport Town Hall, 648 Main Street, unless stated otherwise.
Fee: Free
Registration: By two days before each program date
May 7 Scrap Fabric Letters
May 21 Twig Orb part 1 / Held at Heritage Park, 551 Wirt Road / *Bring a beach ball & twigs*
May 28 Twig Orb part 2 / Held at Heritage Park, 551 Wirt Road



May Art Gallery Groveport Police History By Ernie Bell



GROVEPORT CULTURAL ARTS CENTER

- Adult Programs -

614-836-3333 / www.groveport.org

Community Affairs Department

Drive & Dine

Enjoying lunch with friends brings benefits: It accomplishes the goal of face-to-face interaction and can also lead to healthier eating choices. Most importantly it's fun! Let's sit down, talk, and enjoy our time together at local diners. Participants will provide their own transportation, menu selection and price of meal. Location will change each month. Program held monthly on the 2nd Friday.

Who: Adults
Date/Times: Friday, May 10 / 11:30 AM
Location: Meet at: Scotty's Café, 2980 E. Broad Street, Columbus, 43209



Registration: By May 8

Columbus Symphony Orchestra Brass Quintet Concert

Town Hall will hold a special concert in the Ballroom. Please come join us and listen to the wonderful sounds of the brass quintet.

Who: Everyone
Dates/Times: Monday, May 13 / 6:30 PM - 7:30 PM
Location: Groveport Town Hall, 648 Main Street
Fee: Free
Registration: Drop in



Programs on the Go

Programs on the Go focuses on community art, experiencing and learning new skills, discussions and exploring new forms of art and education with the benefit of transportation. Participants will be picked up from KidSpace, 630 Wirt Road and will return to KidSpace after the adventure. Prices will be determined monthly based on each trip location. Space is limited.

Who: Adults
Date/Times: Friday, May 17 / 12:30 PM. Estimated return time 3:00 PM
Location: Ohio Craft Museum
Fee: \$3.00
Registration: By May 15

Science Night Volcano

Come dressed for mess and have fun making and erupting your own volcano.

Who: Youth ages 6-12
Dates/Time: Wednesday, May 1
6:30 PM - 7:30 PM
Location: KidSpace, 630 Wirt Road
Fee: Free
Registration: By April 29

Home School History

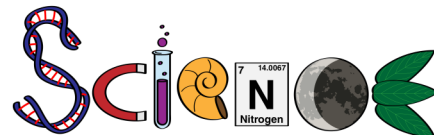
Program will support home school history curriculum using a variety of mediums. Lesson: Romans

Who: Ages 7-12 **Fee:** \$1 Res. / \$2 Non-Res.
Date/Time: Monday, May 6
Group #1: 11:00 AM - 12:00 PM
Location: Groveport KidSpace, 630 Wirt Road
Registration: Deadline two days before program date.

Home School Science

Homeschoolers-- come and put your science lesson in action! Home school science offers a chance to do experiments and hands on activities to support curriculum for 7-12 year olds. Lesson: Chemistry

Who: Youth ages 7-12 **Fee:** \$1 Res./ \$2 Non-Res.
Dates/Time: Second & Third Mondays each month
May 13 & 20
Group #1: 11:00 AM - 12:00 PM
Group #2: 12:30 PM - 1:30 PM
Location: KidSpace, 630 Wirt Road
Registration: Deadline two days before each program date.



GROVEPORT CULTURAL ARTS CENTER

- Youth Programs -

614-836-3333 / www.groveport.org

Community Affairs Department

Home School Art

Home school art offers a change for youth to learn about different artist and complete a project in the style of the featured artist while supporting curriculum.

May featured artist: Vincent Van Gogh

Who: Ages: 7-12
Date/Times: Monday, May 13/ 1:45 PM - 2:45 PM
Location: Groveport KidSpace, 630 Wirt Road
Fee: \$1 resident / \$2 nonresident
Registration: By May 9



Kid's Night Fruit Loop Sand Art & Snack making Fun

Creativity and fun! All supplies provided.

Who: Ages: 6-12
Date/Times: Tuesday, May 14 / 6:30 PM - 7:30 PM
Location: Groveport KidSpace, 630 Wirt Road
Fee: Free **Registration:** By May 10

Preschool Grow with Me

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

Who: Preschoolers
Date/Times: Every Tuesday & Wednesday
10:00AM - 11:30 AM / Drop-In
Location: Groveport KidSpace, 630 Wirt Road
Registration: Drop-In
Themes: April 30 & May 1: Royalty
May 7 & 8: Mom's Rock
May 14 & 15: Flowers
May 21 & 22: Farms

Preschool Rock n' Rollers

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

Who / Fee: Preschoolers / Free
Date/Times: Every Thursday / 10:00 AM - 11:00 AM
Location: Groveport KidSpace, 630 Wirt Road



Preschool Picassos

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

Who: Preschoolers
Date/Times: Every Friday/ 10:00 AM - 11:00 AM
Location: Groveport KidSpace, 630 Wirt Road
Fee: Free / Drop-In



Preschool Science

Are you ready for a messy, fun time? Program will start right after Preschool Grow with Me. Program is offered on the first Wednesday of each month. Adult participation required.

Who: Preschoolers **Fee:** Free
Date/Times: Wednesday, May 1 / 11:30 AM - Noon
Location: Groveport KidSpace, 630 Wirt Road
Registration: Drop-In
Theme: Plants

GROVEPORT CULTURAL ARTS CENTER - Preschool Programs -

614-836-3333 / www.groveport.org

Community Affairs Department

Afternoon Play & Crafts

Come socialize with friends then stay for a craft. Adult participation is required. 1st & 3rd Wednesday of each month.

Who: Preschoolers
Date/Times: May 1 & 15 / 1:00 PM - 2:00 PM
Location: Groveport KidSpace, 630 Wirt Road
Fee: Free / Drop-In

Afternoon Play & Move

Socialize then stay to move. Adult participation is required. 2nd & 4th Wednesday of each month.

Who: Preschoolers
Date/Times: May 8 & 22 / 1:00 PM - 2:00 PM
Location: Groveport KidSpace, 630 Wirt Road
Fee: Free / Drop-In

Preschool Sing with Me

Music, singing and instruments that your little ones will enjoy. Program is offered on the second Wednesday of each month and will start right after Preschool Grow with Me. Adult participation required.

Who: Preschoolers **Fee:** Free
Date/Times: Wednesday, May 8 / 11:30 AM - Noon
Location: Groveport KidSpace, 630 Wirt Road
Registration: Drop-In

Preschool Let's Read

Your little ones will be read to in a group setting. We will focus on a different author each month. Program is offered on the third Wednesday of each month and will start right after Preschool Grow with Me. Adult participation required.

Who: Preschoolers **Fee:** Free
Date/Times: Wednesday, May 15 / 11:30 AM - Noon
Location: Groveport KidSpace, 630 Wirt Road
Registration: Drop-In
Theme: Farmers Make Things Grow



Mark Your Calendar

» UPCOMING EVENTS

June Activities

Animals in the Park: Saturday, June 8 from 10am-noon. Held at Heritage Park, 551 Wirt Road. Free. Columbus Zoo at 10am-11am, Turtle Lady and Ohio Nature Center to follow.

Cardboard Creations Overload: June 10-14 from 12:30pm-3:30pm. Held at Heritage Park, 551 Wirt Road. Ages: 6-12. \$10 residents / \$20 nonresident. Snack provided. Register by May 28.

Red Cross Blood Drive: Monday, June 10 from 1pm-7pm. Schedule an appointment: 1.800.Red Cross or visit Red Cross Blood.org, use sponsor code: City of Groveport

Need a room to hold your meeting or event?

Room rentals at Town Hall and Crooked Alley KidSpace are available. \$50.00 non-refundable fee for residents to reserve a room. Please contact Town Hall at 614.836.3333 for non-resident rates or for more information.



GROVEPORT CULTURAL ARTS CENTER

- Important Dates -

614-836-3333 / www.groveport.org

Community Affairs Department

EVENT / PROGRAM	DATE	EVENT / PROGRAM	DATE
Preschool Grow with Me Preschool Science TOPS Line Dance Preschool Afternoon Play & Crafts Science Night	Wed., May 1	Line Dance Home School Science	Mon., May 20
Preschool Rock n' Rollers Preschool Enrichment Art of Movement	Thurs., May 2	Preschool Grow with Me Preschool Enrichment Tuesdays@One	Tues., May 21
Preschool Picassos	Fri., May 3	Preschool Grow with Me TOPS Line Dance Preschool Afternoon Play & Move	Wed., May 22
Line Dance Home School History	Mon., May 6	Preschool Rock n' Rollers Preschool Enrichment Art of Movement	Thurs., May 23
Preschool Grow with Me Preschool Enrichment Tuesdays@One Dare to Dance 5 of 6	Tues., May 7	Preschool Picassos	Fri., May 24
Preschool Play Group Preschool Sing with Me TOPS Line Dance Preschool Afternoon Play & Move	Wed., May 8	Closed	Sat., May 25
Preschool Rock n' Rollers Preschool Enrichment Art of Movement	Thurs., May 9	Closed	Sun., May 26
Preschool Picassos	Fri., May 10	Closed	Mon., May 27
Line Dance Home School Science Home School Art Columbus Symphony Brass Quintet	Mon., May 13	Preschool Grow with Me Preschool Enrichment Tuesdays@One	Tues., May 28
Preschool Grow with Me Preschool Enrichment Dare to Dance 6 of 6 Kid's Night	Tues., May 14	Preschool Grow with Me TOPS Line Dance	Wed., May 29
Preschool Grow with Me Preschool Let's Read TOPS Line Dance Preschool Afternoon Play & Crafts	Wed., May 15	Preschool Rock n' Rollers Preschool Enrichment Art of Movement	Thurs., May 30
Preschool Rock n' Rollers Preschool Enrichment Art of Movement	Thurs., May 16	Preschool Picassos	Fri., May 31
Preschool Picassos	Fri., May 17		

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





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

SPORTS MED. MINUTE

Throwing Guidelines for Young Players

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, Scott Lockett, Chad Grashel Council
 Marsha Hall City Administrator
 Jeff Green Asst. Administrator/Finance Dir.
 Kevin C. Shannon Law Director
 Ralph Portier Police Chief
 Sue Wadley Personnel Director
 Tom Walker.....Golf Director
 Kyle Lund Recreation Director
 Patty Storts.....Community Affairs Director
 Tom Byrne.....Facilities Management Director
 Dennis Moore.....Public Works Superintendent
 Stephen Moore.....Chief Building Official
 Steve Farst..... Engineer
 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..... 614-830-2043
 Community Affairs..... 614-836-3333
 Engineering..... 614-836-5301
 Finance..... 614-830-2048
 Golf..... 614-836-5874
 Human Resources..... 614-830-2051
 Law 614-830-2059
 Recreation..... 614-836-1000
 Police.....614-830-2060
 Public Works..... 614-836-3910
 Transportation.....614-836-7433
 Utilities.....614-830-2048

Community Meetings

Wed., May 1 4:00 PM Cemetery Meeting (Log House)
 Mon., May 13 5:30 PM Tree & Decorations Comm.
 6:30 PM Council
 Mon., May 20 5:30 PM Council Committee of Whole
 Tues., May 8 6:30 PM Council

*all meetings at 655 Blacklick Street, Groveport, OH 43125, unless otherwise noted.

Coaches and parents of young baseball players, or any athlete in a throwing sport, often have questions about throwing injuries and how to prevent them. These are real concerns due to the increasing rate of shoulder injuries seen in this population. Dr. Richard Rodenberg MD, Sports Medicine Physician at Nationwide Children's Hospital states "There is currently an alarming trend in youth baseball injuries. Shoulder and elbow growth plate injuries have become common as young athletes are playing in leagues with high game volumes in a given season. These players often don't have enough recovery time prior to the next outing and subsequently may play through pain. Adolescent growth plates are vulnerable to stress up through the later teen years. Injuries to these areas are often season ending due to the amount of healing that needs to take place."

We will outline some of the major topics associated with throwing injuries in 9 individual sections or "innings." So

1st Inning: Preseason.

To reduce the risk of injury – conditioning drills should be initiated prior to the start of the first practice session. Kids that are in shape at the beginning of the season have a better chance of performing at a higher level and staying injury free. Focus on flexibility, upper body and core strengthening and always include running drills. This combination will help make sure the body is ready to accept the demands of the season.

2nd Inning: Time to stretch!

Just like any other sport it is very important to warm up and stretch before a player throws. Dynamic warm-ups help prepare the body for this. Light conditioning at the beginning of practice warms muscles making it easier to stretch them. Stretching should include the upper and lower body as well as the hips and back. The lack of flexibility can actually decrease how fast the pitch is thrown.

3rd Inning: Mechanics, mechanics, mechanics

Kids should learn proper throwing mechanics and master them completely before ever starting to pitch. Always avoid using a radar gun. Young pitchers are often more concerned with how hard or they can throw, instead of how well they throw. Throwing hard combined with poor form almost always makes injuries more likely to occur. Proper arm mechanics decreases stresses on the arm.

To learn more about information in the 4th - 9th innings, please visit www.nationwidechildrens.org. Click on Sports Medicine Articles and find "Throwing Guidelines for Young Players - Let's Play Ball!"

