

Rec News Blast



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

May 2014

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Professional Staff

Kyle Lund

Director of Parks & Recreation

Cathy Kirkwood

Administrative Assistant

Steve Hawkins

Aquatics Manager

Kelly Carter

Aquatics Coordinator

Jeff Card

Operations Manager

Stephania Bernard

Sports/Fitness Manager

Vance Casebolt

Recreation Coordinator

Braydon Jordan

Front Desk Coordinator

Deb Scholl-Saulnier

Senior Citizens Coordinator

Mark DiGiando

Parks Superintendent

Bob Dowler

Senior Transportation Coordinator

Jeff Fields

Building Maintenance Technician

Welcome New Staff

Kelly Carter is our new Aquatics Coordinator. She began her full-time duties on Feb. 27. Kelly previously worked for the Aquatics Division as a part-time Swim Lesson Coordinator and Assistant Manager. Kelly holds a B.S. Degree in Education, Recreation & Sports Management from Ohio State University. While at O.S.U., Kelly was on the Women's Varsity Swimming Team and served as a team captain in 1992 and 1993.

Jeff Fields is our new Building Maintenance Technician. Jeff began his duties on March 10. Jeff has been employed by the City of Groveport since 1998. He previously worked in the Department of Public Works as a Maintenance Worker II.



Kelly Carter



Jeff Fields

Das KaffeeHaus
Kaffeewagen
von Frau Burkhardt ©

Das KaffeeHaus vFB Emergency Kaffee Unit coming to GRC

You will be seeing an ambulance in the GRC parking lot more often, and it may even have its lights on, but have no fear. It won't be here for medical emergencies. Amy & Joe Contino of Das KaffeeHaus vFB (a European style coffee house in Lithopolis) have purchased and retro-fitted an ambulance. It will be here serving coffee-type drinks, tea, bagels & fresh fruit. A weekly calendar showing their menu and operating hours will be available at the front desk and on our website.

Closed Memorial Day

This is just a reminder that the Groveport Recreation Center will be closed on Monday, May 26 in observance of Memorial Day. However, the Groveport Aquatic Center (Outdoor Water Park) will be open, weather pending.

Summer Hours begin Tuesday, May 27

Mon. - Thurs.	5:30 am - 8:30 pm
Fri.	5:30 am - 8:00 pm
Sat.	8:00 am - 7:00 pm
Sun.	8:00 am - 5:00 pm

Groveport Aquatic Center slated to open May 24

It won't be long now! Our staff is working hard to get the outdoor water park in shape for another great season.

Groveport Recreation Center Annual Pass Holders are eligible to receive a 10% discount on a Season Pass. The general public can also take advantage of this discount by purchasing their Season Pass by May 11.

For more information about the Groveport Aquatic Center, see page 10.

GENERAL NEWS

Birthday Parties

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

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



Groveport Fighting Fish

(Youth Summer Swim Team Sign-Ups)

The G.F.F. will be holding registration at the Groveport Recreation Center on Saturday, May 17 (11 am - 1:30 pm). The Groveport Fighting Fish is a competitive summer swim team which consist of swimmers from the ages of 5 to 18 years of age. The team competes in six regular season swim meets and two league-sponsored invitation meets in the months of June & July, including a season ending Championship. The G.F.F. are members of the Tri-County Aquatic League which consists of eleven other teams from Bexley, Newark, Lancaster, Pickerington, Canal Winchester, Pataskala & Southeastern Columbus area. The league has been around since the early 1970s. Each year, over 1,000 swimmers compete across the league. For more info., visit www.groveportswimteam.com.

Park Shelter Reservations

Looking for a place to hold your family picnic? Why not try one of our four park shelters. For more info., stop by the Groveport Rec. Center front desk. or visit www.groveportrec.com and click on the Park System button.

Free Blood Pressure Screenings

Compliments of the Madison Township Fire Dept., free blood pressure screenings will be offered in the lobby of the Groveport Recreation Center on the following dates. *Due to emergency runs, there may be times when the Madison Twp. Fire Dept. staff may not be available.

Date:	Time:
Thurs., May 1	9 AM - 12 PM
Thurs., May 15	9 AM - 12 PM



SCUBA... new at the GRC

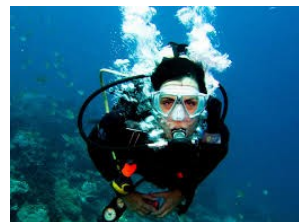
Columbus Scuba is offering an open water entry level course on Sundays at our indoor pool for the unbeatable price of \$375 and includes lifetime certification. Participants must be at least 10 years of age by April 27 to participate.

DATES: Sundays April 27, May 4, 11 & 18

TIME: 5:00 - 6:00 pm (Classroom)

6:00 - 8:00 pm (Pool)

For more information, pick up a brochure in the lobby of the Recreation Center or call Columbus Scuba at 614-500-7234.

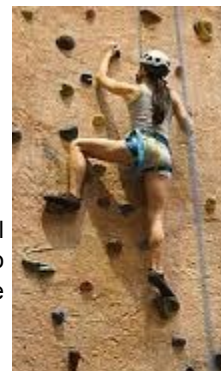


Climbing Wall Hours for May

Looking for a new way to work out or a fun activity for the kids? The GRC Climbing Wall is open in May as follows:

Tuesday	6:00 pm - 8:00 pm
Thursday	6:00 pm - 8:00 pm
Saturday	12:00 pm - 3:00 pm
Sunday	12:00 pm - 3:00 pm

Sunday, May 18 will be the last Sunday hours until Sept. 14. Use of the climbing wall is included with a Day or Annual Pass. Participants must sign a waiver to climb the wall. Participants under the age of 18 must have the waiver signed by their parent prior to climbing the wall.



Attention Active Moms

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

www.southcolumbus.macaronikid.com

Free Chair Massages

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

Date:	Time:
Thurs., May 1	10 AM - 12 PM
Thurs., May 15	10 AM - 12 PM

FITNESS

Eternal Power Fitness Group Training Program

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

- Who:** Men & Women 15 Years & Older
- Days/Times:** Mondays/Wednesdays at 9:15 AM OR
Tuesdays/Thursdays at 7:00 AM or 6:30 PM
- Sessions:** April 7 - June 25 or April 8 - June 26
12-week program. Attend twice a week.
- Fee:** \$225
- Registration:** Still accepted registrations. Newcomers will be prorated.
- Questions:** Email Casey O'Lynn (Personal Trainer) at
eternalpowerfitness@gmail.com



SilverSneakers YOGA

This class will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

- Who:** 13 Yrs. & Over
- Days/Times:** Wednesdays, 10:15 AM
May 3 - June 28
- Fee:** Free for SilverSneaker Members
Drop-In: \$5 Resident / \$6 Non-Resident
Use your Fitness Freedom Pass
- Instructor** Sarah Denune

S.W.A.T. Cycling

- Who:** 13 Yrs. & Over
- Days/Times:** Wednesdays, 6:00 PM - 6:45 PM
May 7 - May 28
- Fee:** Drop-In: \$5 Resident / \$6 Non-Resident
Use your Fitness Freedom Pass
- Instructor** Sarah Denune



Fins & Feet Biathlon Coming Soon

Keep your eyes open for this event for kids and adults. Race participants will swim outdoors at the Groveport Aquatic Center then run in Groveport Park.

7 - 10 Year Olds
75 meter swim & 1 mile run

11 - 14 Year Olds
150 meter swim & 1 mile run

15 & Over
250 meter swim & 2 mile run



Got the itch to Golf?

Did you know that the City of Groveport owns and operates The Links At Groveport? This mature, 18-hole, tree lined course is located right across the street from the Groveport Recreation Center. The Links At Groveport offers affordable annual passes and daily play rates for both residents and non-residents. If you don't have time to play nine or eighteen holes, stop over and hit a bucket of balls on the driving range. For tee times, lessons, league info. or to schedule a golf outing, call 614-836-5874 or visit the website at www.linksatgroveport.org.

GROUP FITNESS SCHEDULE

<u>DAY</u>	<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
Monday	9:15 a.m.	Trim Tummies	Sara Denune
	9:30 a.m.	* Eternal Power Fitness Group	Casey O'Lynn
	10:00 a.m.	Water Aerobics	Kathy Frank
	10:00 a.m.	Boot Camp	Joe Newland
	10:00 a.m.	SilverSneakers Classic	Sara Denune
	11:15 a.m.	Arthritis Aquatics Program	Kathy Frank
	5:00 p.m.	Arthritis Land Based Program	Kathy Frank
	5:00 p.m.	* Tae Kwon Ki Do/Karate Ki Do	Rich Evans
	6:00 p.m.	Water Aerobics	Sara Denune
	6:15 p.m.	Zumba	Kathy Frank
Tuesday	7:00 a.m.	* Eternal Power Fitness Group	Casey O'Lynn
	8:30 a.m.	Water Aerobics	Sara Denune
	5:30 p.m.	Pilates	Ann Neu
	6:30 p.m.	* Eternal Power Fitness Group	Casey O'Lynn
	6:45 p.m.	Zumba	Ann Neu
Wednesday	9:00 a.m.	Zumba Gold (Senior Center)	Tamika Dean
	10:00 a.m.	Water Aerobics	Kathy Frank
	10:00 a.m.	* Eternal Power Fitness	Casey O'Lynn
	10:15 a.m.	SilverSneakers Yoga	Sara Denune
	11:15 a.m.	Arthritis Aquatics Program	Kathy Frank
	6:00 p.m.	S.W.A.T. Cycling	Sara Denune
	6:15 p.m.	Aqua Zumba	Kathy Frank
Thursday	7:15 p.m.	Power Yoga	Bonnie Finneran
	9:15 a.m.	Stretch to Fitness	Kathy Frank
	9:15 a.m.	H2O Kickboxing/Step	Sara Denune
	10:30 a.m.	SilverSneakers Classic	Kathy Frank
	5:00 p.m.	Arthritis Land Based Program	Kathy Frank
	6:15 p.m.	Zumba / Strength & Tone	Kathy Frank
	6:30 p.m.	* Eternal Power Fitness	Casey O'Lynn
Friday	8:30 a.m.	Water Aerobics	Sara Denune
	5:00 p.m.	* Tae Kwon Do/Karate Ki Do	Rich Evans
Saturday	8:30 a.m.	S.W.A.T. = BURST Training	Sara Denune
	10:00 a.m.	Boot Camp	Joe Newland
	11:15 a.m.	Indoor Cycling	Joe Newland
Sunday	11:00 a.m.	Restorative Yoga	Bonnie Finneran
	12:15 p.m.	Power Yoga	Bonnie Finneran

* Indicates pre-registration
REQUIRED.



Try this class
and see how
Joe can whip
your "boot"
into shape.



**MAY
2014**

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

June's Schedule will be available by mid-May.

ADULT ATHLETICS

Men's Summer Basketball Leagues

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

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



Men's Summer Softball Tournament

One day Men's Open Softball Tourney. All teams are put into team pools (3 games) then each team is divided into a single elimination tournament. Tournament seeds on based on pool play results. All games will be played at Groveport Park. Rules are governed by A.S.A.

Who: Men 18 years of age & over
Date: Saturday, June 21
Location: Groveport Park
Team Fee: \$175
Registration: Accepted thru June 13



Adult Co-Ed Grass Volleyball Tourney

Each team will be placed into team pools (guaranteed 3 games). Based on standings, each team is then placed into a single elimination tournament. Games are rally scored to 25 points with a 2 point advantage (best 2 of 3 games). T-shirts & trophy are awarded to Tournament Champion. All games will be played at Groveport Park.

Who: Men & Women 18 Years & Above
Date: Saturday, June 28
Location: Groveport Park
Team Fee: \$150
Registration: May 5 - June 13



Adult Co-Ed Pickleball League

Participants are guaranteed 2 games per night for eight weeks. Games are played as doubles. Partner's will be assigned by staff and will change weekly. To learn more about the sport of Pickleball, visit www.usapa.com.

Who: Men & Women 18 Years & Above
Date: Thursdays, beginning May 15
AM League = 10:00 AM - 1:00 PM
PM League = 6:00 PM - 8:30 PM
Location: Groveport Recreation Center
Fee: \$40
Registration: April 7 - May 15



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

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

YOUTH ATHLETICS



Questions regarding the Jump Start Sports Programs should be directed to Aaron Bally, Area Manager at 440-371-6585 or abally@jumpstartsports.com. *denotes a \$10 late fee will be assessed if registering after deadline, provided space is still available.

T-Birds T-ball

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

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

Summer Sports Camp

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

<u>Week</u>	<u>Dates</u>	<u>Sports</u>	<u>Register By</u>
1	June 9 - 13	Baseball/Softball (bring glove)	June 2
2	June 16 - 20	Soccer (bring shin guards)	June 9
3	June 23 - 27	Football/Cheerleading	June 16
4	July 7 - 11	Track & Field	June 30
5	July 14 - 18	Lacrosse/Volleyball	July 7
6	July 21 - 25	Basketball	July 14
7	July 28 - 31 (4 days)	Olympic Team Sports	July 21

Time: 9:00 AM - 3:00 PM, extended care available for extra fee.

Cost: \$100/week for 6+ weeks
 Register by May 30 to receive \$100/week rate

Extended Camp Care:

* Additional Fees are paid directly to Jump Start Sports via check on first day of camp.

Time: 7:30 AM - 9:00 AM (Early Care)
 3:00 PM - 5:30 PM (Late Care)

Fee: \$10/day (includes Early & Late Care) OR
 \$30/week (includes Early & Late Care)

Note: Children picked up after the late pick up time will be charged a late fee of \$1/minute for each minute, not to exceed \$15.



G.Y.A.A. Tackle Football

The Groveport Youth Athletic Association will be registering kids (K - 6th Grade) on May 31 (9 am - 12 pm) at the Groveport Elementary School Concession Stand. Fee is \$100. Parents need to provide black game pants, practice jersey & 7 pad sets. Practice begins August 1. Games begin in September. Volunteer coaches are needed.



G.Y.A.A. Cheerleading

The Groveport Youth Athletic Association will be registering kids (K - 6th Grade) on May 31 (9 am - 12 pm) at the Groveport Elementary School Concession Stand. Fee is \$60. Parents need to provide white tennis shoes & bodysuit. Volunteer coaches are needed.

British Soccer Camp 2014

Registration is underway for this year's soccer camp. Participants will learn agility, balance, coordination, ways to move and fake opponents, dribbling, passing, receiving, shooting, heading, tackling & defending. Soccer skills are taught within the framework of character development based on respect, responsibility, integrity, leadership & sportsmanship.

Ages: Boys & Girls, 3 - 18 Years

Dates: July 14 - 18

Location: Groveport Park

Time/Cost: Varies per each age group

More Info.: 513-407-6739 or
gleckie@challengersports.com

Register: challengersports.com



YOUTH ATHLETICS

Groveport Tennis Academy

Groveport Parks and Rec. Dept. is offering high quality Tennis instruction by Chris Brown-Borden, certified USPTA Teaching Professional. Program is for ages 3.5 years and up at an affordable price. Clinics are available for beginners through advanced players. Quick Start Instruction will be used with Juniors and all lessons will take place at Degenhart Park. Youth racquets are available to borrow. Please contact Chris Brown-Borden with questions at (740) 756-7977 or groveporttennis@hotmail.com. Registration is limited so please register early.

Little Tennis Wed., June 11 - July 30
3.5 Yrs. - 6 Yrs. 9 AM - 10 AM
\$80 Res. 5 PM - 6 PM
\$90 Non. Res.

Rip & Rally Wed., June 11 - July 30
7 - 9 Yrs. 10 AM - 11 AM
\$80 Res. 6 PM - 7 PM
\$90 Non. Res.

Future Stars Fri., June 13 - Aug. 1
10 - 12 Yrs. 7 PM - 8:30 PM
\$120 Res.
\$130 Non. Res.



Tennis 101 Wed., June 11 - July 30
13 Yrs. + 7 PM - 8:30 PM
\$120 Res.
\$130 Non. Res.

Drill & Play Mon., June 9 - July 28
Teen & adult 6:30 PM - 8:30 PM
that can keep
consistent rally



Registration: April 28 - June 2

Groveport Alliance FC "Meet & Greet Mini-Camp"

Attention ALL Soccer Players, between the ages of 6 & 14 years of age. Groveport Alliance FC Select Soccer Club invites you to come and join us for a FREE training session with our nationally & internationally licensed coaching staff. Players will join our club players in performing specialized drills & skill sets and small sided games. Register at www.groveportalliance.com.

Date: Sunday, June 1
Time: 2:00 PM - 3:30 PM
Where: Cruiser Park, Groveport



Groveport Fighting Fish

(Youth Summer Swim Team Sign-Ups)

The G.F.F. will be holding registration at the Groveport Recreation Center on Saturday, May 17 (11 am - 1:30 pm). The Groveport Fighting Fish is a competitive summer swim team which consist of swimmers from the ages of 5 to 18 years of age. The team competes in six regular season swim meets and two league-sponsored invitation meets in the months of June & July, including a season ending Championship. The G.F.F. are members of the Tri-County Aquatic League which consists of eleven other teams from Bexley, Newark, Lancaster, Pickerington, Canal Winchester, Pataskala & Southeastern Columbus area. The league has been around since the early 1970s. Each year, over 1,000 swimmers compete across the league. For more info., visit www.groveportswimteam.com.



Fins & Feet Biathlon Coming Soon

Keep your eyes open for this event for kids and adults. Race participants will swim outdoors at the Groveport Aquatic Center then run in Groveport Park.

7 - 10 Year Olds
75 meter swim & 1 mile run

11 - 14 Year Olds
150 meter swim & 1 mile run

15 & Over
250 meter swim & 2 mile run



Leave your bike at home!

Das KaffeeHaus
von Frau Burkhart ©
Kaffeewagen



**Coming soon
to the
Groveport Park
Parking Lot**

SPORTS MEDICINE MINUTE

What is an Athletic Trainer?

Almost 7 million student-athletes participate in high school sports programs today with additional numbers in middle school and summer league programs. The number of students participating in sports has increased dramatically as the physical demands on their young bodies. As emphasis is placed on today's student-athletes to become bigger, faster and stronger, the chance for injury increases. Certified Athletic Trainers (ATCs) are some of the most prepared allied medical professionals, trained to deal with the injuries of these young athletes. They have similar educational backgrounds as physical, occupational, and other therapists utilized by school districts. Over 70% of ATCs have a master's degree or a doctorate degree and must pass national certification exams in addition to their state licensure exams. These multi-skilled allied health professionals are strongly supported academically and clinically by the American Academy of Family Physicians, American Academy of Pediatrics, and American Orthopaedic Society for Sports Medicine.

"Athletic trainers are an integral part of our Sports Medicine Team at Children's Hospital. On the playing field or court, they act as our "eyes and ears", keeping the athletes safe and healthy. In our clinic, they serve as a valuable member of our team assisting in the treatment and prevention of our athletes' injuries, say Tom Pommering DO., Medical Director of Sports Medicine at Nationwide Children's Hospital.

Certified Athletic Trainers are employed in a variety of professional settings including the traditional high school and college/university setting. Schools employ these professionals to handle emergency and non-emergency situations that arise from sport and physical activity. Injury prevention, assessment, management, treatment and rehabilitation are the five main areas in which Certified Athletic Trainers are uniquely trained. Risk Management and Injury Prevention training allows ATCs to develop and implement comprehensive emergency action plans. They also identify unsafe field or environmental conditions and monitor and provide the proper intervention for heat-related illnesses. When an injury does occur, ATCs are there to provide "on the field" or "on the court" immediate assessments. Based on the information gained they can then provide the best and most efficient injury management protocol. These professionals then work with the student-athlete on a daily basis to help maximize the healing potential. Many sports injuries require more aggressive and advanced rehabilitation. ATCs are prepared to design and implement comprehensive rehabilitation programs that are sports and/or position specific and age appropriate. They are trained to in the biomechanics of sport and design rehab programs that include the functional activities needed to return to sport. They have to take into consideration not only the physical, but also the mental and emotional preparation of the injured athlete. A complete, safe and permanent

return to competition after an injury has resolved, requires specialized physical reconditioning that can take place during the rehab process. In addition to the above skills, Certified Athletic Trainers also address the nutritional concerns related to sport. They help identify athletes at risk for nutritional disorders, monitor body composition to reduce the risk of injury and reinforce appropriate weight management strategies. Sports medicine clinics, corporate wellness and industrial fitness facilities are employing ATCs because of their expertise in biomechanics, injury prevention and rehabilitation. They work with their patients and employees to help get them back to work and play quickly and safely.

With their knowledge of musculoskeletal anatomy, function and clinical experience in the diagnosis and treatment of musculoskeletal injuries and disorders, ATCs are also commonly employed as physician extenders in sports medicine and orthopaedic physician's practices. In this setting, the ATCs can effectively communicate any activity modification to the patient with emphasis on using proper and safe techniques. They can also design and implement home exercise programs in addition to providing gait training, crutch fitting, orthotics, etc. They also assist the physician in patient education and help answer any questions about the patient's particular injury and return to activity.

"With the dramatic growth of youth sports participation and the subsequent increase in the number of injuries we are seeing, there is a need for qualified medical care who understands the issues facing young athletes. The utilization of an Athletic Trainer for recognition and early intervention as well as prevention of these injuries is the logical choice in providing medial care for our children," says Kevin Klingele, M.D., orthopedist at Nationwide Children's Hospital.

Certified Athletic Trainers are an integral part of the Sports Medicine Team. They "one on one" with athletes and patients on a daily basis helping them restore function & return to activity as quickly as possible. ATCs are some of the most qualified medical professionals to respond to the needs of the student-athlete and physical active population. Make sure there is one caring for your injuries.



**NATIONWIDE
CHILDREN'S**

When your child needs a hospital, everything matters.™

AQUATICS

The Groveport Parks and Recreation Department is a local provider of The American Red Cross Learn-to-Swim program. This program teaches participants, beginning at age five, how to swim skillfully and safely. Courses are fun and interactive. More advanced-level students refine their skills, learn the basics of springboard diving and how to incorporate swimming into a fitness plan. Below is a more detailed description of each level we have to offer.

Parent & Tot (6 months to 2 year of age):

This class is designed to give children an introduction into the world of pool water. Hands-on parent involvement required. You and your child will gain confidence in the water and learn water safety skills.

Pre-school Program (3 years to 5 years of age):

Splash, play games and build confidence. Class is designed for children that are unsure of the water.

LEVEL 1 - Introduction to Water Skills:

Helps students feel comfortable in water. Participants learn to enter & exit water safely, open eyes underwater & pick up submerged object, swim on front & back using arm & leg actions, submerge mouth, nose & eyes, float on front & back, follow basic rules, exhale underwater through mouth & nose, explore arm & leg movements, use a life jacket.

LEVEL 2 - Fundamentals of Aquatic Skills:

Participants learn to enter water by stepping or jumping from side, open eyes underwater, pick up a submerged object, roll over from front to back & back to front, swim on side, exit water safely using ladder or side, float on front & back, tread water using arm & leg motions, move in the water while wearing a life jacket, submerge entire head, perform front & back glide, swim on front & back using combined strokes.

LEVEL 3 - Stroke Development:

Participants learn to jump into deep water from the side, bob with head fully submerged, perform survival float, butterfly (kick & body motion), use check-call-care in an emergency, dive from kneeling or standing position, use rotary breathing in horizontal position, change from horizontal to vertical position on front & back, perform the HELP & Huddle position, submerge & retrieve an object, perform front & back glide & crawl, perform a reaching assist.

LEVEL 4 - Stroke Improvement:

Participants learn to shallow dive or dive from stride position, perform open turns on front & back using any stroke, swim underwater, tread water using sculling arm motions & kick & perform feet first dive. Swimmers will perform front & back crawl, swim on side using scissors-like kick, breaststroke, butterfly & elementary backstroke.

LEVEL 5 - Stroke Refinement:

Participants learn to tread water with two different kicks, learn survival swimming & perform rescue breathing. Swimmers will perform standing dive, pike surface dive, butterfly, shall dive, front flip turn, breaststroke, backstroke flip turn, elementary backstroke, tuck surface dive, front & back crawl, sidestroke.

LEVEL 6 - Swimming & Skill Proficiency:

Participants will refine their strokes so they swim with ease, efficiency, power and smoothness over greater distances. This class prepares swimmers to participate in more advanced courses, including Water Safety Instructor & Lifeguard Training Courses. These options include: personal water safety, fitness swimming, lifeguard readiness & fundamentals of diving.

Group Swim Lessons

Let our staff teach your child the skills they will use the rest of their life. Classes normally fill quickly. Registrations are taken on a first come, first served basis. In the event of "bad" water chemistry or storms in the area, some classes may be held out of the water.

Ages: All (6 months - 15 years & Adults 16+)

Fee: \$45 Res / \$55 Non-Res

\$5 late fee assessed if participant is registering after posted registration deadline & provided space is still available.

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

June 9 - June 19 (Mon. - Thurs., AM) @ outdoor
Registration = May 26 - June 8

June 10 - July 3 (Tues. & Thurs., PM @ indoor)
Registration = May 26 - June 8



Junior Lifeguard Program

Is your child interested in learning more about what it takes to be lifeguard? If so, this class is for them. This class will show kids the basics of being a lifeguard so they have a better understanding of what will be required of them in the future when they are ready to take the official lifeguard class and begin their first lifeguard job. Each session will consist of classroom & pool time.

Pre-Requisites: Participant must be able to: swim the front crawl for 25 yards continuously while breathing to front or side; swim the breaststroke for 25 yards using a pull, breathe, kick and glide sequence; tread water for 1 minute using both arms and legs; show comfort in the water by floating on back for 30 seconds or swimming on the back for 25 yards using elementary backstroke or back crawl; submerge and swim underwater for a distance of 10 feet.

Who: 11 - 14 Year Olds (must have completed 5th Grade)

When: Tue. & Thurs., June 3 - July 10, 5 pm - 8 pm

Fee: \$75 **Registration:** accepted thru May 30



AQUATICS

Lifeguards Needed

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



Pre-requisites:

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

Lifeguarding Classes:

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

- May 12 - 17
- June 3 - 7 (M - F, 9 AM - 6 PM)

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

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



Groveport Masters Swim Team

Are you at least 19 years of age? Enjoy swimming as part of your workout? If so, give Kelly Carter a call at 614-836-1000 ext. 1512 or send her an email at kcarter@groveport.org. She would be happy to give you more info regarding our Masters Swim Team.

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

- Now accepting credit cards -

Unless you are new to central Ohio, you already know what a blast you and your family can have at the award winning Groveport Aquatic Center. As a reminder...

- Affordable fun for the entire family
- 450 foot lazy river with tumble buckets & inner tubes
- 450,000 gallons of water
- (2) 30 foot water slides
- Zero-depth entry leisure pool
- In-water playground
- Kiddie slide
- Shade Umbrellas
- Tots Sprayground
- Diving boards
- Lounge chairs
- Changing rooms
- Birthday party packages
- Swim Lessons
- Dairy Queen operated concession stand (cash only)
- Free WIFI
- Digital music service (playing billboard top 100, rock, oldies & young country)



Seasonal Passes are on sale now and are available to Groveport residents and non-residents alike. If you can't afford or don't want a seasonal pass... not a problem. The Groveport Aquatic Center also sells day passes.



SUMMER SAFETY TIPS

Keep your family safe this summer by following these steps from the American Academy of Pediatrics and the Groveport Parks & Recreation Department.

SUN SAFETY

- The first & best line of defense against harmful ultra-violet radiation exposure is covering up. Wear a hat with a 3-inch brim or bill facing forward, sunglasses (look for a pair that will provide 97% - 100% protection against both UVA & UVB rays), and cotton clothing with a tight weave.
- Stay in the shade whenever possible and limit sun exposure during the peak intensity hours (10:00 am - 4:00 pm).
- On both sunny and cloudy days, wear sunscreen with a SPF of 15 or greater that protects against UVB & UVB rays.
- Be sure to apply enough sunscreen (about 1 oz. per sitting for a young child).
- Reapply sunscreen every 2 hours, or after swimming or sweating.
- Use extra caution near water (and even snow), as they reflect UV rays and may result in sunburn more quickly.

POOL SAFETY

- Never leave children alone in or around a pool or spa, even for a moment.
- Avoid inflatable swimming aids, such as "floaties". They are not a substitute for an approved U.S. Coast Guard Life Vest and can give children & parents a false sense of security. "Floaties" are not permitted in many public pools.
- Children ages 1 to 4 may be at a lower risk of drowning if they have had some formal swimming instruction. However, there is no evidence that swimming lessons or water survival skills can prevent drowning in babies younger than 1 year of age.
- The decision to enroll a 1 to 4 year old in swimming lessons should be made by the parent based on the child's developmental readiness. Swim lessons should never be seen as "drown proofing" a child or any age.
- Whenever infants or toddlers are in or around water, an adult (preferably one that knows how to swim and how to perform CPR) should be within arm's length,

providing touch supervision.

- Avoid entrapment... suction from pool and spa drains can trap a swimmer underwater. Do not use a pool or spa if there are broken or missing drain covers. Ask your pool operator if your pool or spa's drain covers are compliant with the Pool & Spa Safety Act. If you have a swimming pool or spa, ask your service rep. to update your drains and other suction fittings with anti-entrapment drain covers and other devices or systems. See PoolSafety.gov for more information regarding this topic.

OPEN WATER SWIMMING

- Never swim alone.
- A lifeguard (or adult who knows about water safety) needs to be watching children whenever they are in or near water. Younger children should be closely supervised.
- Make sure your child knows NEVER to dive into water except when permitted by an adult who knows the depth of the water and who has checked for underwater objects.
- Never let your child swim in canals or any fast moving body of water.
- Open swimming should only be permitted when a lifeguard is on duty.
- Children should wear lifejackets at all times when on boats or near bodies of water.

BICYCLE SAFETY

- Wear a bicycle helmet that fits properly.
- Ride a well equipped bike that fits you.
- Obey traffic signs & signals & ride defensively.
- Never ride against traffic.
- Use hand signals.
- Walk your bike across intersections.
- Ride in a straight line.
- Watch for cars turning or pulling out.
- Avoid hazards.
- Follow lane markings (if marked).
- Pass on the left, not the right.
- Don't weave between parked cars.
- If you ride at night, wear reflective clothing and make sure that your bike has reflectors and working lights.

CLASSES & SPECIAL EVENTS

Kids' Night Out

Ditch the parents and head to the GRC for some good old fashion fun. Well, you might need a ride. Play games, swim, eat pizza, climb the wall (on occasion) and more under the watchful eyes of our staff. Pack your swim suit and towel as well. Don't forget your tennis shoes! Space is limited so sign up early.

Who:	6 - 11 year olds
Dates:	Fridays: May 9 & 23
Time:	5:30 PM - 8:30 PM
Cost:	\$ 8 Res. / \$10 Non-Res.
Registration:	The deadline to register is the Wed. before the scheduled Friday.

Parent-Tot Open Gym & Swim

Open Gym - We provide the space, music, toys & opportunities for gross motor play, as well as some structured staff led activities. Come have fun and make some new friends. Participants must wear soft soled shoes and all children must be accompanied by an adult. **Open Swim** - All children must be accompanied by an adult and children that are not toilet trained must wear swim diapers.

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

Fins & Feet Biathlon Coming Soon

Keep your eyes open for this event for kids and adults. Race participants will swim outdoors at the Groveport Aquatic Center then run in Groveport Park.

7 - 10 Year Olds
75 meter swim & 1 mile run

11 - 14 Year Olds
150 meter swim & 1 mile run

15 & Over
250 meter swim & 2 mile run



**Push yourself
and have some
fun at the
same time**



Mile Climbers Club

Are you up for a challenge? Our 30 foot rock wall with four different climbing stations may just be the thing for you! We have the safety equipment. You come ready to climb. Track your climbing for fun, fitness & great prizes. There is no charge for participation. Sign up during any of the Climbing Wall Hours of Operation. Participants must sign a waiver to climb the wall. Participants under 18 years of age must have waiver signed by their parent to climb.



Tae Kwon Ki Do/Karate Ki Do - Beginner

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

Ages:	6 and over
Days/Time:	Mondays, 5/5 - 6/16, * no class May 26 OR Fridays, 5/9 - 6/20, * no class May 30 5:00 - 5:45 PM
Fee:	\$24 Residents / \$44 Non-Residents Pre-registration is required
Instructor:	Richard and Kazuko Evans

Tae Kwon Ki Do/Karate Ki Do - Advanced

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

Ages:	6 and over
Days/Time:	Mondays, 5/5 - 6/16, * no class May 26 OR Fridays, 5/9 - 6/20, * no class May 30 5:00 - 6:45 PM
Fee:	\$34 Residents \$54 Non-Residents Pre-registration is required
Instructor:	Richard and Kazuko Evans

HOME SCHOOL

Home School Gym “Fun With Fitness”

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

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

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

Session Dates: Spring = April 11 - June 13

Fee: \$25

Home School “Water Fun”

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

Who: 5 - 10 Yrs.

Dates/Time: Fridays, 9 AM - 10 AM

Session Dates: Spring = April 11 - June 13

Fee: \$25

Home School “Swim Time”

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

Who: 4 - 18 Yrs.

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

Session Dates: Spring = April 11 - June 13

Fee: \$25

Location: GRC Indoor Pool

Home School Field Day

Experience games, races & friendly competition outdoors at Groveport Park. Meet new people and network amongst the Home School Community. Field Day is coordinated by Home School Instructor Angle Engle.

Who: 4 - 18 Yrs.

Dates/Time: Friday, June 13 (10 AM - 11:30 AM)

Fee: \$5

SENIOR CENTER

Are you 55 years or older? Do you enjoy shooting pool, playing cards, going on day and overnight trips, playing board games, participating in educational seminars, dancing, exercising, playing shuffleboard, making crafts, eating meals, playing ping pong, participating in holiday special events and more? If so, you might want to consider joining the Groveport Senior Center. The facility is connected to the Groveport Recreation Center. Under most cases, persons must be a member of the Groveport Senior Center to participate in programs. Annual membership dues are only \$6. Persons 55 years of age are encouraged to join.

Line Dancing (FREE)

Tuesdays at 9:30 a.m.

Zumba Gold

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

SilverSneakers Yoga

Coming Soon.

Monthly Craft

May 9 at 10:30 AM. Sponsored by Winchester Place. Pre-registration is required. FREE.

Trips

May 19: Hollywood Casino (Columbus). Cost is \$17 per person and includes transportation, \$5 food voucher and \$20 free play.

June 1 - 7: Myrtle Beach. Cost is \$679 per person (double occupancy) and includes motor coach transportation, 12 meals, shows & much more. Stop by to pick up a detailed flyer or call for more information.

More...

Stop by and see what else we have to offer or call Deb Scholl-Saulnier (Senior Citizens Coordinator) at 614-836-4599.



IMPORTANT DATES

EVENT / PROGRAM	DATE
Free Blood Pressure Screen 9:00 am - 12:00 pm	May 1
Registration begins for Adult Co-Rec Grass Volleyball Tournament	May 5
Registration deadline for Kids Night Out	May 7
Kids Night Out at GRC	May 9
American Red Cross Blood Drive at GRC 2:00 pm - 7:00 pm	May 13
Registration deadline for Spring Community Garage Sale	May 14
Free Blood Pressure Screen 9:00 am - 12:00 pm	May 15
Adult Co-Ed Pickleball League begins	May 15
Flag Retirement Ceremony at Groveport Park with Boy Scout Troop #71	May 17
Registration begins for Mom & Son Campout	May 19
Registration deadline for Men's Summer Basketball League	May 23
Spring Community Garage Sale 9:00 am - 6:00 pm	May 23 - 24
Groveport Aquatic Center (Outdoor Water Park Opens), weather pending	May 24
Memorial Day - Groveport Rec Center Closed - Outdoor Water Park Open	May 26
Summer Hours begin at the Groveport Recreation Center	May 27
Registration deadline for JSS Summer Sports Camp	May 30
Registration deadline for Junior Lifeguard Program	May 30
Registration for G.Y.A.A. Tackle Football & Cheerleading @ Groveport Elementary School Outdoor Concession Stand	May 31

SPECIAL EVENTS CONTINUED

Spring Community Garage Sale

Register now to be included in the City of Groveport Spring Community Garage Sale. Price includes garage sale permit, balloons & string, your sale included on the Garage Sale Map & Listing. This sale does not count towards your 2x a year garage sale limit. Garage Sale Maps will go on sale the morning of May 21 at the front desk of the Groveport Recreation Center for \$1.

Eligible Homes: Within the City of Groveport limits

Date: Friday, May 23 & Saturday, May 24

Time: 9:00 AM - 6:00 PM

Cost: \$5 per household

Registration: Accepted thru May 14

Arbor Day Foundation Names Groveport Tree City USA

Groveport was named a 2013 Tree City USA by the Arbor Day Foundation in honor of its commitment to effective urban forest management. Groveport has been a Tree City USA Community since 1993. This recognition was achieved because Groveport met the program's four requirements: a tree board or dept., a tree-care ordinance, an annual community forestry budget of at least \$2 per capita and an Arbor Day observance and proclamation. The City of Groveport will be celebrating Arbor Day with 3rd grade students from Groveport Elementary School on Monday, May 12, 9:30 a.m. For more info. regarding Arbor Day, visit www.arborday.org/TreeCityUSA.

Boy Scout Troop 71 American Flag Retirement Ceremony

Do you have a torn or tattered American Flag that needs to be properly disposed of? If so, drop your flag off at the Groveport Recreation Center.

The Boy Scouts will be holding a Flag Retirement Ceremony on Saturday, May 17, 6:30 p.m. at Groveport Park. The ceremony is very educational, spiritual and patriotic. The public is invited to attend. Seating will be available. Questions, please call Kyle Lund (Director) at 614-836-1000 ext. 1503.



Groveport Parks and Recreation