

The connection

The City of Groveport's Media Hub

CITY OF GROVEPORT

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Snow Shoveling Techniques to Prevent Low Back Injuries

Snow shoveling is one of the most common causes of back injuries during the winter months. However, this type of injury is preventable if you know the best ways to remove snow without straining the back.

Pick the right snow shovel. An ergonomic snow shovel can help take some of the effort of snow removal chores. A shovel with a curved handle or an adjustable handle length with minimize painful bending, requiring you to bend your knees only slightly and arch your back very slightly while keeping the shovel blade on the ground. A small lightweight, plastic blade helps reduce the amount of weight you are moving.

Warm up thoroughly. Cold, tight muscles are more prone to injury than warmed up, flexible muscles. Do your back a favor by warming up for 5 to 10 minutes before shoveling or any strenuous activity. Get your blood moving with a brisk walk, marching in place or another full-body activity. Then, stretch your low back and hamstrings (large muscles in the back of your thigh) with some gentle stretching exercises. Limber up your arms and shoulders with a body hug that you hold for 30 to 60 seconds.

Use Ergonomic Lifting Techniques
Whenever possible, push the snow to one

side rather than lifting it. When lifting the snow shovel is necessary, make sure you use ergonomic lifting techniques.

*Always face towards the object you intend to lift and have your shoulders and hips both squarely facing it.

*Bend at the hips, not the lower back, and push the chest out, pointing forward. They, bend your knees and lift with your leg muscles, keeping your back straight.

*Keeps your loads light and do not lift an object that is too heavy for you.

*If you must lift a shovel full, grip the shovel with one hand as close to the blade as comfortably possible and the other hand on the handle (handle & arm length will vary the technique).

*Avoid twisting the back to move the snow to its new location. Always pivot your whole body to face the snow direction.

*Keep the heaviest part of the object close to your body at your center of gravity. Do not extend your arms to throw the snow.

*Walk to the new location to deposit the item rather than reaching or tossing.

When gripping the shovel, keep your hands about 12 inches apart to provide greater stability & minimize the chances of injuring your back.

Continued on page 3.



GROVEPORT
Recreation Department

GROVEPORT
Senior Center



GROVEPORT RECREATION DEPT.

- General News -

614-836-1000 / www.groveportrec.com

Gift Cards

Gift cards can now be purchased at the Groveport Recreation Dept. and can be used at either the Groveport Rec. Center or Groveport Aquatic Center. The cards are re-loadable and are treated like cash. Who doesn't like getting a gift card?

February Climbing Wall Hours

Monday	6 - 8 PM
Tuesday	6 - 8 PM
Thursday	6 - 8 PM
Saturday	12 - 3 PM
Sunday	12 - 3 PM

Pass Holder Appreciation Day

Sunday, Feb. 26

Bring a friend to the GRC for free. Proper ID required.

Birthday Parties

If you are a parent with an active child, you need to read further. \$250 covers 20 Day Passes to the GRC • 90 minute room reservation • 3 Large Single Item Pizzas • 1 Dairy Queen Ice Cream Cake • 4 Two Liters of Pop • Disposable plates, cups, napkins & utensils • T-shirt for the birthday boy or girl • 4 GRC Day Passes to be used at a later date. Your child will also have his birthday splashed on our massive digital marquee sign. All you need are a few decorations, some invitations and maybe some ear plugs (optional). Additional party guests are only \$5/person. To check room availability, please call our office at 614-836-1000.

On-Line Registration Available

Did you know that you can register on-line for most of our programs, including swim lessons? www.groveportrec.com. Please see our front desk staff to set up a User Name & Password.

Happy New You!

There's still time to get someone you love a great holiday gift. Purchase a Gift Card for a friend and they can apply it towards an annual recreation center pass. If they join between Jan. 2 and Feb. 29, they can get 13 months for the price of 12 or pick another gift from us, such as (4) one-day passes to the award winning Groveport Aquatic Center OR (4) one-day passes to the Groveport Recreation Center OR (1) free round of golf at The Links At Groveport. ENCOURAGE YOUR FRIENDS TO TAKE A FREE TEST DRIVE AT THE GRC.

S4DR Continues

(Soles for the Dominican Republic)

Can you spare a pair? Of shoes that is. The Groveport Rec. Center is collecting new and "good" used shoes (all sizes). Those shoes will then be taken to two communities in the Dominican Republic with the help of a local church, which is coordinating two mission trips to the D.R. in 2017. Half of the children who reside in the Dominican Republic live in poverty. Many working adults cannot afford shoes for themselves or their family members. Your spare pair can help put a big smile on someone's face this year. Athletic / Tennis shoes are preferred, but all types of shoes (with the exception of heels) are welcome. Just look for the big box in the Rec. Center lobby. We will be collecting for the next few months. Thank you in advance for your generosity.



Employee of the Month

Please congratulate Rebecca Vogt (Head Lifeguard). She was nominated by a full-time staff member for her reliability, productivity, leadership and customer service skills.

Rebecca was promoted to Head Lifeguard in the summer of 2016. She is also very safety conscious and consistently enforces our facility rules.



Rebecca Vogt
December Employee of Month

HAPPY NEW YOU 2017

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

May be used between 1/2/17 and 2/28/17. Not valid with any other offers. Must be used on same date. May not be used as (2) individual visits. Photo I.D. required for entry. Coupon may only be used one time by same person or persons.

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



GROVEPORT RECREATION DEPT.

- February Group Fitness Class Schedule -

614-836-1000 / 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.	Boot Camp	Newland
	11:15 a.m.	Arthritis Aquatics Program	Frank
	5:00 p.m.	Arthritis Land Based Program	Frank
	6:00 p.m.	Water Aerobics	Denune
	6:15 p.m.	Zumba	Frank
Tues.	6:30 a.m.	Beginners Yoga Flow	Faith
	7:00 a.m.	*PuroFitness	James
	8:30 a.m.	Water Aerobics	Denune
	10:00 a.m.	Indoor Cycling	Newland
	11:15 a.m.	SilverSneakers Circuit	Denune
	5:30 p.m.	Pilates	Neu
	6:45 p.m.	Strength and Conditioning	Neu
Wed.	9:15 a.m.	Cycling with Sara	Denune
	10:00 a.m.	Water Aerobics	Frank
	10:15 a.m.	SilverSneakers Yoga	Denune
	11:15 a.m.	Arthritis Aquatics Program	Frank
	11:30 a.m.	Tai Chi	Quamme
	6:00 p.m.	Piloxing® Barre	Neu
	6:15 p.m.	Aqua Zumba	Frank
Thurs.	6:30 a.m.	Beginners Yoga Flow	Faith
	7:00 a.m.	*PuroFitness	James
	9:00 a.m.	Stretch to Fitness	Frank
	9:15 a.m.	H2O Kickboxing/Step	Denune
	10:30 a.m.	SilverSneakers Classic	Frank
	12:00 p.m.	Tai Chi for Beginners	Henry
	5:00 p.m.	Arthritis Land Based Program	Frank
	6:15 p.m.	Zumba / Strength & Tone	Frank
Fri.	8:30 a.m.	Water Aerobics	Denune
	8:45 a.m.	Tai Chi for Arthritis + Fall Prevent.	Henry
	10:00 a.m.	Cycling with Sara	Denune
	5:30 p.m.	Pilates	Neu
Sat.	8:10 a.m.	Hot Yoga	Stollard
	10:00 a.m.	Boot Camp	Newland
	11:15 a.m.	Indoor Cycling	Newland
	12:00 p.m.	*Tae Kwon Ki Do/Karate Ki Do	Evans
Sun.	11:00 a.m.	Restorative Yoga	Finneran

Free Blood Pressure Screenings

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

Date:	Time:
Thursday, Feb. 2	9:00 AM - 12:00 PM
Thursday, Feb. 16	9:00 AM - 12:00 PM

A blood pressure cuff is also available if these times are not accessible. Ask a fitness attendant for help.

Snow Shoveling continued...

Pace Yourself. Shoveling small amounts of snow frequently is less strenuous than shoveling a large pile at once. If possible, removing snow over a period of days will lessen the strain on the back & arms. In deep snow, remove a few inches off the top at a time, rather than attempting to shovel the full depth at once. When shoveling, take a break for a minute every 10 - 15 minutes or if you feel overworked at any point. Use the opportunity to stretch your arms, shoulders and back to keep them warm and flexible.

Keep Your Feet on the Ground. Slippery conditions while shoveling can lead to slipping and/or falls & strains that can injure your back. Shoes or boots with good treads will help to minimize injuries from slipping. Spreading sand, rock salt, or kitty litter on your sidewalk or driveway will increase traction & reduce the likelihood of slipping on the ice.

If Possible, Stop Shoveling & Use a Snow Blower
When used correctly, a snow blower can put less stress on your low back than shoveling. Avoid stressing your back by using the power of your legs to push the snow blower while keeping your back straight & knees bent.

Keeping these guidelines in mind during the winter season will lessen the chances of developing new back problems or worsening your low back pain while shoveling.

Source: www.spine-health.com

For fitness classes...

*** Pre-registration REQUIRED.**

GROVEPORT RECREATION DEPT.

- Adult Sports / Sports Med. Minute -

614-836-1000 / www.groveportrec.com

Adult Winter Pickleball Play

Pickleball is a fun game that is played on a badminton court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a wiffle ball) and wood or composite paddles. The game can be played as singles (one person per side) or doubles (two people per side). It is easy for beginners to learn, and can develop into a quick, fast-paced, competitive game for experienced players.

Who: Men and Women 18 and over

Date/Times: Tuesday - All Skills
9:00 - 11:30 AM
Thursdays - Advanced
6:00 - 8:30 PM

Location: Groveport Rec. Center

Player Fee: \$40



Adult Winter Volleyball Leagues

Teams play 10 regular season games. The top 6 teams are invited into a single elimination tournament. Competitive League plays on Wednesdays and Recreational League plays on Sundays.

Who: Men and Women 18 and over

Dates: Tentatively begins the week of Feb. 5

Game Times: Wed. (6 - 8 PM) & Sun. (2 - 4 PM)

Location: Groveport Recreation Center

Registration: Dec. 1 - Jan. 31 **Team Fee:** \$250

Spring/Summer Softball Leagues

The sunshine will be here before you know it. Get your team and your gloves ready. Each team will play 10 weeks of regular season. The top 6 teams will be invited into a single elimination tournament.

Who: Men and Women, 18 Yrs & over
Mon. (Men's Competitive) Fri. (Co-Rec)
Tue. (Men's Open) Sun. (Co-Rec)
Thur. (Men's Open)

Date: Tentatively the week of April 24

Location: Groveport Park

Registration: Jan. 2 - April 14 **Team Fee:** \$375



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

If this is you, contact Stephania Bernard-Ferrell at 614-836-1000 ext. 1513 or sbernard@groveport.org. She will then put you on "Free Agent List" and will try and get you placed on a team. If there are enough Free Agents, a "Free Agent Team" may be formed.

Sports Med. Minute HIP POINTERS

Bumps and falls are all a part of everyday life as an athlete, and can often result in bruising and injury. The majority of these types of injuries are seen in contact sports. The term "hip pointer" is often used as a catch all phrase for any injury resulting in pain to the front of the hip. However, this is not always the case.

What is a Hip Pointer? A hip pointer is bruising caused by a fall or a direct blow to the iliac crest, or front and top of the pelvis. This bruising is not always visible and may actually occur deep below the skin. Bruising may also occur in the abdominal muscles which attach to the pelvis. Most often hip pointers are seen in contact sports such as football and soccer. Hip pointers are extremely painful and may be aggravated by walking, running, laughing, coughing, or deep breathing.

TREATMENT? Hip pointers are treated immediately with rest and ice. Resting the injured hip from extremely painful movements will help to reduce swelling and speed the healing process. It may take 1 to 2 weeks before the injured hip is pain free with movement. During this time the athlete should be allowed to stretch the hip in all directions to avoid stiffness. The rule here is to stretch in the pain free range. Any pain will only slow the healing process and delay their return to sport.

It is important to consult your physician if your pain last more than two weeks or worsens overtime. This may be a sign of a more severe injury. Ice should be applied directly to the hip for 30 minutes of every 1-2 hours for the first 72 hours. A regimen of gentle stretching for 20-30 seconds can help to loosen the muscles around the injured hip and reduce pain. For more information on strains please see the article "The Sprains and Strains of Sporting Injuries" located on the Nationwide Children's Hospital website.

PREVENTION? Hip pointers can be prevented by wearing appropriate protective equipment. For example, football and hockey wear protective hip pads to help prevent this injury. In other sports where padding is not worn, such as soccer, certain skills and techniques can be taught to avoid this injury. Padding can also be worn to prevent further injury to the hip.

Source: www.nationwidechildrens.org/hip-pointers

GROVEPORT RECREATION DEPT.

- Youth Sports -

614-836-1000 / www.groveportrec.com

Spring Soccer League

The season will consist of 8 games, which will be played on Saturday mornings and several Sunday afternoons. Practices are 1 - 2 nights a week and are scheduled by the individual volunteer coach. Volunteer coaches are needed. Interested persons should contact Amy Van Huffel (Recreation Coordinator) at 614-836-1000 ext. 1505 or avanhuffel@groveport.org.

Leagues: 4.5-6 years, U8, U10, U12, U14
Age determined as of Dec. 31, 2017

U6 division is coed; all others are gender-divided

Practices: Tentatively begin in late March

Games: Played April 1 - May 20

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

U14 Fee: \$70 Res. / \$85 Non-Res.

Reg.: Jan. 2 - March 1



Soccer Officials Training

The Ohio South State Referee Committee (OSSRC) will be offering an entry level soccer officials training and certification on March 1, 2, and 4. Participants must attend all 3 days of the training to become certified.

Certified officials earn more money than non-certified officials, so don't miss out on this training opportunity. For questions, contact Amy Van Huffel (Recreation Coord.) at 614-836-1000 ext. 1505 or avanhuffel@groveport.org

Dates/Time: Wed. 3/1 & Thurs. 3/2, 5:30 - 8:30 PM
Sat. 3/4, 10 AM - 3 PM

Fee: \$70 **Location:** Groveport Rec Ctr.

Registration: www.ossrc.com or contact Keith Emerson at ddi3@ossrc.com / 614-353-3404



- ATTENTION -
LIMITED DROP-IN PLAY
ON SATURDAYS

Due to our Youth Basketball Program, there will be limited drop-in play opportunities at the Groveport Rec Center on Saturdays between Jan. 7 and March 4.

Groveport Tennis Academy

The Groveport Rec Dept. is offering high quality tennis instruction for juniors (3 ½ years and up) and adults at an affordable price. Clinics are available for beginners through tournament level and league players. Let Chris Brown-Borden, USPTA Certified Teaching Professional and former Assistant Head Pro of New Albany Country Club, introduce you to the game or further your knowledge and skills. Quick Start Instruction will be used with Juniors. All lessons will take place at Groveport's Degenhart Park located at 355 Lesleh Ave., Groveport. If you have any questions please contact Chris at (740)756-7977 or groveporttennis@hotmail.com. A minimum of 3 registered participants for class to run, additional sections will be added when possible with 3 on the waiting list. Racquets will be available to borrow for junior clinics up to age 12. Adult size racquets are available to purchase after opportunity to try various demo racquets. Space is limited, please register early.

Who: Ages 3.5 - Adult

Dates: Apr. 17 - May 20

Times: Varies per class

Fee: Varies per class

Location: Degenhart Park

Reg. Deadline April 14



Free Open House

If you are new to Groveport Tennis and would like to meet Chris Brown-Borden and see his instruction style first hand, please call the Groveport Recreation Center and sign up for one of our small group instruction times. Availability is limited.

All participants must Pre-register.

(rainout date: Sunday, April 16)

Who: Ages 3.5 - Adult

Date / Time: Saturday, April 15 / 10:00 - 11:00 AM

Fee: FREE

Location: Degenhart Park

Registration: Call 614-836-1000

GROVEPORT RECREATION DEPT.

- Youth Sports / Classes & Special Events -

614-836-1000 / www.groveportrec.com

Little Hoop Stars (Jump Start Sports)

Players are taught the basics of dribbling, passing, shooting, positioning, defense, and rebounding then apply what they have learned in fun, non-competitive games. Parents are welcome to assist in coaching, but classes are run by Jump Start Sports instructors. Players are assigned to teams and each session includes a game as well as the instruction. Questions? Contact Aaron Bally at 614-505-6532 or ABally@JumpStartSports.com.

Who: Boys & Girls, 4-6 Years Old
Dates: Tuesdays, March 7 - April 11
Time: 5:30 - 6:30 pm or 6:30 - 7:30 pm
Location: Groveport Recreation Center
Fee: \$60
Registration: Jan. 1 - Feb. 28

Hummingbirds Soccer (Jump Start Sports)

Kids will have fun and learn the basics of soccer: dribbling, passing, trapping, shooting, and positioning. Each session consists of instruction in each aspect of the game, and participation in fun, age appropriate drills that are designed to teach skills, and low-key, non-competitive game. **Shin guards are required.** For questions, contact Aaron Bally at (614) 505-6532 or ABally@JumpstartSports.com

Who: Boys and Girls 3 - 4.5 Years
Dates: Mondays, April 3 - May 8
Time: 5:30 - 6:30 pm or 6:30 - 7:30 pm
Location: Groveport Recreation Center
Fee: \$55
Registration: Jan. 1 - Mar. 27

T-Birds T-Ball (Jump Start Sports)

This is a fun and highly instructional introduction to baseball for 3 and 4 year old boys and girls. Players learn the basics of throwing, catching, fielding, batting, and base running, then apply what they have learned in fun, non-competitive games. Jump Start Sports staff members conduct the instruction and oversee the game play while volunteer team coaches assist. For questions, contact Aaron Bally at (614) 505-6532 or ABally@JumpstartSports.com

Who: Boys & Girls, 3-4 Years Old
Dates: Fridays, May 5 - June 9
Time: 5:30 - 6:30 pm or 6:30 - 7:30 pm
Location: Groveport Park
Fee: \$65
Registration: Jan. 1 - April 30

Summer Camp (Jump Start Sports)

Jump Start Sports Camps are fun-oriented and highly instructional. The relaxed and nurturing atmosphere enables children to learn, grow, make friends, and have a meaningful summer experience. The camps focus on the fundamentals of the sport for beginners but more experienced players will learn more advanced concepts and be coached at their ability and level of understanding. Jump Start Sports Camps also focus on children learning proper sportsmanship and understanding the importance of recreational game play and the benefits of physical activity! We utilize innovative drills, competitions, and games to help teach as well as to make the programs more fun for children. Please contact Aaron Bally at 614-505-6532 or abally@jumpstartsports.com if you are in need of flex payment options for this program.

Who: Boys and Girls entering grades 1 - 6

June 12 - 16	All Star Baseball
June 19 - 23	All Pro Football & Cheerleading
June 26 - 30	World Cup Soccer
July 10 - 14	Lacrosse and Volleyball
July 17 - 21	Ultimate Warrior
July 24 - 28	Basketball
July 31 - Aug. 4	Olympics

Time: 9:00 AM - 3:00 PM
 Before and After Care are available for an additional fee

Location: Groveport Rec Center & Groveport Park

Weekly Fee: 6+ Weeks = \$110 2- 3 Weeks = \$130
 4 - 5 Weeks = \$120 Any 1 Week = \$140

Registration: www.jumpstartsports.com



Groveport Community Garden



Persons interested in planting a garden at the Groveport Community Garden (located at Heritage Park, 551 Wirt Road) should complete a Plot Request Form and return it to the Front Desk of the Recreation Center with payment. Residents (and persons that participated in garden in 2016) may register beginning Feb. 1. Non-Residents may register beginning March 1. \$10 per plot and multiple plots are available. Planting begins in early April and continues thru late November. For questions, contact Kyle Lund (Recreation Director) at 614-836-1000 ext. 1503 or klund@groveport.org.

GROVEPORT RECREATION DEPT.

- Classes & Special Events -

614-836-1000 / www.groveportrec.com

Kids Night Out

Ditch the parents and head to the GRC for some good old-fashion 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! **The registration deadline is the Thursday before the program date. Registrations will not be accepted at the door.**

Who: 6 - 12 years
Date/Time: Feb. 10 & 24 / 5:30 PM - 8:30 PM
 Mar. 10 & 24 / 5:30 PM - 8:30 PM
Fee: \$8 Res. / \$10 Non-Res.
Reg. Deadline: Thursday before program date

Daddy Daughter Dance

Girls, grab your dad, grandpa, uncle, or older brother for our 6th Annual Daddy Daughter Dance for ALL ages. DJ Frank will be here turning out the music that will surely have you and your dad up and dancing. There will be opportunities for photos, food, games, and fun. The theme for this year's event is "Red Carpet".

Who: All Ages
Date/Time: Fri., Feb. 10 / 6 - 8 PM
Couple Fee: \$16 Res. / \$20 Non-Res.
 \$5 Additional Guest
Reg. Deadline: Feb. 4



Parent Tot Open Swim/Gym

Open Gym - We provide the space, music, toys and 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. All children must be accompanied by an adult. **Open Swim** - All children must be accompanied by an adult. Children that are not toilet trained must wear swim diapers.

Who: Parents & their children (5 yrs. & under)
Dates: Mon. & Weds. (Gym) & Friday (Swim)
 *Program won't meet any time facility is closed
Times: 10 AM - 11 AM
Fee: \$2.50 one child; \$4 two children;
 \$5 three children; \$8 four+ children
 \$20 for a 10 visit punch pass.
 Kids must be in same family to receive multi-child discounted rate.

Registration: Drop-In

Home School Swim Time

You must be enrolled in either Home School Gym or Water Fun in order to participate in Swim Time. Swim time is an open swim to give your children an opportunity to have fun in the water without direct instruction. Children under 10 years of age must be accompanied by a responsible adult (18 and over) who must directly supervise them while in the pool.

Who: 4 - 18 Yrs.
Dates/Times: Winter: Fri., 1/6 - 3/10, 11:30 AM - 12:30 PM
 Spring: Fri., 3/24 - 5/19, 11:30 AM - 12:30 PM
Location: Groveport Rec Center Indoor Pool
Fee: \$25

Home School Water Fun

*Instructional swimming course. You do not need to be enrolled on an additional class in order to participate. **Water Fun is not the American Red Cross Learn to Swim Program.*

Who: 5 - 10 Yrs.
Dates/Times: Winter: Fri., 1/6 - 3/10, 9:00 AM - 10:00 AM
 Spring: Fri., 3/24 - 5/19, 9:00 AM - 10:00 AM
Location: Groveport Rec Center Indoor Pool
Fee: \$25

Home School Gym ~ Fun with Fitness

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

Who: 4 - 6 Yr., 7 - 10 Yr., 11 - 18 Yr.
Dates/Times: Winter: Fri., 1/6 - 3/10, 10:15 AM - 11:15 AM
 Spring: Fri., 3/24 - 5/19, 10:15 AM - 11:15 AM
Location: Groveport Recreation Center
Fee: \$25



GroveportRecreationDepartment

GROVEPORT RECREATION DEPT.

- Classes & Special Events -

614-836-1000 / www.groveportrec.com

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 & 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., Mar. 4 - Apr. 8, 12 PM - 12:45 PM
 Sat., Apr. 29 - June 3, 12 PM - 12:45 PM
Location: Groveport Recreation Center
Registration: Accepted thru first day of class
Fee: \$28 Res. / \$48 NR

Tae Kwon Ki Do/Karate Ki Do 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 formal Promotion 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., Mar. 4 - Apr. 8, 12 PM - 1:30 PM
 Sat., Apr. 29 - June 3, 12 PM - 1:30 PM
Location: Groveport Recreation Center
Registration: Accepted thru first day of class
Fee: \$38 Res. / \$58 NR

Tae Kwon Ki Do/Karate Ki Do Main Class

This class is 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., Mar. 4 - Apr. 8, 12 PM - 2:30 PM
 Sat., Apr. 29 - June 3, 12 PM - 2:30 PM
Location: Groveport Recreation Center

Registration: Accepted thru first day of class

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

Visit taekwonkido.vpweb.com for more details

Spring Photo Contest

Calling all amateur photographers! Submit your 8 x 10 photograph taken in the Groveport area for a chance to win the GRD's spring photo contest. The theme is Springtime. Photos should capture some kind of recreational aspect or nature of the area. Examples are nature shots like flowers, trees, wildlife, etc. Recreational spring activities like gardening, biking, spring sports, kite flying, roller blading, running, skate-boarding, etc. There will be 3 age categories: 17 & Under, 18 - 54 Yrs. and 55+. Rules are noted below.

1. Photos must be 8x10 photos, framed and wired on back, ready to hang (matting optional).
2. Photos can be color or black and white, but must be original pieces taken within the past year and follows theme of contest.
3. Subject matter of photos should be appropriate & suitable for the general public's viewing.
4. Altered photos are not eligible (any alterations that distorts / enhances the original image is not permitted).
5. Prizes for Judge's Choice & People's Choice in each age category.
6. All eligible photos will be on display for public voting at the Groveport Recreation Center and on social media from May 8 - 22.
7. All entries must be labeled on back with contact name and phone number.
8. Winning photos WILL NOT be returned as they will be displayed at the Groveport Recreation Center and Senior Center.

Age Categories: 17 & Under, 18 - 54 Yrs. & 55 Yrs. +

Fee: \$5.00 per entry

Submission Deadline: April 30

Submission Location: Groveport Recreation Center

Voting: May 8 - May 22

Winners Announced: May 26



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 Groveport Recreation Center lobby or visit the Winter Aquatics area on our website (www.groveportrec.com).

Who: Persons 15 years of age and up

Dates: Session 1: Feb. 20 - 25
Session 2: March 13 - 18
Session 3: April 17 - 22
Session 4: May 8 - 13
Session 5: June 5 - 9

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

Fee: \$220 (Credit Cards Only).

Registration: Registration deadline is the first day of class.

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



Private & Semi-Private Lessons

Is your little one having a hard time integrating into a group lesson? Are you looking for stroke refinement for your older swimmer? Private Lessons might be just what you need. We offer Private (1 swimmer) or Semi-Private (2 or more swimmers) Lessons. Please contact Kelly Carter (Aquatics Coord.) at 614-836-1000 ext. 1512 to be set up with an instructor. \$180 for six 30-min. Private or \$240 for six 30-min. Semi-Private Lessons.

Kayak Rolling Sessions

Kayaking can be a lot more fun when you can easily turn your boat upright. Gaining confidence in your roll will make you a better paddler and give you an edge when taking your skills outdoors. Led by volunteer instructors from Columbus Outdoor Pursuits (COP). This organization is volunteer-based and was created to provide opportunities & education for outdoor recreation activities. Kayak Rolling Sessions will be taking place at the Groveport Rec Center's indoor pool on Sunday mornings. For more info., visit www.outdoor-pursuits.org/boating.calendar.

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 is available.

Class Dates

Registration

T/Th., (2/7 - 3/2) p.m. @ indoor 1/23 - 2/6

T/Th., (3/14 - 4/6) p.m. @ indoor 2/27 - 3/13



SCUBA Lessons

Are you in the mood to try something new? Why not SCUBA? The Groveport Rec. Dept. is currently accepting registration for SCUBA classes. This class is being taught by PADI certified instructors from Columbus SCUBA at the Groveport Rec Center's Indoor Pool. This is an Open Water PADI entry level course. Columbus Scuba offers Open Water certification (lifetime certification). Course includes all three segments, rental gear (both Confined and Open Water), required textbooks, log book, dive tables & certification fees.

Who: Persons 10 years of age and up

Dates/Time: January 22, 29, February 5, 12
5 pm - 6 pm Classroom; 6 pm - 8 pm Pool

Fee: \$375.00. Checks only. Please make checks payable to Columbus Scuba

Registration Registrations are being taken on a first come first served basis. Registration deadline is the first day of class.

Questions: Columbus Scuba at 614-500-7234

Master's Swimming

Are you at least 19 years of age? Enjoy swimming as part of your workout? If so, contact Kelly Carter (Aquatics Coord.) at 614-836-1000 ext. 1512 / kcarter@groveport.org. She would be happy to give you more information regarding our Masters Swim Team. Practices are Mon., Wed. & Fri., 6 - 7 AM.



GROVEPORT RECREATION DEPT.

- Important Dates -

614-836-1000 / www.groveportrec.com

EVENT / PROGRAM	DATE
Free Blood Pressure Screening (9 AM - 12 PM)	Feb. 2
Daddy Daughter Dance registration deadline	Feb. 4
Kids Night Out at GRC	Feb. 10
Daddy Daughter Dance	Feb. 10
Valentine's Day	Feb. 14
Free Blood Pressure Screening (9 AM - 12 PM)	Feb. 16
American Red Cross Lifeguard Cert. Class	Feb. 20 - 25
Kids Night Out at GRC	Feb. 24
Annual Pass Holder Appreciation Day	Feb. 26
Little Hoop Stars registration deadline	Feb. 28
Happy New You promotion ends	Feb. 28
Youth Spring Soccer League registration deadline	March 1

Please see page 9 for important dates regarding our Group Swim Lessons



Women's Self Defense Class

Groveport Police Officers will teach you how recognize and fight off hand & arm grabs, grabs from behind, choke holds & other unwanted touches by an attacker. Students will also learn how to stand and where/how to strike & kick. This class has been rated as excellent by past students. May be the best \$5 you ever spent.

Program #: 570016-09
Who: 14 Yrs & Above (age as of 3/8/17)
Dates/Time: Wed., March 8 & 15 (6 - 9 PM)
 (2 part class that meets on both dates)
Location: Groveport Recreation Center
Registration: Accepted until full. Class is limited to 30 participants and normally fills quickly.
Fee: \$5



There's only one sports medicine leader for serious athletes.

We're the best at getting them ready for battle. The best at getting them back in the game. And the best at bringing their goals into reach. We're the sports medicine experts at Nationwide Children's Hospital and we're the best equipped to treat concussions, rehab sports injuries or prevent them from happening in the first place. So, if your athlete is 18 or under, don't risk their career to anyone else.

For more information about our five central Ohio locations, visit NationwideChildrens.org/Sports-Medicine



NATIONWIDE CHILDREN'S

When your child needs a hospital, everything matters.™

GROVEPORT SENIOR CENTER

- General News -

614-836-4599 / www.groveportrec.com

Are you 55 years or older? Do you enjoy shooting pool, playing cards, going on day and overnight trips, playing board games, participating in educational seminars, dancing, playing shuffleboard, making crafts, eating meals, playing ping pong, participating in holiday special events and more? If so, you might want to consider joining the Groveport Senior Center. Under most cases, persons must be a member of the Groveport Senior Center to participate in programs. Annual membership dues are only \$6. Questions, call Deb at 614-836-4599.

DAILY ACTIVITIES

Monday	Progressive Euchre	12:00 p.m.
Tuesdays	Line Dancing	9:30 a.m.
	Pinochle	10:00 a.m.
Wednesdays	Game Day	11:00 a.m.
	Quilting	12:30 p.m.
Thursday	Crafts	9:30 a.m.
	Lunch	11:45 a.m.
	Hand & Foot	Times Vary
Saturday	Progressive Euchre	4:00 p.m.

UPCOMING ACTIVITIES

Foot Care Clinic: We will have a registered nurse from **Everyday Divinity** here on the first Thursday of every month to do foot care. The cost is \$27 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 if necessary. Call or stop in to schedule your appointment for **February 2**.

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 **February 10**, at 10:30 a.m. This program is sponsored by the Inn at Winchester Trail.

Wellness Clinic: A nurse from Winchester Place is at the Senior Center on the 3rd Thursday of each month (10:30 a.m. - 11:30 a.m.) and will offer free blood pressure checks. Stop in and get your blood pressure checked. The next Wellness Clinic is scheduled for **February 16**.

Hearing Screenings: Avada Audiology & Hearing Care will be at the Senior Center on the 2nd Thursday of every other month between 9:30 a.m. and 11:30 a.m. to offer **FREE** hearing screenings and to check for wax blockage. Call the Senior Center to schedule a 15 minute appointment or just drop-in. The next screening day is **March 9**.

UPCOMING TRIPS

February 23: "Steel Magnolias" at LaComedia Dinner Theatre. A tribute to the charm and wit of Southern women, *Steel Magnolias* is a touching comedy-drama that shows the healing power of laughter and friendship. Join us as we travel to La Comedia to see the stage production of this 1989 film that starred Sally Field, Julia Roberts, Dolly Parton and Darryl Hannah. The cost is \$60.00 per person, due on sign up and includes deluxe motorcoach transportation, a delicious lunch buffet and the show.

March 14-15: Wheeling Island Casino & Racetrack. This two day one night trip includes motorcoach transportation and hotel accommodations along with \$25 free play each day and vouchers for the breakfast and dinner buffets. You can try your luck on the slots or the dogs but for \$99 per person double occupancy you can't pass this one up! Register and pay by February 14.

September 8-14: South Dakota, The Black Hills & The Badlands. Highlights include but not limited to are Mount Rushmore, Crazy Horse Memorial, Black Hill Gold, Needles Highway, Custer State Park, Pine Ridge, Badlands National Park, Wall Drug, Deadwood, Spearfish and much more. The cost is \$2,449 per person double occupancy. Stop in for a full brochure.

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

In the photo below are members of the Senior Center sorting gifts to be given to the family of 7 children adopted through the Groveport Adopt-A-Family program.



L - R: Patricia Kaylor, Barbara Fabeck, Tina Gibson, Sharon Wilson & Theresa McAninch

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

GROVEPORT CULTURAL ARTS CENTER

- Adult Programs -

614-836-3333

Community Affairs Department

Line Dancing

All skill levels and ages are invited to participate in this daytime line dancing program. Please wear shoes with leather soles or socks.

Dates/Times: Mondays & Wednesdays
10:00 AM - 11:30 AM

Location: Groveport Town Hall, 648 Main Street

Cost: Free

Registration: Drop in

Art of Movement

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

Who: 16 and up

Dates/Times: Thursdays / 6:30 PM - 8:00 PM

Location: Groveport Town Hall, 648 Main Street

Cost: \$4 resident / \$5 nonresident

Registration: Drop in

TOPS Weight Loss Support Group

Who: Everyone

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

Location: Groveport Town Hall, 648 Main Street

Adult Coloring

Coloring is no longer just for the kids. Bring your coloring supplies and socialize while enjoying the calming benefits of coloring.

Who: Ages 16 and up

Dates: Mondays

Times: 6:00 PM - 7:00 PM

Location: Town Hall, 648 Main Street

Registration: Drop-in

Fee: \$1.00 per person, per date

Supplies: Coloring supplies, coloring pages will be provided, or bring your own.

Tuesdays@One

Adult (child friendly) art and education program every Tuesday. Speakers, demonstrations, creative projects and activities. Registration is required, due to supplies being provided.

Who: Adults (child friendly)

Dates/Times: Tuesdays / 1:00 PM - 2:00 PM

Location: Groveport Town Hall, 648 Main Street

Cost: Free

Registration: Accepted thru Tuesday of each class

February 7 **Valentine Cards**

February 14 **"Love" Craft**

February 21 **Felt Flower Sachet**

February 28 **Irish Topiary**

Cook's Corner

Adult (kid friendly) program series on the first Friday of each month. Join the fun and be a part of the demonstrations that include hands on cooking, discussions, experiencing new foods and learning new skills. February Topic: Candy. Space is limited.

Who: Adult

Dates: Friday, February 3

Times: 10:00 AM - 11:00 AM

Location: Groveport Town Hall, 648 Main Street

Registration: By February 1

Fee: Free

Sewing Group

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

Who: Everyone

Dates: Friday, February 10 & 24

Times & Fee: 10:00 AM - 2:00 PM / Free

Location: Groveport Town Hall, 648 Main Street

Registration: Drop In

Supplies to Bring: Sewing machine & sewing project / supplies

GROVEPORT CULTURAL ARTS CENTER

- Adult Programs -

614-836-3333

Community Affairs Department

Quilting

6 week program series. Learn step by step instruction and have fun making a beautiful quilt.

Who: Adult
Dates: Tuesday, February 28, March 7, 14, 28, April 4 & 11
Times: 6:00 PM - 8:00 PM
Location: Groveport Town Hall, 648 Main Street
Registration: By February 24
Fee: \$15 resident / \$17 nonresident

Build with Me-New Program!

Build a Planter Box

Become familiar with basic woodworking tools: power drills, bits, fasteners, hand saws, and measuring/squaring devices, with a hands on assembly of a small planter box kit. Adult participation required for Beginners and Intermediates.

Who: Beginners 8-12
Intermediates 12-15
Advanced 15 to adult

Dates: Saturday, February 25

Times: 11:30 AM - 12:30 PM

Location: Groveport KidSpace, 630 Wirt Road

Registration: By February 17-to allow time for kits to be prepared.

Fee: **Beginner** \$19.40- all wood is precut and predrilled, ready to assemble with screws.
Intermediate \$27.50- most of the wood is precut and some is predrilled, with an additional bottom trim piece that required some 90 degree cuts and predrilling.
Advanced \$32.50- most of the wood is precut and some is predrilled, with an additional bottom trim piece that requires some 90 degree cuts and predrilling, and an additional top trim piece that requires some 45 degree miter cuts and predrilling.

Supplies: Cordless drill (best to bring Dad's so you can learn to use it)
1/8" drill bit
Measuring ruler or Tape
Marking Square, or Compound Square (for advanced).
Hammer, pencil or fine tipped marker
Back Saw optional for Intermediate/

February Art Gallery

The Tie that Bonds Mother & Child

By: Kimberly and Carter Rhyan

Creating art is a family activity that fills our home-we focus on play and having fun, creativity shapes our family to be innovators. Carter has a way about organizing and planning his artwork that is nothing like my process. He tends to think about his design and then he begins. I tend to paint without a plan and navigate a path by chance. I am thankful that I get to celebrate with my son through art-making; it's a path to growth and understanding. I've also learned that art-making with a child is messy, but it is also filled with beautiful awakenings.

Artist Workshop: Popsicle Art Adventure 101

Exploring creativity as a family! This workshop will encourage families to explore color and texture while creating family two-dimensional artwork with canvas, popsicle sticks and paint. Be prepared to have fun though creative expression! Class taught by Artist Kimberly and Carter Rhyan.

Who: Families
Dates: Sunday, February 12
Times: 2:00 PM - 4:00 PM
Location: KidSpace, 630 Wirt Road
Registration: By February 10
Fee: \$25.00 for up to four family members, \$5 per additional persons.

Art Journaling/Coloring Techniques-Stippling

Do you enjoy journaling, coloring or learning a new art technique? Come join us and learn stippling. A technique using a pattern of dots to create letters and images.

Who: 16 & up
Dates: Wednesday, February 22
Times: 6:30 PM - 7:30 PM
Location: Groveport Town Hall, 648 Main Street
Registration: By February 20
Fee: Free
Supplies: Permanent markers, art pencils, and any art journaling/coloring tools you like to use.

GROVEPORT CULTURAL ARTS CENTER

-This and That-

614-836-3333

community affairs department

What You Didn't Know About February

Birthstone: Amethyst

Flower: Violet

Aquarius (January 20 - February 18)

Pisces (February 19 - March 20)

February 1865 is the only month in recorded history not to have a full moon.

Before 2002, Super Bowl Sunday was held the last Sunday in January, but since 2002 it is more commonly held the first Sunday of February.

February

1st week of February: African Heritage & Health Week

3rd Weekend of February: National Margarita Weekend

American Heart Month

Bird-Feeding Month

Black History Month

Canned Food Month

Cherry Month

National Children's Dental Health Month

Chocolate Lovers Month

Creative Romance Month

Grapefruit Month

Hot Breakfast Month

Potato Lovers Month

Return Shopping Carts to the Supermarket Month

Snack Food Month

Valentines Day Word Search



Love or life was never in those big things or big gestures like buying the most expensive cars or houses or boats. Although they sure mean something, they are not everything.

It is those small moments of seeing a rainbow together or going on a long tireless walk, just waiting for an opportunity to make your better half smile and the anticipation in their face, the expression of surprise and so many other things which make you smile and feel connected to this person.

Count these little things, note them down each time you smile. Before you know – there will be so many of them that you will feel that there is a hanger stuck to your mouth.

Love and life is all about these beautiful small moments which we can cherish and take with us. Not just the big things which shake and move the earth.

F H E A R T E V R F
R U V L N B N K O L
I F V O H S I N S O
E B T V S K T I E W
N S B E Y M N P S E
D U O B A X E J S R
S F N S W T L R I S
H Q D R L Y A M K K
I T V M A N V Y P E
P E T A L O C O H C

GROVEPORT CULTURAL ARTS CENTER

- Youth Programs -

614-836-3333

Community Affairs Department

Preschool Sing with Me

Music, singing and instruments that your little ones will enjoy. Adult participation is required.

Who: Preschool children
Dates/Times: Mondays, February 6 & 20 10:00AM -10:45AM
Location: KidSpace, 630 Wirt Road
Registration: No registration - Drop in
Fee: Free

Preschool Playgroup Grow with Me

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

Who: Preschool children
Dates: Every Tuesday & Wednesday
Times: 10:00 AM - 11:30 AM
Location: KidSpace, 630 Wirt Road
Registration: No registration - Drop in
Fee: Free

Preschool Playgroup Rock n' Rollers

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

Who: Preschool children
Dates/Times: Every Thursday 10:00AM -11:00AM
Location: KidSpace, 630 Wirt Road
Registration: No registration - Drop in
Fee: Free

Preschool Picassos

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

Who: Preschool children
Dates/Times: Every Friday 10:00AM - 11:00AM
Location: KidSpace, 630 Wirt Road
Registration: No registration - Drop in
Fee: Free

Preschool Science

Are you ready for a messy, fun time? Learn about science with hands on activities. Dress for mess! Space is limited. Program will start after Grow with Me.

Who: Ages 3-5
Dates: The first Wednesday of each month.
February 1
Times: 11:30 AM - 12:00 PM
Location: Groveport KidSpace, 630 Wirt Road
Registration: No registration - Drop in
Fee: Free

Preschool Art Pizzazz

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

February 7: Heart Shaped Flower Holder

February 21: Sewing Mittens

Who: Ages 3-5
Dates: Tuesday, February 7 & 21
Times: 6:00 PM - 7:00 PM
Location: Groveport KidSpace, 630 Wirt Road
Registration: Deadline two days before each program date
Fee: Free

Home School Art

On this month of February, let's celebrate our love for one another and the changing seasons. Let's be creative and have fun!

February 2: Heart Wreath

February 16: The Changing Seasons

Who: Ages 4 and up
Dates: Thursday, February 2 & 16
Times: 10:00 AM - 11:00 AM
Location: Groveport Town Hall, 648 Main Street
Registration: Deadline two days before each program date
Fee: Free

GROVEPORT CULTURAL ARTS CENTER

- Youth Programs -

614-836-3333

Community Affairs Department

Science Experiment Night

Join the fun and be part of the thing that make us go OHH and AHH! Let's see if we can make music with water. Come and have fun using science.

February experiment: H2O Music

Who: Ages 5-12
Dates: Monday, February 6
Times: 6:30 PM - 7:30 PM
Location: Groveport KidSpace, 630 Wirt Road
Registration: By February 3
Fee: Free

Preschool Chef

Fun two week program series that will teach beginner cooking skills. Children will be encouraged to leave parents in the waiting room while they have fun preparing and tasting their creations. Space is limited.

Who: Ages 3-5
Dates: Thursday, February 9 & 16
Times: 6:30 PM - 7:30 PM
Location: KidSpace, 630 Wirt Road
Registration: By February 7
Fee: \$5 resident / \$7 nonresident

Nature Program-Winter Hike Series

Join us on a winter hike, rain, snow and shine! Let's see what we can find on our walk, maybe some animals, animal tracks or just getting out in the fresh air. Once a month we will hike and explore all the wonderful parks Groveport has to offer. First hike will be at Heritage Park, meet at the Nature Center.

Who: Families
Dates: Saturday, February 11
Times: 11:00 AM - 12:00 PM
Location: Groveport Nature Center, 551 Wirt Road
Registration: By February 9
Fee: Free

Youth Sewing

Youth will learn how fun sewing can be. This is a hands on class. They will learn basic important skills: sewing on buttons to more complex skill like threading a sewing machine to following a pattern. Learn how to sew a different project each month.

February Project: Arm Warmers and Hand Warmers (both projects if time allows).

Who: Ages 10-16
Dates: Monday, February 20
Times: 6:30 PM - 8:00 PM
Location: Groveport KidSpace, 630 Wirt Road
Registration: By February 17
Fee: Free
Supplies: 1/2 yard-soft stretch fleece



Youth Connection

Come join us once a month to hang out and do things with kids your own age. The activities will be based on the desires of the class. Ideas of programs already put on the table are: arts & crafts, working with fabric, drawing/painting, fashion and nutrition. Come and make a connection.

February project: Melted Crayon Art & Paper Hearts

Who: Ages 10-16
Dates: Monday, February 27
Times: 6:00 PM - 7:30 PM
Location: Groveport Town Hall, 648 Main Street
Registration: By February 24
Fee: Free

Kid's Night

Come and design your very own dream catcher to hang in your room, bedroom door or window. Supplies provided.

Who: Ages 5-12
Dates: Tuesday, February 28
Times: 6:30 PM - 7:30 PM
Location: Groveport KidSpace, 630 Wirt Road
Registration: By February 24
Fee: Free



Important Dates

614.836.3333

FEBRAURY

Community Affairs Department

EVENT / PROGRAM	DATE	EVENT / PROGRAM	DATE
Preschool Grow with Me Preschool Science TOPS Line Dance	Wed., Feb. 1	Preschool Picassos	Fri., Feb. 17
Preschool Rock n' Rollers Home School Art Art of Movement	Thurs., Feb. 2	Preschool Sing with Me Line Dance Youth Sewing Adult Coloring	Mon., Feb. 20
Preschool Picassos Cook's Corner	Fri., Feb. 3	Preschool Grow with Me Tuesdays@One Preschool Art Pizzazz	Tues., Feb. 21
Line Dance Preschool Sing with Me Science Experiment Night Adult Coloring	Mon., Feb. 6	Preschool Grow with Me TOPS Line Dance Art Journaling/Coloring Techniques - Stippling	Wed., Feb. 22
Preschool Grow with Me Tuesdays@One Quilting 5 of 5 Preschool Art Pizzazz	Tues., Feb. 7	Preschool Rock n' Rollers Art of Movement	Thurs., Feb. 23
Preschool Grow with Me TOPS Line Dance	Wed., Feb. 8	Preschool Picassos Sewing Group	Fri., Feb. 24
Preschool Rock n' Rollers Art of Movement Preschool Chef 1 of 2	Thurs., Feb. 9	Build with Me-Wood building program	Sat., Feb. 25
Preschool Picassos Sewing Group	Fri., Feb. 10	Line Dance Youth Connection Adult Coloring	Mon., Feb. 27
Nature Program	Sat., Feb. 11	Preschool Grow with Me Tuesdays@One Quilting 1 of 6 Kid's Night	Tues., Feb. 28
Popsicle Workshop 101	Sun., Feb. 12		
Line Dance Adult Coloring	Mon., Feb. 13		
Preschool Grow with Me Tuesdays@One	Tues., Feb. 14		
Preschool Grow with Me TOPS Line Dance	Wed., Feb. 15		
Preschool Rock n' Rollers Home School Art Art of Movement Preschool Chef 2 of 2	Thurs., Feb. 16		

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

Art work by Kimberly & Carter Rhyan



FEBRUARY 12 - 18 IS NATIONAL RANDOM ACTS OF KINDNESS WEEK (RAK)

Recognize the good deeds of the people around you. If you want to call us up at Town Hall and let us know of the great acts happening in our community we will put them up as part of our Random Act of Kindness wall design coming in the spring.



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

Municipal Offices, 655 Blacklick Street	614-836-5301
Crooked Alley KidSpace, 630 Wirt Rd.	614-836-3333
Recreation Center, 7370 Groveport Rd.	614-836-1000
Police Dept., 5690 Clyde Moore Drive	614-830-2060
Public Works, 7400 Groveport Rd.	614-836-3910
Town Hall, 648 Main Street	614-836-3333
The Links at Groveport, 1005 Richardson Rd.	614-836-5874

Lance Westcamp	Mayor
Shawn Cleary, Ed Dildine, Jean Ann Hilbert,	
Becky Hutson, Scott Lockett, Ed Rarey	Council
Marsha Hall	City Administrator
Ralph Portier	Police Chief
Kevin C. Shannon	Law Director
Jeff Green	Asst. Administrator/Finance Dir.
Tom Walker	Golf Director
Kyle Lund	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	614-830-2052
Community Affairs	614-836-3333
Engineering	614-836-5301
Finance	614-830-2048
Human Resources	614-830-2051
Law Director	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., Feb. 1 2:00 PM Cemetery Comm. (at Public Works)
Mon., Feb. 13 5:30 PM Tree & Decorations
Mon., Feb. 13 6:30 PM Council
Tues., Feb. 21 5:30 PM Council Committee of Whole
Mon., Feb. 27 6:30 PM Council

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

