Parks
We maintain 17 athletic fields, 16 park sites and 14 playgrounds.

Community Center
The Community Center now offers online registration without convenience fees. Register for programs from home or your mobile device.

Griswold Center
The Griswold Center offers over 3,500 hours of fitness opportunities every year.
### Community Center Information

#### Worthington Residency

Throughout this brochure, different fees are listed for Residents (R) and Non-Residents (NR). Resident fees apply to those who live or work in the city limits of Worthington, including spouses and school-aged children of those households. These households and companies pay taxes that support the Worthington Parks and Recreation Department and therefore pay the resident rate for memberships, programs, and rentals. All others pay the listed non-resident rate.

Two proofs of residency are required at the time of registration to receive the resident rate. Examples of proof are a valid driver’s license, check with address, utility bill, or bank statement. Working Residents must work a minimum 20 hours per week for a company in the City limits of Worthington. Verification of payment of Worthington City taxes is required at the time of registration to receive the resident discount price. Acceptable verification is an original pay stub, dated within 30 days, that specifically denotes Worthington taxes being withheld.

#### Community Center Hours, Prices & Memberships Information

**345 East Wilson Bridge Road • Worthington, OH 43085 • Phone: (614) 436-2743 • Fax: (614) 786-7387**

**Community Center Hours**

- **New Years Eve** ........................................... 8 AM - 2 PM
- **New Years Day** ........................................ 10 AM - 6 PM
- **Christmas Day** ................................................ CLOSED
- **Christmas Eve** ........................................... 8 AM - 2 PM
- **Thanksgiving** ............................................. 8 AM - 2 PM

**Holiday Hours**

- **Veterans Day**............................................. Regular Hours 8 AM - 9:30 PM
- **Thanksgiving**............................................. 8 AM - 2 PM
- **Christmas Eve**........................................... 8 AM - 2 PM
- **Christmas Day**........................................... CLOSED
- **New Years Eve**.......................................... 8 AM - 2 PM
- **New Year’s Day**......................................... 10 AM - 6 PM

**Membership**

- **Benefits of Membership**
  - Members have access to the pools, fitness equipment and the walking/running track.
  - Members who are non-residents may register for programs two days earlier, and receive the lowest pricing on all group fitness classes, Spinning®, Yoga, and Pilates. See page 21 for group fitness pricing.
  - Through the Member Referral Program, annual members may earn $25 off services or activities by referring new annual members to the Community Center. Not valid for members in the same household.
  - Please ask for all Membership details at the Community Center Customer Service Desk.

**Healthways SilverSneakers® & PRIME® Programs**

Healthways SilverSneakers and PRIME members receive a no-cost Community Center and/or Griswold Center membership, which includes all member benefits. Eligibility for these insurance-based programs can be confirmed at the Community or Griswold Center customer service desks.

For more detailed information about the SilverSneakers program, please see pages 26.

**Membership Refund Policies**

- Annual and Monthly Memberships are non-refundable and non-transferable, except in cases of hardship.
- Refunds for hardship cases (Military Duty, medical reasons, or out of area moves) may be requested by sending email to Julie Stoltz at jstoltz@ci.worthington.oh.us. Proof of hardship is required.

**Annual Membership Rates**

<table>
<thead>
<tr>
<th></th>
<th>R</th>
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<tbody>
<tr>
<td>Teen (12-17 yrs)</td>
<td>$160</td>
<td>$208</td>
</tr>
<tr>
<td>Individual</td>
<td>$260</td>
<td>$338</td>
</tr>
<tr>
<td>Individual + child (3-11 yrs)</td>
<td>$380</td>
<td>$494</td>
</tr>
<tr>
<td>Household of Two</td>
<td>$420</td>
<td>$546</td>
</tr>
<tr>
<td>Household of Three</td>
<td>$495</td>
<td>$644</td>
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<tr>
<td>Household of Four</td>
<td>$570</td>
<td>$741</td>
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<tr>
<td>Additional Person After Four</td>
<td>$50</td>
<td>$65</td>
</tr>
<tr>
<td>Senior Citizen**</td>
<td>$180</td>
<td>$234</td>
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**Monthly Membership Rates**

<table>
<thead>
<tr>
<th></th>
<th>R</th>
<th>NR</th>
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</thead>
<tbody>
<tr>
<td>Individual</td>
<td>$45</td>
<td>$59</td>
</tr>
<tr>
<td>Senior Citizen**</td>
<td>$35</td>
<td>$46</td>
</tr>
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**Corporate Memberships**

**Worthington Corporation**

- **10-19 people** $195
- **20+ people** $169

**Non-Worthington Corporation**

- **10-19 people** $254
- **20+ people** $220

There are many benefits to employees whose employees exercise regularly: lowers health care costs, reduces stress, improves productivity, concentration and morale, and reduces the number of absences. Please contact Julie Stoltz for rates or more information at jstoltz@ci.worthington.oh.us or by calling (614) 436-2743.

**Click here to go to our registration site**
## MISSION
To create community through exceptional parks, programs, facilities, & events.

## VISION
Worthington Parks & Recreation Will:
- Provide safe, family friendly environments.
- Be a leader in customer service.
- Provide exceptional maintenance and cleanliness.
- Lead in community health and wellness.
- Provide innovative parks and recreation.
- Be positive people providing fun interactions.
- Strive for sustainable practices.

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Find Worthington Parks & Recreation Online!

Visit our website
www.worthington.org

Visit our website
https://apm.activecommunities.com/worthington

Find us on Facebook
/WorthingtonOH

Follow us on Twitter
@WorthingtonOhio

Click here to go to our registration site
The Worthington Community Center offers a wide variety of free and fee based programs along with state of the art facilities. Membership is not necessary to participate in any of our programs or events.

HOW

ONLINE

Online registration begins at midnight for each respective registration date at https://apm.activecommunities.com/worthington

If you are new to the Community Center please create an account online. Those who work in the City of Worthington qualify for the resident rate and are required to show proof that they pay Worthington City taxes. Please stop by the Community Center to set up your account prior to registration.

IN PERSON

In-person registration begins at 5:30 AM. Payment is due at the time of registration. We accept all major credit cards.

Participants may register for three additional households other than their own.

BY MAIL

Mail a completed registration form and your check made payable to: Worthington Parks and Recreation Department.

A printable PDF version of our registration form may be found on our website under Registration Information.

Please note any mailed or dropped off registration forms will be processed after 6:00 PM on your respective registration day.

Click here to go to our registration site

COMMUNITY CENTER PROGRAM REGISTRATION

WHEN

FALL REGISTRATION

PROGRAM & SWIM REGISTRATION DATES

FALL 1

MONDAY, AUGUST 15 RESIDENTS / MEMBERS

WEDNESDAY, AUGUST 17 OPEN REGISTRATION

SWIM REGISTRATION DATES

FALL 2

MONDAY, OCTOBER 24 RESIDENTS / MEMBERS

WEDNESDAY, OCTOBER 26 OPEN REGISTRATION

REGISTRATION CAN BE DONE ONLINE STARTING AT MIDNIGHT, AND THERE IS NOW NO CONVENIENCE FEE FOR ONLINE REGISTRATION.

VISIT WORTHINGTON.ORG AND CLICK ON RECREATION REGISTRATION TO SET UP OR UPDATE YOUR ACCOUNT. QUESTIONS? CALL 614-436-2743

*Course participant must be a member to qualify for priority registration.

GENERAL INFORMATION

Please Register Early!

Classes and trips with insufficient registration may be cancelled one week prior to the first class meeting.

Waiting List Procedures

Waiting lists are taken when programs are filled and efforts are made to accommodate those individuals.

Those waitlisted for a program will be notified by phone if a spot becomes available. If notified, customers are encouraged to call back as soon as possible so that the spot may be reserved for them.

Program Refund Policies

If your course is cancelled by Worthington Parks and Recreation, you will be notified by a phone call with your refund options. If you request a refund one week prior to the course start date, you will receive a full refund with the exception of an $8 processing fee. Choosing to leave the money as a credit on your Community Center account will eliminate the processing fee.

Missing any portion of a course or event due to vacation, schedule conflict, or other non–emergency situation does not justify receiving a refund or proration. Please allow four weeks for refunds to be processed.

Make Up Classes

In most cases, missed classes can not be made up. Classes are planned for a specific participant/instructor ratio to allow maximum participation and individual attention.

Program Age Requirements

In order to support the success and safety of all individuals it is important that participants are indeed “Program Ready.”

This means that the participant is:

• Age appropriate (is the age/grade listed with the program description by the start date of the program)
• Able to use the restroom independently or with minimal verbal prompting
• Able to take direction and instruction from a staff person
• Comfortable with, and able to interact in, a group environment
• Interacts and participates in the program in a manner that is physically and emotionally safe for themselves and others
• Able to participate in the program independently or with reasonable accommodations (accommodations, please call Celia Tincher at (614) 436–2743 at least two weeks prior to the start of the program)
• Can function in a program with an appropriate staff to participant ratio of:

  Age 3: 1 staff to 7 participants
  Ages 4-6: 1 staff to 8 participants
  Ages 7+: 1 staff to 15 participants

Those interested in registering for a program who don’t meet the age/grade requirement may fill out a Registration Request Form for consideration by the program supervisor. Priority will be given to age appropriate participants first. If space is available, supervisors can then choose to add those participants that are younger or older, if appropriate.

Aquatics Registration Information

There are no restrictions when registering for Parent/Child or beginning level classes. These classes include: Tiny Tots, Little Nemos, Flounder, Guppy I and Guppy II.

• If you are planning to register for an advanced class, you must meet the prerequisites in order to register online. Advanced classes include: Tadpole I, Tadpole II, Jr. Turtle, Turtle, Minnow, Porpoise, and Whale.
• If you have never taken a swim class at the Worthington Community Center, you may be required to come in and be tested by someone on our aquatic staff.
• There are no make up classes, so please schedule accordingly.

In Clement Weather Policy

Sports Line (weather info): (614) 786-7366

During inclement weather Worthington Parks and Recreation facilities will maintain normal operating hours for general recreation unless directed otherwise by the City Manager. We know you and your families need a place to play, so we maintain facility and program operations as long as instructors and staff are available. Program cancellation decisions are made independent of Worthington school closures. When possible, cancellations will be posted on Worthington’s Facebook page and on the WPRD sports line beginning at 8:30 AM for morning classes and 2:00 PM for afternoon and evening classes. Should weather conditions worsen after the indicated times, cancellation decisions will be made and communications handled in the best possible way according to the situation and staff resources. In the event of a weather related closure, programs and permit groups will be rescheduled, Community Center accounts credited or refunded.

For field closures in April through October, the Sports Line will be updated by 3:30 PM.

For more information, please visit worthington.org
Our natatorium features a four lane fitness pool, a 12 person hot tub and a zero entry leisure pool area equipped with a kiddie slide and play features extending to a three and half foot play area attached to a lazy river, vortex area and 110 foot slide. In addition to swim lessons, the Community Center offers open swim times for members and day pass holders. Visit worthington.org for a complete schedule of open swim times.

WELCOME!

6 wks. R $45 | NR $59

improve the skills learned in Tiny Tots. Children should know basic skills such as blowing bubbles, kicking their legs, floating on front and back, underwater exploration and much more.

A parent is required in the water with the child.

Children not yet potty trained must wear a swim diaper.

SESSION 1
6 wks. R $45 | NR $59

SESSION 2
6 wks. R $45 | NR $59

SESSION 1
6 wks. R $45 | NR $59

SESSION 2
6 wks. R $45 | NR $59

SESSION 1
6 wks. R $45 | NR $59

SESSION 1
6 wks. R $45 | NR $59

SESSION 1
6 wks. R $45 | NR $59

SESSION 2
6 wks. R $45 | NR $59

SESSION 1
6 wks. R $45 | NR $59

Little Nemo
Parent and Child Aquatics Level 1

This class is for children ready to move up from the Tiny Tots (Parent & Child Aquatics Level 1) but are not yet old enough or ready for Flounder or Guppy 1. Here the children improve on the skills learned in Tiny Tots. Children should be comfortable in the water and be able to move around by themselves. PARENTS ARE NOT PERMITTED IN THE WATER WITH THE CHILDREN IN THIS CLASS.

Prerequisites - Children should be comfortable in the water by themselves. PARENTS ARE NOT PERMITTED IN THE WATER WITH THE CHILDREN IN THIS CLASS.

SESSION 1
6 wks. R $45 | NR $59

SESSION 2
6 wks. R $45 | NR $59

Swim Lesson Requirements

Safety is our first priority, so the WPRD staff reserves the right to withdraw or transfer your child from the registered course if he or she does not meet the prerequisites. To receive a refund for swim lessons a 48 hour notice of cancellation is required.

Click here to go to our registration site
Preschool Aquatics Level 2.

This level marks the beginning of independent aquatic locomotion skills. We will enter and exit the pool in slightly deeper water and they will learn to swim farther on their front and learn to swim on their back. Treading water motions will also be introduced. At the end of the session the instructor will determine the participants progression to the next level.

Prerequisites: Completion of Preschool Aquatics 1 or Learn To Swim Level 1 (Introduction to Water Skills) or, demonstrate the following skills: Enter in water chest deep and glide 2 body lengths, roll over and float for 5 seconds and return to a standing position. Must do each of these skills on front and back. Also, swim 5 body lengths on front and back.

SESSION 1

6 wks. R $45 | NR $59
7157 Mon 10:00 AM-10:45 AM Sep 12-Oct 17
7158 Tue 10:00 AM-10:45 AM Sep 13-Oct 18
7159 Wed 11:00 AM-11:45 AM Sep 14-Oct 19
7160 Thu 10:00 AM-10:45 AM Sep 15-Oct 20
7161 Fri 11:00 AM-11:45 AM Sep 16-Oct 21
7162 Sat 1:00 PM-1:45 PM Sep 15-Oct 20
7163 Sun 1:00 PM-1:45 PM Sep 15-Oct 20

SESSION 2

6 wks. R $45 | NR $59
7408 Mon 10:00 AM-10:45 AM Oct 11-Nov 17
7409 Tue 10:00 AM-10:45 AM Oct 12-Nov 18
7410 Wed 11:00 AM-11:45 AM Oct 13-Nov 19
7411 Thu 10:00 AM-10:45 AM Oct 14-Nov 20
7412 Fri 11:00 AM-11:45 AM Oct 15-Nov 21
7413 Sat 1:00 PM-1:45 PM Oct 14-Nov 20

Instructor spotlight

CHRISTIAN AULETT

I love working in the Aquatics department! I have been teaching all levels of swim lessons for 8 years and I enjoy what I do for so many reasons. The best part is seeing the sense of excitement when swimmers learn something new and make it their own. Whether they’re Guppies, more seasoned Whales, or in the Adult Class, the look of accomplishment on their faces is always rewarding!

We have a spectacular team of swim instructors here at the Community Center who are passionate about teaching the important skill of swimming and making sure you have fun while doing it - I look forward to seeing you all in the pool!
Guppy 2
Learn To Swim Level 1 - Introduction to Water Skills
Ages: 6Y-12Y • Leisure Pool
This class is designed for school age children who are beginning swimmers and are comfortable in the water by themselves. In this level, we will help the children become more comfortable in the water. They will learn to enter and exit the water, submerge, and begin floating and swimming on their front and back. At the end of the session the instructor will determine the participants progression to the next level.
Prerequisites - Children should be comfortable in the water.
SESSION 1
6 wks.  R $45 | NR $59
7182 Mon 4:15 PM-5:00 PM Sep 12-Oct 17
7183 Tue 3:30 PM-4:15 PM Sep 13-Oct 18
7184 Wed 7:15 PM-8:00 PM Sep 13-Oct 18
7185 Sat 11:00 AM-11:45 AM Sep 17-Oct 22
SESSION 2
6 wks.  R $45 | NR $59
7830 Mon 4:30 PM-5:15 PM Oct 31-Dec 12
7831 Tue 3:30 PM-4:15 PM Nov 1-Dec 13
7832 Tue 7:15 PM-8:00 PM Nov 1-Dec 13
7833 Sat 11:00 AM-11:45 AM Nov 5-Dec 17

Tadpole 2
Learn To Swim Level 2 - Fundamental Aquatic Skills
Ages: 6Y-12Y • Leisure Pool
Prerequisites: Completion of Preschool Aquatics Level 1 or Learn To Swim Level 1 (Introduction To Water Skills) or demonstrate the following skills: Enter the water on their own and travel 5 yards, bob 3 times and return to the side and exit the pool, Swim on front with face in the water for 2 body lengths and float on back without support for 3 seconds. At the end of the session the instructor will determine the participants progression to the next level.
SESSION 1
6 wks.  R $45 | NR $59
7186 Tue 4:15 PM-5:00 PM Sep 13-Oct 18
7187 Thu 4:15 PM-5:00 PM Sep 15-Oct 20
7188 Thu 7:15 PM-8:00 PM Sep 15-Oct 20
7189 Sat 10:00 AM-10:45 AM Sep 17-Oct 22
SESSION 2
6 wks.  R $45 | NR $59
7419 Tue 4:15 PM-5:00 PM Nov 1-Dec 13
7420 Thu 4:15 PM-5:00 PM Nov 3-Dec 15
7421 Thu 6:15 PM-6:00 PM Nov 3-Dec 15
7422 Sat 10:00 AM-10:45 AM Nov 5-Dec 17

Swim Lesson Requirements
Safety is our first priority, so the WPRD staff reserves the right to withdraw or transfer your child from the registered course if he or she does not meet the prerequisites. To receive a refund for swim lessons a 48 hour notice of cancellation is required.
Minnow
Learn To Swim Level 4 - Stroke Improvement

Ages: 6Y-14Y  • Fitness Pool
In this level, participants improve their skills and increase endurance by swimming front crawl and elementary backstroke further distances. We will also add arms to the scissors kick and learn the sidestroke. We will also learn back crawl, breaststroke, butterfly, and basics for turning at the wall. At the end of the session the instructor will determine the participants progression to the next level.

Prerequisites: Completion of Learn To Swim Level 3 (Stroke Development) or demonstrate the following skills: Feet first entry in deep water and swim front crawl for 25 yards, change direction and position and swim elementary backstroke 25 yards. Also swim backstroke 25 yards, front breaststroke for 15 yards and change direction and position and swim back crawl 15 yards. At the end of the session the instructor will determine the participants progression to the next level.

SESSION 1
6 wks.  R $45 | NR $59
7200 Tue 6:15 PM-7:00 PM Sep 13-Oct 18
7201 Tue 6:15 PM-7:00 PM Sep 13-Oct 18
7202 Tue 6:15 PM-7:00 PM Sep 13-Oct 18
7203 Tue 6:15 PM-7:00 PM Sep 13-Oct 18
SESSION 2
6 wks.  R $45 | NR $59
7403 Tue 6:15 PM-7:00 PM Nov 1-Dec 13
7404 Tue 6:15 PM-7:00 PM Nov 1-Dec 13
7405 Tue 6:15 PM-7:00 PM Nov 1-Dec 13
7406 Tue 6:15 PM-7:00 PM Nov 1-Dec 13

Porpoise
Learn To Swim Level 5 - Stroke Refinement

Ages: 6Y-14Y  • Fitness Pool
Prerequisites- Learn To Swim Level 4 (Stroke Improvement) or demonstrate the following skills: Feet first entry in deep water and swim front crawl for 25 yards, change direction and position and swim elementary backstroke 25 yards. Also swim backstroke 25 yards, front breaststroke for 15 yards and change direction and position and swim back crawl 15 yards. In this level, the instructor will determine the participants progression to the next level.

SESSION 1
6 wks.  R $45 | NR $59
7200 Tue 6:15 PM-7:00 PM Sep 13-Oct 18
7201 Tue 6:15 PM-7:00 PM Sep 13-Oct 18
7202 Tue 6:15 PM-7:00 PM Sep 13-Oct 18
7203 Tue 6:15 PM-7:00 PM Sep 13-Oct 18
SESSION 2
6 wks.  R $45 | NR $59
7403 Tue 6:15 PM-7:00 PM Nov 1-Dec 13
7404 Tue 6:15 PM-7:00 PM Nov 1-Dec 13
7405 Tue 6:15 PM-7:00 PM Nov 1-Dec 13
7406 Tue 6:15 PM-7:00 PM Nov 1-Dec 13

Stroke Clinic
Ages: 6Y-17Y
This program is for children who may have been on a summer swim team or have completed Level 4 of the learn to swim program and are looking to join a swim team. In this class, we will take the 4 competitive strokes and work on technique and endurance. Instructor Tammy Cautela

SESSION 1
6 wks.  R $45 | NR $59
7210 Mon 4:30 PM-5:15 PM Sep 12-Oct 17
7211 Wed 4:30 PM-5:15 PM Sep 14-Oct 19
SESSION 2
6 wks.  R $45 | NR $59
7406 Mon 4:30 PM-5:15 PM Oct 31-Dec 12
7407 Mon 4:30 PM-5:15 PM Nov 2-Dec 14

Whale
Learn To Swim Level 6 - Swimming and Skill Proficiency

Ages: 6Y-14Y
Prerequisites- Learn To Swim Level 5 (Stroke Refinement) or demonstrate the following skills: Feet first entry in deep water and swim front crawl 50 yards, change position and direction and swim elementary backstroke 50 yards. Swim breaststroke 25 yards, change position and direction and swim back crawl 25 yards. Swim the butterfly and sidestroke for 25 yards. Use a flip turn to change direction at the wall. At the end of the session the instructor will determine the participant’s progression to the next level.

SESSION 1
6 wks.  R $45 | NR $59
7208 Wed 4:30 PM-5:15 PM Sep 14-Oct 19
7209 Wed 4:30 PM-5:15 PM Sep 14-Oct 19
SESSION 2
6 wks.  R $45 | NR $59
7449 Wed 4:30 PM-5:15 PM Nov 2-Dec 14
7450 Wed 4:30 PM-5:15 PM Nov 2-Dec 14

Teen / Adult
Ages: 13Y and up
This class is designed for older teens and adults from beginning to advanced levels. The instructor will develop a program for each participant based on their skills and needs.

SESSION 1
6 wks.  R $45 | NR $59
7212 Thu 7:15 PM-8:00 PM Sep 15-Oct 20
7213 Thu 7:15 PM-8:00 PM Sep 15-Oct 20
SESSION 2
6 wks.  R $45 | NR $59
7423 Thu 7:15 PM-8:00 PM Nov 3-Dec 15
7424 Thu 7:15 PM-8:00 PM Nov 3-Dec 15

No classes during the week of Thanksgiving

---

Click here to go to our registration site
Session 2

7224 Tue 9:00 AM-9:55 AM Sep 6-Oct 21

6 wks.  R $50 | NR $66

Water Aerobics: Multi Move

Ages: 16 and up

Want a water aerobic class that incorporates many different components? Then this class is for you! We begin by warming our muscles and then do some stretching to prepare us for the cardio portion of our workout. Exercises include skipping, jumping jacks, twist, frogs, and much more. After the cardio segment, we grab noodles or barbells and head to the deeper water for a toning segment. If you are not comfortable in the deep water, you may perform these movements at the shallow end of the pool. Finally, we end our class with ‘cool down’ movements which include stretching and strengthening exercises. Instructor: Paula Hamilton

SESSION 1

7279 Tue, Thu 1:00 PM-1:55 PM Sep 26-Oct 20

6 wks.  R $50 | NR $66

SESSION 2

7280 Wed, Fri 1:00 PM-1:55 PM Nov 10-Dec 14

6 wks.  R $50 | NR $66

Water Aerobics: Deep Water Step & Tone

Ages: 16 and up

This class offers a variety of strength & tone workouts in the deep water of the fitness pool for a total body workout. Participants do a complete workout for the purpose of flexibility, aerobic capacity & overall fitness. Float belts are available and participants MUST be comfortable in deep water.

SESSION 1

7286 Tue, Thu 2:00 PM-2:55 PM Sep 26-Oct 20

6 wks.  R $50 | NR $66

SESSION 2

7287 Wed, Fri 2:00 PM-2:55 PM Nov 10-Dec 14

6 wks.  R $50 | NR $66

Water Aerobics: Step into Aquatic Fitness

Ages: 16 and up

This program is designed for people who can’t stand still! Each class will vary by using different equipment and techniques to provide a full body workout. With the use of aquatic steps, core strengthening, cardio kickboxing, barbells, noodles and variety of other water exercises, the participants will increase muscular endurance while providing cardiovascular and flexibility. Instructor Shari Wheeler (11:15AM)

SESSION 1

7277 Mon, Wed, Fri 7:00 PM-7:55 PM Sep 26-Oct 20

6 wks.  R $50 | NR $66

SESSION 2

7278 Mon, Wed, Fri 7:00 PM-7:55 PM Nov 10-Dec 14

6 wks.  R $50 | NR $66

Water Aerobics: Yoga Fit

Ages: 16 and up

This class will be divided equally between an aerobic workout in the lap pool and yoga stretching and relaxation in the warmer water of the leisure pool. We will incorporate basic yoga poses adapted for the water to provide dynamic strengthening, stretching, balance and relaxation. What a great way to end the day and get a good night’s sleep. Instructor Karen Dawson

SESSION 1

7228 Tue 8:00 PM-8:55 PM Sep 13-Oct 18

6 wks.  R $50 | NR $66

SESSION 2

7448 Tue 8:00 PM-8:55 PM Nov 3-Dec 13

6 wks.  R $50 | NR $66

Water Aerobics: Instructor’s Choice

Ages: 16 and up

Instructor choice: meaning that there is not a particular format that the class will follow, participants will find out the format of the day. All classes will be in 2 lap lanes with a minimum of 3 and a max of 12 participants. Participation is registration based and is first come first serve.

Instructor TBA

September

7264 Tue 9:00 AM-9:55 AM Sep 6

6 wks.  R $26 | NR $34

7265 Wed 9:00 AM-9:55 AM Sep 7

6 wks.  R $50 | NR $66

7266 Wed 6:00 PM-6:55 PM Sep 7

6 wks.  R $66 | NR $82

7267 Thu 9:00 AM-9:55 AM Sep 8

6 wks.  R $50 | NR $66

7268 Thu 9:00 AM-9:55 AM Sep 8

6 wks.  R $50 | NR $66

7269 Fri 9:00 AM-9:55 AM Sep 9

6 wks.  R $50 | NR $66

7270 Sat 10:00 AM-10:55 AM Sep 10

6 wks.  R $50 | NR $66

October

7271 Mon 9:00 AM-9:55 AM Oct 4

6 wks.  R $50 | NR $66

7272 Mon 7:00 PM-7:55 PM Oct 4

6 wks.  R $50 | NR $66

7273 Tue 9:00 AM-9:55 AM Oct 5

6 wks.  R $50 | NR $66

7274 Wed 9:00 AM-9:55 AM Oct 6

6 wks.  R $50 | NR $66

7275 Wed 7:00 PM-7:55 PM Oct 6

6 wks.  R $50 | NR $66

7276 Thu 9:00 AM-9:55 AM Oct 7

6 wks.  R $50 | NR $66

7277 Thu 6:00 PM-6:55 PM Oct 7

6 wks.  R $50 | NR $66

7278 Fri 9:00 AM-9:55 AM Oct 8

6 wks.  R $50 | NR $66

7279 Sat 10:00 AM-10:55 AM Oct 9

6 wks.  R $50 | NR $66

November

7280 Sun 9:00 AM-9:55 AM Nov 6

6 wks.  R $50 | NR $66

7281 Mon 9:00 AM-9:55 AM Nov 7

6 wks.  R $50 | NR $66

7282 Mon 7:00 PM-7:55 PM Nov 7

6 wks.  R $50 | NR $66

7283 Tue 9:00 AM-9:55 AM Nov 8

6 wks.  R $50 | NR $66

7284 Tue 7:00 PM-7:55 PM Nov 8

6 wks.  R $50 | NR $66

7285 Thu 9:00 AM-9:55 AM Nov 10

6 wks.  R $50 | NR $66

7286 Thu 9:00 AM-9:55 AM Nov 10

6 wks.  R $50 | NR $66

7287 Fri 9:00 AM-9:55 AM Nov 11

6 wks.  R $50 | NR $66

No classes during the week of Thanksgiving
See Me Run
Ages: 18M-36M
Once children learn to walk, it’s hard to slow them down! Join your child in this busy parent/child class designed to encourage learning through play. We will also sing songs in circle time and do a craft. These activities, along with open play, will help to enhance listening, language and thinking skills, imagination, coordination, and more - all while having fun! This program is designed to offer one on one time with your toddler, so please, no older or younger siblings. No class Nov 24.
Instructor: Jennifer Button
7240 Thu 9:15 AM-10:15 AM Sep 15-Oct 20
6 wks. R $33 | NR $43

Art for You and Me
Ages: 18M-3Y
Come have lots of fun together with your special someone. We’ll create many masterpieces using fruits and vegetables, glue, clay and more. The possibilities are endless! Wear old clothes. Instructor: Michelle Brevick
7298 Tue 9:15 AM-10:15 AM Sep 13-Oct 18
6 wks. R $33 | NR $43

Just the Two of Us
Ages: 18M-3Y
What a great way to spend some one on one time with that special someone. Lots of messy paint fun we’ll have while creating a special hand print calendar for the new year as well as other holiday treasures. Dress for a mess! Instructor: Michelle Brevick No class Nov 22
7299 Tue 9:15 AM-10:15 AM Nov 1-Dec 13
6 wks. R $33 | NR $43

Tumbling for Two
Ages: 18M-3Y
Have fun with your little one in this child/parent tumbling class. We will stretch, tumble and play our way through this half hour of fun. We will help your toddlers develop their coordination and balance and also teach them safe tumbling skills. Tumbling for two means fun for your toddler and you.
7236 Tue 10:30 AM-11:00 AM Sep 13-Oct 18
7338 Tue 11:15 AM-11:45 AM Sep 13-Oct 18
7339 Tue 11:15 AM-11:45 AM Nov 1-Dec 13
7340 Tue 10:30 AM-11:00 AM Nov 1-Dec 13
6 wks. R $18 | NR $23

The Baby Wearing Workout
Ages: 6 weeks and up
Meet other parents, socialize your little one, and get a great workout in 30 minutes. During this class you will wear your baby. For help finding a baby carrier we recommend visiting: http://www.becomingmamas.com/babywearing/.
Dance, laugh, sweat, and bond here at the WCC!
7103 Wed 5:30 PM-6:00 PM Sep 14-Oct 19
7104 Wed 5:30 PM-6:00 PM Nov 2-Dec 7
6 wks. M $24 | R $30 | NR $39

Sports and Fitness for Toddlers
Powered by JumpBunch
Ages: 18M-3Y
Coaches lead lively, colorful, and age appropriate activities for toddlers and preschoolers that build motor skills, balance, coordination, muscles and team-work. Teaching will consist of constant praise and encouragement enabling the children to establish self confidence, healthy habits, eye/hand coordination, fine and gross motor skills and balance. Each lesson features a different activity covering sports, sports readiness skills, fitness activities and working together.
For more information about this popular program, go to JumpBunch.com. No class Nov 26 & Dec 3
7320 Sat 9:30 AM-10:00 AM Sep 17-Oct 22
7322 Sat 9:30 AM-10:00 AM Oct 29-Dec 17
6 wks. R $40 | NR $52

Parent Child
Hi, I’m Jen! I hold a Bachelor’s of Education, and I teach young children’s classes, parent/child classes, as well as pre-school here at the WCC. I enjoy teaching and working with all age groups. You’ll find me here working downstairs, upstairs, and all over the building! I am also one of the Building Supervisors on the weekends, so stop by and say “hi.”
When I’m not busy with work or my family, I’m up here exercising. Just like you, I’m trying to make myself stronger and healthier! I enjoy a good workout, and I am always looking for new and challenging workout routines. I believe in using exercise to take care of my own mental and physical self. I use it as a way to self-connect and reflect.
Come chat with me anytime. I enjoy learning from/about everyone who visits the WCC!
**PRESchool**

**Little Dunkers**
Ages: 4Y-7Y
This class will stress lead-up games and activities to teach the fundamental skills of basketball. These skills will be taught in a fun environment to give your child a positive first experience with basketball.

<table>
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</thead>
<tbody>
<tr>
<td>7318</td>
<td>Thu 10:30 AM-11:15 AM</td>
<td>Oct 6-Oct 20</td>
<td>6 wks.</td>
<td>R $15</td>
</tr>
</tbody>
</table>

**Mini Ninja Fitness**
With Parkour Horizons
Ages: 3Y-5Y
These classes are held at Parkour Horizons located at 7020 Hustley Road. This is a fun interactive class where young kids can learn how to move in safe ways and where they can develop important strength, coordination, and balance skills. This class is designed around children's natural play behavior and desire to explore. For more information please contact Joe at 614.547.7425.

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<tr>
<td>7094</td>
<td>2:00 PM-3:00 PM</td>
<td>Oct 6-Oct 20</td>
<td>6 wks.</td>
<td>R $43</td>
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</tbody>
</table>

**Worthington T-Birds T-Ball**
Powered by Jump Start Sports
Ages: 3Y-4Y • McCord Park
A fun and highly instructional introduction to baseball for 3-4 year old boys and girls. Players learn the basics of throwing, catching, fielding, batting, and base running. They 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. Fee includes team shirts, MLB replica hat, and participation medals.

Register at www.jumpsports.com

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<tr>
<td>7326</td>
<td>Sat 10:00 AM-10:45 AM</td>
<td>Sep 17-Oct 22</td>
<td>6 wks.</td>
<td>R $40</td>
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</table>

**Dash & Splash**
Ages: 4Y-7Y
Dash and splash your way through Thursday afternoons. Each week we will complete different activities including dashing to the gym, completing art projects, and other themed activities! We will also splash around in the pool, playing fun water games. Each class will be a new activity for you and your friends. A tentative schedule will be mailed out to all participants.

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<tr>
<td>7242</td>
<td>Thu 1:00 PM-3:00 PM</td>
<td>Sep 15-Oct 20</td>
<td>6 wks.</td>
<td>R $48</td>
</tr>
<tr>
<td>7243</td>
<td>Thu 1:00 PM-3:00 PM</td>
<td>Nov 3-Dec 15</td>
<td>6 wks.</td>
<td>R $48</td>
</tr>
</tbody>
</table>

**Dash & Splash Lunch Bunch**
Ages: 4Y-7Y
Have lunch with your friends each Thursday prior to Dash & Splash. Pack your lunch and enjoy dining with your friends. If your child is in the Kid Stuff program, we will transport them to the lunch bunch and eat prior to dash and splash.

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<tr>
<td>7244</td>
<td>Thu 12:30 PM-1:00 PM</td>
<td>Sep 15-Oct 20</td>
<td>6 wks.</td>
<td>R $12</td>
</tr>
<tr>
<td>7246</td>
<td>Thu 12:30 PM-1:00 PM</td>
<td>Nov 3-Dec 15</td>
<td>6 wks.</td>
<td>R $12</td>
</tr>
</tbody>
</table>

**Gym & Swim**
Ages: 4Y-7Y
Have fun on Fridays at the Community Center! We will spend an hour in the gym playing with our preschool toys and bikes followed by active games! The final hour will be spent in the pool trying out all of its fun features. Please have your child wear a bathing suit under their clothes and bring a towel.

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<tr>
<td>7229</td>
<td>Fri 1:00 PM-3:00 PM</td>
<td>Sep 16-Oct 21</td>
<td>5 wks.</td>
<td>R $40</td>
</tr>
<tr>
<td>7314</td>
<td>Fri 1:00 PM-3:00 PM</td>
<td>Nov 4-Dec 16</td>
<td>6 wks.</td>
<td>R $48</td>
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**Little Dunkers**
Ages: 4Y-7Y
This class is designed around children's natural play behavior and desire to explore. For more information please contact Joe at 614.547.7425.

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<tr>
<td>7230</td>
<td>Fri 12:30 PM-1:00 PM</td>
<td>Sep 16-Oct 21</td>
<td>5 wks.</td>
<td>R $10</td>
</tr>
<tr>
<td>7315</td>
<td>Fri 12:30 PM-1:00 PM</td>
<td>Nov 4-Dec 16</td>
<td>6 wks.</td>
<td>R $12</td>
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**Sports and Fitness for Preschoolers**
*Powered by JumpBunch*
Ages: 3Y-5Y
Coaches lead lively, colorful, and age appropriate activities for toddlers and preschoolers that build motor skills, balance, coordination, muscles and team-work. Teaching will consist of constant praise and encouragement enabling the children to establish self-confidence, healthy habits, eye-hand coordination, fine and gross motor skills and balance. Each lesson features a different activity covering sports, sports readiness skills, fitness activities and working together. For more information about this popular program, go to JumpBunch.com. No class Nov 26 & Dec 3

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<td>7326</td>
<td>Sat 10:00 AM-10:45 AM</td>
<td>Oct 29-Dec 17</td>
<td>6 wks.</td>
<td>R $40</td>
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**Tumbling Tykes**
Ages: 3Y-6Y
Tumble over to the Community Center to learn the basics of gymnastics in a fun, non-competitive atmosphere. Preschoolers will learn movements and skills that increase flexibility, coordination, strength and balance through instruction and game play. Your child will not only learn new skills, but will gain self-confidence and body control. Tumble in for lots of fun!

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<tr>
<td>7325</td>
<td>Tue 9:30 AM-10:15 AM</td>
<td>Sep 13-Oct 18</td>
<td>6 wks.</td>
<td>R $30</td>
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**Dash & Splash**
Ages: 4Y-7Y
Dash and splash your way through Thursday afternoons. Each week we will complete different activities including dashing to the gym, completing art projects, and other themed activities! We will also splash around in the pool, playing fun water games. Each class will be a new activity for you and your friends. A tentative schedule will be mailed out to all participants.

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<td>7243</td>
<td>Thu 1:00 PM-3:00 PM</td>
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<td>R $48</td>
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**Dash & Splash Lunch Bunch**
Ages: 4Y-7Y
Have lunch with your friends each Thursday prior to Dash & Splash. Pack your lunch and enjoy dining with your friends. If your child is in the Kid Stuff program, we will transport them to the lunch bunch and eat prior to dash and splash.

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<td>Sep 15-Oct 20</td>
<td>6 wks.</td>
<td>R $12</td>
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<tr>
<td>7246</td>
<td>Thu 12:30 PM-1:00 PM</td>
<td>Nov 3-Dec 15</td>
<td>6 wks.</td>
<td>R $12</td>
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**Gym & Swim**
Ages: 4Y-7Y
Pack your lunch and enjoy dining with your friends prior to Gym and Swim. If your child is in the Kid Stuff program, we will transport them to the lunch bunch and eat prior to class.

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<tr>
<td>7230</td>
<td>Fri 12:30 PM-1:00 PM</td>
<td>Sep 16-Oct 21</td>
<td>5 wks.</td>
<td>R $10</td>
</tr>
<tr>
<td>7315</td>
<td>Fri 12:30 PM-1:00 PM</td>
<td>Nov 4-Dec 16</td>
<td>6 wks.</td>
<td>R $12</td>
</tr>
</tbody>
</table>

**Sports for Shorties**
Ages: 4Y-7Y
This class is great for the younger who wants to learn a little bit about a lot of different sports. Besides learning the basics of soccer, basketball and T-ball, we may also learn about sports like hockey, track & field and football.

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<tr>
<td>7234</td>
<td>Tue 1:00 PM-2:00 PM</td>
<td>Sep 13-Oct 18</td>
<td>6 wks.</td>
<td>R $33</td>
</tr>
</tbody>
</table>

**Tiny Tot Soccer**
Ages: 4Y-7Y
This class will focus on teaching your child the basics of soccer. We’ll cover passing, dribbling, shooting goals and goal tending. We will also scrimmage and participate in fun drills.

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<tbody>
<tr>
<td>7316</td>
<td>Tue 10:30 AM-11:15 AM</td>
<td>Sep 15-Sep 29</td>
<td>3 wks.</td>
<td>R $15</td>
</tr>
</tbody>
</table>

**Tiny Tot Tennis & Volleyball**
Ages: 4Y-7Y
This combination class is designed to teach your child the basics of tennis and volleyball. Each week we will learn fundamentals of each sport through drills and fun games. Tennis rackets are provided.

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<tr>
<td>7332</td>
<td>Tue 10:30 AM-11:15 AM</td>
<td>Oct 1-Dec 15</td>
<td>3 wks.</td>
<td>R $15</td>
</tr>
</tbody>
</table>
Tiny Dancers
Ages: 2Y-3Y
This class is designed to introduce your son or daughter to the wonderful world of ballet and movement using a variety of classical and contemporary music. With the focus on fun, we will use ribbons, wands and hula hoops to discover the different ways music makes us feel and move. Since this is not a parent/child class, please make sure your child is comfortable being dropped off while you relax or view the class through the window. Comfortable clothes and smooth soled shoes will allow for ease of movement. Instructor: Megan Geller
7114 Wed 9:45 AM-10:15 AM Sep 14-Oct 19
7115 Wed 9:45 AM-10:15 AM Sep 14-Oct 19
7116 Wed 9:30 AM-10:00 AM Sep 14-Oct 19
7117 Wed 9:30 AM-10:00 AM Sep 14-Oct 19
6 wks. $27 | NR $35

Tiny Tapping Toes
Ages: 3Y-4Y
Does your child like to "tap" around the house or enjoy tapping their feet to the beat of music? This is the class for them! We will move our bodies to the beat of a variety of styles of music and learn the very basics of tap dancing. Since this is not a parent/child class, please make sure your child is comfortable being dropped off while you relax or view the class through the window. Comfortable clothes and children's tap shoes are required attire. Instructor: Megan Geller
7116 Wed 10:30 AM-11:00 AM Sep 14-Oct 19
7117 Wed 10:30 AM-11:00 AM Sep 14-Oct 19
7118 Wed 9:30 AM-10:00 AM Sep 14-Oct 19
7119 Wed 9:30 AM-10:00 AM Sep 14-Oct 19
6 wks. $27 | NR $35

Superhero Spectacular
Ages: 3Y-7Y
It's a bird, it's a plane, it's...you! Each week we will have games and crafts focused on a superhero. Join us as we transform into superman, batman, spiderman and many more. Fly over and enjoy the fun.
7323 Wed 10:30 AM-12:30 PM Nov 3-Dec 14
6 wks. $42 | NR $55

Things That Go
Ages: 3Y-7Y
Wheel over to the community center and let your imagination run wild. In this program we will play a variety of games in which we transform into planes, trains and animals. We will also ride on our preschool bikes and scooters and complete obstacle courses.
7346 Mon 10:30 AM-11:15 AM Sep 12-Oct 17
6 wks. $30 | NR $39

Wacky Wednesday
Ages: 3Y-7Y
Wednesdays are wacky at the Community Center! We will play gym games, complete art projects, become scientists and go on a treasure hunt. Every Wednesday will be new and exciting! A schedule will be mailed out a week before class begins.
7329 Wed 10:30 AM-12:00 PM Sep 14-Oct 19
6 wks. $42 | NR $55

Kidstuff Preschool
Kidstuff Superstars Program
Ages: 4Y-5Y • Meeting Rooms
The Superstars program offers the same variety of activities offered in our Kidstuff program. In addition, we will introduce the basic fundamentals needed to help make their transitions to kindergarten a little easier. Some of these skills include letter, number and name recognition, writing of names, counting, listening skills and social encouragement. Children need to be 4 on or before September 30, 2016. A monthly payment plan is available.
Instructors: Nancy Haynes, Peggy Dignan, Jennifer Button
AFTERNOON SESSION
5104 Mon, Wed, Thu 1:15 PM-3:45 PM Sep 8-May 18
37 wks. $974 | NR $1056
8 payments R $99 | NR $107

Youngsters
Ages: 3Y • South Gym
Is your child ready for preschool but not quite old enough? In this program children will participate in art, music, large muscle activities and group play. For many, this will be the first class experience on their own. Our goals will be to introduce independence, sharing, social interaction and most important...fun! This program runs 29 weeks through the school year beginning September 20th through December 9th, 2016 and will resume January 3rd through May 12th, 2017. Children must be turning 3 by December 31, 2016 to enroll in this program. A two payment plan is available for this program.
Instructors: Judy Hunter, Tonya Malech
$105 Tue, Thu 9:00 AM-11:15 AM Sep 20-May 17
34 wks. $310 | NR $360
2 payments R $155 | NR $180

Click here to go to our registration site
Become Extinct
Ages: 3y-6y
Wanted: Future paleontologists and archaeologists needed to go fossil hunting in search of dinosaur bones. We will make dinosaur wind chimes, clay dinosaurs, volcanoes and more. We'll also enjoy dinosaur stories. Instructor: Michelle Brevick.

Cookie Crumbs & Muffins
Ages: 4y-6y
Do you love cookies, how about muffins? Your help is needed to stir, bake and taste-test our yummy creations. Of our creations will include apples, pumpkin and chocolate. We will read stories, play games and clean up the bakery while our creations are baking and cooling. Head Baker: Michelle Brevick.

Fall Clay Creations
Ages: 3y-6y
Cats, bats and pumpkins oh my! There will be lots of exciting clay creations to make. With just a pinch a roll and a twist we'll make ghosts, witches and wind chimes. Instructor: Michelle Brevick.

Fall Wonders
Ages: 3y-6y
Treasure the splendors of fall. There will be beautiful apple pictures to paint, hoot owl cookies to make and even clay pumpkins to create. These are just a few wonders we will enjoy. Instructor: Michelle Brevick.

Oodles of Art Fun
Ages: 3y-6y
Come and enjoy oodles of more art fun! Paint with your hands and feet to make a special painting. Sponge paint a flower pot to make a Thanksgiving friend. Make some special surprises to share with your loved ones. We will even make an edible creation and read a tale or two. Instructor: Michelle Brevick.

Candy Canes & Chocolate Kisses
Ages: 4y-6y
YUM! Just in time for the holidays. Join us in the bakery (kitchen) where we will mix, measure and especially taste-test our holiday creations. Some of our specialties will be peppermint bark and candy cane cookies. We will play games and clean up the kitchen while our treats are cooking. Instructor: Michelle Brevick No class Nov 21.

Holiday Clay Creations
Ages: 3y-6y
Let’s start the creative season making some turkey’s, angels and festive trees. With a ball of clay and a twist of imagination, you will create pinch pots, gerlands and more. Instructor: Michelle Brevick. No class Nov 21 & 23.

If You Give...
Ages: 3y-6y
...a mouse a cookie what will happen? Well, we better stir up a batch of chocolate chip cookies just in case. Create a special family picture to share with your loved ones. With mouse, we will make muffins and puppets, of course. With pig, there will be yummy pancakes and fun things to build. When mouse visits again we will make special holiday decorations, for you and your family. Instructor: Michelle Brevick. No class Nov 24.

Zoo-polis
Lions and tigers and bears, oh my! In our zoo there is an escaping elephant, a painting gorilla and silly penguins playing follow the leader. Find out why all the animals are sleeping when you go see them. Lots of fun to be found in zany zoo-polis! Instructor: Michelle Brevick. No class Nov 23.

Snackin’ with Santa
Ages: 1y and up
To begin our special time, we will make a wonderful holiday craft. As you finish your craft, you may enjoy a delicious snack. Next, the sound of Christmas carols will fill the room in hopes of bringing in Old St. Nick. Once Santa arrives, he will want to spend time with each one of you. Make sure to bring a camera to capture this special moment. We will also decorate cookies while you’re waiting. No one should miss out on this event.

Instructor spotlight

MICHELLE BREvICK
Hello! I hold a degree in Commercial Art and Design from the University of Toledo, and started teaching preschool art classes at the Community Center in 1995. I love children and art, so to be able to do both is a great joy for me.
Christmas at the Galt House
December 1 – 3, 2016
Christmas at the Galt House features KaLightoscope Christmas, with its colorful handcrafted themed luminaries and is considered one of the Top 100 “must-see” attractions in the US!

Trip Highlights:
• Roundtrip Deluxe Motorcoach Transportation
• 2 nights in Deluxe Rooms at the Galt House Hotel
• 2 shows: Pam Tillis Luncheon Show and Derby Dinner Playhouse “White Winter” with Dinner
• 3 admisions: KaLightoscope Christmas, Kentucky Show and Lights Under Louisville

The Western Caribbean
February 24 – March 4, 2017

Trip Highlights:
• Roundtrip airfare to Fort Lauderdale, Florida
• Seven-night cruise aboard the deluxe Holland America “Eurodam”
• All meals and entertainment included while aboard
• Stops at Half Moon Cay, George Town (Grand Cayman), Cozumel and Key West

Contact 614-842-6320 for information about trips or any other Griswold Programming

4 Corners National Parks
May 4-11, 2017
Arizona, Utah, Colorado & New Mexico
8 Days / 7 Nights

Trip Highlights:
• Roundtrip airfare to Albuquerque New Mexico
• Jeep Tour with Navajo guide of Canyon de Chelly
• Evening Cruise on the Colorado River through Canyonlands
• Arches National Park
• Mesa Verde National Park
• Durango Silverton Train Excursion
• Santa Fe

Christmas Market Cruise on the Danube River - Germany & Austria
December 5 -12, 2017

Trip Highlights:
• Roundtrip airfare to Germany, return from Austria
• Six-night riverboat cruise on the MV Emerald Dawn
• Escorted shore excursions in Nuremberg, Regensburg, Passau and Vienna

Click here to go to our registration site
It’s getting frosty at the Community Center! Join us for our free 2016 Snow Ball Holiday Party. We will have a family holiday dance with a DJ, arts and crafts, a photo booth, ice carving and pictures with Santa Claus.

*please bring your own camera

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**SANTA’S MAILBOX**

**November 21–December 18**

Santa will once again be stopping in Worthington to pick up his mail. The mailbox will be located at the North entrance of the Griswold Center, 777 High Street. Be sure to print your return address so Santa can write back to you! It’s free!

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**Tree Illumination & Holiday Open House**

**Sunday, November 27**

**HOLIDAY OPEN HOUSE: 12:00PM–5:00PM**

Downtown Worthington

Historic Old Worthington will host its annual Holiday Open House on Sunday, November 29th. Bring the family to enjoy the sights and sounds of the holiday season, including horse-drawn carriage rides, live music and a visit from Santa. Local retailers will be offering special promotions. And, plan to stay into the evening for the annual Christmas tree lighting on Worthington’s Village Green.

**TREE ILLUMINATION: 5:30PM**

Southeast Village Green

Join us on the Southeast Village Green for the annual tree illumination. The program begins at 5:30 with carols and an appearance by Santa Clause to light the tree. *Some activities are weather permitting*
Has your child outgrown his or her Halloween costume but it still looks like new? The Worthington Community Center is accepting clean, gently used Halloween costumes starting September 6 for its “Respook, Rewear, Rescare: Halloween Costume Swap.”

Participants are invited to drop off costumes at the Worthington Community Center during normal business hours. Donors will receive one ticket for each costume donated, to use to select a new costume on the day of the swap. Costumes are not available for purchase, only to swap.

The Worthington Community Center will also accept costumes from those individuals who want to donate to the event but not receive a costume in exchange. Any costumes left over after the swap will be donated or retained for next year’s swap. In addition to picking out a new costume, children can also participate in fun activities, like getting their picture taken with their favorite Princess or Superhero and enjoying a healthy treat. The costume exchange will take place Saturday, October 1 from 9:00am-11:00pm at the Worthington Community Center.

Local businesses and organizations are also being invited to set up a table or booth at the event. For more information, email Julie Sergent at jsargent@ci.worthington.oh.us.

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**Drama**

**The BFG**
The World's greatest storyteller Roald Dahl's beloved classic "The BFG". The imaginative story of a young girl and the Giant who introduces her to the wonders and perils of Giant Country. The BFG (while a giant himself, is a Big Friendly Giant and nothing like the other inhabitants of Giant Country. Giants like Bloodbottler and Fleshlumpeater on the other hand, are twice as big and at least twice as scary and have been known to eat humans, while the BFG prefers Snozzcumber and Frobscottle. The BFG brings Sophie to Dream Country where he collects dreams. Sophie and the BFG depart for London to see Queen Victoria and warn her of the precarious giant situation. Together, they come up with a plan to get rid of the giants once and for all. Instructor; Candace Mazur-Darman  
**Ages:** 6y-9y  
**7269 Thursday 6:00 PM-7:00 PM Sep 15-Oct 27**  
7 wks. R $65 | NR $85  
**Ages:** 10Y-14Y  
**7110 Thursday 7:00 PM-8:15 PM Sep 15-Oct 27**  
7 wks. R $70 | NR $90

**Elves and the Shoemaker**
There was once a shoemaker, who worked very hard and was very honest: but still he could not earn enough to live upon; and at last all he had in the world was gone, save just leather enough to make one pair of shoes. Enter Elvess...  
**Ages:** 5y-8y  
**7271 Thursday 6:00 PM-7:00 PM Sep 15-Oct 27**  
6 wks. R $56 | NR $73

**Scrooge, The Old Skinfling**
The cold hearted miser that hates Christmas...bah Humbug!  
**Ages:** 6y-9y  
**7300 Thursday 6:00 PM-7:00 PM Nov 3-Dec 15**  
5 wks. R $28 | NR $36 no class Oct. 14

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**Clay**

**Spectacular Fall Clay**
Grades I-6  
Create some spectacular fall decorations out of clay. Our projects will be from leaf prints to Halloween inspired.  
**Instructor:** Michelle Brevick  
**7294 Monday 4:00 PM-5:15 PM Sep 12-Oct 17**  
6 wks. R $45 | NR $59

**Simply Festive Clay**
Grades I-6  
Create delightful gifts for the holidays. Make turkeys, napkin rings, angels, candle holders and other gifts that will be treasured.  
**Instructor:** Michelle Brevick. No class Nov 21  
**7297 Monday 4:00 PM-5:15 PM Oct 31-Dec 12**  
6 wks. R $45 | NR $59

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**Kids Home Alone**
**Ages:** 9Y-13  
Are you ready to educate your child about the responsibilities of being home alone? Our goal is to assist every student to feel more comfortable while home alone. This interactive course teaches topics such as First Aid, Self Heimlich maneuver, reasons to call 911, fire escape plans, microwave safety and how to problem solve out of the ordinary situations. A parent guide is included in the student manual which provides helpful discussion points between parent and child. Parents do not need to attend the class. Offered by Enriching Kids  
**7462 Saturday 10:00 AM-12:00 PM Dec 3-Dec 10**  
2 days R $60 | NR $88

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**Supervised Elementary Open Gym**
Grades: K-6  
During this supervised gym participants will have time for individual and group activities. Come work on your sport skills, play on scooters, shoot basketballs and burn off energy with friends. Recreation staff will supervise the participants during this open gym time. Participants not registered may pay a $4.00 daily fee.  
**7333 Tuesday 3:30 PM-5:30 PM Nov 1-Dec 13**  
6 wks. R $12 | NR $16

**Supervised Elementary Swim**
Grades: K-6  
During this program participants will have an hour and a half to enjoy our leisure pool and interact with friends under the supervision of Community Center staff. You may pack a snack to eat in the Fishbowl during rest period. All participants will be required to check out with a parent at the 5:00 rest break.  
**7313 Tuesday 3:30 PM-5:00 PM Nov 4-Dec 18**  
6 wks. R $33 | NR $43

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**Winter Break Day Camp**
Grades: K-6  
Spend a day of winter break with your friends at the community center. We will be playing gym games, completing a winter themed craft and swimming in the leisure pool. Please make sure your child brings a packed lunch, snack, water bottle, swimsuit and towel.  
**7352 Monday 9:00 AM-4:00 PM Dec 19**  
R $30 | NR $39

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**American Red Cross Babysitting Clinic**
**Ages:** 11 and up  
In this class, boys and girls learn to handle many problems encountered while babysitting. We will cover such topics as infant and toddler care, safety, emergency situations, both disciplining and entertaining children, basic first aid, age-appropriate toys and games, your responsibilities as a sitter and more. Topics will be covered in the form of movies, discussions, demonstrations, work sheets and practice. Participants must be 11 years old by the day of class. *Participants are encouraged to bring a lunch and drink to class.  
**7336 Saturday 8:30 AM-3:30 PM Oct 1**  
R $45 | NR $59

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Click here to go to our registration site
Junior Badminton League
Ages: 7Y-16Y
Smash it! Come and experience the speed! Badminton is a full-body workout sport that builds quick reflexes, aerobic endurance, and rapid hand-eye coordination. Basic knowledge of badminton rules is required. Badminton Clinic is also available for beginners. Player evaluations and division assignments will take place on the first day of the league. For more information you can email Derek Lee at clskdlee01@hotmail.com.

7454 Sat 2:15 PM-3:30 PM Sep 24-Dec 17 6 wks. R $68 | NR $88

Badminton Clinic
Ages: 7Y and up
Come and experience the world’s fastest racket sport. Badminton is no longer just a backyard game. It has been recognized as a full medal sport by The IOC (International Olympic Committee) since 1992. Badminton is a full-body workout sport that builds quick reflexes, aerobic endurance, and rapid hand-eye coordination. The class covers the basic strategies for doubles and single players, proper hand grips, service, basic footwork, and how to execute various net shots such as clears, drives, smashes, and drops. It is a fun sport for all ages. A $12 material fee will be due to instructor at the first class.

7455 Sat 1:00 PM-2:00 PM Sep 24-Nov 5 6 wks. R $46 | NR $59

Junior Hoops
Grades: 1-4
This class will consist of teaching basketball skills through drills and games. These skills will be taught in a fun environment to give your child a positive experience. We will use adjustable backboards to meet your child’s comfort level.

7319 Thu 4:00 PM-5:00 PM Nov 3-Dec 15 6 wks. R $38 | NR $43

Flag Football
Grades: 1-4
Fall is for football and this class is designed to help teach the fundamentals of the game. We will learn different pass routes, kick field goals, learn plays and scrimmage. This class is held at the McCord Park soccer field. We will meet in the North Gym if it is raining.

7312 Mon 4:00 PM-5:00 PM Sep 12-Oct 17 6 wks. R $33 | NR $43

Junior Tennis
This class is designed to teach the basics of tennis and eye-hand coordination. This will be done in a fun fashion with stretching and warm-up exercises followed by drills and games. The basics include forehand, backhand, forehand and backhand volley, and the serve.

Grades: K-3
7196 Wed 4:00 PM-5:00 PM Sep 14-Oct 19 6 wks. R $33 | NR $43
7198 Wed 4:00 PM-5:00 PM Nov 2-Dec 14 6 wks. R $33 | NR $43
7197 Wed 4:00 PM-5:00 PM Nov 2-Dec 14 6 wks. R $33 | NR $43

NERF® Dart Games
Grades: 3-6
Get out of the house and bring your NERF® dart shooter to the community center for a showdown with your friends. We will engage in a variety of activities including shooting at targets and breaking into teams for an all out showdown. We will set up barriers in the gym and build forts. Participants must bring their own NERF® dart shooter and darts. Please make sure all your equipment is labeled.

7334 Fri 4:00 PM-5:30 PM Oct 21
7335 Fri 4:00 PM-5:30 PM Dec 16
R $10 | NR $13

Tumbling Time
Grades: K-6
Learn basics of gymnastics and tumbling in a fun, noncompetitive atmosphere. Tumbling will not only increase flexibility, coordination, strength and balance, but will improve self-confidence and body control. Because the ‘progressive step’ method of teaching is used, this class is great for the first time gymnast, or for someone who wants to improve their basic skills. Tumble over to the Community Center for a fun time.

7241 Mon 4:00 PM-5:00 PM Sep 12-Oct 17 6 wks. R $33 | NR $43

Volleyball: Beginner
Grades: 1-4
Learn about volleyball and have a lot of fun in this beginner volleyball class. Volleyball is a fast paced sport that all ages can enjoy! We will learn how to bump, set, serve, and play a variety of games. We will use two courts divided by age and skill. Come over to the Community Center and learn a new sport!

7317 Thu 4:00 PM-5:00 PM Sep 15-Oct 20 6 wks. R $33 | NR $43

LEGO® Maniacs
Grades: 1-3
If you like building with and using your imagination, then join us and dig into our big boxes of LEGO® bricks and build, build, build. Each week, builders will be given a theme at the beginning of class, and then build a LEGO® creation of their own design.

7340 Mon 4:00 PM-5:00 PM Nov 7-Dec 12 6 wks. R $33 | NR $43

Solmovitz Elite Taekwondo
Ages: 5Y and up
Taekwondo is a Korean form of Karate that utilizes punches, jabs, chops, blocking, and powerful leaping kicks. Master Jordan will teach students how to unlock their inner awesome! For registration and payment, please contact Jordan Solmovitz at 614.507.1157.

Grades: 5-6
7100 Wed 6:00 PM-8:00 PM Sep 7-Dec 14
7101 Sat 8:00 AM-10:00 AM Sep 10-Dec 12
15 wks. Contact instructor for pricing

Youth Warrior Fitness
With Parkour Horizons
Ages: 6Y-12Y
These classes are held at Parkour Horizons located at 7020 Huntley Road. For ages 6-12, this class focuses on teaching the fundamentals of parkour. In this class, we will cover a variety of movements and parkour techniques to improve strength, coordination, and athletic ability. For more information please contact Joe at 614.547.7425.

Grades: 6-8
7096 Mon 6:30 PM-8:30 PM Sep 12-Oct 17
7097 Mon 6:30 PM-8:30 PM Oct 24-Nov 28
6 wks. R $43 | NR $56

Youth Warrior Fitness
With Parkour Horizons
Ages: 6Y-12Y
These classes are held at Parkour Horizons located at 7020 Huntley Road. For ages 6-12, this class focuses on teaching the fundamentals of parkour. In this class, we will cover a variety of movements and parkour techniques to improve strength, coordination, and athletic ability. For more information please contact Joe at 614.547.7425.

Grades: 6-8
7096 Mon 6:30 PM-8:30 PM Sep 12-Oct 17
7097 Mon 6:30 PM-8:30 PM Oct 24-Nov 28
6 wks. R $43 | NR $56

Youth Warrior Fitness
With Parkour Horizons
Ages: 6Y-12Y
These classes are held at Parkour Horizons located at 7020 Huntley Road. For ages 6-12, this class focuses on teaching the fundamentals of parkour. In this class, we will cover a variety of movements and parkour techniques to improve strength, coordination, and athletic ability. For more information please contact Joe at 614.547.7425.
**Teen Warrior Fitness**

**With Parkour Horizons**

**Ages: 13-17**

These classes are held at Parkour Horizons located at 7020 Huntley Road. For ages 13-16, this class focuses on teaching the fundamentals of parkour. In this class, we will cover a variety of movements and parkour techniques to improve strength, coordination, and athletic ability. For more information please contact Joe at 614.547.7425.

**Teens on Weights**

**Ages: 13-14**

This session-based class will allow your teen to begin a proper exercise routine. Each week we will focus on a different weight lifting techniques with emphasis on proper form. After completion of this course, your teen will have a weight training program and will be able to use the weight on the fitness floor without supervision.

**Saturday Adventures**

**Ages: 13 and up**

Teens and Adults ages 13 years old and up will enjoy fun outings designed for individuals who need some level of support. These events offer the opportunity for social experiences in the community. Activities mostly will be held Saturdays day/evening. Participants who require special health care or those who need one-on-one assistance will be required to provide their own attendant and pay all activity fees for the attendant. Transportation for the activities is provided by a lift bus to accommodate 2 wheelchairs. There is a separate program number if you will be participating in a wheelchair. The program fee covers the cost of transportation and supervision. All activity fees are paid directly to the staff the night of the activity. A flyer with complete details of each event will be sent home prior to each activity. Tentative dates for this session are Friday, Sept 16, Saturdays, Oct 8 & 22, Nov 12, Dec 3 & 10. Times may vary. Instructors: Tammy Cautela & Sue Hofmannbeck

**CPR Training Healthcare Provider**

**Ages: 14 and up**

The Worthington Fire Department is offering CPR Training classes through the American Heart Association. This is a certified course for the layperson covering one-person CPR for infant, child and adults, choking emergencies and the use of the Automated External Defibrillator (AED). Course manuals are not included in the fee, you will need to order your textbooks for class. Call Nancy at 614.885.7640 for ordering options. Classes are held at the Worthington Fire Department.

**CPR Training Heartsaver AED**

**Ages: 14 and up**

The Worthington Fire Department is offering CPR Training classes through the American Heart Association. This is a certified course for the Healthcare Provider covering one and two-person CPR for infant, child and adults, choking emergencies and the use of barrier devices and the Automated External Defibrillator (AED). Course manuals are not included in the fee and must be purchased before the class. Call Nancy at 614.885.7640 for ordering options. Classes are held at the Worthington Fire Department.

**Men’s Open Basketball**

**Ages: 18 and up**

The open basketball program is an opportunity for individuals to play organized pick-up games. We will play full court or 4 on 4 on the side courts depending on the amount of participants. Walk-in participants will only be accepted if space is available at a cost of $6.

**Volleyball: Open Adult**

**Ages: 18 and up**

This recreational volleyball program is designed for those individuals interested in fun, fitness oriented, noncompetitive play. If space is available, walk-ins will be accepted. Walk-in fee is $5.

**Spanish 1**

**Ages: 16y and up**

Spanish I is an introduction to the Spanish language. You will have a Spanish name and learn basic vocabulary, numbers, colors, days of the week etc. Come learn Spanish and have fun with different activities. Buy one time work book for $15.00 that can be used for Spanish I, II & III. Hasta La Vista! Instructor: Soledad Rojas-Kooi

**Spanish 2**

**Ages: 16y and up**

Spanish II is a continuation of Spanish I. We will use the vocabulary we know, new vocabulary and verbs. Games and fun will be our motto. Continuing students may use the same book. New students can purchase a book from the instructor for $15.00. Instructor: Soledad Rojas-Kooi

**Hipp HopDJ Dance Party**

**Ages: 18Y-30Y**

Dance the night away with a live DJ and learn a new hip hop dance routine. Continue dancing while socializing and enjoying mocktails and hors d’oeuvres.

Register early! Click here to go to our registration site...
Instructor spotlight

LYNN WHEELER

I have a degree in art with a concentration in pottery, and have been making and selling wheel-thrown functional pots for almost 40 years. My current full-time profession is graphic design, and, as my students concur, making pottery is a stimulating as well as relaxing and therapeutic treat at the end of the day or workweek.

Any student working in clay has an opportunity to develop and grow their personal style, art and craftsmanship indefinitely, and can benefit by the concentrated instruction offered in these classes. As their skills progress, students often find themselves with involuntary smiles, and I am delighted when I can be a part of that process.

A Set of Sundays

Ages: 16Y and up
Mark your calendar to unwind and let your creativity flow by working with clay in our cheerful, naturally lit pottery studio. You can start, practice, or finish up those pottery projects (wheel-thrown or hand built) calling for your attention in these relaxed and unstructured Sunday afternoons. To accommodate your busy schedule, classes are EVERY OTHER Sunday and include the option of mini-workshops and demonstrations on specific wheel-throwing, trimming and glazing topics chosen by those registered for the class. Class meets Sept 11 & 25, Oct 9 & 23, Nov 6 & 20. Basic Wheel-Throwing is the pre-requisite. Instructor: Lynn Wheeler

7255 Sun 1:00 PM-4:00 PM Sep 11-Nov 20
6 wks. R $117 | NR $142

Centered in Clay Saturday

Ages: 16Y and up
The instructional focus will be your personal progress and individual goals for throwing on the potter’s wheel, trimming and glazing, with tips, info, and demonstrations designed to help you build your skills. Classes will also include optional demonstrations on specific wheel-throwing topics chosen by those registered for the class. Basic Wheel-Throwing is the prerequisite. Classes meet Sept 10 & 17, Oct 1,8,22 & 29, Nov 6 & 20. basic Wheel-Throwing is the pre-requisite. Instructor Lynn Wheeler.

7256 Sat 10:30 AM-1:30 PM Sep 11-Nov 20
6 wks. R $117 | NR $142

Whimsical Clay Creations

Ages: 16Y and up
Come join our light hearted class where we use our imaginations to create whimsical clay creations using hand building and sculpting techniques. No class Nov 24
Instructor: Michele Brevick

7248 Wed 6:00 PM-9:00 PM Sep 14-Oct 19
7249 Wed 6:00 PM-9:00 PM Oct 26-Dec 14
6 wks. R $117 | NR $142

End of Day Clay

Ages: 16Y and up
Your opportunity to work in clay all day, or all weekend! This is also our holiday potluck, so bring a dish to share. Sign-up for any combination, or all of the 4 sessions. Basic Wheel-Throwing is the pre-requisite. Instructor Lynn Wheeler

7259 Sat 10:30 AM-1:30 PM Dec 10
7260 Sat 2:00 PM-5:00 PM Dec 10
7261 Sun 10:30 AM-1:30 PM Dec 11
7262 Sun 2:00 PM-5:00 PM Dec 11
R $20 | NR $26

Glass Fusion Fun

Ages: 16Y and up
Find your medium of expression in this ancient process of Glass Fusion. Come join us to explore this art using special glass to create projects of colored beauty. Glass cuttings and the use of powders, frits and rods will help you finish your project. Please wear old clothes: this is a messy class. Supplies are extra, and are available for purchase at class, online, or locally. New students please attend the first class for lecture information. No class Nov 22. Instructor: Michele Brevick

7256 Sat 11:00 AM-2:00 PM Nov 5
R $25 | NR $33

Slip Trailing

Ages: 16Y and up
Your imagination is the only limit when using this fun and versatile technique to add decoration, texture and dimension to your wheel-thrown or hand built work. Don’t miss this once-a-year class. Student provides leather-hard pots (hand built or wheel-thrown) to decorate. Basic Wheel-Throwing is the pre-requisite. Instructor Lynn Wheeler

7258 Sat 11:00 AM-2:00 PM Nov 5
R $25 | NR $33

Click here to go to our registration site
DROn IN GROUP FITNESS

The Community Center offers a wide range of classes to ‘fit’ every schedule and new classes are added often!

Drop–In Prices

| Daily Drop–In Pass (paid at the Customer Service desk prior to attending class) for Spinning, Session Yoga, Pilates & Barre 60 classes | $12 per Class |

| Daily Drop–In Pass (paid at the Customer Service desk prior to attending class) for all other Group Fitness and Fit Yoga Classes | $6 per Class |

Punch Card Prices

For savings on Group Fitness Classes (excluding Session Based Fitness Classes: Yoga, Pilates & Barre 60, Pure Fitness, Pure Strength) consider purchasing a Punch Card

| Our Punch Cards are available in 8 or 16 classes that allow you to attend a Group Fitness Class when it’s convenient for you. | |
|---|---|---|
| 8 Class Pass | MEMBER PRICE | RESIDENT PRICE | NON-RESIDENT PRICE |
| 16 Class Pass | $64 | $64 | $80 |

Our Monthly Unlimited option is the best value and allows you to take a wide variety of classes each week. (Monthly Unlimited Cards will be valid each calendar month. Prices will not be prorated for cards purchased mid month.)

<table>
<thead>
<tr>
<th>Monthly Unlimited Pass</th>
<th>MEMBER PRICE</th>
<th>RESIDENT PRICE</th>
<th>NON-RESIDENT PRICE</th>
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<tr>
<td>$30</td>
<td>$35</td>
<td>$45</td>
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Check us out at worthington.org and search group fitness for the latest class schedule or drop by the Community Center.

DROn IN GROUP FITNESS CLASSES

GROUP FITNESS 13 AND UP

Arms & Abs 15
This 15 minute class is strictly for toning and strengthening your arms and your abs!

Boot Camp 45
This 45 minute class combines strength conditioning and athletic drills for an all-star workout.

Cardio 30
This 30 minute class is pure cardio! You’ll ramp up your heart rate with different cardio formats and drills each week.

Cardio & Weights
This workout is the perfect solution to end boring workouts. Different cardio formats and strength training exercises will be done in each class offering.

Fit Yoga
This class uses elements of yoga to increase overall flexibility and strength with a focus on the muscles of the core. Some Yoga experience recommended.

Fit Yoga+Yin
This class will begin with a gentle flow to warm you up followed by holding special postures that will release muscular tension and stress.

Hip Hop
This workout features a hip hop playlist along with easy to follow hip hop moves.

Low Impact
Get a cardio and toning workout that’s nice and easy on the knees.

Muscle Mix
Focus on strengthening major muscle groups mixed with short bursts of cardio.

Sculpt 50
Strengthen every major muscle group using a variety of equipment and techniques.

Slow Flow Yoga 30
A slow and gentle pace class that focuses on the breath and relaxation.

Step & Sculpt
This class alternates cardio step patterns and strength training for an interval-style workout.

Zumba®
Zumba® exercise classes are “fitness parties” that blend upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration.

GROUP FITNESS 16 AND UP

Women on Weights
This class is for strength training class for women only. Learn proper form and technique of various different exercises in a comfortable environment.

Spinning®
Spinning® is an indoor cycling class with no complicated moves to learn, top-notch instructors, and music that begs your legs to pedal. Going nowhere can really take you places! All classes are 45 minutes.

Spin®Combo
Get in a powerful 30 minute Spinning® ride followed by a 30 minute weight-training routine.

Spin® & Flow
Work hard for the first 30 minutes on the bike, then hop off and experience a total body stretch.

Attention Parents: Children are not permitted in the Fitness Studio, Gyms, or Community Room during class. Please see out childcare hours and pricing on page 2 for childcare during your workout.

Click here to go to our registration site
Fitness Floor – Cardio and All Weight Equipment

• Ages 16 and above may use the fitness floor without a parent/guardian or taking the Junior Fitness Class. Ages 16 and above are permitted to use the weight circuit and free weights.

• Ages 12-15 must either be with a parent/guardian at all times or must complete our free Junior Fitness Class. Ages 12&13 may use the weight circuit machines only. Ages 14&15 may use free weights with adult supervision.

• Ages 11 and under are not permitted on the fitness floor. Please see our Youth Fitness programming options in our brochure to get your child involved in physical fitness.

Track

• Ages 10 and above may use the track without a parent/guardian.

• Youth ages 9 and below may use the track with a parent/guardian supervisor with them on the track at all times.

How to Sign-Up for a FREE Junior Fitness Class

• Visit the Fitness Desk upstairs

• We will work with your schedule to find an appointment time that works for you

• Once the class has been completed and your youth has obtained their Junior Fitness Card they are able to work out on the fitness floor.

• Please Note: A parent or guardian must attend the class with their youth.

Our sessions provide one-on-one assistance that will help you improve your exercise capacity, as well as muscular strength and endurance. Our services include individualized programs based on personal goals, evaluation of current exercise routine, and instruction of proper technique.

Fees

**Single Sessions**

- 30 Minute Session ............................................... $35
- 60 Minute Session ............................................... $55
- 60 Minute Group Training* ................................. $35 per person

*Limit 2 per group. Both individuals must be present for Group Training Rates to apply.

**60 Minute Session Packages**

- 4 Sessions ......................................................... $120
- 8 Sessions ......................................................... $200
- 12 Sessions ....................................................... $276

**30 Minute Session Packages**

- 4 Sessions ......................................................... $200
- 8 Sessions ......................................................... $360
- 12 Sessions ....................................................... $480

**Fees**

- 2 Sessions ............................................................ $95

**6-Week Shape Up**

Meet with a Personal Trainer once a week for six weeks to jump start your workout routine.

**Fitness Assessment + 6 training sessions** ............ $265

**Body Composition Analysis**

This fitness assessment uses skin-fold calipers to determine how many pounds of fat-mass and lean-mass you have to help you set a proper weight-loss goal.

**Fee** ................................................................. $15

Please see a Fitness Attendant for more details about these Personal Training options.

Instructor spotlight

**BRIAN SOPPELSA**

Favorite Quote/Saying: “I know what you’re thinking: I may be small but I’m very enthusiastic!” Eric Burden

Favorite Healthy Food: Veggie Pita with Hummus

Favorite Junk Food: Charles Chips

Favorite Color: Blue

Favorite Song: Anything by Harry Nilsson

My favorite thing to do in Columbus: Besides spending time with my wife and kids? Going to the Columbus Museum of Art.

If I wasn’t a fitness professional, I’d be: Retired and riding my bike.
Instructor spotlight
JANET BRADEN
Favorite Quote/Saying: "Whether you think you can or you think you can't - you're right!"  Henry Ford
Favorite Healthy Food: Salad
Favorite Junk Food: Coconut Ice Cream
Favorite Color: Turquoise
My favorite thing to do in Columbus: I pretend that our backyard is Hawaii (Canna plants & a Hibiscus help). I enjoy sitting in Hawaii with my family.)
**Candlelight Yoga**

**Ages: 18Y and up**

Come and practice by candlelight! This 75 minute vinyasa class combines flowing breath with movement to strengthen and stretch the body while bringing a deeper sense of calm to the mind. Be prepared to move through a number of Sun Salutations and enjoy a lengthy Savasana (relaxation). Dress comfortably for ease of movement and plan for bare feet. Please pre-register. Instructor: Janet Braden

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<tr>
<td>7102</td>
<td>Mon</td>
<td>7:00 PM-8:15 PM</td>
<td>$10</td>
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**Turkey Day Workout**

**Ages: 13Y and up**

Not a runner? Us either. You can still get your pre-feast calorie burn here at the WCC! This is a 2-hour dance inspired workout. No dance experience is necessary! Bring the whole family! Wear costumes! Make a family video! Just come and have fun! This class is included on Monthly Unlimited cards (only for card holder) and if just one punch per person for Punch Card holders. You can also pay a one-time registration fee. Please pre-register at the front desk.

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<tr>
<td>7078</td>
<td>Thu</td>
<td>8:15 AM-10:15 AM</td>
<td>$10</td>
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**Paddleboard Yoga**

**Ages 16 and up**

Stand-Up Paddleboard (SUP) yoga is a great way to work the core muscles and enjoy the practice of yoga. This will give participants a new twist to enjoying stretching, holding poses, integrating the breath, and the serenity of being a float in the pool. It is a mind-body-spirit experience. The class is intended for all levels of yoga participants. Modifications will be given and participants will try what they are comfortable with doing. We will use our hands to move our boards around so wear comfortable clothes that can get wet or swim suits (just in case you fall in)! This class will be taught by Certified SUP Yoga instructor Jen Hegerty with boards provided by The Project 908 Board Company which makes its own boards locally in Columbus. **Ages 16 and up**

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<td>7486</td>
<td>Sun</td>
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**Food Drive for Fitness**

**October 1 – 31**

Bring in three non-perishable, non-expired food items and receive $5 off a 8 or 16 Group Fitness Class Pass.

Please show items to Customer Service to verify your discount and then place in the donation bin in our lobby.

All items will be donated to the Worthington Resource Pantry

**R $30 | NR $39**

**Click here to go to our registration site**
Downton Abbey Fashion Show and Tea
Please use the October Registration Form!
Join us for a delightful afternoon as we take a trip back in time and experience old world England as historic downtown Cambridge is charmingly transformed into a Dickens Victorian Village. We’ll start with a proper tea and period fashion show hearing stories about the pieces, how they were used and a history of the times they were worn. Our next stop will be the Cambridge Glass Museum where we’ll tour, get insider information about their Hollywood connections and learn how the Village’s life-sized and hand-made mannequins are created. There will be time to stroll the Dickens scenes and downtown area before watching the Courthouse Light Show with thousands of pulsating lights synchronized to holiday music. Price includes fashion show, tea, tours and transportation.
7478 Sun 11:30am–7:30pm Nov 13
R $53 | NR $69

The Transylvania Treat:
A Murder Mystery Luncheon
Town Hall
Please be our guest at Count Dracula’s Castle (aka, the Town Hall) on Wednesday, October 26th, from 12:30pm – 2:30pm. The Count is preparing a luncheon for the most discerning palate, and dearly hopes you will agree to come. Whether you are a vampire, a werewolf, a goblin, witch or zombie, or just a plain old human being, you will not want to miss this elegant affair! Come as you are, or in suitable Halloween attire, and pay attention to the clues dropped by your fellow guests. Many clues, many suspects. Will you be able to figure out Whodunnit?!! Lunch will be catered by Buca di Beppo.
7477 Wed 12:30pm-2:30pm Oct 26
R $18 | NR $23

The Keepsake Writing Case Room
Would you like to improve the memoir writing bouncing around in your head? Most of us would treasure pages from our ancestors’ journals. Let’s do ourselves and our future a favor by offering vivid, detailed glimpses of the days of our lives. We’ve lived through fascinating times and if we don’t tell our particular story, nobody else will. Bring 1/2 page typed (or 1 page legibly handwritten) to share to the first class. This is an advanced level writing class and a college-level of English fluency is required. Class will meet the 1st and 3rd Wednesday of the month.
Instructor: Dr. Joy Ellis McLemore
7469 Wed 9:00am–11:00am Oct 5–Dec 21
R $35 | NR $46

Worthington Weddings Bridal Show
Your Dream Wedding…
 Begins Here!
Sunday November 6
1:00 PM-4:00 PM
Community Center gyms
On November 6, the Worthington Community Center will be hosting their 5th annual Worthington Weddings Bridal Show. Planning your wedding will be easy when you meet with over 70 wedding professionals under one roof…taste delicious cakes, see beautiful flowers, and find your perfect wedding day look. You’ll be inspired as you discover new ideas, see amazing decor options, and uncover the latest trends. Cost is only $1 at the door or preregister and enter at no charge. The FIRST 200 brides will receive a free copy of The Knot magazine and a bag full of goodies and can also be entered to win a grand prize!
New SilverSneakers® BOOM
Age: 65y and up • Community Room
BOOM is a revolutionary new fitness series designed for Baby Boomers and active older adults which includes Move It, Muscle Fitness, and Mind. Whether you are just beginning your fitness journey or looking to take your fitness to the next level, BOOM is right for you. All classes are done without the aid of a chair.

Move It
Age: 65y and up • Community Room
Move It is a dance fitness class to increase cardiovascular endurance.

Muscle Fitness
Age: 65y and up • Community Room
Muscle Fitness just got functional with a unique blend of cardio and strength-based athletic moves.

Mind
Age: 65y and up • Community Room
Mind An empowering class that combines yoga, Pilates and stretching.

SilverSneakers® Boom
7471 Mon, Wed, Fri 10:00 AM–10:20 AM Ongoing
No Fee* Instructor: Judy Hunter Max. 30
7475 Fri 10:30 AM–11:15 AM Ongoing
No Fee* Instructor: Mary Ervin Max. 30
7476 Thu 10:30 AM–11:15 AM Ongoing
No Fee* Instructor: Judy Hunter Max. 30

SilverSneakers® Circuit
Age: 65y and up • Community Room
SilverSneakers® Circuit offers standing low-impact choreography alternated with standing upper body work, with hand-held weights, elastic tubing with handles and the SilverSneakers® ball. Circuit focuses on the benefits of a circuit format to improve cardiovascular endurance and muscular strength and endurance without increasing risk. The chair is used for standing support and to increase the effectiveness of the circuit workout.

SilverSneakers® Classic
Age: 65y and up
Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers® ball are offered for resistance. A chair is available if needed for seated or standing support.

Hatha Yoga • Griswold Center Town Hall
This is a program of gentle stretches and relaxation techniques designed to increase flexibility and strength, as well as reduce stress and tension. Bring a mat or blanket, empty stomach, comfortable clothes, and bare feet. Listen to your body and respect your own limits. Some AcuYoga, acupressure points, and reflexology may be incorporated. You should be comfortable standing up from a seated floor position. Pre-registration recommended.

Instructors: Janet Shumaker & Kathleen Lewis
7473 Sat 8:30am-9:45am Oct 1-Nov 12
7474 Sat 10:00am-11:15am Oct 1-Nov 12
7475 Sat 8:30am-9:45am Nov 19-Dec 31
7476 Sat 10:00am-11:15am Nov 19-Dec 31

Mindfulness: A Wellness Practice
Topping Room
Join Jo Dickinson, MA, former Wellness Program Manager at Riverside Hospital for 5 weeks of seated practice. You will find out how simple, natural awareness practices can enhance the quality of your life. Wear comfortable clothing and cozy socks. Be ready to experience the “here and now” of your daily life with greater ease.

7472 Mon, Thu 10:30am-11:30am Oct 3-Nov 3 No Fee

Click here to go to our registration site
Mission Statement
To create community through exceptional parks, programs, facilities, and events.

WORTHINGTON PARKS & RECREATION WILL:
Provide safe, family friendly environments.
Be a leader in customer service.
Provide exceptional maintenance and cleanliness.
Lead in community health and wellness.
Provide innovative parks and recreation.
Be positive people providing fun interactions.
Strive for sustainable practices.

WPRD Photograph Policy
Photographs/videos are occasionally taken of participants of activities and visitors to facilities of the Worthington Parks and Recreation Department. These photographs/videos are used to promote Parks and Recreation programming and facilities in future Activity Brochures and a variety of other City of Worthington publications and social media. If you prefer that you or your child not be photographed during a registered program, you must “opt-out” on or before the first day of each listed course by completing an “opt-out” form at the Department’s registration desk. For any non–registered activities or visits to our parks or facilities, please notify the photographer if you prefer that you or your child not be photographed.

General Policies
The Worthington Parks & Recreation Department has many opportunities for facility rentals, including the Community Center, Griswold Center, Selby Shelter, and sport fields in our parks. Rooms, fields, and equipment are available for meetings, seminars, private parties, or other purposes that do not compete with any of our programs.
- Please be aware that no alcohol is allowed on the premises of any of our rental sites.
- Groups are responsible for providing their own supplies, decorations, table coverings, food, etc.
- Groups are responsible for all setup and cleanup, and time for this must be included in the time of the rental.

Application Process
The individual reserving the facility must be present during the entire permitted time. Payment is due at the time of the reservation.

Fees

Fee Information
Fees are established based on type of room and residency of person obtaining permit.

Repeated Use, to qualify for resident rates:
Qualified city groups may receive a $5 permit writing fee (per use) that will be honored Monday–Thursday from 5:00–9:00 PM for meeting rooms at the Community Center and Selby Shelter only.

Refund Policies
- Requests for refunds must be made 3 weeks in advance for Fishbowl Rentals. Refund requests for any other room must be made 1 week in advance.
- Refunds will not be granted for inclement weather.
- There is an $8 processing fee for a check refund, or you may leave your full refund on your WPRD account to use for future purchases. (Check refund processing may take up to 4 weeks). We do not process credit card refunds.
- Multiple rentals are non-refundable.

Click here to go to our registration site
Membership options as unique as you are!

See page 2 for pricing and details

Click here to go to our registration site