



COMMUNITY CENTER
Fall Programming

Activity Brochure

BRING ON THE FALL!



Did you know...

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.

 worthington.org 

 [Click here to go to our registration site](#)

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) 786-7367

HOURS

(Labor Day-Memorial Day)

Monday – Friday: 5:30 AM–9:30 PM
 Saturday: 8:00 AM–8:00 PM
 Sunday: 10:00 AM–6:00 PM

Please note that the Customer Service Desk closes for business one half hour prior to the building closing. Pool schedules may be downloaded from our website or picked up at the Customer Service Desk.

Child Care Hours

Monday – Friday: 8:00 AM–NOON
 Monday – Thursday: 4:00 PM–7:30 PM
 Saturday: 9:00 AM–NOON
 Sunday: CLOSED

Child Care is intended for children age 1 through 9 years old (child must be able to walk independently without stumbling). The playroom is furnished with child-sized tables and chairs, fun toys, and a television with videos. A child-sized bathroom facility is attached to the playroom. Hours may be adjusted based on use of the facility.

Fees for Child Care are as follows:

Monthly Membership:\$15 for first child
 \$10 each additional child
 Electronic Punch Card: \$1.25/half hour
 (Purchased in 10 hour bundles for \$25)
 One Hour Drop-In: \$3/child

Holiday Hours

Veterans Day..... Regular Hours 5:30 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 Years Day 10 AM - 6 PM

DAY PASS RATES		DAY PASS BUNDLES	
Child (3-17 yrs)	\$5	Child (3-17 yrs)	
Senior Citizen**	\$6	package of 10	\$40
Adult	\$8	Adult	
Military	\$5	package of 5	\$35

**A Senior Citizen is defined as someone 60 years of age or older.

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

	R	NR
Teen (12-17 yrs.)	\$160	\$208
Individual	\$260	\$338
Individual + child (3-11 yrs.)	\$380	\$494
Household of Two	\$420	\$546
Household of Three	\$495	\$644
Household of Four	\$570	\$741
Additional Person After Four	\$50	\$65
Senior Citizen**	\$180	\$234

RESIDENT=R NON-RESIDENT=NR

Annual Memberships are valid for one year from date of purchase. Monthly payment options, debited directly from your bank account, are available for the purchase of annual memberships for a small additional fee. See Customer Service for complete details.

**A Senior Citizen is defined as someone 60 years of age or older

MONTHLY MEMBERSHIP RATES

	R	NR
Individual	\$45	\$59
Senior Citizen**	\$35	\$46

RESIDENT=R NON-RESIDENT=NR

Monthly Memberships are valid for 30 days from date of purchase. The cost of a Monthly Membership can be applied to an Annual Membership if converted BEFORE the Monthly Membership expires.

**A Senior Citizen is defined as someone 60 years of age or older.

CORPORATE MEMBERSHIPS

	Worthington Corporation	Non-Worthington Corporation
10-19 people	\$195	\$254
20+ people	\$169	\$220

There are many benefits to employers 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.

BRING ON THE FALL AT WORTHINGTON PARKS AND RECREATION!



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

online registration
<https://apm.activecommunities.com/worthington>



[Click here to go to our registration site](#)



COMMUNITY CENTER PROGRAM REGISTRATION

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 web site under Registration Information.

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

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.

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.

Inclement 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.

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 (For 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 approximate 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.



/WorthingtonOH @WorthingtonOhio

online registration

<https://apm.activecommunities.com/worthington>

Visit our website

www.worthington.org



SWIM LESSONS

PARENT
CHILD & PRESCHOOL

WELCOME!

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.

PARENT/CHILD

Tiny Tots

Parent Child Aquatics Level 1

Ages: 6M-2Y • Leisure Pool

The Tiny Tot swim class introduces basic skills to both the parents and the children. Parents will learn to work with their child including how to support and hold their child and prepare the child to try the skills on their own. Children are introduced to 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 I

6 wks. R \$45 | NR \$59

7127	Tue	11:00 AM-11:45 AM	Sep 13-Oct 18
7128	Tue	6:15 PM-7:00 PM	Sep 13-Oct 18
7129	Wed	10:00 AM-10:45 AM	Sep 14-Oct 19
7130	Thu	5:15 PM-6:00 PM	Sep 15-Oct 20
7131	Sat	9:00 AM-9:45 AM	Sep 17-Oct 22

SESSION 2

6 wks. R \$45 | NR \$59

7425	Tue	11:00 AM-11:45 AM	Nov 1-Dec 13
7426	Tue	6:15 PM-7:00 PM	Nov 1-Dec 13
7427	Wed	10:00 AM-10:45 AM	Nov 2-Dec 14
7428	Thu	5:15 PM-6:00 PM	Nov 3-Dec 15
7429	Sat	9:00 AM-9:45 AM	Nov 5-Dec 17

Little Nemo

Parent and Child Aquatics Level 2

Ages: 2Y-3Y • Leisure Pool

This class is for those 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 I. 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 with a parent or adult nearby.

A parent is required in the water with the child.

Children not yet potty trained must wear a swim diaper.

SESSION I

6 wks. R \$45 | NR \$59

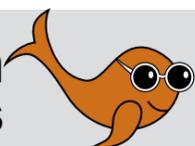
7122	Mon	11:00 AM-11:45 AM	Sep 12-Oct 17
7123	Tue	5:15 PM-6:00 PM	Sep 13-Oct 18
7125	Thu	10:00 AM-10:45 AM	Sep 15-Oct 20
7124	Thu	7:15 PM-8:00 PM	Sep 15-Oct 20
7126	Sat	10:00 AM-10:45 AM	Sep 17-Oct 22

SESSION 2

6 wks. R \$45 | NR \$59

7392	Mon	11:00 AM-11:45 AM	Oct 31-Dec 12
7393	Tue	5:15 PM-6:00 PM	Nov 1-Dec 13
7395	Thu	10:00 AM-10:45 AM	Nov 3-Dec 15
7394	Thu	7:15 PM-8:00 PM	Nov 3-Dec 15
7396	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.

PRESCHOOL

Guppy 1

Preschool Aquatics Level 1

Ages: 3Y-5Y • Leisure Pool

This class is for preschool children who are beginning swimmers and are comfortable in the water by themselves. 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 by themselves. PARENTS ARE NOT PERMITTED IN THE WATER WITH THE CHILDREN IN THIS CLASS.

SESSION I

6 wks. R \$45 | NR \$59

7140	Mon	10:00 AM-10:45 AM	Sep 12-Oct 17
7139	Mon	11:00 AM-11:45 AM	Sep 12-Oct 17
7141	Mon	1:00 PM-1:45 PM	Sep 12-Oct 17
7142	Tue	10:00 AM-10:45 AM	Sep 13-Oct 18
7143	Tue	11:00 AM-11:45 AM	Sep 13-Oct 18
7144	Tue	2:00 PM-2:45 PM	Sep 13-Oct 18
7145	Tue	5:15 PM-6:00 PM	Sep 13-Oct 18
7146	Tue	7:15 PM-8:00 PM	Sep 13-Oct 18
7147	Tue	6:15 PM-7:00 PM	Sep 13-Oct 18
7156	Wed	10:00 AM-10:45 AM	Sep 14-Oct 19
7148	Wed	11:00 AM-11:45 AM	Sep 14-Oct 19
7155	Wed	1:00 PM-1:45 PM	Sep 14-Oct 19
7149	Thu	11:00 AM-11:45 AM	Sep 15-Oct 20
7150	Thu	5:15 PM-6:00 PM	Sep 15-Oct 20
7151	Thu	6:15 PM-7:00 PM	Sep 15-Oct 20
7152	Thu	7:15 PM-8:00 PM	Sep 15-Oct 20
7153	Sat	9:00 AM-9:45 AM	Sep 17-Oct 22
7154	Sat	10:00 AM-10:45 AM	Sep 17-Oct 22

SESSION 2

6 wks. R \$45 | NR \$59

7363	Mon	10:00 AM-10:45 AM	Oct 31-Dec 12
7362	Mon	11:00 AM-11:45 AM	Oct 31-Dec 12
7364	Mon	1:00 PM-1:45 PM	Oct 31-Dec 12
7365	Tue	10:00 AM-10:45 AM	Nov 1-Dec 13
7366	Tue	11:00 AM-11:45 AM	Nov 1-Dec 13
7367	Tue	2:00 PM-2:45 PM	Nov 1-Dec 13
7368	Tue	5:15 PM-6:00 PM	Nov 1-Dec 13
7369	Tue	7:15 PM-8:00 PM	Nov 1-Dec 13
7370	Tue	6:15 PM-7:00 PM	Nov 1-Dec 13
7379	Wed	10:00 AM-10:45 AM	Nov 2-Dec 14
7371	Wed	11:00 AM-11:45 AM	Nov 2-Dec 14
7378	Wed	1:00 PM-1:45 PM	Nov 2-Dec 14
7372	Thu	11:00 AM-11:45 AM	Nov 3-Dec 15
7373	Thu	5:15 PM-6:00 PM	Nov 3-Dec 15
7374	Thu	6:15 PM-7:00 PM	Nov 3-Dec 15
7375	Thu	7:15 PM-8:00 PM	Nov 3-Dec 15
7376	Sat	9:00 AM-9:45 AM	Nov 5-Dec 17
7377	Sat	10:00 AM-10:45 AM	Nov 5-Dec 17

Flounder

Parent & Child Aquatics Level 2 and Preschool Aquatics 1

Ages: 30M - 5Y • Leisure Pool

The Flounder class is for preschool age children who may not be comfortable in the water. We will play games and do various activities to help the children become more comfortable in the water. Children not yet potty trained must wear a swim diaper. At the end of the session the instructor will determine the participants progression to the next level.

• We kindly ask that parents come dressed and ready to be in the water with the child IF NEEDED the first couple of classes.

Our goal will be to have the children in the water by themselves as soon as possible.

SESSION I

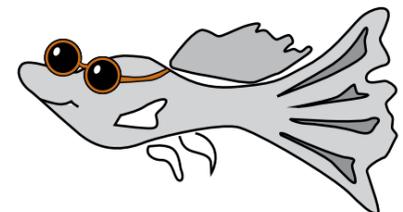
6 wks. R \$45 | NR \$59

7132	Tue	5:15 PM-6:00 PM	Sep 13-Oct 18
7133	Tue	6:15 PM-7:00 PM	Sep 13-Oct 18
7134	Wed	2:00 PM-2:45 PM	Sep 14-Oct 19
7135	Thu	11:00 AM-11:45 AM	Sep 15-Oct 20
7136	Thu	5:15 PM-6:00 PM	Sep 15-Oct 20
7137	Thu	6:15 PM-7:00 PM	Sep 15-Oct 20
7138	Sat	10:00 AM-10:45 AM	Sep 17-Oct 22

SESSION 2

6 wks. R \$45 | NR \$59

7355	Tue	5:15 PM-6:00 PM	Nov 1-Dec 13
7356	Tue	6:15 PM-7:00 PM	Nov 1-Dec 13
7357	Wed	2:00 PM-2:45 PM	Nov 2-Dec 14
7358	Thu	11:00 AM-11:45 AM	Nov 3-Dec 15
7359	Thu	5:15 PM-6:00 PM	Nov 3-Dec 15
7360	Thu	6:15 PM-7:00 PM	Nov 3-Dec 15
7361	Sat	10:00 AM-10:45 AM	Nov 5-Dec 17



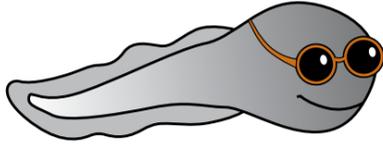
[Click here to go to our registration site](#)



SWIM LESSONS

YOUTH
PRESCHOOL

PRESCHOOL



Tadpole 1

Preschool Aquatics Level 2.

Ages: 3Y-5Y

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 the water on their own, travel 5 yards and bob 3 times and return and exit the pool. Swim on front with face in water for 2 body lengths, float on back for 3 seconds.

SESSION 1

6 wks. R \$45 | NR \$59

7157	Mon	10:00 AM-10:45 AM	Sep 12-Oct 17
7165	Mon	2:00 PM-2:45 PM	Sep 12-Oct 17
7158	Tue	10:00 AM-10:45 AM	Sep 13-Oct 18
7167	Tue	1:00 PM-1:45 PM	Sep 13-Oct 18
7159	Tue	6:15 PM-7:00 PM	Sep 13-Oct 18
7160	Tue	7:15 PM-8:00 PM	Sep 13-Oct 18
7161	Wed	11:00 AM-11:45 AM	Sep 14-Oct 19
7162	Thu	10:00 AM-10:45 AM	Sep 15-Oct 20
7164	Thu	3:30 PM-4:15 PM	Sep 15-Oct 20
7168	Thu	6:15 PM-7:00 PM	Sep 15-Oct 20
7163	Sat	11:00 AM-11:45 AM	Sep 17-Oct 22

SESSION 2

6 wks. R \$45 | NR \$59

7408	Mon	10:00 AM-10:45 AM	Oct 31-Dec 12
7416	Mon	2:00 PM-2:45 PM	Oct 31-Dec 12
7409	Tue	10:00 AM-10:45 AM	Nov 1-Dec 13
7417	Tue	1:00 PM-1:45 PM	Nov 1-Dec 13
7410	Tue	6:15 PM-7:00 PM	Nov 1-Dec 13
7411	Tue	7:15 PM-8:00 PM	Nov 1-Dec 13
7412	Wed	11:00 AM-11:45 AM	Nov 2-Dec 14
7413	Thu	10:00 AM-10:45 AM	Nov 3-Dec 15
7415	Thu	3:30 PM-4:15 PM	Nov 3-Dec 15
7418	Thu	6:15 PM-7:00 PM	Nov 3-Dec 15
7414	Sat	11:00 AM-11:45 AM	Nov 5-Dec 17

J.R. Turtle

Preschool Aquatics Level 3

Ages: 3Y-5Y • Leisure Pool

In this level, we will provide additional guided practice at slightly more proficient performance levels and greater distances and times. This class is for younger children who have passed level 2 but may not be old enough or ready for the Turtle class in the lap pool. At the end of the session the instructor will determine the participants progression to the next level.

Prerequisites- Completion of Preschool Aquatics Level 2 (Tadpole 1) or Learn To Swim Level 2 (Fundamental Aquatic 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

7177	Tue	5:15 PM-6:00 PM	Sep 13-Oct 18
7178	Wed	4:30 PM-5:15 PM	Sep 14-Oct 19
7179	Thu	6:15 PM-7:00 PM	Sep 15-Oct 20
7180	Sat	9:00 AM-9:45 AM	Sep 17-Oct 22
7181	Thu	1:00 PM-1:45 PM	Sep 15-Oct 20

SESSION 2

6 wks. R \$45 | NR \$59

7387	Tue	5:15 PM-6:00 PM	Nov 1-Dec 13
7388	Wed	4:30 PM-5:15 PM	Nov 2-Dec 14
7391	Thu	1:00 PM-1:45 PM	Nov 3-Dec 15
7389	Thu	6:15 PM-7:00 PM	Nov 3-Dec 15
7390	Sat	9:00 AM-9:45 AM	Nov 5-Dec 17



J.R. Minnow

Ages: 3Y-5Y • Leisure Pool

In this level, we will provide continued instruction on the front stroke, and back strokes working at becoming more proficient as well as swimming greater distances. This class will be held in the lap pool, and is for children who have passed Jr. Turtle, but may not be old enough for the Turtle class. At the end of the session the instructor will determine the participants progression to the next level.

Prerequisites- Completion of Preschool level Aquatics 3 (Jr. Turtle), or demonstrate the following skills: Swim at least 5 body lengths using Elementary backstroke, push off and swim front crawl for 5 body lengths, roll to back, float on back for 15 seconds, roll to front and then continue swimming 5 body lengths, and demonstrate a comfort level in deeper water such as the lap pool.

SESSION 1

6 wks. R \$45 | NR \$59

7214	Mon	3:30 PM-4:15 PM	Sep 12-Oct 17
7215	Tue	7:15 PM-8:00 PM	Sep 13-Oct 18
7216	Thu	4:15 PM-5:00 PM	Sep 15-Oct 20

SESSION 2

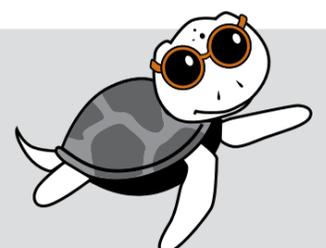
6 wks. R \$45 | NR \$59

7384	Mon	3:30 PM-4:15 PM	Oct 31-Dec 12
7385	Tue	7:15 PM-8:00 PM	Nov 1-Dec 13
7386	Thu	4:15 PM-5:00 PM	Nov 3-Dec 15

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!



Swim Lesson Requirements

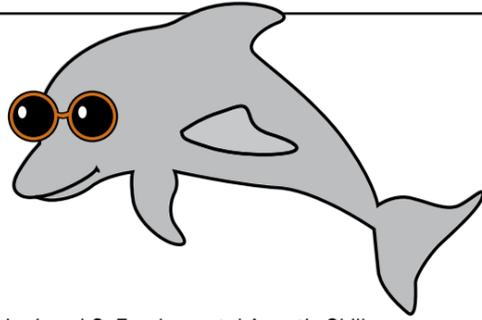
Safety is our first priority, so the WPRD staff reserves the right to withdraw or transfer your child from the registered course if he or she does not meet the prerequisites. To receive a refund for swim lessons a 48 hour notice of cancellation is required.



SWIM LESSONS

YOUTH
AND UP

YOUTH



Turtle

Learn To Swim Level 2- Fundamental Aquatic Skills

Ages: 6Y-12Y • Fitness 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

7190	Mon	3:30 PM-4:15 PM	Sep 12-Oct 17
7191	Tue	4:15 PM-5:00 PM	Sep 13-Oct 18
7192	Tue	7:15 PM-8:00 PM	Sep 13-Oct 18
7193	Wed	3:30 PM-4:15 PM	Sep 14-Oct 19
7354	Thu	3:30 PM-4:15 PM	Sep 15-Oct 20
7194	Thu	7:15 PM-8:00 PM	Sep 15-Oct 20
7195	Sat	11:00 AM-11:45 AM	Sep 17-Oct 22

SESSION 2

6 wks. R \$45 | NR \$59

7430	Mon	3:30 PM-4:15 PM	Oct 31-Dec 12
7431	Tue	4:15 PM-5:00 PM	Nov 1-Dec 13
7432	Tue	7:15 PM-8:00 PM	Nov 1-Dec 13
7433	Wed	3:30 PM-4:15 PM	Nov 2-Dec 14
7436	Thu	3:30 PM-4:15 PM	Nov 3-Dec 15
7434	Thu	7:15 PM-8:00 PM	Nov 3-Dec 15
7435	Sat	11:00 AM-11:45 AM	Nov 5-Dec 17

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	4:30 PM-5:15 PM	Sep 12-Oct 17
7183	Tue	3:30 PM-4:15 PM	Sep 13-Oct 18
7184	Tue	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

7380	Mon	4:30 PM-5:15 PM	Oct 31-Dec 12
7381	Tue	3:30 PM-4:15 PM	Nov 1-Dec 13
7382	Tue	7:15 PM-8:00 PM	Nov 1-Dec 13
7383	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	5:15 PM-6:00 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	5:15 PM-6:00 PM	Nov 3-Dec 15
7422	Sat	10:00 AM-10:45 AM	Nov 5-Dec 17



Aquatics/Pool Policies

Swimming Age Policies

Pool policy requires one person, age 14 or older, in the water with each child age 4 or younger.

A responsible person age 14 or older must be present in the pool area for swimming groups of children ages 5-7. Youth ages 8 and older may be unattended in the pool area.

Patrons must be 16 years old to use the hot tub. Children are not permitted to sit on the edge of the hot tub but must use the benches next to the hot tub.

Flotation Devices

All flotation devices must be U.S. Coast Guard approved. Any child using a flotation device (regardless of their age) must have an adult or responsible person, 14 years or older, in the water supervising them.

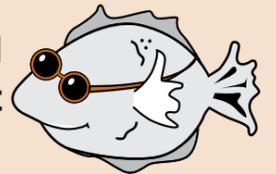
If you have a question about a specific flotation device, you may contact aquatics staff at (614) 436-2743.

Slide Policies

Children must go down the "small slide" feet first and should use the steps to climb onto the slide.

Children must be 48 inches or taller or be able to swim to use the "big blue slide." Parents are not permitted to take or catch their children at the bottom. Flotation devices are not permitted on the slide. You must go down the slide feet first either lying or sitting down.

For a full list of pool policies please visit worthington.org.



Swim Lesson Requirements



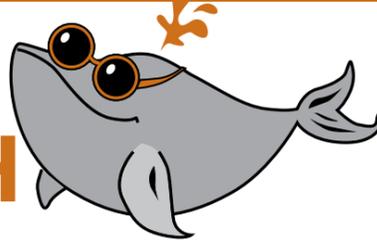
Safety is our first priority, so the WPRD staff reserves the right to withdraw or transfer your child from the registered course if he or she does not meet the prerequisites. To receive a refund for swim lessons a 48 hour notice of cancellation is required. **7**



Click here to go to our registration site

SWIM LESSONS

YOUTH
AND UP



YOUTH

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, Swim 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

7205	Tue	6:15 PM-7:00 PM	Sep 13-Oct 18
7206	Thu	5:15 PM-6:00 PM	Sep 15-Oct 20
7207	Sat	10:00 AM-10:45 AM	Sep 17-Oct 22

SESSION 2

6 wks. R \$45 | NR \$59

7403	Tue	6:15 PM-7:00 PM	Nov 1-Dec 13
7404	Thu	5:15 PM-6:00 PM	Nov 3-Dec 15
7405	Sat	10:00 AM-10:45 AM	Nov 5-Dec 17

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	Wed	4:30 PM-5:15 PM	Nov 2-Dec 14

No classes during the week of Thanksgiving

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	Sat	9:00 AM-9:45 AM	Sep 17-Oct 22

SESSION 2

6 wks. R \$45 | NR \$59

7449	Wed	4:30 PM-5:15 PM	Nov 2-Dec 14
7450	Sat	9:00 AM-9:45 AM	Nov 5-Dec 17

TEEN / ADULT

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	Sat	11:00 AM-11:45 AM	Sep 17-Oct 22

SESSION 2

6 wks. R \$45 | NR \$59

7423	Thu	7:15 PM-8:00 PM	Nov 3-Dec 15
7424	Sat	11:00 AM-11:45 AM	Nov 5-Dec 17

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: Jump into deep water and swim front crawl with rotary breathing for 15 yards, tread water for 30 seconds, and swim elementary backstroke for 15 yards.

SESSION 1

6 wks. R \$45 | NR \$59

7199	Mon	4:30 PM-5:15 PM	Sep 12-Oct 17
7200	Tue	3:30 PM-4:15 PM	Sep 13-Oct 18
7201	Tue	5:15 PM-6:00 PM	Sep 13-Oct 18
7202	Wed	3:30 PM-4:15 PM	Sep 14-Oct 19
7203	Thu	6:15 PM-7:00 PM	Sep 15-Oct 20
7204	Sat	9:00 AM-9:45 AM	Sep 17-Oct 22

SESSION 2

6 wks. R \$45 | NR \$59

7397	Mon	4:30 PM-5:15 PM	Oct 31-Dec 12
7398	Tue	3:30 PM-4:15 PM	Nov 1-Dec 13
7399	Tue	5:15 PM-6:00 PM	Nov 1-Dec 13
7400	Wed	3:30 PM-4:15 PM	Nov 2-Dec 14
7401	Thu	6:15 PM-7:00 PM	Nov 3-Dec 15
7402	Sat	9:00 AM-9:45 AM	Nov 5-Dec 17



Click here to go to our registration site



AQUATIC FITNESS

Water Aerobics: Aqua Fitness Medley

Ages: 16 and up

Boost your energy level and experience increased strength and flexibility with 'Aqua Fitness Medley'. This class combines the benefits of aerobic conditioning with resistance training through use of noodles, hand bells, boards and balls. Deep-water work will also be incorporated into the medley, but you have the option of remaining in the shallow end for your segment of the deep-water work. Class suitability can be adjusted to all ages and abilities. Be prepared to see your strength and endurance grow. Enjoy the class camaraderie as you work your muscles in easy-to-follow patterns. This workout can be as challenging as you wish to make it. Instructor: Darlene Brady

SESSION 1

7217	Mon,Wed	8:00 PM-8:55 PM	Sep 12-Oct 19
6 wks.	R \$50 NR \$66		

SESSION 2

7437	Mon,Wed	8:00 PM-8:55 PM	Oct 31-Dec 14
6 wks.	R \$50 NR \$66		

Water Aerobics: Complete Aquatic Workout

Ages: 16 and up

Start your day with a complete aquatic workout that includes stretching, aerobic conditioning and interval training using a variety of equipment. You will use the resistance of the water to help strengthen your core; while it increases your flexibility, range of motion, and endurance. Participants work at whatever level that is right for them. This class is for everyone. Instructor: Karen Dawson

SESSION 1

7218	Mon,Wed,Fri	8:00 AM-8:55 AM	Sep 12-Oct 21
6 wks.	R \$77 NR \$100		

SESSION 2

7438	Mon,Wed,Fri	8:00 AM-8:55 AM	Oct 31-Dec 16
6 wks.	R \$77 NR \$100		

Water Aerobics: River Run

Ages: 16 and up

Join us in the Lazy River for fitness and fun. A typical class begins with a brief warm-up of walking, jogging and running with the current. We will then do some stretching to get ready for the cardio segment. The use of buoyant equipment adds variety and increases the intensity of our workout and the level of laughter. We may travel to other areas of the pool to further enhance our workout. We end our session with abdominal work and more stretching. Get a great water workout with us in the river. It's fun. It's different. This is a high level intensity class and is not recommended for people that are just beginning or who have not participated in a high level water aerobics class before. Also, water shoes are required for class. Instructor: Barbara Byrum

SESSION 1

7226	Sat	11:00 AM-11:55 AM	Sep 17-Oct 22
6 wks.	R \$22 NR \$29		

SESSION 2

7446	Sat	11:00 AM-11:55 AM	Nov 5-Dec 17
6 wks.	R \$22 NR \$29		



Water Aerobics: Deep Water Fitness

Ages: 16 and up

This class high intensity class is intended for cardiovascular, 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

7219	Thu	2:00 PM-2:55 PM	Sep 15-Oct 20
6 wks.	R \$26 NR \$34		

SESSION 2

7439	Thu	2:00 PM-2:55 PM	Nov 3-Dec 15
6 wks.	R \$26 NR \$34		

Water Aerobics: Lets Do It All

Ages: 16 and up

This water aerobic class will do a little of everything. It will include shallow water, deep water, weight resistance, aerobic activity, flexibility and even spend some time walking, jogging, and running in the Lazy River. This fun class will have a variety of activities and the participants will truly 'do it all'. Instructors: Susan Green(6 am); Karen Dawson & Paula Hamilton (9 am); Barbara Byrum (10 am)

SESSION 1

7223	Sat	10:00 AM-10:55 AM	Sep 17-Oct 22
6 wks.	R \$22 NR \$29		

7221	Mon,Wed,Fri	6:00 AM-6:55 AM	Sep 12-Oct 21
6 wks.	R \$77 NR \$100		

7222	Mon,Wed,Fri	9:00 AM-9:55 AM	Sep 12-Oct 21
6 wks.	R \$77 NR \$100		

SESSION 2

7443	Sat	10:00 AM-10:55 AM	Nov 5-Dec 17
6 wks.	R \$22 NR \$29		

7442	Mon,Wed,Fri	9:00 AM-9:55 AM	Oct 31-Dec 16
6 wks.	R \$77 NR \$100		

7441	Mon,Wed,Fri	6:00 AM-6:55 AM	Oct 31-Dec 16
6 wks.	R \$77 NR \$100		

Water Aerobics: Low Impact

Ages: 16 and up

This class will concentrate on an ease of motion and flexibility and the use of water resistance. A great workout for those who want to improve range of motion and flexibility with a cardiovascular workout. Instructor Sally Spanitz

7224	Tue,Thu	9:00 AM-9:55 AM	Sep 13-Oct 20
6 wks.	R \$50 NR \$66		

7444	Tue,Thu	9:00 AM-9:55 AM	Nov 1-Dec 15
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 skiing, 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

7225	Tue,Thu	1:00 PM-1:55 PM	Sep 13-Oct 20
6 wks.	R \$50 NR \$66		

SESSION 2

7445	Tue,Thu	1:00 PM-1:55 PM	Nov 1-Dec 15
6 wks.	R \$50 NR \$66		

No classes during the week of Thanksgiving

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 aqua steps, core strengthening, cardio kickboxing, barbells, noodles and variety of other water exercises, the participants will increase muscular endurance while providing cardio toning and flexibility. Instructor Shari Wheeler (8:15AM)

SESSION 1

7227	Mon,Wed	7:00 PM-7:55 PM	Sep 12-Oct 19
6 wks.	R \$50 NR \$66		

SESSION 2

7447	Mon,Wed	7:00 PM-7:55 PM	Oct 31-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 \$26 NR \$34		

SESSION 2

7448	Tue	8:00 PM-8:55 PM	Nov 1-Dec 13
6 wks.	R \$26 NR \$34		

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 the day of the class. 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

August

7238	Mon	9:00 AM-9:55 AM	Aug 15
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7247	Mon	7:00 PM-7:55 PM	Aug 15
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7248	Tue	9:00 AM-9:55 AM	Aug 16
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7249	Wed	9:00 AM-9:55 AM	Aug 17
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7250	Wed	7:00 PM-7:55 PM	Aug 17
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7254	Thu	9:00 AM-9:55 AM	Aug 18
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7256	Fri	9:00 AM-9:55 AM	Aug 19
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7259	Sat	10:00 AM-10:55 AM	Aug 20
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September

7264	Tue	9:00 AM-9:55 AM	Sep 6
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7265	Wed	9:00 AM-9:55 AM	Sep 7
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7266	Wed	6:00 PM-6:55 PM	Sep 7
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7267	Wed	7:00 PM-7:55 PM	Sep 7
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7268	Thu	9:00 AM-9:55 AM	Sep 8
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7269	Fri	9:00 AM-9:55 AM	Sep 9
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7270	Sat	10:00 AM-10:55 AM	Sep 10
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October

7271	Mon	9:00 AM-9:55 AM	Oct 24
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7272	Mon	7:00 PM-7:55 PM	Oct 24
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7273	Tue	9:00 AM-9:55 AM	Oct 25
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7274	Wed	9:00 AM-9:55 AM	Oct 26
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7275	Wed	7:00 PM-7:55 PM	Oct 26
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7276	Thu	9:00 AM-9:55 AM	Oct 27
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7277	Thu	6:00 PM-6:55 PM	Oct 27
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7279	Fri	9:00 AM-9:55 AM	Oct 28
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7280	Sat	10:00 AM-10:55 AM	Oct 29
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December

7281	Mon	9:00 AM-9:55 AM	Dec 19
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7282	Mon	7:00 PM-7:55 PM	Dec 19
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7283	Tue	9:00 AM-9:55 AM	Dec 20
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7284	Wed	9:00 AM-9:55 AM	Dec 21
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7285	Wed	7:00 PM-7:55 PM	Dec 21
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7286	Thu	9:00 AM-9:55 AM	Dec 22
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7287	Fri	9:00 AM-9:55 AM	Dec 23
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[Click here to go to our registration site](#)

PARENT CHILD

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
7241	Thu	9:15 AM-10:15 AM	Nov 3-Dec 15
6 wks. R \$33 \$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			



Instructor spotlight



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			



JENNIFER BUTTON

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.

7318	Thu	10:30 AM-11:15 AM	Oct 6-Oct 20
7451	Mon	1:00 PM-1:45 PM	Oct 31-Nov 14
3 wks. R \$15 NR \$20			

Mini Ninja Fitness With Parkour Horizons

Ages: 3Y-5Y

These classes are held at Parkour Horizons located at 7020 Huntley 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.

7094	Tue	2:00 PM-3:00 PM	Sep 6-Oct 11
7095	Tue	2:00 PM-3:00 PM	Oct 18-Nov 22
6 wks. R \$43 NR \$56			

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.jumpstartsports.com

Wed	5:30 PM-6:30 PM	Sept 14-Oct 12
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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

7326	Sat	10:00 AM-10:45 AM	Sep 17-Oct 22
7327	Sat	10:00 AM-10:45 AM	Oct 29-Dec 17
6 wks. R \$46 NR \$60			



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!

7235	Tue	9:30 AM-10:15 AM	Sep 13-Oct 18
7337	Tue	9:30 AM-10:15 AM	Nov 1-Dec 13
6 wks. R \$30 NR \$39			

Pee Wee Football

Ages: 4Y-7Y

In this class we will teach your child the basics of football in a fun and encouraging environment. We will throw, kick and run throughout the gym with the football. We will play games and use drills to help make your child's experience with football one which will keep them coming back for more.

7452	Mon	1:00 PM-1:45 PM	Oct 3-Oct 17
7331	Thu	10:30 AM-11:15 AM	Nov 3-Nov 17
3 wks. R \$15 NR \$20			

Sporties for Shorties

Ages: 4Y-7Y

This class is great for the youngster 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.

7234	Tue	1:00 PM-2:00 PM	Sep 13-Oct 18
7345	Fri	9:30 AM-10:30 AM	Nov 4-Dec 16
6 wks. R \$33 NR \$43			

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 goaltending. We will also scrimmage and participate in fun drills.

7316	Thu	10:30 AM-11:15 AM	Sep 15-Sep 29
3 wks. R \$15 NR \$20			

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 racquets are provided.

7332	Thu	10:30 AM-11:15 AM	Dec 1-Dec 15
3 wks. R \$15 NR \$20			

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.

7242	Thu	1:00 PM-3:00 PM	Sep 15-Oct 20
6 wks. R \$48 NR \$62			
7243	Thu	1:00 PM-3:00 PM	Nov 3-Dec 15
6 wks. R \$48 NR \$62			

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.

7244	Thu	12:30 PM-1:00 PM	Sep 15-Oct 20
7246	Thu	12:30 PM-1:00 PM	Nov 3-Dec 15
6 wks. R \$12 NR \$16			

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.

7229	Fri	1:00 PM-3:00 PM	Sep 16-Oct 21
5 wks. R \$40 NR \$52			
No Class Oct. 14			
7314	Fri	1:00 PM-3:00 PM	Nov 4-Dec 16
6 wks. R \$48 NR \$62			

Gym & Swim Lunch Bunch

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.

7230	Fri	12:30 PM-1:00 PM	Sep 16-Oct 21
5 wks. R \$10 NR \$13			
No Class Oct. 14			
7315	Fri	12:30 PM-1:00 PM	Nov 4-Dec 16
6 wks. R \$12 NR \$16			

PRESCHOOL



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	Nov 2-Dec 14
7118	Thu	9:30 AM-10:00 AM	Sep 15-Oct 20
7119	Thu	9:30 AM-10:00 AM	Nov 3-Dec 15
6 wks. R \$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	Nov 2-Dec 14
7120	Thu	10:15 AM-10:45 AM	Sep 15-Oct 20
7121	Thu	10:15 AM-10:45 AM	Nov 3-Dec 15
6 wks. R \$27 NR \$35			



12

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.

7328	Wed	10:30 AM-12:00 PM	Nov 2-Dec 14
6 wks. R \$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. R \$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. R \$42 NR \$55			



TGIF

Ages: 4Y-7Y

Thank goodness it's Friday. Kick off the weekend by joining your friends for gym games, fall crafts, scavenger hunts and even taking in some sun at the playground.

7344	Fri	10:00 AM-11:30 AM	Sep 16-Oct 21
5 wks. R \$35 NR \$46			
No Class Oct. 14			

Gym, Crafts, and Other Fun for Your Little One

Ages: 4Y-6Y

Come on over to the gym for an after lunch playdate with Miss Jen! We will play with toys in the gym and then mix it up with crafts, storytime, games, and some singing. Simple fun for your little one and a big 'breather' for you.

7237	Mon	12:45 PM-1:45 PM	Sep 19-Oct 24
7239	Mon	12:45 PM-1:45 PM	Nov 7-Dec 12
6 wks. R \$33 NR \$43			



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. R \$784 NR \$856			
8 payments R \$98 NR \$107			

Youngstars

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 Malench

5105	Tue, Fri	9:00 AM-10:15 AM	Sep 20-May 12
34 wks. R \$310 NR \$360			
2 payments R \$155 NR \$180			



Click here to go to our registration site

PRESCHOOL

Become Extinct

Ages: 3Y- 6Y

Wanted: Future archaeologists and paleontologists 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

7304	Wed	1:00 PM-2:00 PM	Sep 14-Oct 19
7305	Thu	9:15 AM-10:15 AM	Sep 15-Oct 20
6 wks. R \$33 NR \$43			

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. Some 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

7292	Mon	9:15 AM-10:15 AM	Sep 12-Oct 17
6 wks. R \$33 NR \$43			

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.

7293	Mon	1:00 PM-2:00 PM	Sep 12-Oct 17
7301	Wed	9:15 AM-10:15 AM	Sep 14-Oct 19
6 wks. R \$33 NR \$43			

Fall Wonders

Ages: 3Y-6Y

Treasure the splendors of fall. There will be beautiful apple pictures to paint, hoot owl cookies to me and eat and even clay pumpkins to create. These are just a few wonders we will enjoy. Instructor: Michelle Brevick

7309	Tue	1:00 PM-2:00 PM	Sep 13-Oct 18
7310	Wed	10:30 AM-11:30 AM	Sep 14-Oct 19
6 wks. R \$33 NR \$43			

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.

7306	Thu	10:30 AM-11:30 AM	Sep 15-Oct 20
6 wks. R \$33 NR \$43			

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

7295	Mon	9:15 AM-10:15 AM	Oct 31-Dec 12
6 wks. R \$33 NR \$43			

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, garlands and more. Instructor: Michelle Brevick. No class Nov 21 & 23

7296	Mon	1:00 PM-2:00 PM	Oct 31-Dec 12
7302	Wed	9:15 AM-10:15 AM	Nov 2-Dec 14
6 wks. R \$33 NR \$43			

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 moose, 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

7308	Thu	9:15 AM-10:15 AM	Nov 3-Dec 15
6 wks. R \$33 NR \$43			

Zoo-opolis

Ages: 3Y- 6Y

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-opolis! Instructor: Michelle Brevick. No class Nov 23

7307	Wed	1:00 PM-2:00 PM	Nov 2-Dec 14
6 wks. R \$33 NR \$43			



Elf's Workshop

Ages: 3Y-6Y

Help is needed at the North Pole to create some special surprises for those who are near and dear to you. Some of our creations will need to be painted, glued and decorated, while others will be formed by clay and glazed. Helpers will also enjoy a special treat or two. Come create an awesome treasure for someone you love. Head Elf: Michelle Brevick. No class Nov 22 & 24

7300	Tue	1:00 PM-2:00 PM	Nov 1-Dec 13
7303	Thu	1:00 PM-2:00 PM	Nov 3-Dec 15
6 wks. R \$33 NR \$43			

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.

7311	Tue	5:00 PM-6:00 PM	Dec 6
7330	Tue	7:00 PM-8:00 PM	Dec 6
R \$15 NR \$20			



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.

GRISWOLD TRAVEL

Christmas at the Galt House

December 1 – 3, 2016

Christmas at the Galt House features KaLightscope 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 admissions: KaLightscope Christmas, Kentucky Show and Lights Under Louisville



4 Corners National Parks

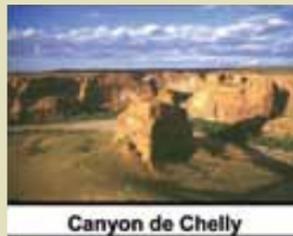
May 4-11, 2017

Arizona, Utah, Colorado & New Mexico
8 Days / 7 Nights

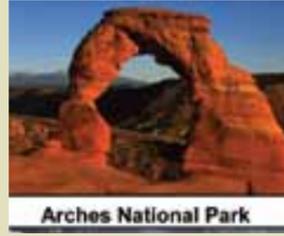
TRIP HIGHLIGHTS:

- 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

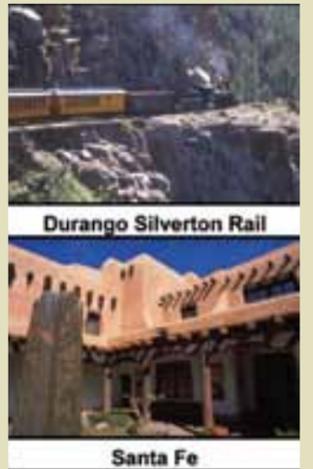
Trip Preview October 19 • 1:30 PM



Canyon de Chelly



Arches National Park



Durango Silverton Rail

Santa Fe

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



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

Trip Preview October 19 • 2:00 PM



THE GRISWOLD CENTER



The Griswold Center is a Parks and Recreation facility dedicated to providing quality programs and services to adults 55 years of age and older. We invite you to visit the Griswold Center and take a tour.

777 High Street • Worthington, OH 43085
Phone: (614) 842-6320 • Fax: (614) 842-6323

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

BUSINESS HOURS

Monday - Friday: 8:00 AM - 5:00 PM
Registrations can only be processed until 4:00 PM

FITNESS ROOM HOURS

Monday - Thursday..... 8:00 AM - NOON, 4:30 PM - 6:30 PM
Friday 8:00 AM - 2:00 PM
Saturday 8:00 AM - 11:00 AM

SPECIAL EVENTS



the

**HOLIDAY PARTY
DECEMBER 9 6:30PM-8:30PM**

SNOW "BALL"



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



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!

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



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 [Click here to go to our registration site](#)

COSTUME SWAP

Respook, Rewear, Rescare

aaargh!



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.



SATURDAY, OCT. 1 | 9-11 AM
345 E. WILSON BRIDGE RD. WORTHINGTON OH

A free family party!

Worthington Community Center

BIG TOP

HALLOWEEN

OCTOBER 14

6:30 - 8:30 PM

Griswold Center

Harvest DANCE

A free community event for all ages!

NOVEMBER 5

5-7 PM

Enjoy food, drink, music, dancing and a fire pit to roast marshmallows!

in Town Hall

Hosted by the Griswold Center and the Thomas Worthington Community Service Club



GRISWOLD CENTER
777 High Street
Worthington, OH 43085

Event Volunteers

Volunteers make events like our Halloween and Holiday party successful. If you are in 5th grade or above and would like to volunteer, please contact Melissa Hindman at mhindman@ci.worthington.oh.us. Event volunteering is perfect for school or scout groups, community service hour requirements or business groups. Hours are usually 5:30 - 9:30 the night of the event (10/14 & 12/9). Volunteers receive dinner and a goody bag.



Click here to go to our registration site

YOUTH

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

7169	Thu	6:00 PM-7:00 PM	Sep 15-Oct 27
	7 wks.	R \$65 NR \$85	

Ages: 10Y-14Y

7170	Thu	7:00 PM-8:15 PM	Sep 15-Oct 27
	7 wks.	R \$70 NR \$90	

Elves and the Shoemaker

Ages: 5Y-8Y

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 Elves...

Instructor: Candace Mazur-Darman

7171	Thu	6:00 PM-7:00 PM	Nov 3-Dec 15
	6 wks.	R \$56 NR \$73	

Scrooge, The Old Skinfling

Ages: 9Y-14Y

The cold hearted miser that hates Christmas...Bah Humbug! Can three ghosts change his attitude?

7172	Thu	7:00 PM-8:15 PM	Nov 3-Dec 15
	6 wks.	R \$60 NR \$78	



Kidz 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 Kidz

7462	Sat	10:00 AM-12:00 PM	Dec 3-Dec 10
	2 days	R \$68 NR \$88	

Out of school? HEAD TO THE COMMUNITY CENTER!



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	Tue	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.

7231	Fri	3:30 PM-5:00 PM	Sep 16-Oct 21
	5 wks.	R \$28 NR \$36	no class Oct. 14
7313	Fri	3:30 PM-5:00 PM	Nov 4-Dec 16
	6 wks.	R \$33 NR \$43	

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	Mon	9:00 AM-4:00 PM	Dec 19
		R \$30 NR \$39	

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, discussion, 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	Sat	8:30 AM-3:30 PM	Oct 1
		R \$45 NR \$59	



Clay

Spectacular Fall Clay

Grades 1-6

Create some spectacular fall decorations out of clay. Our projects will be from leaf prints to Halloween inspired. Instructor: Michelle Brevick

7294	Mon	4:00 PM-5:15 PM	Sep 12-Oct 17
	6 wks.	R \$45 NR \$59	

Simply Festive Clay

Grades 1-6

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	Mon	4:00 PM-5:15 PM	Oct 31-Dec 12
	6 wks.	R \$45 NR \$59	

YOUTH

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 ckdlee01@hotmail.com.

7454	Sat	2:15 PM-6:30 PM	Sep 24-Dec 17
10 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 \$33 NR \$43			



18

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
7198	Wed	4:00 PM-5:00 PM	Nov 2-Dec 14

Grades: 4-6

7233	Wed	4:00 PM-5:00 PM	Sep 14-Oct 19
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.

7341	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.

7349	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.

7100	Wed	6:00 PM-8:00 PM	Sep 7-Dec 14
7101	Sat	8:00 AM-10:00 AM	Sep 10-Dec 17
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.

7096	Mon	5:30 PM-6:30 PM	Sep 12-Oct 17
6 wks. R \$43 NR \$56			
7097	Mon	5:30 PM-6:30 PM	Oct 24-Nov 28
6 wks. R \$43 NR \$56			



Click here to go to our registration site

TEEN

Teen Warrior Fitness With Parkour Horizons

Ages: 13Y-16Y

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.

7098	Mon	7:30 PM-8:30 PM	Sep 12-Oct 17
	6 wks.	R \$43 NR \$56	
7099	Mon	7:30 PM-8:30 PM	Oct 24-Nov 28
	6 wks.	R \$43 NR \$56	

Teens on Weights

Ages: 13Y-14Y

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.

7111	Thu	7:00 PM-7:45 PM	Sep 15-Oct 20
	6 wks.	M \$30 R \$36 NR \$47	
7112	Thu	7:00 PM-7:45 PM	Oct 27-Dec 8
	6 wks.	M \$30 R \$36 NR \$47	

Assisted Recreation

Saturday Adventures

Ages: 13Y 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 even will be send 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 Hoffmanbeck

7458	Sat	5:00 PM-8:00 PM	Sep 16-Dec 10
	6 wks.	R \$114 NR \$139.00	

If participant uses a wheelchair, please use the following registration number

7459	Sat	5:00 PM-8:00 PM	Sep 16-Dec 10
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YOUNG ADULT

Rock Your Chakra

Ages: 18Y -30Y

Become enthralled in the yoga culture by learning about the seven chakras and taking a yoga class. The first half will consist of making your chakra bracelet, socializing and learning which chakra you embrace the most. The second half of the event will consist of an awesome detox vinyasa flow yoga class geared toward all levels, although some yoga experience would be a plus. Get ready to rock your chakra!

7353	Wed	6:00 PM-7:30 PM	Nov 16
		R \$15 NR \$19	

Smoothie Mixology

Ages: 18Y -30Y

Become a smoothie mixologist and learn how to mix deliciously healthy smoothies. The event will feature a demonstration from a nutritionist. Afterwards socialize and enjoy the smoothies with snacks. Smoothie recipes will be provided so you can continue making your smoothies long after the event.

7351	Mon	6:00 PM-7:00 PM	Oct 24
		R \$15 NR \$19	

Check out these new and exciting events offered specifically for young adults!

HIP HOP

DJ Dance Party

Hip Hop DJ 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. Dress Fly by wearing your best hip hop workout attire. It's a great way to meet new people or meet up with friends, so get ready to have fun!

register early!

7350	Sun	6:30 PM-8:00 PM	Sep 25
		R \$15 NR \$19	

CPR

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 lay-person 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.

7457	Sat	9:00 AM-12:00 PM	Oct 1
7470	Sat	9:00 AM-12:00 PM	Dec 3
		\$25	

CPR Training Healthcare Provider

Ages: 14 and up

The Worthington Fire Department is offering CPR Training 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.

7456	Sat	9:00 AM-12:00 PM	Sep 3
7471	Sat	9:00 AM-12:00 PM	Nov 5
		\$45.00	

ADULT

Men's Open Basketball

Ages: 18Y 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.

7175	Mon	7:15 PM-9:15 PM	Nov 7-Dec 19
7176	Mon	7:15 PM-9:15 PM	Sep 12-Oct 24
	7 wks.	R \$28 NR \$36	

Volleyball: Open Adult

Ages: 18Y 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.

7173	Wed	7:15 PM-9:15 PM	Sep 14-Oct 19
7174	Wed	7:15 PM-9:15 PM	Oct 26-Dec 7
	6 wks.	R \$24 NR \$33	

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

7321	Wed	6:15 PM-7:15 PM	Sep 14-Oct 12
7323	Wed	6:15 PM-7:15 PM	Oct 19-Nov 16
	5 wks.	R \$70 NR \$91	

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

7324	Wed	7:15 PM-8:15 PM	Sep 14-Oct 12
7325	Wed	7:15 PM-8:15 PM	Oct 19-Nov 16
	5 wks.	R \$70 NR \$91	

19



Click here to go to our registration site

ADULT CREATIVE

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 handbuilt) 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 12 & 19. Instructor: Lynn Wheeler

7257	Sat	10:30 AM-2:00 PM	Sep 10-Nov 19
	8 wks.	R \$176 NR \$201	



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: Michelle Brevick

7288	Thu	6:00 PM-8:30 PM	Sep 15-Oct 20
7289	Thu	6:00 PM-8:30 PM	Nov 3-Dec 15
	6 wks.	R \$102 NR \$127	

20



End of Day Clay

Ages: 16Y and up

You deserve a middle-of-the-week treat. Work with clay on the potter's wheel with individualized instruction. Classes will include optional mini-workshops and demonstrations on specific wheel-throwing, trimming and glazing topics chosen by those registered for the class. Basic Wheel-Throwing is the pre-requisite. Instructor Lynn Wheeler. No class Nov 23 & 30

7252	Wed	6:00 PM-9:00 PM	Sep 14-Oct 19
7253	Wed	6:00 PM-9:00 PM	Oct 26-Dec 14
	6 wks.	R \$117 NR \$142	

Extended Day in Clay

Annual Holiday Tradition

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

7260	Sat	10:30 AM-1:30 PM	Dec 10
7261	Sat	2:00 PM-5:00 PM	Dec 10
7262	Sun	10:30 AM-1:30 PM	Dec 11
7263	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 Fusing. 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: Michelle Brevick

7290	Tue	6:30 PM-8:30 PM	Sep 13-Oct 18
7291	Tue	6:30 PM-8:30 PM	Nov 1-Dec 13
	6 wks.	R \$78 NR \$101	

one day workshops

Basic Wheel Throwing - Give it a Try!

Ages: 16Y and up

For ALL level potters (total beginners, or those with varying levels of experience) who wish to learn or strengthen wheel-throwing techniques at your level. This class will emphasize basic wheel-throwing processes and reinforce specific skills including wedging, centering, pulling up walls and shaping. New to the potter's wheel? Bring some friends or family members and join us in this fun and easy way to give wheel-throwing a try. This class is the pre-requisite to all of Lynn's other wheel-throwing classes. Subsequent classes will proceed from your individual skill level. Advance registration of at least 1 week prior to the class is required. Instructor: Lynn Wheeler

7245	Wed	6:00 PM-9:00 PM	Sep 7
		R \$25 NR \$33	
7251	Fri	6:00 PM-9:00 PM	Nov 11
		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

DROP IN GROUP FITNESS



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

DROP IN GROUP FITNESS PRICING

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
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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
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BEST VALUE!



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.			
	MEMBER PRICE	RESIDENT PRICE	non-RESIDENT PRICE
8 Class Pass	\$32	\$32	\$40
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.)			
Monthly Unlimited Pass	MEMBER PRICE	RESIDENT PRICE	non-RESIDENT PRICE
	\$30	\$35	\$45

FREE CLASSES!

Arms & Abs 15

Cardio 30

Fit Yoga 30

Slow Flow 30

Check us out at worthington.org and search group fitness for the latest class schedule or drop by the Community Center.

DROP 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 page2 for childcare during your workout.



Click here to go to our registration site

Community Center **FITNESS FLOOR POLICIES**

Fitness Floor – Cardio and All Weight Equipment Track

- 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.

- 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 up on the fitness floor.
- Please Note: A parent or guardian must attend the class with their youth.

Personal Training



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.....	\$200
8 Sessions.....	\$360
12 Sessions.....	\$480

30 Minute Session Packages

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

Fitness Assessment & Program Design

Our Fitness Assessments include two appointments with one of our Certified Personal Trainers. Your first session will include a discussion of your medical history, exercise testing, and goal setting. Your second session will include thorough instruction of the program that has been designed for you based on your needs and goals.

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.





SESSION BASED FITNESS

Pilates Mat Level One

Ages: 13Y and up

Our level one mat session based Pilates class is for beginning students as well as seasoned regulars. This class follows the Stott Pilates teaching technique to engage and strengthen the core muscles to achieve lean muscle mass, efficient movement, and improved alignment. This is a non-impact workout that is approachable for all bodies. You should be comfortable with sitting and lying on the floor.

Instructor: Janet Braden

7082	Thu	5:45 PM-6:45 PM	Sep 8-Oct 13
	6 wks.	M \$38 R \$44 NR \$57	
7083	Thu	5:45 PM-6:45 PM	Oct 20-Nov 17
	6 wks.	M \$38 R \$44 NR \$57	
7093	Thu	5:45 PM-6:45 PM	Dec 1-Dec 29
	5 wks.	M \$32 R \$37 NR \$48	

Pilates Mat Level Two

Ages: 13Y and up

Our level two mat session based Pilates class is for students with a solid understanding of the foundations of a mat workout. This class follows the Stott Pilates teaching technique and adds props for an additional challenge. This is a non-impact workout that is approachable for all bodies. You should be comfortable with sitting and lying on the floor. No beginners please. Instructor: Janet Braden

7085	Tue	7:00 PM-8:00 PM	Sep 6-Oct 11
	6 wks.	M \$38 R \$44 NR \$57	
7086	Tue	7:00 PM-8:00 PM	Oct 18-Nov 15
	5 wks.	M \$32 R \$37 NR \$48	
7087	Tue	7:00 PM-8:00 PM	Nov 22-Dec 13
	4 wks.	M \$26 R \$30 NR \$39	

Pilates/Yoga Fusion

Ages: 16Y and up

Enjoy one hour of the best of the Yoga and Pilates worlds with this fusion class. You will find strength, balance, and flexibility all drawn together using deep breathing techniques. Plan to leave class feeling strong and refreshed! This is a mixed-level, session based class. Instructor: Janet Braden

7079	Wed	10:45 AM-11:45 AM	Sep 7-Oct 12
	6 wks.	M \$38 R \$44 NR \$57	
7080	Wed	10:45 AM-11:45 AM	Oct 19-Nov 16
	5 wks.	M \$32 R \$37 NR \$48	
7081	Wed	10:45 AM-11:45 AM	Nov 23-Dec 14
	4 wks.	M \$26 R \$30 NR \$39	

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 :)



Vinyasa Yoga

Ages: 13Y and up

Vinyasa refers to linking breath and movement. This class flows smoothly with a moderate pace to enable the student to develop strength and endurance. Modifications will be offered and students are encouraged to move at their own pace with their breath. This session based class is recommended for students with previous yoga experience. You should be comfortable with transitioning from seated to standing during this practice. Instructor: Janet Braden

7089	Thu	7:00 PM-8:00 PM	Sep 8-Oct 13
	6 wks.	M \$38 R \$44 NR \$57	
7090	Thu	7:00 PM-8:00 PM	Oct 20-Nov 17
	5 wks.	M \$32 R \$37 NR \$48	
7091	Thu	7:00 PM-8:00 PM	Dec 1-Dec 29
	5 wks.	M \$32 R \$37 NR \$48	

See page 26 for more Yoga options at the Griswold Center!

BELLY DANCE

Give Belly Dance A Try!

Ages: 18Y and up

Each week you will learn a different technique!

Week One: Veils

Week Two: Slow and Sublime Combinations

Week Three: Zils

Week Four: Fast and Fabulous Combinations

Week Five: Put it all Together

(Veils and Zils will be available for use during class)

No previous dance experience necessary. Wear comfortable clothing. Please pre-register. Instructor: Karen Bradford

7107	Mon	7:30 PM-8:30 PM	Nov 21-Dec 19
	5 wks.	R \$42 NR \$55	

Dazzle and Shine with Belly Dance

Ages: 18Y and up

Learn how to put emotion, feeling, and fun into core belly dance moves as you increase your stage presence and become more comfortable dancing in your living room or on stage. No previous dance experience necessary. Wear comfortable clothing. Please pre-register. Instructor: Karen Bradford

7105	Mon	7:30 PM-8:30 PM	Sep 12-Oct 10
	5 wks.	R \$42 NR \$55	

Free Your Spirit with Belly Dance

Ages: 18Y and up

Release the bonds that hold you back. Surrender to the music and dance to the song in your soul. No previous dance experience necessary. Wear comfortable clothing. Please pre-register. Instructor: Karen Bradford

7106	Mon	7:30 PM-8:30 PM	Oct 17-Nov 14
	5 wks.	R \$42 NR \$55	

Belly Dance Performance Troupe

Ages: 12Y and up

This class is mandatory for those individuals in our session based Belly Dance class that would like to perform at outside locations with the group. This is weekly practice time to prepare for performances. Instructor Karen Bradford.

7108	Mon	8:30 PM-9:00 PM	Sep 12-Oct 10
7109	Mon	8:30 PM-9:00 PM	Oct 17-Nov 14
7110	Mon	8:30 PM-9:00 PM	Nov 21-Dec 19
	5 wks.	R \$21 NR \$28	

Essential Yoga

Ages: 18Y and up

In Yoga, knowledge is key. If people learned to swim the same way they learn to practice yoga, everyone would drown. This course was designed for beginners but even those students who've developed a practice will enjoy this class. During this 12-week session you will discover how much there is still to learn through this Yoga Student Training Course.

Instructor: Thatcher Ross

7070	Tue	6:00 PM-7:30 PM	Sep 6-Nov 22
	12 wks.	M \$102 R \$114 NR \$139	

Arupa Yoga

Ages: 18Y and up

Arupa Yoga doesn't just instruct the routine postures of yoga; it ushers you into the presence of yoga. The repetition of yoga's postures is like practicing musical scales. Both provide their benefits but that is not the essence of playing music or practicing yoga. The postures are exercises, not the primary purpose of the practice, which is finding peace and empowerment, through quietly befriending your body and your being. Pre-Requisite: Essential Yoga. Instructor: Thatcher Ross

7071	Tue	7:35 PM-9:05 PM	Sep 6-Oct 11
7072	Tue	7:35 PM-9:05 PM	Oct 18-Nov 22
	6 wks.	M \$51 R \$57 NR \$74	
7113	Tue	7:35 PM-9:05 PM	Nov 29-Dec 20
	4 wks.	M \$34 R \$38 NR \$50	

Gentle Yoga

Ages: 13Y and up

Begin your weekend with a gentle morning practice that will open your mind and body. This class focuses on the major postures in Hatha yoga and developing a deep breathing practice. This session based class is perfect for all levels. You should be comfortable moving from a seated to a standing position. Instructor: Janet Shumaker

7073	Fri	10:45 AM-12:00 PM	Sep 9-Oct 14
	6 wks.	M \$38 R \$44 NR \$57	
7074	Fri	10:45 AM-12:00 PM	Oct 21-Nov 18
	5 wks.	M \$32 R \$37 NR \$48	
7075	Fri	10:45 AM-12:00 PM	Nov 25-Dec 16
	4 wks.	M \$26 R \$30 NR \$39	

STRENGTH FITNESS

Pure Fitness

Ages: 18Y and up

This is an advanced athletic-based workout featuring circuits, drills, skills, and various equipment. Please bring a water bottle and towel and be prepared to sweat and work hard. Instructor: Chris Szabo

7068	Wed	5:45 PM-6:45 PM	Oct 19-Nov 16
7066	Sat	8:30 AM-9:30 AM	Oct 22-Nov 19
	5 wks.	M \$33 R \$38 NR \$50	
7069	Wed	5:45 PM-6:45 PM	Nov 23-Dec 14
7067	Sat	8:30 AM-9:30 AM	Nov 26-Dec 17
	4 wks.	M \$26 R \$30 NR \$39	

Pure Strength

Ages: 18Y and up

This advanced fitness class focuses on strength training and proper form. Please bring a towel and water bottle to class and be prepared to sweat and work hard!

Instructor: Chris Szabo			
7063	Mon	7:00 PM-8:00 PM	Sep 12-Oct 10
7064	Mon	7:00 PM-8:00 PM	Oct 17-Nov 14
7065	Mon	7:00 PM-8:00 PM	Nov 21-Dec 12
	5 wks.	M \$33 R \$38 NR \$50	

 [Click here to go to our registration site](#)

FITNESS SPECIAL EVENTS

National Yoga Month Celebration



Ages: 18Y and up

Celebrate National Yoga Month at the WCC! We will prepare for the fall equinox by performing 108 Sun Salutations. We will complete four sets of 27 Sun A's using Metta intentions. Please pre-register as space is limited.

Instructor: Brandi Williams, RYT-200

7076	Mon	5:30 PM-7:00 PM	Sep 19
\$15			

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

7102	Mon	7:00 PM-8:15 PM	Dec 19
\$10			



Halloween Dance Party



Ages: 18Y and up

It's a Halloween party, fitness style! Join our WCC Dance Fitness team members for this special event. We will jam to some of your favorite spooky tunes as well as current hits. We will have prizes for best costumes. This class is included on Monthly Unlimited cards and is just one punch for Punch Card holders. You can also pay a one-time registration fee. Please pre-register at the front desk.

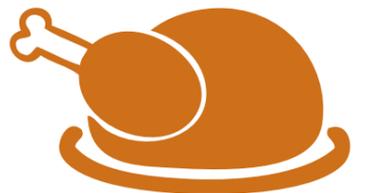
7077	Mon	5:45 PM-7:15 PM	Oct 31
\$10			

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.

7078	Thu	8:15 AM-10:15 AM	Nov 24
\$10			

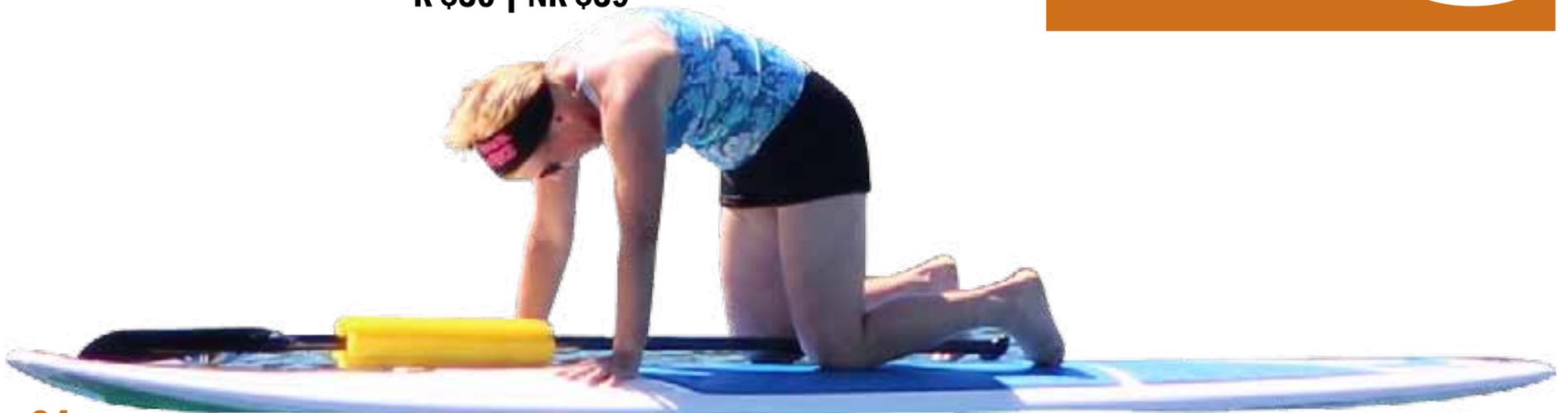


Paddleboard Yoga

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**

7482	Sun	5:00 PM-5:55 PM	Oct 2	7487	Thu	8:00 PM-8:55 PM	Nov 3
7483	Thu	8:00 PM-8:55 PM	Oct 6	7488	Sun	5:00 PM-5:55 PM	Nov 13
7484	Sun	5:00 PM-5:55 PM	Oct 16	7489	Thu	8:00 PM-8:55 PM	Nov 17
7485	Thu	8:00 PM-8:55 PM	Oct 20	7490	Sun	5:00 PM-5:55 PM	Nov 27
7486	Sun	5:00 PM-5:55 PM	Oct 30	7491	Thu	8:00 PM-8:55 PM	Dec 1
				7492	Sun	5:00 PM-5:55 PM	Dec 11
				7493	Thu	8:00 PM-8:55 PM	Dec 15

R \$30 | NR \$39



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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



[Click here to go to our registration site](#)

GRISWOLD CENTER HIGHLIGHTS

Pick up a copy of the Griswold Center brochure for a complete list of programs or stop by for a tour!

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

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

COMMUNITY CENTER EVENTS

unplug and connect

Family Night



Fridays 6:30 PM-9:00 PM

September: 16, 23, 30

October: 7, 21

November: 4, 11, 18

Select Family Nights include special \$3 admission to the pool in addition to the regular free activities. Family Night swim dates:

Friday, October 7

Friday, November 4

Swim only on 12/2

No Family Night on 10/28, 11/25

Leave the electronics at home and come to the Community Center for a free night of crafts, games, and connecting as a family!

(Children must be accompanied by an adult and vice versa)

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!

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Click here to go to our registration site

HEALTHWAYS SILVERSNEAKERS® FITNESS

About SilverSneakers®

Healthways SilverSneakers® Fitness program is the nation's leading fitness program designed exclusively for older adults. This comprehensive program addresses the physical, mental and social needs of Medicare-eligible members (usually 65-plus). Adults over age 65 who adopt a physically active lifestyle can substantially improve their health to get more out of life. PRIME is available to adults ages 18-64 whose health insurance includes this program as a wellness benefit.

Memberships

Healthways SilverSneakers® and PRIME members receive a no-cost Community Center and/or Griswold Center membership, which includes all member benefits. Please see page 2 for a list of member benefits at each facility. Eligibility for these insurance-based programs can be confirmed at the Community or Griswold Center customer service desks.

Programs

For SilverSneakers® participants this also includes the opportunity to participate in the signature SilverSneakers® group exercise classes. Programs offered at both the Community Center and Griswold Center are listed below.

SilverSneakers® Personal Training Special: 30-Minute Personal Training Special for \$15!

What You Get: A free consultation and one 30-minute personal training session. You may only purchase two per person. For purchase a personal training pre-screen form must be completed upstairs at the fitness desk. Purchased sessions have a 3-month expiration date.

SilverSneakers® BOOM

Age: 65Y and up • Community Room

New!

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

Tues	8:30 AM	Ongoing
No Fee*	Instructor: Judy Hunter	Max. 25
Sat	10:30 AM	Ongoing
No Fee*	Instructor: Bev Tabb	Max. 25

Muscle Fitness

Age: 65Y and up • Community Room

Muscle Fitness just got functional with a unique blend of cardio and strength-based athletic moves

Tues	9:00 AM	Ongoing
No Fee*	Instructor: Judy Hunter	Max. 25
Sat	11:00 AM	Ongoing
No Fee*	Instructor: Bev Tabb	Max. 25

Mind

Age: 65Y and up • Community Room

Mind An empowering class that combines yoga, Pilates and stretching

Tues	9:30 AM	Ongoing
No Fee*	Instructor: Judy Hunter	Max. 25
Sat	11:30 AM	Ongoing
No Fee*	Instructor: Bev Tabb	Max. 25

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.

Griswold Center

Tue	9:15 AM-10:00 AM	Ongoing
No Fee*	Instructor: Carol Groseclose	Max. 30

Community Center

Wed	8:30 AM-9:30 AM	Ongoing
No Fee*	Instructor: Judy Hunter	Max. 30

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.

Community Center

Mon	9:00 AM-10:00 AM	Ongoing
No Fee*	Instructor: Judy Hunter	Max. 30

Fri	9:00 AM-10:00 AM	Ongoing
No Fee*	Instructor: Richard Johnson	Max. 30

Griswold Center

Tue	10:15 AM-11:00 AM	Ongoing
No Fee*	Instructor: Carol Groseclose	Max. 30

Wed	3:30 PM-4:15 PM	Ongoing
No Fee*	Instructor: Sandy Hull	Max. 30

Thu	10:15 AM-11:00 AM	Ongoing
No Fee*	Instructor: Mary Ervin	Max. 30



SilverSneakers® Yoga

Age: 65Y and up • Community Room

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

Community Center

Mon	12:15 PM-1:00 PM	Ongoing
No Fee*	Instructor: Bev Tabb	Max. 25

Thu	12:15 PM-1:00 PM	Ongoing
No Fee*	Instructor: Judy Hunter	Max. 25

SilverSneakers® Splash

Age: 65Y and up • Lap Pool

Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required, and a SilverSneakers® kickboard or other aquatic equipment is used to improve strength, balance and coordination.

Community Center

Mon, Wed, Thur, Fri	10:00 AM-10:45 AM	Ongoing
No Fee*		Max. 16

* These programs are offered only to members of SilverSneakers. Visit www.healthways.com for more information regarding the Healthways SilverSneakers® Fitness program.

GRISWOLD CENTER MIND & BODY PROGRAMS

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

R \$43 | NR \$56

All levels and ages welcome!



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

Parks and Recreation Staff

Darren Hurley, Director

Community Center

Holly Keller, Recreation Superintendent
Celia Thornton, Project Supervisor
Julie Stoltz, Customer Service Coordinator
Melissa Hindman, Marketing & Outreach Supervisor
Julie Sergent, Marketing & Outreach Coordinator
Nancy Haynes, Recreation Supervisor
Michael Burgdorfer, Recreation Supervisor
Kevin Timmons, Recreation Supervisor—Aquatics
Brandi Williams, Recreation Supervisor—Fitness
Randy Hannigan, Building Maintenance Technician
Mike Bishop, Building Maintenance Assistant

Griswold Center

Colleen Light, Center Manager
Ryan Cooper, Customer Service Coordinator
Mary Kay Scott, Recreation Supervisor—Senior
Jeff Fickell, Recreation Supervisor—Senior Fitness

Parks Division

D. Scott Brown, Parks Manager
Shawn Daugherty, Parks Supervisor
Kevin Potter, Parks Technician
Wade Lallathin, Parks Technician
Jamie Britt, Parks Technician
David Ebright, Parks Technician
Tyson Cline, Parks Technician

City of Worthington

Matt Greeson, City Manager
Robyn Stewart, Assistant City Manager

Worthington City Council

Bonnie Michael, President
Doug Foust
Rachael Dorothy
Scott Myers
David Norstrom
Doug Smith
Michael Troper

Parks and Recreation Commission

Dan Armitage (Chair)
Michele Miller (Vice Chair)
Laura Ball
Bob Burpee
Rob Wendling
Dave Kessler
Peter Calamari
Ethan Black, student

Meetings are held the third Tuesday of each month at the Community Center at **6:00 PM**.

Scheduled Fall meeting dates are:
Sep 20, Oct 18, Nov 15, Dec 20

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.

FACILITY RENTALS



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.

Community Center Facilities can be reserved on the Mondays listed below:

Aug 1, 2016 for Sept.-Dec 2016

Dec 5, 2016 for Jan-Mar 2016

Reservations must be made in person a minimum of 3 days prior to the rental.



Griswold Center Facilities can be reserved on the following dates:

September 6, 2016 for October–December 2016 (please note this is not a Monday)

Inquiries and requests may be made by calling or in person at least 2 weeks prior to the rental.

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.

Vision Strive for sustainable practices.

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Click here to go to our registration site

Membership options as unique as you are!

See page 2 for pricing and details



TEEN



INDIVIDUAL



INDIVIDUAL + CHILD



HOUSEHOLD OF 2



HOUSEHOLD OF 3



HOUSEHOLD OF 4



**ADDITIONAL PERSON
(AFTER 4)**



SENIOR CITIZEN



**Thanks to "Camp Crafty"
for the illustrations!**



Click here to go to our registration site