Hibernation? Recreation!

Did you know...

**COMMUNITY CENTER**
Our members have worked out over 165,000 times in 2016!

**GRISWOLD CENTER**
The Griswold Center is open to anyone 18 and over.

**PARKS**
The Parks Department hung nearly 42,000 lights throughout the city for the Holiday season.

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

**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
Sunday: ................................. 9:00 AM–NOON

Closed

**Holiday Hours**

Christmas Eve ........................................... 8 AM - 2 PM
Christmas Day ........................................... CLOSED
New Years Eve ........................................... 8 AM - 2 PM
New Years Day ........................................... 10 AM - 6 PM
Martin Luther King Day ......................... 5:30 AM – 9:30 PM
Presidents Day ........................................... 5:30 AM - 9:30 PM

**MEMBERSHIP**

**Benefits of Membership**

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

**Healthways SilverSneakers® & PRIME® Programs**

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

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

**Membership Refund Policies**

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

**ANNUAL MEMBERSHIP RATES**

<table>
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<tr>
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<tbody>
<tr>
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<td>Individual + child (1-11 yrs.)</td>
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<td>$546</td>
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<td>Household of Three</td>
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**NON-RESIDENT**

**MONTHLY MEMBERSHIP RATES**

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**RESIDENT=R NON-RESIDENT=NR**

**CANCELLATION POLICY**

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

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

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

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Find Worthington Parks & Recreation Online!

Visit our website
www.worthington.org
online registration
https://apm.activecommunities.com/worthington

Click here to go to our registration site
How

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 cash, check and 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 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

Winter Registration

Program & Swim Registration Dates

Winter 1

Monday, December 19 Residents / Members

Wednesday, December 21 Open Registration

Swim Registration Dates

Winter 2

Monday, February 20 Residents / Members

Wednesday, February 22 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.
- To receive a refund for swim lessons 48 hours notice of cancellation is required prior to the first lesson.

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 will 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.

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.

Visit our website

www.worthington.org
**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

7823 Tue 11:00 AM-11:45 AM Jan 10-Feb 14
7824 Tue 6:15 PM-7:00 PM Jan 10-Feb 14
7825 Wed 10:00 AM-10:45 AM Jan 11-Feb 15
7826 Thu 5:15 PM-6:00 PM Jan 12-Feb 16
7827 Sat 9:00 AM-9:45 AM Jan 14-Feb 18

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

7953 Tue 11:00 AM-11:45 AM Feb 28-Apr 4
7954 Tue 6:15 PM-7:00 PM Feb 28-Apr 4
7955 Wed 10:00 AM-10:45 AM Mar 1-Apr 5
7956 Thu 5:15 PM-6:00 PM Mar 2-Apr 6
7957 Sat 9:00 AM-9:45 AM Mar 4-Apr 8

**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 Aquatic 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

7790 Mon 11:00 AM-11:45 AM Jan 9-Feb 13
7791 Tue 5:15 PM-6:00 PM Jan 10-Feb 14
7792 Thu 7:15 PM-8:00 PM Jan 12-Feb 16
7793 Thu 10:00 AM-10:45 AM Jan 12-Feb 16
7794 Sat 10:00 AM-10:45 AM Jan 14-Feb 18

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

7920 Mon 11:00 AM-11:45 AM Feb 27-Apr 3
7921 Tue 5:15 PM-6:00 PM Feb 28-Apr 4
7922 Thu 7:15 PM-8:00 PM Mar 2-Apr 6
7923 Thu 10:00 AM-10:45 AM Mar 2-Apr 6
7924 Sat 10:00 AM-10:45 AM Mar 4-Apr 8

**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

7752 Tue 5:15 PM-6:00 PM Jan 10-Feb 14
7753 Tue 6:15 PM-7:00 PM Jan 10-Feb 14
7754 Wed 2:00 PM-2:45 PM Jan 11-Feb 15
7755 Thu 11:00 AM-11:45 AM Jan 12-Feb 16
7756 Thu 5:15 PM-6:00 PM Jan 12-Feb 16
7757 Thu 6:15 PM-7:00 PM Jan 12-Feb 16
7758 Sat 10:00 AM-10:45 AM Jan 14-Feb 18

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

7883 Tue 5:15 PM-6:00 PM Feb 28-Apr 4
7884 Tue 6:15 PM-7:00 PM Feb 28-Apr 4
7885 Wed 2:00 PM-2:45 PM Mar 1-Apr 5
7886 Thu 11:00 AM-11:45 AM Mar 2-Apr 6
7887 Thu 5:15 PM-6:00 PM Mar 2-Apr 6
7888 Thu 6:15 PM-7:00 PM Mar 2-Apr 6
7889 Sat 10:00 AM-10:45 AM Mar 4-Apr 8

**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

7759 Mon 11:00 AM-11:45 AM Jan 9-Feb 13
7760 Mon 10:00 AM-10:45 AM Jan 9-Feb 13
7761 Mon 1:00 PM-1:45 PM Jan 9-Feb 13
7762 Tue 10:00 AM-10:45 AM Jan 10-Feb 14
7763 Tue 11:00 AM-11:45 AM Jan 10-Feb 14
7764 Tue 2:00 PM-2:45 PM Jan 10-Feb 14
7765 Tue 5:15 PM-6:00 PM Jan 10-Feb 14
7766 Tue 7:15 PM-8:00 PM Jan 10-Feb 14
7767 Tue 8:15 PM-9:00 PM Jan 10-Feb 14
7768 Wed 10:00 AM-10:45 AM Jan 13-Feb 15
7769 Wed 11:00 AM-11:45 AM Jan 13-Feb 15
7770 Wed 1:00 PM-1:45 PM Jan 13-Feb 15
7771 Thu 6:15 PM-7:00 PM Jan 12-Feb 16
7772 Thu 7:15 PM-8:00 PM Jan 12-Feb 16
7773 Sat 10:00 AM-10:45 AM Jan 14-Feb 18
7774 Sat 9:00 AM-9:45 AM Jan 14-Feb 18

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

7890 Mon 1:00 PM-1:45 PM Feb 27-Apr 3
7891 Mon 11:00 AM-11:45 AM Feb 27-Apr 3
7892 Mon 1:00 PM-1:45 PM Feb 27-Apr 3
7893 Tue 10:00 AM-10:45 AM Feb 28-Apr 4
7894 Tue 11:00 AM-11:45 AM Feb 28-Apr 4
7895 Tue 2:00 PM-2:45 PM Feb 28-Apr 4
7896 Tue 5:15 PM-6:00 PM Feb 28-Apr 4
7897 Tue 6:15 PM-7:00 PM Feb 28-Apr 4
7898 Tue 7:15 PM-8:00 PM Feb 28-Apr 4
7899 Wed 10:00 AM-10:45 AM Mar 1-Apr 6
7900 Wed 11:00 AM-11:45 AM Mar 2-Apr 6
7901 Thu 5:15 PM-6:00 PM Mar 2-Apr 6
7902 Thu 6:15 PM-7:00 PM Mar 2-Apr 6
7903 Thu 7:15 PM-8:00 PM Mar 2-Apr 6
7904 Sat 10:00 AM-10:45 AM Mar 4-Apr 8
7905 Sat 9:00 AM-9:45 AM Mar 4-Apr 8

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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.

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WELCOME!
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
7782 Mon 3:30 PM-4:15 PM Jan 9-Feb 13
7783 Tue 7:15 PM-8:00 PM Jan 10-Feb 14
7784 Thu 4:15 PM-5:00 PM Jan 12-Feb 16

SESSION 2
6 wks.  R $45 | NR $59
7912 Mon 3:30 PM-4:15 PM Feb 27-Apr 3
7913 Tue 7:15 PM-8:00 PM Feb 28-Apr 4
7914 Thu 4:15 PM-5:00 PM Mar 2-Apr 6

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
7782 Mon 3:30 PM-4:15 PM Jan 9-Feb 13
7783 Tue 7:15 PM-8:00 PM Jan 10-Feb 14
7784 Thu 4:15 PM-5:00 PM Jan 12-Feb 16

SESSION 2
6 wks.  R $45 | NR $59
7912 Mon 3:30 PM-4:15 PM Feb 27-Apr 3
7913 Tue 7:15 PM-8:00 PM Feb 28-Apr 4
7914 Thu 4:15 PM-5:00 PM Mar 2-Apr 6
Turtle
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

7826 Mon 3:30 PM-4:15 PM Jan 9-Feb 13
7829 Tue 4:15 PM-5:00 PM Jan 10-Feb 14
7830 Tue 7:15 PM-8:00 PM Jan 10-Feb 14
7831 Wed 3:30 PM-4:15 PM Jan 11-Feb 15
7834 Thu 3:30 PM-4:15 PM Jan 12-Feb 16
7832 Thu 7:15 PM-8:00 PM Jan 12-Feb 16
7833 Sat 11:00 AM-11:45 AM Jan 14-Feb 18

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

7959 Tue 4:15 PM-5:00 PM Feb 28-Apr 4
7960 Tue 7:15 PM-8:00 PM Feb 28-Apr 4
7961 Wed 3:30 PM-4:15 PM Mar 1-Apr 5
7964 Thu 3:30 PM-4:15 PM Mar 2-Apr 6
7962 Thu 7:15 PM-8:00 PM Mar 2-Apr 6
7963 Sat 11:00 AM-11:45 AM Mar 4-Apr 8

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

7778 Mon 4:30 PM-5:15 PM Jan 9-Feb 13
7779 Tue 4:30 PM-5:15 PM Jan 10-Feb 14
7780 Tue 7:15 PM-8:00 PM Jan 10-Feb 14
7781 Sat 11:00 AM-11:45 AM Jan 14-Feb 18

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

7908 Mon 4:30 PM-5:15 PM Feb 27-Apr 3
7909 Tue 4:30 PM-5:15 PM Feb 28-Apr 4
7910 Tue 7:15 PM-8:00 PM Feb 28-Apr 4
7911 Sat 11:00 AM-11:45 AM Mar 4-Apr 8

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

7817 Tue 4:15 PM-5:00 PM Jan 10-Feb 14
7818 Thu 4:15 PM-5:00 PM Jan 12-Feb 16
7819 Thu 6:15 PM-7:00 PM Jan 12-Feb 16
7820 Sat 10:00 AM-10:45 AM Jan 14-Feb 18

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

7947 Tue 4:15 PM-5:00 PM Feb 28-Apr 4
7948 Thu 4:15 PM-5:00 PM Mar 2-Apr 6
7949 Thu 5:15 PM-6:00 PM Mar 2-Apr 6
7950 Sat 10:00 AM-10:45 AM Mar 4-Apr 8

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.
**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

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

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<td>7933 Sat</td>
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<td>Mar 4-Apr 8</td>
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**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 $545 | NR $599

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**SESSION 2**
6 wks.  R $545 | NR $599

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<tr>
<td>7934 Tue</td>
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<td>Feb 28-Apr 4</td>
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<td>7935 Wed</td>
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<td>7935 Mon</td>
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<td>7936 Sat</td>
<td>10:00 AM-10:45 AM</td>
<td>Mar 4-Apr 8</td>
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**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 $545 | NR $599

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<th>Date</th>
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<tr>
<td>7845 Wed</td>
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<td>Jan 11-Feb 15</td>
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<tr>
<td>7846 Sat</td>
<td>9:00 AM-9:45 AM</td>
<td>Jan 14-Feb 18</td>
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**SESSION 2**
6 wks.  R $545 | NR $599

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<th>Date</th>
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<tr>
<td>7847 Wed</td>
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<td>7848 Sat</td>
<td>9:00 AM-9:45 AM</td>
<td>Mar 4-Apr 8</td>
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**Learn to Swim Level 7 - Swimming and Skill Proficiency**

Ages: 6Y-14Y

Prerequisites: Learn to Swim Level 6 (Swimming and Skill Proficiency) 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 $545 | NR $599

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<th>Date</th>
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<tr>
<td>7851 Wed</td>
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<td>7852 Thu</td>
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<tr>
<td>7853 Sat</td>
<td>11:00 AM-11:45 AM</td>
<td>Jan 14-Feb 18</td>
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**SESSION 2**
6 wks.  R $545 | NR $599

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<th>Date</th>
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<tr>
<td>7854 Wed</td>
<td>4:30 PM-5:15 PM</td>
<td>Mar 3-Apr 5</td>
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<td>7855 Thu</td>
<td>5:15 PM-6:00 PM</td>
<td>Mar 4-Apr 8</td>
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**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

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<th>Date</th>
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<td>8111 Sun</td>
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<tr>
<td>8112 Sun</td>
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<td>Mar 26</td>
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R $30 | NR $39

**Lifeguard Training**

This course will include all of the materials and information needed to become a certified lifeguard through the American Red Cross including First Aid, and CPR/AED for Lifeguards. All students must meet the following prerequisites before being allowed in class: you must be 15 years of age on or before the completion of the class, Swim 300 yards continuously using these strokes in the following order: 100 yards front crawl using rhythmic breathing and a stabilizing and propellant kick, 100 yards breaststroke using a pull, breathe, kick and glide sequence, 100 yards using either the front crawl or breaststroke. Starting in the water, swim 50 yards using the front crawl or breaststroke, surface dive in 7-10 feet of water and retrieve a 10 pound object, and swim 20 yards back to the starting point with the object and exit the water without using the ladder or steps within 1:40, finally treading water for 2 minutes. Unsuccessful completion of the prerequisites will result in a refund minus $25. Unsuccessful completion of the class will result in forfeit of registration fee.

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<tr>
<td>8057 Mon</td>
<td>9:00 AM-2:00 PM</td>
<td>Dec 19-Dec 23</td>
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R $260 | NR $250

Click here to go to our registration site
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 belts, 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 workout. 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
6 wks. R $50 | NR $66
7835 Mon,Wed 8:00 PM-8:55 PM Jan 9-Feb 15

SESSION 2
6 wks. R $50 | NR $66
7965 Mon,Wed 8:00 PM-8:55 PM Feb 27-Apr 5

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
6 wks. R $77 | NR $100
7836 Mon,Wed,Fri 8:00 AM-8:55 AM Jan 9-Feb 17

SESSION 2
6 wks. R $77 | NR $100
7966 Mon,Wed,Fri 8:00 AM-8:55 AM Feb 27-Apr 7

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: Michelle Brevick (8pm), Barbara Byrum (11AM)

SESSION 1
6 wks. R $26 | NR $34
7843 Sat 11:00 AM-11:55 AM Jan 14-Feb 18

SESSION 2
6 wks. R $26 | NR $34
7973 Sat 11:00 AM-11:55 AM Mar 4-Apr 8

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. Instructor Paula Hamilton

SESSION 1
6 wks. R $26 | NR $34
7837 Tue 10:00 AM-10:55 AM Jan 10-Feb 14

SESSION 2
6 wks. R $26 | NR $34
7961 Tue 10:00 AM-10:55 AM Feb 28-Apr 4

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 Ewe, Karen Dawson & Paula Hamilton (8am), Barbara Byrum (10am)

SESSION 1
6 wks. R $26 | NR $34
7847 Sat 10:00 AM-10:55 AM Mar 4-Apr 8

SESSION 2
6 wks. R $26 | NR $34
7970 Sat 10:00 AM-10:55 AM Apr 21-May 5

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 Sparitz

SESSION 1
6 wks. R $50 | NR $66
7842 Tue Thu 9:00 AM-9:55 AM Jan 10-Feb 16

SESSION 2
6 wks. R $50 | NR $66
7971 Tue Thu 9:00 AM-9:55 AM Feb 28-Apr 6

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
6 wks. R $50 | NR $66
7843 Tue Thu 1:00 PM-1:55 PM Jan 10-Feb 16

SESSION 2
6 wks. R $50 | NR $66
7972 Tue Thu 1:00 PM-1:55 PM Feb 28-Apr 6

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
6 wks. R $50 | NR $66
7844 Mon,Wed 7:00 PM-7:55 PM Jan 9-Feb 15

SESSION 2
6 wks. R $50 | NR $66
7974 Mon,Wed 7:00 PM-7:55 PM Feb 27-Apr 5

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
6 wks. R $26 | NR $34
7845 Tue 8:00 PM-8:55 PM Jan 10-Feb 14

SESSION 2
6 wks. R $26 | NR $34
7975 Tue 8:00 PM-8:55 PM Feb 28-Apr 6

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
R $4 | NR $5 per class
January
8031 Mon 9:00 AM-9:55 AM Jan 2
8032 Mon 7:00 PM-7:55 PM Jan 2
8033 Tue 9:00 AM-9:55 AM Jan 3
8036 Wed 9:00 AM-9:55 AM Jan 4
8037 Wed 7:00 PM-7:55 PM Jan 4
8039 Thu 9:00 AM-9:55 AM Jan 5
8040 Fri 9:00 AM-9:55 AM Jan 6
February
8059 Mon 7:00 AM-7:55 AM Feb 20
8058 Mon 9:00 AM-9:55 AM Feb 20
8050 Tues 9:00 AM-9:55 AM Feb 21
8061 Wed 9:00 AM-9:55 AM Feb 22
8062 Wed 7:00 PM-7:55 PM Feb 22
8063 Th 9:00 AM-9:55 AM Feb 23
8064 Fri 9:00 AM-9:55 AM Feb 24
Between You and Me
Ages: 2Y-3.5Y • Art Studio
Come have fun creating art with your child/grandchild. You will experiment with lots of glue and get messy with paint and clay. Treasure the special moments along with the special masterpieces you create together. Instructor: Michelle Breveck
7738 Tue 9:15 AM-10:15 AM Jan 10-Feb 14
6 wks. R $33 | $43

Let’s Create Together
Ages: 2Y-3.5Y • Art Studio
Come and have fun experimenting with messy paint, globs of glue and even chunks of clay. Enjoy creating treasures and special moments with your child. This will be a messy class so please dress accordingly.
7743 Tue 9:15 AM-10:15 AM Feb 28-Apr 4
6 wks. R $33 | $43

The Baby Wearing Workout
North Gym
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/
7710 Mon 5:30 PM-6:00 PM Jan 9-Feb 20
7711 Mon 5:30 PM-6:00 PM Feb 27-Apr 10
7 wks. M $28 | M $35 | NR $46

Tumbling for Two
Ages: 1.5Y-3Y • Community Room
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.
7682 Tue 10:30 AM-11:00 AM Jan 10-Feb 14
7684 Tue 11:15 AM-11:45 AM Jan 10-Feb 14
7683 Tue 10:30 AM-11:00 AM Feb 28-Apr 4
7685 Tue 11:15 AM-11:45 AM Feb 28-Apr 4
6 wks. R $18 | NR $23

Winter Wonderland
Ages: 3Y-6Y • North Gym
While the weather outside is frightful join us indoors for things delightful! Each class will feature winter themed games, activities and crafts to celebrate the season. Join us for activities like freeze tag, sled riding or snow ball fights in the gym and make snow globes and snowflakes as crafts. We will also create a hot coco treat to take home and enjoy on a cold winter day.
7725 Wed 10:00 AM-11:30 AM Jan 11-Feb 15
6 wks. R $42 | NR $55

Globe Trotters
Ages: 3Y-6Y • North Gym
Travel the globe with us as we will learn about different areas of the world through gym games, crafts and stories. Become a pirate during our treasure hunt and transform into animals during our jungle safari. We will surely need our passports for the many stops on our weekly adventures.
7726 Mon 10:00 AM-11:30 AM Jan 23-Feb 13
4 wks. R $28 | NR $36

PARENT | CHILD PROGRAMS

See Me Run
Ages: 18M-36M • South Gym
Once children learn to walk, it’s hard to slow them down! Join your child in this busy parent/child class designed to encourage running 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. Instructor: Jennifer Button
7704 Thu 9:15 AM-10:15 AM Mar 2-Apr 6
7703 Thu 9:15 AM-10:15 AM Jan 12-Feb 16
5 wks. R $30 | NR $39

Things That Go
Ages: 3Y-6Y • North Gym
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.
7875 Fri 10:30 AM-11:15 AM Jan 13-Feb 17
6 wks. R $30 | NR $39

Wacky Wednesday
Ages: 3Y-6Y • North Gym
Wacky 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.
7713 Wed 10:00 AM-11:30 AM Mar 1-Apr 5
6 wks. R $42 | NR $55

Let’s Create Together
Ages: 2Y-3.5Y • Art Studio
Come and have fun experimenting with messy paint, globs of glue and even chunks of clay. Enjoy creating treasures and special moments with your child. This will be a messy class so please dress accordingly.
7743 Tue 9:15 AM-10:15 AM Feb 28-Apr 4
6 wks. R $33 | $43

The Baby Wearing Workout
North Gym
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/
7710 Mon 5:30 PM-6:00 PM Jan 9-Feb 20
7711 Mon 5:30 PM-6:00 PM Feb 27-Apr 10
7 wks. M $28 | M $35 | NR $46

Tumbling for Two
Ages: 1.5Y-3Y • Community Room
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.
7682 Tue 10:30 AM-11:00 AM Jan 10-Feb 14
7684 Tue 11:15 AM-11:45 AM Jan 10-Feb 14
7683 Tue 10:30 AM-11:00 AM Feb 28-Apr 4
7685 Tue 11:15 AM-11:45 AM Feb 28-Apr 4
6 wks. R $18 | NR $23

Winter Wonderland
Ages: 3Y-6Y • North Gym
While the weather outside is frightful join us indoors for things delightful! Each class will feature winter themed games, activities and crafts to celebrate the season. Join us for activities like freeze tag, sled riding or snow ball fights in the gym and make snow globes and snowflakes as crafts. We will also create a hot coco treat to take home and enjoy on a cold winter day.
7725 Wed 10:00 AM-11:30 AM Jan 11-Feb 15
6 wks. R $42 | NR $55

Globe Trotters
Ages: 3Y-6Y • North Gym
Travel the globe with us as we will learn about different areas of the world through gym games, crafts and stories. Become a pirate during our treasure hunt and transform into animals during our jungle safari. We will surely need our passports for the many stops on our weekly adventures.
7726 Mon 10:00 AM-11:30 AM Jan 23-Feb 13
4 wks. R $28 | NR $36

PRESCHOOL | ACTIVE

See Me Run
Ages: 18M-36M • South Gym
Once children learn to walk, it’s hard to slow them down! Join your child in this busy parent/child class designed to encourage running 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. Instructor: Jennifer Button
7704 Thu 9:15 AM-10:15 AM Mar 2-Apr 6
7703 Thu 9:15 AM-10:15 AM Jan 12-Feb 16
5 wks. R $30 | NR $39

Sports and Fitness for Toddlers
Powered by JumpBunch
Ages: 3Y-6Y • Meeting Rooms 1 & 2
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, readiness skills, fitness activities and working together. For more information about this popular program, go to JumpBunch.com.
7699 Sat 9:30 AM-10:00 AM Jan 14-Feb 18
7700 Sat 9:30 AM-10:00 AM Mar 4-Apr 8
6 wks. R $40 | NR $52

Little Gladiators
Ages: 4Y-7Y • South Gym
Come see if you have what it takes to be a little gladiator! Each week will feature a variety of obstacle courses to develop your gladiator skills as we crawl through tunnels and climb over barriers. We will also complete relay races and play a variety of gym games to keep or muscles in motion.
7724 Tue 1:00 PM-1:45 PM Mar 21-Apr 4
3 wks. R $15 | NR $20

Mini Ninja Fitness - With Parkour Horizons
Ages: 3Y-6Y
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.
7650 Tue 2:00 PM-2:45 PM Jan 3-Feb 14
7651 Tue 2:00 PM-2:45 PM Feb 21-Apr 4
7 wks. R $50 | NR $65

Click here to go to our registration site
Dash & Splash
Ages: 4Y-7Y • Fishbowl & South Gym
Dash and splash your way through Thursday afternoons. Each week we will complete different activities including dash 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.

We will also splash around in the pool, playing fun water games.
7718 Thu 10:30am-11:15am Jan 12-Jan 26
7718 Tue 1:00pm-1:45pm Feb 28-Mar 14
3 wks. R $15 | NR $20

T-Ball for Tots
Ages: 4Y-7Y • North Gym
This class will be designed to teach boys and girls the basics of T-Ball. The class will use child-friendly, soft koosh balls. Your child will learn how to hit, throw, catch and slide. We will play fun games to teach the different positions and run bases. No gloves are needed.
7690 Mon 10:30am-11:15am Mar 20-Apr 3
3 wks. R $15 • NR $20

Little Dunkers
Ages: 4Y-7Y • North Gym
This class will stress lead-up games and activities to teach the fundamentals of basketball. These skills will be taught in a fun environment to give your child a positive first experience with basketball.
7719 Thu 10:30am-11:15am Jan 12-Jan 26
7719 Tue 1:00pm-1:45pm Feb 28-Mar 14
3 wks. R $15 | NR $20

Jump Start: Junior All-Stars
Ages: 3Y-6Y • South Gym
The Junior All-Stars Sports Program provides 3-5 year olds with a positive age-appropriate introduction to a variety of sports. Sports offered include soccer, baseball, football, and more in a fun learning environment. We also play highly active running games that promote cardiovascular activity. Fee includes T-shirt and participation medal.
7708 Thu 10:30am-11:15am Mar 2-Mar 16
3 wks. R $15 | NR $20

Gym & Swim
Ages: 4Y-7Y • South Gym
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.
7706 Fri 1:00pm-3:00pm Mar 3-Apr 7
5 wks. R $40 | NR $52

Tumbling Tykes
Ages: 3Y-6Y • Community Room
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!
7680 Tue 9:30am-10:15am Jan 10-Feb 14
7681 Tue 9:30am-10:15am Feb 28-Apr 4
6 wks. R $30 | NR $39

Pee Wee Football
Ages: 4Y-7Y • North Gym
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.
7723 Mon 10:30am-11:15am Feb 27-Mar 13
3 wks. R $15 | NR $20

Sports 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.
7722 Thu 10:30am-1:20pm Jan 10-Feb 14
6 wks. R $33 | $43
South Gym
7721 Fri 9:30am-10:30am Mar 3-Apr 7
5 wks. R $28 | NR $36
North Gym

Dash & Splash Lunch Bunch
Ages: 4Y-7Y • Fishbowl
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 class.

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.
7707 Fri 12:30pm-1:00pm Mar 3-Apr 7
5 wks. R $10 | NR $13

T-ball for Tots
Ages: 4Y-7Y • North Gym
This class is designed to teach boys and girls the basics of T-Ball. The class will use child-friendly, soft koosh balls. Your child will learn how to hit, throw, catch and slide. We will play fun games to teach the different positions and run bases. No gloves are needed.
7690 Mon 10:30am-11:15am Mar 20-Apr 3
3 wks. R $15 • NR $20

Gym & Swim Lunch Bunch
Ages: 4Y-7Y • Fishbowl
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.
7707 Fri 12:30pm-1:00pm Mar 3-Apr 7
5 wks. R $40 | NR $52

T-ball for Tots
Ages: 4Y-7Y • North Gym
This class is designed to teach boys and girls the basics of T-Ball. The class will use child-friendly, soft koosh balls. Your child will learn how to hit, throw, catch and slide. We will play fun games to teach the different positions and run bases. No gloves are needed.
7690 Mon 10:30am-11:15am Mar 20-Apr 3
3 wks. R $15 • NR $20

Muscles in Motion
Ages: 4Y-7Y • North Gym
This program will focus on keeping you moving through games and exercises focused on physical fitness. Participants will keep their muscles in motion through a variety of activities including running games and obstacle courses. We will also learn sports such as track and field and gymnastics.
7874 Thu 10:30am-11:15am Feb 2-Mar 16
3 wks. R $15 | NR $20

Solmovitz Elite Taekwondo
5Y and up • Community Room
Taekwondo is a Korean form of karate that utilizes punches, kicks, blocks, and powerful kicking kicks. Master Jordan will teach students how to unlock their inner awesome!
Mon 6:45 PM-7:45 PM Jan 2-Mar 20
Wed 6:00 PM-7:00 PM Jan 4-Mar 22
Sat 9:00 AM-10:00 AM Jan 7-Mar 25
(This class meets three times a week)

Jump Start: Dash & Splash
Ages: 3Y-6Y • South Gym
This class will stress lead-up games and activities to teach the fundamentals of basketball. These skills will be taught in a fun environment to give your child a positive first experience with basketball.

Jump Start: Little Hoop Starts
Ages: 4Y-6Y • South Gym
Instructional and recreational basketball program for children ages 4-6. Players are taught the basics of dribbling, passing, shooting, positioning, defense, and rebounding in a fun-oriented program. Then they apply what they’ve learned in low competition games. All coaching conducted by Jump Start Sports staff coaches using a well organized, fun-oriented, age-appropriate format. Fee includes T-shirt and participation medal.
Wed 5:30PM-6:30PM Jan 11-1Feb 15
6 wks. R $55 | NR $65 (plus a nominal convenience fee)
Registration must be completed at www.jumpstartsports.com

Sports and Fitness for Preschool
Powered by JumpBunch
Ages: 3Y-6Y • Meeting Room 1 & 2
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.
7697 Sat 10:00 AM-10:45 AM Jan 14-Feb 18
7698 Sat 10:00 AM-10:45 AM Mar 4-Apr 8
6 wks. R $45 | NR $58

Solmovitz Elite Taekwondo
5Y and up • Community Room
Taekwondo is a Korean form of karate that utilizes punches, kicks, blocks, and powerful kicking kicks. Master Jordan will teach students how to unlock their inner awesome!
Mon 6:45 PM-7:45 PM Jan 2-Mar 20
Wed 6:00 PM-7:00 PM Jan 4-Mar 22
Sat 9:00 AM-10:00 AM Jan 7-Mar 25
This class meets three times a week

12 wks. For registration and payment, please contact Jordan Solmovitz at 614.507.1157.

Click here to go to our registration site
Kidstuff
Ages: 3Y-4Y
Kidstuff is a recreational preschool program full of fun and exciting activities. Your child will participate in art, music, games, large muscle activities, small group, fine motor play, calendar and sharing. Most of all, we encourage children to socialize with others and to feel comfortable in social situations with their peers. Children need to be 3 on or before September 30, 2017 and need to be potty trained. Registration for the 2017/2018 school year begins on Monday, January 30th for residents, working residents, members and returning students. Open registration begins on Wednesday, February 1st begins open registration.Registration for this program can be made in person only at the Community Center or online at www.worthington.org.

A payment plan is available, R $920 | NR $89 per month.
7692 Tue,Fri 10:30 AM-12:30 PM Sep 8-May 18
35 wks. R $640 | NR $712

Kidstuff Superstars
Ages: 4Y-5Y
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, 2017. Registration for the 2017-2018 school year begins on Monday January 30th for residents, working residents, members and returning students. Open registration begins on Wednesday, February 1, 2017. Registration for this preschool program maybe be done in person at the Community Center or online at www.worthington.org.

A payment plan is available, R $95 | NR $104 per month.
7694 Mon,Wed,Thu 10:30 AM-12:30 PM Sep 7-May 17
34 wks. R $760 | NR $832

Kidstuff Afternoon Superstars
Ages: 4Y-5Y
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, 2017. Registration for the 2017-2018 school year begins on Monday January 30th for residents, working residents, members and returning students. Open registration begins on Wednesday, February 1, 2017. Registration for this preschool program maybe be done in person at the Community Center or online at www.worthington.org.

A payment plan is available, R $103 | NR $116 per month.
7693 Mon,Wed,Thu 1:15 PM-3:45 PM Sep 7-May 17
34 wks. R $824 | NR $928

Youngstars
Ages: 3Y
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 30 weeks through the school year beginning September 19th through December 8, 2017 and will resume January 2nd through May 11, 2018. Children must be turning 3 by December 31, 2017 to enroll in this program. A two payment plan is available for this program.
30 wks, R $170 | NR $195
7695 Tue,Fri 9:00 AM-10:15 AM Sep 19-May 11
30 wks. R $340 | NR $390

Creative Movement
Ages: 3M-4Y • Community Room
This class is designed to introduce your son or daughter to the wonderful world of dance 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.
7982 Wed 9:45 AM-10:15 AM Jan 11-Feb 15
7984 Thu 9:30 AM-10:00 AM Jan 12-Feb 16
8028 Thu 10:15 AM-10:45 AM Jan 12-Feb 16
7983 Wed 9:45 AM-10:15 AM Mar 1-Apr 5
7985 Thu 9:30 AM-10:00 AM Mar 2-Apr 6
8029 Thu 10:15 AM-10:45 AM Mar 2-Apr 6
6 wks. R $27 | $33

Click here to go to our registration site
Art Kraze
Ages: 3Y-6Y • Art Studio
Let’s add some color to the white backdrop of snow. We will make a snowman that will melt your heart, make snowflakes out of marshmallows as well as create many other masterpieces. There will be lots of krazy fun.
7737 Thu 10:30 AM-11:30 AM Jan 12-Feb 16
6 wks. R $33 | NR $43

Back at the Ranch
Ages: 3Y-6Y • Art Studio
Looking for a few good cowhands to gather around the campfire to hear a few tales and have something to eat around the chuck wagon. Help us to round up the herd and keep an eye out for wranglers and big lizards.
7853 Thu 9:15 AM-10:15 AM Mar 2-Apr 6
6 wks. R $33 | NR $43

Chocolate Chips & Kisses
Ages: 4Y-6Y • Meeting Rooms 1 & 2
Chocolate is the perfect ingredient for most of our recipes. A couple of our specialties will be Secret Kiss Cupcakes, Hershey Kiss Treats and a very special Valentine Pound Cake.
7739 Mon 9:15 AM-10:15 AM Jan 9-Feb 13
6 wks. R $33 | NR $43

Clay Kritters
Ages: 3Y-6Y • Pottery Studio
Just a little pinch here and a little roll there and end with a twist to transform an ordinary ball of clay into clay kritters and pinch pot animals. Cleverly mold a clay tube into an imaginary kritter and much more.
7740 Mon 1:00 PM-2:00 PM Feb 27-Apr 3
7748 Wed 9:15 AM-10:15 AM Mar 1-Apr 5
6 wks. R $33 | NR $43

Cupcakes, Cookies & Tarts
Ages: 4Y-6Y • Meeting Rooms 1 & 2
Do you have a sweet tooth? If you like to help mix and stir your help is needed in creating our delicious delights. While our creations are baking and cooling we will clean up the bakery and play games. Then the best part comes when we get to taste test our yummy creations. Two recipes to come will be Orange Kiss-Me cupcakes and I cannot tell a lie tarts...Yum.
7741 Mon 9:15 AM-10:15 AM Feb 27-Apr 3
6 wks. R $33 | NR $43

Dragon Tales
Ages: 3Y-6Y • Art Studio
Everybody knows your normal dragon breathes fire, some however do not. Most dragons are scary and fierce. Some are not. Some dragons eat tacos and pizza...What? wait a minute, I didn’t know that. Some are friendly and love to play and just want to give you a Kiss! There will be magical tales that will change the way you think about dragons.
7855 Wed 1:00 PM-2:00 PM Jan 11-Feb 15
6 wks. R $33 | NR $43

Down on the Farm
Ages: 3Y-6Y • Art Studio
Wanted: Help on the farm, Lots of crazy things happening here. The animals are going on strike, writing and typing letters and making demands. We need your help to unstuff their feathers and set everything right. Lots of laughs and art fun to be had.
7852 Thu 9:15 AM-10:15 AM Jan 12-Feb 16
6 wks. R $33 | NR $43

Library Magic
Ages: 3Y-6Y • Art Studio
Lots of special stories about very special Librarians. Well these librarians can be a bit over protective of the books. And how about a little boy with a magic wand turning an ordinary day into a very wet and magical one. Check out the magic that we will find in these special stories that will inspire our creativity.
7851 Wed 1:00 PM-2:00 PM Mar 1-Apr 5
6 wks. R $33 | NR $43

Magical Realm
Ages: 3Y-6Y • Art Studio
Enter into the realm of magic where you might find an elusive Unicorn and a friendly warly toad. You may stumble upon a wizard practicing spells in his tower. Continue on your magical journey and discover the mighty majestic dragon protecting his kingdom. Bring your imaginations!
7859 Tue 1:00 PM-2:00 PM Jan 30-Feb 14
6 wks. R $33 | NR $43

Magical Tales
Ages: 3Y-6Y • Art Studio
Step into a magical world where cupid is making everyone fall in love, fairies dance and a clever leprechaun fixes shoes and lives under a tree. We may even see where giants reign. Lots of silly stories and art fun will be had.
7744 Tue 1:00 PM-2:00 PM Feb 28-Apr 4
6 wks. R $33 | NR $43

Winter Clay Creations
Ages: 3Y-6Y • Pottery Studio
Create special winter clay pieces by rolling, pinching and coiling. We will create snowmen that will melt your heart, a special Valentine for someone you love and much more.
7747 Mon 1:00 PM-2:00 PM Jan 9-Feb 13
7748 Wed 9:15 AM-10:15 AM Jan 11-Feb 15
6 wks. R $33 | NR $43

World Wide Adventures
Ages: 3Y-6Y
Go hopping in the Australian outback with the kangaroos. Make a little music with a didgeridoo and even try lambingtons, a delightful Australian treat. Wrap up a mummy and translate some Egyptian hieroglyphics. Try out a pair of chopsticks and learn the art of the fan in Japan. Have fun and experience the world around us through art and books.
7854 Thu 10:30 AM-11:30 AM Mar 2-Apr 6
6 wks. R $33 | NR $43

PRESCHOOL | CREATIVE

Click here to go to our registration site
**Paradise in Punta Cana, Dominican Republic**

**March 1-6, 2017**

**TRIP HIGHLIGHTS**
- Round-trip airfare to Punta Cana
- 5 Nights, All-Inclusive stay at the Grand Bahia Principe Bavaro Resort

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**4 Corners National Parks**

**May 4-11, 2017**

**Arizona, Utah, Colorado & New Mexico**

**8 Days / 7 Nights**

**TRIP HIGHLIGHTS:**
- Round-trip 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

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**Griswold Ski Club**

Ski all eight outings or choose the sessions you want to attend for a full day of fun on the slopes. If you don’t know how to ski, come along and take lessons. Bus seating is limited to 18. Pre-Registration for transportation fee, $8 non-residents, $6 residents. Or sign up for all ski outings and get one transportation fee free! Transportation fee day of outing $10 non-residents, $8 residents so be sure to pre-register. Lift ticket fees will continue to be collected before leaving on the trip, please bring exact change. To participate, you must be a member of the Griswold Center and register for each outing that you wish to attend.

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**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

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**Click here to go to our registration site**
Events

Princess Tea
For Mommy & Me

We are wishing on a star, that you will come from near and far, so many princesses you will see, when you enjoy a royal tea. Grab your wand and your gown, try on your slippers and wear your crown. Crafts and stories, snack and songs. Invite a grown up to come along. We hope that you will come and meet your princesses and enjoy a treat!

Registration is per couple (adult/child). Please register child only. If you have additional children, please use the “additional child” registration number and fee.

Ages: 3Y-7Y • Griswold Center Town Hall Saturday, January 28 1:00 PM-3:00 PM R $25 | NR $32
Register using activity number 7881
each additional child $12
Register using activity number 7998

Get ready for the big game by burning off some energy with the family prior to the game at our Big Game Tailgate Party. Enjoy swimming in the pool, jumping on inflatables, completing a football themed craft and decorating a football cookie. We will also have various football themed stations to test your skills in kicking field goals and showing off your quarterback skills. Guess the final score of the game for your chance to win a great prize. Children must be accompanied by an adult. Pre-register for discounted admission, $5.00 per person the day of the event.

“Summer Camp Fair Expo
Presented by KidsLinked
February 17 | 5:00 PM–8:00 PM
Community Center North and South Gyms

Start planning your summer adventure! Visit with area camp providers and learn about summer camp programs for all ages.

Thanks to the Worthington Weddings
Gold Sponsor Avant-Garde Impressions

Read Across America!
February 24 | 6:30–8:30 PM

Whether you are six, sixteen or sixty-four, we invite you to celebrate with the Worthington Education Association as we kick off the annual observance of Read Across America. Come play, craft, swim and celebrate early literacy! Swimming will be FREE with the donation of a new preschool book* to benefit preschool students in Worthington and Nationwide Children’s Hospital’s “Reach Out and Read,* book drive! We are calling all of America’s children, both young and old, to join us in celebrating the joys of reading with Dr. Seuss at his birthday party!

*A cost to swim without a book donation is $5/child and $8/adult.

Community Center | 345 E. Wilson Bridge Rd. | Worthington, OH 43085 | 614-436-2743 | worthington.org
YOUTH PROGRAMS

CREATIVE

Mythical Clay Creations
Ages: 6-12Y • Pottery Studio
Make mythical dragons and friends out of clay. Create your own Chinese dragons to celebrate the New Year. You can also make a magical unicorn, a tricky troll and even an enchanting mermaid. Attend this mystical class and let your imagination soar.

Fairy House Clay Workshop
Ages: 6Y-12Y • Pottery Studio
Let’s start off by making your own fairy door. Then create a unique fairy house out of clay. Add trees, wishing well, magical trellis or whatever your imagination dreams up. Create your own fairy garden fun in just 6 sessions.

LEGO® Maniacs
Grades: 1-3 • Art Studio
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.

Jungle Book
Ages: 9Y-14Y • Meeting Rooms 1 & 2
Mowgli grows up believing he’s as fierce a wolf as any of the members of his pack. He must discover how to reconcile these very different identities and decide whether to remain with the pack or return to the human world from which he was born. What will he choose? Will he be trained in the Law of the Jungle in time to defeat Shere Khan, the most feared animal of all?

Rikki-Tikki-Tavi
Ages: 6Y-9Y • Meeting Rooms 1 & 2
Can Rikki-Tikki-Tavi, a young mongoose, save the world? Rikki is the courageous mongoose who must defend the garden of his humans from two cobras whose reign of terror has gone unchecked. With unrelenting action and the help of two birds, can a mongoose be the hero?

WINTER BREAK OPEN GYMS

Preschool

Ages: 3Y-6Y • North Gym
Join us in the gym for fun, play, and interaction. A wide variety of large and fine motor equipment is available. There is something for everyone! This is a drop-in program so no pre-registration is required. Every child or family of children must be accompanied by an adult. Infants under the age of 1 year may attend for free with a paid sibling. Fee is $2/day, payable at the Customer Service Desk.

Elementary

Ages: Grades 1-6 • South Gym
The Gym will be open for fun and games during the Holiday break from school. Activities include group games, sports, races, free play and fun. This supervised, drop in activity is $4 per child per day payable at the Customer Service Desk.

YOUTH SAFETY CLASSES

American Red Cross Babysitting Clinic
Ages: 11 and up • Conference Room
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 last day of class.

Kidz Home Alone
Ages: 9Y-13Y • Conference Room
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 Heinrich 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

Click here to go to our registration site
Supervised Elementary Open Gym
Grades: K-6 • South gym
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.

7716 Tue 3:30 PM-5:30 PM Jan 10-Feb 14
6 wks. R $12 | NR $16

7717 Tue 3:30 PM-5:30 PM Feb 21-Mar 28
6 wks. R $12 | NR $16

Jump Start: Spring Break Camp
Grades: K-6 • South gym
At the Worthington Spring Break Camp, kids in grades K-5 will have a blast with the highly qualified staff from Jump Start Sports. During the structured camp hours from 9am to 3pm kids will play various sports such as baseball, basketball, lacrosse, flag football, soccer and ultimate Frisbee in the morning. Every afternoon the campers will go swimming, followed by traditional “camp games” such as capture the flag, dodge ball and kickball!

School’s Out Day Camp
Grades: K-6 • North gym
Worthington City School’s will be off on March 10. Spend your day at the community center playing gym games, completing a craft and swimming in the leisure pool. Please make sure your child brings a packed lunch, snack, water bottle, swimsuit and towel.

7869 Fri 9:00 AM-4:00 PM Mar 10
1 day R $30 | NR $39

7872 Tue 6:00 PM-6:45 PM Jan 3-Feb 14
7873 Tue 6:00 PM-6:45 PM Feb 21-Apr 4
7 wks. R $50 | NR $65

7646 Mon 5:30 PM-6:30 PM Jan 2-Feb 13
7 wks. R $50 | NR $65

7647 Mon 5:30 PM-6:30 PM Feb 20-Apr 3
7 wks. R $50 | NR $65

7674 Fri 3:30 PM-5:00 PM Jan 13-Feb 17
6 wks. R $33 | NR $43

7675 Fri 3:30 PM-5:00 PM Mar 3-Apr 7
5 wks. R $28 | NR $36

7874 Fri 3:30 PM-5:00 PM Jan 13-Feb 17
6 wks. R $33 | NR $43

7875 Fri 3:30 PM-5:00 PM Mar 3-Apr 7
5 wks. R $28 | NR $36

8035 Sat 1:00 PM-1:45 PM Feb 18-Mar 11
4 wks. R $29 | R $33 | NR $43

Kids Cardio Drumming
Ages: 8-11Y • Fitness Studio
Get your kids excited about music and fitness! During this class we will warm-up to simple rhythms. Then we will use the stability ball and sticks to learn different beats. During the workout your kids will learn a variety of beats and simple dance moves that will make fitness fun! Drumsticks will be provided for class.

7661 Wed 4:30 PM-5:15 PM Jan 11-Feb 1
7728 Sat 1:00 PM-1:45 PM Jan 14 Feb 4
7727 Wed 4:30 PM-5:15 PM Feb 15-Mar 8
8035 Sat 1:00 PM-1:45 PM Feb 18-Mar 11
4 wks. R $29 | R $33 | NR $43

Youth Warrior Fitness - With Parkour Horizons
Ages: 6-11Y
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.

7645 Mon 5:30 PM-6:30 PM Jan 2-Feb 13
7 wks. R $50 | NR $65

Youth Running
Ages: 8-10Y • North gym
This class will emphasize the fundamentals of Youth Running that include: making running fun, emphasis of good technique, participation, self-improvement, gradual workloads, charting, rewards, and friendships. Please pre-register.

7872 Tue 6:00 PM-6:45 PM Jan 3-Feb 14
7873 Tue 6:00 PM-6:45 PM Feb 21-Apr 4
7 wks. R $50 | NR $65

Supervised Elementary Swim
Grades: K-6 • Fishbowl
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.

7675 Fri 3:30 PM-5:00 PM Mar 3-Apr 7
5 wks. R $28 | NR $36

7674 Fri 3:30 PM-5:00 PM Jan 13-Feb 17
6 wks. R $33 | NR $43

Teen Warrior Fitness - With Parkour Horizons
Ages: 13-16
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.

7647 Mon 5:30 PM-6:30 PM Feb 20-Apr 3
7 wks. R $50 | NR $65

7648 Mon 5:30 PM-6:30 PM Jan 2-Feb 13
7 wks. R $50 | NR $65

youth Warrior Fitness - With Parkour Horizons
Ages: 6-11Y
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.

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7 wks. R $50 | NR $65

Youth Running
Ages: 8-10Y • North gym
This class will emphasize the fundamentals of Youth Running that include: making running fun, emphasis of good technique, participation, self-improvement, gradual workloads, charting, rewards, and friendships. Please pre-register.

7872 Tue 6:00 PM-6:45 PM Jan 3-Feb 14
7873 Tue 6:00 PM-6:45 PM Feb 21-Apr 4
7 wks. R $50 | NR $65

Youth Warrior Fitness - With Parkour Horizons
Ages: 6-11Y
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.

7646 Mon 5:30 PM-6:30 PM Jan 2-Feb 13
7 wks. R $50 | NR $65

School’s Out Day Camp
Grades: K-6 • North gym
Worthington City School’s will be off on March 10. Spend your day at the community center playing gym games, completing a craft and swimming in the leisure pool. Please make sure your child brings a packed lunch, snack, water bottle, swimsuit and towel.

7869 Fri 9:00 AM-4:00 PM Mar 10
1 day R $30 | NR $39

7647 Mon 5:30 PM-6:30 PM Feb 20-Apr 3
7 wks. R $50 | NR $65
NERF® Dart Games
Grades: 3-6 • South Gym
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.

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<tr>
<th>Date</th>
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<tbody>
<tr>
<td>Jan 27</td>
<td>4:00 PM-5:30 PM</td>
<td>R $10</td>
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Junior Badminton League
Ages: 7Y-15Y • South Gym
Smash it! Come and experience the speed! 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 basics strategies for doubles and singles, proper hand grips, service, and how to execute various 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.

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<tr>
<th>Date</th>
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<tr>
<td>Jan 21</td>
<td>1:00 PM-2:00 PM</td>
<td>R $46</td>
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Dodge Ball
Grades: 1-4 • South Gym
Bring the excitement of hockey from the ice to the gym floor in this program. Each week we will participate in a variety of drills to improve passing, shooting, and goal tending. We will also break into teams and scrimmage.

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<th>Date</th>
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<tr>
<td>Feb 27-Mar 13</td>
<td>4:00 PM-5:00 PM</td>
<td>R $17</td>
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Junior Hoops
Grades: 1-4 • North Gym
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 the child’s comfort level.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 12-Feb 16</td>
<td>4:00 PM-5:00 PM</td>
<td>R $33</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>Jan 11-Feb 15</td>
<td>4:00 PM-5:00 PM</td>
<td>R $33</td>
</tr>
</tbody>
</table>

Floor Hockey
Grades: 1-6 • South Gym
Bring the excitement of hockey from the ice to the gym floor in this program. Each week we will participate in a variety of drills to improve passing, shooting, and goal tending. We will also break into teams and scrimmage.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feb 20-Mar 3</td>
<td>4:00 PM-5:00 PM</td>
<td>R $17</td>
</tr>
</tbody>
</table>

Volleyball: Beginner
Grades: 1-4 • South Gym
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!

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mar 2-Apr 6</td>
<td>4:00 PM-5:00 PM</td>
<td>R $33</td>
</tr>
</tbody>
</table>
A Set of Sundays
Ages: 16Y and up • Pottery Studio
Mark your calendar to unwind and let your creativity flow by working with clay in our cheerful, naturally-lit pottery studio. You can start, practice, or finish up those pottery projects (wheel-thrown or hand-built) calling for your attention in these relaxed and unstructured Sunday afternoons. To accommodate your busy schedule, classes are EVERY OTHER Sunday and include the option of mini-workshops and demonstrations on specific wheel-throwing, trimming and glazing topics chosen by those registered for the class. Basic Wheel-Throwing is the pre-requisite.

Basic Wheel-Throwing - Give it a Try!
Ages: 16Y and up • Pottery Studio
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.

Centered in Clay Saturday
Ages: 16Y and up • Pottery Studio
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. This is a 3.5 hour class. Basic Wheel-Throwing is the pre-requisite.

Coffee Mugs
Ages: 16Y and up • Pottery Studio
A very personal pot and always a welcomed gift Learn what makes a great mug in this workshop. We’ll examine the elements of form, function and aesthetics including size, shape, height, width, handle design (forming, shaping, applying), as well as the finishing touches of the lip and base. Basic Wheel-Throwing is the pre-requisite.

End of Day Clay
Ages: 16Y and up • Pottery Studio
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.

Get a Handle on it!
Ages: 16Y and up • Pottery Studio
For ALL potters. NO pre-requisite. Handles: pulled, coiled, extruded, rolled, thrown, textured, sculpted, or patterned and more! Learn many new ways to add interest, function, decoration and style to your wheel-thrown or hand built pottery and get in that needed practice.

Glass Fusion Fun
Ages: 16Y and up • Art Studio
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.

Whimsical Clay Creations
Ages: 16Y and up • Pottery Studio
Come join our light-hearted class where we use our imaginations to create whimsical clay creations using hand building and sculpting techniques.
Badminton League
Ages: 16Y and up • South Gym
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.

Volleyball: Open Adult
Ages: 18Y and up • South Gym
The open volleyball 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.

Pickleball
Community Center North Gym
New Time Added Tuesday Evenings! Commonly called "indoor tennis," Pickleball is rapidly growing. The rules of the game allow for both fast and slow play and can be played by single players or teams of two. Advanced Pickleball is open gym play on a drop-in fee basis and meets on Tuesdays and Thursdays 7am-8am; all other days and times are for Recreational/Intermediate play with one court always being reserved for novice level play and instruction. Drop-in participants will only be accepted if space is available for a fee of $4.

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 will be held mostly Saturdays day/evening. Participants who require special health care or those who need one-on-one assistance will be required to provide their own attendant and pay all activity fees for the attendant. Transportation for the activities is provided by a lift bus to accommodate 2 wheelchairs. There is a separate program number if you will be participating in a wheelchair. The program fee covers the cost of transportation and supervision. All activity fees are paid directly to the staff the night of the activity. A flyer with complete details of each event will be sent home prior to each activity. Tentative dates for this session are January 21, February 4 & 18, March 11 & 25 and April 8. Times may vary. Instructors: Tammy Cauleta & Sue Hoffmanbeck.

CPR Training Healthcare Provider
Ages: 14Y and up • Worthington Fire Department
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. Classes are held at the Worthington Fire Department.

Dementia Conversations with Families
Community Center Meeting Rooms
An education workshop offered by the Alzheimer's Association that offers helpful tips to assist families in having honest and caring conversations with family members about dementia. The workshop reinforces the need to plan ahead and builds a care team that communicates well in order to reduce the stress that can accompany a disease like Alzheimer's and connects you with helpful resources to enhance quality of life for everyone. Difficult decisions that will be addressed are: going to the doctor, when to stop driving and making legal and financial plans. Dinner will be provided by the Inn at Beir Trail.

FRIDAYS 6:30-9:00PM
Select Family Nights include special $3 admission to the pool in addition to the regular free activities. The dates that include the special rate for swimming are:
- Jan 13, Feb 3, March 3
## GROUP FITNESS SCHEDULE

### WEEKDAYS

<table>
<thead>
<tr>
<th>Time &amp; Location</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00 AM (FS/NG)</td>
<td>Spinning® Richard W</td>
<td>Boot Camp 45 Danielle</td>
<td>HIIT Spin® 30 Danielle</td>
<td>Boot Camp 45 Danielle</td>
<td>Spinning® 30 Megan</td>
</tr>
<tr>
<td>6:00 AM (FS/NG)</td>
<td>Cardio &amp; Weights Tina</td>
<td>Muscle Mix Tina</td>
<td>Cardio &amp; Weights Megan</td>
<td>Muscle Mix Tina</td>
<td>Cardio &amp; Weights Megan</td>
</tr>
<tr>
<td>9:25 AM (FS)</td>
<td>Spinning® 30 Megan</td>
<td>Spinning® Combo Sarah</td>
<td>Spinning® 30 Megan</td>
<td>Spinning® 30 Megan</td>
<td>Spinning® 30 Sarah</td>
</tr>
</tbody>
</table>

### WEEKEND

<table>
<thead>
<tr>
<th>Time &amp; Location</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:15 am (CR)</td>
<td>Spinning® Jen</td>
<td></td>
</tr>
<tr>
<td>10:15 AM (FS)</td>
<td>Boot Camp 45 Megan</td>
<td>Beginner Spin® Sarah</td>
</tr>
<tr>
<td>11:30 AM (FS)</td>
<td>Zumba® Sarah</td>
<td></td>
</tr>
<tr>
<td>2:00 PM (FS)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4:00 PM (FS)</td>
<td>Fit Yoga Ser</td>
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</table>

### GROUP FITNESS CLASS DESCRIPTIONS

- **Arms & Abs 15:** This 15 minute class is strictly for toning and strengthening your arms and your abs! **FREE CLASS.**
- **Beginner Spin:** This is a 45 minute class that will allow new riders to build the strength needed for a full class. You will not be on the bike for the whole class! This class will have you on the bike for 20-25 minutes followed by strengthening and stretching.
- **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. **FREE CLASS.**
- **Core 30:** Strengthen every major muscle group using a variety of equipment and techniques.
- **Deep Stretch:** This is the perfect class to release those stiff muscles and begin your journey into meditation. Poses are held for an extended amount of time to allow the tendons, ligaments, and joints to relax.
- **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 30:** All the benefits of our Fit Yoga class in 30 minutes. **FREE CLASS.**
- **Gentle Flow 30:** A slow and gentle pace class that focuses on the breath and relaxation. **FREE CLASS.**
- **HIIT Spin 30:** This class will utilize high intensity intervals that will increase your fitness level tremendously.
- **Intro to Fit Yoga:** Have you always wanted to try yoga but had no idea where to start? This is the class for you! Learn the major postures and proper alignment to begin your yoga journey!
- **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.
- **Punch Card Prices:** For savings on Group Fitness Classes (excluding Session Yoga & Pilates) consider purchasing a Punch Card

### Drop-In Prices

**Daily Drop-In Pass** (paid at the Customer Service desk prior to attending class) for all Group Fitness classes above grid

<table>
<thead>
<tr>
<th>Daily Drop-In Pass</th>
<th>$12 Session Yoga, Spinning &amp; Pilates</th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
<td></td>
</tr>
<tr>
<td><strong>Member Price</strong></td>
<td><strong>Member Price</strong></td>
</tr>
<tr>
<td>8 Class Pass</td>
<td>$32</td>
</tr>
<tr>
<td>16 Class Pass</td>
<td>$64</td>
</tr>
<tr>
<td>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.)</td>
<td></td>
</tr>
<tr>
<td><strong>Member Price</strong></td>
<td><strong>Member Price</strong></td>
</tr>
<tr>
<td>Monthly Unlimited Pass</td>
<td>$30</td>
</tr>
</tbody>
</table>

**Classes are subject to change. Visit workington.org/fitness for the most up to date schedules**

**Attention Parents:** Children are not permitted in the Fitness Studio, Gyms, or Community Room during class.

Please see our childcare hours and pricing on page 2 for childcare during your workout.

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### Get to Class Challenge

Take our challenge to stay motivated to meet your fitness goals. Sign-up on the challenge grid located in the Fitness Studio. Each time you come to class, add the date to your grid line. If you attend 45 classes from January 1 - March 31, you will receive a limited edition group fitness t-shirt. If you attend 75 or more classes, you will be entered in to a raffle to win free group fitness classes!

### Click here to go to our registration site
**STRENGTH**

**Pure Fitness**
**Ages: 18 and up • North Gym**
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
7628 Wed 8:45pm-9:45pm Jan 4-Feb 15
7630 Sat 8:30am-9:30am Jan 7-Feb 18
7629 Wed 8:45pm-9:45pm Feb 22-Apr 5
7 wks.  M $47 | R $54 | NR $70

**Pure Strength**
**Ages: 18 and up • North Gym**
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
7631 Mon 7:00pm-8:00pm Jan 2-Feb 13
7632 Mon 7:00pm-8:00pm Feb 20-Apr 3
7 wks.  M $47 | R $54 | NR $70

**SPECIAL EVENT**

**Resolution Solution**
**Ages: 15y and up • North Gym**
Start 2017 out on the right foot with this 2-hour variety group fitness class! You will enjoy samples of different class formats such as Kickboxing, Zumba, Boot Camp, Strength, and MORE with the WPRD group fitness team. This class is included on Unlimited Monthly Passes ONLY. All other participants: $10 or One Punch.
7654 Sun 10:15 AM-12:15 PM Jan 1
$10

**MEMBERS ONLY**

**30 Day Challenge**
**Members Only Program**
**18Y and up • Fitness Floor**
Get ready to crush your weight-loss goals! When you register for this program you will receive two one-on-one appointments with a WCC Personal Trainer, a four class group fitness pass, weekly tips to help you along your journey, and a personal training coupon. When you register for this program you will schedule your first appointment. Your first appointment includes a weigh-in, body measurements, body composition analysis, blood pressure reading, and a one-mile cardiovascular test. At the end of your first appointment you will schedule your second appointment for 30 days later. At your second appointment we will re-do the first appointment assessments so you can see your progress on paper. When you complete your second assessment your name will be entered into a raffle. When you turn in your completed group fitness pass your name will be entered again. We will have three raffle prizes and the top male and female with the largest percentage of weight-loss will receive a special prize. Compete with other members, family members, co-workers, and friends. Let the first 30 days of 2017 change your life! Please Note: All first appointments must be completed by January 15th and all second appointments must be completed by February 15th.
7655 7 wks.  Members Only | $24

**30-Minute Circuit Workout**
**Ages: 18 and up • Fitness Floor**
This 30 minute circuit workout will be led by WCC fitness staff using our selectorized weight machines. This is a FREE program for members. If space is available, other patrons will be able to drop-in for $8/class. Sign up each week at the Fitness Desk. Space is limited. For drop-ins, please call to confirm space is available.
Tue, 8:15 AM | Wed, 1:00 PM | Thu, 7:30 PM | Sun, 2:00 PM Jan 3-Mar 5
10 wks.  Free for Members

**GROUP FITNESS INSTRUCTOR TRAINING**

**Group Fitness Instructor Training**
**Ages: 18 and up • Conference Room**
So you want to be a Group Fitness Instructor? This course prepares you to take a nationally recognized certification pass with flying colors! The materials used for this course be from AFIA (Aerobics and Fitness Association of America). Those individuals that take the certification and pass, will be invited to audition for the WPRD Group Fitness Team. At end of this class, you will have the knowledge to instruct basic flexibility, HI/Lo Aerobics, Kickboxing, Sculpting, Step Class following the Five AFIA Guidelines. Please note Fee does not include certification cost. Participants must register and pay for certification. Visit www.afiaa.com for more information. Class Fees will include AFIA Textbook. For more information contact Brandi at bwilliams@ci.worthington.oh.us.
7733 Tue 6:00pm-8:00pm Jan 17-Apr 4
12 wks.  R $200 | NR $225

Click here to go to our registration site
Arupa Yoga
Ages: 18 and up • Community Room
Arupa Yoga doesn’t just instruct the routine postures of yoga. It ushered 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. No Beginners Please. Instructor: Thatcher Ross
7634 Tue 7:30pm-8:30pm Jan 3-Feb 14
7635 Tue 7:30pm-8:30pm Feb 21-Apr 4
7 wks. M $60 | R $67 | NR $87

Essential Yoga
Ages: 18y and up • Community Room
In Yoga, knowledge is essential. If people learned to swim the same way they learn to practice yoga, everyone would drown. This class was designed to teach beginners but even those who’ve developed a practice will be amazed by how much they’ll learn through taking this series. Get your education on with this 12-week Yoga Student Training Course. Instructor: Thatcher Ross
7633 Tue 6:00pm-7:30pm Jan 3-Mar 21
12 wks. M $102 | R $114 | NR $139

Gentle Yoga
Ages: 13Y and up • Community Room
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 Braden
7644 Fri 10:45am-12:00pm Jan 6-Feb 17
7645 Fri 10:45am-12:00pm Feb 24-Apr 7
7 wks. M $44 | R $51 | NR $66

Vinyasa Yoga
Ages: 13Y and up • Community Room
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 transitioning from seated to standing during this practice.
Instructor: Janet Shumaker
7642 Thu 7:00pm-8:00pm Jan 5-Feb 16
7643 Thu 7:00pm-8:00pm Feb 23-Apr 6
7 wks. M $44 | R $51 | NR $66

Pilates/Yoga Fusion
Ages: 13Y and up
Fitness Studio 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
7636 Wed 10:45am-11:45am Jan 4-Feb 15
7637 Wed 10:45am-11:45am Feb 22-Apr 5
7 wks. M $44 | R $51 | NR $66

Pop, Lock, and Layer
Ages: 12y and up • Fitness Studio
Hip hop influenced belly dance combinations. Take it up a notch by layering moves. Instructor: Karen Bradford
7658 Mon 7:30 PM-8:30 PM Feb 20-Apr 3
7 wks. R $58 | NR $75

Va Va Voom Veil
Ages: 12 and up • Fitness Studio
Let the veil take you gracefully across the dance floor. Create and express many different moods with this perfect dance partner: joyful, mysterious and muiming. The veil will add elegance to your upper body workout.
Instructor: Karen Bradford
7657 Mon 7:30 PM-8:30 PM Jan 2-Feb 13
7 wks. R $58 | NR $75

Belly Dance Performance Troupe
Ages: 12Y and up • Fitness Studio
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 a weekly practice time to prepare for performances.
Instructor: Karen Bradford
7652 Mon 8:30pm-9:00pm Jan 2-Feb 13
7653 Mon 8:30pm-9:00pm Feb 20-Apr 3
7 wks. R $59 | NR $78

Belly Dance Performance Troupe
Ages: 12Y and up • Fitness Studio
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 a weekly practice time to prepare for performances.
Instructor: Karen Bradford
7652 Mon 8:30pm-9:00pm Jan 2-Feb 13
7653 Mon 8:30pm-9:00pm Feb 20-Apr 3
7 wks. R $59 | NR $78

A transformative YOGA WEEKEND
W I T H  A L L Y  H A M I L T O N

Friday, April 7th 5:30-9pm
Saturday, April 8th 8am-5pm
Sunday, April 9th 8am-12pm

Ally Hamilton is the owner and creator of www.yogisanonymous.com. She is one of the most highly sought out yoga teachers in LA. The weekend will be built around workshops that will completely change your relationship with yourself and others.

Instructor: Ally Hamilton
Questions? Contact Brandi at bwilliams@ci.worthington.oh.us

Activity#7669
$250 For Entire Weekend
Spots are limited! Registration is Open!
Register by visiting worthington.org and clicking on recreation registration.

Click here to go to our registration site
HEALTHWAYS SILVERSNEAKERS® FITNESS

About SilverSneakers®

Healthways SilverSneakers® 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 heath 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.

SilverSneakers® BOOM

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

Move It is a dance fitness class to increase cardiovascular endurance.

Griswold Center

Mon 1:00pm-1:30pm Ongoing
No Fee** Instructor: Sandy Hull Max. 30
Community Center
 Tues 8:30 AM Ongoing
No Fee** Instructor: Judy Hunter Max. 25

Muscle Fitness

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

Griswold Center

Mon 1:30pm-2:00pm Ongoing
No Fee** Instructor: Sandy Hull Max. 30
Community Center
 Tues 9:00 AM Ongoing
No Fee** Instructor: Judy Hunter Max. 25

Mind

Mind An empowering class that combines yoga, Pilates and stretching.

Griswold Center

Mon 2:00pm-2:30pm Ongoing
No Fee** Instructor: Sandy Hull Max. 30
Community Center
 Tues 9:30 AM Ongoing
No Fee** Instructor: Judy Hunter Max. 25

SilverSneakers® Circuit

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

SilverSneakers® Classic

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
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 Grasclose 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 Evers Max. 30

SilverSneakers® Yoga

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

SilverSneakers® Splash

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

* Circuit, Classic, Yoga & Splash programs are offered only to members 65 and up of SilverSneakers®.

**BOOM programs are offered to PRIME & SilverSneakers® members ages 65 and up.

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

8041 Sat 8:30 AM-9:45 AM Jan 7-Feb 11
8042 Sat 10:00 AM-11:15 AM Jan 7-Feb 11
8043 Sat 8:30 AM-9:45 AM Feb 18-Mar 25
8044 Sat 10:00 AM-11:15 AM Feb 18-Mar 25

R $38 NR $49

Click here to go to our registration site
# Griswold Center Programs Highlights

## Business Hours
- **Monday - Friday:** 8:00 AM – 5:00 PM
- **Monday - Thursday:** 8:00 AM – NOON, 4:30 PM – 6:30 PM

## Fitness Room Hours
Registrations can only be processed until 4:00 PM Monday – Friday: 8:00 AM – 5:00 PM

## Business Hours
- **777 High Street • Worthington, OH 43085 • 614-842-6320**
- **The Griswold Center**

## Charge
- **Age 54 and younger:** $20 $25
- **Age 55 and over:** $12 $18

Membership to the Griswold Center entitles you to unlimited use of the Griswold Fitness Room for no extra charge. Annual Memberships are valid for one year from date of purchase.

- **SilverSneakers** entitles you to unlimited use of the Griswold Fitness Room for no extra charge.
- **As a member** you have the option to receive the quarterly brochures and fee based programs available.
- **Membership to both the Griswold Center** and the Community Center entitles you to unlimited use of the Griswold Fitness Room for no extra charge (See page 9 for more information).
- **SilverSneakers** members also have unlimited use of the Griswold Fitness Room for no extra charge.

### Holidays

#### The Griswold Center will be closed:
- **Monday, January 2 | New Year’s Day (Observed)**
- **Monday, January 16 | Martin Luther King Jr Day**
- **Monday, February 20 | President’s Day**

## Dementia Conversations with Families

### Community Center Meeting Rooms
- An education workshop offered by the Alzheimer’s Association that offers helpful tips to assist families in having honest and caring conversations with family members about dementia. The workshop reinforces the need to plan ahead and build a care team that communicates well in order to reduce the stress that can accompany a disease like Alzheimer’s and connects you with helpful resources to enhance quality of life for everyone. Difficult discussions that will be addressed are: going to the doctor, when to stop driving and making legal and financial plans. Dinner will be provided by The Inn at Bear Trap.

<table>
<thead>
<tr>
<th>Registration Date</th>
<th>Time</th>
<th>Details</th>
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<tbody>
<tr>
<td><strong>Jan 10</strong></td>
<td>12:30pm–2:00pm</td>
<td>Feb 1</td>
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<td><strong>R $7</strong></td>
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<td><strong>NR $9</strong></td>
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## Fearless Falling

### Self Defense Tai Chi Ceremony
- Based on the principles and movements of Tai Chi Chuan, this course teaches both the mental and physical aspects of self-defense and protection. You do not have to become a martial arts expert to defend yourself. The average criminal is looking for an easy target, not a fair fight, and even a little awareness and resistance can discourage him. Tai Chi Kung Fu methods combine deception and whole-body power for very effective counter-attacks but the emphasis is always on self-protection. You will learn how to protect yourself effectively from blows and falls, but also how to move with more power, poise, and confidence. Black-belt instructor, Mike Grigsby, has been teaching kung fu and falling skills for over twenty-five years.

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## Flip Flops ‘n Flamingos Party

### Town Hall
- Put on your favorite Hawaiian shirt and join us for a fun island-themed party to usher in spring! Hula dancers, steel drums, and island themed food will make you forget about the winter and you can almost feel the sand between your toes.

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<tr>
<td><strong>Mar 13</strong></td>
<td>8:00pm–10:00pm</td>
<td>Jan 11</td>
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## The Amazing Race

### Health and Wellness Campaign
- The “Amazing Race” is a 8-week health and wellness campaign where you accumulate “miles” by exercising and attending weekly educational meetings where you will be challenged to think about what living well means.

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<td><strong>NR $7</strong></td>
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### KICKOFF EVENT
- **January 11 @ 12:30pm**

### THE RACE
- **January 11-March 18**

### CELEBRATION
- **March 23 @ 12:30pm**

### Click here to go to our registration site

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### Griswold's 2017 Amazing Race

#### 8 wks.
- **Resident:** R $40 | NR $52
- **Non-Resident:** R $52 | NR $64

#### 8 wks.
- **Resident:** R $40 | NR $52
- **Non-Resident:** R $52 | NR $64

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### What is the Griswold Center’s Amazing Race?

The “Amazing Race” is a 8-week health and wellness campaign where you accumulate “miles” by exercising and attending weekly educational meetings where you will be challenged to think about what living well means.

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### Click here to go to our registration site
The Worthington Parks Improvement Fund was created to preserve and enhance the city’s sixteen neighborhood parks. This fund allows gift donations to be used for a variety of needs ranging from plants to park structures.

Citizens and friends of Worthington interested in donating are invited to read our informative donation brochure. For additional information please contact Celia Tincher at the Community Center at ctincher@ci.worthington.oh.us or (614) 436-2743.

Village Green Signs
Non-profit community organizations with events in Worthington may apply for a permit to post a sign on the Village Green. Permits and more information are available on our website www.worthington.org and at the Community Center customer service desk. This is a free service.
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.

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

June 5, 2017 for July–Sept 2017
Mar 6, 2017 for Apr–June 2017
June 5, 2017 for July–Sept 2017
Sept 5, 2017 for Oct–Dec 2017

Reservations must be made in person a minimum of 2 weeks prior to the rental.

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

Dec 5, 2016 for Jan–Mar 2017
Mar 6, 2017 for Apr–June 2017
June 5, 2017 for July–Sept 2017
Sept 5, 2017 for Oct–Dec 2017

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

For complete details on all rentable facilities, including rates and all policies, please see worthington.org or ask at the Customer Service desk at the Community Center or Griswold Center for a “Facility Rentals” booklet.

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. Set up and clean up of these items are the responsibility of the renter and must be included in the time of the rental.

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

Community Center
Fitness Floor Policies

Fitness Floor - Cardio and All Weight Equipment

• Ages 15 and above may use the fitness floor without a parent/guardian or taking the Junior Fitness Class. Ages 16 and above are permitted to use the weight circuit and free weights.

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

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

Track

• Ages 12 and above may use the track without a parent/guardian.

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

How to Sign-Up for a FREE Junior Fitness Class

• Visit the Fitness Desk upstairs

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

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

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

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 Sargent, 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 Fickel, Recreation Supervisor—Senior Fitness

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

City of Worthington
Matt Greeson, City Manager
Robyn Stewart, Assistant City Manager

Worthington City Council
Bonnie Michael, President
Rachael Dorothy
Doug Foust
Scott Myers

Parks and Recreation Commission
Dan Armitage (Chair)
Michele Miller (Vice Chair)
Laura Ball
Ethan Black

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

Scheduled Winter meeting dates are:
Jan. 17, Feb. 21, Mar. 21, Apr. 18
LOVE NATURE PHOTOGRAPHY? Visit worthington.org/wildlife to participate in a wildlife observation project, where we are building a GPS map of wildlife sightings in Worthington!

Follow us on Instagram! @worthingtonohio