



WINTER 2017 Activity Brochure

COMMUNITY CENTER



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



Click here to go to our registration site

COMMUNITY CENTER INFORMATION

Worthington Residency

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

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

COMMUNITY CENTER HOURS, PRICES & MEMBERSHIPS INFORMATION



345 East Wilson Bridge Road • Worthington, OH 43085 • Phone: (614) 436-2743 • Fax: (614) 786-7367

HOURS

(Labor Day–Memorial Day)

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

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

Child Care Hours

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

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

Fees for Child Care are as follows:

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

Holiday Hours

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

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

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

2

MEMBERSHIP

Benefits of Membership

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

Healthways SilverSneakers® & PRIME® Programs

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

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

Membership Refund Policies

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

ANNUAL MEMBERSHIP RATES

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

RESIDENT=R NON-RESIDENT=NR

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

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

MONTHLY MEMBERSHIP RATES

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

RESIDENT=R NON-RESIDENT=NR

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

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

CORPORATE MEMBERSHIPS are also available!

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

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

Hibernation? Recreation!



MISSION

To create **community** through exceptional **parks, programs, facilities, & events.**



VISION

WORTHINGTON PARKS & RECREATION WILL:

Provide safe, family friendly environments.

Be a leader in customer service.

Provide exceptional maintenance and cleanliness.

Lead in community health and wellness.

Provide innovative parks and recreation.

Be positive people providing fun interactions.

Strive for sustainable practices.

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Find Worthington Parks & Recreation Online!

Visit our website
www.worthington.org

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



[WorthingtonOH](#)



[WorthingtonOhio](#)



[worthingtonohio](#)



Click here to go to our registration site



COMMUNITY CENTER PROGRAM REGISTRATION

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

HOW

ONLINE

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

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

IN PERSON

In-person registration begins at 5:30 AM. Payment is due at the time of registration. We accept 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 made payable to: Worthington Parks and Recreation Department.

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

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

WHEN

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 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.



[WorthingtonOH](#) [WorthingtonOhio](#)

[worthingtonohio](#)

online registration

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

Visit our website

www.worthington.org

Click here to go to our registration site

WELCOME!

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

PARENT/CHILD

Tiny Tots

Parent Child Aquatics Level 1

Ages: 6M-2Y • Leisure Pool

The Tiny Tot swim class introduces basic skills to both the parents and the children. Parents will learn to work with their child including how to support and hold their child and prepare the child to try the skills on their own. Children are introduced to basic skills such as blowing bubbles, kicking their legs, floating on front and back, underwater exploration and much more.

A parent is required in the water with the child.

Children not yet potty trained must wear a swim diaper.

SESSION I

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

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 Aquatics Level 1) but are not yet old enough or ready for Flounder or Guppy I. Here the children improve on the skills learned in Tiny Tots. Children should be comfortable in the water and be able to move around by themselves with a parent or adult nearby.

A parent is required in the water with the child.

Children not yet potty trained must wear a swim diaper.

SESSION I

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

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

PRESCHOOL

Guppy 1

Preschool Aquatics Level 1

Ages: 3Y-5Y • Leisure Pool

This class is for preschool children who are beginning swimmers and are comfortable in the water by themselves. They will learn to enter and exit the water, submerge, and begin floating and swimming on their front and back. At the end of the session the instructor will determine the participants progression to the next level.

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

SESSION I

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

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	6:15 PM-7:00 PM	Jan 10-Feb 14
7768	Wed	10:00 AM-10:45 AM	Jan 11-Feb 15
7769	Wed	11:00 AM-11:45 AM	Jan 11-Feb 15
7770	Wed	1:00 PM-1:45 PM	Jan 11-Feb 15
7771	Thu	11:00 AM-11:45 AM	Jan 12-Feb 16
7772	Thu	5:15 PM-6:00 PM	Jan 12-Feb 16
7773	Thu	6:15 PM-7:00 PM	Jan 12-Feb 16
7774	Thu	7:15 PM-8:00 PM	Jan 12-Feb 16
7775	Thu	10:00 AM-10:45 AM	Jan 14-Feb 18
7776	Sat	9:00 AM-9:45 AM	Jan 14-Feb 18

SESSION 2

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

7891	Mon	10:00 AM-10:45 AM	Feb 27-Apr 3
7890	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
7898	Tue	6:15 PM-7:00 PM	Feb 28-Apr 4
7897	Tue	7:15 PM-8:00 PM	Feb 28-Apr 4
7906	Wed	10:00 AM-10:45 AM	Mar 1-Apr 5
7899	Wed	11:00 AM-11:45 AM	Mar 1-Apr 5
7905	Wed	1:00 PM-1:45 PM	Mar 1-Apr 5
7900	Thu	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
7907	Sat	9:00 AM-9:45 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

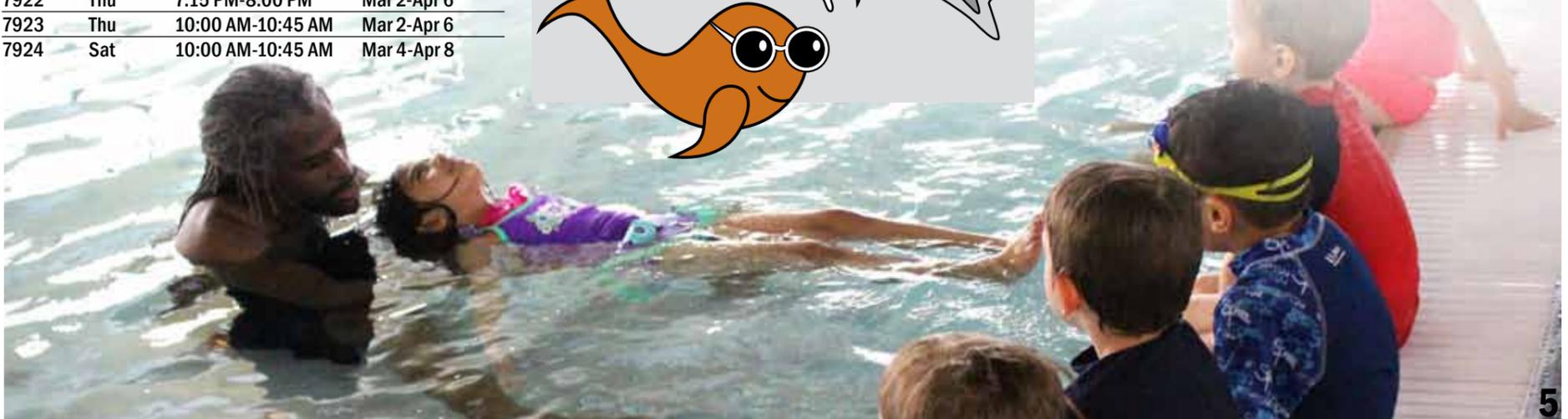
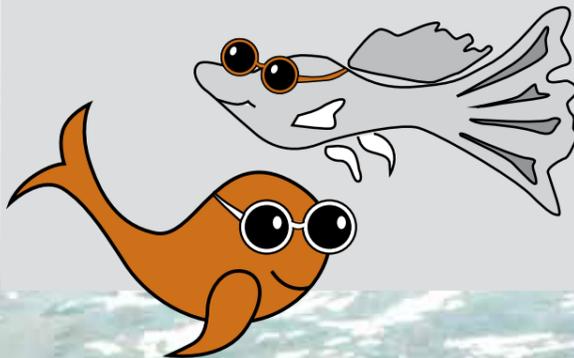
6 wks. R \$45 | NR \$59

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

Swim Lesson Requirements

Safety is our first priority, so the WPRD staff reserves the right to withdraw or transfer your child from the registered course if he or she does not meet the prerequisites.

To receive a refund for swim lessons a 48 hour notice of cancellation is required.



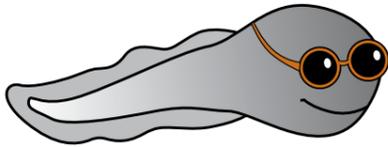
 [Click here to go to our registration site](#)



SWIM LESSONS

YOUTH
PRESCHOOL

PRESCHOOL



Tadpole 1

Preschool Aquatics Level 2.

Ages: 3Y-5Y

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

Prerequisites- Completion of Preschool Aquatics 1 or Learn To Swim Level 1 (Introduction To Water Skills) or, demonstrate the following skills: Enter the water on their own, travel 5 yards and bob 3 times and return and exit the pool. Swim on front with face in water for 2 body lengths, float on back for 3 seconds.

SESSION 1

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

7806	Mon	10:00 AM-10:45 AM	Jan 9-Feb 13
7814	Mon	2:00 PM-2:45 PM	Jan 9-Feb 13
7807	Tue	10:00 AM-10:45 AM	Jan 10-Feb 14
7815	Tue	1:00 PM-1:45 PM	Jan 10-Feb 14
7808	Tue	6:15 PM-7:00 PM	Jan 10-Feb 14
7809	Tue	7:15 PM-8:00 PM	Jan 10-Feb 14
7810	Wed	11:00 AM-11:45 AM	Jan 11-Feb 15
7811	Thu	10:00 AM-10:45 AM	Jan 12-Feb 16
7813	Thu	3:30 PM-4:15 PM	Jan 12-Feb 16
7816	Thu	6:15 PM-7:00 PM	Jan 12-Feb 16
7812	Sat	11:00 AM-11:45 AM	Jan 14-Feb 18

SESSION 2

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

7936	Mon	10:00 AM-10:45 AM	Feb 27-Apr 3
7944	Mon	2:00 PM-2:45 PM	Feb 27-Apr 3
7937	Tue	10:00 AM-10:45 AM	Feb 28-Apr 4
7945	Tue	1:00 PM-1:45 PM	Feb 28-Apr 4
7938	Tue	6:15 PM-7:00 PM	Feb 28-Apr 4
7939	Tue	7:15 PM-8:00 PM	Feb 28-Apr 4
7940	Wed	11:00 AM-11:45 AM	Mar 1-Apr 5
7941	Thu	10:00 AM-10:45 AM	Mar 2-Apr 6
7943	Thu	3:30 PM-4:15 PM	Mar 2-Apr 6
7946	Thu	6:15 PM-7:00 PM	Mar 2-Apr 6
7942	Sat	11:00 AM-11:45 AM	Mar 4-Apr 8

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

7785	Tue	5:15 PM-6:00 PM	Jan 10-Feb 14
7786	Wed	4:30 PM-5:15 PM	Jan 11-Feb 15
7789	Thu	1:00 PM-1:45 PM	Jan 12-Feb 16
7787	Thu	6:15 PM-7:00 PM	Jan 12-Feb 16
7788	Sat	9:00 AM-9:45 AM	Jan 14-Feb 18

SESSION 2

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

7915	Tue	5:15 PM-6:00 PM	Feb 28-Apr 4
7916	Wed	4:30 PM-5:15 PM	Mar 1-Apr 5
7919	Thu	1:00 PM-1:45 PM	Mar 2-Apr 6
7917	Thu	6:15 PM-7:00 PM	Mar 2-Apr 6
7918	Sat	9:00 AM-9:45 AM	Mar 4-Apr 8



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

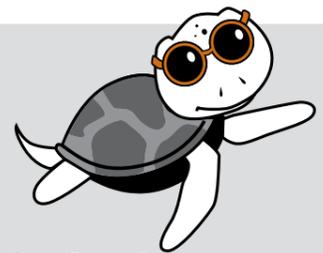
6 wks. R \$45 | NR \$59

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



Swim Lesson Requirements

Safety is our first priority, so the WPRD staff reserves the right to withdraw or transfer your child from the registered course if he or she does not meet the prerequisites.

To receive a refund for swim lessons a 48 hour notice of cancellation is required.

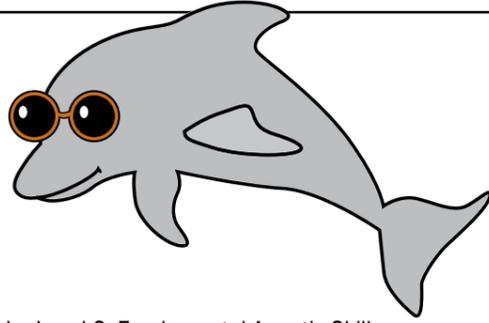
[Click here to go to our registration site](#)



SWIM LESSONS

YOUTH
AND UP

YOUTH



Turtle

Learn To Swim Level 2- Fundamental Aquatic Skills

Ages: 6Y-12Y • Fitness Pool

Prerequisites- Completion of Preschool Aquatics Level 1 or Learn To Swim Level 1 (Introduction To Water Skills) or demonstrate the following skills: Enter the water on their own and travel 5 yards, bob 3 times and return to the side and exit the pool, Swim on front with face in the water for 2 body lengths and float on back without support for 3 seconds. At the end of the session the instructor will determine the participants progression to the next level.

SESSION 1

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

7828	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

7958	Mon	3:30 PM-4:15 PM	Feb 27-Apr 3
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	3:30 PM-4:15 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	3:30 PM-4:15 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	5:15 PM-6:00 PM	Jan 12-Feb 16
7820	Sat	10:00 AM-10:45 AM	Jan 14-Feb 18

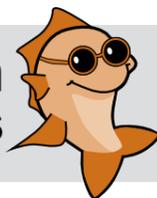
SESSION 2

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.

Aquatics/Pool Policies

Swimming Age Policies

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

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

Youth ages 8 and older may be unattended in the pool area.

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

Flotation Devices

All flotation devices must be U.S. Coast Guard approved.

Any child using a flotation device (regardless of their age) must have an adult or responsible person, 14 years or older, in the water supervising them.

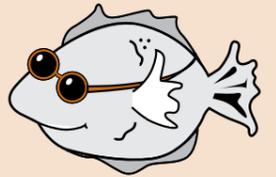
If you have a question about a specific flotation device, you may contact aquatics staff at (614) 436-2743.

Slide Policies

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

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

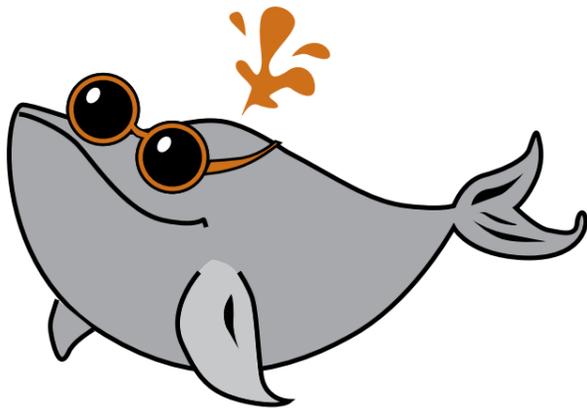
For a full list of pool policies please visit worthington.org.



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

SWIM LESSONS

YOUTH
AND UP



Minnow

Learn To Swim Level 4 - Stroke Improvement

Ages: 6Y-14Y • Fitness Pool

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

Prerequisites: Completion of Learn To Swim Level 3 (Stroke Development) or demonstrate the following skills: Jump into deep water and swim front crawl with rotary breathing for 15 yards, tread water for 30 seconds, and swim elementary backstroke for 15 yards.

SESSION 1

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

7795	Mon	4:30 PM-5:15 PM	Jan 9-Feb 13
7796	Tue	3:30 PM-4:15 PM	Jan 10-Feb 14
7797	Tue	5:15 PM-6:00 PM	Jan 10-Feb 14
7798	Wed	3:30 PM-4:15 PM	Jan 11-Feb 15
7799	Thu	6:15 PM-7:00 PM	Jan 12-Feb 16
7800	Sat	9:00 AM-9:45 AM	Jan 14-Feb 18

SESSION 2

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

7925	Mon	4:30 PM-5:15 PM	Feb 27-Apr 3
7926	Tue	3:30 PM-4:15 PM	Feb 28-Apr 4
7927	Tue	5:15 PM-6:00 PM	Feb 28-Apr 4
7928	Wed	3:30 PM-4:15 PM	Mar 1-Apr 5
7929	Thu	6:15 PM-7:00 PM	Mar 2-Apr 6
7930	Sat	9:00 AM-9:45 AM	Mar 4-Apr 8

YOUTH

Porpoise

Learn To Swim Level 5 - Stroke Refinement

Ages: 6Y-14Y • Fitness Pool

Prerequisites- Learn To Swim Level 4 (Stroke Improvement) or demonstrate the following skills: Feet first entry in deep water and swim front crawl for 25 yards, change direction and position and swim elementary backstroke 25 yards. Also swim backstroke 25 yards, Swim breaststroke for 15 yards and change direction and position and swim back crawl 15 yards. At the end of the session the instructor will determine the participants progression to the next level.

SESSION 1

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

7801	Tue	6:15 PM-7:00 PM	Jan 10-Feb 14
7802	Thu	5:15 PM-6:00 PM	Jan 12-Feb 16
7803	Sat	10:00 AM-10:45 AM	Jan 14-Feb 18

Session 2

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

7931	Tue	6:15 PM-7:00 PM	Feb 28-Apr 4
7932	Thu	5:15 PM-6:00 PM	Mar 2-Apr 6
7933	Sat	10:00 AM-10:45 AM	Mar 4-Apr 8

Stroke Clinic

Ages: 6Y-17Y

This program is for children who may have been on a summer swim team or have completed Level 4 of the learn to swim program and are looking to join a swim team. In this class, we will take the 4 competitive strokes and work on technique and endurance.

SESSION 1

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

7804	Mon	4:30 PM-5:15 PM	Jan 9-Feb 13
7805	Wed	4:30 PM-5:15 PM	Jan 11-Feb 15

SESSION 2

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

7934	Mon	4:30 PM-5:15 PM	Feb 27-Apr 3
7935	Wed	4:30 PM-5:15 PM	Mar 1-Apr 5

Whale

Learn to Swim Level 6 - Swimming and Skill Proficiency

Ages: 6Y-14Y

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

SESSION 1

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

7846	Wed	4:30 PM-5:15 PM	Jan 11-Feb 15
7847	Sat	9:00 AM-9:45 AM	Jan 14-Feb 18

SESSION 2

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

7976	Wed	4:30 PM-5:15 PM	Mar 1-Apr 5
7977	Sat	9:00 AM-9:45 AM	Mar 4-Apr 8

TEEN / ADULT

Teen / Adult

Ages: 13Y and up

This class is designed for older teens and adults from beginning to advanced levels. The instructor will develop a program for each participant based on their skills and needs.

SESSION 1

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

7821	Thu	7:15 PM-8:00 PM	Jan 12-Feb 16
7822	Sat	11:00 AM-11:45 AM	Jan 14-Feb 18

SESSION 2

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

7951	Thu	7:15 PM-8:00 PM	Mar 2-Apr 6
7952	Sat	11:00 AM-11:45 AM	Mar 4-Apr 8

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**

8107	Sun	5:00 PM	Jan 15
8108	Sun	5:00 PM	Jan 29
8109	Sun	5:00 PM	Feb 12
8110	Sun	5:00 PM	Feb 26
8111	Sun	5:00 PM	Mar 12
8112	Sun	5:00 PM	Mar 26

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 20 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.

8057	Mon,Tue,Wed,Thu,Fri	9:00 AM-2:00 PM	Dec 19-Dec 23
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R \$200 | NR \$250

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



AQUATIC FITNESS

Water Aerobics: Aqua Fitness Medley

Ages: 16 and up

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

Instructor: Darlene Brady

SESSION 1

6 wks. R \$50 | NR \$66

7835	Mon,Wed	8:00 PM-8:55 PM	Jan 9-Feb 15
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SESSION 2

6 wks. R \$50 | NR \$66

7965	Mon,Wed	8:00 PM-8:55 PM	Feb 27-Apr 5
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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
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SESSION 2

6 wks. R \$77 | NR \$100

7966	Mon,Wed,Fri	8:00 AM-8:55 AM	Feb 27-Apr 7
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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
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SESSION 2

6 wks. R \$26 | NR \$34

7973	Sat	11:00 AM-11:55 AM	Mar 4-Apr 8
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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
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SESSION 2

6 wks. R \$26 | NR \$34

7967	Tue	10:00 AM-10:55 AM	Feb 28-Apr 4
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Water Aerobics: Lets Do It All

Ages: 16 and up

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

SESSION 1

6 wks. R \$26 | NR \$34

7840	Sat	10:00 AM-10:55 AM	Jan 14-Feb 18
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6 wks. R \$77 | NR \$100

7838	Mon,Wed,Fri	6:00 AM-6:55 AM	Jan 9-Feb 17
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7839	Mon,Wed,Fri	9:00 AM-9:55 AM	Jan 9-Feb 17
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SESSION 2

6 wks. R \$26 | NR \$34

7970	Sat	10:00 AM-10:55 AM	Mar 4-Apr 8
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6 wks. R \$77 | NR \$100

7968	Mon,Wed,Fri	6:00 AM-6:55 AM	Feb 27-Apr 7
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7969	Mon,Wed,Fri	9:00 AM-9:55 AM	Feb 27-Apr 7
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Water Aerobics: Low Impact

Ages: 16 and up

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

SESSION 1

6 wks. R \$50 | NR \$66

7841	Tue,Thu	9:00 AM-9:55 AM	Jan 10-Feb 16
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SESSION 2

6 wks. R \$50 | NR \$66

7971	Tue,Thu	9:00 AM-9:55 AM	Feb 28-Apr 6
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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

7842	Tue,Thu	1:00 PM-1:55 PM	Jan 10-Feb 16
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SESSION 2

6 wks. R \$50 | NR \$66

7972	Tue,Thu	1:00 PM-1:55 PM	Feb 28-Apr 6
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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
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SESSION 2

6 wks. R \$50 | NR \$66

7974	Mon,Wed	7:00 PM-7:55 PM	Feb 27-Apr 5
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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
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SESSION 2

6 wks. R \$26 | NR \$34

7975	Tue	8:00 PM-8:55 PM	Feb 28-Apr 4
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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
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8032	Mon	7:00 PM-7:55 PM	Jan 2
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8033	Tue	9:00 AM-9:55 AM	Jan 3
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8036	Wed	9:00 AM-9:55 AM	Jan 4
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8037	Wed	7:00 PM-7:55 PM	Jan 4
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8039	Thu	9:00 AM-9:55 AM	Jan 5
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8040	Fri	9:00 AM-9:55 AM	Jan 6
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February

8059	Mon	7:00 AM-7:55 AM	Feb 20
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8058	Mon	9:00 AM-9:55 AM	Feb 20
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8060	Tues	9:00 AM-9:55 AM	Feb 21
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8061	Wed	9:00 AM-9:55 AM	Feb 22
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8062	Wed	7:00 PM-7:55 PM	Feb 22
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8063	Th	9:00 AM-9:55 AM	Feb 23
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8064	Fri	9:00 AM-9:55 AM	Feb 24
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 [Click here to go to our registration site](#)



PARENT | CHILD PROGRAMS

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 Brevick

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 NR \$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 R\$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			

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 learning through play. We will also sing songs in circle time and do a craft. These activities, along with open play, will help to enhance listening, language and thinking skills, imagination, coordination, and more - all while having fun! This program is designed to offer one on one time with your toddler, so please, no older or younger siblings. 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
6 wks. R \$30 NR \$39			



Sports and Fitness for Toddlers

Powered by JumpBunch

Ages: 18M-36M • 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, 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			



PRESCHOOL | ACTIVE

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			

10

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

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			

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 our 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-5Y

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

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](#)

PRESCHOOL | ACTIVE

Dash & Splash

Ages: 4Y-7Y • Fishbowl & South Gym

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

7676	Thu	1:00pm-3:00pm	Jan 12-Feb 16
7677	Thu	1:00pm-3:00pm	Mar 2-Apr 6
6 wks. R \$48 NR \$62			

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 dash and splash.

7678	Thu	12:30pm-1:00pm	Jan 12-Feb 16
7679	Thu	12:30pm-1:00pm	Mar 2-Apr 6
6 wks. R \$12 NR \$16			

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			

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 \$10 NR \$13			

Gym, Crafts, and Other Fun for Your Little One

Ages: 3Y-6Y • South Gym

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

7701	Mon	12:45 PM-1:45 PM	Jan 9-Feb 13
5 wks. R \$28 NR \$36			
7702	Mon	12:45 PM-1:45 PM	Feb 27-Apr 3
6 wks. R \$33 NR \$43			

TGIF

Ages: 4Y-7Y • North Gym

Thank goodness it's Friday. Kick off the weekend by burning off energy with your friends. Each week will consist of some free play time in the gym with our preschool toys followed by gym games and a craft. We will also celebrate winter with a day of winter themed activities and crafts. We will spend part of the last class swimming in our pool.

7714	Fri	1:00pm-2:30pm	Jan 13-Feb 17
6 wks. R \$42 NR \$55			

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-Feb 16
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 fundamental skills 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
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 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			



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			

Sporties for Shorties

Ages: 4Y-7Y

This class is great for the youngster who wants to learn a little bit about a lot of different sports. Besides learning the basics of soccer, basketball and T-ball, we may also learn about sports like hockey, track & field and football.

7712	Tue	1:00pm-2:00pm	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			

Tiny Tot Soccer

Ages: 4Y-7Y • North Gym

This class will focus on teaching your child the basics of soccer. We'll cover passing, dribbling, shooting goals and goaltending. We will also scrimmage and participate in fun drills.

7708	Thu	10:30am-11:15am	Mar 2-Mar 16
3 wks. R \$15 NR \$20			

Tiny Tot Tennis & Volleyball

Ages: 4Y-7Y • North Gym

This combination class is designed to teach your child the basics of tennis and volleyball. Each week we will learn fundamentals of each sport through drills and fun games. Tennis racquets are provided.

7720	Thu	10:30am-11:15am	Mar 23-Apr 6
3 wks. R \$15 NR \$20			

Jump Start: Junior All-Stars

Ages: 3Y-5Y • 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.

	Wed	5:30PM-6:30PM	Mar 1-Mar 29
6 wk. R \$55 NR \$65 (plus a nominal convenience fee)			

Registration must be completed at www.jumpstartsports.com

Jump Start: Little Hoop Stars

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-Feb 15
6 wk. 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-5Y • 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, jabs, chops, blocking, and powerful leaping kicks. Master Jordan will teach students how to unlock their inner awesome!

	Mon	6:45 PM-8:45 PM	Jan 2-Mar 20
	Wed	6:00 PM-8:00 PM	Jan 4-Mar 22
	Sat	9:00 AM-11:00 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 PRESCHOOL

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 and 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 \$80 | 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			



REGISTRATION FOR THE 2017-2018 SCHOOL YEAR

Residents, Working Residents, Members & Returning Students

**Monday
January 30, 2017**

**Open Registration
Wednesday
February 1, 2017**

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			

PRESCHOOL DANCE

Creative Movement

Ages: 36M-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 \$35			



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

PRESCHOOL | CREATIVE



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 crazy 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 from 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. Join me in the bakery (kitchen) where we will whip up some mouth watering and delicious temptations.

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 unruffle their feathers and set everything right. Lots of laughs and art fun to be had.

7852	Thu	9:15am-10:15am	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 warty 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 10-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
7749	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	



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



GRISWOLD CENTER TRIPS

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



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.

8093 Thu 9:00am-4:30pm
All Outings Jan 5-Feb 23
R \$49 | NR \$64

January Ski Trips

Snow Trails	Jan 5
Mad River	Jan 12
Snow Trails	Jan 19
Mad River	Jan 26

February Ski Trips

Snow Trails	Feb 2
Mad River	Feb 9
Snow Trails	Feb 16
Mad River	Feb 23
R \$7 NR \$9	



4 Corners National Parks

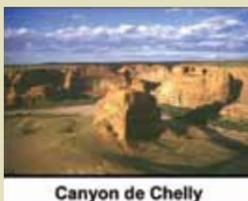
May 4-11, 2017

Arizona, Utah, Colorado & New Mexico

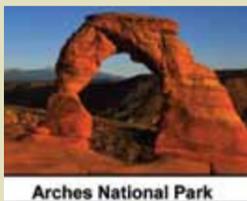
8 Days / 7 Nights

TRIP HIGHLIGHTS:

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



Canyon de Chelly



Arches National Park



Durango Silverton Rail

Santa Fe



Snow Trails

January 5 & 19, February 2 & 16

Lift Tickets

Age 64 & under	\$41
Age 65+	\$33

Equipment Rental

Age 64 & under	\$37
Age 65+\$30	

Group Lessons

Age 64 & under	\$10
Age 65+	\$8

Mad River Mountain

January 12 & 26, February 9 & 23

Lift Tickets

Age 69 & under	\$35
Age 70+	\$10

Equipment Rental	\$30
Group Lessons	\$15

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

BUSINESS HOURS

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

FITNESS ROOM HOURS

Monday-Thursday.....8:00 AM-NOON, 4:30 PM-6:30 PM
Friday8:00 AM-2:00 PM
Saturday.....8:00 AM-11:00 AM

[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

"The Big Game" Tailgate Party



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.

7882	Sun	11:00am-2:00pm	Feb 5
R \$3 NR \$4			



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.



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!

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



Thanks to the Worthington Weddings
Gold Sponsor Avant-Garde Impressions

Avant-Garde Impressions
CUSTOM INVITATIONS, ACCESSORIES AND GIFTS

Community Center | 345 E. Wilson Bridge Rd. | Worthington, OH 43085 | 614-436-2743 | worthington.org 15

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



YOUTH PROGRAMS

CREATIVE

Mythical Clay Creations

Ages: 6Y-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 mythical class and let your imagination soar.

7858	Mon	4:00 PM-5:15 PM	Jan 9-Feb 13
	6 wks.	R \$44 NR \$58	



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.

7742	Mon	4:00 PM-5:15 PM	Feb 27-Apr 3
	6 wks.	R \$44 NR \$58	

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.

7715	Mon	4:00pm-5:00pm	Feb 27-Apr 3
	6 wks.	R \$33 NR \$43	

DRAMA

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?

7709	Thu	7:00 PM-8:15 PM	Jan 19-Mar 9
	8 wks.	R \$65 NR \$85	

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?

7705	Thu	5:45 PM-7:00 PM	Jan 19-Mar 9
	8 wks.	R \$65 NR \$85	

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WINTER BREAK OPEN GYMS

Preschool

Ages: 1Y-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.

Tue	December 20	10:30AM-NOON	\$2
Wed	December 21	10:30AM-NOON	\$2
Thur	December 22	10:30AM-NOON	\$2
Tues	December 27	10:30AM-NOON	\$2
Wed	December 28	10:30AM-NOON	\$2
Thur	December 29	10:30AM-NOON	\$2
Fri	December 30	10:30AM-NOON	\$2

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.

Tue	December 20	10:30AM-NOON	\$4
Wed	December 21	10:30AM-NOON	\$4
Thur	December 22	10:30AM-NOON	\$4
Tues	December 27	10:30AM-NOON	\$4
Wed	December 28	10:30AM-NOON	\$4
Thur	December 29	10:30AM-NOON	\$4
Fri	December 30	10:30AM-NOON	\$4



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. *Participants are encouraged to bring a lunch and drink to class.

7750	Sat	8:30 AM-3:30 PM	Feb 11
	1 day	R \$45 NR \$59	
7751	Sat	8:30 AM-3:30 PM	Mar 25
	1 day	R \$45 NR \$59	

Kid 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 Heimlich maneuver, reasons to call 911, fire escape plans, microwave safety and how to problem solve out of the ordinary situations. A parent guide is included in the student manual which provides helpful discussion points between parent and child. Parents do not need to attend the class. Offered by Enriching Kidz

7981	Thu	6:00 PM-8:00 PM	Mar 2-Mar 9
	2 wks	R \$68 NR \$88	

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

YOUTH PROGRAMS



Kids Cardio Drumming

Ages: 8Y-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.	M \$29 R \$33 NR \$43		

Youth Warrior Fitness - With Parkour Horizons

Ages: 6Y-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		

Youth Running

Ages: 8Y-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.	M \$26 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.

7648	Mon	6:30 PM-7:30 PM	Jan 2-Feb 13
7649	Mon	6:30 PM-7:30 PM	Feb 20-Apr 3
7 wks.	R \$50 NR \$65		

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		

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.

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		

Jump Start: Spring Break Camp

Grades: K-5 • 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!

Mon-Fri	9:00AM-3:00PM	Apr 10-Apr 14
5 days	\$125	

Registration must be completed at www.jumpstartsports.com

Before care and after care are also available for this program

there are also individual day options.

see www.jumpstartsports.com for details.



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		

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

YOUTH SPORTS



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.

7729	Fri	4:00 PM-5:30 PM	Jan 27
7730	Fri	4:00 PM-5:30 PM	Feb 17
7731	Fri	4:00 PM-5:30 PM	Mar 17
		1 day	R \$10 NR \$13

Junior Badminton League

Ages: 7Y-15Y • 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.

7736	Sat	2:15 PM-6:30 PM	Jan 14-Mar 18
		10 wks.	R \$68 NR \$88

Arena Football

Grades: 1-4 • South Gym

Arena Football brings football indoors for fast paced excitement. Each week we will learn pass patterns, kick field goals and compete in various drills. We will also make teams and play indoor flag football.

7848	Mon	4:00 PM-5:00 PM	Jan 23-Feb 13
		4 wks.	R \$22 NR \$29

Badminton Clinic

Ages: 7Y and up • South Gym

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

7734	Sat	1:00 PM-2:00 PM	Jan 21-Mar 4
		6 wks.	R \$46 NR \$59

Dodge Ball

Grades: 1-4 • South Gym

Duck-Dive-Dodge-Throw! Who will be the last one standing during our dodge ball games? Each week we will introduce new varieties of dodge ball games using soft and safe balls.

7849	Mon	4:00 PM-5:00 PM	Feb 27-Mar 13
		3 wks.	R \$17 NR \$22

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.

7850	Mon	4:00 PM-5:00 PM	Mar 20-Apr 3
		3 wks.	R \$17 NR \$22

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 your child's comfort level.

7696	Thu	4:00 PM-5:00 PM	Jan 12-Feb 16
		6 wks.	R \$33 NR \$43

Junior Tennis

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

Grades: 1-3 • South Gym

7686	Wed	4:00 PM-5:00 PM	Jan 11-Feb 15
7687	Wed	4:00 PM-5:00 PM	Mar 1-Apr 5
		6 wks.	R \$33 NR \$43

Grades: 4-6 • North Gym

7688	Wed	4:00 PM-5:00 PM	Jan 11-Feb 15
7689	Wed	4:00 PM-5:00 PM	Mar 1-Apr 5
		6 wks.	R \$33 NR \$43

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!

7691	Thu	4:00 PM-5:00 PM	Mar 2-Apr 6
		6 wks.	R \$33 NR \$43



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



POTTERY & GLASS FUSION

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

7862	Sun	1:00 PM-4:00 PM	Jan 15-Apr 9
	7 wks.	R \$137 NR \$162	

Class meets Jan 15 & 29, Feb 12 & 26, Mar 12 & 26 and Apr 9.

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.

7863	Sat	11:00 PM-2:00 PM	Jan 7
7864	Fri	6:00 PM-9:00 PM	Mar 31
	1 day	R \$25 NR \$33	

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 prerequisite.

7865	Sat	10:30 AM-2:00 PM	Jan 14-Feb 18
	6 wks.	R \$132 NR \$157	
7868	Sat	10:30 AM-2:00 PM	Feb 25-Apr 8
	6 wks.	R \$132 NR \$157	
	No class Mar 4.		

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 prerequisite.

7870	Fri	6:00 PM-9:00 PM	Jan 20
	1 day	R \$25 NR \$33	

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.

7866	Wed	6:00 PM-9:00 PM	Jan 11-Feb 22
	7 wks.	R \$137 NR \$162	
7867	Wed	6:00 PM-9:00 PM	Mar 8-Apr 12
	6 wks.	R \$117 NR \$142	

Get a Handle on It!

Ages: 16Y and up • Pottery Studio

For ALL potters. NO prerequisite. 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.

7871	Fri	6:00 PM-9:00 PM	Feb 3
	1 day	R \$25 NR \$33	

Instructor Lynn Wheeler



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.

7856	Tue	6:30 PM-8:30 PM	Jan 10-Feb 14
	6 wks.	R \$78 NR \$101	
7857	Tue	6:30 PM-8:30 PM	Feb 28-Apr 4
	6 wks.	R \$78 NR \$101	

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.

7745	Thu	6:00 PM-8:30 PM	Jan 12-Feb 16
	6 wks.	R \$102 NR \$127	
7746	Thu	6:00 PM-8:30 PM	Mar 2-Apr 6
	6 wks.	R \$102 NR \$127	

Instructor Michelle Brevick



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

TEEN & ADULT PROGRAMS



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.

7735	Sat	2:15pm-6:30pm	Jan 14-Mar 18
		10 wks.	R \$68 NR \$88



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.

5980	Sat	9:00am-12:00pm	Jan 2
5981	Sat	9:00am-12:00pm	Mar 5
\$45			

CPR Training Heartsaver AED

Ages: 14Y and up • Worthington Fire Department

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

7877	Sat	9:00am-12:00pm	Feb 4
7880	Sat	9:00am-12:00pm	Apr 1
\$25			

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 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 Bear Trail.

7732	Wed	5:30 PM-7:00 PM	Jan 11
No Fee			

Men's Open Basketball

Ages: 18Y and up • South Gym

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

7670	Mon	7:15pm-9:15pm	Jan 9-Feb 20
7671	Mon	7:15pm-9:15pm	Feb 27-Apr 10
		7 wks.	R \$28 NR \$36

Volleyball: Open Adult

Ages: 18Y and up • South Gym

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

7672	Wed	7:15pm-9:15pm	Jan 11-Feb 15
7673	Wed	7:15pm-9:15pm	Feb 22-Mar 29
		6 wks.	R \$24 NR \$33

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-9am; 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.

8024	Mon, Wed, Fri	7:00am-10:00am	Jan 2-Feb 10
		6 wks.	R \$33 NR \$43
8025	Mon, Wed, Fri	7:00am-10:00am	Feb 13-Mar 31
		7 wks.	R \$37 NR \$48
8113	Tue	7:00pm-9:00pm	Jan 3-Feb 7
		6 wks.	R \$16 NR \$21
8117	Tue	7:00pm-9:00pm	Feb 14-Mar 28
		7 wks.	R \$19 NR \$25



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 even will be send 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 Cautela & Sue Hoffmanbeck

7860	Sat	5:00 PM-8:00 PM	Jan 21-Apr 8
		6 wks.	R \$114 NR \$139

Please use this program number if you will be joining the Saturday Adventure program and will be attending in a wheelchair.

7861	Sat	5:00 PM-8:00 PM	Jan 21-Apr 8
		6 wks.	R \$114 NR \$139

Friday is Family Night



**FRIDAYS
6:30-9:00PM**

Friday is a special night at the Community Center! FREE weekly features include art and crafts, one gymnasium for little tykes and the other for athletes of all ages.

All children must be accompanied by an adult and vice versa.

January 13, 20, 27
February 3, 10
March 3, 10, 17, 24, 31

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					
Time & Location	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 AM (FS/NG)	Spinning® * Richard W	Boot Camp 45 Danielle	HIIT Spin® 30 Danielle	Boot Camp 45 Danielle	
6:00 AM (FS/NG)				Spin® 30* Megan	Spin® Combo * Sarah
8:15 AM (FS)	Cardio & Weights Tina	Muscle Mix Tina	Cardio & Weights Megan	Muscle Mix Tina	Cardio & Weights Brandi
9:25 AM (FS)		FREE Fit Yoga 30 Courtney		FREE Fit Yoga 30 Ser	
9:30 AM (CR)	Spin® Combo * Aprille		Spin® Combo * Aprille		Spin® & Flow * Aprille
10:00 AM (FS)		Zumba® Courtney		Zumba® Ser	
10:30 AM (CR)	Cardio Line Dance (CR) Judy				
12:00 PM (FS)	Zumba® 45 Brandi		Zumba® 45 Renee		Zumba® 45 Renee
12:15 PM (FS)		Spinning® * Richard J		Spinning® * Richard J	
1:00 PM (FS)	Women on Weights Laura		Women on Weights Courtney		FREE Gentle Flow 30 Jayne
1:30 PM (FS)		Low Impact Judy		Low Impact Judy	
4:30 PM (CR)		Slow Flow Jayne			
4:30 PM (FS)	FREE Cardio 30 Jen	Sculpt 50 Megan	FREE Cardio 30 (CR) Jen	Sculpt 50 Megan	
5:00 PM (FS)	FREE Arms & Abs Jen		FREE Arms & Abs 15 (CR) Jen		FREE Core 30 Ser
5:30 PM (CR)	Intro to Fit Yoga Stephanie				
5:45 PM (FS)	Zumba® Ser	Step & Sculpt Jennie	Hip Hop Sarah	Zumba® Sarah	Hip Hop Ser
5:45 PM (NG)				Step & Sculpt Jennie	
7:00 PM (FS)		Zumba® Hannah	Deep Stretch Jayne	Spinning® * Mara	

LOCATION KEY (FS)=FITNESS STUDIO | (NG)=NORTH GYM | (SG)=SOUTH GYM | (CR)=COMMUNITY ROOM

* Sign in for Spinning classes begins 30 minutes before class

WEEKEND		
Time & Location	SATURDAY	SUNDAY
9:15 am (CR)	Spinning® * Jen	
10:15 AM (FS)	Boot Camp 45 Megan	Beginner Spin®* Megan
11:30 AM (FS)	Zumba® Sarah	
2:00 PM (FS)		
4:00 PM (FS)		Fit Yoga Ser

GROUP FITNESS CLASS DESCRIPTIONS

Arms&Abs15: 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.

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

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.

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

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.

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

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

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

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

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

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

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

GROUP FITNESS PRICING

Drop-In Prices

Daily Drop-In Pass (paid at the Customer Service desk prior to attending class) for all Session Yoga, Spinning and Pilates (page 23)	\$12 Session Yoga, Spinning & Pilates
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Daily Drop-In Pass (paid at the Customer Service desk prior to attending class) for all other Group Fitness classes (above grid)	\$6 Group Fitness & Spin 30
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Punch Card Prices For savings on Group Fitness Classes (excluding Session Yoga & Pilates) consider purchasing a Punch Card

Our **Punch Cards** are available in 8 or 16 classes that allow you to attend a Group Fitness Class when it's convenient for you.

	MEMBER PRICE	RESIDENT PRICE	non-RESIDENT PRICE
8 Class Pass	\$32	\$32	\$40
16 Class Pass	\$64	\$64	\$80

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

	MEMBER PRICE	RESIDENT PRICE	non-RESIDENT PRICE
Monthly Unlimited Pass	\$30	\$35	\$45

Classes are subject to change. Visit worthington.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.

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!

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

FITNESS



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	5:45pm-6:45pm	Jan 4-Feb 15
7630	Sat	8:30am-9:30am	Jan 7-Feb 18
7629	Wed	5:45pm-6:45pm	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		



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

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

INSTRUCTOR TRAINING

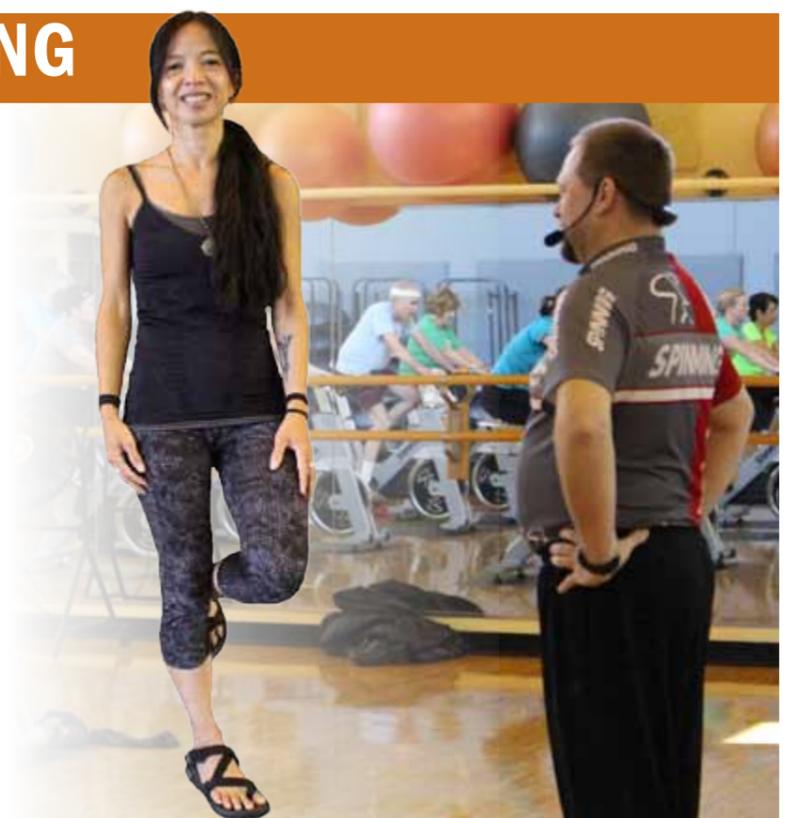


Group Fitness Instructor Training

Ages: 18 and up • Conference Room

So you want to be a Group Fitness Instructor? This course prepare you to take a nationally recognized certification pass with flying colors! The materials used for this course be from AFAA (Aerobics and Fitness Association of Amer Those individuals that take the certification and pass, wi invited to audition for the WPRD Group Fitness Team. At end of this class, you will have the knowledge to instru basic Flexibility, Hi/Lo Aerobics, Kickboxing, Sculpting, Step Class following the Five AFAA Guidelines. Please N Fee does not include certification cost. Participants r register and pay for certification. Visit www.afaa.com for r information. Class Fees will include AFAA Textbook. For r information contact Brandi at bwilliams@ci.worthington.of

7733	Tue	6:00pm-8:00pm	Jan 17-Apr 4
12 wks.	R \$200 NR \$225		





FITNESS | MIND BODY

Arupa Yoga

Ages: 18 and up • Community Room

Arupa Yoga doesn't just instruct the routine postures of yoga; it ushers you into the presence of yoga. The repetition of yoga's postures is like practicing musical scales. Both provide their benefits but that is not the essence of playing music or practicing yoga. The postures are exercises not the primary purpose of the practice, which is finding peace and empowerment through quietly befriending your body and your being. Pre-Requisite: Essential Yoga. No Beginners Please. Instructor: Thatcher Ross

7634	Tue	7:35pm-9:05pm	Jan 3-Feb 14
7635	Tue	7:35pm-9:05pm	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 Shumaker

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 with transitioning from seated to standing during this practice.

Instructor: Janet Braden

7642	Thu	7:00 PM-8:00 PM	Jan 5-Feb 16
7643	Thu	7:00 PM-8:00 PM	Feb 23-Apr 6
7 wks.		M \$44 R \$51 NR \$66	

Pilates Mat Mixed Level

Ages: 13Y and up • Community Room

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

Instructor: Janet Braden

7640	Thu	5:45pm-6:45pm	Jan 5-Feb 16
7641	Thu	5:45pm-6:45pm	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	



BELLYDANCE

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 musing. 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 weekly practice time to prepare for performances.

7652	Mon	8:30pm-9:00pm	Jan 2-Feb 13
7653	Mon	8:30pm-9:00pm	Feb 20-Apr 3
7 wks.		R \$29 NR \$38	

A transformative YOGA WEEKEND WITH ALLY HAMILTON



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.

Ally will lead challenging thought-provoking topics and will lead life-changing life and yoga practices. If you believe in personal accountability and in doing the work to get right with yourself you cannot miss this weekend here at the Community Center.

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

\$250 For Entire Weekend
Spots are Limited! Registration is Open!
Register by visiting worthington.org and clicking on recreation registration.

Activity#7669

Questions? Contact Brandi at bwilliams@ci.worthington.oh.us



HEALTHWAYS SILVERSNEAKERS® FITNESS

About SilverSneakers®

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

Memberships

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

Silver Sneakers Classes

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

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

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

SilverSneakers® BOOM

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 Groseclose	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
No Fee*	Instructor: Richard Johnson	Max. 30

Griswold Center

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

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

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

SilverSneakers® Yoga

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

Community Center

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

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

SilverSneakers® Splash

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 50 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

All levels and ages welcome!



Pilates Mat Work with Yoga

Town Hall

This 45 minute class offers all of the benefits of Pilates, strengthening the body (particularly the core), improving posture and increasing flexibility. Yoga postures and breath will also be explored during the session with balance work incorporated weekly. Each class will end with a final relaxation, an opportunity to connect with the breath and rejuvenate the body. Get ready for a stronger, more relaxed you!

Instructor: Janet Braden

8027	Thu	11:15am-NOON	Jan 5-Mar 23
		12 wks.	R \$70 NR \$91

GRISWOLD CENTER PROGRAMS HIGHLIGHTS



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, take a tour, and pick up our activity brochure.

THE GRISWOLD CENTER

777 High Street • Worthington, OH 43085 • 614-842-6320

BUSINESS HOURS

Monday – Friday: 8:00 AM – 5:00 PM

Registrations can only be processed until 4:00 PM

FITNESS ROOM HOURS

Monday–Thursday.....8:00 AM–NOON, 4:30 PM–6:30 PM

Friday 8:00 AM–2:00 PM

Saturday 8:00 AM–11:00 AM

GRISWOLD CENTER MEMBERSHIP

Annual Memberships are valid for one year from date of purchase

	Resident	Non-Resident
Age 55 and over	\$12	\$18
Age 54 and younger	\$20	\$25

Membership to the Griswold Center entitles you to three days of priority registration for Griswold Center programs and trips each month.

- As a member you have the option to receive the quarterly brochures by mail which showcase current information about a wide variety of free 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

“The Big Game” Pizza Party

Town Hall

Please Use the January Registration Form!

It's football's biggest night and we are celebrating with the fan favorite, PIZZA! Wear your favorite team apparel and come enjoy an afternoon of trivia, games and a slice of delicious pizza.

8106	Wed	12:30pm–2:00pm	Feb 1
R \$7 NR \$9			



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 Trail.

7732	Wed	5:30pm–7:00pm	Jan 11
No Fee			

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.

8103	Wed	12:30pm–2:00pm	Mar 22
R \$15 NR \$20			

Griswold Chili Cookoff

Town Hall

Calling all chili lovers! The Griswold Center staff will square off in this year's food challenge and need you to decide who has the best chili recipe. You won't know whose is whose but one thing you can count on is a fun, food filled day to shake the winter chill.

8104	Wed	12:30pm–2:00pm	Jan 18
R \$5 NR \$7			

Fearless Falling

Town Hall

The fear of falling is one of our strongest phobias, and injuries from accidental falls have become epidemic, but little has been done to help people actually learn how to fall. There are basic movements you can learn at any age that will greatly reduce your chance of serious injury from a fall. Learning how to fall safely is the primary purpose of the Fearless Falling classes. Based on Tai-Chi Kung Fu, you will also learn how to move smoothly, avoid falls, improve your balance and awareness, and pick up some basic self-defense skills. Fearless Falling is open to all adults, but you should be physically able to get up from floor level by yourself.

No Class January 16 & February 20

8018	Mon	3:00pm–4:00pm	Jan 9–Mar 13
8 wks. R \$40 NR \$52			

Fearless Falling: Self Defense Tai Chi

Town Hall

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.

No Class January 16 & February 20

8019	Mon	4:00pm–5:00pm	Jan 9–Mar 13
8 wks. R \$40 NR \$52			



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.

KICKOFF EVENT

January 11 @ 12:30pm

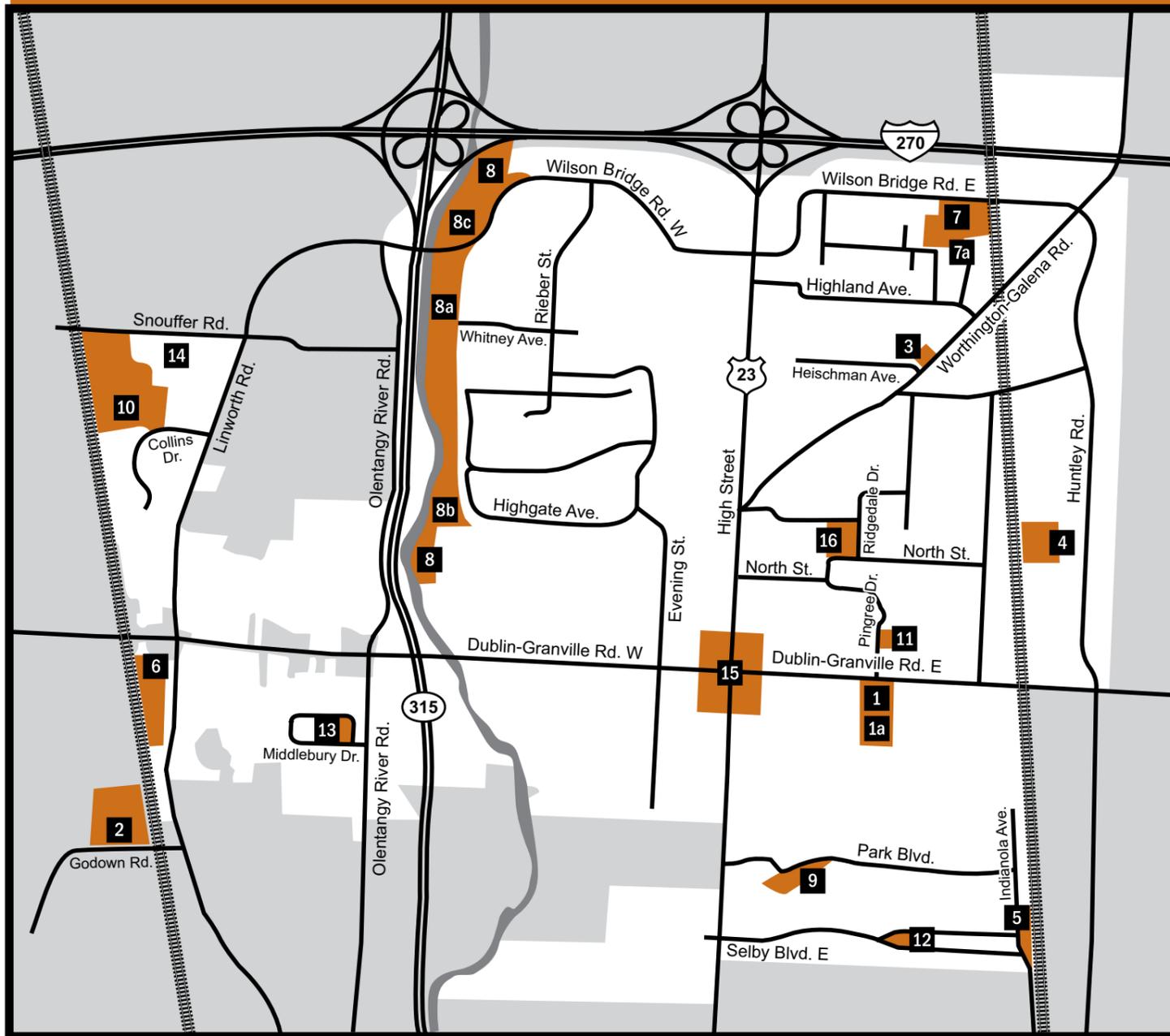
THE RACE

January 11–March 18

CELEBRATION

March 23 @ 12:30pm

PARK INFORMATION



Worthington Parks Improvement Fund

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.

Worthington Parks	Available Facilities																Acres
	Basketball Court / Ball Diamond	Bike / Recreation Path	Drinking Fountain	Dog Park	Nature Area / Lacrosse Field	Picnic Area / Trail	Picnic Tables	Shelter House	Soccer Field	Tennis Court	Volleyball	Tot Lot	Wildflowers	Enclosed Facilities			
East Granville Rd. Park: 245 E. Granville Rd. 1a: Moses Wright Nature Area	1				■		■	■	■	■			■		■	8	
Godown Park: 6099 Godown Rd.	2		■	■												10	
Heischman Park: 6744 Worthington-Galena Rd.	3				■			■	■				■			1	
Huntley Bowl Park: 6199 Huntley Rd.	4							■		■						7	
Indianola Park: 5500 Indianola Ave.	5		■					■	■		■	■	■			3	
Linworth Park: 5971 Linworth Rd.	6	■	■	■	■			■	■	■	■	■	■			13	
McCord Park: 333-345 East Wilson Bridge Rd. 7a: Community Center & All Children's Playground	7	■	■			■		■	■	■	■		■	■	■	30	
Olentangy River Parklands: 600 W. Wilson Bridge Rd. 8a: Whitney Playground 8b: Highgate Playground 8c: Winding Adventure Skate Park	8		■	■		■	■	■	■	■	■	■	■		■	104	
Park Boulevard Park: 125 Park Blvd.	9							■	■		■					7	
Perry Park: 2300 Collins Dr.	10	■		■	■			■	■	■		■		■		21	
Pingree Park: 374 Pingree Dr.	11		■	■		■		■	■		■					1	
Selby Park: 358 Selby Blvd. South	12		■			■		■	■	■				■		2	
Shaker Square Park: 888 Middlebury Ct.	13		■					■	■					■		1	
Snouffer Road Park: 2341 Snouffer Rd.	14	■			■			■			■		■			10	
Village Green: Corners of High St. & Dublin-Granville Rd.	15					■										3	
Wilson Hill Park: 1025 Ridgedale Dr. East	16		■	■		■		■	■	■			■	■		3	

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

Parks and Recreation Staff

Darren Hurley, Director

Community Center

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

Griswold Center

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

Parks Division

D. Scott Brown, Parks Manager
Shawn Daugherty, Parks Supervisor
Tyson Cline, Parks Technician
Kevin Potter, Parks Technician
Wade Lallathin, 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
David Norstrom
Doug Smith
Michael Troper

Parks and Recreation Commission

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

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

WPRD Photograph Policy

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

FACILITY RENTALS



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.

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.

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

March 6, 2017 for April–May 2017

May 1, 2017 for June–Aug 2017

Aug 7, 2017 for Sept–Dec 2017

Dec 4, 2017 for Jan–March 2018

Reservations must be made in person a minimum of 3 days 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 2 weeks prior to the rental.

Community Center Fitness Floor Policies

Fitness Floor – Cardio and All Weight Equipment

- Ages 16 and above may use the fitness floor without a parent/guardian or taking the Junior Fitness Class. Ages 16 and above are permitted to use the weight circuit and free weights.
- Ages 12-15 must either be with a parent/guardian at all times or must complete our free Junior Fitness Class. Ages 12&13 may use the weight circuit machines only. Ages 14&15 may use free weights with adult supervision.
- Ages 11 and under are not permitted on the fitness floor. Please see our Youth Fitness programming options in our brochure to get your child involved in physical fitness.

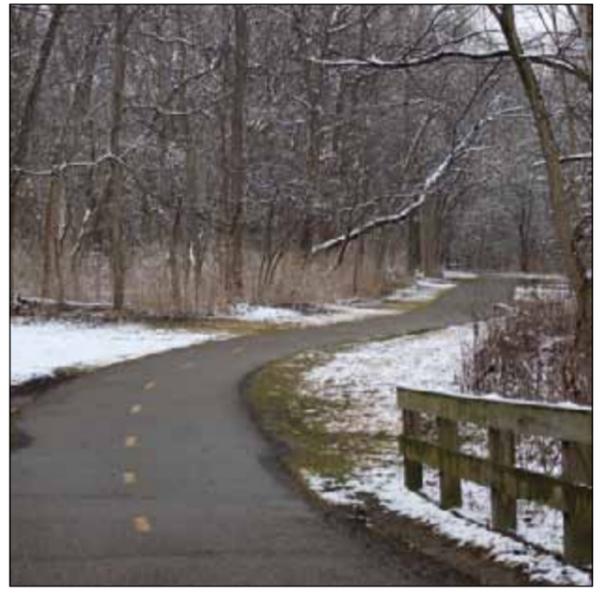
Track

- Ages 10 and above may use the track without a parent/guardian.
- Youth ages 9 and below may use the track with a parent/guardian supervisor with them on the track at all times.

How to Sign-Up for a FREE Junior Fitness Class

- Visit the Fitness Desk upstairs
- We will work with your schedule to find an appointment time that works for you
- Once the class has been completed and your youth has obtained their Junior Fitness Card they are able to work out up on the fitness floor!
- Please Note: A parent or guardian must attend the class with their youth

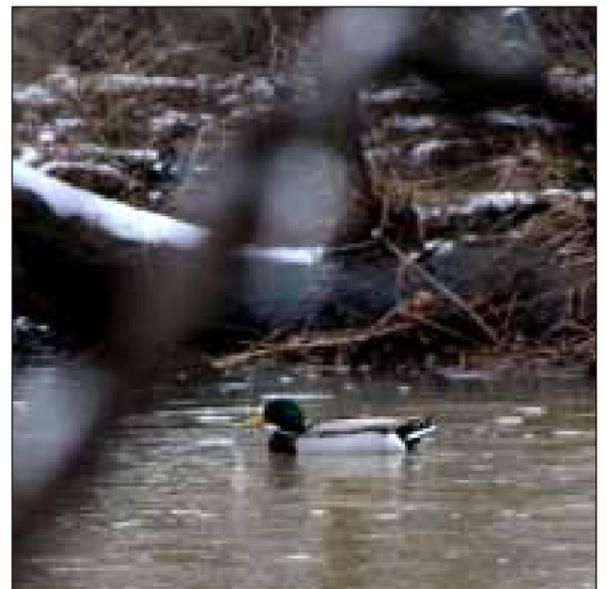




**Follow us on instagram!
@worthingtonohio**



**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!**



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