Did you know...

COMMUNITY CENTER
650 adults participated in sport leagues including volleyball, basketball, softball, badminton and Pickleball.

GRISWOLD CENTER
The Tuller Lounge fireplace mantle and surround is from the Tuller Archer House that sat on the property of the Griswold Center today.

PARKS
In the Spring, the Parks Department spreads nearly 100 yards of mulch throughout the park system plus 200 yards of wood fiber on the playground in the summer.

Join us for MARKET FIT! See page 10 for information
HOURS
(Memorial Day-Labor Day)
Monday – Friday: .............5:30 AM–9:00 PM
Saturday: ...........................8:00 AM–8:00 PM
Sunday: .............................10:00 AM–6:00 PM
Please note that the Customer Service Desk and pools close 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 (Memorial Day-Labor Day)
Monday – Friday: .................8:30 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
Memorial day.................................Closed
4th of July ...............................Closed
Labor Day ...............................Closed

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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 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 are a valid driver’s license, check with address, utility bill, or bank statement. Accepted verification is an original pay stub, dated within 30 days, that specifically denotes Worthington City taxes being withheld.

Please ask for all Membership details at the Community Center Customer Service Desk.

CORPORATE MEMBERSHIPS

There are many benefits to employers whose employees exercise regularly. Exercise can lower health care costs, reduce stress, improve productivity, concentration, morale, and reduce the number of absences. Please contact Customer Service Coordinator Jennifer Button at jbutton@ci.worthington.oh.us or by calling (614) 436–2743 for rates or more information.

INSURANCE BASED MEMBERSHIPS

The Community Center and Griswold Center offer several insurance-based free memberships for Medicare-eligible customers. These memberships include all member benefits. Eligibility can be confirmed at our customer service desks.

- Tivity SilverSneakers and Prime Programs
For more detailed information about the SilverSneakers program, please see page 20.
- American Specialty Health Silver&Fit, Active&Fit, and FitnessCoach Programs

Membership Refund Policies
- Annual and Monthly Memberships are non–refundable and non–transferable, except in cases of hardship.

Refunds for hardship cases (Military Duty, medical reasons, or out of area moves) may be requested by sending an email to Jennifer Button at jbutton@ci.worthington.oh.us. Proof of hardship is required.

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

**How**

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

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

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

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

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

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

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

Call the front desk staff at 614-436-2743 with any questions.

**When**

**SUMMER REGISTRATION**

**PROGRAM & SWIM 1 REGISTRATION DATES**
MAY 21 | RESIDENTS / MEMBERS
MAY 23 | OPEN REGISTRATION

**SWIM 2 REGISTRATION DATES**
JULY 3 | RESIDENTS / MEMBERS
JULY 5 | 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

**GENERAL INFORMATION**

**Aquatics Registration Information**
There are only age 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 aquatics staff.

There are no make up classes, so please schedule accordingly.

**Program Refund Policies**
If your course is cancelled by Worthington Parks and Recreation, you will be notified by 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 two weeks for refunds to be processed.

**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.

**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 Thornton 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.
**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 1**  
5 wks. R $39 | NR $51  
10761 Tue 11:00am-11:45am May 29-Jun 26  
10762 Tue 6:15pm-7:00pm May 29-Jun 26  
10763 Wed 10:00am-10:45am May 31-Jun 28  
10764 Thu 5:15pm-6:00pm May 31-Jun 28  
10765 Sat 9:00am-9:45am Jun 2-Jun 30

**SESSION 2**  
5 wks. R $39 | NR $51  
10938 Tue 9:00am-9:45am Jul 10-Aug 7  
10939 Tue 6:15pm-7:00pm Jul 10-Aug 7  
10940 Thu 10:00am-10:45am Jul 12-Aug 9  
10941 Thu 5:15pm-6:00pm Jul 12-Aug 9  
10942 Sat 9:00am-9:45am Jul 14-Aug 11

**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 1**  
4 wks. R $31 | NR $41  
10770 Mon 10:00am-10:45am Jun 4-Jun 25  
5 wks. R $39 | NR $51  
10771 Tue 9:00am-9:45am May 29-Jun 26  
10772 Tue 5:15pm-6:00pm May 29-Jun 26  
10773 Tue 6:15pm-7:00pm May 29-Jun 26  
10774 Wed 9:00am-9:45am May 30-Jun 27  
10775 Thu 9:00am-9:45am May 31-Jun 28  
10776 Thu 10:00am-10:45am May 31-Jun 28  
10777 Thu 5:15pm-6:00pm May 31-Jun 28  
10778 Sat 11:00am-11:45am Jun 2-Jun 30

**SESSION 2**  
5 wks. R $39 | NR $51  
10861 Mon 10:00am-10:45am Jul 9-Aug 6  
10862 Tue 9:00am-9:45am Jul 10-Aug 7  
10863 Tue 5:15pm-6:00pm Jul 10-Aug 7  
10864 Tue 6:15pm-7:00pm Jul 10-Aug 7  
10865 Wed 9:00am-9:45am Jul 11-Aug 8  
10866 Thu 9:00am-9:45am Jul 12-Aug 9  
10867 Thu 10:00am-10:45am Jul 12-Aug 9  
10868 Thu 5:15pm-6:00pm Jul 12-Aug 9  
10869 Sat 11:00am-11:45am Jul 14-Aug 11

**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 1**  
4 wks. R $31 | NR $41  
10766 Mon 10:00am-10:45am Jun 4-Jun 25  
5 wks. R $39 | NR $51  
10767 Wed 10:00am-10:45am May 30-Jun 27  
10768 Thu 6:15pm-7:00pm May 31-Jun 28  
10769 Sat 10:00am-10:45am Jun 2-Jun 30

**SESSION 2**  
5 wks. R $39 | NR $51  
10905 Mon 10:00am-10:45am Jul 9-Aug 6  
10906 Wed 10:00am-10:45am Jul 11-Aug 8  
10907 Thu 6:15pm-7:00pm Jul 12-Aug 8  
10908 Sat 10:00am-10:45am Jul 14-Aug 11
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 participant’s 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 1
4 wks. R $31 | NR $41
10779 Mon 9:00am-9:45am Jun 4-Jun 25
10780 Mon 11:00am-11:45am Jun 4-Jun 25
5 wks. R $39 | NR $51
10781 Tue 11:00am-11:45am May 29-Jun 26
10782 Tue 5:15pm-6:00pm May 29-Jun 26
10783 Tue 6:15pm-7:00pm May 29-Jun 26
10784 Tue 7:15pm-8:00pm May 29-Jun 26
10785 Wed 9:00am-9:45am May 30-Jun 27
10786 Wed 10:00am-10:45am May 30-Jun 27
10787 Wed 11:00am-11:45am May 30-Jun 27
10788 Thu 9:00am-9:45am May 31-Jun 28
10789 Thu 10:00am-10:45am May 31-Jun 28
10790 Thu 11:00am-11:45am May 31-Jun 28
10791 Thu 5:15pm-6:00pm May 31-Jun 28
10792 Fri 9:00am-9:45am Jun 2-Jun 30
10793 Sat 10:00am-10:45am Jun 2-Jun 30
10794 Sat 11:00am-11:45am Jun 2-Jun 30

SESSION 2
5 wks. R $39 | NR $51
10870 Mon 9:00am-9:45am Jul 9-Aug 6
10871 Mon 11:00am-11:45am Jul 9-Aug 6
10872 Tue 11:00am-11:45am Jul 10-Aug 7
10873 Tue 5:15pm-6:00pm Jul 10-Aug 7
10874 Tue 6:15pm-7:00pm Jul 10-Aug 7
10875 Tue 7:15pm-8:00pm Jul 10-Aug 7
10876 Wed 9:00am-9:45am Jul 11-Aug 8
10877 Wed 10:00am-10:45am Jul 11-Aug 8
10878 Wed 11:00am-11:45am Jul 11-Aug 8
10879 Thu 9:00am-9:45am Jul 12-Aug 9
10880 Thu 10:00am-10:45am Jul 12-Aug 9
10881 Thu 11:00am-11:45am Jul 12-Aug 9
10882 Thu 5:15pm-6:00pm Jul 12-Aug 9
10883 Thu 6:15pm-7:00pm Jul 12-Aug 9
10884 Sat 9:00am-9:45am Jul 14-Aug 11
10885 Sat 10:00am-10:45am Jul 14-Aug 11
10886 Sat 11:00am-11:45am Jul 14-Aug 11

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 back. Treading water motions will also be introduced. At the end of the session the instructor will determine the participant’s 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
4 wks. R $31 | NR $41
10796 Mon 9:00am-9:45am Jun 4-Jun 25
10797 Mon 10:00am-10:45am Jun 4-Jun 25
5 wks. R $39 | NR $51
10798 Tue 9:00am-9:45am May 29-Jun 26
10799 Tue 6:15pm-7:00pm May 29-Jun 26
10800 Tue 7:15pm-8:00pm May 29-Jun 26
10801 Wed 11:00am-11:45am May 30-Jun 27
10802 Wed 10:00am-10:45am May 30-Jun 27
10803 Thu 11:00am-11:45am May 31-Jun 28
10804 Thu 5:15pm-6:00pm May 31-Jun 28
10805 Thu 7:15pm-8:00pm May 31-Jun 28
10806 Fri 9:00am-9:45am Jun 2-Jun 30
10807 Fri 10:00am-10:45am Jun 2-Jun 30

SESSION 2
5 wks. R $39 | NR $51
10918 Mon 9:00am-9:45am Jul 9-Aug 6
10919 Mon 10:00am-10:45am Jul 9-Aug 6
10920 Tue 9:00am-9:45am Jul 10-Aug 7
10921 Tue 6:15pm-7:00pm Jul 10-Aug 7
10922 Tue 7:15pm-8:00pm Jul 10-Aug 7
10923 Wed 9:00am-9:45am Jul 11-Aug 8
10924 Wed 10:00am-10:45am Jul 11-Aug 8
10925 Thu 11:00am-11:45am Jul 12-Aug 9
10926 Thu 5:15pm-6:00pm Jul 12-Aug 9
10927 Thu 7:15pm-8:00pm Jul 12-Aug 9
10928 Sat 9:00am-9:45am Jul 14-Aug 11
10929 Sat 10:00am-10:45am Jul 14-Aug 11
**Jr 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 participant’s 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**

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**Jr Minnow**

Preschool Aquatics Level 4  
**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 participant’s 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 waters such as the lap pool.

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**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. 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.

**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.
### 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 participant’s progression to the next level.  
**Prerequisites:** Children should be comfortable in the water.  
**SESSION 1**  
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### Tadpole 2
Learn To Swim Level 2 - Fundamental Aquatic Skills  
**Ages:** 6Y-12Y • Leisure Pool  
In this class, students will begin to swim more independently. They learn to swim farther on the 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 participant’s progression to the next level.  
**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.  
**SESSION 1**  
<table>
<thead>
<tr>
<th>4 wks.</th>
<th>R $31</th>
<th>NR $41</th>
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**SESSION 2**  
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<th>5 wks.</th>
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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 participant’s 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
4 wks.  R $31 | NR $41
10840 Mon 11:00am-11:45am Jun 4-Jun 25
5 wks.  R $39 | NR $51
10841 Tue 11:00am-11:45am May 29-Jun 26
10842 Tue 7:15pm-8:00pm May 29-Jun 26
10843 Wed 11:00am-11:45am May 30-Jun 27
10844 Thu 6:15pm-7:00pm May 31-Jun 28
10845 Sat 11:00am-11:45am Jun 2-Jun 30

SESSION 2
5 wks.  R $39 | NR $51
10909 Mon 11:00am-11:45am Jul 9-Aug 6
10910 Tue 11:00am-11:45am Jul 10-Aug 7
10911 Tue 7:15pm-8:00pm Jul 10-Aug 7
10912 Wed 11:00am-11:45am Jul 11-Aug 8
10913 Thu 6:15pm-7:00pm Jul 12-Aug 9
10914 Sat 11:00am-11:45am Jul 14-Aug 11

Porpoise
Learn To Swim Level 5 - Stroke Refinement
Ages: 6Y-14Y • Fitness Pool
Students will continue to refine stroke technique for all 6 strokes in this level. Students will also gain endurance during this level by swimming longer distances.
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 participant’s progression to the next level.

SESSION 1
5 wks.  R $39 | NR $51
10846 Tue 11:00am-11:45am May 29-Jun 26
10847 Tue 6:15pm-7:00pm May 29-Jun 26
10848 Sat 10:00am-10:45am Jun 2-Jun 30

SESSION 2
5 wks.  R $39 | NR $51
10915 Tue 11:00am-11:45am Jul 10-Aug 7
10916 Tue 6:15pm-7:00pm Jul 10-Aug 7
10917 Sat 10:00am-10:45am Jul 14-Aug 11
**Whale**

Learn to Swim Level 6 - Swimming and Skill Proficiency  
**Ages: 6Y-14Y**  
In this level, students will continue to refine stroke technique and increase their endurance greatly.  
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**  
5 wks.  R $39 | NR $51  
10849 Wed  11:00am-11:45am May 30-Jun 27  
10850 Sat  9:00am-9:45am Jun 2-Jun 30  
10683 Sat  9:00am-9:45am Apr 14-May 19  

**SESSION 2**  
5 wks.  R $39 | NR $51  
10959 Wed  11:00am-11:45am Jul 11-Aug 8  
10960 Sat  9:00am-9:45am Jul 14-Aug 11  

**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**  
5 wks.  R $39 | NR $51  
10851 Thu  7:15pm-8:00pm May 31-Jun 28  

**SESSION 2**  
5 wks.  R $39 | NR $51  
10937 Thu  7:15pm-8:00pm Jul 12-Aug 9  

**Aqua Fitness Medley**  
**Ages: 13Y and up • Fitness Pool**  
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/Shari Wheeler  

**SESSION 1**  
5 wks.  R $39 | NR $52  
11024 Mon,Wed 6:30pm-7:25pm May 30-Jun 27  

**SESSION 2**  
6 wks.  R $52 | NR $69  
11025 Mon, Wed 6:30pm-7:25pm Jul 9-Aug 15  

**Complete Aquatic Workout**  
**Ages: 13Y and up • Fitness Pool**  
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 increasing your flexibility, range of motion, and endurance. Participants work at their own level. This class is for everyone. Instructor: Karen Dawson  

**SESSION 1**  
5 wks.  R $61 | NR $81  
10853 Mon,Wed,Fri 8:00am-8:55am May 30-Jun 29  

**SESSION 2**  
6 wks.  R $78 | NR $104  
10951 Mon,Wed,Fri 8:00am-8:55am Jul 9-Aug 17  

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**MARKET FIT**

**WORTHINGTON VILLAGE GREEN • SOUTHEAST QUADRANT**

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**10**
**Low Impact**

**Ages: 13Y and up • Fitness Pool**  
This class will concentrate on ease of motion, flexibility and 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**  
5 wks. R $44 | NR $58  
10857 Tue, Thu 9:00am-9:55am May 29-Jun 28

**SESSION 2**  
6 wks. R $52 | NR $69  
10955 Tue, Thu 9:00am-9:55am Jul 10-Aug 16

**River Run**  
**Ages: 13Y and up • Fitness Pool**  
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. Water shoes are required for class. Instructor: Barbara Byrum  
**SESSION 1**  
5 wks. 5 wks. R $22 | NR $29  
10858 Sat 11:00am-11:55am Jun 2-Jun 30

**SESSION 2**  
6 wks. 5 wks. R $26 | NR $35  
10956 Sat 11:00am-11:55am Jul 14-Aug 18

**Let’s Do It All**  
**Ages: 13Y and up • Fitness Pool / Leisure Pool**  
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**  
5 wks. R $22 | NR $29  
10856 Sat 10:00am-10:55am Jun 2-Jun 30

5 wks. R $61 | NR $81  
10854 Mon, Wed, Fri 6:00am-6:55am May 30-Jun 29

10855 Mon, Wed, Fri 9:00am-9:55am May 30-Jun 29

**SESSION 2**  
6 wks. R $26 | NR $35  
10954 Sat 10:00am-10:55am Jul 14-Aug 18

6 wks. R $78 | NR $104  
10952 Mon, Wed, Fri 6:00am-6:55am Jul 9-Aug 17

10953 Mon, Wed, Fri 9:00am-9:55am Jul 9-Aug 17
Preschool Adventures
Ages: 3.5Y-6Y • Art Studio
Pick and choose your 2-hour vacation days as we entertain your little adventurer. Each class we will explore a different setting with songs, stories, crafts, activities and related snacks. Your children will have fun while you have a breather! Adventures need to be potty trained. Instructors: Judy Hunter and Tonya Malench

Messy Masterpieces
10756 Thu 9:00am-11:00am Jun 7
R $18 | NR $23

Ocean Wonders
10757 Thu 9:00am-11:00am Jul 12
R $18 | NR $23

Zoo-Mania
10758 Thu 9:00am-11:00am Jul 19
R $18 | NR $23

Camping Adventures
10759 Thu 9:00am-11:00am Aug 2
R $18 | NR $23

Fitness Challenge Camp
powered by JumpBunch
Ages: 3Y-8Y • Shelterhouse at Selby Park
Get your child up and moving this summer at the JumpBunch Fitness Challenge Camp! This camp is all about playing fitness games and activities that promote teamwork, good sportsmanship, and self-confidence. Some of the fitness challenge games we play are Chicken Pops, Unicorn Catch, Head Bucket Ball, Cup and Catch, Flying Discs, Cone Knock Down, Fling and Fly, Kooshie Ball, and so much more! This camp will also teach several components of physical fitness, and ways to make healthy nutrition choices. Children will play in teams or race against the clock as they complete new fitness challenges each day. Your child will have so much fun, they won’t even realize they are exercising!
10163 Mon-Fri 9:00am-11:30am Jun 18-Jun 22
R $100 | NR $125

Laffalot Summer Camp
Ages: 6Y-11Y
Engaging instructors will lead a well organized week filled with activities including dodge ball, floor hockey, basketball, kickball soccer, swimming and much more.
Mon-Fri 9:00am-2:00pm Jun 4-8
R $130 | NR $155
aftercare available from 2:00pm-4:00pm
R $170 | NR $195
Mon-Fri 9:00am-2:00pm Aug 6-10
R $130 | NR $155
aftercare available from 2:00pm-4:00pm
R $170 | NR $195
Register and learn more about Laffalot Summer Camps at www.laffalotcamps.com

Mommy (or Daddy) and Me!
Ages: 2Y-4Y • Community Room
In this 30 minute class, parents and kids will get to enjoy music and movement together! We will learn some basic ballet concepts, work on gross motor skills, rhythm, and dance time of their own. Instructor: Lisa Barry
10999 Tue 12:30pm-1:00pm Jul 10-Jul 31
4 wks. R $21 | NR $27

Ballet and Tap Combo
Ages: 3Y-5Y • Community Room
In this 45 minute class, little ones will learn basic ballet and tap terminology and concepts, work on gross motor skills, balance, rhythm and enjoy dances of their own. Instructor: Lisa Barry
10998 Tue 1:15pm-2:00pm Jul 10-Jul 31
4 wks. R $24 | NR $31
Travel the World
Ages: 8Y-12Y • Art Studio
...without leaving Ohio! We will explore many different countries and the amazing things their cultures have to offer thru art and games. We will take a trip or two as well as have some swim time. Bring a sack lunch daily. A more detailed schedule will be sent to participants closer to camp time.

10194 Mon-Fri 9:00am-4:00pm Jul 9-Jul 13
R $150 | NR $175

Sporties Mini Camp
powered by JumpBunch
Day Camp Shelter
This four-day mini-camp includes all of your child’s favorite team sports, games, and lots of summer fun. Preschoolers learn coordination, social interaction, how to follow simple instruction and how to HAVE FUN! Campers should bring a water bottle and apply sunscreen before camp. Adult/parent participation is required for anyone who wishes to remain during camp. In the event of rain, make-up date is Friday.

10164 Mon-Thu 9:00am-9:45am Jul 30-Aug 2
Ages: 3Y R $40 | NR $52
10167 Mon-Thu 10:00am-10:45am Jul 30-Aug 2
Ages: 4Y R $40 | NR $52
10168 Mon-Thu 11:00am-11:45am Jul 30-Aug 2
Ages: 5Y R $40 | NR $52

Clay Fantasy Camp
Pottery Studio
In this 2 week camp you will create a portal into your own secret world with clay then escape from the ordinary to the realm of your imagination. Who or what lives there? Are there wizards, fairies, dragons or trolls? Where do they live? In a tower, a tree, a cave or under bridges? Who are their friends? Maybe lizards, birds or frogs. The first week we will unlock the characters in your imagination. Who or what lives there? Are there wizards, fairies, dragons or trolls? Where do they live? In a tower, a tree, a cave or under bridges? Who are their friends? Maybe lizards, birds or frogs. The first week we will unlock the characters in your imagination and bring them to life. Week 2 will be practice on the potter’s wheel and glazing our projects.

10140 Mon-Fri 9:30am-12:00pm Jun 4-Jun 8
Grades: K-3 R $130 | NR $155
10141 Mon-Fri 1:00pm-3:30pm Jun 4-Jun 8
Grades: 4-6 R $130 | NR $155

Junior Badminton League
Ages: 7Y-16Y • 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. Player evaluations will take place on the first day of the league. Rackets are not provided by the instructor. For more information you can email Derek Lee at ckdlee01@hotmail.com.

10967 Sat 1:00pm-6:30pm Jun 16-Aug 18
10 wks. R $75 | NR $98

Have A Ball - Multi-Sports Camp!
Powered by Bally Sports
Grades: K - 5 • South Gym
Children will be introduced to new sports and engage in activities specially designed to teach campers in a way that makes learning fun! Sports include soccer, basketball, flag football, ultimate Frisbee, floor hockey and much more! Our coaches are trained to provide constant encouragement, constructive feedback, and to implement modifications for each skill that is taught in at promotes sportsmanship, respect, teamwork, positive social interactions, and the enjoyment of physical activity. Campers will have the option to swim during the afternoon session of camp each day. Whether your child has never played sports before or if they have a true passion for sports, all children will have a positive camp experience in a physically and emotionally safe environment. Bally Sports Camps ensures that each camper has a great time while simultaneously being physically active.

11017 Sat 8:30am-3:30pm Jul 21
R $45 | NR $59

American Red Cross Babysitting Clinic
Ages: 11Y 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. *Participants are encouraged to bring a lunch and drink to class.

11017 Sat 8:30am-3:30pm Jul 21
R $45 | NR $59

Day Trip - Horseback Riding
Ages: 8Y-14Y • Meet in South Lobby
Saddle up Partner! This day trip to Marmon Valley Farm will be full of farm animals and horses. Enjoy the interactive farm yard animals, playground, and campfire before our hour long trail ride. Marmon Valley staff will provide instruction prior to the trip so it is perfect for even first time riders. Giddy Up and join us for a day of fun down on the farm!

10197 Fri 10:00am-4:00pm Jun 1
R $50 | NR $65
10204 Thu 10:00am-4:00pm Jun 7
R $50 | NR $65

Day Trip - Zip Lining
Ages: 10Y-16Y • Meet at South Lobby
If you enjoy thrilling adventures, join us on our trip to OZone Zipline Adventures in Southwestern Ohio. We will explore the luscious canopy surrounding the Little Miami River from the tree tops. OZone Zipline Adventures will delight riders with its unique vantage point to view millions of years of history while providing thrilling experiences riders won’t soon forget. Participants must be minimum 10yrs of age and weigh at least 80lbs.

10198 Fri 9:00am-5:00pm Jun 8
R $65 | NR $85
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.

11016 Wed 6:45pm-8:45pm Jun 6-Aug 15
10 wks. R $36 | NR $47

Saturday Adventures
Ages: 13Y and up
Teens and Adults ages 13 years old and up will enjoy fun outings designed for individuals who need some level of support. These events offer the opportunity for social experiences in the community. Activities will be held mostly Saturdays day/ evening. Participants who require special health care or those who need one-on-one assistance will be required to provide their own attendant and pay all activity fees for the attendant. Transportation for the activities is provided by a lift bus to accommodate 2 wheelchairs. There is a separate program number if you will be participating in a wheelchair. The program fee covers the cost of transportation and supervision. All activity fees are paid directly to the staff the night of the activity. A flyer with complete details of each event will be sent home prior to each activity. Tentative dates for this session are June 2, 16, 30, July 7, 21 and Aug 4. Instructors: Tammy Cautela & Sue Hoffmanbeck

10991 Sat 5:00pm-8:00pm Jun 2-Aug 4
6 wks. R $114 | NR $139

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

10992 Sat 5:00pm-8:00pm Jun 2-Aug 4
6 wks. R $114 | NR $139

Adult Golf Lessons - Westerville Golf Center
Ages: 13Y and up
Group lessons, open to beginners through advanced. P.G.A. certified golf instructor, Michael J. Woodruff, teaches the natural, logical and easy way to learn the simple mechanics of the golf swing. Also included are exercises and drills to help improve your game. Held at Westerville Golf Center (WGC), 450 Schrock Road. Price of balls is not included in price of lessons. In event of extreme inclement weather, contact WGC 882-9079. Group lessons means the instructor will spend a portion of the class giving you individual attention, not the entire period.

10968 Mon 7:00pm-8:00pm Jun 4-Jul 9
6 wks. R $72 | NR $94

10969 Mon 7:00pm-8:00pm Jul 23-Aug 27
6 wks. R $72 | NR $94

10970 Mon 6:00pm-7:00pm Jun 4-Jul 9
6 wks. R $72 | NR $94

10971 Mon 6:00pm-7:00pm Jul 23-Aug 27
6 wks. R $72 | NR $94

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. 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.

10965 Sat 1:00pm-6:30pm Jun 16-Aug 18
10 wks. R $75 | NR $98
FITNESS FLOOR POLICIES

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.

Safety First
- Closed toed shoes are required on the fitness floor and track.
- No bags, coats or other bulky personal items permitted on the fitness floor. Please use a cubby or locker to store your items. Free locks for lockers are available at the front desk.
- A proper shirt or tank top must be worn at all times.

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

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

PERSONAL TRAINING

Where to begin
Tell us about yourself and your goals by filling out the pre-screen form (available on the fitness floor or online at worthington.org) and return to the fitness desk or email it to fitness@ci.worthington.oh.us.

What happens next
Our certified staff will review your information, goals and availability to determine which of our trainers would be the best fit.

Your selected trainer will contact you within three business days to set up your free consultation. All of our prospective clients receive a free consultation so that you and your trainer can talk about your health history and specific goals. This process allows us to follow ACSM exercise guidelines as well as to make sure all those interested in personal training are connected with a trainer.

At your consultation you will decide on your training package. Your trainer will give you a receipt to take down to the Front Desk for payment. Please keep your payment receipt to give to your trainer. Now it’s time to schedule your first personal training session!

Rates & Options
Single Sessions:
- 30-Minute Session $35
- 60-Minute Session $55

60-Minute Packages:
- 4 Sessions $200 $50/Session
- 8 Sessions $360 $45/Session

30-Minute Packages:
- 4 Sessions $120 $30/Session
- 8 Sessions $200 $25/Session

Non-Members must purchase a day pass when working with their WCC personal trainer. Sessions have a one-year expiration date unless otherwise noted.
Group FITNESS Class Descriptions

Beginning Fit Yoga
If you are new to yoga and want to focus on correct alignment and getting the most out of each pose this class is for you! Also great for seasoned yogi’s looking for an alignment tune up!

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

BOSU Fit
A total body fitness class used to increase strength, endurance and balance. The BOSU, weights and bands will be used to burn the maximum amount of calories. This class will incorporate cardio and strength training. Modifications will be given to make this class great for all levels.

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.

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.

Cardio Line Dance
Low impact cardio workout that works to improve coordination, balance and memory! We’ll learn dance steps, combine patterns and put them all together to fun and lively music!

Dance Fit
Tone it up, Squat it out, and jam in this 45 min class filled with songs from 80s, 90s, and today! Try not to sing along.

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.

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

Low Impact
Get a cardio and toning workout that’s nice and easy on the knees; Low Impact & Weights adds sculpting movements for a total body workout.

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

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

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

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

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. Accessible by Using Group Fitness Punch Card or Drop-In Purchase.

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

Zumba®
Zumba® exercise classes are fitness parties that blend upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration. Classes are 60 minutes unless otherwise noted.

Zumba® & Core
Get in your cardio with 45 minutes of Zumba Fitness, and then blast your core with 15 minutes of strength work focused on abs and glutes.

The Community Center offers a wide variety of drop-in Group Fitness Classes to fit all schedules and interests! Visit worthington.org/fitness for a complete schedule and prices.
For savings on Group Fitness Classes (excluding Session Based Fitness Classes: Yoga, Pilates, Pure Fitness, Pure Strength) consider purchasing a Punch Card.

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

Daily Drop–In Pass

$8 per Class

**Daily Drop–In Pass**
(paid at the Customer Service desk prior to attending class) for Spinning, Session Yoga, Pilates & Pure Strength

Daily Drop–In Pass

$12 per Class

**Punch Card Prices**

<table>
<thead>
<tr>
<th></th>
<th>RESIDENT / MEMBERS PRICE</th>
<th>non-RESIDENT PRICE</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 Class Pass</td>
<td>$34</td>
<td>$44</td>
</tr>
<tr>
<td>16 Class Pass</td>
<td>$68</td>
<td>$88</td>
</tr>
</tbody>
</table>

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.

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

**Monthly Unlimited Pass**

<table>
<thead>
<tr>
<th></th>
<th>MEMBERS</th>
<th>RESIDENTS</th>
<th>non-RESIDENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$35</td>
<td>$40</td>
<td>$52</td>
</tr>
</tbody>
</table>

*Not valid for Spin® Classes

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**WAKE UP WITH BOOT CAMP**

(It’s even better than coffee!)

Allyson Cosner grew up in Worthington. Her passion for fitness began in high school when she played soccer for Thomas Worthington. As she got older, she began attending group fitness boot camp classes with her mother. She dreamed of teaching her own fitness classes one day. Eventually, she became AFAA group fitness certified. She has a passion for heavy weight lifting and going on long runs on the Olentangy Trail. Boot camp is the perfect combination of cardio and weight lifting. The impacts fitness has on health, wellness and overall self esteem is incredible. Allyson hopes to motivate her class participants to push new limits and reap all the benefits of living an active lifestyle.

Missy was an ASL (American Sign Language) interpreter until having two boys and has been doing CrossFit since 2013. Missy loves Olympic Weightlifting and is an avid trail runner. She is getting ready to run her first 28k trail race in Athens in May. She loves leading workouts with people so much that she was doing it for free with friends in her driveway before coming to the Worthington Community Center. That is where the Boot Camp journey began! Cardio workouts help keep her grounded, and she would say that she is a better mom after a good workout!

---

MONDAY-FRIDAY • 6 AM

Mon & Wed
Outside with Missy

Tues & Thur
Indoor with Missy

Fri
Outside with Allyson

SATURDAY • 10:15AM
Indoor with Allyson

The outdoor boot camp meets in the parking lot near the Community Garden

Indoor Boot Camp meets in the North Gym

Boot Camp Instructor

ALLYSON COSNER

Boot Camp Instructor

MISZY MINDEK
Arupa Yoga
Ages: 18Y 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

<table>
<thead>
<tr>
<th>Code</th>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>10961</td>
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<td>10962</td>
<td>Tue Jul 17-Aug 21</td>
<td>7:00pm-8:30pm</td>
<td>M $57</td>
</tr>
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</table>

Gentle Core and Stretch
Ages: 16Y and up • Community Room
This 45 minute class offers all of the benefits of Pilates, strengthening the body (particularly the core), improving posture and increasing flexibility. Balance work will be incorporated weekly. This class is designed for those beginning their fitness journey or those who prefer a more gentle and mindful approach to fitness. Get ready for a stronger, more balanced you!
Instructor: Janet Braden

<table>
<thead>
<tr>
<th>Code</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
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<td>10749</td>
<td>Thu Jul 19-Aug 23</td>
<td>11:00am-11:45am</td>
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</table>

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

<table>
<thead>
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<th>Code</th>
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</table>

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

<table>
<thead>
<tr>
<th>Code</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
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<tr>
<td>10751</td>
<td>Thu Jul 19-Aug 23</td>
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<td>M $51</td>
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</table>

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

<table>
<thead>
<tr>
<th>Code</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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<td>Wed Jul 18-Aug 22</td>
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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

<table>
<thead>
<tr>
<th>Code</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>10754</td>
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<tr>
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<td>Thu Jul 19-Aug 23</td>
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<td>M $51</td>
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</table>
Belly Dance for Fitness & Strength Training
Ages: 18Y and up • Fitness Studio
Harness the power of belly dance to sculpt, tone and strengthen your body, mind and spirit. No dance experience necessary. Please wear comfortable clothing. Instructor: Karen Bradford
10972 Mon 7:00pm-8:00pm Jun 4-Jul 9
6 wks. R $51 | NR $66

Belly Dance for Elegance & Grace
Ages: 18Y and up • Fitness Studio
Slow, melodic rhythms will enchant your inner sense of peace and calm to be released and move you elegantly and gracefully across the dance floor. No dance experience necessary. Please wear comfortable clothing. Instructor: Karen Bradford
10973 Mon 7:00pm-8:00pm Jul 16-Aug 20
6 wks. R $51 | NR $66

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.
10974 Mon 8:00pm-8:30pm Jun 4-Jul 9
6 wks. R $29 | NR $37
10975 Mon 8:00pm-8:30pm Jul 16-Aug 20
6 wks. R $29 | NR $37

Pure Strength
Ages: 18Y 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
10964 Mon 7:00pm-8:00pm Jun 4-Jul 9
6 wks. M $45 | R $48 | NR $62
10966 Mon 7:00pm-8:00pm Jul 23-Aug 20
5 wks. M $37 | R $40 | NR $52

The Gary Smith Worthington Classic
is a favorite community event that takes participants through Worthington neighborhoods and on the beautiful Olentangy bike path. It was established in memory of Gary Smith, Worthington teacher and state championship Track and Cross Country coach, who was respected most for his integrity and compassionate commitment to young people. Smith believed in students’ possibilities, in giving them sound knowledge, supporting them during hard work, and letting each one know he or she had innate value. At Smith’s memorial service in 1998, athletes and parents conceived of this race in his honor. Proceeds from the race provide scholarships for Worthington students and donations to organizations that support local children with medical or physical challenges. Questions: 614-436-1972
Online registration at:
http://www.fleetfeetcolumbus.com/events/gary-smith-worthington-classic

JUNE 10 • 9 AM
5 Mile Run • 3 Mile Walk
2 Mile Kids Run
Thomas Worthington High School Track
20th Annual GARY SMITH WORTHINGTON CLASSIC
About SilverSneakers®

Tivity 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

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

SilverSneakers BOOM™

BOOM is a revolutionary new fitness series designed for Baby Boomers and active older adults which includes Move, Muscle, 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.

### SilverSneakers BOOM™ MOVE

This fun, dance-inspired workout improves your cardio fitness with easy-to-follow moves set to energizing music.

<table>
<thead>
<tr>
<th>Location</th>
<th>Time</th>
<th>Instructor</th>
<th>Capacity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Griswold Center</td>
<td>1:00 PM–1:30 PM</td>
<td>Sandy Hull</td>
<td>Max. 30</td>
</tr>
<tr>
<td>Community Center</td>
<td>8:30 AM–9:00 AM</td>
<td>Judy Hunter</td>
<td>Max. 25</td>
</tr>
<tr>
<td></td>
<td>2:00 PM–2:30 PM</td>
<td>Bev Tabb</td>
<td>Max. 30</td>
</tr>
</tbody>
</table>

### SilverSneakers BOOM™ MUSCLE

This class incorporates athletic exercises that boost your overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill.

<table>
<thead>
<tr>
<th>Location</th>
<th>Time</th>
<th>Instructor</th>
<th>Capacity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Griswold Center</td>
<td>1:30 PM–2:00 PM</td>
<td>Sandy Hull</td>
<td>Max. 30</td>
</tr>
<tr>
<td>Community Center</td>
<td>9:00 AM–9:30 AM</td>
<td>Judy Hunter</td>
<td>Max. 25</td>
</tr>
<tr>
<td></td>
<td>2:30 PM–3:00 PM</td>
<td>Bev Tabb</td>
<td>Max. 25</td>
</tr>
</tbody>
</table>

### SilverSneakers BOOM™ MIND

The best from yoga and Pilates are combined into one fusion class designed to relax your body and mind. The focus is on core muscles, lowe-body strength and balance.

<table>
<thead>
<tr>
<th>Location</th>
<th>Time</th>
<th>Instructor</th>
<th>Capacity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Griswold Center</td>
<td>2:00 PM–2:30 PM</td>
<td>Sandy Hull</td>
<td>Max. 30</td>
</tr>
<tr>
<td>Community Center</td>
<td>9:30 AM–10:00 AM</td>
<td>Judy Hunter</td>
<td>Max. 25</td>
</tr>
<tr>
<td></td>
<td>3:00 PM–3:30 PM</td>
<td>Bev Tabb</td>
<td>Max. 25</td>
</tr>
</tbody>
</table>
**SilverSneakers® Classic**
Increase muscle strength and range of movement, and improve activities for daily living. You’ll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

**Community Center**
- Mon 9:00AM–10:00AM Ongoing
  - No Fee*
  - Instructor: Judy Hunter Max. 30
- Fri 9:00AM–10:00AM Ongoing
  - No Fee*
  - Instructor: Richard Johnson Max. 30

**Griswold Center**
- Tue 9:15AM–10:00AM Ongoing
  - No Fee*
  - Instructor: Stacy Connelly Max. 30
- Wed 8:30AM–9:30AM Ongoing
  - No Fee*
  - Instructor: Judy Hunter Max. 30
- Thu 10:15AM–11:00AM 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 12:15PM-1:00PM Ongoing
  - No Fee*
  - Instructor: Bev Tabb Max. 25
- Thu 12:15PM–1:00PM Ongoing
  - No Fee*
  - Instructor: Judy Hunter Max. 25

**Griswold Center**
- Tue 12:15PM–1:00PM Ongoing
  - No Fee*
  - Instructor: Stephanie Tran Max. 15

**SilverSneakers® Splash**
Lap Pool
In this fun, shallow-water exercise class you’ll use a signature splash-board to increase strength and endurance. Splash is suitable for all skill levels and is safe for non-swimmers.

**Community Center**
- Mon, Wed, Fri 10:00AM–10:45AM 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.TivityHealth.com for more information regarding the Tivity SilverSneakers® Fitness program.
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 skills at your level. This class will introduce basic wheel-throwing processes and techniques including wedging, centering, pulling up walls and shaping. New to the potter’s wheel? Bring some friends or family members and enjoy a 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. Advance registration of at least 1 week prior to the class is required. Instructor Lynn Wheeler

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jun 9</td>
<td>Sat 11:00am-2:00pm</td>
<td>$25</td>
</tr>
<tr>
<td>Jul 30</td>
<td>Mon 5:30pm-8:30pm</td>
<td>$25</td>
</tr>
</tbody>
</table>

Wheel-Throwing Personal Progress (NEW)
Ages: 16Y and up • Pottery Studio
Enjoy some extra time and extra attention to refine and improve your skills on the potter’s wheel. Basic Wheel-Throwing is the pre-requisite. Limited to 4 students. Instructor: Lynn Wheeler

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Price</th>
</tr>
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<tbody>
<tr>
<td>Jun 11</td>
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</tr>
<tr>
<td>Aug 6</td>
<td>Mon 5:30pm-8:30pm</td>
<td>$30</td>
</tr>
</tbody>
</table>

A Set of Sundays
Ages: 16Y and up • Pottery Studio
Mark your calendar to unwind and let your creativity flow by working with clay in our cheerful, naturally-lit pottery studio. Enjoy an unstructured class with the option of mini-workshops and demonstrations on specific wheel throwing, trimming and glazing topics chosen by those in the class. To accommodate your busy schedule, this class meets every other Sunday afternoon. Basic Wheel-Throwing is the pre-requisite. Instructor Lynn Wheeler

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>Jun 9</td>
<td>Sat 11:00am-2:30pm</td>
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</tr>
<tr>
<td>Jul 30</td>
<td>Mon 5:30pm-8:30pm</td>
<td>$77</td>
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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 demonstrations on specific wheel-throwing topics chosen by those in the class. Basic Wheel-Throwing is the pre-requisite. Instructor Lynn Wheeler

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Price</th>
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<tbody>
<tr>
<td>Jun 2</td>
<td>Sat 11:00am-2:30pm</td>
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<tr>
<td>Jul 28</td>
<td>Sat 11:00am-2:30pm</td>
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Midday Clay Friday
Ages: 16Y and up • Pottery Studio
Start the weekend early and enjoy time exploring an endless array of projects and techniques in clay thrown on the potter’s wheel. Progress at your own pace with individualized instruction, optional mini-workshops and demonstrations on specific wheel-throwing, trimming and glazing topics in our sun-lit studio. Basic Wheel-Throwing is the pre-requisite. Instructor Lynn Wheeler

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jun 1</td>
<td>Fri 11:00am-2:00pm</td>
<td>$52</td>
</tr>
<tr>
<td>Jul 13</td>
<td>Fri 11:00am-2:00pm</td>
<td>$52</td>
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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 mini-workshops and demonstrations on specific wheel-throwing, trimming and glazing topics chosen by those in the class. Basic Wheel-Throwing is the prerequisite. Instructor Lynn Wheeler. No class 7/4, 7/18 & 8/8
10979 Wed 5:30pm-8:30pm June 6-Aug 15
8 wks. R $156 | NR $181

Get a Handle on It!
Ages: 16Y and up • Pottery Studio
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. Instructor: Lynn Wheeler
10984 Sun 1:00pm-4:00pm July 8
R $25 | NR $33

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, handles and finishing touches. Basic Wheel-Throwing is the prerequisite. Instructor: Lynn Wheeler
10983 Sat 11:30am-2:30pm July 14
R $25 | NR $33

Glazing - Science and Art
Ages: 16Y and up • Pottery Studio
This glazing class will include instruction and assistance as we share information, tips, basic techniques, safety and troubleshooting when using commercial glazes and the multitude of variables to consider when glazing your work. Increase your chances of successful glazing outcomes by taking this class. Student provides bisqueware to glaze. Basic Wheel-Throwing is the prerequisite. Instructor Lynn Wheeler
10985 Sun 1:00pm-4:00pm August 19
R $25 | NR $33

Nesting Bowls
Maximize your throwing skills, as well as your kitchen cabinet space, when you make a set of nesting bowls designed to your own vision and style, with help from this workshop’s tips and inspiration. Basic Wheel-Throwing is the pre-requisite. Max 6. Instructor Lynn Wheeler
11013 Mon 5:30pm-8:30pm June 25
R $25 | NR $33

Plates on Purpose
Ages: 16Y and up • Pottery Studio
Learn several ways to make a variety of styles of plates on the potters wheel, including techniques to prevent problems in the throwing and drying process, to produce pieces that will grace your table for years. Basic Wheel-Throwing is the pre-requisite. Instructor: Lynn Wheeler.
10988 Wed 5:30pm-8:30pm August 8
R $25 | NR $33

The Genie in the Bottle
Ages: 16Y and up • Pottery Studio
This workshop, for confident wheel-throwers, will provide tips and practice to build your skills for this challenging form. Learn to master the balancing act between clay wall strength and thinness when making graceful, tall, narrow and closed-necked forms. Basic Wheel-Throwing is the pre-requisite. Instructor Lynn Wheeler
10987 Wed 5:30pm-8:30pm August 22
R $25 | NR $33

Hand Building Clay Creations
Ages: 16Y and up • Pottery Studio
Come join our class and learn many techniques of hand building and sculpting with clay. Whether you want to expand your skills or just want try clay creation for the first time, this class is for you. Instructor: Michelle Brevick.
10986 Thu 6:00pm-8:30pm July 12-Aug 16
6 wks. R $102 | NR $127
Albuquerque Balloon Festival
October 9-14, 2018

Trip Highlights
- Roundtrip Airfare
- Motorcoach transportation in New Mexico
- Hot Air Balloon Mass Ascension
- Afterglow Fireworks Display
- Sandia Peak Aerial Tramway
- Loretto Chapel & Miraculous Stairway
- Cathedral of St. Francis of Assisi
- Historic Turquoise Trail
- Palace of the Governors
- Chimayo Shrine

Kentucky Derby
May 2-5, 2019

Trip Highlights
- Kentucky Derby Reserved Seating
- Derby Day Riverboat Race
- Bourbon, Barbecue & Country Music
- Louisville Slugger Museum
- Hermitage Thoroughbred Nursery
- Claudia Sanders Dinner House
- Undulata Horse Farm
- Derby Hat Boutique
- Churchill Downs
- “Off to the Races” Dinner Party at Kentucky Derby Museum

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

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Resident</th>
<th>Non-Resident</th>
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<tbody>
<tr>
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<td>$12</td>
<td>$18</td>
</tr>
<tr>
<td>Age 54 and younger</td>
<td>$20</td>
<td>$25</td>
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</table>

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 3 for more information).
- SilverSneakers® members also have unlimited use of the Griswold Fitness Room for no extra charge.
Hatha Yoga for Beginners

**Topping Room**
This gentle class is good for beginners. You will relax and stretch and breathe. Bring a blanket and/or yoga mat and dress comfortably. No class August 3 and September 14.

<table>
<thead>
<tr>
<th>Class</th>
<th>Date</th>
<th>Time</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>11000</td>
<td>Fri</td>
<td>10:30am-11:30am</td>
<td>Jul 13-Sep 28</td>
</tr>
<tr>
<td></td>
<td>10 wks.</td>
<td>R $86</td>
<td>NR $112</td>
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Hatha Yoga

**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. All levels and ages welcome. Pre-registration recommended. Instructor: Janet Shumaker

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<th>Class</th>
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<th>Instructor</th>
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</thead>
<tbody>
<tr>
<td>11026</td>
<td>Sat</td>
<td>8:30am-9:45am</td>
<td>Jul 7-Aug 11</td>
</tr>
<tr>
<td>6 wks.</td>
<td></td>
<td>R $38</td>
<td>NR $49</td>
</tr>
<tr>
<td>11027</td>
<td>Sat</td>
<td>10:00am-11:15am</td>
<td>Jul 7-Aug 11</td>
</tr>
<tr>
<td>6 wks.</td>
<td></td>
<td>R $38</td>
<td>NR $49</td>
</tr>
<tr>
<td>11028</td>
<td>Sat</td>
<td>8:30am-9:45am</td>
<td>Aug 18-Sep 29</td>
</tr>
<tr>
<td>7 wks.</td>
<td></td>
<td>R $44</td>
<td>NR $57</td>
</tr>
<tr>
<td>11029</td>
<td>Sat</td>
<td>10:00am-11:15am</td>
<td>Aug 18-Sep 29</td>
</tr>
<tr>
<td>7 wks.</td>
<td></td>
<td>R $44</td>
<td>NR $57</td>
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Pet Massage

**Town Hall**
This is an opportunity to learn what pet massage is and how massage can promote self-healing and enhance your pet’s overall health. Find out how massage can be a preventive tool, how it can calm nervous pets and how it aids recovery from surgery. This program combines class discussion with a hands-on demonstration of massage performed on a volunteer pet (participants are asked not to bring their pets). Techniques learned in class can easily be used at home on your own cat or dog. Free!! Speaker: Judy Roe

<table>
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<tr>
<th>Class</th>
<th>Date</th>
<th>Time</th>
<th>Instructor</th>
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</thead>
<tbody>
<tr>
<td>11018</td>
<td>Wed</td>
<td>1:00pm-3:00pm</td>
<td>Aug 22</td>
</tr>
<tr>
<td></td>
<td></td>
<td>No charge</td>
<td></td>
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</table>

Tech Help with Teens

**Tuller Lounge**
Do you look at your phone, laptop, tablet or ipod and feel lost? Wish you could have a one on one with someone that can help you with even the simplest of tasks? The Griswold Center and the Worthington Libraries are partnering to bring you this opportunity to get some help from the next generation. Students from 8th grade and up will be on hand at the Griswold Center to answer your questions and help you feel more confident on your smart device or gadget. Appointments can be made by calling the Griswold Center, 614-842-6320

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<th>Time</th>
<th>Instructor</th>
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</thead>
<tbody>
<tr>
<td>11019</td>
<td>Mon</td>
<td>6:00pm-10:30pm</td>
<td>Aug 13</td>
</tr>
<tr>
<td></td>
<td></td>
<td>R $15</td>
<td>NR $20</td>
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Queen City Underground Tour

**Town Hall**
Join us to learn about Cincinnati’s hidden history on one of the Top Five Underground Tours in the U.S. Enjoy a stroll through Over-the-Rhine, home to America’s largest set of historical landmarks. Visit buildings in the Gateway District that were home to over 130 saloons, bars, beer gardens, and theaters that hosted iconic entertainers like Buffalo Bill Cody. Then, descend below the city streets to a hidden crypt where some of Cincinnati’s first residents were buried. Next return underground to explore newly discovered tunnels vital to Cincinnati’s brewery heritage. We will end our tour at the Findlay Market, Ohio’s oldest surviving municipal market house. We will enjoy lunch there, on your own. Program price includes transportation, guided tour and lunch.

<table>
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<th>Class</th>
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<th>Instructor</th>
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<tbody>
<tr>
<td>11069</td>
<td>Fri</td>
<td>7:30am – 4:30 pm</td>
<td>Aug 3</td>
</tr>
<tr>
<td></td>
<td></td>
<td>R $54</td>
<td>NR $70</td>
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Cincinnati Art Museum

**H但他们 Center**
Enjoy a guided tour of the Terracotta Army: Legacy of the First Emperor of China. The exhibition will feature approximately 120 individual objects, which include Terracotta figures of warriors, arms and armor, ritual bronze vessels, works in gold and silver, jade ornaments, precious jewelry, and ceramics all drawn from the collections of art museums and archaeological institutes in Shaanxi province, China. Dating from the Pre-Qin period (770-221 BC) to the Qin dynasty (221-206 BC), these works of art excavated from the emperor’s mausoleum, as well as aristocratic and nomadic tombs, will represent history, myths, and burials in ancient China. Lunch will follow at the Terrace Café in the museum, your choice of a Terrace Cobb Salad or the Terrace Café Club Sandwich. Program price includes transportation, guided tour and lunch.

<table>
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<th>Class</th>
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<tbody>
<tr>
<td>11070</td>
<td>Tue</td>
<td>8:00am – 4:30pm</td>
<td>Sept 25</td>
</tr>
<tr>
<td></td>
<td></td>
<td>R $32</td>
<td>NR $42</td>
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Clippers Baseball Game

**Use July registration form!**
Sugardale Dime a Dog Night!! Come hang out at the award winning Huntington Ball Park in its 11th season and watch your Columbus Clippers take on the Rochester Red Wings(Twins affiliate). Tickets will be reserved seating in the shade. Price includes tickets and transportation.

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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.
Who will find the “Key to the City?”

July is National Parks and Recreation Month and the theme this year is A Lifetime of Discovery. We are going to help you discover not just what Worthington Parks and Recreation has to offer, but what the whole city has to offer! Stay tuned to our social media for more information about our Key to the City event – see if you can unlock the reason why Worthington is a great place to live, work, and play!

If your business is interested in participating please contact Special Event Coordinator Julie Sergent at jsergent@ci.worthington.oh.us

Bring your four legged friend to McCord Park on Sunday, October 14 from 11am-3pm for an afternoon of furry fun! There will be four ball fields filled with music, activities for you and your companion, demonstrations, rescue groups, raffles, speakers, food trucks and even a pet costume parade! All proceeds will go benefit Godown Dog Park.

If your business is interested in participating please contact Special Event Supervisor Melissa Hindman at mhindman@ci.worthington.oh.us
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, private parties, or other purposes that do not compete with any of our programs.

Visit www.worthington.org/rentals to learn more.
Community Center Facilities can be reserved on the Mondays listed below:
Aug 6, 2018 for Sept.-Dec 2018
Dec 3, 2018 for Jan-Mar 2019
Reservations must be made in person a minimum of 3 days prior to the rental.

SHUTDOWN INFORMATION

Building shutdown
August 27 – September 3

Pool shutdown
August 20 – September 3

Each year we close the Community Center for a week and the pool for two weeks to complete major renovation projects and deep cleaning. This is done in an effort to provide the cleanest and most up to date facilities while incurring as little inconvenience as possible. Having the scheduled maintenance period allows us to strategically plan our improvements and upkeep.

Griswold Center Facilities can be reserved on the following dates:
Jan, Feb, Mar – 1st Monday in December
Apr, May, June – 1st Monday in March
July, Aug, Sept – 1st Monday in June
Oct, Nov, Dec – 1st Tuesday in September

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

Projects to be completed
• Draining and deep cleaning of lap pool, leisure pool and hot tub
• Carpet Cleaning throughout building
• South Gym, Fitness Studio & Community Room floors to be refinished
• Floors in the south end to be refinished and buffed
• High dusting and deep cleaning of entire facility
• Update Lobby Furniture
• Terrazzo Floor stripped and Refinished

General Policies
The Worthington Parks & Recreation Department has many opportunities for facility rentals, including the Community Center, Griswold Center, Selby Shelter, and sport fields in our parks. Rooms, fields, and equipment are available for meetings, seminars, private parties, or other purposes that do not compete with any of our programs.

• Please be aware that no alcohol is allowed on the premises of any of our rental sites.
• Groups are responsible for providing their own supplies, decorations, table coverings, food, etc.
• Groups are responsible for all setup and cleanup, and time for this must be included in the time of the rental.

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

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

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

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

SATURDAY AUGUST 11
Music 4-8:30 PM
Activities 4-7 PM
On the Worthington Village Green

4:15-5:15pm - The Shazzbots
5:30pm - 6:45pm - Arch City Lights
7pm - 8:30pm - John Schwab Party Band

Friday June 1
11:00 AM
on the Worthington Village Green

Kids Concert with Endless Recess

Grab your dancin’ shoes and boogie down in Old Worthington!

Thank you to our sponsor Marcus Theatres
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.

Mission Statement
To create community through exceptional parks, programs, facilities, and events.

Vision

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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 will be 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.

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.

Starting in Fall of 2018, the Worthington Community Center will offer limited advertising space in the Activity Brochure. Please contact Outreach Supervisor Melissa Hindman at mhindman@ci.worthington.oh.us if your Worthington area business is interested in learning more.
MAY 13
Charlie Foxtrot Quintet

MAY 20
Worthington MS Band Showcase

MAY 27
Innervision

JUNE 3
Paisha Thomas

JUNE 10
Tony Hagood - Tribute to George Gershwin

JUNE 17
Whirlybirds

JUNE 24
Worthington Civic Band

JUNE 29
The Floorwalkers

JULY 1
Central Ohio Brass Band

JULY 8
Hadden Sayers Band

JULY 15
The Salty Caramels

JULY 22
American Gypsy

AUGUST 5
OSU Alumni Band

AUGUST 11
Summer in the 614 Festival

AUGUST 12
Motown Sounds of Touch

Concerts on the Green

SUNDAYS 7:00 PM
worthington.org/concerts