There are over 33 group fitness classes offered every week for all fitness levels.

Your membership to the Griswold Center gives you access to over 27 unique programs weekly - all free!

The City of Worthington began planning for a recreational pathway along the Olentangy River in 1975.
Community Center Spring Programming

ACTIVITY BROCHURE

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HOURS

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 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

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.

Child Care Fees

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

Easter............................................CLOSED
Memorial Day ..................................CLOSED

Visit our website  www.worthington.org  online registration  https://apm.activecommunities.com/worthington  /WorthingtonOH  @WorthingtonOhio  @WorthingtonOhio
Worthington Community Center
MEMBERSHIPS

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 26 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.

CORPORATE MEMBERSHIPS

are also available!

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 jennifer.button@worthington.org 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
• Renew Active Program

For more detailed information about the SilverSneakers program, please see page 33-34

ANNUAL MEMBERSHIP RATES

<table>
<thead>
<tr>
<th></th>
<th>R</th>
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<tr>
<td>Senior Citizen**</td>
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<td>$234</td>
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RESIDENT=R NON-RESIDENT=NR

A “household” is defined as up to three adults in the same household and their dependents up to and including the age 22, residing on the premises.

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 Desk for complete details.

MONTHLY MEMBERSHIP RATES

<table>
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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.

DAY PASS RATES

<table>
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<td>Adult</td>
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</tr>
<tr>
<td>Military</td>
<td>$5</td>
</tr>
</tbody>
</table>

*Day Pass Bundles expire one year after purchase. **A Senior Citizen is defined as someone 60 years of age or older.

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.

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 jennifer.button@worthington.org. Proof of hardship is required.
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.

**SPECIAL FOR SPRING 2023**

**Visitors**
- New to the Community Center? Please create an account online using the link below. This helps us to better serve you.
- If you have registered for two or more programs, you may be required to come in and be tested by someone on our aquatics staff.
- 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.

**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.

Using the above guidelines, participants that are younger or older, if appropriate, are considered to be "Program Ready." This means that the individual is important that participants are indeed “Program Ready.” This means that the individual is important that participants are indeed “Program Ready.” This means that the individual is important that participants are indeed “Program Ready.” This means that the individual is important that participants are indeed “Program Ready.”

- 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

**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 Refund Policies**

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:

**Program Age Requirements**

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

**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.

**Waiting List Procedures**

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

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

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

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

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

**General Information**

Please Register Early!

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

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**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.

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.

**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.

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SWIM LESSONS  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.

5 wks.  R $41 | NR $53
14472 Tue  11:00 AM-11:45 AM  Apr 14-May 12
14473 Tue  6:15 PM-7:00 PM  Apr 14-May 12
14474 Thu  5:15 PM-6:00 PM  Apr 16-May 14
14475 Sat  9:00 AM-9:45 AM  Apr 18-May 16

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.

5 wks.  R $41 | NR $53
14476 Tue  5:15 PM-6:00 PM  Apr 14-May 12
14477 Thu  11:00 AM-11:45 AM  Apr 16-May 14
14478 Sat  10:00 AM-10:45 AM  Apr 18-May 16

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.

5 wks.  R $41 | NR $53
14479 Mon  11:00 AM-11:45 AM  Apr 13-May 11
14480 Tue  6:15 PM-7:00 PM  Apr 14-May 12
14481 Wed  2:00 PM-2:45 PM  Apr 15-May 13
14482 Thu  5:15 PM-6:00 PM  Apr 16-May 14
14483 Sat  10:00 AM-10:45 AM  Apr 18-May 16

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.

BY SIGNING UP FOR THIS COURSE YOU ARE AGREEING THAT YOUR CHILD MEETS THE NECESSARY REQUIREMENTS. THE WPRD STAFF RESERVES THE RIGHT TO WITHDRAW/TRANSFER YOUR CHILD FROM THIS COURSE IF HE OR SHE DOES NOT MEET THE PRE-REQUISITES.
**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.

**5 wks. R $41 | NR $53**

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<td>Sat</td>
<td>10:00 AM-10:45 AM</td>
<td>Apr 18-May 16</td>
</tr>
</tbody>
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**Tadpole 1**

Preschool Aquatics Level 2  
**Ages: 3Y-5Y • Leisure Pool**

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 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.

**5 wks. R $41 | NR $53**

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<td>Sat</td>
<td>11:00 AM-11:45 AM</td>
<td>Apr 18-May 16</td>
</tr>
</tbody>
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**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.

**5 wks. R $41 | NR $53**

<table>
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<th>Code</th>
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<tr>
<td>14517</td>
<td>Tue</td>
<td>7:15 PM-8:00 PM</td>
<td>Apr 14-May 12</td>
</tr>
</tbody>
</table>
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.

BY SIGNING UP FOR THIS COURSE YOU ARE AGREEING THAT YOUR CHILD MEETS THE NECESSARY REQUIREMENTS. THE WPRD STAFF RESERVES THE RIGHT TO WITHDRAW/TRANSFER YOUR CHILD FROM THIS COURSE IF HE OR SHE DOES NOT MEET THE PRE-REQUISITES.
CITY OF WORTHINGTON
PARKS & RECREATION

Turtle
Learn To Swim Level 3- Fundamental Aquatic Skills
Ages: 6Y-12Y • Fitness Pool
This class is also referred to as Learn To Swim Level 3- Fundamental Aquatic Skills. This class will be in the lap pool. Student will increase their endurance while swimming on their front and back. Students will begin to learn the fundamentals on rotary breathing. Students will learn the complete technique for elementary backstroke. During this course students will learn a level of comfort in deeper water and beginning treading skills.
Prerequisites- Completion of Aquatics Level 2 (Tadpole 2) 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 front and back, and demonstrate a comfort level in deeper water such as the lap pool. In this level, we will provide additional guided practice at slightly more proficient performance levels and greater distances and times. At the end of the session the instructor will determine the participants’ progression to the next level.

5 wks. R $41 | NR $53
14528 Tue 4:15 PM-5:00 PM Apr 14-May 12
14529 Tue 7:15 PM-8:00 PM Apr 14-May 12
14530 Wed 3:30 PM-4:15 PM Apr 15-May 13
14531 Thu 3:30 PM-4:15 PM Apr 16-May 14
14532 Thu 7:15 PM-8:00 PM Apr 16-May 14
14533 Sat 11:00 AM-11:45 AM Apr 18-May 16

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.

5 wks. R $41 | NR $53
14534 Tue 3:30 PM-4:15 PM Apr 14-May 12
14535 Tue 5:15 PM-6:00 PM Apr 14-May 12
14536 Wed 3:30 PM-4:15 PM Apr 15-May 13
14537 Thu 5:15 PM-6:00 PM Apr 16-May 14
14538 Sat 9:00 AM-9:45 AM Apr 18-May 16

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 side stroke for 15 yards and change direction and position and swim breast stroke 15 yards. At the end of the session the instructor will determine the participant’s progression to the next level.

5 wks. R $41 | NR $53
14539 Tue 6:15 PM-7:00 PM Apr 14-May 12
14540 Thu 6:15 PM-7:00 PM Apr 14-May 12
14541 Sat 11:00 AM-11:45 AM Apr 18-May 16

HIRING LIFEGUARDS!
The Worthington Community Center is now hiring lifeguards and is willing to provide free training to certify potential staff.

STARTING HOURLY RATE IS $12.71 PER HOUR.
Please contact Kevin Timmons at 614-436-2743 or Kevin.Timmons@worthington.org for more information.

FLEXIBLE SCHEDULES
• Mornings
• Afternoons
• Evenings
• Weekends

The Worthington Community Center
345 E. Wilson Bridge Road
Worthington, Ohio 43085
614-436-2743
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. BY SIGNING UP FOR THIS COURSE YOU ARE AGREEING THAT YOUR CHILD MEETS THE NECESSARY REQUIREMENTS. THE WPRD STAFF RESERVES THE RIGHT TO WITHDRAW/TRANSFER YOUR CHILD FROM THIS COURSE IF HE OR SHE DOES NOT MEET THE PRE-REQUISITES.

**Swim Lesson Requirements**

Swim 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. Youths 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 to go down 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.

**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 prior to the start of class is required.
Water Aerobics: Aqua Fitness Medley
Ages: 16Y 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
6 wks. R $57 | NR $74
14881 Mon,Wed 8:00pm-8:55pm Apr 13-May 20

Water Aerobics: Complete Aquatic Workout
Ages: 16Y 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 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
6 wks. R $86 | NR $111
14882 Mon,Wed,Fri 8:00am-8:55am Apr 13-May 22

Water Aerobics: Lets Do It All
Ages: 16Y and up • Fitness 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’.
Instructor: Susan Green
6 wks. R $29 | NR $37
14883 Mon,Wed,Fri 6:00am-6:55am Apr 13-May 22

Water Aerobics: Low Impact
Ages: 16Y and up • Fitness Pool
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
6 wks. R $57 | NR $74
14885 Tue,Thu 9:00am-9:55am Apr 14-May 21
Water Aerobics: River Run

**Ages: 16Y 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. Also, water shoes are required for class.

Instructor: Barbara Byrum

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<td>14890</td>
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Water Aerobics: Step Into Aquatic Fitness

**Ages: 16Y and up • Fitness Pool**

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

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Water Aerobics: Yoga Fit

**Ages: 16Y and up • Fitness Pool**

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.

<table>
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<tr>
<td>14888</td>
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Tumbling for Two  
*Ages: 18M-2Y • Community Room*  
Get ready to move on the mats in this parent-child tumbling class. Your child will be able to work on coordination, balance, strength and flexibility as they walk on balance beams, crawl through tunnels, jump on a trampoline and roll down a mat. Each week will feature a variety of obstacle courses and fun games for you and your child.  
14610 Tue 9:45 AM-10:15 AM Apr 14-May 19  
14611 Tue 10:30 AM-11:00 AM Apr 14-May 19  
6 wks. R $18 | NR $23

See Me Run  
*Ages: 18M-3Y • 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.  
14624 Wed 9:15 AM-10:15 AM Apr 15-May 20  
6 wks. R $33 | NR $43

Sports, Smiles, Fitness, and Fun  
*Powered by JumpBunch*  
*Ages: 18M-3Y • South Gym*  
Your little one needs to get out and get moving and you need a sports program just right for their size. Search no more, JumpBunch has been bringing child-centered sports programs to toddlers and preschoolers that are just the perfect match for their needs. Each week, class begins with kid-friendly warm ups and exercises. We then introduce them to individual skills, equipment and simple rules of a different sport each week. Coaches will praise and encourage children while helping them develop coordination, teamwork and confidence. Each session concludes with games, obstacle courses and cool downs to keep kids engaged and moving throughout the session. Adult/parent participation is required for all children under 3.  
14631 Sat 9:30 AM-10:00 AM Apr 18-May 23  
6 wks. R $60 NR $78

Gym Jam  
*Ages: 2Y-3Y • North Gym*  
Have fun with your little one during this parent-child sport themed gym program. Each week various sport stations will be set up with age appropriate equipment for you to engage in active play with your child. We will conclude each class with a fun game or activity.  
14875 Wed 10:30 AM-11:15 AM Apr 15-May 20  
6 wks. R $21 | NR $27
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, 2020. Registration for this preschool program maybe be done in person at the Community Center or online at www.worthington.org. A monthly payment plan is available.

<table>
<thead>
<tr>
<th>Code</th>
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<td>R $118</td>
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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, 2020. Registration for this preschool program maybe be done in person at the Community Center or online at www.worthington.org. A monthly payment plan is available.

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<td>NR $114</td>
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Youngstars
Ages: 3Y-4Y
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 begins Friday, September 18 with a day for parents to join their child. It runs through December 11, 2020 and will resume January 5th through May 7, 2021. Children must be turning 3 by December 31, 2020 to enroll in this program. A two payment plan is available for this program. Registration may be done in person or online at www.worthington.org.

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<th>Code</th>
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<td>30 wks.</td>
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<tr>
<td></td>
<td></td>
<td>2 payments</td>
<td>R $175</td>
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LIMITED SPACE AVAILABLE - REGISTRATION FOR THE 2020/2021 SCHOOL YEAR GOING ON NOW!
See Me Run All by Myself  
**Ages: 3Y-5Y • South Gym**

You’ve turned three and you’re ready to venture out on your own. This class will begin with open play. Then we will come together for songs and finger plays, simple games and crafts. The format will be similar to our popular child/parent class; only these big kids stay by themselves!

**Instructor:** Beth Martineau  
14722  
Mon 9:15 AM-10:15 AM  
Apr 13-May 18  
6 wks.  
R $33 | NR $43

Little Sluggers  
**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 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. This class is a home run!

**Instructor:**  
14617  
Mon 10:30 AM-11:15 AM  
Apr 13-Apr 27  
3 wks.  
R $15 | NR $20

Park and Play  
**Ages: 4Y-8Y • North Gym**

This program will consist of a combination of gym and themed activities as well as exploring McCord Park. Our gym time will consist of free play with our riding toys and play equipment, followed by gym games. We will also explore the playgrounds and complete outdoor activities within McCord Park.

**Instructor:**  
14625  
Mon 1:00 PM-2:30 PM  
Apr 13-May 18  
6 wks.  
R $45 | NR $58

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  
14877  
Wed 11:45 AM-12:30 PM  
Apr 15-May 20  
6 wks.  
R $33 | NR $43

Little Gladiators  
**Ages: 4Y-7Y • North Gym**

Get fit as we complete a variety of challenging and ever changing obstacle courses testing all of the skills of a gladiator. We will also play a variety of gladiator themed gym games and activities throughout the program.

**Instructor:**  
14854  
Tue 1:00 PM-1:45 PM  
Apr 14-May 19  
6 wks.  
R $30 | NR $39

Bally Sports Group - Have a Ball  
**Ages: 4Y-6Y • South Gym**

Bally Sports Group provides children with a fun and educational first experience with a different sport each week. Participants will receive developmentally appropriate instruction and modified, recreational game play.

**Instructor:**  
14728  
Wed 5:30 PM-6:30 PM  
Apr 15-May 13  
6 wks.  
R $30 | NR $39

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, obstacle courses, relay races and playing on our preschool bikes.

**Instructor:**  
14630  
Thu 10:30 AM-11:15 AM  
Apr 16-May 21  
6 wks.  
R $30 | NR $39

Dash & Splash  
**Ages: 4Y-7Y • Fishbowl**

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! Then we are off to the pool to cool down and splash with our friends. Please have your child wear their swim suit to class.

**Instructor:**  
14608  
Thu 1:00 PM-3:00 PM  
Apr 16-May 21  
6 wks.  
R $54 | NR $70

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.

**Instructor:**  
14609  
Thu 12:30 PM-1:00 PM  
Apr 16-May 21  
6 wks.  
R $12 | NR $16
**Gym & Swim**  
**Ages: 4Y-8Y • Fishbowl**  
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.  
14607 Fri 1:00 PM-3:00 PM Apr 17-May 22  
6 wks.  
R $48 | NR $62

**Sporties for Shorties**  
**Ages: 4Y-7Y • North Gym**  
This class is great for the youngster who wants to learn a little bit about a lot of different sports. We will learn the basics of soccer, basketball, T-ball, hockey, track & field and football. Your child will also be introduced to a variety of general gym games.  
14628 Fri 10:30 AM-11:15 AM Apr 17-May 22  
6 wks.  
R $30 | NR $39

**Sports, Smiles, Fitness, and Fun**  
**Powered by JumpBunch**  
**Ages: 3Y-5Y • Meeting Rooms 1 & 2**  
Your little one needs to get out and get moving and you need a sports program just right for their size. Search no more, JumpBunch has been bringing child-centered sports programs to toddlers and preschoolers that are just the perfect match for their needs. Each week, class begins with kid-friendly warm ups and exercises. We then introduce them to individual skills, equipment and simple rules of a different sport each week. Coaches will praise and encourage children while helping them develop coordination, teamwork and confidence. Each session concludes with games, obstacle courses and cool downs to keep kids engaged and moving throughout the session. Adult/parent participation is required for all children under 3.  
14632 Sat 10:00 AM-10:30 AM Apr 18-May 23  
6 wks.  
R $60 | NR $78

**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 goal tending. We will also scrimmage and participate in fun drills.  
14629 Mon 10:30 AM-11:15 AM May 4-May 18  
3 wks.  
R $15 | NR $20
Spring Clay Creation
Ages: 3Y-6Y • Pottery Studio
Come and play with clay. Use your imagination, some clay with a bit of rolling, pinching and hooking together to create animals, bugs or even flowers. You will have a creation to treasure.
Instructor: Michelle Brevick  
14648 Mon 1:00 PM-2:00 PM Apr 13-May 18  
6 wks. R $33 | NR $43

Chocolate Treats & Other Sweets
Ages: 4Y-6Y • Meeting Rooms 1 & 2
Mmm... That smells delicious! Just wait until you sample our yummy creations. Some of our specialties will be brownie delight, Oreo® cookie cake and monkey bread. Lots of mouth watering temptations await in the bakery (kitchen). We’ll play games and tidy up the kitchen until our treats are ready to eat.
Instructor: Michelle Brevick  
14637 Mon 9:15 AM-10:15 AM Apr 13-May 18  
6 wks. R $33 | NR $43

Paradise Island
Ages: 3Y-6Y • Art Studio
Experience different types of islands both imaginary and real. Some require hula skirts and leis, others may have you looking for lost pirate treasure. Hop along with some kangaroos or fly about with some birds. We’ll make some out of clay and feathers! Come and have fun island hopping!
14657 Wed 9:15 AM-10:15 AM Apr 15-May 20  
6 wks. R $33 | NR $43

Rainbow & Raindrops
Ages: 3Y-6Y • Art Studio
Create an array of fun paintings by using all the colors of the rainbow. We’ll make bubble pictures, rain pictures and a masterpiece with your toes. This will be a messy class so please dress accordingly.
14647 Wed 10:30 AM-11:30 AM Apr 15-May 20  
6 wks. R $33 | NR $43

Out of this World
Ages: 3Y-6Y • Art Studio
Explore the galaxy, make your own planets and spaceship for your very own mobile. We’ll even create an alien life form out of clay. 3...2...1...Blast off and launch your own rocket. Lots of out of this world fun.
Instructor: Michelle Brevick  
14649 Wed 1:00 PM-2:00 PM Apr 15-May 20  
6 wks. R $33 | NR $43

Under the Sea
Ages: 3Y-6Y • Art Studio
Life under the sea... What would you be? Would you choose to be something small like a sea horse or a sea turtle or something large like a whale or a great white shark? Before you choose, let’s explore what life would be like under the sea. Our creations will be a friendly octopus, glittery fish, jellyfish windsock, clay sea life and more. We will also enjoy stories about our sea creature friends.
Instructor: Michelle Brevick  
14650 Thu 9:15 AM-10:15 AM Apr 16-May 21  
6 wks. R $33 | NR $43

Little Sprouts
Ages: 3Y-6Y • Art Studio
What do you get with some dirt, a few seeds, water and sunshine... Little Sprouts! We will sprout things that you can eat or simply enjoy. This is a great way to start your very own garden.
Instructor: Michelle Brevick  
14646 Thu 1:00 PM-2:00 PM Apr 16-May 21  
6 wks. R $33 | NR $43

Amazing & Adventurous Pigs
Ages: 3Y-6Y • Art Studio
Pigs, glorious pigs! If you thought pigs were boring, you will soon be amazed by all the adventures that these pigs have. There are pigs that fly, pirate pigs and very smart pigs. We will create all kinds of art fun. Make a recycled pirate ship, clay pigs, and even go on a treasure hunt. Practice your oinks and come join in on our piggly wiggly fun!
Instructor: Michelle Brevick  
14651 Fri 9:15 AM-10:15 AM Apr 17-May 22  
6 wks. R $33 | NR $43
**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.

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

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>14855</td>
<td>Tue</td>
<td>4:00 PM-5:00 PM</td>
<td>Apr 14</td>
<td>May 19</td>
</tr>
<tr>
<td></td>
<td>6 wks.</td>
<td></td>
<td>R $33</td>
<td>NR $43</td>
</tr>
</tbody>
</table>

**Junior Badminton League**  
**Ages: 6Y-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. 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.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>14634</td>
<td>Sat</td>
<td>2:15 PM-7:30 PM</td>
<td>Apr 4</td>
<td>Jun 6</td>
</tr>
<tr>
<td></td>
<td>10 wks.</td>
<td></td>
<td>R $75</td>
<td>NR $98</td>
</tr>
</tbody>
</table>

**Badminton Clinic**  
**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.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>14635</td>
<td>Sat</td>
<td>1:00 PM-2:00 PM</td>
<td>Apr 4</td>
<td>May 9</td>
</tr>
<tr>
<td></td>
<td>6 wks.</td>
<td></td>
<td>R $55</td>
<td>NR $72</td>
</tr>
</tbody>
</table>

**Dodge Ball**  
**Grades: 1-6 • 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.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>14612</td>
<td>Mon</td>
<td>4:00 PM-5:00 PM</td>
<td>Apr 13</td>
<td>May 18</td>
</tr>
<tr>
<td></td>
<td>6 wks.</td>
<td></td>
<td>R $33</td>
<td>NR $43</td>
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</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
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<tbody>
<tr>
<td>14613</td>
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<td>4:00 PM-5:00 PM</td>
<td>Apr 15</td>
<td>May 20</td>
</tr>
<tr>
<td></td>
<td>6 wks.</td>
<td></td>
<td>R $33</td>
<td>NR $43</td>
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<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
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</thead>
<tbody>
<tr>
<td>14614</td>
<td>Wed</td>
<td>4:00 PM-5:00 PM</td>
<td>Apr 15</td>
<td>May 20</td>
</tr>
<tr>
<td></td>
<td>6 wks.</td>
<td></td>
<td>R $33</td>
<td>NR $43</td>
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</table>

**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.

<table>
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<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
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<td>14615</td>
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<td>Apr 24</td>
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<tr>
<td></td>
<td></td>
<td></td>
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<th>Course Code</th>
<th>Days</th>
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<th>Start Date</th>
<th>End Date</th>
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</thead>
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<tr>
<td>14616</td>
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<tr>
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<td></td>
<td>R $10</td>
<td>NR $13</td>
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</table>
Kids n Clay
Ages: 6Y-12Y • Pottery Studio
You can create all kinds of projects with a little clay and a lot of imagination. We will use balloons, tubes, slabs and more. The possibilities are endless! Please wear old clothes, this is a very messy class.
Instructor: Michelle Brevick
14623 Mon 4:00 PM-5:15 PM Apr 13-May 18
6 wks. R $42 | NR $55

Drama JUST SO
Meeting Rooms 1 & 2
Stories inspired by Rudyard Kippling. Please help us rewrite these tales: How the Camel Got his/her Hump, How the Elephant Got his/her Trunk and any others we care to create! So animal lovers be prepared to perform our inspired tales at the Columbus Arts Festival, Saturday June 13th at 5:00 pm. On COSI front lawn.
No class May 7
Ages: 6Y-8Y
14626 Thu 6:15 PM-7:00 PM Apr 16-Jun 11
8 wks. R $70 | NR $90
Ages: 9-14
14627 Thu 7:15 PM-8:15 PM Apr 16-Jun 11
8 wks. R $70 | NR $90

American Red Cross Babysitting Clinic
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.
14727 Sat 8:30 AM-3:30 PM Apr 18
R $45 | NR $59

Kidz Home Alone
Ages: 9Y-13Y • Meeting Rooms 1 & 2
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
14724 Mon,Wed 9:00 AM-11:00 AM Jun 22-Jun 24
R $75 | NR $97

Thank you to the following sponsors:

FC Bank
A DIVISION OF CNB BANK
Concerts on the Green Sponsor

Worthington Weddings Platinum Sponsors

Worthington Weddings Gold Sponsor

Wright-Patt
CREDIT UNION, INC.
Family Night Finale Bike Giveaway
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 Thornton at the Community Center at celia.thornton@worthington.org (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.
Tai Chi for Balance, Strength and Good Health
Ages: 16Y and up • Community Room
Tai Chi is a slow moving meditation based in a series of moves that build balance and strength, provide the opportunity for full-body stretching and improve mental clarity. The ancient form of movement is Guang Ping style of Tai Chi Chuan. Students experience stretching in every class followed by learning and/or practicing parts of the Tai Chi Chuan form of movement a few steps at a time. Open to all levels!
14791 Mon 7:00 PM-8:30 PM Apr 6-May 18
7 wks. R, M $70 | NR $91

Tai Chi for Health and Meditation
Ages: 16Y and up • Fitness Studio
Based on Sun style, this class is low impact; practice in a higher stance, each step has a follow step to help with balancing. A gentle exercise of flowing movements and deep breathing, helps with balance, range of motion, and release stress.
Instructor: Paki Sukwattana
14792 Wed 1:30 PM-2:30 PM Apr 8-May 20
7 wks. R, M $63 | NR $82

Discover Belly Dance!
Me-Time Workshop Classes for Beginners
Ages: 12Y and up • Fitness Studio
Curious about what happens in a belly dance class? Here’s your chance to find out! This low-impact but vigorous exercise-class series is specifically designed for folks who are brand new to belly dance and who may have never attended a single dance class of any kind before. We’ll be moving continuously throughout each class to groovy nightclub-style music tracks (of both the recent and the wonderfully-retro kind) for a nice aerobic workout. The belly dance movements we’ll be exploring will be introduced using combinations of basic freestyle aerobics moves, such as marching, side steps, lunges, squats, pointed-toe-tapping gestures, and the trusty grapevine. Discover the ‘benefits of belly dance! These include honing your abdominal ‘corset’ muscles, letting go of the day’s worries as you immerse yourself in a fun, giggle-filled work out, and feeling like a glamorous star. Folks at any and every level of dance experience are welcome to attend these friendly, no-judgement classes. Wear comfortable workout clothes. Dance barefoot, or in socks, or in your favorite style of soft dance slippers. Bring a jingly coin-festooned hip scarf if you have one, or borrow one of the center’s beautiful scarves for the hour we’re together.
Instructor: Sarah-Jane Core
14787 Mon 7:30 PM-8:30 PM Apr 6-May 18
7 wks. R $51 | NR $66

Savor the Moment: An Immersive Belly Dance Experience
12Y and up • Fitness Studio
Belly dancing to a grand, bittersweet love song can be one of life’s peak experiences. It involves savoring every part of the music, such as the exquisite slowdowns and the exhilarating pickups in tempo. This hypnotic, heartfelt style of dancing is as much a transcendent pleasure for the dancer as it is for a viewing audience! With the help of catchy modern songs by Eastern and Western musicians, the first half of each class in this series involves honing basic belly dance movements and playing with interesting layered-movement ideas. The second half of each class involves working on learning the choreography to the featured song in gradual add-on fashion each week. Choreography notes are supplied during the final class if you want them. As always, there’s zero pressure to dance perfectly! The emphasis is on enjoying the whole process of moving our bodies in fun new ways. Beginners through to experienced belly dance enthusiasts are welcome. Wear comfortable workout clothes. Dance barefoot, or in socks, or in your favorite style of soft dance slippers. Bring a jingly coin-festooned hip scarf if you have one, or borrow one of the center’s beautiful scarves for the hour we’re together.
Instructor: Sarah-Jane Core
14789 Wed 7:30 PM-8:30 PM Apr 8-May 20
7 wks. R $51 | NR $66
Gentle Core and Stretch
Ages: 13Y 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
14793 Thu 11:00 AM-11:45 AM Apr 19-May 14
6 wks. R, M $51 | NR $66

Gentle Hatha 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 deep breathing practice, and is a perfect beginning to a new yoga practice as well as for those returning to Yoga. Enjoy improved balance and more confidence in everyday movement. Learn to release stress and tension in the body and mind, and ease stiffness and body aches. You should be comfortable moving from a seated to a standing position. Drop-ins welcome!
Instructor: Janet Shumaker
14794 Fri 10:30 AM-11:45 AM Apr 10-May 22
7 wks. R, M $67 | NR $86

Pilates/Yoga Fusion
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
14795 Wed 10:45 AM-11:45 AM Apr 8-May 20
14796 Thu 7:00 PM-8:00 PM Apr 9-May 21
7 wks. R, M $63 | NR $82

Ayurvedic Wellness
Ages: 16Y and up • Community Room
Join me for a 6 week journey into wellness! Ayurveda is a 5,000 year old method of naturally and holistically improving your health and longevity by way of improved lifestyle practices (diet, sleep, exercise, meditation etc.). In these fun and interactive classes, you will learn how to bring the ancient teachings of Ayurveda into your life. Course fees are R $135 | NR $160. Registration cutoff is April 1 to allow for ordering supplies; supply fee of $40 to be paid to Janet Braden at the first class (cash/check please).
Materials you will receive: Neti pot & salt, eye wash cup, tongue cleaner, massage oil, 2 oz spray bottle, and Healing Your Life Lessons on the Path of Ayurveda book by Dr. Marc Halpern.
Please contact jbraden@columbus.rr.com with any questions about the course. No Class May 10
Instructor: Janet Braden
14797 Sun 12:00 PM-1:30 PM Apr 19-May 31
6 wks. R $135 | NR $160
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.

14618 Wed 7:15 PM-9:15 PM Apr 15-May 27

R $27 | NR $35

Badminton League

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.

14633 Sat 2:15 PM-7:30 PM Apr 4-Jun 6

R $75 | NR $98

CPR Training Healthcare Provider

Ages: 14Y and up

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

14108 Sat 10:00 AM-12:00 PM Apr 11

R & NR | $45
Worthington is celebrating 31 years as an official “Tree City”!

Join us for our annual

Arbor Day Ceremony

April 24th at noon on the Worthington Village Green

Throughout spring there are several opportunities to help out the Worthington Parks and Recreation Department with tree planting and honeysuckle removal. If you or your group is interested in lending a hand, contact Parks Supervisor Shawn Daugherty at shawn.daugherty@worthington.org.

March 21: Galipault Field - 10:00 AM
March 28: Park Blvd. Park - 9:30 AM
April 18: Perry Park from 9:00 AM-Noon
April 25: Earth Day Work Day at Moses Wright Nature Area 9:00 AM-Noon
May 1: Indianola Park from Noon - 4:00 PM
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.WPRD@worthington.org

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 and schedule your first session. Your trainer will give you a purchase agreement to take down to the Front Desk for payment. Please keep your payment receipt to give to your trainer.

Assess and Design - $160
Whether you are looking to get started with an exercise routine or just looking to change things up from your “same-old, same-old” the Assess and Design will take you there. Let our nationally certified Personal Trainers create a program designed specifically for you! You will be able to meet one-on-one with a trainer of your choosing (or we can pick one for you) to discuss where you are, but more importantly where you want to be. We will then create a 6-week exercise program tailor-fit just for you. Your second meeting with your trainer will be an hour session to review and explain your program. After that, you have the option for two more 30-minute follow-up meetings with your trainer to further review your plan.

Partner Training
30 Minutes: $45
60 Minutes: $70
Workout with a friend! Studies have shown that working out with a partner is more fun, will keep you motivated, you will be more likely to achieve your goals and more likely to try new things. You know what else helps keep you motivated, try new things and achieve goals? A personal trainer! The sky is the limit when combining the two. Sign up today for a personal trainer for you and a friend.

Rates & Options

Single Sessions:
30-Minute Session $40
45-Minute Session $50
60-Minute Session $60

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

45-Minute Packages:
4 Sessions $160 $40/Session
8 Sessions $280 $35/Session

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

**Beginner 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 45**
This 45 minute 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.

**Dance Fit**
Tone it up, Squat it out, and jam in this 45 min class filled with songs from 80,90 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. Fit Yoga 45 will incorporate all elements of the 60 min class in 45 min

**Functional Fitness**
Enjoy a great workout using weights, balls, sliders, and any other fun equipment that we can use to train ourselves for better overall health! Great class for all fitness levels and abilities.

**HIIT Express**
High Intensity Interval Training packed into a 30 minute workout. We will move quickly between exercises to keep your heart rate up, burn calories, strengthen and have fun!

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

**Low Impact/Low Impact & Weights**
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.

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

**STRONG by Zumba®**
STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Burn calories while toning arms, legs, abs and glutes

**Tabata + Core**
Tabata is a HIIT (High Intensity Interval Training) program that features exercises that last 4 minutes each. We will do 45 minutes of Tabata Training, followed by 15 of core work.

**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.

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

**Spin® Express**
Experience all the benefits of Spinning packed into a 30 minute class, perfect for your lunch break!

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.
Drop–In Prices

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

<table>
<thead>
<tr>
<th></th>
<th>RESIDENT / MEMBERS PRICE</th>
<th>non–RESIDENT PRICE</th>
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</thead>
<tbody>
<tr>
<td>8 Class Pass</td>
<td>$36</td>
<td>$47</td>
</tr>
<tr>
<td>16 Class Pass</td>
<td>$72</td>
<td>$94</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Monthly Unlimited Pass</th>
<th>RESIDENT / MEMBERS PRICE</th>
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<tbody>
<tr>
<td></td>
<td>$40</td>
<td>$52</td>
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</table>

**Spinning® Cards**

Group Fitness Punch Cards no longer include Spinning® classes. A Spinning® Card will be required for all Spinning® classes.

### Spinning® Punch Card Prices
For savings on Spinning® Classes

<table>
<thead>
<tr>
<th></th>
<th>RESIDENT / MEMBERS PRICE</th>
<th>non–RESIDENT PRICE</th>
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<td>6 Class Pass</td>
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**Group Fitness Punch Card Prices**
For savings on Group Fitness Classes (excluding Session Based Fitness Classes: Yoga, Pilates, Pure Fitness, Pure Strength) consider purchasing a Punch Card

<table>
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<td>$94</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.
Cardio and All Weight Equipment

• Ages 16 and above may use the fitness floor with no restrictions without a parent/guardian or taking the Junior Fitness Class.

• Ages 12-15 must either be with a parent/guardian at all times or must complete our free Junior Fitness Class.

• Ages 11 and under are not permitted on the fitness floor. Please see our Youth 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 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.

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.

• All devices must be used with headphones and are not to be audible to other fitness floor users.

How to Sign-Up for a FREE Junior Fitness Class

• Call us at 614-436-2743, email fitnessWPRD@worthington.org or stop by the fitness desk.

• 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 use the fitness floor.

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

Teen Lifting Class

Ages: 12Y-15Y

In this one hour course, teens will get an in-depth introduction to basic gym etiquette, safety, and intelligent strength training. Two certified personal trainers will guide the small group through a basic overview of our facility and an introductory workout that is perfect for novice lifters. The participants will leave with a handout outlining workout design and how to safely build strength. Registration is required and the deadline, each month, is the Wednesday prior to the class. There is no fee.

<table>
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<th>Course</th>
<th>Date</th>
<th>Time</th>
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<td>Apr 25</td>
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<td>14873</td>
<td>Sat</td>
<td>12:00 PM-1:00 PM</td>
<td>May 30</td>
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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. Class meets 4/19, 5/3 & 5/24. Basic Wheel-Throwing is the pre-requisite.  
**Instructor:** Lynn Wheeler  
**14658** Sun 1:00 PM-4:00 PM  
3 wks. R $59 | NR $77

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. No class 5/2 & 5/16. Basic Wheel-Throwing is the pre-requisite.  
**Instructor:** Lynn Wheeler  
**14659** Sat 11:00 AM-2:30 PM  
4 wks. R $91 | NR $116

End of the 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 demonstrations on specific wheel-throwing, trimming and glazing topics chosen by those in the class. No class 4/29. Basic Wheel-Throwing is the pre-requisite.  
**Instructor:** Lynn Wheeler  
**14660** Wed 6:00 PM-9:00 PM  
5 wks. R $98 | NR $123

Midday Clay Friday  
**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 demonstrations on specific wheel-throwing, trimming and glazing topics in our sun-lit studio. Basic Wheel-Throwing is the pre-requisite. No class May 15.  
**Instructor:** Lynn Wheeler  
**14663** Fri 11:00 AM-2:00 PM  
5 wks. R $98 | NR $123

**Personal Progress-Wheel-Throwing**  
**Ages: 16Y and up • Pottery Studio**  
Enjoy extra time and extra attention to refine and improve your skills on the potter’s wheel. For students of any skill level. Basic Wheel-Throwing is the pre-requisite. Limited to 3 students.  
**Instructor:** Lynn Wheeler  
**14661** Mon 6:00 PM-9:00 PM  
R $30 | NR $39

**REMINDER:** If you have taken “Basic Wheel-Throwing” at anytime in the past, you can sign-up for any of the sets of wheel-throwing classes which meet Wednesday evenings, midday Tuesdays, Fridays or Saturdays, or Sunday afternoons, and receive individualized instruction for your personal skill level.
**Trimming (Really) Matters**  
*Ages: 16Y and up • Pottery Studio*
You can tell so much about a potter’s skills by examining the foot of a pot. We will use your leather-hard pots to practice and refine some of the multiple types, contours, techniques and tools used in trimming pots, and explore the importance of choosing a foot that appropriately completes your pot for strength, function and aesthetics. Basic Wheel-Throwing is a pre-requisite.  
Instructor: Lynn Wheeler  
14664 Wed 6:00 PM-9:00 PM Apr 29  
R $28 | NR $36

**Tucks and Darts**  
*Ages: 16Y and up • Pottery Studio*
You really won’t want to miss this one! A new dimension to your wheel-thrown work awaits, and you’ll be amazed at the transformations possible with this technique. You’ll need pre-thrown, soft leatherhard pots made ahead of time for this class. Basic Wheel-Throwing is the pre-requisite.  
Instructor: Lynn Wheeler  
14665 Sat 11:00 AM-2:00 PM May 2  
R $28 | NR $36

**Tuesdays Clay Days**  
*Ages: 16Y and up • Pottery Studio*
Tuesdays are great days to enter the world of wheel-thrown pottery, or enjoy more individualized instruction time if you’re already there. Basic Wheel-Throwing is the pre-requisite.  
Instructor: Lynn Wheeler  
14662 Tue 11:00 AM-2:00 PM Apr 21-May 19  
5 wks. R $98 | NR $123

**Glass Fusion Fun**  
*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.  
Instructor: Michelle Brevick  
14643 Tue 6:00 PM-8:30 PM Apr 14-May 19  
6 wks. R $78 | NR $100

**Hand Building Clay Creations**  
*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 to try clay creation for the first time, this class is for you.  
Instructor: Michelle Brevick  
14644 Thu 6:00 PM-8:30 PM Apr 16-May 21  
6 wks. R $102 | NR $127
General Policies
Permit holder must be present during the time of rental. Groups will not be allowed in their room/gym until the starting time on their permit and must check in with the front desk or building supervisor to get their room unlocked. We are also enforcing the policy on multiple bookings not being refundable.

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.

New changes for reserving Community Center Facilities:

April & May 2020:
Monday, March 2nd - Residents and Members Single Bookings
Wednesday, March 4 – Residents and Members Multiple Bookings*
Monday March 9th – Open Reservations
*Multiple Bookings mean no more than 1 rental per week is allowed per Community Center account.

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 in person at the Griswold Center at least 1 weeks prior to the rental.

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 Swim Party 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 refund. Check refund processing may take up to 4 weeks.

Multiple rentals are non-refundable.

Visit www.worthington.org/rentals to learn more.
**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

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**GRISWOLD CENTER MEMBERSHIP**
Annual Memberships are valid for one year from date of purchase

<table>
<thead>
<tr>
<th>Age</th>
<th>Resident</th>
<th>Non-Resident</th>
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<tbody>
<tr>
<td>Age 55 and over</td>
<td>$12</td>
<td>$18</td>
</tr>
<tr>
<td>Age 54 and younger</td>
<td>$20</td>
<td>$25</td>
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Membership to the Griswold Center entitles you to 2 days of priority registration for Griswold Center programs and trips along with access to free, drop in programming.

- 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® and Renew Active members also have unlimited use of the Griswold Fitness Room for no extra charge.

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**HISTORIC BUS TOURS**

**Worthington Neighborhoods #1**
This tour will begin on the west side of the Olentangy River and explore the histories of Plesenton, Linworth and the Beechview/MA Rusk subdivisions. Then cross back over the river and go south and hear the stories behind Davis Estates and Walnut Grove Cemetery, the development of Chaseland and Colonial Hills. Led by Steffanie Haueisen in conjunction with the Worthington Historical Society. (The entire tour takes place on the bus.)

- 14709 Fri 1:00 PM–2:30 PM Apr 17
- 14712 Sat 1:00 PM–2:30 PM May 16

**R & NR | $14**

**Worthington Neighborhoods #2**
Begin first with a look at the story behind the creation of Worthingway and Medick Estates. We will also see the Orange Johnson house and discuss the development of Wilson Hill which incorporated much of the Orange Johnson farmland. Also included will be Kilbourn Village, and Riverlea, a Village within a city. Finish the tour by going through Rush Creek, Worthington’s most unique neighborhood. Led by Barb Barnhart in conjunction with the Worthington Historical Society. (The entire tour takes place on the bus.)

- 14710 Sat 1:00 PM–2:30 PM Apr 25
- 14711 Fri 1:00 PM–2:30 PM May 15

**R & NR | $14**

**Historic District**
This tour by bus will work its way around Worthington’s four historic quadrants focusing on the history of our earliest homes, businesses, schools, churches and the first cemetery where some of Worthington’s founding ancestors now rest. Led by Steffanie Haueisen, in conjunction with the Worthington Historical Society.

- 14713 Fri 1:00 PM–2:30 PM Jun 26
  R & NR | $14

**Flint/Underground Railroad**
Learn about the history of Flint its schools, and the role of both Flint and the village of Worthington during the Underground Railroad. The history of the founders of the AME church and the development of the Morris Addition will also be included. The tour includes a visit to Flintridge Terrace and a close up view of the Ozem Gardner house, a stop on the Underground Railway. Led by Steffanie Haueisen in conjunction with the Worthington Historical Society. (The entire tour takes place on the bus.)

- 14715 Sat 1:00 PM–2:30 PM Jun 27
  R & NR | $14

**Griswold Spring Registration Dates**
All programs will open for registration on the following dates:

**Wednesday, March 25**
ALL Griswold Members
(Both Resident and Non Resident)
&Worthington Residents

**Friday, March 27**
Open Registration
*Registration begins promptly at 9 a.m. in person and online*
Nashville Musical Christmas  
Nov 29-Dec 2, 2020
Marvel at millions of holiday lights and acres of decorations during your three-night stay in Nashville at the famous Gaylord Opryland Resort!

TRIP INCLUDES:
deluxe motor coach transportation  
three nights at the Gaylord Opryland Resort  
admission ticket to ICE!  
ticket  
for a ride on the Delta River Flatboat  
Country Christmas Dinner & Show  
Concert at Ryman Auditorium Grand Ole’ Opry  
Tour of Studio B  
Country Music Hall of Fame  
Belle Meade Mansion  
Winery with wine tasting  
3 breakfasts, 1 lunch, and 1 dinner  
Baggage handling/taxes/gratuities  
Tour Director

Trip Preview: Monday April 20, 2020  
1:30 PM

Nova Scotia & Maritimes of Canada  
July 9-16, 2020

HIGHLIGHTS INCLUDE:
Saint John  
Bay of Fundy  
Reversing Falls  
Grand Pre Historic Site  
Annapolis Valley  
Halifax  
Citadel  
South Shore  
Peggy’s Cove  
Cape Breton Island  
Bras d’Or Lake  
Alexander Graham Bell MUuseum  
Cabot Trail  
Gaelic College  
Charlottetown  
Green Gables

Paris to Normandy  
Sept 14-22, 2020
HIGHLIGHTS INCLUDE:
Vernon–LesAndelys  
Caudebec  
“A Taste of Normandy” excursion  
Guided sightseeing in Rouen  
Confins: ExcursionstoAuvers-sur-Olise  
“Heart of Paris” walking tour

TOUR INCLUDES:
Land/cruise  
Portcharges  
Meals and accommodations  
Sightseeing and services of a professional cruise director

Stop by the front desk or visit worthington.org/trips to learn more
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.

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.

Renew Active®
Renew Active is a fitness program for body and mind designed to help people live their best lives and achieve their health and wellness goals. Through Renew Active, people age 65 and older can take advantage of an in-person fitness orientation to help them get started toward reaching their goals as well as all of the benefits of a standard membership. Renew Active is available at no additional cost to people enrolled in eligible UnitedHealthcare Medicare Advantage plans.

Memberships
Tivity SilverSneakers®, PRIME and REnew Active® 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.
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: 10:30 AM–11:30 AM  
  Instructor: Judy Hunter  
  Max. 30  
  No Fee*
- Fri: 9:00 AM–10:00 AM  
  Instructor: Richard Johnson  
  Max. 30  
  No Fee*

**Griswold Center**
- Tue: 10:15 AM–11:00 AM  
  Instructor: Stacy Connelly  
  Max. 30  
  No Fee*
- Wed: 3:30 PM–4:30 PM  
  Instructor: Sandy Hull  
  Max. 30  
  No Fee*
- Thu: 10:15 AM–11:00 AM  
  Instructor: Mary Ervin  
  Max. 30  
  No Fee*

SilverSneakers® Circuit
Experience standing, low-impact choreography alternated with standing upper-body strength work. This class is suitable for nearly every fitness level, and your instructor can adapt the exercises depending on your skill.

**Griswold Center**
- Tue: 9:15 AM–10:00 AM  
  Instructor: Stacy Connelly  
  Max. 30  
  No Fee*

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

**Griswold Center**
- Tue: 12:15 PM–1:00 PM  
  Instructor: Bev Tabb  
  Max. 15  
  No Fee*

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: 10:00 AM–10:45 AM  
  Instructor: Bev Tabb  
  Max. 16  
  No Fee*

SilverSneakers EnerChi
SilverSneakers EnerChi will incorporate tai chi and qigong principles to improve physical and mental well-being. SilverSneakers EnerChi introduces modified tai chi forms. Linking forms together in a guided flow increases strength and vitality. Participants will learn the foundations of weight transfer and rhythmic movement along with awareness and focused breathing.

**Community Center**
- Fri: 1:00 PM–2:00 PM  
  Instructor: Bev Tabb  
  Max. 30  
  No Fee*

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

Inclement Weather Policy
Sports Line (weather info)  (614) 786–7366
During inclement weather Worthington Parks and Recreation facilities will maintain normal operating hours for general recreation unless directed otherwise by the City Manager. We know you and your families need a place to play, so we maintain facility and program operations as long as instructors and staff are available. Program cancellation decisions are made independent of Worthington school closures. When possible, cancellations will be posted on Worthington’s Facebook page and on the WPRD sports line beginning at 8:30 AM for morning classes and 2:00 PM for afternoon and evening classes. Should weather conditions worsen after the indicated times, cancellation decisions will be made and communications handled in the best possible way according to the situation and staff resources. In the event of a weather related closure, programs and permit groups will be rescheduled, Community Center accounts credited or refunded. For field closures in April through October, the sportsline will be updated by 3:30 PM.

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.

Meetings are held the third Tuesday of each month at the Community Center at 6:00 PM.
Scheduled Spring meeting dates are: April 21, May 19, June 16
SPECIAL EVENTS

**Egg Scramble**

Friday, April 3 | 6:30 PM

Hop on over Friday, April 3 for the Worthington Community Center’s annual egg hunt at McCord Park! Children will be able to hunt for candy and toy filled eggs at 6:30 PM sharp! The egg hunt is rain or shine and will start at 6:30 PM, so please allow time to park and walk to the park! Egg hunt areas will be divided by the following ages: 2 years and under, 3–4 years, 5–6 years, 7–10 years.

**SENIOR HEALTH & WELLNESS FAIR**

Free  Wednesday, May 27 9:30AM – NOON

In celebration of National Senior Health and Fitness Day, the Worthington Community Center will host a free senior health and wellness fair. Visit with vendors from the Columbus area who offer fantastic services for anyone 55 and over. Travel, leisure, health, fitness, living, medical services and much more will be represented by a variety of local businesses.

**GARY SMITH WORTHINGTON CLASSIC**

May 17th  
Thomas Worthington High School
300 W. Dublin-Granville Rd, Worthington, 43085
5 mile run/walk, 1 mile kids run
5 Mile Run/Walk : 8:00am
1 Mile Kids Run : 7:40am
Pre-Race Packet Pick-Up
FrontRunner Worthington
7227 N. High St, Worthington
614-847-0301 on May 15-16th
Race Day Packet Pick-Up begins: 7:00am
Entry Fee:
5 Mile Run/Walk: Register by March 15 $25
Register By April 15 $30
Register after April 15 $35
1 Mile Kids Run: $10

Look for Worthington events leading up to this year’s Cosi Sci Fest at cosiscifest.org