In keeping with the Franklin County and Columbus Stay-at-Home Advisory, all Worthington Parks and Recreation in-person programming will be canceled starting November 21 and through the advisory period of 28 days. The Worthington Community Center will remain open at this time and we will continue to evaluate the situation moving forward.

The Griswold Center remains closed at this time.
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.

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

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.

ANNUAL MEMBERSHIP RATES

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

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.

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

30 DAY MEMBERSHIP RATES

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

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.
**LAP Lanes**
The lap lanes are available for 45 minutes of water fitness activities which includes: deep water fitness exercises, water walking, recreational & competitive strokes. It is strongly encouraged that the fitness pool lanes are used for deep water exercises along with competitive strokes.

**Leisure Pool Lanes**
The leisure lanes are available for 45 minutes of water fitness activities which includes: fitness exercises, water walking, recreational & competitive strokes. To enter/exit the leisure pool lanes please use the stairs. Individuals that registered for use of the lazy river may need to enter the lazy river by the stairs, then along the wall adjacent to the leisure pool lanes until they get to the entrance of the river. It is strongly encouraged that the leisure pool lanes are used for water fitness activities that do not need deeper water or to be utilized for recreational strokes.

**Lazy River**
The lazy river is available for 45 minutes of water fitness activities such as water walking. The lazy river will be used with all participants going with the flow of the water. To enter/exit lazy river you may do so by the side of the lazy river or using the stairs, then remain close to the wall as you make your way to the entrance of the river. Should someone need to pass another participant they can do so on the left side of those that they are passing.

If you have equipment that you wish to bring please do so; currently kickboards, pull buoys etc. are not available. The vortex and the bubble bench in the leisure pool will not be available during this time.

Please note that you will have 15 minutes to dry and exit the pool in order to allow our staff to clean/sanitize and prepare for the next group.
Per City of Worthington Ordinance No. 30-2020, masks are required unless exercising

Patrons are responsible for practicing safe distancing while in the building, wiping down equipment, and are required to wear face coverings when entering and exiting the facility. The building will be closed from 1:30 PM - 2:00 PM for cleaning, and the doors will remain locked during this time.

COMMUNITY CENTER
FITNESS FACILITY HOURS

Monday-Friday: 5:30 AM - 1:30 PM
Monday-Thursday: 2:00 PM – 8:00 PM*
*2:00-3:30 PM time recommended for High Risk Users
Saturday: 8:00 AM – 2:00 PM
Sunday: closed

HOLIDAY HOURS

THANKSGIVING
CLOSED

NEW YEARS EVE
5:30 AM - 12:30 PM

CHRISTMAS EVE
5:30 AM - 12:30 PM

CHRISTMAS
CLOSED

NEW YEARS DAY
CLOSED

no reservations are required at this time to use the fitness areas

Our two Fitness Areas feature over 40 pieces of cardio equipment, a selectorized weight circuit that targets all the major muscle groups, a free weight area with dumbbells that go up to 100 lbs, and a rubberized composite surfaced track which is 12 laps for one-mile. As a member of the Worthington Community Center, you have unlimited access to the Fitness Floor, or you can drop by for $8 a day (adult) $6 (Senior Citizen).

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 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 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 limit the items you bring with you as storage is limited to coat hooks, cubbies, and wallet-sized day lockers.
• A proper shirt or tank top must be worn at all times.

TRACK

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

HOW TO SIGN-UP FOR A FREE JUNIOR FITNESS CLASS

• Visit the Fitness Desk upstairs or email fitness@ci.worthington.oh.us
• 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.
Due to Columbus and Franklin County Public Health Stay at Home Advisory, all in-person programs have been canceled. However, we will continue to offer virtual programs like this one on Zoom! The link to join the class will be included on your receipt.

After you register, a link will be included on your receipt (click “view printable receipt” and save the link). Please make sure to save the link or receipt as no other link will be sent. Class will be brought to you on the Worthington Parks and Recreation Zoom Platform.

Currently Worthington Parks and Recreation is offering the following virtual group fitness classes

<table>
<thead>
<tr>
<th>Virtual Fit Yoga</th>
<th>Tuesdays &amp; Thursdays with Courtney and Ser</th>
<th>9:30 AM - 10:30 AM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sundays with Ser</td>
<td>4:00 PM - 5:00 PM</td>
<td></td>
</tr>
</tbody>
</table>

This 60 minute virtual class uses elements of yoga to increase overall flexibility and strength with a focus on the muscles of the core. Some Yoga experience recommended. Get ready for class in your own space with a yoga mat or towel, water, any props you may need to make yourself comfortable, and your own music playing to get you in the right headspace. You can either pay $5 per class or purchase a Group Fitness Pass.

<table>
<thead>
<tr>
<th>Virtual Dance Fit</th>
<th>Fridays with Courtney</th>
<th>12:15 PM - 1:15 PM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesdays with Sarah</td>
<td>5:45 PM - 6:45 PM</td>
<td></td>
</tr>
</tbody>
</table>

Tone it up, Squat it out, and jam with songs from 80s, 90s, and today! Try not to sing along. You can either pay $5 per class or purchase a Group Fitness Pass.

**GROUP FITNESS PASSES**

It is free to reserve your spot in class, however; a Group Fitness Pass will be required.

Visit [www.worthington.org/fitness](http://www.worthington.org/fitness) to purchase a Group Fitness Pass and to register for class.

---

**KEEP YOUR DISTANCE**

Please keep 6 feet between trail users when possible.

**CARRY A MASK**

For times when passing or crowding occur.

**STAY VIGILANT**

Technology distractions (cell phones & ear buds) contribute to accidents.

Visit a Worthington Park today!
Virtual Low Impact Workout
SilverSneakers® Eligible
Ages: 18Y and up
This low impact workout will use little to no equipment and will use movement that is easy on the joints to improve strength, balance, and endurance! Bring your own light dumbbells if you have them... you can also bring food cans or other small items as an alternative. All exercises can be done with no weight at all! There is no registration fee for current SilverSneakers® members.
Instructor: Judy Hunter
18839 Tue 10:15 AM-11:00 AM Dec 1-Dec 29
4 wks. R $14 | NR $18

Virtual Chair Yoga
SilverSneakers® Eligible
Ages: 18Y and up
Due to the Columbus and Franklin County Public Health Stay at Home Advisory, all in-person programs have been cancelled. We will still be offering Chair Yoga on Microsoft Teams! The link to join class will be included on your receipt. You do not need to create an account to attend class. Enjoy all the benefits of Yoga done from the comfort of a chair. We will go through gentle movements designed to increase flexibility, strength, and balance. There is no registration fee for current SilverSneakers members.
Instructor: Stephanie Tran
18864 Fri 10:30 AM-11:15 AM Dec 4-Dec 18
3 wks. R $11 | NR $14

Strength and Stretch with Jeff
SilverSneakers® Eligible
Ages: 18Y and up
All you need is a sturdy chair and if you have access to light or medium dumbbells, cans of soup or any two household objects that are similar in weight and can hold safely, that works too! If not, no worries, you can perform movements without weights. In this class, you will learn and perform several upper and lower body movements to help build muscle tone and improve bone density. The class will also include stretching, proper breathing and exercise form...lots of fun! Exercises will be performed seated and standing!
Those who have current SilverSneakers® memberships at the Griswold Center or Community Center can register online for free. If your membership is not current, but you are eligible, you can also register by emailing jeff.fickell@worthington.org and including your first and last name (as it appears on your insurance), date of birth, and 16-digit SilverSneakers® ID # (if available). After you register, a link will be on your receipt as well as emailed to you prior to class. Class will be brought to you on Zoom through Worthington Parks and Recreation!
17900 Wed 12:00 PM-12:45 PM Dec 2-Dec 30
5 wks. R $14 | NR $16
17901 Fri 12:00 PM-12:45 PM Dec 4-Dec 18
3 wks. R $8 | NR $10
17899 Mon 12:00 PM-12:45 PM Dec 7-Dec 28
4 wks. $R $11 | NR $13
This year the Parks and Recreation Department is offering two opportunities to safely provide a little magic over the holidays.

Santa Callings
Ages: 4Y-6Y

Rumor has it that Santa may be flying over Worthington prior to Christmas and may even stop by the community center to make some brief phone calls to area boys and girls. Registrants will receive an email with more detailed information once your on Santa’s list.

|   | Tue       | 6:00 PM-7:30 PM | Dec 15
|---|-----------|----------------|-------
| 18194 |          |                |       |
| 18195 | Wed       | 6:00 PM-7:30 PM | Dec 16 |
| no fee |          |                |       |

SANTA’S MAILBOX
at the Griswold Center
Monday November 23-December 13

Santa will once again be stopping in Worthington to pick up his mail. The mailbox will be located at the North entrance of the Griswold Center, 777 High Street. Be sure to print your return address so Santa can write you back! It’s free!
ADULT | educational & wellness

The Griswold Center staff and volunteers are pleased to offer the following Virtual Programming to anyone 18Y and up.

**Aging In Place**
Learn the ways smart technology can make your home helpful, safe and secure. Learn about a step-by-step guide based on your needs and lifestyle. There will be demonstrations of some of the latest products. This program is presented by All American Smart Homes. You must register to attend this virtual program. A Zoom link will be on your receipt and you will receive a link the morning of the program.

17690  Wed 10:00 AM-11:00 AM  Dec 2

**Armchair Travel, Christkindlmarkts in Quebec City and Montre**
Jon Hersh from World of Travel will take us to visit the Christkindlmarkts in Quebec City and Montreal. According to Jon, “It was amazing! The snow, the spiced wine, the Christmas shopping. It was such a site to see!” And we get to stay warm while we visit through photos. You will need to register for this program. The Zoom link is on the receipt under notes and another link will be sent to the morning of the program.

17898  Wed 10:00 AM-11:00 AM  Dec 16

**Chair Yoga with Bev**
Begin this class with breathing centering exercises. Move through seated and standing yoga poses to increase balance, range of motion and flexibility. A chair is used to meet the needs of all fitness levels and concludes with a relaxing cool down. Dress comfortably. All are welcome (Silver Sneakers Eligible). (Please note: Zoom info will be emailed to you prior to class and will be on your receipt)

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Instructor</th>
<th>Duration</th>
<th>Registration Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>17903 Thu</td>
<td>12:00 PM-12:45 PM</td>
<td>3 wks.</td>
<td>R $13</td>
<td>NR $17</td>
</tr>
<tr>
<td>17902 Tue</td>
<td>12:00 PM-12:45 PM</td>
<td>5 wks.</td>
<td>R $21</td>
<td>NR $28</td>
</tr>
</tbody>
</table>

**Christmas Traditions Around the World**
Enjoy a virtual journey around the world and see how other countries celebrate Christmas. From Christmas on the beach to Christmas in the frozen tundra, and everything in between. You must register to attend. A Zoom link is on the registration receipt and you will be emailed the link the morning of the program.

17897  Tue 10:00 AM-11:00 AM  Dec 22

**Pinterest Virtual Craft Club - December**
We will be creating Light Bulb Ornaments. Once again, Africa Thomas from Wesley Communities will lead us in making adorable glittery ornaments from light bulbs. Supplies will be available after registration and a link will be sent to you to register with Wesley Communities and they will provide the Zoom link. *Please note last day to register is December 6. You will receive an email when supplies are ready for pick up. They will not be available early.*

17691  Tue 2:00 PM-3:00 PM  Dec 15

**Cardio Strength Circuit with Stacy**
Ages: 18Y and up
Low impact class that will improve stamina, strength and overall fitness level! Instructed by Stacy Connelly. Registration is required for this class. Those who have current SilverSneakers® memberships at the Griswold Center or Community Center can register online for free. If your membership is not current, but you are eligible, you can also register by emailing jeff.fickell@worthington.org and including your first and last name (as it appears on your insurance), date of birth, and 16-digit SilverSneakers® ID # (if available). After you register, a link will be included on your receipt (click “view printable receipt” at registration and save the link) as well as on your email confirmation. Class will be brought to you on Zoom through Worthington Parks & Recreation.

18197 Tue 10:00 AM-10:45 AM  Dec 1-Dec 22

5 wks.  R $11 | NR $13
Coffee with Colleen: Zoom

Nothing starts a day like a cup of coffee so grab your favorite morning beverage and join Griswold Center Manager, Colleen and fellow Griswold members to reconnect and catch up. This program will be conducted through the Zoom platform. Registration required and the Zoom link will be emailed before the program begins.

17915 Fri 9:00 AM-10:00 AM Dec 18

El Dopas, Parkinsons Support Group

Call Susan Hervey, at 614-372-5360, to register for this virtual support group.

Mon 1:00 PM-2:30 PM Dec 14

History Study Group, Christmas 1945

Jeri Diehl-Cusack will present Christmas 1945. Christmas 1945 was a four-day holiday decreed by President Harry Truman. Its intent was to have American people display their gratitude for the war’s end, reconnect with loved ones, and remember those who served in the great war. The speaker will help us remember a time when America was a solid body, held together by love and gratitude. If you yearn for a feel good story about the depth of our American spirit, make sure you watch and listen to this special holiday presentation. You need to register to participate in this activity. A Zoom link will be on the registration receipt and also sent to you the morning of the program.

17687 Mon 10:00 AM-11:30 AM Dec 7

Eisenhower-era Republicanism in Historical Perspective

OSU Professor David Stebenne presents Eisenhower-era Republicanism in Historical Perspective. A bit of political history, as Professor Stebenne explores how the Eisenhower-era point of view differed from the more strongly conservative views associated with Old Guard Republicans, and from liberal Democrats of the New Deal era variety. The talk will address what an updated version of Modern Republicanism might look like today. You need to register to participate in this activity. A Zoom link will be on the registration receipt and also sent to you the morning of the program.

17688 Mon 10:00 AM-11:30 AM Dec 14

Virtual Book Discussion, December

The December Griswold Book Discussion will feature *Mr. & Mrs. American Pie* by Juliet McDaniel, fiction. You must register to participate. A Zoom link will be on your registration receipt and you will be sent a Zoom link to join the discussion the morning of the program.

17686 Tue 1:30 PM-3:00 PM Dec 8

History Study Group, The Case of Rosetta Armstead

Dan Bennington will present The Case of Rosetta Armstead. As you may know, the Fugitive Slave Act in the 1850’s required that enslaved people found in a free state such as Ohio, be returned to their owners. Our presenter tells the story of Rosetta Armstead, who was brought to Ohio by a friend of her owner, and how Rutherford B. Hayes, a young Cincinnati lawyer and future President, sought and secured her freedom. You need to register to participate in this activity. A Zoom link will be on the registration receipt and also sent to you the morning of the program.

17689 Mon 10:00 AM-11:30 AM Dec 21

Music Mini-Chat, Frank Sinatra, Legendary Artist

Join Vaughan Music Studios for a virtual chat about Louis Armstrong. Find out what brought him into the spotlight. Discuss his journey from his background to the stages and studios. You must register to attend. The Zoom link will be on your receipt and a Zoom link will be sent to you the morning of the class.

16933 Thu 2:00 PM-3:00 PM Dec 10

Music Mini-Chat, Louis Armstrong, Legendary Artist

Join Vaughan Music Studios for a virtual chat about Louis Armstrong. Find out what brought him into the spotlight. Discuss his journey from his background to the stages and studios. You must register to attend. The Zoom link will be on your receipt and a Zoom link will be sent to you the morning of the class.

16932 Thu 2:00 PM-3:00 PM Dec 3

Holiday Coping Strategies

Learn some coping strategies and hints to find happiness during the COVID 19 holidays. Victoria Alexander, MSW, LSW-S, (pronouns: she/her/hers) Older Adult Programs Coordinator and Community Counselor with Syntero, will share some ideas we can put into practice. You need to register for this program. A Zoom link will be on your receipt, and one will be sent you the morning of the program.

18206 Thu 1:30 PM-3:00 PM Dec 17