MISSION STATEMENT

The mission of the Parks and Recreation Department is to provide a year-round leisure services program and functional, well-maintained facilities which serve the diverse needs of the community at large.

Parks & Recreation Staff

James H. Burton - Parks & Recreation Director
Sharon Casselman - Asst. Recreation Director
Greg Karle - Asst. Recreation Director
Jacqueline Rauh - Asst. Recreation Director
Debbie Carpenter - Administrative Assistant
Matt Beaty - Fitness Center Manager

Tom Meeks - Park Maintenance Crew Leader
Jim Conroy - Park Maintenance
Chuck Holmes - Park Maintenance
Damon Shepard - Park Maintenance
Ken Shroyer - Park Maintenance
Shelley Payton - Custodian

Part Time Employees

Front Desk
Ronni Hary
Barb Kent
Kim Knapp
Collette Maddy
Doreen Monson
Barb Post
Carla Strown

Fitness Center
Jen Meiners
Erik Smith

Custodian
Otis Pollard

Kids Corner
Agnes Cupp
Kathy Davis
Suzanne Miller
Christine Runge

Teen Adviser
Dana Zinmecker

CITY OF SPRINGDALE OFFICIALS

Doyle Webster - Mayor

Cecil Osborn .............. City Administrator
Derrick Parham ........ Asst. City Administrator
Beth Stiles, ........ Asst. to the City Administrator
Ed Knox ... Clerk of Council/Finance Director
Kathy McNear .............. President of Council
Tom Vanover, ........ Vice President of Council

Randy Danbury .............. Council
Steve Galster .............. Council
Margie Pollitt .............. Council
Jim Squires .............. Council
Robert Wilson .............. Council

SPRINGDALE RECREATION COMMISSION

Gene Burt
Rob Hormann
Carol Marlar
Tony Potts
Joe Ramirez

The Springdale Recreation Commission consists of five appointees by the Mayor, who is also a part of this group. These members advise the Parks and Recreation Director in developing and executing the leisure services program for the City of Springdale.

The Springdale Recreation Commission meets September through May on the first Tuesday of each month at 7:00 p.m. at the Community Center.
MEMBERSHIP & GENERAL REGISTRATION

2002 Membership Cards Expire February 28, 2003
You may use the application form on page 4 to purchase or renew your membership.

<table>
<thead>
<tr>
<th>Type</th>
<th>Family Rate By 2/28</th>
<th>Family Rate After 2/28</th>
<th>Individual Rate By 2/28</th>
<th>Individual Rate After 2/28</th>
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<tbody>
<tr>
<td>Activity Membership</td>
<td>$25.00</td>
<td>$30.00</td>
<td>$15.00</td>
<td>$20.00</td>
</tr>
<tr>
<td></td>
<td>Includes use of the gymnasium, game room, track, tennis courts, computer lab, and eligibility for youth and adult sports programs.</td>
<td></td>
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</tr>
<tr>
<td>Fitness Membership</td>
<td>$50.00</td>
<td>$55.00</td>
<td>$30.00</td>
<td>$35.00</td>
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<tr>
<td></td>
<td>Includes use of the Fitness Center and all facilities included in the Activity Membership. Must be 16 years of age or older to use Fitness Center, 14 and 15 years old with a parent.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pool Membership</td>
<td>$90.00</td>
<td>$95.00</td>
<td>$70.00</td>
<td>$75.00</td>
</tr>
<tr>
<td></td>
<td>Includes use of the pool and all facilities listed under Activity and Fitness Memberships.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Racquetball Membership</td>
<td>$25.00</td>
<td>$30.00</td>
<td>$15.00</td>
<td>$20.00</td>
</tr>
<tr>
<td></td>
<td>Must have Activity, Fitness or Pool Membership to purchase Racquetball Membership.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Senior Citizen Membership</td>
<td>Complimentary</td>
<td>Complimentary</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Any resident senior citizen 62 years of age and older and their spouse receive a complimentary Pool Membership.</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Business Membership</td>
<td>$200.00</td>
<td>$200.00</td>
<td>$150.00</td>
<td>$150.00</td>
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<tr>
<td></td>
<td>Includes all facilities. Participation in youth or adult sports programs on availability basis only, as league regulations may apply.</td>
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</tr>
</tbody>
</table>

The Facilities at the Springdale Community Center are easily accessible to the handicapped. If you need additional assistance, contact the Parks & Recreation Department.

e-mail - scsrec@springdale.org

3
Membership Type Requested (costs are listed on page 3)
☐ Family Activity  ☐ Family Fitness  ☐ Family Pool  ☐ Family Racquetball
☐ Individual Activity  ☐ Individual Fitness  ☐ Individual Pool  ☐ Individual Racquetball
☐ Senior Citizen  ☐ *Family Business  ☐ *Individual Business (*must meet eligibility requirements)

Membership Payment Options
☐ Visa  ☐ Mastercard  ☐ Discover  ☐ American Express  ☐ Personal Check
Account # __________________________ Exp. Date ____________
Signature __________________________ Total Amount $ __________

Membership Requirements
The term “family” shall include:
1. Married couple or father, mother and minor (dependent) children.
2. Grandchildren when residing in the same household and considered a dependent.
3. Foster children or children subject to a specific custodial court order.
4. Foreign exchange student residing in Springdale with host family.
5. Minor children of divorced Springdale residents, regardless of where the children reside while they are in custody of the other parent.

The term “family” shall not include:
1. Non-married adults residing in the same residence (i.e., adult brothers and sisters, cohabiting couples, divorced spouses, adults living with their parents).**
2. Babysitters.
3. Visiting relatives.

* Effective January 2, 2003, anyone age 23 and older living at home must obtain a separate membership. *

Member Information
Name: __________________________
Address: __________________________
Phone: __________________________ Date of Birth: ____________ Sex: __________
Employer: __________________________ Business Phone: __________________________

Spouse’s Information
Name: __________________________ Date of Birth: ____________
Employer: __________________________ Business Phone: __________________________

Additional Family Members (anyone 19 years old and older must be registered with Springdale Tax Department before membership may be obtained)
Name: __________________________ Date of Birth: ____________ Sex: __________ Relationship: __________________________
Name: __________________________ Date of Birth: ____________ Sex: __________ Relationship: __________________________
Name: __________________________ Date of Birth: ____________ Sex: __________ Relationship: __________________________
Name: __________________________ Date of Birth: ____________ Sex: __________ Relationship: __________________________
Springdale Community Center

DAILY HOURS
Fitness Center & Indoor Track open at 6:00 a.m. Monday - Friday mornings.

Monday thru Thursday ........ 7 a.m. - 10 p.m.
Friday ........................................... 7 a.m. - 9 p.m.
Saturday ...................................... 9 a.m. - 5 p.m.
Sunday ....................................... 1 p.m. - 9 p.m.

These times are subject to change and will be posted at the Community Center.

HOLIDAY HOURS
Thanksgiving ......................... Closed
Christmas Eve ..................... 7 a.m.-5 p.m.
Christmas Day ..................... Closed
New Years Eve ...................... 7 a.m.-5 p.m.
New Years Day .................... Closed
Martin Luther King Day .......... 1 p.m. - 9 p.m.
Presidents Day ..................... 1 p.m. - 9 p.m.

GENERAL RULES
1. A membership card must be presented to utilize the facilities. A cost of $1.00 per occurrence will be charged if you forget your membership card.
2. To replace or change a card, the cost will be $2.50.
3. All special arrangements including parties, meetings, reservations for rooms or fields must be approved through the Parks & Recreation Department.
4. The Community Center is a smoke-free building.
5. Bicycles should not be ridden on sidewalks and should be parked in designated areas.
6. Abusive language will not be tolerated.
7. Proper athletic attire is required to use the Fitness Center, gym, racquetball courts and saunas.
8. Spikes (steel, plastic, or rubber), roller blades, skates and scooters are not permitted in the building.
9. Alcohol consumption is restricted to the picnic area and requires a permit from the Recreation Director.
10. No pets permitted on any park property.
11. Skateboard riding on Community Center grounds is prohibited.

Guest Policy
Members may bring one guest per day. Members must register guests at the office and pay the necessary guest cost of $1.25 for ages 2 through 17 years old and $2.50 for adults. Any guest registered with a member must leave the facility when the member leaves. Guests are not permitted in the Fitness Center. The staff reserves the right to deviate from this policy.

e-mail - sccrec@springdale.org
Elevated Track

The 1/12 mile elevated track and access elevator are available for use by members and their guests age 16 and older.

1. Children under 16 years of age may use the track when accompanied by an adult.
2. Strollers are not permitted on the track.
3. Parents must keep their children with them at all times while using the track. If the child cannot keep up, the parent must put the child in Kids Corner (6 & under) or have the child use another part of the facility.
4. Please be courteous and yield to faster walkers and runners.

Family Game Room

The Family Game Room has a wide variety of games the whole family will enjoy. Table tennis, air hockey, foosball, and shuffleboard may be played free of charge. Members may check out game room equipment at the front desk. There are two pay to play pool tables and a number of arcade games available. There is a television in the room as well as tables and chairs.

Basketball Courts

When it's too cold to be outside this winter, get some friends together and play basketball at one of the three (3) full-size courts in the Community Center.

Computer Resource Library

Members of any age may use one of the six computers in the room to work on school projects, resumes or surf the internet. All computers are equipped with Word, Excel and Publisher. A color printer is also available for your use. Members must sign in and present their card at the front desk to use this room.

Saunas

Located in the locker rooms, patrons 16 years and older may enjoy the saunas. Please do not pour water on the sauna rocks.

Racquetball & Wallyball Courts

There are two (2) racquetball/wallyball courts available to Community Center members. Wallyball courts can accommodate up to eight (8) players. Court time is free for those with a Racquetball Membership, however the fee is $4 per hour for Community Center members who do not have a racquetball membership.

Courts may be reserved up to 72 hours in advance for up to one hour. An individual may make only one reservation per day. Reservations are made on the half-hour during normal hours of operation. Call 346-3910 for availability.

Batting Cage & Golf Cage

Get out and practice your swing during the dark days of winter! The batting and golf cages are for use by all Community Center members. An adult must be present to operate the batting machine when the batting cage is in use. Users must be trained on the batting machine prior to the first use. Call ahead for reservations.

Adult Game Room

Adults ages 18 and older that are interested in a quieter environment to play pool or darts will enjoy the adult game room.

Questions? Call 346-3910
Picnic Area

Have your next family outing or club gathering in our picnic area where there’s plenty of shade, picnic tables and grills. Located behind the Community Center, restrooms, ball fields, and children’s play area are all close by for your convenience.

The picnic area is on a first-come, first-serve basis. For large picnics, it is advisable to check our main office to see if there are any activities scheduled the day you are planning your event.

Alcoholic beverage permits are required for groups of 12 or more and can be obtained at the Community Center office.

Play Area

The play structures will provide hours of fun, yet challenging activity for children of all ages and physical abilities. Entrance points and transfer areas for wheelchairs ensure all children enjoy the area.

The play area includes structures specifically designed for 2-5 year olds and 5-12 year olds.

Jogging/Walking Path

Enjoy the outdoors before the weather turns cold. Use the paved path for a leisurely walk or a fast-paced run around the Community Center grounds. The large loop is nearly one mile in length, however smaller loops provide multiple options to fit in your work-out. Check with the Fitness Center for path distances.

Horseshoe Pits

Gather your friends for a fun evening of horseshoes. There are horseshoe pits located in the picnic area between Fields #2 and #3. So, pack a picnic dinner and enjoy an afternoon or evening with your friends.

Courts

Tennis, Basketball & Sand Volleyball

Enjoy the fall nights at one of our outdoor courts. There are four (4) tennis and two (2) basketball courts that can be lit during the evenings. Courts are open during normal hours of operation and are on a first-come, first-serve basis. Please be courteous and limit tennis court time to 1 1/2 hours if courts are occupied.

Before the weather gets too cold, get some friends together and play sand volleyball! An outdoor sand volleyball court is available on a first-come first-serve basis on the north side of the Community Center.
**Fitness Center Hours**

- Monday-Thursday: 6 a.m. - 10 p.m.
- Friday: 6 a.m. - 9 p.m.
- Saturday: 9 a.m. - 5 p.m.
- Sunday: 1 p.m. - 9 p.m.

**Fitness Center Features**

- Treadmills
- Elliptical Trainers (EFX)
- Bicycles
- Stair Steppers
- Nautilus 2ST variable resistance strength training equipment
- Smith Machine
- Cable Crossover
- Assisted Chin-Up/Dip
- Free Weights
- TheraCrunch abdominal machine
- CardioTheater - Just plug your headphones into the console and watch one of four TV's or listen to music.

**How do I get started?**

The Fitness Center staff will provide an orientation prior to your use of the Fitness Center. We'll show you how to safely and effectively use some or all of the equipment depending on your goals. Please advise us of any special needs or medical conditions prior to your orientation. A staff member is on duty at all times to assist you.

**Muscle of the Month**

Whether you're looking for new exercises to add to your strength training routine or just bored with the current ones, this program should help. Each month will highlight a different muscle or muscle group and teach you how to safely and effectively perform several new exercises targeting that area. Pictures and descriptions of the exercises will be posted on the bulletin board and demonstrated upon request.

**Fitness Training**

Are you looking for some direction in your workout or motivation to take it to the next level? Our fitness center staff would be happy to help you maximize your workout. Ask how to get the most from your routine!

**Attention Runners and Walkers!**

Put on your running shoes! Whether you run or walk for health or for fun, keep track of your miles! Springdale Community Center members who accumulate 500 or more miles during 2003 will receive a T-shirt marking the accomplishment! We're also offering a Senior 250 Mile Club for individuals age 55 and older. Stop by for more information!

**A Few Things to Remember**

For the convenience of our Fitness Center members, the following rules apply:

Members must be 16 years of age to participate independently in the Fitness Center. Youth age 14 and 15 may participate with parental supervision. Children under age 14 years are not permitted. Guests are not permitted in the Fitness Center. Bring a towel and wipe down equipment after use.
LOOKING FOR SPACE FOR YOUR NEXT MEETING?

The Springdale Community Center has the perfect setting for your next family or club get-together. Stop by the Community Center for a rental application and more information.

Springdale Room I

This executive clubroom is perfect for a business function or organizational meeting. The room is equipped with a computer hookup, projection screen, white board and telephone. The room boasts a large conference table with seating for 16, and can be combined with the Springdale Room II for additional seating. Adults only please.

Springdale Room II

This executive clubroom is ideal for a casual business function or organizational meeting. The room seats 17, and includes a sink and countertop, microwave, coffee pot and small refrigerator. There is also a television and VCR in the room. This room may be combined with Springdale Room I to enhance your meeting. This meeting room is limited to use by adults only.

Meeting Room A

This meeting room has tables and chairs to accommodate up to 30 people, making it an ideal room for club meetings. Amenities include a computer hookup, projection screen, white board and phone line to enhance your meeting.

Meeting Room B

This is the perfect room for luncheons and showers. Up to 30 people may be accommodated at the tables and chairs. The sink and countertop, microwave, coffee pot and refrigerator are ideal for serving food and snacks during your meeting.

Meeting Room C

With indoor seating for 30 and access to an outdoor patio and chairs, this room is great for a more relaxed function.

Meeting rooms A, B, & C may be combined to accommodate larger groups.

Room D

This is the perfect room for a small meeting. The room seats six (6) around a large conference table.

Auxiliary Gymnasium

This large space is ideal for wedding receptions, anniversary parties or other special events. A variety of other services, including snacks, may be arranged for your function. A kitchen and walk-in cooler are also available for your convenience. Reservations may be made for Saturday nights from 8 p.m.-12 a.m. or 9 p.m.-1 a.m.

A Few Things to Keep in Mind

1. Facilities may only be rented by City of Springdale residents or City of Springdale employees, and the renter must be on-site at all times.
2. Reservation of rooms does not entitle renter and guests use of other Community Center facilities.
3. Costs: $30 / meeting room for up to 5 hours; $400 / auxiliary gymnasium for a 4-hour event.
4. The Parks & Recreation Director has final approval on all facility rentals.
Picnic in the Park This Fall...

**BEACON HILL PARK**
Located at the end of Weymouth Court. Directions: From Springfield Pk. turn left onto Glensprings Dr. Turn right on Kenn Road. Turn left at the first stop sign onto Cedarhill Dr. Turn right on Brookston and left onto Weymouth. Facilities include a playground, Larry Packer Memorial Soccer Field, portable restroom and a water fountain.

**GLENVIEW PARK**
Located on Sharon Road. Directions: South on Springfield Pk. (Rt. 4). Right on Sharon Rd. The park is on the right side of the road at Glensharon and Sharon Roads. This park offers a passive setting with no facilities.

**CAMERON PARK**
Located on Cameron Road. Directions: Go south on Springfield Pk. (Rt. 4) past Northland Blvd. Turn right on Cameron and the park is on the left side of the road past Naylor Ct. Facilities include a basketball goal, grill, picnic table, playground equipment, soccer field, portable restroom and a water fountain.

**ROSS PARK**
Located on Lawnview Avenue. Directions: From Springfield Pk. (Rt. 4) turn onto Lawnview Avenue and go past the Community Center. At the first stop sign turn right onto Nelson Lane. At the end of Nelson Lane go straight through the stop sign into the park entrance. Facilities include a ball diamond/soccer field, grill, picnic tables, basketball goal, playground, portable restroom and a water fountain.

**CHAMBERLAIN PARK**
Located off Marwood Lane behind Hunters Glen Apartments. Directions: Go east on Kemper Road past Tri-County Mall. Turn left on Chesterdale Road. Turn left on Castro Lane. Turn left on Marwood Lane and follow it into the park entrance. Facilities include a basketball goal, grill, picnic tables, playground equipment, soccer field, portable restroom and a water fountain.

**UNDERWOOD PARK**
Located off Rose Lane at Observatory Drive. Directions: From Springfield Pk. (Rt. 4) go west on Kemper Road. Turn left onto Rose Lane. Follow Rose Lane to the park entrance, which is just past Observatory. Facilities include a playground, picnic tables, basketball goal and a water fountain.
**Junior Olympics**

**Saturday, September 14**

Registration - 9:30 a.m. - 11:00 a.m.
Event - 10:00 a.m. - 12:30 p.m.

The Springdale Junior Olympics consist of 8 competitive events for children 12 years old and younger. The event concludes with an awards ceremony and door prizes. Each participating child is eligible for door prizes. Two bicycles will be given away as grand door prizes.

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**Turkey Shoot**

**Sunday, November 24**

2:00 p.m. - 4:30 p.m.

Come out and shoot some hoops for the chance to win a turkey! S.T.A.F.F. (Springdale Teens Adventuring For Fun) will host the 4th annual Turkey Shoot at the Community Center. Winners will be awarded in male and female categories divided from ages 5 and under to adult. The entry fee is two (2) non-perishable food items that will go towards the S.T.A.F.F. holiday food drive.

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**Friday Night Family Flick**

**Friday, October 4**

7:00 p.m.

Round up the family and enjoy a free movie under the stars in the Community Center’s outdoor amphitheater. A popular movie will be shown on a 10-1/2 x 14 foot screen. Bring your blanket, lawn chairs and snacks and enjoy the evening with your family. In case of rain the event will be in the gymnasium.

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**Tree Lighting Ceremony**

**December 1**

7:30 p.m.

The tree at the Municipal Building will be lit up! The community is invited to the 7th Annual Tree Lighting Ceremony. Come celebrate the holidays with holiday carols and refreshments.

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**Halloween Carnival**

**Sunday, October 27**

2:00 p.m. - 4:00 p.m.

Put on your most ghoulish or glamorous costume and join as the Parks & Recreation Department celebrates Halloween. Interactive games, costume contest, and door prizes will be a part of the fun! Springdale children 2 years old through 4th grade are invited to attend. Free tickets are available beginning Friday, October 4th at the Community Center. Participation is limited to the first 200 sign-ups.

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**SYB Cinema Horseraces**

**Saturday, February 22**

7:00 p.m.

Get a group of friends together for a fun night out at the races! Spend an evening supporting the Springdale Youth Boosters and have fun in the process! Cinema Horseraces is a unique event with filmed horseraces and gambling that you'll be sure to remember! One low price gets you snacks, beverages, and the best entertainment in town! Contact the Community Center for ticket information.
Kids Corner

Are you looking for something to do with your child while you take a class or work-out in the Fitness Center? Kids Corner is the answer! Let one of our qualified child care staff take care of your 1 to 6 year old for up to two (2) hours while you utilize the indoor facilities of the Community Center.

Guidelines

In order to use Kids Corner, parents must be participating in an indoor Community Center program.

1. A two hour limit is imposed.
2. For the safety of all children, parents or guardians MUST sign children in and out of the room and MUST REMAIN INSIDE THE COMMUNITY CENTER.
3. No child will be permitted to leave the room with another person, regardless of the relationship, unless prior written permission is given to the child care staff.
4. Children’s names must be marked on all belongings brought into the room.
5. If a child cannot be quieted from crying in a reasonable amount of time (15 minutes), the staff will notify the parent.
6. Children must wear socks and shoes.
7. If a child appears or becomes ill while in Kids Corner, the parent will be required to remove the child. Sick children will not be admitted.
8. The staff is not permitted to administer any medication or food of any kind.

Hours

<table>
<thead>
<tr>
<th>Days</th>
<th>Monday - Thursday</th>
<th>10:00 a.m. - 1:00 p.m.</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Monday - Thursday</td>
<td>6:00 p.m. - 9:00 p.m.</td>
</tr>
<tr>
<td>Saturday</td>
<td>9:30 a.m. - 12:30 p.m.</td>
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<tr>
<td>Sunday</td>
<td>5:30 p.m. - 8:30 p.m.</td>
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<tr>
<td>Friday</td>
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Fees

- $2 per child per hour
- $1 each additional child per hour
Teen Dances
Friday, January 17
Friday, February 21
9:00 p.m. - 11:00 p.m.

Whether you come with your friends or come to meet new friends, you’ll have a blast! Youth age 12 - 17 can dance to the sounds of a live DJ at the Community Center. Soft drinks and snacks are provided. Springdale teens may each bring one guest.
Tickets are $2 and are limited to the first 200 teens.

Royal All-Stars
Cheerleading, modeling, contemporary, jazz, and hip hop dance are offered in this fun program for children ages 11-17.
Days: Sunday
Times: 5:30 p.m. - 7:30 p.m.
Instructors: Rae Jean Collins, Rana Collins, & Tonya Jones (742-3693)
Cost: $45/registration plus $35/month

Youth Chito-Ryu Karate
This class for 6-17 year olds is suitable for both the beginner and the advanced student. Chito-Ryu Karate is a traditional martial art comprised of strikes, kicks, blocks, throws and holds. Chito-Ryu is a complete program perfect for those seeking exercise, competition and self-defense skills.
Days: Monday, Wednesday, Friday
Times: 7:30 p.m.-9:00 p.m.
Instructor: Manuel Byers, Jr. 478-8800
Cost: $40 annual fee plus $30/month

Teen Night
At The Rec
Friday, November 29
Friday, January 3
Friday, February 7
9:00 p.m. - 11:00 p.m.

Group activities such as basketball, volleyball, and wallyball will be offered or youth may play one of the many games in the Community Center's game room. Food and soft drinks are available free of charge. It's a great way to meet new friends and socialize. Members may bring one guest for a cost of $1.25.

S.T.A.F.F.
SPRINGDALE TEENS ADVENTURING FOR FUN

The Springdale Teens Adventuring For Fun is an organization for teens, run by teens with guidance from volunteers and Parks & Recreation staff. Members take part in fun activities, meet new friends and serve the community. S.T.A.F.F. is self-supporting, raising funds primarily with a booth at the Spirit of Springdale Festival and by operating a concession stand during the basketball season.

The mission of the teen group is to serve the community through projects, community programs, and fun events that appeal to teens. S.T.A.F.F. functions year round with monthly activities and volunteer opportunities.

Interested in joining? It's Easy! Any Community Center member entering the sixth grade this fall is eligible to join for only $5, which includes a S.T.A.F.F. T-shirt.

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e-mail - sccrec@springdale.org
Do Something for Yourself

Body Sculpting
Looking for something fun and different? Using free weights and exertubes, Body Sculpting combines flexibility and cardiovascular conditioning all set to the latest music.
Days: Friday
Time: 6:00 p.m. - 6:45 p.m.
Instructor: Elaine Smith at 575-1620

Cardio Kickboxing
Cardio Kickboxing is one of the top calorie burning workouts. This high intensity workout combines aerobics, cardiovascular and body toning while incorporating self-defense tactics.
Days: Tuesday 7:30 p.m. - 8:30 p.m.
    Thursday 5:00 p.m. - 5:50 p.m.
    Saturday 12:00 p.m. - 1:00 p.m.
Instructor: Dave Seiwert, 825-7449
Fee: $33/4-week session; $60/8-week session.
$5/class for walk-ins.

Chito-Ryu Karate for Adults
This class is suitable for both the beginner and the advanced student. Chito-Ryu Karate is a traditional martial art comprised of strikes, kicks, blocks, throws and holds. Chito-Ryu is a complete program perfect for those seeking exercise, competition and self-defense skills.
Days: Monday, Wednesday and Friday
Time: 7:30 p.m. -9:00 p.m.
Instructor: Manuel Byers, Jr. at 478-8800
Fee: $40 annual fee plus $40/month

Fit 'n Fyne
Looking for a moderately paced workout? Fit’n Fyne is an easy-to-follow program that starts with a warm-up and combines cardio and strength training, an ab work and a cool down. Bring your own weights or exertubes.
Days: Tuesday 6:00 p.m. - 7:00 p.m.
    Saturday 10:45 a.m. - 11:45 a.m.
Instructor: Keishia Barber, 772-7230
Fee: $2/class

Jazzercise
Get in the groove while working out!
Jazzercise is a blend of jazz dance and exercise set to your favorite music. Your first class is free!
Days: Monday, Wednesday
    6:00 p.m. - 7:00 p.m.
    Thursday
    7:30 p.m. - 8:35 p.m.
    Tuesday, Thursday, Saturday
    9:30 a.m. - 10:30 a.m.
Instructor: Elaine Smith, 575-1620

Slimnastics
Meet new people and get fit at the same time!
Slimnastics is a basic fitness class for women.
Days: Monday, Wednesday and Friday
Time: 9:00 a.m. - 10:00 a.m.
Instructor: Sue Smith
Fee: Free

Yoga
The perfect class to take time for yourself! Learn to stretch and relax with one of the area’s top Kripalu yoga instructors.
Days: Thursday
Time: 6:00 p.m. - 7:30 p.m
Instructor: Bodil Friedman, 777-0490
Fee: Residents - $64/8-week session; $10/class for walk-ins. Non-residents $80/8-week session; $12/class for walk-ins.
**Cake Decorating**
You'll be a hit at the next birthday party! Join this fun class and learn how to decorate cakes for family and friends. The basics of cake decorating are taught during this four (4) week class.
Ages: 12-Adult
Days: Monday
Time: 7:00 p.m. - 9:00 p.m.
Instructor: Pam Artrip
Fee: $25 Course Kit and book, 4 additional decorating tips must be purchased separately.

**Ceramics**
Are you looking for a relaxing way to unleash your creativity? Ceramics is a fun class where you'll meet new people and start a fulfilling new hobby. Students provide greenware, instructor provides paint, brushes, and firings.
Days: Tuesdays
Time: 6:30 p.m. - 9:30 p.m.
Instructor: David Howard
Fee: $4/class-resident; $6/class - non-resident

**Photography**
Are you looking for a rewarding new hobby? Photography is the perfect choice! Learn the basics of camera use with the knowledge of camera settings, film speeds, composition, lenses, and filters. Discussions arise from the field trips to local parks and the zoo. Each student must provide a manual or automatic 35mm camera.
Days: Thursday (5 weeks)
Time: 7:00 p.m.-8:30 p.m.
Instructor: Jane Karlsberg, 742-2924
Fee: $65/residents; $70/non-residents

**Massage Therapy**
Our massage therapist, Julie Uralge, is available for 1/2 or 1 hour appointments. Pamper yourself or give a massage as a gift. The cost is $30/1/2 hour or $55/hour. Call Julie at 745-0604 for available times.

**Take a Trip!**
The Senior Citizens Club takes several trips throughout the year. Trips are open to all Springdale senior citizens. Contact the Parks & Recreation Department at 346-3910 for information on upcoming trips.

**Join in Club Chair Exercises**
Stop by the Senior Citizens Club for the Tuesday morning socials and stay for the exercise! A member of the Fitness Center staff leads a session of chair exercises every Tuesday at 12:00p.m. Stop by the Fitness Center and ask about this program or just stop to take part in the fun!

**Springdale Senior Citizens Club**
Meet new people! The Springdale Senior Citizens group is open to residents who are at least 55 years of age. Stop by one of the Tuesday morning socials, held every Tuesday at 9:30 a.m. at the Springdale Community Center. Meetings are held the 2nd and 4th Tuesdays of each month at 12:00 p.m.
WINTER SPORTS
Basketball, Volleyball, & Cheerleading

Basketball (December-February)
Participate in the Northern Recreational Youth Basketball League and learn basketball skills, meet new people, and most importantly - have FUN! Children must be at least 7 years old as of July 31, 2002, and enrolled in school. Cost: $30 until September 30

Volleyball (December-March)
9-11 Year Olds - Learn the basic fundamentals of power volleyball in a fun environment! The program is open to youth between the ages of 9 and 11 as of September 30. Games are played on Tuesday evenings. Cost: $15 until September 30

12-15 Year Olds - Any youth at least 12 but not more than 15 by September 30. Practices will begin in December. Games are played on Sunday afternoons. Cost: $15 until September 30

Cheerleading (November-February)
Children in 3rd through 6th grade will learn the basics of cheerleading and display their talents at the youth basketball games in Springdale. Cost: $15 until September 30

SPRING SPORTS
Baseball, Softball, Soccer & T-Ball

Knothole Baseball (April-July)
Minimum age to participate is 7 years old by September 30, 2003. Participants may not turn 18 years old before August 1, 2003. Cost: $35 until January 31

Girls Softball (April-June)
Girls must be at least 7 years old but not have turned 15 years old by January 1, 2003. Cost: $35 until January 31

U.S.Y.S.A. Spring Soccer (April-June)
Children must be at least 6 years old by July 31, 2003 to participate on a soccer team. Cost: $30 until January 31

Instructional T-Ball (June-July)
Introduce your child to the game of baseball in this six (6) week instructional class. Kids will learn the basics of the game, including catching, throwing and hitting off the tee. Children must be 6 years old by September 30, 2003. Cost: $10

Register for Winter Sports on
Saturday, September 14
10 a.m. - 2 p.m.
Tuesday, September 17
7 p.m. - 9 p.m.
at the Springdale Community Center.
Registrations will be accepted until September 30. Beginning October 1, a $5 late fee will be added to all registrations, and placement on teams cannot be guaranteed.

Register for Spring Sports on
Saturday, January 11
10 a.m. - 2 p.m.
Tuesday, January 14
7 p.m. - 9 p.m.
at the Springdale Community Center.
Registrations will be accepted until January 31. Beginning February 1, a $5 late fee will be added to all registrations, and placement on teams cannot be guaranteed.

YOUTH SPORTS PROGRAM PARTICIPANTS
All registrants must possess a 2002 membership at the time of sign-up for winter sports or a 2003 membership at the time of sign-up for spring sports.
BASKETBALL

3 On 3 Basketball
The 3 on 3 basketball league will be offered Thursday evenings, January through March. Team rosters must include a minimum of three Community Center members. Entries will be accepted until December 13. The cost is $50.00 per team which includes a T-shirt to be used as a uniform. In an effort to keep the league recreational, no awards are offered to the winners.

VOLLEYBALL

Women’s League
Get a group of friends or co-workers together for an evening of fun and competition! The women’s power recreational volleyball league is played on Wednesday nights. Resident teams may include five (5) non-residents. Non-resident teams will be accepted and pay a slightly higher league fee. Resident teams will be given first preference into the league. League play begins in January.

Men’s Open Gym
The men enjoy a night of drop-in volleyball on Tuesdays at 8:00 p.m. beginning in January. Stop in at your convenience and play a couple of pick-up games of volleyball.

Co-Ed League
The co-ed power recreational volleyball league is played on Sunday nights. Resident teams may include five (5) non-residents. Non-resident teams will be accepted and pay a slightly higher league fee. Resident teams will be given first preference into the league. League play begins in January.

ADULT SPORTS OPPORTUNITIES
Participant must be 16 years of age or older to participate in an adult sports program.
Parks & Recreation Wins Award for Community Center

The Springdale Parks and Recreation Department was presented with the 2002 Ohio Parks and Recreation Association Outstanding Facility Award for projects where $6,000,000 or more was expended. This achievement was garnered for the expansion and renovation of the Community Center. We were in competition with other projects across the State of Ohio and, in most instances, with construction where more was being spent than we did here in Springdale.

This accolade is one that can be shared by the elected body, Administration, Community Center Staff, architects and the residents of Springdale for which the project was dedicated.

New Assistant Director Named

In June, Assistant Recreation Director Gary Thompson retired from the department after 30 years of service. Jacqueline Rauh was brought on board in April to train with Gary and assume his responsibilities upon his retirement. Jacqueline comes to Springdale from the City of Lebanon where she served as the Recreation Superintendent.

Pictures

Have you taken pictures of our programs that you would like to share? Submit your pictures to the Parks & Recreation Department for possible inclusion in the Program Guide and other promotional items!

Referees & Umpires Needed!

Want to earn some extra money? Consider signing up as a referee or umpire in our youth sports programs. Contact Parks & Recreation to get your name on our call list, or to sign up for a certification class.

Springdale Youth Boosters

The Springdale Youth Boosters support all of Springdale’s youth sports activities by providing for league entry, officials, uniforms, and awards costs. The Springdale Youth Boosters rely solely on volunteers in the community to organize, plan and work at their various fund raising activities. If you are interested in joining, or can volunteer for any of the activities throughout the year, please call the Community Center.

CPR and First Aid Courses

A CPR or Standard First Aid class will be held on the third Saturday of each month at the Community Center. Call the American Red Cross at 792-4000 to register.

Adult Volunteers Needed

S.T.A.F.F. needs adult volunteers to help plan and chaperone events. Contact Parks & Recreation at 346-3910 to see how you can become involved.

Resident Opportunities at GE Park

If you’re interested in joining this golf and sports facility, call 243-2021 for more information.

We’re Looking For...

... a Few Good Coaches!
Are you interested in coaching your child’s youth sports team? Make sure to sign up to help the program when you register your child for sports. Dedicated parents help to make our program a success!

... Class Instructors!
If you have a special talent that you would like to teach to others, please call Parks & Recreation at 346-3910. We are especially interested in dance, craft, and computer classes.
Top Left: Springdale Elementary 6th graders celebrate during their awards ceremony and dinner at the Community Center. Above: Springdale Sailfish prepare to swim against Wyoming.

A group of adventurers prepare to explore the Spirit of Springdale Festival.

Above: Springdale Cleaners with their 2002 Ray Manis Men's Softball Tournament championship trophy. Left: The Sailfish enjoy a pasta dinner at the Center the night before championships.

Above: The lead singer from 'Chozen' gets a little help with "Old McDonald" at the festival. Left: Gary Thompson (with wife Robbie) serves as the Spirit of Springdale Parade Grand Marshal. Gary retired from the Parks & Recreation Department after 30 years of service.
Mark Your Calendar

September
14   Junior Olympics
14   Winter Sports Sign-Ups
17   Winter Sports Sign-Ups

October
 4   Free Friday Night Family Flick
27   Halloween Carnival

November
24   Turkey Shoot
28   Thanksgiving - Closed
29   Teen Night At The Rec

December
 1   Tree Lighting Ceremony
24   Christmas Eve - Close at 5 pm
25   Christmas Day - Closed
31   New Years Eve - Close at 5 pm

January
 1   New Years Day - Closed
 3   Teen Night At The Rec
11   Spring Sports Sign-Ups
14   Spring Sports Sign-Ups
17   Teen Dance
20   Martin L. King Day-Open 1-9 pm

February
 7   Teen Night At The Rec
17   Presidents Day - Open 1-9 pm
21   Teen Dance
22   SYB Cinema Horseraces
28   2002 Memberships Expire

For information on any programs or facilities, contact Springdale Parks & Recreation at
Phone: (513) 346-3910
e-mail: sccrec@springdale.org
Fax: (513) 346-3925