Springdale Parks & Recreation invites you to visit the Springdale Community Center and your neighborhood parks to take advantage of the many leisure opportunities available to you!

Parks & Recreation Staff

- Greg Karle: Recreation Director
- Sharon Casselman: Assistant Director
- Jacqueline O’Connell: Assistant 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

- Tonya Cook: Secretary
- Barb Kent: Secretary
- Kim Knapp: Secretary
- Donna Lauer: Secretary
- Doreen Monson: Secretary
- Barb Post: Secretary
- John Ramp: Facilities Supervisor
- Agnes Cupp: Child Care Aide
- Kathy Davis: Child Care Aide
- Myra Huber: Child Care Aide
- Christine Runge: Child Care Aide
- Katie Osterbrock: Fitness Instructor
- James Smith: Fitness Instructor
- Matt Wolff: Fitness Instructor
- Otis Pollard: Park Patrol
- Don Slaughter: Park Patrol
- Ken Miller: Custodian
- Dana Zinnecker: Teen Adviser

CITY OF SPRINGDALE OFFICIALS

- Doyle Webster: Mayor
- Cecil Osborn: City Administrator
- Derrick Parham: Asst. 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

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.

RECREATION COMMISSION

- Mayor Doyle Webster
- Gene Burt
- Carmen Daniels
- Bob Diehl
- Holly Emerson
- Joe Ramirez

The Springdale Recreation Commission consists of five appointees by the Mayor. These members advise in developing and executing the leisure services program for the City of Springdale. The commission meets September through May on the first Tuesday of each month at 7:00pm at the Community Center.

Facilities

Whether you want to play outside or inside, we’ve got a facility for you! Courts, fields, and meeting rooms are among the many facilities available! Check out the map to locate a park in your neighborhood!

Aquatics

Are you ready for pool season? Sign up for swimming lessons - we’ve got a level for every age and ability! Check out the pool times so you don’t miss any of the fun!

Special Events

There are exciting things going on all summer! From youth activities to family events - there’s something for everyone! You won’t want to miss this year’s Spirit of Springdale Festival!!

Photo/Video Policy - On occasion, the Springdale Parks & Recreation Department may take photos or video of park visitors and program participants. Please be aware that these photos may be used in publications or for other promotional purposes. Organizations, including media relations, must have permission from the Parks & Recreation Department prior to taking photographs or video.
<table>
<thead>
<tr>
<th>Type</th>
<th>Family</th>
<th>Individual</th>
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<tbody>
<tr>
<td><strong>Activity Membership</strong></td>
<td>$30.00</td>
<td>$20.00</td>
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<tr>
<td>Includes use of the gymnasium,</td>
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<td>game room, track, tennis courts,</td>
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<td>computer lab, and eligibility for</td>
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<td>youth and adult sports programs.</td>
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<td><strong>Fitness Membership</strong></td>
<td>$55.00</td>
<td>$35.00</td>
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<tr>
<td>Includes use of the Fitness</td>
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<td>Center and all facilities</td>
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<td>included in the Activity</td>
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<td>Membership. Must be 16 years of</td>
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<td>age or older to use the Fitness</td>
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<td>Center, 14 and 15 years old with</td>
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<td>a parent.</td>
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<td><strong>Pool Membership</strong></td>
<td>$95.00</td>
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<td>Includes use of the pool and all</td>
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<td>facilities listed under Activity</td>
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<td>and Fitness Memberships.</td>
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<td><strong>Racquetball Membership</strong></td>
<td>$30.00</td>
<td>$20.00</td>
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<td>Must have Activity, Fitness or</td>
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<td>Pool Membership to purchase</td>
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<td>Racquetball Membership.</td>
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<tr>
<td><strong>Senior Citizen Membership</strong></td>
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<td>Any resident senior citizen 62</td>
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<td>spouse receive a complimentary</td>
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<td>Pool Membership.</td>
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<td><strong>Business Membership</strong></td>
<td>$200.00</td>
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<td>Includes all facilities.</td>
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**Membership Requirements - Proof of residency will be verified by the Springdale Tax Department**

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.
6. Anyone age 23 and older living at home must obtain a separate membership.

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.
Springdale Parks & Recreation
Community Center Membership Application

☐ 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)

Anyone age 23 and older living at home must obtain a separate membership.

PLEASE PRINT CLEARLY

Member Information  (all information must be completed)

Name: ___________________________ Date of Birth: ____________ Sex: ____________

Address: ___________________________ Apt#: ___ City: ____________ State: ___ Zip: ____________

Home Phone: ___________________________ E-Mail Address: ___________________________

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)

First Name: ___________________________ Last Name (if different): ___________________________
Birthdate: ____________ Age: ____________ Sex: ____________

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Patron Signature ___________________________ Date ____________

Office Use Only:  ☐ New Membership  ☐ Renewal  Membership # ___________________________

Person Receiving Application ___________________________ Date ____________

Cost $_________ Amount Paid $_________ Paid By: ___ Cash ___ Check (#_________) ___ Charge

Updated by ___________________________ Date ____________

Mail to Springdale Community Center, 11999 Lawnview Ave., Springdale, OH 45246

Questions? Call 346-3910
DAILY HOURS
Fitness Center & Indoor Track open at 6:00am Monday - Friday.
Monday - Thursday ......... 7:00am - 10:00pm
Friday ........................... 7:00am - 9:00pm
Saturday ...................... 9:00am - 5:00pm
Sunday ......................... 1:00pm - 9:00pm
These times are subject to change and will be posted at the Community Center.

HOLIDAY HOURS
Easter ........................... Closed
Memorial Day ................ 1:00pm - 9:00pm
July 3 .............................. 1:00pm - 5:00pm
Independence Day ......... 1:00pm - 5:00pm
Labor Day ........................ 1:00pm - 9:00pm

Guest Policy
Members may bring one guest per day. Members must register guests at the front desk and pay the necessary guest cost of $1.25 for ages 2 through 17 years old and $2.50 for adults. There are no refunds. Persons in the 7th grade and above utilizing indoor facilities must present a photo ID (school ID acceptable) to be admitted as a guest. Any guest registered with a member must stay with that member while utilizing the facility, and leave when that member leaves. Guests are not permitted in the Fitness Center. Staff may limit guest privileges during peak times. Additionally, the staff reserves the right to deviate from this policy.

General Rules
1. A membership card must be presented to utilize the facilities. A fee of $1.00 per occurrence will be charged if you forget your membership card.
2. To replace or change a card, the fee 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 locked in designated areas.
6. Courteous and respectful behavior is expected at all times. Abusive language will not be tolerated.
7. Proper 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 Parks & Recreation Department prior to your event.
10. No pets permitted on any park property.
11. Skateboard riding on Community Center grounds is prohibited.
12. Pursuant to the Ohio Revised Code, no person shall knowingly possess, have under the person’s control, convey, or attempt to convey a deadly weapon or dangerous ordnance into the Community Center or exterior buildings.
13. Motorized vehicles are prohibited on maintenance roadways and turf.
14. Amplified music and/or radios in public areas of the Community Center is prohibited.
15. Members and guests who are in violation of these rules are subject to disciplinary action, up to and including suspension from the facilities.
16. Children age seven (7) years old and younger must be accompanied by and under the supervision of someone 16 years old or older.

The facilities at Springdale Community Center are easily accessible to the handicapped. If you need additional assistance, contact the Parks & Recreation Department.
**Indoor 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 child must be registered with Kids Corner (7 & under) or use another part of the facility.
4. As a courtesy to other members and for your own safety, slower traffic should use the inside lane.
5. Membership cards must be presented at the front desk prior to utilizing track.

**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. For your enjoyment, the game room also contains two pay-to-play pool tables, arcade games, a television, as well as tables and chairs.

**Basketball Courts**

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

**Saunas**

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

**Batting Cage & Golf Cage**

Get out and practice your swing! The batting and golf cages are for use by all Community Center members. Users must be trained on the batting machine prior to the first use and an adult must be present to operate the batting machine. Call ahead for reservations. Limit one hour of use per member.

**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 or a racquetball member with a guest.

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. Players must provide equipment including eyewear.
Body Composition Testing

Body composition testing is offered to members of the Fitness Center. A hand held body fat analyzer is used to determine your body composition. Using this information, our staff can print out a personal data sheet that further explains all of the measurements taken. Participants must be 18 years of age or older.

Caution: Individuals who are pregnant or have pacemakers should not have their body fat tested.

Nominate a Member of the Month

Would you like to nominate a fellow member for "Member of the Month"? You may have witnessed outstanding character or dedication to health and wellness by another individual. We encourage you to help us identify these individuals. Just fill out the nomination form in the fitness center. Winners will have a month of fame on the bulletin board in the Fitness Center and on the City of Springdale's website.

Congratulations to the Members of the Month this past fall & winter!
October  Joanne Diehl
November  James Bush
January  Curt Joachimi
February  Molly Moorhead

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.

Important Information

Guests are not permitted in the Fitness Center.

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 14 years are not permitted.

Bring a towel and wipe down equipment after use.

Proper attire (including tennis or aerobic shoes) is required.
Meeting Room A
This meeting room has tables and chairs to accommodate up to 24 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 24 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 24 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 evenings for up to 4 hours.

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, 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.

Arts & Crafts Room
Children’s parties are a perfect fit for this room! Tables and chairs provide seating for up to 24 guests, a sink and countertop provide a great place to set-up and clean-up!

A Few Things to Keep in Mind
1. Facilities may only be rented by a City of Springdale resident, Community Center member or City of Springdale employee. The renter must check-in prior to the reservation and remain on-site at all times.
2. Reservation of rooms does not entitle renter and guests use of other Community Center facilities.
3. Fees: $30 / meeting room for up to 5 hours during normal hours of operation; $400 / auxiliary gymnasium for a 4-hour event. Additional charges apply for events going past 5 hours in meeting rooms.
4. Meeting room rental times include set-up and clean-up.

Questions? Call 346-3910
Picnic Area

Have your next family outing or club gathering in our picnic area where there is 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 front desk 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 front desk prior to your event.

What a Great Place to Play!

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 fresh air by using the paved path for a leisurely walk or a fast-paced run around the Community Center grounds. The outer 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.

Check Out Our Courts!

Tennis, Basketball & Sand Volleyball

Enjoy the summer nights at one of our outdoor courts. There are four (4) tennis and two (2) basketball courts that can be lit upon request up to 1/2 hour before closing. 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.

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.

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 horseshoes to enjoy an evening with your friends.
Park Rules

All parks close at dark.

When enjoying any of the City of Springdale Parks, please leave your pets, golf clubs and glass bottles at home for your safety and the safety of others.

Please be a good neighbor. If you see questionable behavior taking place in your community park, please notify the Springdale Police Department.
## Regular Season Pool Schedule - Begins June 13, 2005

<table>
<thead>
<tr>
<th></th>
<th>Sunday</th>
<th>Monday</th>
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<th>Wednesday</th>
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**Closed**

- **Pre-Season Hours**
  - May 28: 10:00am - 6:00pm
  - May 29, 30: 1:00pm - 8:00pm
  - May 31 - June 3: 4:00pm - 7:00pm
  - June 4: 10:00am - 6:00pm
  - June 5: 1:00pm - 8:00pm
  - June 6-10: 4:00pm - 7:00pm

*Pool Closes at 5:00 pm July 3 & July 4*

- **Early Closings**
  - June 17: 12:15pm - 7:00pm
  - August 19: 12:15pm - 7:00pm

- **Post-Season Hours**
  - Sept 3: Goldfish Swim at Noon
  - Sept 4-5: Pool Opening Time TBD

### Daily Pool Rates

<table>
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<tr>
<th>Age</th>
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<tr>
<td>Under 2</td>
<td>No Charge</td>
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<tr>
<td>2-17</td>
<td>$1.25</td>
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<tr>
<td>18 &amp; Over</td>
<td>$2.50</td>
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**Don't have a pool membership?** Springdale residents with Activity or Fitness memberships and guests of members may purchase a day pass at the front desk. The fees apply to swimmers and non-swimmers. No rainchecks.

Anyone 8 years old and younger must have passed a Level 4 swim class or be accompanied by a person 16 years or older.

### Concessions

- **Soft Drinks!**
- **Snacks!**
- **Ice Cream!**
- **Hot sandwiches!**
- **Candy!**

The Springdale Community Center operates a concession stand during the pool season. A variety of hot and cold foods are available at the poolside stand.
Level 1
Basic acclimation to the water. Students will be expected to submerge their face in the water for 3 seconds, float and kick with assistance on their front and back. Student must be 3 years old and not older than 6 by June 1.

Level 2
To build more confidence in the water. The student will be expected to swim 10-20 feet. Student will also be expected to float on their front and back without assistance as well as kick on their front and back without assistance. Prerequisite: Level 1 and must be 4 years old and not older than 6 by June 1.

Level 3
To equip the student with basic water safety skills and knowledge in order to make him/her reasonably safe in, or about the water. The student will be expected to perform a sitting dive from the side, glide on their front and back, coordinate the arm stroke for front and back crawl for 10-20 yards, and change direction in the water. Prerequisite: Pass Level 2 and 5 years old by June 1.

Level 4
The object of this course is to increase the water skills of the student by adding onto the skills learned in Level 3. Students will be expected to do a standing dive, tread water, swim front crawl 25 yards, and perform sidestroke, elementary backstroke, and breaststroke for 10 yards each. Prerequisite: Level 3.

Level 5
The object of this class is to provide the student with the opportunity to learn the elements of good swimming. The student will be expected to swim front and back crawl 50 yards each and breaststroke and sidestroke 25 yards each. Continued work on elementary backstroke, breaststroke and sidestroke. Prerequisite: Level 4.

Level 6
The object of the course is to increase the student's endurance and versatility in the water. The student will be expected to swim front and back crawl 100 yards each and breaststroke and sidestroke 25 yards each. The student will also be expected to tread water for 3 minutes, and butterfly will be introduced. Prerequisite: Level 5.

Stroke Improvement
To provide special attention to the four competitive strokes: front crawl, back crawl, breaststroke and butterfly.

Swim Lesson Class Dates
Levels 1 & 2
1A June 13 - June 24
1B June 27 - July 8
2A July 18 - July 29
2B August 1 - August 12
*Residents enrolled in 1A or 2A may not enroll in 1B or 2B until noon the last day of 1A or 2A class.

Level 3 & Higher
Session 1 June 13 - July 8
Session 2 July 18 - August 12

Adult Swim Lessons
We will provide individual instruction to improve swimming skills. A maximum of ten adults will be enrolled in this class. Classes meet Thursday evenings from 7:00 pm - 8:00 pm for 8 weeks beginning June 16.

Aquatic Exercise Class
Looking for a fun, low-impact workout? This is the class! Meet new people while exercising in the pool to your favorite music!
Days: Wednesday 6:45 pm - 7:45 pm
Saturday 10:00 am - 11:00 am
Instructor: Patricia Cox, 385-6111
Fee: $32/8-class session or $6 to walk-in

To Register For Lessons
Members - Registration begins April 11.
Non-Residents - Registration begins 3:00 pm Friday before the class begins.

Questions? Call 346-3910
GENERAL RULES

1. The pool will be closed when there is lightning and/or inclement weather. It will also be closed for a limited number of special events which will be announced during the summer.
2. For those individuals needing assistance into the water, a pool lift chair is available for your use. Please inquire with the pool staff.
3. Street clothes and shoes prohibited in the pool area.
4. Glass containers are not permitted.
5. Parents must remain in the designated area during swim lessons.
6. Shower your child and yourself before entering pools.
7. Pool chairs are provided—please do not bring your own.
8. Appropriate swimwear required.
9. Due to health concerns, it is recommended that you do not use the pool if you have had diarrhea anytime in the past two weeks.
10. Do not drink pool water.
11. Children not yet toilet trained are required to wear “swim diapers” or rubber pants and close fitting swimsuits.

DIVING

1. Diving is prohibited from the sides of the pool.
2. Hanging on diving boards is prohibited.
3. A diver must dive straight off the board.
4. A diver must wait until the diver in front of him has reached the side before diving.
5. “Spot-Dives” or any dives requiring a second contact with the board are not permitted.
6. Only one person at a time on the board and ladder.
7. After diving off the board, go directly to the nearest ladder.
8. No one shall swim under the board or wait for another individual on the board.

LANE AREA

1. The roped off area is for continuous swimming in a clockwise circle only. (If you must rest, get out of the pool.)
2. Do not sit on or swim under rope markers.
3. Stopping in lanes is prohibited; swim to the end.

WATER SLIDE

1. Users must ride seated upright, feet first.
2. Stopping, changing positions and forming chains will not be permitted.
3. Users will not be allowed to ride with small children on their lap.
4. Lifejackets and other floatation devices are prohibited.
5. Users must exit the landing area immediately.
6. Users must meet height requirement posted at the bottom of the slide. (approx. 4 ft.)

CONCESSION AREA

1. All food and beverages must be kept inside the concession area.
2. No alcoholic beverages may be brought to the pool.
3. Please be considerate and dispose of trash in the containers provided.

BABY POOL RULES

1. All children using the baby pool must be accompanied by a person 16 years old or older.
2. The baby pool is reserved for children ages 6 and younger.
3. Do not change your child’s diaper poolside.
4. Do not rinse diaper-aged children in the pool before, during or after diaper changes.
5. Assist young children in making frequent visits to the bathroom to minimize accidents.
Lions Club
Pancake Breakfast
Saturday, March 19
8:00am - 12:00pm
Join your friends and neighbors at the Community Center for the first annual Lions Club Pancake Breakfast. Adults pay $6 and children are $3 for all you can eat. Families will pay no more than $20 for this great breakfast! There will be pancakes, sausage links, milk, juice and coffee! Proceeds benefit projects sponsored by the Springdale-Forest Park Lions Club.

SYB Opening Day Parade
Saturday, April 16
Parade begins at 9:00am
Join the Springdale Youth Boosters (SYB) as they kick-off the spring sports season with the Annual Opening Day Parade! Youth soccer, t-ball, softball and baseball teams march from the Value City parking lot, turning west on Kemper, right on Lawnview, and into the Community Center parking lot. Youth teams compete in a banner competition and the top three teams are awarded prizes by SYB.

Jaycees Egg Hunt
Saturday, March 26
12:00pm
Get out your baskets and egg-hunting gear! Join the Easter Bunny and the Greater Springdale Jaycees for their annual Easter Egg Hunt at Ross Park. This free event is open to the public. Make sure to bring a basket for your children to collect their prize-filled eggs.

Arbor Day Ceremony
Friday, April 29
4:00pm
The Springdale Parks and Recreation Department in conjunction with the Public Works Department will plant a tree on the Community Center grounds to celebrate Arbor Day and the City’s status as a Tree City USA.

Bicycle Safety Program
Kickoff - Saturday, May 14
10:00am - 4:00pm at the Community Center
The Parks and Recreation Department, in conjunction with the Police and Fire departments, will sponsor the Bicycle Safety Program Kickoff Event at the Community Center. Free bike helmets and bike lights will be given away with each bicycle registration. Antique bikes will be on display. Free hot dogs and soft drinks will be provided! The Ohio Department of Transportation’s Orange Barrels will also be on hand distributing safety literature. Bicycle inspections, registration and safety instruction will be offered at this event. Bicycle registration will also be available at the following locations throughout the summer:

June 4
9:00 am - 11:30am Heritage Hill Elementary
1:00pm - 2:30pm Glenview Subdivision (gazebo)
3:00pm - 4:30pm Knolls Condos Clubhouse

June 11
9:00am -10:30am Underwood Park
11:00am - 1:30pm Mallard Lakes (office)
2:30pm - 4:00pm Cameron Park

June 25
9:30am - 12:30pm Beacon Hills Park
1:30pm - 3:30pm Colony Apartments

Questions? Call 346-3910
Spirit of Springdale Festival
July 3 and 4  5:00pm - 12:00am
Rides! Games! Music! Parade! Food!

Join your friends and neighbors at the Spirit of Springdale Festival! The parade starts at 6:00pm and fireworks begin at 10:00pm on Monday, July 4. Free shuttle bus service is offered from Springdale neighborhoods.

Are you or an organization you are involved with interested in renting a booth for the Festival or participating in the parade? Contact the Parks & Recreation Department for more information.

Community Pride Yard Sale
August 13  10:00am

Clean out your attic, basement and garage! Sell your unwanted items at this popular event! Residents may reserve a booth by coming to the Community Center and paying the $10 rental fee. Watch for a special mailing with more details!

Ray Manis Memorial Men’s Softball Tournament
July 9-10

Some of the finest softball action in greater Cincinnati takes place right here during the 28th Annual Ray Manis Tournament. This double-elimination tournament is great to play in with friends, as well as fun to watch.

Women’s USSSA Qualifier Softball Tournament
July 23-24

Thirty-six of the best women’s slow pitch teams will compete in three divisions. The top teams qualify for state and regional championships. Come enjoy the games, food and drinks.

Ladies Day At The Pool
Wednesday, August 31
12:00 - 3:00pm

Adult members and a guest are invited to enjoy a relaxing afternoon at the pool without the children. Bring your floats, coolers, and even a water pistol for a fun afternoon.

Goldfish Swim
Saturday, September 3  12:00pm

Join us for a fun time as we release over 1,000 goldfish into the pools! Children take home all of the fish they catch! Pool members may enjoy this fun activity at no charge. Children with Activity or Fitness memberships or guests of members may pay $1.25 to participate. Remember a container to take home your new pets!
Check Out 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 7 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 utilizing the indoor Community Center facilities.

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.
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

Saturday
9:30am - 12:30pm
Sunday
5:30pm - 8:30pm
Monday & Wednesday
10:00am - 1:00pm
Tuesday & Thursday
9:30am - 1:00pm
Monday - Thursday
6:00pm - 9:00pm
Friday
Closed

Fees

$2 per child per hour
$1 each additional child (in same family) per hour

Ballet & Jazz

An introduction for children ages 3 & up to the world of ballet, tap and jazz dance. Classes will meet the needs of students at each stage of development.

Saturday
3 year olds 1:15pm - 1:45pm
4-5 year olds 1:45pm - 2:30pm
6-9 year olds 2:30pm - 3:15pm
13 year olds 3:15pm - 4:30pm

Instructed by Carolyn Olson, 573-0723

Fee: 3 year olds - $6
     4-7 year olds - $7
     8 & up - $8

Questions? Call 346-3910
Teen Night
At The Pool

Friday, June 17
Friday, August 19
7:00pm - 10:00pm

Whether you come with your friends or come to meet new friends, you'll have a blast! Youth age 12 - 17 can enjoy a night of music, dancing, games, and swimming at the pool. Soft drinks and pizza are provided by S.T.A.F.F. As this is a pool party, swim attire is required to enter the pool area, members must bring their membership cards, and all pool rules pertain. Springdale teens may each bring one guest. Tickets are $2 and are limited to the first 200 teens.

Get your Kicks out of 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
Time: 7:30pm - 9:00pm
Instructor: Manuel Byers, Jr., 478-8800
Fee: $40 annual fee plus $30/month

Tennis Lessons

Get out and learn a great new sport! Group tennis lessons are a fun way to start a new game or improve your skills. Lessons are offered June 15 - July 20 for children 6 & older.

Day: Wednesday (6 week session)
Beginners - 6:00pm - 7:00pm
Advanced I - 7:00pm - 8:00pm
Instructor: Lillie Mack,
742-2164
Fee: $20

S.T.A.F.F. - Springdale Teens Adventuring For Fun

The Springdale Teens Adventuring For Fun is an organized group comprised of teens 6th grade - 17 years of age. Activities and events are run by teens with the guidance of Springdale Community Center staff and parent volunteers. The group 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.

Their mission is to serve the community by sponsoring projects and providing manpower for community programs and events and to organize fun activities and outings that appeal to the interest of teens. S.T.A.F.F. has events and outings year round. If you are looking for fun activities, a way to meet new friends, and an opportunity to serve the Springdale community, come see what S.T.A.F.F. is all about.

Community Center members currently in the sixth grade or above can join S.T.A.F.F. The cost is $5, which includes a S.T.A.F.F. T-shirt. You'll be added to the mailing list for all upcoming events and activities.

For information contact Springdale Parks & Recreation at 346-3910.

Adult Volunteers Needed

We need adult volunteers to help plan and chaperone such events as Teen Pool Parties and S.T.A.F.F. outings. Contact Parks & Recreation at 346-3910 to see how you can become involved.
WANTED

Referees & Umpires
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.

Coaches
We need adult volunteers to coach our youth sports teams! Sign up to help any time. Dedicated volunteers help ensure we are able to have a team.

Springdale Youth Boosters
The Springdale Youth Boosters support Springdale's youth sports activities by providing for league, official, uniform, and award fees. 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 would like to volunteer for any of the activities throughout the year, please call the Parks & Recreation Department.

Sailfish Swim Team
Register Sunday, May 15 4:00 pm - 7:00pm

The Sailfish Swim Team is a recreational team that belongs to the Northern Suburban Swim League. Swim meets are on Tuesday and Thursday evenings. Practices are Monday through Friday mornings. The season runs June through July. All children 6-18 years old who enjoy swimming are welcome to join us for lots of fun and great exercise!

Fees: $45 per swimmer and $30 for each additional swimmer in the same family. There is a $5 late fee if registration takes place after May 15.

For more information on the Springdale Sailfish Swim Team, call Russ Miller at 851-9693.

All Youth Program Participants must possess a 2005 membership at the time of sports sign-ups.

SCORE WITH FALL SOCCER

Instructional Soccer
Introduce your child to soccer in this new league! Instructional soccer teams play in a positive, relaxed setting. Children ages 4 - 6 by July 31, 2005 are eligible to participate.
Fee: $20 until May 31

U.S.Y.S.A. Soccer
Springdale Parks & Recreation is a part of the North Northeast Soccer League - a recreational league that encourages participation and good sportsmanship. Children must be at least 6 years old by July 31, 2005 to participate on a soccer team.
Fee: $40 until May 31

Register Saturday, May 14 10:00am - 2:00pm
Springdale Community Center

Registrations will be accepted until May 31. Beginning June 1, a $5 late fee will be added to all registrations, and placement on teams cannot be guaranteed. Additionally, late registrations may be subject to additional charges for special order uniforms.

Questions? Call 346-3910
**Play a Sport?**

**Mixed Couples Softball League**
Get together a team of your friends and neighbors and join us on Tuesday evenings for our recreational mixed couples softball league. Sign-ups will be taken until March 31 for both resident and non-resident teams. League play begins in late April and ends in late June.

**Adult Tennis Lessons**
Learn the basics, or improve your game with group tennis lessons. The session dates are June 15- July 20. Classes meet on Wednesdays from 8:00pm-9:00pm. The fee is $25. Contact instructor: Lillie Mack at 742-2164 for more information.

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**Racquetball, Anyone?**

**Racquetball Leagues**
Looking for someone to play racquetball? All levels compete in this round-robin league. Match days and times are determined by you! Co-ed spring and summer leagues are offered. All participants must have a Racquetball Membership to play in the league. Contact Parks and Recreation for additional information.

**Racquetball Instruction**
Learn the basic shots and rules of racquetball with Jerry Allen. Lessons are open to members 12 years old through adult. Classes meet for 6 weeks on Saturdays from 10:00-11:00am. The session runs for 6 weeks and is free of charge. Protective eyewear and a racquet are required.

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**Senior Activities**

**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 morning socials, held every Tuesday at 9:30am, at the Springdale Community Center. Meetings are held at 12:00pm on the 2nd and 4th Tuesdays of each month. The group also hosts several parties a year!

**Hot off the Press - Take a Trip!**
The Springdale Senior Citizens are planning their trips for 2005! Pack your bags - in May, there will be an overnight to Grand Victoria Casino! Price includes transportation, lunch, dinner, breakfast, hotel and baggage service to room. For more information call 825-8020. There will be several day trips and possibly another overnight trip. Look for more information on the bulletin board in the Community Center.

**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 12:00pm. Stop by the Fitness Center and ask about this program or just stop to take part in the fun!
Sign-up for a class or program!

Aquatic Exercise
This refreshing class is easy on the body and fun for everyone!
Days:
Wednesday, 6:45pm-7:45pm
Saturday, 10:00am-11:00am
Instructor: Patricia Cox
385-6111
Sessions: June 22-July 16
July 20-August 13
Fee: $32/session (8 classes); $6/walk-in

Body Sculpting
Body Sculpting combines flexibility and cardiovascular conditioning set to the latest music.
Day/Time: Friday 6:00pm - 7:00pm
Instructor: Elaine Smith, 575-1620

Cardio Kickboxing
This high intensity workout combines aerobics, cardiovascular and body toning while incorporating self-defense tactics.
Days: Tuesday 7:30pm - 8:30pm
Thursday 5:30pm - 6:15pm
Saturday 11:00am - 12:00pm
Instructor: Dave Seiwert, 825-7449
Fee: $33/4-week session; $60/8-week session.
$5/class for walk-ins.

Craft Class
For ages 8-98 years old (fun for all ages)
March - Shrink Plastic Fun
Make bracelets, pins and charms using shrinky dink.
April - T-Shirt Decorating
Bring in a plain white t-shirt to decorate using fabrics, paints and jewels.
June - Rock Painting
Turn various size rocks into villages, bugs and play food.
July - Fantastic Pins
Make a variety of pins using beads, fabrics and wood shapes.
Day/Time: Monday, 7:00-8:30pm
Instructor: Susan Yarbrough, 851-0844
Fee: $5/class

Jazzercise
Jazzercise is a blend of jazz dance and exercise set to your favorite music. Join your friends and neighbors in the fun & upbeat class. Your first class is free!
Days:
Mon, Wed
6:00 - 7:00pm
Thursday
6:30 - 7:30pm
Tues, Thurs
9:30 - 10:30am
Saturday
9:30 - 10:30am
Instructor: Elaine Smith, 575-1620
Fee: Contact instructor for fee options

Questions? Call 346-3910
Slimnastics
Slimnastics is a basic fitness class for women. It's a great opportunity to increase flexibility while meeting new friends and catching up with old friends!
Days/Times: Monday, Wednesday & Friday
9:00am - 10:00am
Instructor: Sue Smith
Fee: No charge

Wushu
Unlike other popular fighting styles, Wushu epitomizes the “art” in martial arts; it is non-contact and non-combative.
Day/Time: Sunday 1:30pm-3:00pm
Instructor: Dave Seiwert, 825-7449
Fee: $25/month

Yoga Lite
Yoga Lite is an enjoyable, beginning yoga class for all ages, sizes and shapes. Yoga postures, stretching, centering, breathing techniques, and deep relaxation will increase your strength and flexibility, balance and coordination, and self-awareness. Guaranteed to leave you calm in body, mind and spirit!
Instructor: Mim Gieser, 522-1123
Day/Time: Monday 10:30-11:45am
Fee: $60 for six week pass
$12 for walk-ins

We Need Class Instructors!
If you have a special talent that you would like to teach to others, please call Parks & Recreation at 346-3910.

How To Kill A Class
Nothing kills a potentially great class or program better than waiting until the last minute to register! Sign-up early for the programs you are interested in...encourage a friend to attend with you! If there aren't enough registrations by a certain date, some programs may be cancelled.

Don't kill the class! Sign-up early!

Community Health & Wellness Series
Are you interested in improving your health, but need ideas and motivation to get started? We’ve got the series for you! Parks and Recreation, in conjunction with the Springdale Health Department, is offering a bi-monthly speaker series that will talk about health issues that affect most of us in our daily lives. These seminars are free and open to the public.

Are You Stressed?
April 7 12:00pm
Feeling stressed? Need to relax? This program will help you identify common stress-related signs and symptoms as well as develop ways to manage conflict and develop a personal stress management plan. Bring a brown bag lunch and develop a personal stress management plan with Joan Wyler from Norcen Behavioral.

Nutritional Power for Kids
June 16 7:00-8:30pm
An event for parents and children. Children will split from their parents and participate in an interactive learning session while parents will have an informational style meeting. The two will join and have further discussion. This seminar is presented by Suzanne Hopper and Lauren Niemes from the Nutrition Council of Greater Cincinnati.

Nutrition 101
August 25 7:00-8:30pm
Figuring out what to eat can be confusing these days. Learn the basics of nutrition science and disease prevention from an expert. Learn how to use the new Food Guide Pyramid and the food label to make healthy food choices. Presented by Suzanne Hopper and Lauren Niemes from the Nutrition Council of Greater Cincinnati.

Additional programs will be offered this fall. Check the Fall/Winter Program Guide for details.
Announcements

**Got Photos?**

Do you have a picture of someone you know enjoying the Community Center or one of the parks? Got a cute shot of your kid participating in a Parks and Recreation sponsored activity?

If so, drop off a copy to us at the Community Center, or e-mail it to sccrec@springdale.org and we may use it in our next program guide! All pictures must be recent, and contain appropriate material. Please include your name and phone number, as well as the detail of the photo.

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**Special Thanks**

To the following volunteer coaches who so generously gave of their time and talents this fall and winter to assist with the youth sports teams. All head coaches were certified by the National Youth Sports Coaches Association (NYSCA). Additionally, this winter the department initiated an application process, including a comprehensive background check. All head and assistant coaches must have passed to be able to coach in Springdale. The background screening is a process that will be repeated for any individual wishing to coach on an annual basis.

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**Fall Soccer**
Kelly Garrison*
Chuck Maney*
Beth Wells*
Kathy Davis*
Rick Snider
KT Russell*
Chad Russell
Holly Emerson*
Nancy Galster
Daniel Grubich
Rick Burt*
Rob Ammon
Elizabeth Wells*
Jeff Martin*
Ron Brooks
KT Russell*
Chad Russell
Craig DePeel
Craig Bricking*
Jeff Hail
Ryan Krause*
Otis Pollard
Tim Miller
David DeArmound*
Gary Schriefer*
Dave Gillisple
Rob Ammon*
Clifford Smith
Bill Leach*
Kevin Wilder
Ken Austin Sr
Rich Bauer*
Grant Brookover
Rob Audretch*
Jeff Bickell
Marie Lawson*
Christopher Lewis*
Chad Kelsay
Ed Rinck*
Dave Kamerer
Matt Rinck
Scott Baker*
Dan DiMarco*

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**Cheerleading**
Troy Lambert*

**Youth Volleyball**
Pat Salatowski*
Joe Boggs
Michelle Miller*
Marcie Diehl*
Amanda Buchanan
Otis Pollard

**Teen Volleyball**
Joe Boggs*
Debbie Boggs
Cathy Kauffman*
Michelle Miller
Jeff Kent*
Jane Miller

* indicates head coach

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**Get Involved!**

Ohio Parks & Recreation Association & American Cancer Society Program Partnership Seminar
Wednesday, March 30, 2005
10:00 am - 2:00 pm
Springdale Community Center

Come and learn about the many program partnership opportunities that are available in your community through your local ACS office! The topic for this free seminar will be *Worksite Health Promotions and Sun Safe Initiatives*. Lunch will be provided by the American Cancer Society.

If you are interested in attending, please RSVP to Springdale Parks & Recreation by March 22. CEU's will be available for this seminar.
Check out our Year In Review!
# Parks & Recreation Calendar of Events

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<td>Lions Club Pancake Breakfast</td>
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<td>Easter Egg Hunt-Ross Park</td>
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<td>Easter - CLOSED</td>
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<td>11</td>
<td>Swim Lesson Sign-Ups Begin</td>
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<td>Swim Team Sign-Ups</td>
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<td>28</td>
<td>Pool Opens</td>
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<td>Memorial Day - Open 1:00pm - 9:00pm</td>
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<tbody>
<tr>
<td>13</td>
<td>Swim Lessons Start - 1st Session</td>
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<td>15</td>
<td>Tennis Lessons Begin</td>
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<td>3-4</td>
<td>Spirit of Springdale Festival</td>
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<td>Independence Day - Open 1:00pm - 5:00pm</td>
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<td>9-10</td>
<td>Ray Manis Men's Memorial Softball Tourney</td>
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<td>18</td>
<td>Swim Lessons Start - 2nd Session</td>
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<td>23-24</td>
<td>Women's USSSA Softball Tournament</td>
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<td>Goldfish Swim</td>
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<td>5</td>
<td>Labor Day - Open 1:00pm - 9:00pm</td>
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</tbody>
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For information on any programs or facilities, contact Springdale Parks & Recreation at
Phone: (513) 346-3910
Fax: (513) 346-3925
web: www.springdale.org
e-mail: sccrec@springdale.org

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Springdale Parks & Recreation
11999 Lawnview Ave
Springdale OH 45246