Springdale Parks & Recreation
August 2006 - March 2007
Springdale Parks and Recreation invites you to visit the Springdale Community Center and your neighborhood parks to take advantage of the many leisure opportunities available to you!

The Parks and Recreation staff is excited about the many new and exciting activities happening at the Community Center. I'm sure the following pages will include an event, activity or program that suits your interests and needs. It is our constant goal to provide leisure opportunities for toddlers through our most senior members.

We have welcomed many new members this year, including nearly 500 new seniors! An entire program of activity has been developed to serve this population.

Construction has begun on a Senior Activity Room and the enlarging of meeting rooms A, B, and C. This project is funded partially through a Community Development Block Grant. The project will not only provide an area dedicated to the use of seniors, but will also provide more spacious meeting rooms with improved amenities including counter space, sinks and refrigerators.

Please plan to attend one of the many events marking the Springdale's Bicentennial. There's a month of fun activities for residents of all ages. Be sure to check out page 21 for information. We look forward to seeing you at these special ones in a lifetime events.

Our goal is to improve our services to you in any way we can. We welcome your questions, concerns and suggestions. Stop by the Community Center, we look forward to seeing you!

Sincerely,
Greg Karle
Parks & Recreation Director

Gift Certificates Available!
Looking for a great gift idea for the holidays? Community Center gift certificates are available for all memberships. Show a special family or individual how much you care with a 2007 Community Center membership. Recipients must meet eligibility requirements. Call or stop by the Community Center for more details.
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.

Don’t Miss Any of These Fun Guide Pages!

<table>
<thead>
<tr>
<th>Facilities</th>
<th>Adult &amp; Senior Programming</th>
<th>Athletic Programs</th>
<th>Youth &amp; Teen Activities</th>
<th>Special Events</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>11</td>
<td>16</td>
<td>18</td>
<td>20</td>
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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!

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.
### 2006 Membership Cards Expire February 28, 2007

*Pick up a membership application at the Community Center.*

<table>
<thead>
<tr>
<th>Type</th>
<th>Family Rate</th>
<th>Individual Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>By 2/28</td>
<td>After 2/28</td>
</tr>
<tr>
<td><strong>Activity Membership</strong></td>
<td>$25.00</td>
<td>$30.00</td>
</tr>
<tr>
<td>Includes use of the gymnasium, game room, track, tennis courts, computer lab, and eligibility for youth and adult sports programs.</td>
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<tr>
<td><strong>Fitness Membership</strong></td>
<td>$50.00</td>
<td>$55.00</td>
</tr>
<tr>
<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>
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<tr>
<td><strong>Pool Membership</strong></td>
<td>$90.00</td>
<td>$95.00</td>
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<tr>
<td>Includes use of the pool and all facilities listed under Activity and Fitness Memberships.</td>
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<tr>
<td><strong>Racquetball Membership</strong></td>
<td>$25.00</td>
<td>$30.00</td>
</tr>
<tr>
<td>Must have Activity, Fitness or Pool Membership to purchase Racquetball Membership.</td>
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<tr>
<td><strong>Senior Citizen Membership</strong></td>
<td>Complimentary</td>
<td>Complimentary</td>
</tr>
<tr>
<td>Any resident senior citizen 62 years of age and older and their spouse receive a complimentary Pool Membership.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Business Membership</strong></td>
<td>$200.00</td>
<td>$200.00</td>
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<tr>
<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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### 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.
Community Center Information

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
December 24 ..................1:00pm - 5:00pm
December 31 ..................1:00pm - 5:00pm

The Community Center will be closed in observance of the following holidays:
November 23, Thanksgiving
December 25, Christmas Day
January 1, New Year's Day

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.

Parks & Facility 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 onto 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 of age or older.

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

Adults age 18 and older that are interested in a quieter environment to play pool will enjoy the adult game room. There are two billiard tables in the room.

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.

Batting Cage and 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. Please note, due to construction, the batting and golf cages will not be available until mid-November.

Computer Resource Library

Members of any age may use one of the 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; however, we ask that you provide your own paper. Members must sign in with their card to use this room.

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. The game room also contains two pay-to-play pool tables, arcade games, a television, as well as tables and chairs.

Racquetball and 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 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 provide equipment including eyewear.

Saunas

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

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.
**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 implanted pacemakers should not have their body fat tested.

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**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 by filling out a nomination form in the fitness center.

Congratulations to the **Members of the Month** this past spring & summer!

- **March**  John Campbell
- **April**  Nancy & Shoney Vonderhaar
- **May**  Marvin Bulloch
- **June**  Cynthia Borden
- **July**  Tim Thurman
- **August**  Donnie Riley

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**Fitness Center Features**

- Arc Trainer
- 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.

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**FITNESS CENTER HOURS**

<table>
<thead>
<tr>
<th>Day</th>
<th>Hours</th>
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<tbody>
<tr>
<td>Monday-Thursday</td>
<td>6:00am - 10:00pm</td>
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<tr>
<td>Friday</td>
<td>6:00am - 9:00pm</td>
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<tr>
<td>Saturday</td>
<td>9:00am - 5:00pm</td>
</tr>
<tr>
<td>Sunday</td>
<td>1:00pm - 9:00pm</td>
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**How do I get started?**

The Fitness Center staff will provide a required 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.

**Take Advantage of Personal Training**

Being a Fitness Center member has many added benefits. Set up an appointment to have one of our staff evaluate your current program and receive the individual attention you need to enhance your current routine. This is a complimentary service.

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**Attention Runners and Walkers!**

Put on your running shoes! Whether you run or walk for health or for fun, keep track of your miles! Members who accumulate 500 or more miles during the year 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!

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**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 equipment after use.

Athletic shoes and shirts must be worn.
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.

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.

Renovation Note: Due to construction, rooms A, B, & C will not be available for rental until mid-November.

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!

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 four (4) hours.

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.
Enjoy the 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 prior to your event.

Experience the 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.

Make the Most of the Courts!

Tennis, Basketball & Sand Volleyball

Enjoy the autumn 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 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.

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 staff 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 horseshoes to enjoy an evening with your friends.
There's a park near you!
Get out this fall and enjoy all they offer!

BEACON HILL PARK
Located at the end of Weymouth Court. Facilities include a playground, Larry Packer Memorial Soccer Field, portable restroom and a water fountain.

CAMERON PARK
Located on Cameron Road. Facilities include a grill, picnic table, portable restroom, water fountain, playground, basketball goal, and soccer field.

ROSS PARK
Located on Lawnview Avenue. Facilities include a grill, picnic tables, playground, portable restroom, water fountain, basketball goal, soccer field, and wildlife observation area.

UNDERWOOD PARK
Located off Rose Lane at Observatory Drive. Facilities include picnic tables, water fountain, playground, and basketball goal.

CHAMBERLAIN PARK
Located off Marwood Lane behind The Willows Apartments. Facilities include picnic tables, grill, water fountain, playground, basketball goal, and lots of green space!

GLENVIEW PARK
Located at Glensharon and Sharon Roads. This park offers a passive setting with no facilities.

Just a few 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.

POOL NOTES!
Last day for regular pool hours is Sunday, August 27.

Ladies Day at the Pool
Wednesday, August 30
12:00 - 3:00 pm
Adult members and a guest are invited to enjoy a relaxing afternoon at the pool without the kids! Bring your floats, coolers and water toys for a fun afternoon!

Goldfish Swim
Saturday, September 2
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. Activity or Fitness members may pay $1.25 to participate. Remember a container!

Labor Day Weekend Hours
Saturday TBD - 6:00 pm
Sunday 1:00 - 8:00 pm
Monday 1:00 - 8:00 pm

Thanks for a great summer!
Sign up for Adult and Senior Activities!

Art Classes

Bob Ross Painting with Verna Akin
Don’t miss the chance to learn from a fabulous artist and teacher, Verna Akin. If you ever thought about learning to paint and were hesitant to try this is your chance! You will learn how to paint landscapes, wildlife and florals with ease. Choose one or more classes from the following dates: 9/12, 10/10, 11/14 or 12/5. Students must supply 1-roll of paper towels, 1-tub of baby wipes and 1-16x20 stretch canvas. This class will meet in the Arts and Crafts room on Tuesdays from 10:00 am - 12:00 pm. Fee is $40 per class and registration is required. Call 346-3910 to register.

Cards & Games

Bridge
If you like to play bridge, a variety of opportunities are available to SCC members:
Duplicate Bridge is played on Mondays from 12:30-4:00 pm; contact Lew Chizer at 812-637-1441.
Party Bridge is available on Tuesdays from 12:30-4:00 pm; contact Barb Slaughter at 772-2302 for more information.

Canasta
Anyone interested in playing Canasta? Our canasta group is meeting on Thursday afternoons at 1pm.

Euchre
Join this spirited group for a fun game of Euchre on Fridays from 1:00-3:00 pm. Contact Jo Ann Frech at 671-6663 for more information.

Pinochle
Stop in Mondays from 1:00-4:00 pm for a casual game of cards.

Oil Painting
Oil painting on Wednesdays from 10:00 am-2:00 pm. Bring your own supplies and enjoy painting with friends. Bring a bag lunch. Drinks available from the vending machines.

Watercolor
Watercolor classes with Frank Martindell on Mondays from 1:00-3:00 pm. Enroll in this 10 week session starting September 11 for a fee of $55 by calling 346-3910.

Introduction to Calligraphy

Tuesdays, September 26 - October 10
7:00-9:00 pm
This is your chance to take a class that will provide a basic introduction to calligraphy. Our instructor, Jim Bennett has been teaching calligraphy for nearly 30 years. He has taught at every level from kindergarten through college and has introduced more than a thousand people to calligraphy. He believes that calligraphy is an art form that anyone can learn.
The first session will cover the materials a student will need (approximate cost $15) and the shapes of the letters in the Italic alphabet. The second session will be about how to use a calligraphy pen to letter. The third session will present information about the many things that can be done with calligraphy and how a person can continue to develop his or her skills. Fee: $20

Ceramics
Ceramics is a fun class where you’ll meet new people and start a new hobby. Students provide greenware, the instructor provides the rest!
Day/Time: Wednesdays 6:30-9:30 pm
Instructor: David Howard, 825-0275
Fee: $5/class-res; $7/class- non-res
Corn Hole
If you enjoy playing corn hole stop by the Center for a game or two on Wednesdays from 12:30-3:00 pm. Games are played in the auxiliary gym.

Alzheimer’s Disease
Thursday, December 14
1:00-2:00 pm
The Alzheimer’s Association will be at the Center to help us learn about the disease, the Association, facts, programs, resources, and the latest research. Please register by calling 346-3910.

Active for Life
Begins Wednesday, September 27
10:00 am
Would you like to feel better, stronger and more energetic? Would you like the possibility of reducing the amount of medication you take for diabetes and cholesterol? These are specific changes that have been observed by graduates of the national Active for Life program! The Robert Wood Johnson Foundation funds the partnership between The Council on Aging of Southwestern Ohio, The Hamilton County Health District and The Health Alliance to bring us Active for Life. There are 13 sessions to attend, one each week, that are designed to be group discussions on various topics that will teach you lifestyle skills to help you become more physically active. You’ll learn:
- How to fit physical activity into your busy schedule
- Identify and overcome barriers to physical activity
- Set realistic goals
- Build social support
- Increase self-esteem
- Get and stay motivated

The cost is only $15 and you receive a workbook and step counter. Call us to find out how to register for this life changing program!

Blood Pressure Checks
There will be free blood pressure checks every 3rd Tuesday from 10:00 am - 12:00 pm.

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

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

Share Your Voice! Join the Participants Council
In order to offer the very best adult and senior programs and activities for our members, we have organized a Participants Council. The function of this group is to provide staff with ideas for programs, activities, speakers and topics. The exact duties of the council will be determined with the group’s input. Those that serve on the council may be asked to head other specific committees that are needed. We are meeting monthly to plan for upcoming programs and special events.

In order to serve, you must be a Springdale Community Center member, individual, family or senior, and plan to take part in the programming. Sound interesting?

Come to the meeting Thursday, September 14 from 9:00-10:00 am. We are planning for some exciting Activities and special events in the near future. Join in the fun! Please register for this meeting at the front desk or by calling 346-3910.
Chito-Ryu Karate
Chito-Ryu Karate is a traditional martial art comprised of strikes, kicks, blocks, throws and holds.
Days/Time: Monday, Wednesday & Friday 7:30pm-9:00pm
Instructor: Manuel Byers, 478-8800
Fee: $40 annual fee plus $40/month

Functional Strength for Mature Adults
This FREE class focuses on improving your strength to help you safely perform the activities of daily living with improved balance and stability. Whether lifting a bag of groceries or standing up from a chair, every task depends on functional strength for successful execution. Class meets Tuesdays & Thursdays from 11:00-11:30 am.

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! Contact instructor for fee options.
Days:
Mon, Wed - 6:00-7:00 pm
Thursday - 6:30 - 7:30 pm
Tues, Thurs, Sat - 9:30 - 10:30 am
Instructor: Elaine Smith, 575-1620

Let’s Get Fit
There are many benefits associated with this class including working major muscle groups to increase strength and flexibility, improving strength for daily living, reducing the risk of falls, reduces stress, enhances muscle and endurance. The class follows a video “Resisting Muscle Loss” offered by the Hamilton County General Health District. The free class is offered Monday and Wednesday mornings from 10:30-11:30 am.

Line Dancing With the Helts
This class is a great way to exercise and have fun at the same time! If you can stand, walk, move from left to right and enjoy a variety of music, this class is perfect for you! Wear comfortable soft soled shoes and enjoy learning how to line dance! Call 346-3910 to sign up.
Days/Time: Monday 1:00-2:00 pm
Fee: $3 per class.

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 9:00-10:00 am
Instructor: Sue Smith
Fee: No charge.

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, coordination, and self-awareness. Guaranteed to leave you calm in body, mind and spirit!
Instructor: Wini Denny, 779-9430
Day/Time: Friday 10:30-11:30 am
Fee: $24/4 class session

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 9:30am at the Springdale Community Center. The group participates in Chair Exercises every Tuesday at Noon and also hosts several parties and trips each year.
Social & Educational

Book Club with Betty Franz
If you like to read and discuss books join this group on the second Monday of the month at 1:00 pm. The club is free and all books are available at the public library. Call Betty Franz for more information at 874-1543.

Introduction to the Internet
Begins Thursday, September 28
1:00 - 3:00 pm
Have you been wondering about the phenomena known as the internet? Do you want to “get connected”? Join our instructor, Jerry Pietch as he explains what the internet is and how to use it. Learn the lingo of the net and how to use your computer to connect to the information highway. You will learn how to set up an e-mail account and send and receive e-mail. Cost is $30 per person for the four week session payable to the instructor at the first class. Jerry generously donates his fee to the Maple Knoll Village Benevolent Fund. Enrollment is limited to six (6) participants, so call 346-3910 to reserve your spot!

Investment Club
All adult and senior members are invited to join this group and learn about investing and the stock market. Classes meet from 9:30-11:30 am the second Friday of each month. For more information, contact Marty Blue at 874-8321 or Lesly Sedlitz at 825-2251.

New Horizons
Attention Single Seniors! Looking for something fun to do? This group enjoys a meal together at a local restaurant and returns to the Community Center to play cards. The group meets on the second and fourth Saturday of the month. Contact Jo Ann Frech for more information, 671-6663.

Silver Screen Classic
Second Thursday of the Month
Grab a brown bag lunch to eat with your friends at the Community Center, then head for Showcase Cinemas to see a Silver Screen Classic - classic movies from the 30’s through the 80’s. For just $1 you get admission to the movie, popcorn, drink and a cookie! Marge Rowley is our hostess for this fun event! September’s Classic is the 1948 musical, When My Baby Smiles at Me, starring Betty Grable and Dan Daily. Call the Center at 346-3910 to register and to inquire about the other films featured through December.

Special Events

Identity Theft
Friday, September 22 10:30 am
Is someone using your personal or financial information for their personal gain? What can you do about it? Officer Dave Buschmann of the Springdale Police Department will talk about identity theft and provide tips on how to avoid becoming a victim and what to do if someone does use your information.

Naturalist Visit
Thursday, September 28 10:30 am
Join us when Jen Hilbert, a naturalist with the Hamilton County Park District, visits the Community Center. Jen will be sharing her favorite program with us! Please register at the front desk or by calling 346-3910.

Safe Holiday Shopping
Monday, November 20 10:30 am
The holiday season will soon be here and everyone will be out shopping for gifts for their loved ones. Officer Dave Buschmann of the Springdale Police Department will be presenting safety tips and advice on how you can help assure a safe and enjoyable holiday shopping experience.
Let’s Eat!

Grillin’ & Chillin’ Luncheon
Bee-Boppin ‘n Doo-Whoppin’
Through the ‘50’s

**Wednesday, September 20 10:00am – 2:00pm**

Our friends at the Council on Aging will be here for their annual luncheon. Come dressed in your ‘50’s attire...you know the poodle skirt, the T-shirt or the floodwater jeans – you got the picture! We’ll have music, games and candy of the ‘50’s!! Be prepared for fun and games!

Lunch will be burgers, red-skinned potato salad, fresh cucumbers and tomato salad, watermelon and cookies. Cost is $4 for members and $6.50 for non-members. Please register with payment by Wednesday, September 13. We’ll see you there, Daddy-O!

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Adult/Senior Holiday Dinner

**Saturday, December 2 4:30 pm**

The Holidays are a wonderful time to spend time with friends and enjoy all the traditional celebrations! We will be having our first Holiday Dinner at the Center and we would love for you to attend! We will have dinner and entertainment that will have the seasonal theme! Please check out the Senior Scoop or call the Center at 346-3910 as the date approaches for more information! The last day to register is Wednesday, November 22.

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Oktoberfest Luncheon
Thursday, October 26 11:30 am

Plan to celebrate Oktoberfest at this luncheon serving traditional German food and drink. Wear your lederhosen if you can find them! We'll have musical entertainment to tap our feet to! Cost is $6.50 for members and $9.00 for non-members and guests. Please register with payment by October 20.

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TRAVEL

Join Springdale Parks & Recreation and AAA as we take some incredible trips! Call for more information!

**Overnight Travel**

- **Boston and West Point**
  - October 23 – 29
- **Elk Viewing in Eastern Kentucky**
  - November 1 - 2

**One Day Trips**

- **Tall Stacks** Aboard the General Jackson Showboat
  - Friday, October 6
- **Glorious Fall Color** Aboard the Hocking Valley Scenic Railway plus Amish Cooking
  - Monday, October 30
- **Clifton Mill** is Ablaze in Holiday Lights with Dinner at Young’s Dairy
  - Monday, December 4
**3 on 3 Basketball**
The 3 on 3 basketball league will be offered Thursday evenings, January through March. Teams' rosters must consist of at least three Community Center members. Entries will be accepted until December 12. The cost is $50 per team which includes a T-shirt to be used as a uniform. In an effort to keep the league recreational, standings will not be kept, and no awards are offered.

**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 fall and winter leagues are offered. All participants must have a Racquetball Membership to play in the league. Contact the Parks and Recreation Department for additional information.

**Racquetball Instruction - FREE!**
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.

**Men's Open Gym Volleyball**
The men enjoy a night of drop-in volleyball on Tuesdays at 8:00pm beginning in January. Stop in at your convenience and play a couple of pick-up games. Members may play for free, guest fees apply for non-members.

**Women's Volleyball 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. Rosters are limited to 12 players.

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**SAY What?**

We've joined a new youth soccer league!

Springdale has joined the Soccer Association for Youth (SAY). There will be minor changes to the size of the field, size of the goal and the number of players on the field at the younger levels. Most games will be played on Saturday with a few exceptions. You will also notice that your away games are closer than in years past! The competition will include Sharonville, Evendale, Kings, Lakota, Loveland, North Sycamore, Sycamore, and West Chester.
Get your child involved in recreational Youth Sports!

WINTER

Basketball, Volleyball & Cheerleading

Register
Saturday, September 9
10:00am - 2:00pm

Basketball (November-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, 2006, and enrolled in school. Fee: $45

Youth Volleyball (December-February)
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. Fee: $20

Teen Volleyball (December-March)
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. Fee: $20

Cheerleading (December-February)
Children in 2nd through 5th grade will learn the basics of cheerleading and display their talents at the youth basketball games in Springdale. Fee: $20

SPRING

Baseball, Softball, Soccer & T-Ball

Register
Saturday, January 6
10:00am - 2:00pm

Knothole Baseball (April-July)
Minimum age to participate is 7 years old by April 30, 2006. Participants may not turn 18 years old before May 1, 2007. Fee: $45

Girls Softball (April-June)
Girls must be at least 7 years old but not have turned 15 years old by August 1, 2007. Fee: $45

SAY Spring Soccer (April-June)
Children must be at least 6 years old by July 31, 2006 to participate on a soccer team. Fee: $45

Instructional T-Ball (May-July)
Introduce your child to baseball and softball in this T-ball league! Teams play in a positive, relaxed setting with nearby communities. Children ages 5 - 7 by September 30, 2007 are eligible to participate. Fee: $25

YOUTH SPORTS PROGRAM PARTICIPANTS

All registrants must possess a 2006 membership at the time of winter sports sign-ups and a 2007 membership at the time of spring sports sign-ups.

Registrations submitted on or after October 1 (Winter Sports) and February 1 (Spring Sports) will be subject to the full registration fee, and placement on teams cannot be guaranteed. Late registrations may be subject to additional charges for special order uniforms.
Springdale Teens Adventuring For Fun is for teens 6th grade - 17 years of age. Activities and events are run by teens with the guidance of the Parks and Recreation staff and parent volunteers. The group is self-supporting, raising funds by selling concessions during basketball season. Their mission is to serve the community by sponsoring projects and providing manpower for community events. They also organize fun activities that appeal to teens. 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! The cost is $5, and includes a T-shirt.

**teen dances**

**Friday, January 12 & Friday, February 23**

9:00pm - 11:00pm

Whether you come with your friends or come to meet new friends, you'll have a blast! Dance to the sounds of a DJ at the Community Center while enjoying the soft drinks and snacks that are provided. Community Center members may each bring one guest. Members must bring their Community Center ID card, and guests must bring a photo ID. Tickets are $3, and are limited to the first 200 teens.

**Teen Night at the Rec**

**Friday, November 17**

9:00pm - 11:00pm

The Community Center will be open for youth to enjoy a great evening out. Group activities such as basketball, volleyball and wallyball will be offered, and the game room will also be open. Food and soft drinks are available free of charge. It's a great way to meet new friends and socialize. Community Center members may bring one guest for a cost of $1.25. Members must bring their Community Center ID card and guests must show a photo ID.

**Friday, December 15**

**Friday, February 9**

**Friday, March 16**

9:00pm - 11:00pm
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 while you utilize the Community Center.

Guidelines
In order to use Kids Corner, parents must be utilizing the indoor Community Center facilities.

1. There is a two hour limit.
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.
Junior Olympics
Saturday, September 9
Registration - 10:00am - 10:45am
Competition - 10:00am - 11:30am
Awards - 12:00pm (approx)

The Springdale Junior Olympics continues again this year! This free event consists of eight (8) competitive events for children ages 12 and younger. The event concludes with an awards ceremony and door prizes, including two (2) grand prizes!

Turkey Shoot
Sunday, November 19
2:00pm - 4:30pm

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 8th annual Turkey Shoot at the Community Center. Winners will be awarded in male and female categories divided from ages 5 and under to adults and seniors. The entry fee is two (2) non-perishable food items for the S.T.A.F.F. holiday food drive.

Halloween Carnival
Sunday, October 29
3:00pm - 5:00pm

Put on your most ghoulish or glamorous costume and join the Parks & Recreation Department celebrating 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 7. Participation is limited to the first 200 sign-ups.

Tree Lighting Ceremony
Sunday, November 26 7:30pm

The tree at the Municipal Building will be illuminated! The community is invited to the 11th Annual Tree Lighting Ceremony. Come celebrate the season with holiday carols and refreshments.

Springdale’s Gone Wild

Parks & Recreation will be offering free monthly educational programs for adults and children this winter about local nature. All classes will be held at the Community Center from 7:00-8:00pm with naturalists from the Hamilton County Park District.

Wednesday, December 6
Baty about Bats!

Tuesday, January 9
Wings Over Springdale

Tuesday, February 13
Scales and Slime, Oh My!

SYB Cinema Horseraces
Saturday, February 24 7:00 pm
(tentative date)

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 more information and tickets.
Parks & Recreation is proud to be involved with these Bicentennial Activities!

**Jim Cole in Concert**
*Saturday, August 26  7:00pm*

When recording artist Jim Cole performs at the Springdale Community Center Amphitheater, he’ll be close to his hometown of Lebanon, Ohio. At 14, that’s where he bought his first guitar at a shop that also sold paint and wallpaper. As he learned to play the instrument, he said his early music helped him cope with his teenage internal turmoil.

Reviews have compared him to the style and heartfelt presentation of James Taylor. Over the years, his music has resulted in at least five top singles. The concert is jointly sponsored by the Forest Dale Church of Christ and the City of Springdale.

**Old Fashion Days**
*Saturday, September 9*

- **Ice Cream Social**
  - 2:30 - 4:00pm
- **Antique Car & Bicycle Display**
  - 12:30 - 4:00pm
- **Skateboarding Demo**
  - 1:00 - 3:00pm
- **Big Band Concert**
  - 4:00pm

Join us at the Church of the Nazarene and Maple Knoll Village for a day filled with activities! Antique cars and bicycles will be on display, and there will be a skateboard demonstration on the church grounds. Cool off in the heat of the afternoon with an old fashion ice cream social.

To conclude the day, the focus will shift to Maple Knoll Village for a Big Band Concert. The Maple Knoll Big Band will perform the show to complete the sentimental journey.

**Business & Community Expo**
*Wednesday, September 13*

Springdale’s business community takes center stage when the Springdale Chamber of Commerce hosts this Expo at the Springdale Community Center. The event begins with a luncheon from 11:30am - 1:00pm featuring Wayne Krivsky, the General Manager of the Cincinnati Reds. The luncheon is $25 per person.

Following the luncheon, area businesses will showcase their products and services during an expo that will last until 5 p.m. Admission to the expo is free.

For luncheon tickets, stop by the Community Center or call the Springdale Chamber of Commerce at 346-5712. The event is sponsored by the City of Springdale, LifeSphere/Maple Knoll, National City Bank and North Side Bank and Trust Co.

**Flower & Quilt Show**
*Friday, September 15 2:00-8:00pm
Saturday, September 16 10:00am-5:00pm
Sunday, September 17 1:00-5:00pm*

The Springdale Garden Club is calling for entries in its judged flower show. Entitled “Industry Plus Beauty Equals Progress,” the show will showcase the area’s finest artistic designs and horticultural arrangements. Those interested in submitting entries for the show may contact Joan Knox at 674-7755.

Throughout Springdale’s history, the handcrafted quilts of the earliest pioneers warmed families on the coldest of winter’s nights. In tribute to the craftsmanship and durability of the quilt, often handed down through generations as a family heirloom, a major quilt show is being coordinated featuring both antique and newer quilts with a Springdale connection. If you have a treasured family quilt for the show, contact Mrs. Fisher at 825-9466.

**Taste of Springdale**
*Saturday, September 23  4:00pm - 11:00pm*

After a month of festivities marking the founding of Springdale, the bicentennial celebration will end with a spectacular aerial display by the famous Rozzi’s Fireworks at 9:00pm.

The Taste of Springdale Festival will feature a tempting selection of taste treats created by area businesses. Admission to the festival is free, with food selections at nominal costs so that participants can enjoy a variety of offerings. Hot air balloons will be displayed from 4:00 - 6:00pm. The Cincinnati Civic Orchestra will perform a concert from 6:30 - 8:30pm.
APPLY NOW
For Seasonal Employment!
Each year the Community Center hires a number of individuals as seasonal employees. The jobs include: Lifeguard/Swim Instructors, Gate Attendants, Concession Workers, and Park Maintenance. Competitive wages are offered. If interested in seasonal employment, please inquire at the Community Center after the first of the year.

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 Parks & Recreation.

Special Thanks to our Baseball, Softball, T-ball, & Spring Soccer Coaches:
Rich Bauer,
Shaun Brown,
Lisa Butler,
Lorenzo Cook,
Randy Danbury,
Holly Emerson,
Steve Galster,
Tina Grieshop,
Terry Houston,
John Reitter,
Pat Salatowski,
Rick Snider,
Kathy Sorrell,
Willis Stanley,
Dan Watts,
Beth Wells

Parks & Recreation Staff
Full Time Employees
Greg Karle, Director
Matt Beatty, Assistant Director
Sharon Casselman, Assistant Director
Jacqueline O’Connel, Assistant Director
Debbie Carpenter, Administrative Assistant
Marty Gargis, Adult/Senior Programmer

Part Time Employees
Facilities Supervisor
John Ramp
Customer Service Assistant
Tonya Cook, Cindy Huckins, Barb Kent, Kim Knapp, Doreen Monson, Lori Sellers
Secretary
Donna Lanter, Barb Post
Child Care Aide
Agnes Cupp, Myra Huber, Christine Runge
Fitness Instructor
Katie Osterbrock, James Smith, Joe Williams, Matt Wolff

City Officials
Mayor
Doyle Webster
City Administrator
Cecil Osborn
Asst. City Administrator
Derrick Parham
Clerk of Council/Finance Director
Ed Knox
President of Council
Kathy McNear
Vice President of Council
Tom Vanover
Council
Randy Danbury
Steve Galster
Margie Politt
Jim Squires
Robert Wilson

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

The Recreation Commission consists of five appointees by the Mayor. These members advise in developing and executing the city’s leisure services program. They meet September through May on the first Tuesday of each month at 7:00pm at the Community Center. You are invited to attend.
Upcoming Activities

For information on any of these programs, please contact Parks & Recreation at 346-3910 or sccrec@springdale.org.

August
23  Bicentennial Parade
26  Jim Cole Concert
30  Ladies Day At The Pool

September
2   Goldfish Swim
4   Labor Day - Holiday Hours
9   Junior Olympics
9   Winter Sports Sign-Ups
13  Business & Community Expo
15-17 Bicentennial Quilt & Garden Show
23  Taste of Springdale and Fireworks

October
29  Halloween Carnival

November
17  Teen Night at the Rec
19  Turkey Shoot
19  Family Movie Night
23  Thanksgiving - Closed
26  Tree Lighting Ceremony

December
6   Batty About Bats!
15  Teen Night at the Rec
24  Christmas Eve - Open 1:00pm - 5:00pm
25  Christmas Day - Closed
31  New Years Eve - Open 1:00pm - 5:00pm

January
1   New Years Day - Closed
6   Spring Sports Sign-Ups
9   Wings Over Springdale
12  Teen Dance
21  Family Movie Night

February
9   Teen Night at the Rec
13  Scales & Slime, Oh My!
23  Teen Dance
24  SYB Cinema Horseraces (tentative)
28  2006 Memberships Expire

March
16  Teen Night at the Rec
18  Family Movie Night