Springdale Parks & Recreation

FUN GUIDE

Summer 2008

Your Guide to News, Projects & Fun!

It's Pool Season!

- Swim Lessons
- Family Fun Days at the Pool
- Teen Pool Parties
- Aquatic Exercise

New Activities & Programs

- Grill 'n Go
- Drop-In Adult Sports
- Family Geocaching

Great Summer Events

- Hometown Family 4th
- Community Pride Yard Sale
- End-of-Summer Cruise-In

Creating Community Through People, Parks & Programs
Welcome

Summer is right around the corner and its time to expand your recreational pursuits to the great outdoors. In this issue of the Fun Guide you will find a major focus on activities that you can take part in at our outdoor facilities. The swimming pool opened Memorial Day weekend! It provides a great opportunity for family fun, exercise, and, of course, the opportunity to learn an important life-safety skill - swimming. You'll notice a great new shade feature above the refurbished deck at the pool. As we all become more conscious of the risks of overexposure to the sun's rays, we now have a way for you to safely spend more time with us at the pool this summer.

I hope you had a chance to try one of our new programs, particularly the Experience Springdale activities. We had an outstanding response from the public on these great new programs and look forward to their continued growth.

Summer means special events in Springdale. The Hometown Family Fourth returns with even more family friendly features such as hot air balloons and a petting zoo. Other summer highlights include the annual Community Yard Sale and the End of Summer Cruise In.

Gas prices being what they are, you can enjoy all this right in your own backyard. We're your place for summer fun!

Greg Karle, Director
Springdale Parks & Recreation

WHEN THE HORN SOUNDS
LIGHTNING IS NEAR

In an effort to keep you safe while playing outdoors at the Community Center, Parks and Recreation recently installed a lightning prediction system on the outdoor maintenance building.

The signal will sound one 15 second horn blast and a strobe light will begin (and continue) to flash. If you are outside, you should immediately seek safe shelter.

You may resume your activity only after three 5-second blasts of the horn and the strobe light stops flashing.

The system is similar to ones you may have noticed on golf courses or at other regional parks. It works by sensing the static electricity in the air and will sound if there is a chance of lightning within a 1.5 mile radius.

Meet the New Faces

Please welcome the following new staff members to Parks & Recreation:

Eugene Sampson - Park Patrol
Andre Parker - Fitness Center
Sandy Burt, Letha Chastain & Mike Duncan - Customer Service

Stay Connected and Stay Informed

Don't miss out on our fall and winter activities! E-mail us at sccrec@springdale.org and ask to be added to the Parks & Recreation e-mail list. You'll receive monthly updates of activities and programs, as well as reminders of important events!

Contact Us

11999 Lawnview Avenue Springdale OH 45246
346-3910 sccrec@springdale.org

The facilities at Springdale Community Center are easily accessible to the handicapped. If you need additional assistance, contact the Parks & Recreation Department.
A Catered Feast & Scavenger Hunt!

Saturday, June 14  6:00 p.m.

Looking for something fun to do on a summer evening? As part of Experience Springdale, we have an exciting and fun-filled night planned.

The evening begins with a delicious “grill-out” catered by Vonderhaars with a mouth-watering menu of BBQ ribs and grilled chicken breast, red skin potatoes with parsley and butter, vegetable medley, and tossed salad.

Then it is time for the “GO” part of the evening. Think: Amazing Race meets Scavenger Hunt! Your team will face easy physical and cerebral challenges. So, if sports isn’t your thing - no problem. A good time is guaranteed for all! You may come with your team, or we’ll put one together for you. Prizes will be awarded.

Only $10/member and $12/guest.

Adult Programs Keep Rolling!

Thanks to everyone who has taken advantage of our new Adult programming and Experience Springdale. Our new programs and classes have been a great success with fantastic attendance and spectacular reviews!

Been a little slow to Experience Springdale? No problem! Come out to Grill ‘n Go and see what the buzz is about! Or, check the Community Center boards for classes and special events in the upcoming months— including What’s Cookin’? and a Fall Bash - for Adults Only, of course!
Screen the Sun and
Keep the Fun!

There’s no doubt about it, too much sun can cause skin cancer. One of every five Americans will develop skin cancer in their lifetime. The good news is skin cancer is the most preventable type of cancer.

Over the last couple of years we have made a commitment to our members to provide more shade in the pool area. Last year we added two 20 foot Funbrellas and this year we added a 28 x 14 canopy made of UV resistant canvas. Along with the canopy, a new deck made from a composite material will provide a nice, splinter-free area for shade seekers.

Remember these tips so we can Screen the Sun & Keep the Fun!
- Seek shade
- Cover up
- Get a hat
- Wear sunglasses
- Use sunscreen
  (15 SPF or higher)

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Aquatics Staff to Know

Amy Radcliff - Aquatic Director
James Castrigano - Asst. Aquatic Director
Michelle Miraldi - Head Guard

Yummy Concessions
Soft Drinks! Snacks! Candy!
Ice Cream! Hot sandwiches!

Monday - Friday 1:00pm - 6:00pm
Saturday 12:00pm - 6:00pm
Sunday 1:00pm - 6:00pm

Day Pass Rates

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Don't have a pool membership? Activity or Fitness members 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 of age or older.

Early Closings
June 13 (Teen Night) 7:00 pm
July 4 (Hometown Family 4th) 5:00 pm
August 16 (Teen Night) 7:00 pm

Late Openings
June 14 (Swim Meet) 12:00 pm
August 30 (Goldfish Swim) TBA

Post-Season Hours
(after school starts):
August 16 & 23 10:00 am - 6:00 pm
August 17, 24 & 31 1:00 - 8:00 pm
August 18 (Ladies Day) 12:00 - 3:00 pm
August 19 - 22 CLOSED
August 25 - 29 CLOSED
September 1 1:00 - 8:00 pm

Know Before You Go
The pool concession area is now smoke free! Anyone wishing to smoke may do so outside of the entrance to the pool.

Lifejackets are Available! If you would like to use a lifejacket while at the pool we will be happy to provide US Coast Guard approved jackets free of charge! Children under the age of 18 must be accompanied by an adult in the water and within an arm's reach. The use of lifejackets will not be permitted in the lanes or deep end. Please check with the Aquatic Director or Assistant if you would like to use a lifejacket.
Sundays are
Family Fun Days at the Pool!
June 22 & July 27
4:00 - 6:00 p.m.
Grab the kids or grandchildren and join us for some wild and crazy poolside activities! We won't give it all away, but remember Twister? How about the duck races, noodle races and balloon launching? We might even give away a few snow cones or hot dogs! Mark your calendars now for Family Fun on June 22 and July 27 at 4:00 pm!

Teen Nights At The Pool
Friday, June 13 and Friday, August 15
7:00 - 10:00 p.m.
Springdale Community Center youth members 12-17 years old or members of S.T.A.F.F. may spend the evening enjoying music, dancing, games and swimming for only $2.00! Pizza and soft drinks are provided by S.T.A.F.F. Members may also bring one guest by paying an additional $2.00. Members must bring their Community Center ID card and guests must show a photo ID.

Ladies Day at the Pool
Monday, August 18
12:00-3:00 p.m.
It's time to relax and enjoy the pool without the KIDS! This day is for adults and their guests to float around on rafts and sip your favorite beverage poolside! So pack your cooler, fill your water pistol, and get silly for a few hours at the pool! Please no glass containers.

Adult Aquatic Exercise
Join instructor Patricia Cox on Wednesdays from 6:30-7:30pm and Saturdays from 10:30-11:30am. Session dates are June 18-July 9. Springdale resident cost is $35 per 7-class session or $7 for one class. Non-residents pay $42 per 7-class session or $8 for one class. For more details, contact Springdale Community Center at 346-3910 or Pat Cox at 385-6111.

Keep the Fun
Keep Safe!

Drowning is among the leading cause of death in children under the age of 14. The majority of these tragedies occur in residential pools, although older children are more likely to drown in lakes, ponds, rivers and oceans. However, it only takes one inch of water to cause a drowning - if there's water, there's a risk.

Our lifeguards receive hours of training in water safety and rescue and are all certified by the American Red Cross. Unfortunately, that's not always enough, and we need your help.

By following these simple tips you can help keep our Community pool a safer place.

❖ Obey lifeguards.
❖ Register for swim lessons.
❖ Do not leave children under 9 unattended.
❖ Closely observe your child while in the water.
❖ Turn off the cell phone... a drowning can occur in less time than it takes to answer the phone!
❖ Review the pool rules with your child.
❖ Immediately report any unsafe behavior or conditions to the Aquatic Director.
❖ Do not use the pool if you or your child has had diarrhea in the last two weeks.
❖ Apply sunscreen every two hours.

Follow these guidelines and have a swimmingly stress free summer!
CREATING COMMUNITY THROUGH
SWIMMING SAFETY

Level 1 Students will learn beginning water skills which they will progressively build on throughout the program. Some skills taught include: front and back floats and going under water.

Level 2 The objective of this level is to give students success with fundamental skills. Students learn to float without support and recover to a vertical position. This level marks the beginning of locomotion skills. Students explore simultaneous and alternating arm and leg actions to lay the foundation for future strokes.

Level 3 Students are taught to coordinate the front crawl and back crawl. They are also introduced to the elements of butterfly stroke and the fundamentals of treading water. Students will also learn to dive, along with safe diving rules.

Level 4 Students will increase their endurance and improve their skills by swimming front crawl and back crawl for greater distances. Students will continue to build on the butterfly stroke and will be introduced to elementary backstroke, breaststroke, sidestroke, and turning at the wall.

Level 5 Students will work on refining all strokes and increasing their distances. They will also learn front and back flip turns.

Level 6 This class will refine strokes even further so students are able to swim with more ease, efficiency, power, and smoothness over greater distances.

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 Thursdays, beginning June 12 for eight weeks.

American Red Cross Learn-to-Swim classes provide instruction to help swimmers of all ages and abilities develop their swimming and water safety skills. It is designed to give students a positive learning experience. Your child is in good hands with the Red Cross and our certified Water Safety Instructors!

Jr. Sailfish This class will provide special attention to improving the four competitive strokes and endurance. Ideal for those who might be interested in joining the Sailfish swim team or becoming a lifeguard.

Class Dates
Levels 1 & 2
1A June 9 - June 20
1B** June 23 - July 3
2A July 14 - July 25
2B** July 28 - August 8
**Students enrolled in A classes may not enroll in B classes until noon the last day of the A class.

Level 3 & Higher
Session 1 June 9 - July 3
Session 2 July 14 - August 8

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CREATING COMMUNITY THROUGH PEOPLE, PARKS & PROGRAMS
IT'S NOT JUST SAFE, IT'S COOL TO
KNOW THE POOL RULES

To keep you safe in the pool this summer, it’s important for everyone to follow these rules:

1. The pool will be closed when the lightning siren sounds or there is 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 & shoes are not permitted past the black line.

4. Glass containers are not permitted.

5. Parents must remain behind the black line or in the concession area during swim lessons.

6. Shower your child and yourself before entering pools.

7. Appropriate swimwear required. No cutoffs, gym shorts, t-shirts etc.

8. 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.

9. Do not drink pool water.

10. Children not yet toilet trained are required to wear “swim diapers” or rubber pants and close fitting swimsuits.

11. Smoking is not permitted anywhere in the pool complex, including the Concession Stand.

12. United States Coast Guard approved lifejackets are restricted to the roped off area of the shallow end and steps. An adult, 18 or older is required to be in the water within arm’s reach of the individual using the lifejacket. A limited supply of lifejackets are available at the pool office.

MAIN POOL RULES

1. Lifeguards must be obeyed.

2. There will be a 15-minute Adult Swim/rest period every hour. Everyone under 18 must exit the water. Children 2 and under accompanied by an adult are permitted in the pool during the rest period.

3. Running is not permitted.

4. Riding on shoulders, dunking, excessive splashing and horseplay will not be tolerated.

5. Diving from the side of the pool into shallow water is not permitted.

6. Fins and snorkels are not permitted.

7. Floatation devices other than USCG lifejackets and toys are prohibited, except in the baby pool.

8. Kickboards are for instructional and competitive use only.

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.

DIVING BOARDS

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. This includes catching children going off the board.

LIVE WIRE SLIDE

1. Users must ride seated upright, feet first.

2. Stopping, changing positions & forming chains is not 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 of 4 ft posted at the bottom of the slide.

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.

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.
Geocaching:
Cache In On The Craze
Sunday, June 22
2:00 - 4:00 p.m.
Geocaching - What is that? Geocaching is like a treasure hunt using GPS units. You are given the coordinates using longitude and latitude and then off you go to find the cache!
The rules are really simple - take something from the cache, leave something in the cache and then write about it in the logbook! This is a great activity for those of any age and is done throughout the world.
Members of the Ohio Kentucky Indiana Cachers will be here during the event to teach you about geocaching. There will be a 45 minute presentation and then you'll split up and look for caches, so dress for an outdoor walk in the park!
You must pre-register for this FREE event by stopping by the Community Center or calling 346-3910 before June 19. All ages are welcome to attend.

got junk?
Community Pride Yard Sale
Saturday, August 9
10:00 a.m. - 2:00 p.m.
Turn it into fast cash at the Community Pride Yard Sale! The Parks and Recreation Department will organize and advertise this enormously popular event and you'll turn trash into treasure! Watch for a special mailing in July!

End of Summer Cruise-In
Saturday, August 23
6:00 - 9:00 p.m.
Drive back in time at this 2nd Annual Cruise-In. Antique and classic cars will be on display in the parking lot of the Community Center. Bring your dancing shoes and enjoy the live band.

Junior Olympics
Saturday, September 6
Registration - 10:00 - 10:45 a.m.
Competition - 10:00 - 11:30 a.m.
Awards - 12:00 p.m. (approx)
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!
Look for new events this year!

Catch Spring & Dale!
Goldfish Swim
Saturday, August 30
12:00 p.m.
Don't miss this fun and unique tradition at the pool this summer! Over 1000 goldfish are released into the pool on the last Saturday of the season. Children 12 and under try to catch as many fish as possible with their bare hands! That's right, no nets, buckets, fishing poles or help from Mom and Dad! The big fish, Spring, swims in the main pool and Dale swims in the baby pool and are the most difficult to catch because they have never been caught! Be a part of this reel fish story and don't let the BIG one slip through your hands!
FREE FAMILY FUN

& FIREWORKS!

Friday, July 4
6:00 - 10:00 p.m.

Have you ever fed a mini cow or a Nubian goat? Petted a llama, sheep or turkey? Bet you never had a free pony ride at the Rec!

The Parks and Recreation Department is proud to present Honey Hill Farm Petting Zoo and Pony Rides as a feature attraction at the Hometown Family 4th!

What goes better with this great American celebration than a few farm animals, hot air balloon rides, hot dogs, hamburgers and of course fireworks? Still want more? How about face painting, temporary tattoos, Lee's Junction Big Band, hair painting, caricature artists, bounce houses and air brush tattoos! More? Chalk It Up, juggling fire shows, an authentic town crier—Hear ye, hear ye!, and a War on Terror living statue!

There's no better way to spend America's birthday than with family, friends and neighbors at the City's premier event! Join us for this free family extravaganza!

Don't Miss

Chalk It Up!
Springdale's Sidewalk Chalk Art Event!
CREATING COMMUNITY THROUGH

PLAY & SPORT

Fall Soccer
Registration has begun for Fall Soccer, but there are still spaces left on some of the teams! Call for availability before time runs out!

Instructional - Introduce your child to soccer! Teams play in a positive, relaxed setting. Ages 4 - 6 by 7/31/08. $25

SAY - Children ages 6 and older by 7/31/08 may participate in this recreational league that encourages participation and good sportsmanship. $45

Basketball, Volleyball & Cheerleading

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

Basketball
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 5 years old as of July 31, and enrolled in school. $45 November-February

Youth Volleyball
Learn the basic fundamentals of power volleyball in a fun environment! The program is open to youth ages 9 - 11 as of September 30. $25 December-February

Teen Volleyball
Any youth at least 12 but not more than 15 by September 30. Practices will begin in December. Games are played Sunday afternoons. $25 December-March

Cheerleading
Children in 2nd through 5th grade will learn the basics of cheerleading and display their talents at the youth basketball games in Springdale. $25 December-February

All Youth Program Participants must possess a 2008 membership at the time of sign-ups. Registrations will be accepted until teams are full. Beginning October 1, placement on teams cannot be guaranteed. Additionally, late registrations may be subject to additional charges for special order uniforms.

Sign up by September 30 & get an early bird discount!

Youth Tennis
Wednesdays June 11 - July 16
Beginners: 6:00 - 7:00 pm    Advanced: 7:00 - 8:00 pm
Group tennis lessons are a fun way to start a new game or improve your skills. Lessons are for children age 6 & older.
$20/Member    $25/Non-Member
Soar Like a Sailfish!  
Swim Like an Olympian!

Cincinnati natives Joe Hudepohl and Erin Phenix both started swimming on local summer teams when they were young. Both Joe and Erin competed in the Olympics. Ever wondered what it would be like to be an Olympic athlete? Every expert was a beginner first. Why not give swimming a try? All children who have passed Level 3 swim lessons are eligible for the Sailfish swim team.

*No Timeouts. No Substitutions. Everybody Swims!*

First 50 residents to register receive a FREE pair of swim goggles! Non-residents may register now. For more information call Debbie Stahlgren 851-3469 or Sharon Brooks 671-1883.

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**Youth Sports - It's About Fun!**

Team sports provide children and youth with many opportunities to grow physically and socially, as well as emotionally. Moreover, physical activities with other children allow them to build social skills through peer interaction.

In addition to offering great facilities, The City of Springdale Parks & Recreation Department is committed to providing a quality, safe and fun experience to all children participating in our City sponsored programs. Because of this extremely important responsibility, each person wishing to coach in a city organized youth sports league will undergo a mandatory background check.

Our teams are structured so that everyone gets a chance to play, develop new motor skills & learn the importance of team work. Team sports participation can be an amazing tool that helps children grow and succeed in their everyday lives and in the future.

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A special 'Thank You' to the following volunteer coaches who generously gave of their time and talents this spring to assist with the youth sports teams. All head coaches were certified by the National Youth Sports Coaches Association (NYSCA). All head and assistant coaches have passed a comprehensive background check.

**Head Coaches**
- Al Chang
- Bill Hock
- Craig DePeel
- Cy Jenkins
- Dave Houston
- Holly Emerson
- Jeff Martin
- Kathy Sorrell
- Mark Townsend
- Meghan Wisecup
- Mike Norvell
- Paul Lewis
- Rich Bauer
- Sharon Brooks

**Assistant Coaches**
- Sheila Butler
- Steven Moore
- Alicia Elam
- Bob Emerson
- Dave Faught
- Deborah Janzen
- Dennis Smith
- Ed Knox
- Grant Brookover
- Jeff Hall
- John Thomas
- Karen Williams
- Kathie DePeel
- Kathy Uetrecht
- Leslie Townsend
- Lorenzo Cook
- Mayra Almeida
- Mike Burdine
- Mike Lab
- Rico Bray
- Scott Brooks
- Tim Coulahan
- Tony Cook
- Tony Roopmarine
- Tyrone Flannigan
- Warren Taylor
ADULT DROP-IN SPORTS

PLAY LIKE A KID!

We’re ready to take the fun outdoors. Come alone or bring a group of friends to our free monthly drop in sports night where you can act like a kid again. Join us for a fun evening of wiffleball, kickball and ultimate frisbee where “backyard” style rules will be played. If mother nature doesn’t co-operate, we’ll move indoors for dodgeball or wallyball. Must be 18 years of age or older.

Sundays
6:00 – 8:00pm

June 22 - Kickball
July 13 - Ultimate Frisbee
August 10 – Wiffleball
September 28 - Kickball

Call 346-3910 to pre-register.

GET IN ON THE RACQUET

Racquetball

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

Want to Learn? Learn the basic shots and rules of racquetball with Jerry Allen. FREE Lessons are open to members ages 12 and older. Classes meet for 6 weeks on Saturdays from 10:30-11:30am. Protective eyewear & racquet are required.

Adult Tennis

Wednesdays June 11 - July 16  8:00-9:00 pm

Learn the basics, or improve your game with group tennis lessons.
S$25/Member $30/Non-Member

RIGHT ON CUE!

Congratulations to our Springdale Senior Adult Billiard Players! The following competed and won medals at the Ohio Senior Olympics: Rick Kissell-bronze, Roger Potraffke-gold, Harold Burkholder-silver, Walt Billieu-silver, Ginny Shafferlocker- gold, and Max Leichty-bronze.

Women’s USSSA Softball Tournament
Saturday & Sunday, July 19-20

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.
CREATING COMMUNITY THROUGH
CREATIVE PROGRAMS

Breakfast With the Arts
Wednesday, July 16  9:30 a.m.
Join us for this extra special program that begins with a brunch and finishes with a performance from a very talented group of teenagers from VoiceWorks. VoiceWorks is a partnership with ArtWorks and the UC College Conservatory of Music. Prepare to be wowed! The cost for this brunch is $6.50 for members and $9.00 for guests. Register with payment by Sunday, July 13.

Cincinnati Ballet In-Step Program
Wednesday, September 24  2:00 p.m.
The Cincinnati Ballet is bringing the power of dance to YOU! The Ballet's longstanding In-Step features an interactive demonstration with two Cincinnati Ballet dancers. The dancers will provide an exciting peek into the typical day in the life of a professional ballet dancer, talk about the ballet school, share insight into the costumes, as well as perform excerpts from Company repertoire. So come out and experience an up close and personal performance by Cincinnati Ballet dancers and gain a greater understanding of this beautiful performance art. Please call 346-3910 or stop by the front desk to reserve your seat for this FREE performance.

ACTIVITIES DESIGNED FOR
ACTIVE SENIORS

Sing the Blues
Friday, August 22  11:30 a.m.
You'll be tapping your toes to the blues at this spectacular summer luncheon! Cheryl Renee, the Cincinnati proclaimed "Goddess of the Blues" will entertain you with her singing and piano playing after your delicious summer lunch. The cost is $6.50 for members and $9.00 for guests. Register by August 19.

Sister Acts
Friday, September 19  11:30 a.m.
Relive the music of the "sister acts" of the 30s through 60s at our September luncheon. After your scrumptious lunch, you'll be entertained by Raison D'Ette and their three woman show - Sister Acts. This is a delightful nostalgic journey through the powerful era of sister music! The cost for this luncheon is $6.50 for members and $9.00 for guests. Register by September 16.

Trips provided by Joy Tour & Travel, AAA Royal Tours and the Springdale Senior Citizens Club.

Trips & Adventures

There are still many exciting travel opportunities planned for this year! Whether you're interested in a one day trip or a longer excursion - you can take your pick! Contact Parks & Recreation for a complete trip packet.

One Day Trips
City Riverboat Cruise
July 16
Whistle Stop USA
September 11
Anthony Thomas Candy Factory & American Whistle Corp
September 17
Creation Museum
October 22

Overnight Travel
Soaring Eagle Casino and Resort
June 26-27
Historic Charity Island Lighthouses & Elk Viewing
August 4-7
Alaska Cruise & Tour
August 28-September 8
Dude Ranch Resort
October 5-11
Autumn in the Virginias
October 15-19
Creative Stamping
Mondays, 10:00 a.m.
June 2, July 7, August 4,
September 15
Join Edith Hulsmann to make creative seasonal cards! You'll learn techniques such as heat embossing or watercolor with ink. Not sure what the month's cards will look like? Stop by the front desk and view the samples. All materials will be provided and each student will complete 5 cards for only $8 or 10 cards for $15, due at registration. Registration deadline is the Friday prior to the class.

ON-GOING CLASSES

Art & Music
Ceramics
Wednesday 6:30 pm
Bob Ross Painting w/Vema Akin
June 10, July 8, August 5,
September 9 10:00 am
Guitar & Bass Lessons
Tuesday 7:00 - 8:00 pm
Oil Painting
Wednesday
10:30 am - 2:30 pm
Cardio Kickboxing
Tues, Thurs, Sun
6:00 - 7:00 pm
Saturday
11:00 am - 12:00 pm
CardioDance Fusion
Tuesday 7:15 - 8:15 pm
Chair Volleyball FREE!
Monday 10:00 - 11:30 am
Wednesday 1:00 - 2:30 pm
Get Up & Go! Bootcamp FREE!
Wednesday & Friday
6:15 - 7:00 am
Jazzercise
Mon & Wed 6:00-7:00 pm
Tues, Thurs, Sat
9:30 - 10:30 am
Let's Get Fit FREE!
Monday & Wednesday
10:30 - 11:30 am
Line Dancing With the Helts
Monday 1:00 - 2:00 pm
Low Impact Functional Exercise FREE!
Tuesday & Thursday
11:00 am - 12:00 pm
Slimnastics FREE!
Monday, Wednesday,
Friday
9:00 - 10:00 am
Zumba
Monday 7:15 - 8:15 pm

Cards & Games
Duplicate Bridge
Monday 12:30 - 4:00 pm
Party Bridge
Tuesday 12:30 - 4:00 pm
Euchre
Friday 1:00 - 3:00 pm
Pinchhole
Monday 1:00 - 4:00 pm
500
Thursday 9:30 am - 12:00 pm
Corn Hole
Wednesday
12:30 - 3:00 pm

Health & Wellness
Badminton
Tuesdays FREE!
10:30 am - 12:00 pm
Blood Pressure Checks
3rd Tuesday FREE!
10:30 am - 12:30 pm
Body Sculpting
Friday 6:00 - 7:00 pm

Creative Stamping too!
Saturdays
June 14,
July 12,
August 16 and
September 20
10:00 a.m. - Noon
Our popular Creative Stamping class will be holding Saturday classes, as well. Instructor Edith Hulsmann will help you create beautiful seasonal cards that people won't believe you made yourself! Never made a card before? No problem, this class is for all levels. Mothers, bring your daughters (please none younger than 12) for this fun-filled 2-hour class. Edith will provide all the materials for only $8 for 5 cards. Please register with payment at the front desk no later than the Wednesday before the class.
CREATING COMMUNITY THROUGH OUTDOOR PLAY

Tennis, Basketball & Sand Volleyball Courts
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. Court use is on a first-come, first-serve basis. Please be courteous and limit tennis court time to 1 1/2 hours if courts are occupied.

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.

Picnic Area
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.

Enjoy Your Neighborhood Parks

Beacon Hill Park
Weymouth Court. Facilities include a playground, Larry Packer Memorial Soccer Field, portable restroom and a water fountain.

Cameron Park
Cameron Road. Facilities include a picnic area, portable restroom, water fountain, playground, basketball goal, and soccer field.

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

Glenview Park
Glensharon and Sharon Roads. This park offers a passive setting with no facilities.

Ross Park
Lawnview Avenue. Facilities include a grill, picnic tables, playground, portable restroom, water fountain, basketball goal, and wildlife observation area.

Underwood Park
Rose Lane at Observatory Drive. Facilities include picnic tables, water fountain, playground, and basketball goal.

PROJECTS & IMPROVEMENTS
Park Maintenance has been very busy this spring, as you've noticed if you've visited any of the parks!

* The wood deck at the swimming pool has been replaced with a new composite deck - complete with awning!
* The pool has also been spruced up with fresh coats of paint throughout the complex.
* Chamberlain park has a new picnic table near the ball field.
* New picnic table at Ross park near creek - grill coming soon!
* New landscaping at the SCC, including the entrance, tot lot and amphitheater.
* Security cameras updated throughout the Community Center and grounds.
* Thorguard lightning prediction system installed at the SCC. See page 2 for more information!
Kids Corner

Are you looking for something to do with your child or grandchild while you take a class or workout? 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 Community Center.

Before You Visit

Parents or guardians must remain inside the Community Center.

Children must wear socks and shoes.

If a child appears to become ill or disruptive, the parent will be required to remove the child. Sick children will not be admitted.

The staff is not permitted to administer medication or food.

Stop by the Community Center for a comprehensive list of rules and other information.

Hours

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday &amp; Wednesday</td>
<td>10:00am - 1:00pm</td>
</tr>
<tr>
<td>Tuesday &amp; Thursday</td>
<td>9:30am - 1:00pm</td>
</tr>
<tr>
<td>Monday - Thursday</td>
<td>6:00pm - 9:00pm</td>
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<tr>
<td>Friday</td>
<td>Closed</td>
</tr>
<tr>
<td>Saturday</td>
<td>9:30am - 12:30pm</td>
</tr>
<tr>
<td>Sunday</td>
<td>5:30pm - 8:30pm</td>
</tr>
</tbody>
</table>

Fees: $2 per child per hour; $1 each additional child (same family) per hour

Be Aware of the Bear!
It lets you know Kids Corner will be open especially for that activity or event!

ON A RAINY DAY ENJOY OUR

INDOOR ACTIVITIES

Adult Game Room Adults ages 18 and older will enjoy the two free to play pool tables in the adult game room.

Basketball Courts Three (3) full-size indoor courts.

Batting Cage & Golf Cage Adults must operate the machine and be trained. Call for reservations. Limit one hour of use per member.

Computer Resource Library All computers are equipped with Word, Excel and Publisher. A color printer is also available for use; however, we ask that you provide your own paper. You must sign in and present your card at the front desk to use this room.

Family Game Room Table tennis, air hockey, foosball, and shuffleboard free of charge. For your enjoyment, the game room also contains two pay-to-play pool tables, arcade games, and a television.

Indoor Track The 1/12 mile track is available for use by members and their guests age 16 and older. Children under age 16 must be accompanied by an adult. Strollers are not permitted. Present your membership card at the front desk prior to utilizing track.

Know

Before You Go

4. Spikes, roller blades, skates, and scooters are not permitted in the building. Heelys may not be used in the building.

5. Skateboarding on SCC grounds is prohibited.

6. All parks close at dark.

7. When enjoying any of our parks and facilities, please leave your pets, golf clubs, glass bottles and weapons at home.

Pick up a complete set of rules at the Community Center front desk.
CREATING COMMUNITY THROUGH HEALTHY LIFESTYLES

We feature 20 pieces of cardiovascular equipment, everything from ArcTrainers to Treadmills so we're sure to have something to help you with those unwanted pounds. If you're also looking to tone up we have 16 pieces of Nautilus equipment. Our Free Weight area consists of a Smith machine, Cable Crossover, plenty of bars, weights and benches and much more.

FREE Personal Training
Don't know where to get started? Looking to take your workout to the next level? Want to tone but not bulk up? Then ask a member of the Fitness Team about Personal Training. Our team is degreed and/or certified to provide you with a great workout to meet your goals. Whether you need a fresh program or your current one evaluated, we're ready to help you be your best.

Body Fat Testing
Ask the Fitness Team to test your body fat with a simple hand held unit. No more pinching or removal of clothing for this. It's simple, fast and best of all...FREE!

Know Before You Go
You must receive an equipment orientation prior to utilizing the Fitness Center.

Guests are not permitted.

Members must be 16 years of age to participate independently. Youth ages 14 and 15 may participate with parental supervision. Children under 14 years are not permitted.

Bring a towel to wipe down equipment after use.

Proper attire (including tennis or aerobic shoes) is required.

Please see Fitness Center for a complete listing of rules.

GO OUTSIDE FOR A SUMMER WORKOUT

A Great Time to Work Out
You don't have to spend hours in the gym on a beautiful to day to get in a good workout. Now is the time to take advantage of the great weather and try some new things outside. The outside walking track is always available for a family walk or a quick run. But don't think you have to stop at the track - keep walking through the neighborhood. You may run into someone you know or make new friends. Summer is also time for sports. We're offering adults of all ages the opportunities to play Wiffleball, Kickball, and Ultimate Frisbee. If you're looking for an early morning workout, Bootcamp will be taking advantage of the weather by taking the workouts outside. And if the weather just isn't cooperating, the Fitness Center will be here, nice and cool, to help you shed some of those picnic pounds.

Get Up & Go Bootcamp
Do you want to be able to wear a sleeveless shirt or fit into your bathing suit this summer? Then it's time to enlist in Bootcamp. We're looking for some new recruits to join the current ranks. Classes are on-going and will continue through August 1; then we'll break and re-enlist on September 3. Bring a water bottle and towel and be ready to go inside or outside for push-ups, squats, and more.
July is Time to Enjoy Your Parks!

Since 1985, the National Recreation and Park Association has designated the month of July as Park and Recreation Month. Use this opportunity to enjoy your neighborhood parks, as well as one (or more!) of our great programs or activities. From classes to great events like the Hometown Family Fourth and the USSSA Women's Softball Tournament, we've got your ticket for fun! Our fitness center, indoor walking track, gyms and game room will still be open on those days that it's too hot to be outside!

Your Parks & Recreation staff works hard to make sure your leisure experience is not only fun, but also safe, accessible and memorable!

So, take some time out to enjoy our parks and facilities this July! Pack a picnic, spend some time at the pool, start a workout routine. No matter what you do, you won't be disappointed you got involved or took some time for leisure!

### FOR EVERY OCCASION

**THERE'S A ROOM**

<table>
<thead>
<tr>
<th></th>
<th>Capacity</th>
<th>Refrigerator</th>
<th>Microwave</th>
<th>Stick</th>
<th>Screen</th>
<th>Whiteboard</th>
<th>Phone Jack</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arts &amp; Crafts</td>
<td>24</td>
<td></td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>Ideal for Kids Birthday Parties</td>
</tr>
<tr>
<td>Springdale I</td>
<td>16</td>
<td></td>
<td></td>
<td>X</td>
<td>X</td>
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<td></td>
<td>Conference Table; Adults Only</td>
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<tr>
<td>Springdale II</td>
<td>17</td>
<td>X</td>
<td>X</td>
<td>X</td>
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<td></td>
<td></td>
<td>Couches, Relaxed Seating; Adults Only</td>
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<tr>
<td>A</td>
<td>30</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>Can be combined to accommodate larger groups. Microphone jack available for large groups. Room C has access to an outdoor patio.</td>
</tr>
<tr>
<td>B</td>
<td>30</td>
<td>X</td>
<td>X</td>
<td>X</td>
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</tbody>
</table>

**Things to Keep in Mind**

1. Rooms may only be rented by a Community Center member. The renter must check-in prior to the reservation and remain on-site at all times.
2. Reservation of rooms does not entitle use of other Center facilities.
3. Fees: $30 / meeting room for up to 5 hours during normal hours of operation.
4. The room must be left in the condition it was found. This may include the need to vacuum, wipe off tables, etc. Contact the Community Center for a complete listing of rules and guidelines.

**Auxiliary Gym**

This large space may be rented for after hours events, including wedding receptions, and other family functions. A variety of other services, including snacks, may be arranged. Please call for rental details and pricing information.

**Free wireless internet access in all areas of the building - including meeting rooms!**
CREATING COMMUNITY THROUGH
CENTER MEMBERSHIPS

Activity $25/Family $15/Individual
Includes use of the gymnasium, game room, track, tennis courts, computer lab, and eligibility for youth and adult sports programs.

Fitness $50/Family $30/Individual
Includes use of the Fitness Center and all facilities included in the Activity Membership. Must be 16 years of age or older to use the Fitness Center, 14 and 15 years old with a parent.

Pool $90/Family $70/Individual
Includes use of the pool and all facilities listed under Activity and Fitness Memberships.

Racquetball $25/Family $15/Individual
Must have Activity, Fitness or Pool Membership to purchase Racquetball Membership.

Resident Senior Citizen Complimentary
Any resident senior citizen 62 years of age and older and their spouse receive a complimentary Pool Membership.

Non-Resident Senior $20/Individual
Any non-resident senior citizen 62 years of age and older is eligible. Includes use of the gymnasium, game rooms, track, tennis courts, computer lab and participation in senior programs and activities.

Business $200/Family $150/Individual
Includes all facilities. Participation in youth or adult sports programs on availability basis only, as league regulations may apply.

All memberships expire February 28, 2009

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.

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.

Other Requirements
* Anyone age 23 and older living at home must obtain a separate membership.
* Individuals age 19 and older must register with the Tax Department prior to obtaining a membership.

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
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 may be requested to present a photo ID. 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.

11999 LAWNVIEW AVENUE / 346-3910 / SCCREC@SPRINGDALE.ORG 19
Springdale Parks and Recreation

Calendar of Events

June
9   Swim Lessons Begin
18  Aquatic Exercise Begins
13  Teen Night @ Pool
11  Tennis Lessons Begin
14  Grill ‘n Go
22  Geocaching
22  Family Fun Day @ Pool
22  Adult Kickball
26-27 Soaring Eagle Trip

July
4   Hometown Family 4th
4   Open 1-5pm
13  Adult Ultimate Frisbee
16  Breakfast with the Arts
16  Riverboat Cruise
19-20 Womens SB Tourney
27  Family Fun Day @ Pool

August
4   Charity Island Trip
9   Yard Sale
10  Adult Wiffleball
14-15 Babysitting Course
15  Teen Night @ Pool
18  Ladies Day @ Pool
22  Sing the Blues
23  End of Summer Cruise
28  Alaska Cruise
30  Goldfish Swim

September
1-30 Winter Sports Sign-Ups
1   Open 1-9pm
6   Jr. Olympics
11  Whistle Stop Trip
17  Candy Factory Trip
19  Sister Acts
24  Ballet In Step Program
28  Adult Kickball