Springdale Parks & Recreation

FUN GUIDE

Summer 2009

Your Guide to News, Projects & Fun!

Plan a "STAYCATION" this Summer!

Greetings from beautiful Springdale, Ohio!

Adult Programs
Budget-friendly programs for adults and seniors!

Family Fun Days
Enjoy a fun day at the pool with FREE games and activities for the entire family!

Dear Aunt Susie,
Wish you were here! Springdale is the place to be this summer!
Love always,
Rick

Summer Smiles
in Springdale, Ohio!

Dive In!
Enroll in Youth & Adult Swim Lessons

Creating Community Through People, Parks & Programs
Welcome

Nearly all of us have been impacted by the current economic conditions, and the Parks and Recreation Department has not been immune. Budgets have tightened and we have been compelled to make difficult decisions on how best to utilize our limited financial resources. We have been challenged to evaluate every aspect of programming, services and facilities, prioritizing the most vital needs of our residents and members. I sincerely believe that programs and activities offered through the Parks and Recreation Department are your most cost effective value in leisure and fun to be found. Opportunity abounds for reasonably priced wholesome activities that you can share with your neighbors here in Springdale.

If you haven’t been a member of the pool in a while, it’s an outstanding alternative to an expensive water park or vacation at the beach this summer. The highly qualified staff will not only keep your family safe in the water, but can also provide swim lessons, an important skill.

Are you tired of paying the expensive membership fees at a health club? The Fitness Center’s friendly staff will help you shed those unwanted pounds or improve your fitness level in this state of the art facility.

Unfortunately, a difficult decision has been made to cancel both the Hometown Family Fourth and Taste of Springdale this summer. Though both events were very popular and enjoyed immensely by the public, they carried a significant financial cost. We will, however, continue to have many other smaller, but nevertheless very fun, special events.

As we weather this difficult economy together, the Springdale Community Center will continue to be your source for quality recreational programs and activities. In these times it’s more important than ever to build relationships with friends and neighbors and release the stress of the day. Please remember we are here for you!

Greg Karle, Director
Springdale Parks & Recreation

Stay ON TARGET with our New Website, New Blog, and EMAIL updates

Check out our new website launching in June 2009! It’s been updated, renovated, and stocked with current information to keep you connected! Field conditions, special events, program updates, photo galleries - it’s all there!

We’re hoping www.springdale.org/GoPlay becomes your go-to resource for information on fun and inexpensive activities in Springdale! We have worked to make this website not only comprehensive, but to keep you up-to-date and provide information on a number of topics, including health and wellness related items. We’ll also have a new blog to give you a ‘backstage peek’ at the things we’re working on for you!

We’ll continue to keep you informed with our email updates, so make sure you get on our mailing list if you’re not there already! Email us at GoPlay@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!
Thank You!

Chuck Holmes Retiring With 30 Years of Service

Chuck Holmes will have served the residents of Springdale for three decades when he retires this summer. A lifelong resident of Springdale, he grew up playing in a cornfield near his home. That field soon became Springdale Community Center. After graduating from Princeton, he attended Wilmington College, playing football. He eventually came to work for Parks & Recreation in August of 1979.

Chuck was active in the sports programs at the Community Center, playing on a men’s softball team, basketball team and running the Men’s Golf League for several years. He also hosted his own golf outing, the Holmes Classic, at GE Park for 23 years.

Our best wishes, and much gratitude, go with Chuck into retirement!

Say “Cheese”!

Springdale Parks & Recreation may take photos or video of park visitors and program participants. Please be aware that these photos may be used in publications, on the website, or for other promotional purposes. You must give us written notice if you or your family members do not want to be photographed or published.

Meet the Staff

Full Time
- Greg Karle, Director
- Matt Beatty, Assistant Director
- Youth Sports, Customer Service and Fitness
- Sharon Casselman, Assistant Director
- Adult/Senior Programming, Aquatics, and Kids Corner
- Jacqueline O’Connell, Assistant Director
- Facilities, Communications/Marketing and Park Patrol
- Jay Dennis, Fitness Center Manager
- Debbie Carpenter, Administrative Assistant
- Anna Breidenbach, Adult/Senior Programmer
- Bob Young, Park Maintenance Supervisor
- Jim Conroy, Park Maintenance
- Chuck Holmes, Park Maintenance
- Jason Kemmeter, Park Maintenance
- Ken Shroyer, Park Maintenance
- Bob Bacik, Custodian

Part Time
- John Ramp, Facility Supervisor
- Customer Service Assistant
- Sandy Burt, Letha Chastain, Tonya Cook, Mike Duncan, Barb Kent, Kim Knapp
- Secretary
- Donna Lanter, Barb Post
- Child Care Aide
- Agnes Cupp, Myra Huber, Christy Runge
- Fitness Instructor
- Sam Gleason, Andre Parker, James Smith, Joe Williams
- Park Patrol
- Otis Pollard, Don Slaughter, Tonya Terrell
- Custodian
- Richard Kissel, Cindy Partin
- Dana Kennedy, Teen Adviser

Contact Us
11999 Lawnview Avenue  Springdale OH 45246
346-3910  GoPlay@springdale.org

11999 Lawnview Avenue  /  346-3910  /  GoPlay@Springdale.org
Pool Schedule  June 15 - August 16

New Weekend Hours  Saturdays, Noon-5:00 p.m. and Sundays, 1:00-6:00 p.m.

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Special Pool Hours

**Pre-Season**
- June 1-5: 4:00-7:00 pm
- June 6: 12:00-5:00 pm
- June 7: 1:00-6:00 pm
- June 8-11: 12:00-6:00 pm
- June 12: 12:00-7:00 pm
- June 13: 12:00-5:00 pm
- June 14: 1:00-6:00 pm

**Post Season**
- August 17-21: Closed
- August 22: 12:00-5:00 pm
- August 23: 1:00-6:00 pm
- August 24-28: Closed
- August 29: 12:00-5:00 pm
- August 30: 1:00-6:00 pm
- August 31 - Sept. 4: Closed
- September 5: Goldfish Swim
- September 6 - 7: 1:00pm-6:00pm

**Early Closings**
- June 12 & August 7: 7:00pm
- June 16, 23 & 30: 5:00pm

**Pool Closed for Swim Championships**
- July 13 & 14

**Emergency Closures**
The management reserves the right to close the swimming pool or deny admission when there is any condition or evidence which could jeopardize the health or safety of the general public.

Day Pass Rates

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.

Daily Pool Pass Rates

Activity or Fitness members and guests of members may purchase a daily pool pass for $3. Children under 2 are free. The fee applies to anyone entering the pool area and there are no refunds. Guests must remain with the member at all times.

Anyone 8 years old and younger must have passed level 4 swim lessons or be accompanied by a person 16 years of age or older.

Yummy Concessions

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

- **Monday - Friday**: 1:00pm - 6:00pm
- **Saturday**: 12:00pm - 4:00pm
- **Sunday**: 1:00pm - 6:00pm

Check the stand for meal deals & special treats throughout the summer!

New Family Pool Pass

 Relatives visiting from out of town? You can enjoy the day at the pool without breaking the bank! SCC members may bring a family (maximum of four) for $10.00 per day.

Aquatics Staff

Amy Radolff - Aquatic Director
OJ Mesina - Asst. Aquatic Director
Zach Stahlgren, Michelle Miraldi - Head Guards

US Coast Guard approved lifejackets available!

Keep safe with the use of our free-to-borrow lifejackets! Please check with the Aquatic Director or Assistant if you would like to use a lifejacket. Lifejackets are not permitted in the lanes or deep end.
**Going to the Pool is Cool!**

123SWIM!

Saturday, June 6
Ages 6-11
10:00-10:45 am

Ages 3-5
11:00-11:45 am

Recognized as an award winning program by the state of Ohio Parks and Recreation Association 1,2,3 SWIM! returns this summer!

Don’t miss this FREE opportunity to introduce your child to the instructors and swimming lesson program. This class will help determine swimming abilities so children can be correctly placed in a regular swimming class. The student/instructor ratio is 5-1, so register early!

This class is not designed to teach a child to become a good swimmer or even survive in the water on their own. It is simply an introduction and evaluation of swimming abilities.

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**Teen Nights At The Pool**
Friday, June 12 & August 7
7:00pm – 10:00pm

Springdale Community Center teens and their guest grades 6-12 may spend the evening enjoying music, dancing, games and swimming for only $2. Pizza and soft drinks are provided by S.T.A.F.F. Members may also bring one guest by paying an additional $2. Members must bring their Community Center ID card and guests must show a photo ID.

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**Ladies Day at the Pool**
Thursday, August 20
12:00-3:00 pm

The kids are back in school and the hectic summer schedule is over. Take some “me” time and enjoy a relaxing day floating around the pool. Bring your friends, coolers, and rafts and spend a peaceful day at the pool! Please no glass containers. Regular guest fees apply.

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**Sundays at the Pool are Family Fun Days!**
June 28 & July 19
3:00 - 5:00 pm

If you missed these crazy events last year don’t be a fuddy-duddy and miss out again! Some of the favorites will reappear like the balloon launch and frozen t-shirt contest, but the new outrageous events will be a surprise. Don’t miss these FREE events! Regular guest fees apply.

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**Goldfish Swim**
Saturday, September 5
12:00pm

Pool Gate opens at 11:45am
Spring and Dale are back swimming in the waters of the Community Center pool! Sierra Powell and Patrick Bailey caught their distant cousins last year. Will anyone catch the real Spring and Dale this year or will they dive deeper and deeper into the waters? Remember, no nets, buckets or help from Mom and Dad, these fish must be caught by children under 12 and with their bare hands. Regular guest fees apply.

**Adult Aquatic Exercise**

Don’t sweat your workouts this summer! Join this refreshing class and stay cool while shaping up. Water exercise reduces stress on joints and muscles yet gives a complete body workout. Springdale Residents $50 for 10 classes or $7 walk-in. Non-residents $60 for 10 classes or $8 walk-in. Join Instructor Pat Cox on Wednesday nights from 6:30-7:30pm or Saturday mornings from 11:00am-12:00pm. Classes start June 10. No class on July 4.

For more information, call Pat Cox at 385-6111 or Springdale Parks and Recreation at 346-3910.
Six “PLEAs” for Healthy Swimming!

You can choose to swim healthy! Healthy swimming behaviors are needed to protect you and your kids from RWIs (Recreational Water Illnesses) and will help stop germs from getting in the pool in the first place. We encourage all of our members to follow the 6 “PLEAs” established by the Center for Disease Control.

☑ Please don’t swim when you have diarrhea. You can spread germs in the water and make other people sick. This is especially important for kids in diapers.

☑ Please don’t swallow the pool water. In fact, avoid getting water in your mouth.

☑ Please practice good hygiene. Take a shower before swimming and wash your hands after using the toilet or changing diapers. Germs on your body end up in the water.

Parents of Young Kids

☑ Please take your kids on bathroom breaks or check diapers often. Waiting to hear "I have to go" may mean that it's too late.

☑ Please change diapers in a bathroom or a diaper-changing area and not at poolside. Germs can spread to surfaces and objects in and around the pool and cause illness.

☑ Please wash your child thoroughly with soap and water before swimming. Everyone has invisible amounts of fecal matter on their bottoms that ends up in the pool.

With your continued support, we can keep germs and illnesses out of our pool and community! Remember the 6 “PLEAs”!

The 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. We teach people to swim and to be safe in, on, and around the water. Your child is in good hands with the our certified Water Safety Instructors!

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<tr>
<th>Level</th>
<th>Age by 6/1/09</th>
<th>Pre-Requisite</th>
<th>Lesson Times</th>
<th>Fees (per session)</th>
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<td>Adult Lessons</td>
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Summer To Be Safe Around Water

Swimming lessons are a great idea!

Level Descriptions

Level 1 Intro to Water Skills
This course marks the formal beginning of the Learn to Swim Program. 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. 5:1 student/instructor ratio. Must be 3-6 years old by 6/1/09.

Level 2 Fundamental Aquatic Skills
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. Students explore simultaneous and alternating arm and leg action. 5:1 student/instructor ratio. Must be 4-6 years old by 6/1/09 and passed Level 1.

Level 3 Stroke Development
The objective of this level is to build on the skills learned in Level 2 by providing additional guided practice in deep water. Students are taught to coordinate the front crawl and elementary backstroke. They are also introduced to the scissors kick and treading water. 8:1 student/instructor ratio. Must be 5 years old by 6/1/09 and passed Level 2.

Level 4 Stroke Improvement
The objective of this level is to develop confidence in the skills learned and to improve other aquatic skills. Students will improve their skills by swimming front crawl and back crawl for greater distances. Students will continue to build on butterfly, elementary backstroke, breaststroke, sidestroke. 8:1 student/instructor ratio. Must have passed Level 3.

Level 5 Stroke Refinement
The objective of this level is to coordinate and refine strokes. Students will work on refining all strokes and increasing their distances. They will also learn front and back flip turns. 8:1 student/instructor ratio. Must have passed Level 4.

Level 6 Swimming & Skill Proficiency
This class will refine strokes even further so students are able to swim with more ease, efficiency, power, and smoothness over greater distances. 8:1 student/instructor ratio. Must have passed Level 5.

Jr. Sailfish
This class will provide special attention to improving the four competitive strokes and endurance. Ideal for students who might be interested in joining the Sailfish swim team or becoming a certified lifeguard. 8:1 student/instructor ratio.

Adult Swim Lessons
Do you have a fear of water? Not to worry! Our easy going instructors will work with you at your own ability level and at a pace comfortable to you. Already know how to swim but want to learn a new stroke? We can do that too! Whatever your ability is, if you want to improve your swimming skills or increase your comfort level in the water, join us on Thursdays 6:30-7:30pm for 8 weeks beginning June 11.

Class Dates

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<th>Levels 1 &amp; 2</th>
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| 1A* | June 15-June 26  
| 1B | June 29-July 10  
| 2A* | July 20-July 31  
| 2B | August 3-August 14  

**Students enrolled in A classes may not enroll in B classes until noon on the last day of the A class.

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<th>Level 3 &amp; Higher</th>
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| Session 1 | June 15-July 10  
| Session 2 | July 20-August 14  

11999 Lawnview Avenue / 346-3910 / GoPlay@Springdale.org
Why Not Water Wings?

It's a question we often hear every summer. Inflatable armbands, tubes, or rings of any kind are popular among small children but swimming experts caution against using them, and the Center for Disease Control advocates not using air-filled swimming aids (such as water wings) at all.

Although water wings and other inflatables may help a child to float and feel safe, inflatables are not the same as a life jacket and do not prevent them from accidentally going underwater and potentially drowning. Inflatable devices are not a lifesaving device and mistaking them for one can create a potentially fatal false sense of security.

The only safe flotation device is a United States Coast Guard approved life jacket. If a child is a weak or non-swimmer they should wear a USCG approved jacket while in the water. The Community Center has USCG approved life jackets available for use while at the pool and they can be purchased at most sporting goods stores. Be sure it has the USCG seal on the jacket before you buy it. Teach your child how to use the jacket just like you would teach them how to use a helmet when riding their bike.

Knowing the risks around water puts you in a position to teach your children how to avoid those risks. Talk with children before swimming to educate them on unsafe behavior and what to do in case of an accident. Make sure they understand that running near the pool is unsafe due to slippery surfaces. Review the rules posted at the pool and make sure they know who and where the lifeguards are in case they need help.

Adults should always be present when children are playing in the water. Although lifeguards are good, they have a lot of children to watch, so it is a good idea to accompany your child to the swimming pool regardless of their age. Recognize that most children under five don't make noise or struggle if they fall in to the water, so do not rely on those warning signals. It is also a good idea for children to have a buddy when they are swimming, to watch after each other.

If your children are going to be spending time in or near the water this summer, they need to know how to swim. Take advantage of our Red Cross swimming lessons that are inexpensive, effective, and also focus on water safety.

With these bits of information you and your child can be better equipped to handle and avoid water accidents.

Protect the Skin You're In!

Summer's arrival means it's time for picnics, ball games, and trips to the pool. And a spike in sunburns. The need for sun safety has become clear over the past 20 years and studies show that excessive exposure to the sun can cause skin cancer. Harmful rays from the sun - and from sunlamps and tanning beds - may also cause eye problems and give you unsightly skin spots and wrinkles, or leathery skin. Follow these simple tips to have a pain free summer!

Slip on a skirt! Slop on sunscreen! Seek shade! Slap on a hat! Wrap on sunglasses!

Northern Suburban Swim League Championships

July 13 - 14

What comes around every eight years and has 3600 arms and legs and swims? Swimmers ages 5 to 17 from Springdale, Evendale, Sharonville, Greenhills, Wyoming, Norwood, Reading and St. Bernard! Some of the areas best swimmers will be competing in the NSSL Championships at the Community Center. The preliminary races are scheduled for Monday, with the finals on Tuesday.

An event of this magnitude requires a lot of volunteers, and you can help! Don't worry, no experience required! If you have a couple of hours and would like to support the youth of the community, please call Sharon Brooks at 671-1883 to see how you can help.
No Timeouts.
No Substitutions.
Everybody Swims!

Want to keep some structure and discipline in your kid's routine this summer? Join the Sailfish summer swim team! Summer swim teams are about having fun and creating new friendships, all while developing a skill. The Sailfish focus on camaraderie, learning, and teamwork. The coaches are experienced and enthusiastic and can provide lifelong skills and memories for your child.

The team is looking for swimmers ages 5 and up that love being in the water. The season is over by mid-July so you can still plan the family vacation! Non-Residents welcome! Still have questions? Call Debbie Stahlgren 851-3469 or Sharon Brooks 671-1883.

How Fast Can You Go?

Youth Tennis
Ages 6+
Play Now Play for Life!
Beginners: 6:00-7:00 pm
Advanced: 7:00-8:00 pm
Session 1:
Wednesdays, June 3 - July 8
Session 2:
Wednesdays, July 22 - Aug 26
Learn the basics or improve your skills with group tennis lessons. Contact Instructor Charlie Kneel at 260-2260 for more information. Balls provided, please bring a racquet. Only $25 per session.

Little Dragons
Kids Karate
Monday & Wednesday
5:00-5:50 pm
Martial Arts is great for children. It improves self-esteem, and teaches discipline and important self-defense skills. Physical fitness and maintaining flexibility are all part of this traditional karate program. Emphasizing a disciplined, but positive, atmosphere has proven to be a successful strategy in our classes. Instructor Master Norene Price is the holder of the rank of 5th Degree Black Belt in Tang Soo Do.

American Red Cross Babysitting
August 12 & 13
Designed to teach youth ages 11 and older the responsibilities of babysitting. Students learn accident prevention, diapering, feeding, and emergency first aid as well as how to choose age appropriate games and toys, and how to prepare for a job as a babysitter. Call the Red Cross at 792-4000 to reserve your spot.
Youth Sports -
It's Only a Game!

It doesn’t matter whether you win or lose, but how you play the game. Isn’t that the message we all heard from our coaches and parents when we were growing up and playing sports. Our coaches and parents also emphasized this rule with their behavior toward opposing teams and their supporters, not only did the players tell one another “good game” but so did those cheering us on.

Now it is our turn, as parents and coaches, to lead by example. We have had many instances of parents losing control during their children’s game. This gives the children the message that this type of behavior is acceptable. We need to get back to basics and remember that this is just a game and the sportsmanship that we are teaching our children NOW will carry over into their adult life, as well.

As parents, we owe it to our children to give it a try- congratulate the winning team (even if it isn’t your child’s team), tell your child how great they played (whether they won or lost) and sit back and enjoy the game. Help teach your children what is acceptable and it will be a better time for all involved.

Winter Sports
Sign up in September for an early bird discount!

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

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.

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

All Youth Program Participants must possess a current 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.

Springdale Youth Boosters
Support Kids' Sports

SYB is a non-profit volunteer based organization, comprised of Springdale residents working together and volunteering time to secure donations and to raise money that help to provide affordable youth sports programs to young Springdale residents.

We are always looking for new members to join SYB, so if you want more information please attend one of our meetings which take place at the Springdale Community Center the last Tuesday of each month at 7:30 pm.

Fall Soccer
Registration has begun for fall soccer, but there are still spaces left on some of the teams! Sign up before time runs out!

Instructional - Introduce your child to soccer! Teams play in a positive, relaxed setting. Ages 4 - 6 by 7/31/09. $25

SAY - Children ages 6 and older by 7/31/09 may participate in this recreational league that encourages participation and good sportsmanship. $45
**Adult Tennis**

**Wednesdays 8:00-9:00 pm**

**Session 1: June 3-July 8**

**Session 2: July 22-August 26**

Learn the basics or improve your skills with group tennis lessons. Contact Instructor Charlie Knee at 260-2260 for more information. Balls provided, please bring a racquet. Only $30 per session.

**Women’s USSSA Softball Tournament**

**July 25-26**

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

**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.

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**Adult Drop-In Sports**

**Sundays 6:00 – 8:00pm**

June 7 - Wiffleball
July 5 - Kickball
August 30 - Ultimate Frisbee

Call 346-3910 to pre-register.

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 cooperate, we’ll move indoors for dodgeball or wallyball. Must be 18 years of age or older.
Adult Programs Keep Rolling!

The award-winning Experience Springdale initiative was a big hit with the adults of Springdale. The Parks & Recreation staff created many new programs that enticed over 300 adults of all ages!

The new fitness programs - CardioDance Fusion, Bootcamp, and Zumba - were a huge hit with members. The healthy cooking series, What's Cookin'?, was in such hot demand that the instructors added two more classes!

And new events? We had plenty of those! Two different Adult Nights @ the Rec gave you a chance to visit the Community Center sans kids. Palm reading, caricature artists, Wii games, and even potato sculptures and a pie eating contest kept everyone busy and entertained! Italian Night featured a wine-tasting, delicious catered meal and fantastic guitar music; Grill 'n Go was a catered feast followed by a fun and interactive scavenger hunt.

Adults of Springdale - the fun doesn't stop there! Look this summer for more fun events designed with you in mind!

Very Special Events

Jazz in July
Friday, July 24 2:00 p.m.
Join us for this FREE program! The Paul Hawthorne Trio will be giving a free jazz concert at the Community Center. Everyone is welcome. Please call 346-3910 to reserve your seat for this musical afternoon!

Hawaiian Luau
Saturday, August 1
Looking for something fun to do this summer? Grab your friends and head out to the SCC for a Hawaiian Luau - another fun event from our award winning Experience Springdale series! A pig roast, music, swimming - For Adults Only! Look for more information at the Community Center this summer and in the Inside Scoop.

Bat Walk at Ross Park
Tuesday, August 11 8:30-9:30 p.m.
This is a wonderful opportunity for you to experience one of Springdale's parks at night! Come out to Ross Park and learn all about bats and even get to hear some bats with a bat detector. Anita Buck, The Bat Lady, will be present to give a presentation about bats, prior to the walk.

Please dress for the weather and walking in the woods. If it rains, this program will be canceled, as bats don't fly in the rain! All ages are welcome with a maximum of 25 people. Please register at the front desk or call 346-3910 if you plan to attend this FREE, fun and informative program.

Community Pride Yard Sale
Watch for special announcements in July!
Active Seniors

Here Comes the Bride
Friday, June 12 11:30 a.m.
Swoon like a love-sick bride when Ceci Wiselogel returns to the center with a new show, *Here Comes The Bride*.

We'll begin with a spectacular summer menu of chicken salad and egg salad croissants, tossed salad, potato chips, fresh fruit and brownies! Reflect on the ancient customs of our ancestors and learn how our puzzling bridal traditions began with a historical review of the rituals, superstitions and fashion trends of the wedding day.

Learn why brides wear a veil, why it is called a honeymoon and the history of the wedding cake.

This afternoon of summer fun is only $7.50 for members and $10 for guests. Register with payment by June 10.

Harmonizing Dylans: Stories from the American Songbook
Friday, July 17 11:30 a.m.
This July we are bringing Americana to the Community Center! What's more American than a scrumptious picnic of hot dogs, hamburgers, potato salad, baked beans and dessert?

The fun doesn't stop there! After lunch you'll be entertained by the Harmonizing Dylans - two guys and a gal who specialize in "story songs" and close, three-part harmony. They're known for their popular concert programs, "Stories from the American Songbook", encompassing traditional American pop, jazz, gospel, rock and folk songs.

Cost is $7.50 for members and $10 for guests. Register with payment before July 15.

Trips & Adventures

We've teamed with several partners to bring you an exciting year of travel! Whether you are 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
For Barefeet Factory Tour
Thursday, June 4
Mormon Tabernacle Choir
Thursday, June 18
Vito's Café
Wednesday, July 22
Annie La Comedia Dinner Theatre
Thursday, July 23
Bearcreek Farms: Brett Family Singers
Friday, August 14
Indy Zoo & White River Garden
Wednesday, September 23

Overnight Travel
Blennerhassett Island
June 18-19

Great Western Adventure
July 7-14

Bavarian Get-Away plus
Japanese Tea House Tour
July 8-10

French Lick, Indiana
August 10-11

Trips provided by Joy Tour & Travel, AAA Royal Tours and the Springdale Senior Citizens Club.
On-Going Classes to change your Pace

Art & Music
Guitar & Bass Lessons
Tues 7:00-8:00 pm
Oil Painting
Wed 10:30 am-2:30 pm

Health & Wellness
African Dance
Sat 12:30-1:30 pm
Badminton FREE!
Tues 10:30 am-12:00 pm
Blood Pressure Checks
3rd Tues FREE!
10:30 am-12:30 pm
Body Sculpting
Fri 6:00-7:00 pm
Cardio Kickboxing
Tues, Thurs, Sun
6:00-7:00 pm
Sat 11:00 am-12:00 pm
Chair Volleyball FREE!
Mon 10:00-11:30 am
Wed 1:00-2:30 pm
Chair Yoga
Wed 1:00-2:00 pm
Get Up & Go! Bootcamp
FREE!
Mon 5:30-6:15 pm
Wed & Fri 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!
Mon & Wed
10:30-11:30 am
Line Dancing w the Hels
Mon 1:00-2:00 pm
Low Impact Functional
Exercise FREE!
Tues & Thur
11:00 am-12:00 pm
Slimnastics FREE!
Mon, Wed, Fri
9:00-10:00 am
Zumba
Mon, Tues 7:15-8:15 pm

Creative Stamping
Mondays, 10:00 a.m.
June 1, July 6, August 3

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.

The facilities at Springdale Community Center are easily accessible to the handicapped. If you need additional assistance, contact the Parks & Recreation Department.
We keep you busy on a rainy day!

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

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

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 printer is also available for your 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 a pay-to-play 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.

Locker Rooms & Sauna
Located in the locker room, patrons 16 years and older may enjoy the sauna.

Racquetball & Wallyball
Court time is free for those with a Racquetball Membership, and only $4 per court per hour for other members and guests.

Courts may be reserved up to 72 hours in advance for up to one hour. An individual may make only one reservation per day. Players must provide equipment including eyewear.

Senior Lounge
This room is a great area for seniors to watch a movie, play cards or read a book! This room is only for senior members and their guests, and includes comfortable leather furniture, an LCD TV with a home theater system, card tables, and a kitchenette.

Know Before You Go

1. A membership card must be presented to utilize the facilities. A $1.00 fee will be charged if you forget your card.
2. Proper attire is required to use all facilities.
3. Children seven (7) years and younger must be accompanied by, and under the supervision of, someone 16 years or older.
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.

Complete rules at the front desk.
Projects & Improvements

Park Maintenance has been very busy this past year, as you've noticed if you've visited any of the parks!

As in your yard, there was much damage done to trees at the Community Center and the outside parks during September's windstorm. It took weeks to cut and haul the debris.

The Fitness Center was thoroughly cleaned, damaged ceiling tiles replaced, drywall repaired, and walls painted.

At Chamberlain Park, the deteriorating posts that were remnants from the old playground on the east side of park were removed, and dirt taken from the Veterans Memorial was added to grade and stabilize the hillside.

A passive trail was added to the wooded area at Ross Park using wood chips generated from the wind storm.

Great Outdoors

Community Center Grounds

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 out your 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, and a water fountain.

Cameron Park
Cameron Road. Facilities include a picnic area, 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, water fountain, basketball goal, soccer field, and wildlife observation area.

Underwood Park
Rose Lane at Observatory Drive. Facilities include picnic tables, water fountain, playground, and basketball goal.
Get Fit Stay Healthy!

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, benches and much more.

Getting 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.

Start Moving!
Put on your running shoes! Whether you run or walk for health or for fun, keep track of your miles. Springdale Community Center members who accumulate 500 or 1000 miles during the year will receive a T-shirt marking their accomplishment!

We also offer a Senior 250 Mile Club for individuals age 62 and older.

Iron Men & Iron Women
A special T-shirt will recognize the Man, Woman, and Senior Man and Woman who accumulate the most miles.

A Great Time to Work Out
You don't have to spend hours in the gym on a beautiful day to get in a good workout. 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. 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.

Zumba
We've added an additional night and new instructor! Now you have two chances to Zumba through your week!

Get Up & Go Bootcamp
We're looking for some new recruits to enlist! Classes will run through July 31, then break during August. Bring a water bottle and towel and be ready to be challenged!

Know Before You Go
- 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 guidelines.

Check out the health & wellness classes on page 14.
**FACILITIES**

**MEETING ROOMS**

Need some **space**? We're your **place**!

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<th></th>
<th>Capacity</th>
<th>Refrigerator</th>
<th>Microwave</th>
<th>Sink</th>
<th>Screen</th>
<th>Whiteboard</th>
<th>Phone Jack</th>
<th>Other</th>
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<td>X</td>
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<td></td>
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<td></td>
<td>Ideal for Kids Birthday Parties</td>
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<tr>
<td>Springdale I</td>
<td>16</td>
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<td>X</td>
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<td>Conference Table; Adults Only</td>
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<tr>
<td>Springdale II</td>
<td>17</td>
<td>X</td>
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<td>Couches, Relaxed Seating; Adults Only</td>
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<td>A</td>
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<td>Can be combined to accommodate larger groups. Microphone jack available for large groups. Room C has access to an outdoor patio.</td>
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<td>B</td>
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**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. Weekday Rental Rate - $40 per room with a five (5) hour maximum. Additional time may be reserved at the same rate of $40 per room for each additional five (5) hour segment. Weekend Rental Rate - $50 per room with a six (6) hour maximum.

4. The room must be left in the condition it was found. This may include the need to vacuum, wipe off tables, etc.

**Auxiliary Gym**

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

Free wireless internet access in all areas of the building - including meeting rooms!

**Great to see you!**
Memberships: your Passport to Fun!

**Activity**
$20/Indv  $30/Family
Includes use of the gymnasium, game room, track, tennis courts, computer lab, and eligibility for youth and adult sports programs.

**Fitness**
$50/Indv  $70/Family
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.

**Pool**
$75/Indv  $95/Family
Includes use of the pool and all facilities listed under Activity and Fitness Memberships

**Senior Resident**
$20/Indv
Any resident senior citizen 62 years of age and older receive a discounted Individual Pool Membership and access to the racquetball courts and senior lounge. Senior Resident Members who possessed a valid membership in 2008 receive free renewals until 2011.

**Business**
$150/Indv  $200/Family
Open to those who work a minimum of 20 hours per week in Springdale. Includes all facilities. Participation in youth or adult sports programs on availability basis only, as league regulations may apply. Employment will be verified prior to issuing a membership.

**Non-Resident**
$300/Indv  $400/Family
Includes all facilities. Participation in youth or adult sports programs on availability basis only, as league regulations may apply.

**Senior Non-Resident**
$20/Indv
Open to non-resident senior citizens 62 years of age and older. Includes use of the gymnasium, game room, track, tennis courts, computer lab, senior lounge, and participation in senior programs and activities.

**Racquetball Add-On**
$15/Indv  $25/Family
An additional option to add-on to your Activity, Fitness or Pool membership. Guests are welcome for an additional $4 per rental.

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 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.

Memberships expire one year from date of purchase.

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**GUEST POLICY**

Members may bring one guest per day. Members must register guests at the front desk and pay the $3 fee per guest ages 2 and older. 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.

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**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**

Labor Day: 1:00pm - 9:00pm
Calendar of Events

June
1  Creative Stamping
3  Tennis Lessons Begin
6  1-2-3 Swim
7  Adult Wiffleball
10 Aquatic Exercise Begins
12 Here Comes the Bride
12 Teen Night @ Pool
15 Swim Lessons Begin
28 Family Fun Day @ Pool

July
5  Adult Kickball
6  Creative Stamping
13-14 Swim Team Championship
17  Harmonizing Dynas
19  Family Fun Day @ Pool
24  Jazz in July
25-26 Womens SB Tourney

August
1  Hawaiian Luau
3  Creative Stamping
7  Teen Night @ Pool
11  Bat Walk
12-13 Babysitting Course
20  Ladies Day @ Pool
30  Adult Ultimate Frisbee

September
1-30 Winter Sports Sign-Ups
5  Goldfish Swim
7  SCC Open 1-9pm

July is Parks & Recreation Month!

Use it as your excuse to do something different! For example, pack up the family and go to a park for dinner! Even better, invite your friends, too!

Pack a picnic and eat at one of our neighborhood parks. Bring a kite, frisbee, or ball and break away from your routine and reconnect!

The pool has convenient hours for a day-cation away from the house, or a quick dip after work! Take time this summer to slow down and take advantage of what Parks & Recreation can do for you!

Stay in Touch!

Visit us at www.springdale.org/goplay and sign up to receive monthly updates of activities and programs, as well as reminders of important events!