Springdale Parks & Recreation
FUN GUIDE
Summer 2010
Your Guide to News, Projects & Fun!

New Programs
Cardboard Regatta
Summer Survivor
Springdale’s Out of this World

Dive In!
Teen Activities
Include a Dive-In Movie & Paintball!

Get Wet!
Enroll in youth & adult swim lessons

Creating Community Through People, Parks & Programs
welcome

It's my sincere pleasure to welcome you and your family to the outstanding opportunities available through the Springdale Parks and Recreation Department. Within these pages I'm confident you will find a program or activity that suits your needs.

The Community Center has brought Springdale residents together for 38 years with wholesome recreational activities. Generations have learned to swim at the Community Center Pool, batted their first ball on one of our athletic fields, or in some way, built a memory of fun that will last a lifetime.

Programs are offered for all ages and interests. Whether you are a youngster looking forward to learning soccer skills or a senior interested in travel - you will find it here. I urge you to try something new this year. Join a fitness class, learn to play the guitar or come walk on the indoor track. It's all waiting here for you.

Memberships are offered at a variety of levels - all at an extremely reasonable price. In these challenging economic times you can stretch your discretionary dollars further here than at any other aquatic, sports, fitness or entertainment venue. In a recent survey 71% of members utilized the facilities weekly, and 59% were here several days a week.

Join your friends in making Springdale Parks and Recreation a vital part of your life.

Greg Karle, Director
Springdale Parks & Recreation

Congratulations!

The Ohio Parks and Recreation Association awarded Springdale Parks and Recreation two 2009 Meritorious Awards of Excellence! The Go Play! website and Adult Night at the Rec both beat out competition from much larger agencies around the state.

The Miami Valley Risk Management Association awarded Parks & Recreation one of only two Special Achievement Awards - recognizing a program or activity related to risk management, safety, or loss prevention. 1,2,3 Swim! won for it's focus on teaching children water and swimming safety.

Congratulations to the staff and participants for making these programs so successful!

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.

Contact Us

11999 Lawnview Avenue    Springdale OH 45246
346-3910    GoPlay@springdale.org
around springdale:

Parks Photography Contest

Summer is a great time to take photos, and the parks in Springdale make ideal locations. Springdale Parks & Recreation is holding a photography contest this summer, with only 3 stipulations: the photo must be taken in a Springdale Parks & Recreation location (Community Center and grounds, or parks), the photographer is a Springdale resident, and no professional photographers. So now it is time to put that fantastic photo of little Julie playing soccer to good use! How about the photo of Ty playing baseball with his pals or a family fun day at the pool? Or what about the beautiful wildflowers at one of our parks? All entries must be digital or saved to a disk. A disk must accompany all entries labeled with the entrant’s name and contact information. The contest begins June 1, and all entries must be submitted by September 1. Entrants must be age 18 or older. Entries will be displayed in the Community Center lobby and the winning entry may even be featured in one of our publications! Don’t delay - submit those summertime photos today! For more information, please call Anna at 346-3910.

what are Cost Containment Days?

In an effort to find creative ways to reduce expenses, the City will close non-safety facilities for five days in 2010. By closing the facilities on designated days, the City will save not only employee wages, but also utilities and other personnel and operation related expenses.

The remaining 2010 Cost Containment Days are scheduled for the following Fridays: August 6, October 22 and November 26.
# Pool Schedule

**June 7 - August 5**

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**Special Pool Hours**

**Pre-Season**
- May 29: 12:00-5:00pm
- May 30-31: 1:00-6:00pm
- June 1-4: 4:00-7:00pm
- June 5: 12:00-5:00pm
- June 6: 1:00-6:00pm

**Post Season**
- August 9-13: 12:00-8:00pm
- August 15: 1:00-6:00pm
- August 16-20: Closed
- August 21: 12:00-5:00pm
- August 22: 1:00-6:00pm
- August 23-27: Closed
- August 28: 12:00-5:00pm
- August 29: 1:00-6:00pm
- August 30-Sept. 3: Closed
- Sept. 4: Goldfish Swim
- Sept. 5 & 6: 1:00-6:00pm

**Early Closings**
- Tuesdays (Swim Meets): 5:00pm
- Thursdays (Adults Only): 6:00pm
- June 11 (Teen Night): 7:00pm
- August 13 (Teen Night): 7:00pm
- August 6 (Cost Containment Day): Closed

**Emergency Closures**
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.

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**Aquatics Staff**

Aquatic Director: OJ Mesina | Assistant Aquatic Director: Katlyn Mukuda
Head Guards: Michelle Miraldi & Zach Stahlgren

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**Know Before You Go**

The pool is a fun place to be on a hot summer day, but along with the fun there are a few rules to follow. Please make sure everyone in your family knows and follows all the pool rules.

- **Children** 8 and under must be accompanied by a person 16 or older or have passed Level 4 swim lessons.
- Do not swim if you have had diarrhea in the past two weeks.
- Children not toilet trained must wear "swim diapers" and tight fitting swimsuits.
- Lifeguards must be obeyed.
- Excessive horseplay is prohibited.
- Swimmers must be 4 feet tall to ride the slide.
- Bathing suits are required.


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**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.

**Family Pool Pass**

Is your family planning to visit this summer? Take advantage of our cost saving family guest pass and plan a day at the pool. We'll even throw in four free hot dogs when you purchase a family guest pass! SCC members may bring a family (maximum of four) for $10 per day.

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**Yummy Concessions**

**Poolside Concession Stand - It's Finger Licking Good!**

**Monday - Friday**: 1:00-6:00pm

**Saturday**: 12:00-4:00pm

**Sunday**: 1:00-6:00pm

That's what everyone says about the new concession menu! Keep the heat out of your kitchen and take advantage of the meal deals this summer. Mouthwatering burgers, fries, chicken fingers, cold drinks and the favorite Choco Taco's are sure to satisfy every craving!
Are Bathing Suits Required?

Odd question, but we hear it more than you would think. Simply stated, "YES" bathing suits are required to swim in the Community Center pool. According to Merriam Webster, a bathing suit is defined as "a suit for swimming or bathing." Define suit, "a costume to be worn for a special purpose or under particular conditions," in this case swimming. The outer fabric of a bathing suit is generally spandex, chosen for its color or pattern, while the lining may be a similar fabric chosen for its modesty qualities. Some bathing suits, such as trunks, use a mesh lining rather than a spandex one.

Most pools require "appropriate swimwear" - meaning a suit designed for swimming, generally made of synthetic materials such as polyester, nylon and spandex. Most bathing suits use several materials, including the outer fabric and a lining, as well as elastic. Bathing suits with adjustable straps also often have sliders or drawstrings.

"Appropriate swimwear" does not include: workout shorts, t-shirts, pants, cover-ups, sports bras, or other clothing that is not made specifically for swimming.

Why do we require bathing suits? Skipping the obvious, there are a couple of reasons. First, it is a safety concern. To avoid becoming heavy when wet, bathing suits are lightweight and do not absorb very much water, making it easier for a person to swim. Generally, a swimming suit is tight fitting and will not impair vision or breathing, unlike a t-shirt or cover-up. Additionally, if a lifeguard attempts a rescue, clothing other than a bathing suit can hamper the rescue and endanger the individual and lifeguard.

The second reason is a hygiene matter. Typically, people tend to only wear a bathing suit while at the pool, not for other activities. T-shirts, gym shorts, or cut-offs that have been worn for activities other than swimming are more likely to be unsanitary and introduce bacteria and germs we try to keep out of the pool.

So save the t-shirts and gym shorts for tubing in the river or swimming in the ocean!

we care

& ASAP Proves It!

Introducing Springdale Parks & Recreation's Aquatic Safety Assurance Program - ASAP

Part of the Department's mission is to provide functional and well-maintained facilities. The aquatic staff takes pride that there has never been a serious accident or near-drowning at the pool. This doesn't happen by chance. Many factors must be in place for the Community Center pool to be a safe environment: children must obey lifeguards, parents must watch their kids and lifeguards must stay vigilant and ready to react.

As part of the new Aquatic Safety Assurance Program, we will conduct a variety of in-service trainings for all lifeguards. Additionally, we may randomly ask some of our pool guests to complete an Aquatics Quick Check. It is a simple quick snapshot of what a guest observes while at the pool. By completing the Aquatics Quick Check, you will help us identify areas that might need attention or improvement.

If you are asked to fill-out the Quick Check please take the time to do so and remember there can never be too many eyes or ears when it comes to the safety of the Community Center swimming pool.
Be Safe Around Water!

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 our certified Water Safety Instructors!

why do parents trust Springdale Swim Instructors with their children's safety?

- All instructors possess the advanced certification of Water Safety Instructor.
- Recognized as a “Superior” swim lesson program in the state of Ohio.
- Lowest student-teacher ratio for swim lessons in the area.
- Students receive individual achievement awards.

Class Dates

**Class Dates**

<table>
<thead>
<tr>
<th>Levels 1 &amp; 2</th>
<th>1A*</th>
<th>June 7-June 18</th>
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<td>June 21-July 2</td>
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<td>2A*</td>
<td>July 12-July 23</td>
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<td>2B</td>
<td>July 26-August 5</td>
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**Students enrolled in A classes may not enroll in B classes until noon on the last day of the A class.**

<table>
<thead>
<tr>
<th>Level 3 &amp; Higher</th>
<th>Session 1</th>
<th>June 7-July 2</th>
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<td>Session 2</td>
<td>July 12-August 5</td>
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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 6/1/10.

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 6/1/10 and passed Level 1.

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.
Lesson Times & Fees

<table>
<thead>
<tr>
<th>Level</th>
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<th>Pre-Requisite</th>
<th>Lesson Times</th>
<th>Fees (per session)</th>
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<td>Jr. Sailfish</td>
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Adult Lessons

6:30 - 7:30 p.m.

$10 | $20 | $60

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, if you want to improve your swimming skills or increase your comfort level in the water, join us on Thursday nights from 6:30-7:30pm for eight weeks beginning June 10. This class is open to children ages 13 and up when accompanied by an adult. Limited class size of 10.

Lifejackets Float. Non-Swimmers Don’t!

Our lifeguards receive hours of training in water safety and rescue and do an excellent job of keeping the pool a safe environment. Safety is the number one priority of every lifeguard, but keep in mind they watch many people at one time and cannot watch any one child all the time.

Parents should observe their children closely. Do not take your eyes off your child while he or she is in the water. Do not depend on them yelling for help if they get in trouble. Sadly, drowning is often a silent death and too many children are found motionless on the bottom of a pool, even with lifeguards and supervising parents present.

Help us keep everyone safe this summer. If a child, particularly less than eight years of age, is a non-swimmer, please use a lifejacket. Jackets are available and free-to-borrow in the pool office and the staff is happy to accommodate anyone that asks.

Remember, lifejackets float - non swimmers don’t!
Plenty to Do at the Pool!

123SWIM!
Saturday, June 5
Ages 7-12  10:00-10:45 am
Ages 3-6   11:00-11:45 am

Recognized as an award winning program by the Ohio Parks and Recreation Association! Don't miss the opportunity for your child to participate in a FREE award winning program! This class will introduce your child to our swimming lesson program and will help determine swimming abilities so they can be correctly placed in a regular swimming class. The student/instructor ratio is 5:1 and space is limited 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.

Family Fun Days!
Sunday, June 27
3:00-5:00pm

Cardboard Regatta
Calling all Captains and Crews! Get ready to show-off in your homemade cardboard boat! Amateur boat builders of all ages will be challenged to design, build and race boats made entirely of corrugated cardboard and duct tape. All vessels must be powered by the captain or crew with homemade oars. Here's a tip to get your creative juices flowing: one cubic foot of water weighs 62 pounds. That means a 180 pound person will float in a 1'x1'x3' boat - albeit a bit uncomfortable!

Goldfish Swim
Saturday, September 4
12:00pm

Pool Gate opens at 11:45am
Spring and Dale are back swimming in the waters of the Community Center pool. Who will catch Spring and Dale this year? Remember, no nets, buckets or help from Mom and Dad. All fish must be caught by children under 12 years of age, with the bare hands. Regular guest fees apply.

Ladies Day at the Pool
Friday, 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.

Watercize with Aqua Zumba
June 9-July 10

Dive in to this no sweat workout and experience a party in the pool! Our popular aquatics guru Patricia Cox will lead you through a fun and refreshing workout for all ages and fitness levels. Some familiar water exercises combined with the new moves of Zumba will provide a high energy, no impact, no sweat workout! Call Patricia at 385-6111 for more information.

Days:  Wednesday, 6:30pm-7:30pm
       Saturday, 11:00am-12:00pm
Fee:    $50/10 classes (residents)
        $60/10 classes (non-residents)
        Walk-Ins: $7/res, $8/non-res.
Lower Registration Fee!

Do your kids love to swim? Have they passed Level 3 swim lessons? If so they are eligible for the Sailfish swim team! Coaches OJ and Amanda are committed to developing each swimmer by providing a positive learning environment while emphasizing safety and respect for the water. Not only will your child build self-esteem, they will create lifelong memories of summers at the pool.

The parent board is mindful of the rising costs and tough financial times many people are experiencing. To help offset this they have reduced the registration fee by over 11% to only $35 per swimmer!

Resident children ages 5-18 may register now! Beginning June 1 non-resident children may register. Need more information? Call Debbie Stahlgren at 851-3469 or Sharon Brooks at 671-1883.

no timeouts. no substitutions. everybody swims!

Meet the Coaches!

Thursday, June 3  6:00pm
Community Center Rooms A, B and C

Current and prospective swimmers and their families are invited to attend this informative session with coaches OJ Mesina & Amanda Weber.

Hear straight from the coaches about their plans for an exciting Sailfish season! Practice times, meet schedules, swimmer incentives and team suit information will be provided - along with free pizza and drinks! Help kick off the 2010 season and show your support for the Sailfish!
We've Got Plenty of things for teens

Paintball A-Plenty
Sunday, June 6

What’s red, blue, green and yellow? STAFF members after spending the day at Cincinnati Paintball! All Current STAFF members are invited to Cincinnati Paintball for a fun, colorful day!

STAFF will cover the cost for all current members, and anyone who joins before June 1 will only pay $20 to attend. All members are invited to bring a guest; however guests are responsible for paying the $30 admission fee.

Please RSVP to the Springdale Community Center by June 1. All participants must have a parent-signed liability form to participate - available at the Community Center. Participants are encouraged to wear loose fitting pants, a long sleeve shirt and a baseball cap. Paintball guns, paintballs, and masks will be provided.

Pool Events

Parks and Recreation and S.T.A.F.F invite Springdale youth in Grades 6-12 to join us at the pool for evenings of teen-only events!

Pool Party
Friday, June 11 7:00-10:00pm
Music, dancing, games, food, drinks and swimming at the pool! Bathing suits are required - come prepared to get wet!

Dive-in Movie
Friday, August 13 7:00-10:00 pm
Why sit in a car when you can enjoy an evening in the pool watching a movie! Movie is TBD. Hot dogs, popcorn, snacks, and drinks will be provided.

Tickets for each event
$2/SCC member if purchased before event day
$3/SCC member on the day of the event

Members may bring one guest for $3 at the door. Members must bring their Community Center I card and guests must bring a photo ID.

what is s.t.a.f.f.?

Springdale Teens Adventuring For Fun is a teen group open to Springdale youth in grades 6-12. The members of STAFF help serve Springdale by volunteering at events hosted in the community such as the Halloween Carnival, The Lions Club pancake breakfast, and the Junior Olympics. We also host several events such as the turkey shoot, teen nights at the Community Center and teen pool parties.

STAFF is a non-profit organization. Our primary fundraiser is the concession stand during the basketball season. In addition to helping the community, teens enjoy "fun" outings such as our paintball outing on June 6.

Anyone interested in joining STAFF may register at the Springdale Community Center. Cost to join is $5. If you have any questions you can contact teen advisor Sharon Brooks at 671-1883, or sbrooks@springdale.org. Parents, there is room for you to help as well; STAFF is always looking for chaperones - these events would not be possible without the help of the parents. Please contact Sharon Brooks to volunteer.
Springdale's Out of this World

Monday, July 19
8:30-9:30 p.m.

Family-friendly & Free!

Springdale Parks & Recreation is partnering with The Cincinnati Observatory to bring you a new program - Springdale's Out of this World! An astronomer from the Observatory will lead the group in an interactive demonstration of the moon phases and eclipses including viewing the moon through telescopes. There is a class maximum of 30 people - so be sure to sign up early! This class is guaranteed to be a good time and you are sure to become a luna-tie!

American Red Cross Babysitting

August 11 & 12

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 Tennis

Play Now Play for Life!
Ages 7-12 6:00-7:00 pm

Session 1: May 26-June 30  Session 2: July 14-August 18
Session 3: September 1-October 6

Learn the basics or improve your skills with group tennis lessons. Contact Instructor Charlie Knee at 260-2260 for more information. Please bring a racquet and two balls. Only $6/class or $30/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 and 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.

Laffalot Summer Camp

July 26 - 30 9:00 am-2:00 pm
Springdale Community Center

Open to campers age 6-12

Laffalot Summer Camp is a high energy, high activity day camp that introduces a variety of sports, games, and activities in a fun packed day. Activities include pillow pollo, flag tag, floor hockey, scavenger hunts, volleyball, soccer, dodge ball, crazy ball, kickball, and much, much more!

The camp is designed to develop teamwork, encourage friendly competition and good sportsmanship, as well as build whole body coordination.

Come see what the “Laff-ter” is all about. With 18 years of experience and thousands of satisfied campers, the Laffalot Summer Camp will deliver a fun and memorable experience your child won’t want to miss!

Boys and girls camps will run separately. $106/camper

For more information call (513) 313-2076, or visit their website at www.laffalotcamps.com, or e-mail Pnymberg@laffalotcamps.com.
**Fundraisers**

**Keep Sports Affordable**

Some of you may realize that Springdale Youth Boosters is an organization that helps to subsidize our youth sports - they help to pay for uniforms, league fees, and umpire or referee fees.

However, many people do not realize that the Cinema Horse Races is one of the Youth Booster’s biggest fundraisers of the year. Guests enjoy good food, poker, blackjack, and are able to place bets on horse races that were filmed in the past. At this year’s event, the Youth Boosters made over $3500 to help our kids.

Thanks to all those who came to enjoy themselves and help our kids at the same time!

**SYB Members & Officers**

Stephanie Bates, Sharon Brooks (Treasurer), Carolyn Burdine (Secretary), Kathie DePeel, Angela Drye, Dana Kennedy (Vice President), Rick Snider, Jim Squires, Lisa Stevens, Meghan Sullivan-Wisecup (President)

**Support SYB: Grab a Snack!**

The SYB Concession Stand is open for all home games held at the Community Center. When you purchase food from the concession stand at Springdale, you can feel good knowing that you are helping keep down the cost of youth sports. As a matter of fact, **100% of the profits from items sold at the concession stand goes to ensure that our youth sports are more affordable for everyone involved.**

We can feed your team! Keep an eye out for our team specials on drinks and snacks!

If you’re interested in helping at the stand please contact SYB at springdaleyouthboosters@yahoo.com.

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**many thanks to the following companies for supporting youth sports this past year**

Jake Sweeney | Dr. James Cryder Orthodontics | Brooks and Sons Automotive | Springdale Police
Springdale/Forest Park Lions Club | Jimmy Johns | Springdale Lawn Care | McDaniels Photography | Merz67
Lutz, Cornetet, Meyer, & Rush Co., LPA | Springdale Automotive | State Farm Insurance Gary and Dennis Howard
J&R Coordinating | Northside Bank
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! The soccer program is a recreational soccer program, meaning that teams are open to anyone who wishes to play. There are no try-outs or cuts in Recreational Soccer. Sign up before time runs out!

Instructional – Introduce your child to soccer! Teams play in a positive relaxed setting. Standings are not kept for Instructional games. This provides a non-competitive introduction to the game of soccer. Ages 4-6 by 7/31/10. $30 ($45 beginning June 1)

SAY Soccer – Children ages 6 and older by 7/31/10 may participate in this recreational league that encourages participation and good sportsmanship. $50 ($65 beginning June 1)

Non-Resident fee is an additional $25 per child (if space is available).

Winter Sports

SCC Members may register beginning September 1.

Basketball

Participate in the Northern Recreational 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. Instructional Basketball - $30 ($45 beginning 10/1). Basketball - $50 ($65 beginning 10/1)

Cheerleading

Children will learn the basics of cheerleading and display their talents at the youth basketball games in Springdale. $30 ($45 beginning 10/1).

Youth Volleyball

Learn the basic fundamentals of volleyball in a fun environment! The co-ed league emphasizes teamwork, sportsmanship, skill development, fun and participation. This program is open to youth ages 9-11 as of September 30. $30 ($45 beginning 10/1)

Teen Volleyball

This co-ed league is for teens to enhance their skills while emphasizing teamwork, sportsmanship, fun and participation. This program is open to youth ages 12-15 as of September 30. $30 ($45 beginning 10/1)

All youth sport 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.

Non-Resident fee is an additional $25 per child (if space is available).

Play Hard – Don’t Blink

Have you noticed the new helmets that our teams have been using on the ball field? Parks and Recreation is an active participant in the Play Hard – Don’t Blink program offered by The Ohio Ophthalmological Society (OOS).

The program works with organized Ohio youth sports leagues to prevent eye injuries by donating protective eye wear. Eye injuries are often the result of a high-speed ball, aggressive body contact, or a swinging/moving piece of sports equipment. Young players often lack the reflexes, coordination, strength, or experience to avoid these eye hazards. These helmets help.

We are glad to partner with the Play Hard - Don’t Blink program.

how do we protect our children?

The City of Springdale Parks & Recreation Department is committed to providing a wholesome, 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 annually. Head and Assistant Coaches are only assigned after a successful background check.

This is one additional step the city is taking to ensure a positive and safe playing experience for all families and provide parents with “peace of mind”.

[Image of children playing basketball]
Women’s USSSA Softball Tournament

July 17-18

Ever thought that you could kick back with a cold beverage, watch a good softball game, and help Springdale youth sports at the same time? Well, you can!

This year Springdale will be hosting the 24th annual Women’s Softball Tournament which is a regional tournament that attracts teams from all over the northwest.

Springdale Youth Boosters sponsors this event, which means that 100% of the proceeds from team entry fees as well as concession stand sales go to help subsidize Springdale youth sports.

So grab some friends and head down to the Women’s Softball Tournament for some good food and fun!

Adult Tennis

Wednesdays

Beginners
7:00-8:00 pm

Int/Advanced
8:00-9:00 pm

Session 1:
May 26 - June 30

Session 2:
July 14 - August 18

Session 3: September 1 - October 6

Learn the basics or improve your skills with group tennis lessons. Contact Instructor Charlie Knee at 260-2260 for more information. Please bring a racquet and a can of balls. Only $10/class or $50/session.

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 eye wear & racquet are required.
A New Way To Play!

Springdale Parks & Recreation is holding a fun new competition this summer - Springdale Summer Survivor! Don’t worry, there won’t be any disgusting challenges like the television show - we promise there will not be any bug eating!

In this summer-long challenge you will compete against your peers for prizes and bragging rights! These events are for all activity and age levels. All scores will be tallied at the end of the summer, and the winner in each age category will be deemed the "Springdale Summer Survivor." The age groups will be 25-39, 40-54, 55-69, and 70 and older. The events will be the second and fourth Mondays of the month.

Springdale Summer Survivor Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 14</td>
<td>Wii Bowling Challenge</td>
<td>Best score wins!</td>
</tr>
<tr>
<td>June 28</td>
<td>Badminton Birdie Challenge</td>
<td>How many hits in one minute!</td>
</tr>
<tr>
<td>July 12</td>
<td>Hula Hoops</td>
<td>How long can you keep the hoop moving!</td>
</tr>
<tr>
<td>July 26</td>
<td>Rock, Paper, Scissors!</td>
<td>Take on an SCC staff member!</td>
</tr>
<tr>
<td>August 9</td>
<td>Brain Teaser</td>
<td>See if we can stump you!</td>
</tr>
</tbody>
</table>

Bonus points for participating in the Family Fun Days Cardboard Regatta on Sunday, June 27!!

Each activity will take place 1:00-3:00 pm and 6:00-8:00 pm on the specified days.

lunch & learn

With the help of two sponsors, Springdale Parks & Recreation will be offering a new Lunch & Learn education series this summer. This healthy lifestyle program will offer a free nutritious lunch as a compliment to a free educational seminar.

Our sponsors are Personal Touch Home Health Services and Wellspring at Evergreen Senior Lifestyle Community. Registration begins June 1 and is limited to 40 people. Please register by calling 346-3910 or stopping by the Community Center front desk.

Lunch & Learn: Diabetes Thursday, June 24
Lunch & Learn: Heart Disease Thursday, July 22
Lunch & Learn: Who pays for Long Term Care and Home Health Care? Thursday, August 26

Each program is 12:00-1:00 p.m. and is FREE!
Trips & Adventures

We've partnered with several travel groups to bring you the fun of home and away! Check out these one-day trips as well as the longer excursions. Contact Parks & Recreation for a complete trip packet.

One Day Trips
All Aboard
June 25
Mystery Trip
June 28
Greater Cincinnati Airport & The Verdin Company
August 4

Overnight Travel
Mackinac Island
June 21-25
Tall Ships Celebration
July 15-18
San Francisco, Lake Tahoe & Yosemite
July 26-August 2
West Virginia Train Adventure
August 5-7
Put-In-Bay
August 15-26
New York City
September 7-11
Thousand Islands & Ottawa
September 12-17

Senior Luncheons

On the Edge of Illusion
Friday, June 18  11:30 am
Join us for our magical June luncheon of scrumptious picnic faire featuring hot dogs, hamburgers, potato salad, baked beans, cole slaw and dessert.

Our featured entertainer is illusionist John Louis, who will dazzle you with his fantastic illusions, incredible juggling, hilarious comedy, live animals and audience participation.

Please register with payment before June 16.

Jeanine Groh Trio
Friday, August 20  11:30 am
Join us as summertime comes to a close for a delicious menu of baked ham, scalloped potatoes, green beans, tossed salad and dessert.

Then comes the fun of the Jeannine Groh Trio. Her luscious vocals are perfect for a beautiful ballad, but hold on for the swing! The trio of piano, bass and drums will have you swaying to the beat!

Register with payment by August 18.

Chris Cusentino & Jeff Roberts
Friday, July 23  11:30 am
An afternoon of down home cookin' and bluegrass faire awaits you! Be prepared to tap your toes and clap your hands!

Our luncheon begins with a delicious meal of country fried chicken, gravy, mashed potatoes, biscuits, cole slaw and dessert.

Then sit back and be entertained by Chris Cusentino on guitar and Jeff Roberts on banjo.

Register with payment by July 21.

Hoedown!
Friday, September 17  11:30 am
Fall is the perfect time to enjoy the sights and sounds of the hoedown! The luncheon begins with a down-home meal of pulled pork sandwiches, macaroni & cheese, peas and carrots, tossed salad and dessert. Then dust off those boots and hit the dance floor for some country fun.

Instructors and callers, Kathy and Jerry Helt, will be on hand to teach you line dancing and square dancing to a wide array of music for dancing!

Sign up with payment by September 15.

Cost for all luncheons is $7.50/members and $10/guest

Trips provided by Joy Tour & Travel, Provident Travel and the Springdale Senior Citizens Club.
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

Cards & Games
Duplicate Bridge
Mon 12:30-4:00 pm

Party Bridge
Tues 12:30-4:00 pm

Euchre
Fri 1:00-3:00 pm

Pinochle
Mon 1:00-4:00 pm

500
Thur 9:30 am-12:00 pm

Corn Hole
Wed 12:30-3:00 pm

Health & Wellness
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, Thur, 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

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, Thur, Sat
9:30-10:30 am

Let's Get Fit FREE!
Mon & Wed 10:30-11:30 am

Line Dancing with the Helts
Mon 1:00-2:00 pm

Low Impact Functional Exercise FREE!
Tues & Thur
11:00 am-12:00 pm

R&B Line Dancing
Wed 7:15-8:15 pm
Sat 12:30-1:30 pm

Slimnastics FREE!
Mon, Wed, Fri 9:00-10:00 am

Stay Fit FREE!
Thur 1:30-2:30 pm

Zumba
Mon, Tues, Thur 7:15-8:15 pm

Get Up & Go Bootcamp
We're looking for some new recruits to enlist! Classes run all summer long to keep you in swimsuit shape.

R&B Line Dancing
We're gettin jiggly with it! Come learn the moves or work on your moonwalk. Make friends, burn some calories and have a great time.

ZUMBA!
Ready to join the Party? This class combines dance moves and exercise so it doesn't even feel like work - just fun!

Stay Fit
The perfect mid-day workout. Join Melissa for this invigorating exercise class that will leave you feeling young at heart.

Library In Motion
Begins September 9

The library comes to you! Denise Streechen, branch manager of the Forest Park Branch of the Public Library of Cincinnati and Hamilton County, will be providing free library seminars at the SCC.

The topics will cover accessing the online library catalog, researching the databases, as well as using Bi-Focal discussion kits. Bi-Focal discussion kits utilize multi-media tools that will have you reminiscing about events past and even learning a thing or two!

Library in Motion will be held bi-monthly beginning this Fall. Watch for more information!
Healthy by choice!

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.

summertime shape-up myths

 Skipping Meals  You may think skipping a meal (especially breakfast) will save you some calories. But what it really does is wreak havoc on your metabolism. Studies have shown that people who eat regularly burn more calories and fat than those who don’t. So don’t skip meals, just watch your portions.

 Ab Work  Everybody wants rock hard abs but doing more and more crunches won’t accomplish it. The first step is to get rid of that fat sitting on top. You’ll have to do that through cardio work – running, biking, exercise classes, etc. If you already have a low amount of fat, then you need to mix up your ab routine. Do your exercises 2-3 sets for 12-15 reps. If crunches are too easy, move on to harder exercises like hanging leg raises, ab roller, and stability ball crunches.

 Hydrating  Be sure to drink plenty of water. If you are already thirsty, it may be too late. Drink 17-20 oz. of water the hour before working out and drink 7-10 oz. of water for every 20 minutes working out. And drinking plenty of water will also help curb your ravenous after-workout appetite.

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.
Enjoy Our 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 quick 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.

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.

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Volunteer & give back!

Do you belong to a civic organization, work group, or another association that performs community service? If so, contact us at golpay@springdale.org for ways you can help Parks & Recreation!

We can always find a project for motivated and organized groups!
Your Place for events!

<table>
<thead>
<tr>
<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>
</tr>
</thead>
<tbody>
<tr>
<td>Arts &amp; Crafts</td>
<td>24</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Ideal for Kids Birthday Parties</td>
</tr>
<tr>
<td>Springdale I</td>
<td>16</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td>Conference Table; Adults Only</td>
</tr>
<tr>
<td>Springdale II</td>
<td>17</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td>Couches, Relaxed Seating; Adults Only</td>
</tr>
<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>
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<td>C</td>
<td>30</td>
<td>X</td>
<td>X</td>
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</tbody>
</table>

**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.

**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.

*Contact the Community Center for a complete listing of rules and guidelines.*

The facilities at Springdale Community Center are easily accessible to the handicapped. If you need additional assistance, contact the Parks & Recreation Department.
We'll Keep the Family Busy!

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 pay-to-play arcade games and a television.

Indoor Track The 1/12 mile track is available for use by members and their guests ages 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 rooms, 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 eye wear.

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

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.

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. Lost and damaged cards must be replaced for a cost of $2.50.
3. Proper attire is required to use all facilities.
4. Appropriate behavior is required by all members and guests.
5. Children seven (7) years & younger must be accompanied by, and under the supervision of, someone 16 years or older.
6. Spikes, roller blades, skates, and scooters are not permitted in the building.
7. Skateboarding on SCC grounds is prohibited.
8. All parks close at dark.
9. 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.

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

Fees
$2 per child per hour
$1 each additional child (same family) per hour
Two (2) hour limit
Memberships: your year-round smile maker!

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 rooms, 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 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.

Memberships expire one year from date of purchase.

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.

DAILY HOURS
Fitness Center & Indoor Track open at 6:00am Monday - Friday.
Monday - Thursday .... 7:00am - 10:00 pm
Friday .................. 7:00am - 9:00 pm
Saturday ................ 9:00am - 5:00 pm
Sunday ..................... 1:00pm - 9:00 pm

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

SPECIAL HOURS
Memorial Day 1:00 - 9:00 pm
July 4 1:00 - 9:00 pm
July 5 1:00 - 9:00 pm
August 6 Closed
Labor Day 1:00 - 9:00 pm
Thank You!

many thanks to those who've helped our department create truly special places for the community!

department says "farewell" to two longtime employees

Debbie Carpenter retired this Spring after serving the residents of the City for twenty-five years. She joined the staff in 1985, coming to us from Winton Woods Schools. She and her husband, Ken, live in Fairfield. She is looking forward to cruising on her Harley Davidson and driving her 1937 Desoto.

Ken Shroyer also left the City after 25 years of service in the Parks & Recreation Department as a Park Maintenance Worker, and also several years of service in the Fire Department. Hopefully, now Ken can get caught up on some fishing. He and his wife Carla reside in Springdale.

Things have changed dramatically in the past 25 years, and Debbie and Kenny were witness to all of it. We wish them both the best and hope they stop by often.

in the parks Special Thanks to GE Aviation in Springdale who provided nearly 40 volunteers and approximately 180 man-hours of volunteer work at Springdale Parks this Spring! Their help mulching and painting is much appreciated!

Kids & Trees Springdale Elementary
First Graders helped the City celebrate Arbor Day and our 18th year as a Tree City USA with a program and tree planting outside the school!

green thumb We're surrounded by caring individuals willing to lend a helping hand - or a green thumb - in the case of volunteer Joann Beckman! Joann prunes and waters our indoor plants weekly while she is at the Center to workout. Many thanks to Joann for her efforts!

boxes of books Jeanne Webster and Barb Hendrix help organize the books in the Senior Lounge Lending Library.
Parks & Recreation brings the community together!

Parks and Recreation is so much more than playgrounds, fields, and a Community Center. We introduce kids to youth sports in a fun, safe environment. We encourage seniors activities and build friendships. We help you achieve your fitness goals and maintain a healthy lifestyle. We provide well-maintained places to picnic and play. We provide family programs you will remember for a lifetime.

So, stop by often and try something new - there's always something going on!

Stay Connected to Parks & Recreation

Visit our website - www.springdale.org/goplay, or sign up for our email list on that site to stay up-to-date on our programs, projects and activities.