Springdale Community Center Hours

**Monday - Friday:** 9:00am – 9:00pm
The Fitness Center and Track open at 6:00am Mon – Fri.
**Saturday:** 9:00am – 5:00pm
**Sunday:** 1:00 – 9:00pm

These times are subject to change and will be posted at the Community Center. For a complete list of all Holiday hours, please go to www.springdale.org/goplay.

**Guest Policy**
Members may bring one guest per day. Members must register guests at the front desk and pay the necessary $3 guest fee. There are no refunds. Persons in the 7th grade and above utilizing indoor facilities must present a photo ID (school ID accepted) to be admitted as a guest. Any guest registered with a member must stay with that member while utilizing the facility and leave when that member leaves. Guests are not permitted in the Fitness Center. Staff may limit guest privileges during peak times. Additionally, the staff reserves the right to deviate from this policy.

The facilities at Springdale Community Center are easily accessible to those with disabilities. If you need additional assistance, contact the Parks & Recreation Department.

**General Rules**

1. A membership card must be presented to utilize the facilities. A fee of $1.00 per occurrence will be charged if you forget your membership card.
2. All special arrangements including parties, meetings and reservations for rooms or fields must be approved through the Parks & Recreation Department.
3. Bicycles should not be ridden on sidewalks and should be locked in designated areas.
4. Courteous and respectful behavior is expected at all times. Abusive language will not be tolerated.
5. Proper attire is required to use the Fitness Center, gym, racquetball courts and sauna.
6. Alcohol consumption is restricted to the picnic area and requires a permit from the Parks & Recreation Department prior to your event.
7. Pets are permitted in the parks, with the following conditions: pets must be leashed; waste must be picked up and properly disposed of; pets may not be on any athletic field.
8. Pursuant to the Ohio Revised Code, no person shall knowingly possess, have under the person’s control, convey, or attempt to convey a deadly weapon or dangerous ordnance into the Community Center or exterior buildings.
9. Amplified music and radios in public areas of the Community Center are prohibited.
10. Children age seven (7) years old and younger must be accompanied by, and under the supervision of, someone 16 years old or older.
11. Members and guests who are in violation of these rules are subject to disciplinary action, up to and including suspension from the facilities and grounds.

**Annual Membership**

<table>
<thead>
<tr>
<th></th>
<th>Individual</th>
<th>Family</th>
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</thead>
<tbody>
<tr>
<td><strong>Activity</strong>*</td>
<td>$20</td>
<td>$30</td>
</tr>
<tr>
<td>Includes use of the gymnasium, game room, track, tennis courts, computer lab, and eligibility for youth and adult sports programs.</td>
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<tr>
<td><strong>Fitness</strong>*</td>
<td>$50</td>
<td>$70</td>
</tr>
<tr>
<td>Includes use of the Fitness Center plus all facilities included in the Activity Membership. Must be 16 years of age or older to use Fitness Center, or 13-15 years old with a parent.</td>
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<tr>
<td><strong>Pool</strong></td>
<td>$75</td>
<td>$95</td>
</tr>
<tr>
<td>Includes use of the pool plus all facilities listed under Activity and Fitness Memberships.</td>
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<tr>
<td><strong>Senior Resident</strong></td>
<td>$20</td>
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</tr>
<tr>
<td>Any resident senior citizen 62 years of age and older is eligible for a discounted Individual Pool Membership and access to the racquetball courts and senior lounge.</td>
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</tr>
<tr>
<td><strong>Senior Non-Resident</strong></td>
<td>$20</td>
<td></td>
</tr>
<tr>
<td>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.</td>
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</tr>
<tr>
<td><strong>Business</strong></td>
<td>$150</td>
<td>$200</td>
</tr>
<tr>
<td><strong>6 Month Membership</strong></td>
<td>$85</td>
<td>$125</td>
</tr>
<tr>
<td>Open to those who work a minimum of 20 hours per week at a business located 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.</td>
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<tr>
<td><strong>Non-Resident</strong></td>
<td>$300</td>
<td>$400</td>
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<tr>
<td><strong>6 Month Membership</strong></td>
<td>$160</td>
<td>$225</td>
</tr>
<tr>
<td>Includes all facilities. Participation in youth or adult sports programs on availability basis only, as league regulations may apply.</td>
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</tr>
<tr>
<td><strong>Racquetball Add-On</strong></td>
<td>$15</td>
<td>$25</td>
</tr>
<tr>
<td>An additional option to add-on to your Activity, Fitness or Pool Membership. Guests are welcome for an additional $3 per person.</td>
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</tbody>
</table>

* 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:**
1. Anyone age 23 and older living at home must obtain a separate membership.
2. Individuals age 19 and older must register with the Tax Department prior to obtaining a membership.
**Elevated Track**
The 1/12 mile elevated track and access elevator are available for use by members and their guests age 16 and older.

1. Children 15 years and younger may use the track when accompanied by an adult.
2. Parents must keep their children with them at all times while using the track.
3. As a courtesy to other members and for your own safety, slower traffic should use the inside lane.
4. Membership cards must be presented at the front desk prior to utilizing track.

**Family Game Room**
The Family Game Room has a wide variety of games the whole family will enjoy. Table tennis, air hockey, foosball, and shuffleboard may be played free of charge. Members may check out game room equipment at the front desk. For your enjoyment, the game room also contains a pool table, a television, as well as tables and chairs.

**Basketball Courts**
When it’s too cold to be outside this winter, get some friends together and play basketball at one of the three (3) full-size courts in the Community Center.

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

**Computer Resource Library**
Members and guests of any age may use one of the computers in the room to work on school projects, resumes or surf the internet. A printer is also available for your use; however, we ask that you provide your own paper. Members and their guest must sign in and present their card at the front desk to use this room.

**Racquetball & Wallyball Courts**
There are two (2) racquetball/wallyball courts available to Community Center members. Wallyball courts can accommodate up to eight (8) players. Court time is free for those with a Racquetball Membership, however, the fee is $3 per person per hour for Community Center members who do not have a racquetball membership or a racquetball member with a guest.

Courts may be reserved up to 72 hours in advance for up to one hour. An individual may make only one reservation per day. Reservations are made on the half-hour during normal hours of operation. Players must provide equipment including eyewear.

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

**Adult Game Room**
Adults ages 18 and older that want a quieter environment to play pool or darts will enjoy the adult game room.
Room Rentals

The Springdale Community Center has the perfect setting for your next family or club get-together. Stop by the Community Center for a rental application and more information.

Meeting Room A
This meeting room has tables and chairs to accommodate up to 30 people, making it an ideal room for club meetings. Amenities include a computer hookup, projection screen, white board and phone line to enhance your meeting. A sink and countertop, microwave and coffee pot are ideal for serving food and snacks during your event.

Meeting Room B
This is the perfect room for luncheons and showers. Up to 30 people may be accommodated at the tables and chairs. The sink and counter top, microwave, coffee pot and refrigerator are ideal for serving food and snacks during your meeting.

Meeting Room C
With indoor seating for 30 and access to an outdoor patio and chairs, this room is great for a more relaxed function. A sink and countertop, microwave and coffee pot are ideal for serving food and snacks during your event.

Meeting rooms A, B, & C may be combined to accommodate larger groups.

Springdale Room I
This executive clubroom is perfect for a business function or organizational meeting. The room is equipped with a computer hookup, projection screen, white board and telephone. The room boasts a large conference table with seating for 16, and can be combined with Springdale Room II for additional seating. Adults only please.

Springdale Room II
This executive clubroom is ideal for a casual business function or organizational meeting. The room seats 17, includes a sink and countertop, microwave, coffee pot, small refrigerator and television. This room may be combined with Springdale Room I to enhance your meeting. This meeting room is limited to use by adults only.

Arts & Crafts Room
Children’s parties are a perfect fit for this room! Tables and chairs provide seating for up to 30 guests, a sink and counter top provide a great place to set-up and clean-up!

Auxiliary Gym
The Auxiliary Gym is available for specific resident member rentals. Please contact the Springdale Community Center for more information.

A Few Things to Keep in Mind
1. Facilities may only be rented by Community Center Members and the renter must be on-site at all times.
2. Reservation of rooms does not entitle renter and guests use of other Community 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.
4. Weekend Rental Rate – $50 per room with a six (6) hour maximum and $50 per hour or any part thereof for each hour extending after normal business hours.
5. Meeting room rental times include set-up and clean-up.
Fitness Center Features
The Community Center offers a 3,000 square foot fitness center featuring over 20 pieces of cardiovascular equipment so we’re sure to have something to help you with those unwanted pounds. If you’re looking to tone up, check out our Nautilus equipment or free weight area, which consists of a Smith Machine, Cable Crossover, plenty of bars, weights, benches and more.

How do I get started?
The Fitness Center staff will provide an 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. Please advise us of any special needs or medical conditions prior to your orientation.

Being a member of the Springdale Fitness Center has many added benefits. Our knowledgeable staff will help you design a workout to help you meet your fitness goals.

Body Composition Testing
Body composition testing is offered to members of the Fitness Center. A hand held body fat analyzer is used to determine your body composition. Using this information, our staff can print out a personal data sheet that further explains all of the measurements taken. Participants must be 18 years of age or older. Caution: Individuals who are pregnant or have implanted pacemakers should not have their body fat tested.

Important Information
Guests are not permitted in the Fitness Center. Members must be 16 years of age to participate independently in the Fitness Center. Youth age 13-15 may participate with parental supervision or have successfully completed the Teen Fit class. Children 12 years and under are not permitted.
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-served 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.

Horseshoe Pits
There are horseshoe pits located in the picnic area between fields #2 and #3. So, pack a picnic dinner and horseshoes to enjoy an evening with friends!

Play Area
The play structures will provide hours of fun, yet challenging activity for children of all ages and physical abilities. Entrance points and transfer areas for wheelchairs ensure all children enjoy the area.

The playground includes structures specifically designed for 2-5 year olds and 5-12 year olds. Located behind the Community Center.

Jogging/Walking Path
Enjoy the fresh air by using the paved path for a leisurely walk or a fast-paced run around the Community Center grounds. The outer loop is one mile in length, however smaller loops provide multiple options to accommodate your workout.

Tennis, Basketball, Pickleball & Sand Volleyball Courts
Enjoy 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-served basis. Please be courteous and limit tennis court time to 1 1/2 hours if courts are occupied. Located on the Community Center grounds.

Neighborhood Parks

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

Cameron Park
Facilities include a picnic area, water fountain, playground, basketball court, and soccer field.

Chamberlain Park
Facilities include grill, water fountain, playground, soccer field, basketball court, and lots of green space!

Glenview Park
This park offers a passive setting with no facilities.

Ross Park
Facilities include a grill, picnic tables, playground, water fountain, basketball court, soccer field, and wildlife observation area.

Underwood Park
Facilities include picnic tables, water fountain, playground, and basketball court.

Please be a good Springdalian!
If you see questionable behavior taking place in your community park, please notify the Springdale Police Department at 346-5760.

All parks are open from dawn to dusk.

For locations, directions and additional information on our neighborhood parks visit our website at www.springdale.org/goplay
Free Programs

Balanced for Life
Fridays, 11:00am – 12:00pm, Now – May 24

Blood Pressure Checks
3rd Tuesdays, 10:30am – 12:30pm

L.I.F.E. - Low Impact (Fun)tional Exercises
Tuesdays & Thursdays, 11:00am – 12:00pm

Summer Strong *NEW*
Saturdays, 9:30 – 10:30am, June 1 – 29

Slimnastics
Mondays, Wednesdays & Fridays, 9:15 – 10:15am

Paid Programs

First class is FREE for all paid classes!

Barre Fit
Wednesdays, 7:05 – 8:05pm
Instructor: Kristi (513-907-8556)
Rate: $7/class or $30/5 classes

H.I.I.T Fit
Tuesdays & Thursdays, 5:55 – 6:55pm
Saturdays, 11:00am – 12:00pm
Instructor: Elaine (513-446-1839)
Rate: $6/class or $38/month

Guitar & Bass Lessons
Tuesdays & Thursdays, 6:30 – 7:30pm
Instructor: Ed (513-671-1760)
Rate: $96/12 classes

Hip Hop Fit
Mondays, 7:05 – 8:05pm
Instructor: Markesha (513-885-6065)
Rate: $7/class or $24/4 classes

Jazzercise/Strength 45
Mondays & Wednesdays, 5:55 – 6:55pm
Tuesdays, Thursdays & Saturdays, 9:30 – 10:30am
Fridays, 5:55 – 6:55pm (Strength 45)
Instructor: Elaine (513-260-3604)
Rate: $35/month (EFT)

Line Dance
Thursdays, 1:00 – 2:00pm
Instructor: Judy (513-520-2784)
Rate: $5/class

SilverSneakers Classic®
Wednesdays 11:30am – 12:15pm
Instructor: Melanie (513-324-6173)
Rate: FREE for SilverSneakers members; $3/class non-members

Tai Chi for Health
Mondays, 1:00 – 2:00pm
Instructor: Barbara (513-267-0409)
Rate: $6/class or $30/6 classes

Zumba®
Tuesdays, 7:05 – 8:05pm
Instructor: Melissa (513-969-4772)
Rate: $5/class

Red Cross Training and Certifications
The Springdale Community Center is hosting Red Cross First Aid/CPR/AED, Babysitting, and Childcare training classes for the general public. If you are interested in signing up, please call 1-800-RED CROSS or visit redcross.org and click “Find Classes” under Training and Certification (search 45246 to find the classes offered here).
YOUTH SPORTS

Have your kids put down those phones, turn off the TV’s and tablets and join us for some human interaction by playing youth sports. Sports provide youth with many opportunities to grow physically and emotionally. Moreover, physical activities with other children allow our youth to build social skills through peer interaction. So come down to the Springdale Community Center and register for a youth sport today!

Springdale Youth Boosters
SYB is a non-profit volunteer based organization, comprised of Springdale residents working together and volunteering time to secure donations that help to provide more affordable youth sports programs in Springdale. We welcome new members all year. If interested in joining or have questions contact Springdaleyouthboosters@yahoo.com.

Wanted
Basketball Score Keepers & Soccer Referees
Want to make some extra money? The Springdale Community Center is looking for basketball score keepers and fall/spring soccer referees. For more information on opportunities and referee trainings contact the Springdale Community Center.

Volunteer Coaches
A special ‘Thank You’ to all volunteer coaches who generously gave their time and talents to our 2018 sports teams. Without volunteer coaches, our local youth would not be able to participate in sports. For those interested in coaching and being a positive role model to our youth, contact the Springdale Community Center.

Fall Sports
Fall sports sign-ups begin May 1. Springdale Community Center membership required. SCC membership requirement waived for first time resident youth sport participants. Youth sports fees must be paid with cash or check. No credit cards accepted. Checks payable to “Springdale Youth Boosters.”

Instructional Soccer
With the instruction from dedicated coaches, your child will be introduced to the basics of soccer. Instructional soccer teams play in a fun, positive and relaxed setting. Children who were born 2013 – 2015 are eligible to participate.
Registration: May 1 – 31, $20 ($35 beginning 6/1)

SAY Soccer
Have fun, gain friendships and sharpen your skills while competing against local communities. Youth who were born 2000 – 2012 are eligible to participate.
Registration: May 1 – 31, $40 ($55 beginning 6/1)

Youth & Teen Volleyball
Participate in the Cincinnati Premier Youth Volleyball League and enhance your volleyball skills, gain friendships and learn teamwork! Youth and teens in grades 3-8 are eligible to participate.
Registration: May 1 – 31, $40 ($55 beginning 6/1)
Winter Sports

Winter sports sign-ups begin September 1. Springdale Community Center membership required. SCC membership requirement waived for first time resident youth sport participants. Youth sports fees must be paid with cash or check. No credit cards accepted. Checks payable to “Springdale Youth Boosters.”

Instructional Basketball
With the instruction from dedicated coaches, your child will be introduced to the basics of basketball. Instructional basketball teams play in a fun, positive and relaxed setting. Children in kindergarten and 1st grade are eligible to participate.

Registration: Sept. 1 – 30, $20 ($35 beginning 10/1)

Basketball
Participate in Cincinnati Premier Youth Basketball and enhance your skills, gain friendships, and most importantly, have FUN! Youth and teens in grades 2-12 are eligible to participate.

Registration: Sept. 1 – 30, $40 ($55 beginning 10/1)

Cheerleading
Youth, grades 1-5, will learn the basics of cheerleading and display their talents at the youth basketball games in Springdale.

Registration: Sept. 1 – 30, $20 ($35 beginning 10/1)

Spring Sports

Spring sports sign-ups begin January 2. Springdale Community Center membership required. SCC membership requirement waived for first time resident youth sport participants. Youth sports fees must be paid with cash or check. No credit cards accepted. Checks payable to “Springdale Youth Boosters.”

T-Ball
With the instruction from dedicated coaches, your child will be introduced to the basics of baseball and softball. Instructional T-Ball teams play in a fun, positive and relaxed setting. Children born between May 1, 2013 and April 30, 2015 are eligible for this league.

Registration: January 2 – 31, $20 ($35 beginning 2/1)

Coach Pitch
With the instruction from dedicated coaches, your child will enhance their baseball skills. Coach pitch teams play in a fun positive, relaxed setting. Children who were born between May 1, 2012 and April 30, 2013 are eligible for this league.

Registration: January 2 – 31, $40 ($55 beginning 2/1)

Knothole Baseball
Be a part of an 86 yr old tradition; Knothole Baseball. Your child will strengthen their baseball skills and character while playing in our fun league. Youth who were born between May 1, 2006 and April 30, 2012 are eligible for this league.

Registration: January 2 – 31, $40 ($55 beginning 2/1)

Girls Softball
Grab your glove, grab your bat and come play girls softball. Youth and teens will build on their softball skills while playing in a positive and fun environment. Girls who were born between August 1, 2005 and July 31, 2013 are eligible for this league.

Registration: January 2 – 31, $40 ($55 beginning 2/1)

SAY Soccer
Have fun, grow friendships and sharpen your skills while competing against other local communities. Youth who were born 2001 – 2013 are eligible to participate.

Registration: January 2 – 31, $40 ($55 beginning 2/1)

Youth & Teen Volleyball
Participate in the Cincinnati Premier Youth Volleyball League and enhance your volleyball skills, gain friendship and learn teamwork! Youth and teens in grades 3-8 are eligible to participate.

Registration: January 2 – 31, $40 ($55 beginning 2/1)
ClubRec is a community-based volunteer organization that provides organized activities and events for Springdale youth in grades 5-8. Activities are diverse and provide fun social interaction. For information, call or visit the Springdale Community Center.

SCC Members – $2 per event
Non-SCC Members – $4 per event

Participants must pre-register for all ClubRec events.

Volunteer Opportunities

Family Mudquest
September 7
Practice leadership and giving directives when working the mud obstacle course.

Monster Mania
October 26
Build leadership and work on creativity as you decorate the haunted room and work activity stations for the event.

Events & Classes

Spring Extreme
May 10, 6:30 – 8:30pm
Embrace the sunshine and bring on the warm weather with action packed outdoor games and activities.
Registration: Now – May 9

Summer Splash
July 12, 8:00 – 10:00pm
What better way to beat the heat than music, snacks, and of course, SWIMMING!
Registration: June 10 – July 10

Fall Fest
October 5, 6:00 – 8:00pm
“Pumpkin spice and everything nice!” Enjoy fall themed games and activities.
Registration: September 10 – October 4

Freaky Friday Festivities
December 13, 6:30 – 8:30pm
Solve the puzzles and crack the codes to figure out this freaky friday fun mystery.
Registration: November 10 – December 12

Winter Extreme Games
January 31, 2020, 11:00pm – 1:00am
Late night at the Community Center. Enjoy activities and games, including DODGEBALL!
Registration: January 1, 2020 – January 30, 2020

Madness in March
March 13, 2020, 6:30 – 8:30pm
Use your problem solving skills and enjoy games and activities.
Registration: February 10, 2020 - March 12, 2020

Programs

City Service & U
June 17 – 21, 9:00am – 12:00pm
City Service & U is a unique program that gives Springdale residents entering 5th-8th grades the opportunity to learn more about careers within our city, and what it takes to operate the City of Springdale. Experience firsthand the daily tasks of the city workforce. Is City Service in YOU?
Registration: May 10 – June 10, $10 (Space is limited.)

Teen Fit
September 22, 2019, 1:30 – 4:30pm
November 3, 2019, 1:30 – 4:30pm
This award winning class will cover the basics of cardio, strength training, and nutrition. Teens ages 13-17 are welcome to learn the proper way to workout and eat in this hands-on class.
ACTIVE ADULTS

Co-Ed Cornhole League
**Tuesday Evenings**
Registration Begins: July 1, 2019
Play Begins: September, 2019
Price: $25 per two person team

Co-Ed Racquetball League
**Days Vary**
Registration Begins: November 1, 2019
Play Begins: January, 2020
Price: $5

Women’s Volleyball
**Wednesday Evenings**
Registration Begins: November 1, 2019 (SCC members)
December 1, 2019 (Non-SCC members)
Play Begins: January, 2020
Price: SCC Member/Springdale Business Teams $135
SCC Non-Member Teams $235

Co-Ed Softball League
**Tuesday Evenings**
Registration Begins: March 1, 2020
Play Begins: April, 2020
Price: SCC Member/Springdale Business Teams $150
SCC Non-Member Teams $250

Men’s Golf League
**Wednesday Evenings**
New players interested in joining should contact the Springdale Community Center.

For additional information on our adult leagues contact the Springdale Community Center. All adult leagues require a SCC membership, unless noted in the pricing.

Springdale Senior Citizens Club
The Springdale Senior Citizens Club is open to anyone at least 55 years of age. The social starts at 9:30am every Tuesday. Meetings are held the 2nd Tuesdays of each month at 12:15 pm. Guests and new members are welcome. Contact Dale Foley at daletf@fuse.net.

Travel Expo and Party
Held every January. Travel Agents from the area show off their engaging and affordable trips for the New Year.

Active Aging Week
**September 23 - September 27**
Active Aging is a relatively new term that has sprung up in the last decade or so. The National Seniors Council breaks it down into its simplest terms: it is a strategy to maximize the quality of life and well-being of seniors. Springdale Parks and Recreation has been a huge advocate of active aging. We offer numerous active adult programs, classes, luncheons and even have a Senior Lounge dedicated to those who are 62 and older. Mark your calendars for this year’s Active Aging Week at the Springdale Community Center. Let Springdale Parks and Recreation Department and Active Aging Week help you “Explore the Possibilities.” Look for more information in the Scoop.

Thursday’s This & That
Thursdays are very interesting at the Community Center! This free series of programs invites you to expand your horizons and try something new. One Thursday a month a new topic will be presented. These educational and social programs are sure to pique your interest!

Senior Luncheons
A monthly luncheon is held connected with an exciting theme to celebrate with old and new friends.
Pre-Season Pool Hours

<table>
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<tr>
<th>Date</th>
<th>Hours</th>
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<tbody>
<tr>
<td>May 25</td>
<td>12:00 – 5:00pm</td>
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<tr>
<td>May 26</td>
<td>1:00 – 6:00pm</td>
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<tr>
<td>May 27</td>
<td>1:00 – 6:00pm</td>
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<tr>
<td>May 28 – May 31</td>
<td>12:00 – 6:00pm</td>
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<tr>
<td>June 1</td>
<td>12:00 – 5:00pm</td>
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<tr>
<td>June 2</td>
<td>1:00 – 6:00pm</td>
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Regular Season Pool Hours

<table>
<thead>
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<th>Date</th>
<th>Hours</th>
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<tr>
<td>Starting June 3</td>
<td>12:15 – 8:00pm</td>
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<tr>
<td>LAST DAY</td>
<td>August 11</td>
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Regular season hours begin Monday, June 3. The pool will close at 5:00 pm on Tuesdays for swim meets and 6:00 pm on Thursdays for Adult Night. The pool will also close for a few special events during the summer. Watch for more information or call 346-3910.

Family Guest 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. SCC members may bring a family (maximum of four) for $10 per day. Each additional person is $3.

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

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.

1. Bathing suits are required. Rash Guard water wear permitted (No gym shorts, t-shirts, or underwear)
2. Children 8 and under must be accompanied by a person 16 or older or have passed Intermediate level swim lessons.
3. Do not swim if you have had diarrhea in the past two weeks.
4. Children not toilet trained must wear “swim diapers” and tight fitting swimsuits.
5. Lifeguards must be obeyed.
6. Excessive horseplay is prohibited.
7. Swimmers must be 4 feet tall to ride the slide.
8. Flotation devices other than USCG lifejackets are not permitted in the main pool. Approved lifejackets are available at the pool office.

Be sure to check our web site www.springdale.org/goplay for a complete listing of the pool rules. A rules sign is also posted at the pool.
Swim Lessons

Learn to Swim the Springdale Parks and Recreation and Red Cross Way! The American Red Cross Learn-to-Swim classes provide instruction to help children ages 3 to 12 to develop their swimming and water safety skills.

Registration Dates
Participants may only enroll in one class at a time.

<table>
<thead>
<tr>
<th>Session 1</th>
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<tbody>
<tr>
<td>Members</td>
<td>April 1</td>
</tr>
<tr>
<td>Non-Members</td>
<td>May 1 (Session 1 Only)</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Session 2</th>
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<tbody>
<tr>
<td>Members</td>
<td>April 1</td>
</tr>
<tr>
<td>Non-Members</td>
<td>July 1</td>
</tr>
</tbody>
</table>

Children Swim Lessons

Learn to Swim Levels 1 & 2
All sessions last 2 weeks, Monday – Friday for 30 minutes. Class times available are 10:30, 11:00 and 11:30am.

<table>
<thead>
<tr>
<th>Session 1A*</th>
<th>June 3 – June 14</th>
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<tbody>
<tr>
<td>Session 1B</td>
<td>June 17 – June 28</td>
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<tr>
<td>Session 2A*</td>
<td>July 8 – July 19</td>
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<tr>
<td>Session 2B</td>
<td>July 22 – August 2</td>
</tr>
</tbody>
</table>

* Children enrolled in 1A or 2A classes may not enroll in 1B or 2B until last lesson of 1A or 2A class.

Class Costs:
SCC Pool Members: $5/session (Pool Membership must be obtained for 2019 prior to swim lessons sign-up.)
SCC Activity & Fitness Members: $10/session
Non-Members: $20/session

Level 1 (Pre-School): Students will learn beginning water skills which they will progressively build on throughout the program. Some skills taught include: blow bubbles, submerge mouth, nose and eyes, front and back glides, back float and treading with arms and legs. 5:1 student/instructor ratio. Must be 3-5 years old by June 1, 2019.

Level 2 (Pre-School): Students learn to float on their stomach, open eyes underwater and are introduced to treading water. Laying the foundation for future strokes, students explore arm and leg actions on their stomach and back along with front and back glides. 5:1 student/instructor ratio. Must be 4-6 years old by June 1, 2019 and passed Level 1.

Levels Beginner Through Advanced
All sessions last 4 weeks Monday-Friday for 30 minutes. Class times available are 10:00, 10:30, 11:00 or, 11:30am.

<table>
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<tr>
<th>Session 1</th>
<th>June 3 – June 28</th>
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</thead>
<tbody>
<tr>
<td>Session 2</td>
<td>July 8 – August 2</td>
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</table>

Class Costs:
SCC Pool Members: $10/session (Pool Membership must be obtained for 2019 prior to swim lesson sign-up.)
SCC Activity & Fitness Members: $20/session
Non-Members: $40/session

Beginner: Students are taught to coordinate arms and legs on their stomach and back, retrieve a submerged object with eyes open, and change directions while traveling on their front or back. Students will be introduced to rotary breathing. 8:1 student/instructor ratio. Must be at least 5 years old by June 1, 2019 and passed Level 2 OR 6 years old by June 1, 2019 with no prerequisite.

Intermediate: Students are taught elementary backstroke and will be introduced to breast stroke, butterfly, and sidestroke along with headfirst entries. Students will jump into deep water, tread water, and swim underwater. 8:1 student/instructor ratio. Must have passed Beginner.

Advanced: The objective of this level is to coordinate and refine all strokes: front crawl, back crawl, breaststroke, elementary backstroke, butterfly, and sidestroke. Front and back flip turns are also taught. 8:1 student/instructor ratio. Must have passed Intermediate.

Advanced Plus: This class will refine all strokes even further and builds endurance so students are able to swim greater distances with proficiency. 8:1 student/instructor ratio. Must have passed Advanced.

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

Thursdays, 6:30 – 7:30pm
June 6 – July 25 (No Class July 4)
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. This class is open to children ages 13 and up when accompanied by an adult.

Class Costs:
SCC Pool Members: $10/session (Pool Membership must be obtained for 2019 prior to swim lesson sign-up.)
SCC Activity & Fitness Members: $20/session
Non-Members: $60/session

Cardio Splash

Thursdays, 6:30 – 7:30pm (No Class July 4)
Saturdays, 11:00am – 12:00pm
Dive in to this high energy, low impact water-workout! Our popular Cardio Splash instructor Patricia Cox will lead you through a fun and refreshing workout for all ages and fitness levels. Students should bring a towel, noodle and water bottle to class. For more information, contact instructor Patricia Cox 513 235-2305.

Class Costs:
Residents: $25/5 classes ($7/session walk-ins)
Non-Residents: $30/5 classes ($8/session walk-ins)
Swim Team

**We are the Sailfish!**
Our coaches are committed to developing each swimmer by providing a positive learning environment while emphasizing safety and respect for the water. Ages 5-18, must be able to swim one length of the pool. Springdale residents may register at the Community Center May 1st. Non-residents may register June 1st. $45 per swimmer, $30 for each additional family swimmer. If you would like more information, please contact the Parent Board President, Tasha Wilson 513-485-5326 or springdalesailfish@yahoo.com.

**Meet the Coach Night**
**May 21, 2019 at 6:00pm**

**Pre-Season Practice**
**May 28, 30 from 6:00 – 7:00pm**
Bring your bathing suit, towel, shirt, shorts, and gym shoes.

**Sailfish Snack Shack**
The Sailfish swim team volunteers operate the pool concession stand to help contribute to the cost of operating the team. Please help support the organization that serves nearly 80 Springdale children.

**Opens June 7, 2019**

<table>
<thead>
<tr>
<th></th>
<th>Fridays</th>
<th>Saturdays</th>
<th>Sundays</th>
<th>Tuesdays</th>
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<tr>
<td></td>
<td>1:00 – 4:00pm</td>
<td>1:00 – 4:00pm</td>
<td>1:30 – 4:30pm</td>
<td>Swim Meets Only</td>
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Special Pool Events

**Family Fun Day**
**Sunday, June 16, 2:00pm**
Spend Father’s Day with dad and the rest of the family at the annual Family Fun Day at the pool! We’ll be offering popular activities throughout the day including: rubber duck races, balloon launch, master-splasher, deck art and much more! Watch for more information about this seasonal favorite at the Community Center. This event is free to pool members.

**Cardboard Regatta**
**Sunday, July 7, 2:00pm**
Calling all captains and crews! Get ready to shove-off in your homemade cardboard boat! Amateur boat builders of all ages will be challenged to design, build and race boats made entirely of cardboard and tape. All vessels must be powered by the captain or crew with homemade oars. Register at the Community Center by July 1. This event is free to pool members.

**Gold Fish Swim**
**Sunday, August 11, 2:00pm**
Spring and Dale (they’re the big 4-inch fish) are back in the water with 1,000 of their fish friends! Kids 12 and under must catch the fish with their bare hands, no nets, no buckets or help from Mom and Dad. Be sure to bring goggles and a plastic container to take your new pet home. This event is free to pool members. All others must pay a $3.00 gate fee.

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**Daily Pool Schedule**

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<td>7:15am</td>
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<td>Swim Team Practice</td>
<td>7:15 – 9:55am</td>
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<td>9:55am</td>
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<td>Swim Lessons</td>
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**Fridays**
1:00 – 4:00pm

**Saturdays**
1:00 – 4:00pm

**Sundays**
1:30 – 4:30pm

**Tuesdays**
Swim Meets Only
Concerts in the Park

Lt. Dan’s New Legs: Thursday, June 20, 7:30 – 9:00pm
Will pump up the crowd with popular Dance, Pop, Hip Hop, R&B/Soul and Rock.

My Girl Friday: Thursday, July 18, 7:30 – 9:00pm
Playing a variety of popular 80’s, 90’s and 2K rock favorites to what’s hot on the radio air.

Derek Alan Band: Thursday, August 1, 7:30 – 9:00pm
High energy popular country with a modern sound and classic roots.

Neighborhood Yard Sales
Saturday, August 10, 9:00am – 2:00pm
De-clutter your home and make some money doing it. You will set up shop outside your residence.

Document Shredding
Saturday, August 17, 10:00am – 1:00pm
Bring your old paper work down to the Community Center and we will have a truck ready for you to securely dispose of those important documents.

Junior Olympics
Saturday, August 24, 10:00 – 11:30am
Children ages 10 and under will compete in 8 fun events, enjoy live entertainment, door prizes and an awards ceremony. This event will be held on the Community Center grounds. Registration begins August 1.

Family MudQuest
Saturday, September 7, 1:00 – 3:00pm
Family and friends of all ages will sloop their way through an obstacle course designed to be a muddy fun time. Located on the Community Center grounds. Registration begins August 13.

ComeUnity Bash
Saturday, September 7, 3:00 – 9:00pm
Join our ComeUnity celebration at the Springdale Community Center and enjoy live bands, great food, live circus entertainment and games the whole family can enjoy.

Father-Daughter Dance
Saturday, October 19, 6:00 – 8:00pm
Fathers and daughters will enjoy music, dancing, food, and of course, making memories. Tickets will go on sale on October 1 at the Springdale Community Center.

Monster Mania VII: Monster’s Revenge
Saturday, October 26, 2:00 – 4:00pm
Come down to the Community Center where kids ages 2 through fourth grade will enjoy Halloween games, activities, treats, haunted room tours and a costume contest. Registration begins October 1.

Skills & Drills Basketball Clinic
Saturday, November 9, 10:00am – 12:00pm
Participants 7-12 years of age will run through various fundamental drills to improve their technique and skills. Registration begins October 15.

SYB Winter Sports Pep Rally
Friday, January 3, 2020
Springdale Youth Boosters will be hosting their annual winter sports pep rally in the Community Center gym. All Springdale Rec teams will be introduced and our Mayor will recognize former coaches and induct them into the Springdale Coaches Memorial Hall of Fame.

Cinema Horseraces
Saturday, February 29, 2020, 7:00pm
Springdale Youth Boosters’ annual fundraising event. Bet on your favorite horses, play black jack, Texas hold-em, split-the-pot and more! Must be 21 or older. Tickets go on sale January 2 at the Springdale Community Center.
Mission Statement
The mission of the Parks and Recreation Department is to provide a year-round leisure services program and functional, well-maintained facilities which serve the diverse needs of the community at large.

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

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.