Repairs and Maintenance Coming to Neighborhood Streets

Almost a year ago, the City decided to implement a comprehensive capital improvement program with the focus to reinvest in the City’s neighborhood streets. The first project under that program is set to start with the 2017 Annual Street Program. This program has been divided into two separate projects.

The first of the two projects will focus on the rehabilitation of a number of streets throughout the City. The specific streets are: W. Kemper Road (from Springfield Pike to Kenn Road), Cameron Road, Naylor Court, Ray Norrish Drive (from Sheraton Lane to terminus), Springdale Lake Drive, Grandin Avenue (from Rose Lane to Vanarsdale Lane), Bernhart Court and Whallon Court. Work on these streets will vary to some degree based on the needs, but in all cases each street will receive a new asphalt overlay as a part of the project.

The second project will incorporate a variety of routine maintenance activities on streets in other areas of the City. This work is being performed on streets that are in an overall better condition than those mentioned above. The work is meant to preserve the useful life of these streets by preventing their premature deterioration. This will not only extend the life of the streets, overall, but in the long run it will also save the City dollars. The areas covered under the project are as follows: the subdivisions of Glenview, Heritage Hill, Springdale Park, Springdale Terrace, and Royal Oaks, as well as Sharon Road (from Springfield Pike to the Forest Park city limits). Work on these streets will be in various forms of routine maintenance but none of these streets will receive an asphalt overlay.

For a complete description of all work to be performed, not only on these streets, but the entire comprehensive capital improvement program, please refer to the City’s website at www.springdale.org and look for the Neighborhood Street Repairs feature near the center of the page.

The exact schedule for both projects is still to be determined. However, in the case of the rehabilitation project the contract has a completion deadline of September 1st, 2017. In the case of the maintenance project, the contract has a completion deadline of September 29th, 2017. Notices for the commencement of work and any other possible inconveniences to the residents will be provided in advance by the contractors. If you have any questions or concerns, please phone the Springdale Public Works Department at 346-5520 between the hours of 7:00 a.m. and 3:30 p.m., Monday through Friday.

Zimmerlin Named New Assistant City Administrator

On November 3, 2016, Amanda E. Zimmerlin began her employment with the City of Springdale as the new Assistant City Administrator. Prior to joining Springdale’s executive team, Amanda served as the Assistant City Manager with the City of Madeira. She has also been employed by the City of Xenia as the Assistant to the City Manager. These earlier experiences have strengthened Amanda’s skills in the areas of Human Resources, Risk Management, and Planning and Zoning. All three will come in very handy during her tenure as the Assistant City Administrator.

Amanda holds a Bachelor of Arts in Political Science and a Master of Public Administration both from the University of Dayton. She was fortunate to receive a full scholarship to the University of Dayton Master of Public Administration Program where she assisted with research and instructing undergraduate courses.

When Amanda is not serving the City of Springdale or volunteering her time and efforts to her community, she enjoys hiking, baking, and spending time with her husband James and their four children.

Old Sheraton Hotel Demolition Update

In the spring of 2016, the City of Springdale made the strategic decision to purchase the former Sheraton Hotel property with plans to demolish the building and redevelop the site. The purchase was completed, the contractor was hired, and the demolition work began to get underway. Unfortunately, the project to demolish the structure was delayed shortly after its start due to the discovery of asbestos containing materials previously not known to exist within the structure.
Springdale Garden Club Activities

Tree City USA Recognition
The City of Springdale will have multiple celebrations at our two elementary schools (Springdale and Heritage Hill) recognizing the City’s 25 years as a Tree City USA Community. Mayor Webster, representatives from the City’s Parks Department, Public Works Department, and the Springdale Garden Club will join together to celebrate with the school children. At this year’s Arbor Day celebrations, the Garden Club plans to donate a tree to each school. The ceremonies will be held at Heritage Hill Elementary at 11:15 a.m. and at Springdale Elementary at 1:00 p.m. on April 28. Pictures from last year’s celebrations can be viewed on the City’s website at www.springdale.org/publicfiles/Arbor_Day_2016.pdf.

Amateur Garden Award
This spring the Garden Club will hold its second Amateur Garden Award contest. The contest is to recognize homes that are well maintained and display a focus on gardening. Homes will be specifically judged on their design, plant material, and vegetable gardening. Additional bonus points will be given if the garden includes the following: water features, a pond, fairy gardens, butterfly gardens, shade and native plants, patio gardens, or children’s gardens.

Residents can enter their home or a neighbor’s home if they choose by picking up an entry form at the Community Center or from a Garden Club member. Return the form to the Community Center and they will be sure a Garden Club member receives it. All entries must be submitted by Monday, June 12th.

The Club has divided the community into five areas. They will call those nominated for permission to enter their property and set up a date and time to view the property. Pictures of the top ten in each area will be displayed at the Community Center and at the “2017 ComeUnity Bash.” You may re-enter a garden contest every 3 years. If you were not a winner last year, you can be a contender this year.

The Garden Club has a variety of community projects such as maintaining the front of the Community Center with new plant material and working with the first graders at both Heritage Hill and Springdale Elementary Schools. The club finds time for workshops, tours and gardening fun. They are always looking for volunteers to help with their projects. You do not have to be a member of the Club to help. To learn more about the Springdale Garden Club, call Joan Knox at 674-7755 or e-mail joanknox99@fuse.net.

Old Sheraton Hotel Demolition Update
continued from page 1
Due to the nature of this asbestos containing material and the additional cost involved in its removal, the original contract had to be postponed while the new asbestos removal work had to be bid with a new contractor. The new contractor completed the removal of the asbestos material in the fall of 2016. Since that time, the City has been awaiting the return of the original contractor, O’Rourke Wrecking Company, to complete the remaining demolition work. Late last month, the City reached an agreement with O’Rourke to return to the site and continue the process beginning in late April. The agreement also calls for the project to be completed in early fall 2017.

If you have any questions related to this project or its delays, please phone the Springdale Public Works Department at 346-5520 between the hours of 7:00 a.m. and 3:30 p.m., Monday through Friday.

Door-to-Door Canvassing / Solicitations
With the arrival of spring and warmer weather outside, we anticipate the arrival of more door-to-door solicitors in the neighborhoods. For a business or organization, this commercial solicitation is a great way to advertise their products. This can also be aggravating to residents. It is important for businesses and residents alike to understand the rules that apply.

Commercial solicitation is allowed within the City limits, but solicitors are required to be licensed by the City. Each commercial solicitor must apply for a license at the Springdale Municipal Building and present the following:

- Their personal information
- Name and nature of the business
- Duration of their solicitation
- A recent photograph
- $25 application fee

Upon meeting the City’s rules for obtaining a license, the solicitor will be issued a badge by the City. The badge will contain the words “licensed solicitor,” a photograph of the solicitor, and the period of time it is valid. Licensed solicitors are required to wear the badge on their outermost garment of clothing and present it upon the homeowner’s request.

By State law, the City is not permitted to require charitable, religious, or political solicitors to obtain a license.

Commercial solicitation is prohibited between the hours of 7:00 p.m. and 9:00 a.m. each day. No commercial solicitation is permitted at any time on a Sunday or a state or national holiday.

Residents wishing to have no door-to-door solicitors should post a sign which reads “No Solicitation” or other similar sign on their front door or entrance to their property. Posting this sign prohibits commercial solicitors as well as charitable, religious, or political solicitors from knocking on your door. When in doubt call the Springdale Police at 346-5760 to investigate.
City tax returns due April 18

Springdale’s 2016 tax returns are due to the tax office (or postmarked) by Tuesday, April 18, 2017. The items required to be included with the City tax return are W-2 form(s), page 1 of the Federal form 1040 (and other applicable Federal forms), form 1099 Misc., and any other schedule to support the local tax return activity.

Who must file a City return?
All residents 19 years and older are required to file a tax return, whether or not tax is due. Retired residents will need to file a zero taxable income return, then the account can be established in a retired status and subsequent Springdale tax filings will not be applicable (assuming the resident has no further taxable income). In addition, all businesses located in Springdale and businesses which earn income as a result of work performed in Springdale are also required to file a tax return, whether or not tax is due.

Springdale Economic Development News

Macy’s Corporate Services recently hosted City officials for a ribbon-cutting and tour of their new state-of-the-art office in Progress Park (the former Avon Building). Approximately 500 employees at that office provide accounting, purchasing, human resources, training, and other services to Macy’s stores and employees around the world.

Vora Ventures recently purchased the office building at 100 Tri-County Parkway. After significant renovations, the building will be called the Vora Solution Center and will house Ascendum Solutions, a global information technology solutions company, with additional space available for other tenants.

The Studio by GregInsco.com opened a new location in Tri-County Mall on the second floor across from the food court. The Studio will offer line dancing, Zumba, breakdancing, and other fun special events.

Domino’s Pizza is opening soon at 11424 Springfield Pike (the former Happy’s Pizza) across from Walgreen’s.

Extension Requests
If you have received a Federal filing extension, you will receive an automatic six month extension for the Springdale tax return. If you have not received a Federal filing extension, a written extension request must be received by the filing due date and a six month extension will be granted. Remember, even if you have obtained an extension, tax balances are still due by April 18, 2017.

State Mandate House Bill 5 Changes
Please keep the following in mind regarding the 2016 Springdale tax returns in accordance with State mandated House Bill 5:

- A late tax return filing will incur a penalty of $25 per month, up to a maximum of $150 (six months late).
- A late payment penalty of 15% of the tax balance owed will be incurred for balances that are not paid on time.

Duke Files Electric Rate Increase

On January 31, Duke Energy gave notice of its intent to seek an increase in distribution electric rates. (Distribution rates impact all customers and are not avoidable by using an alternative supplier or by joining an aggregate program, such as the Springdale Electric Aggregate Program.) The notice filed with the Public Utilities Commission of Ohio (PUCO) did not specify an annual dollar amount but did provide the new rates. The greatest increase is the proposed customer charge applicable to residential customers. The current monthly customer charge is $6 and Duke’s requested increase is $22.77 per month.

The PUCO will have about nine months to review Duke’s application, meaning that the new rates will become effective early 2018. The PUCO will conduct local public hearings late this year and written comments may be submitted to the PUCO. The case number is 17-32-EL-AIR.

Nuisance Animal Control Program

If you are experiencing a problem with skunks or raccoons in your yard and are interested in participating in the City of Springdale’s Nuisance Animal Control Program, please contact the Springdale Health Department by calling 346-5725. Under the program, the City will provide a nuisance animal trap for the resident to set up in their yard. The resident will pick up the trap from the Springdale Health Department. Residents will be responsible for monitoring the trap. Upon the capture of a skunk or raccoon, the resident will inform the Health Department of the capture. Once notified, the Health Department will dispatch the nuisance animal control contractor to remove the trap containing the nuisance animal. By law, the contractor is to remove the animal within 24 hours of notification. There is no cost to the resident for the use of the program.
Home Fire Escape Drill

Every household should practice a Home Fire Escape Drill. If a fire should occur, this important drill can help a family escape. The Home Fire Escape Drill is designed to help families practice two escape routes from their home, should a fire occur. Families should plan and practice two different escape routes. One route should be a normal route where the family uses hallways and stairways. The second route should be an alternative route using windows or onto the roof. This may help to save your family’s life. The alternative escape route is vital because most home fires start in areas of the house that may block the usual hallway and stairway exit routes.

Practice Your Plan

Practice each route of the Home Fire Escape Drill twice. When practicing, close all bedroom doors and set off the smoke detector by pushing the test button. Family members should sound their own alarm (yelling or pounding on walls are some examples) at the first sign of fire. Practice testing your doors for heat before opening them. Sweep your hand over the upper portion of the door to feel for heat. If the door is hot or warm, do not open it. Instead use your alternative route. If the door does not feel hot to the touch, open the door a crack to see if there is smoke. If there is no smoke, exit the house. If you find heavy smoke, close the door and use your alternative escape route. Go to the designated meeting place outside.

Please join the Springdale Fire Department in helping to save lives by completing this Home Fire Escape Drill.
**Children’s Health Fair**

On May 19, 2017, the Springdale Health Department, the Springdale Parks and Recreation Department, the Princeton School District and the Sharonville Parks and Recreation Department will present the 24th annual Children’s Health Fair at the Springdale Community Center. This year, the theme of the health fair will be “Giant Steps to a Healthier Me.” The fair will provide over 500 third-grade students from the Princeton area local public and private schools a chance to observe and interact with over 20 learning centers. Each learning center will have an educational message, encouraging children to make responsible decisions for healthy lifestyles.

**Screenings to be Provided**

- Mammogram
  (For a mammogram, call 513-862-1050.)
- Blood Pressure
- Cholesterol
- Body Mass Index
- Glucose
- Osteoporosis

**Event Sponsors**

TriHealth Healthy Women, Healthy Lives Program, The Healing Center, City of Sharonville Fire Department, City of Springdale Health Department, City of Forest Park

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**Free Diabetes Workshop**

**Thursday • 9:30 am – 12:00 pm**
**April 27 – June 1**
**Springdale Community Center**
**11999 Lawnvie Avenue**

Springdale Health Department will begin the HEALTHY U! DIABETES SELF MANAGEMENT PROGRAM on April 27. This program has been shown to improve quality of life and save money for participants. The workshop will be held once a week to address problems common to persons with diabetes. To register call the Springdale Health Department at 346-5725.

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**Springdale Police Department New and Retiring Employees**

**Officer Jesse Morgan** was born and raised in Cincinnati as the youngest of three siblings. Jesse graduated from the University of Cincinnati in 2016, earning his Bachelor degree in Criminal Justice. Before joining the Springdale Police Department, Jesse worked in Hamilton County’s Planning and Development Division as a field laborer. Jesse recently graduated from the Ohio State Highway Patrol Academy and is currently completing his field training program with the department.

**Officer Joe Ture** is retiring after thirty-two years of service with the Springdale Police Department. A military veteran with the United States Air Force, Joe started his career in Springdale on March 27, 1985 after graduating from the Ohio State Highway Patrol Academy. Throughout his career, Joe has served as a patrol officer, honor guard member, canine officer, and the Community Service Officer. Joe was also critical in the development and implementation of the Springdale Citizen’s Police Academy. Please join us in wishing Joe a happy retirement.

**Officer Garret Welander** was born and raised in the State of Texas. Garret received his Peace Officer certification from the Great Oaks Police Academy in 2013. Before joining Springdale, Garret worked for the Village of Owensville, Ohio and as a deputy with the Hamilton County Sheriff’s Office. In his spare time, Garret enjoys mushing activities with his Siberian husky and spending time with his family.

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**Date**

June 3, 2017 from 8 AM - 2 PM

**Event registration will close at 1:15 PM**

**Location**

The Healing Center
11345 Century Circle West, Springdale, OH 45246
Take Precautions Against Extreme Heat

The City of Springdale Health Department reminds residents to take precautions to protect their families from heat related illness:

- Drink plenty of fluids while outdoors to avoid the risk of dehydration. Don’t wait until you are thirsty to drink.

- During heavy exercise or work in a hot environment, drink two to four glasses each hour.

- Avoid beverages that contain alcohol or caffeine, because they can add to dehydration and increase the effects of heat illnesses.

- Take breaks as needed in air conditioning to prevent heat exhaustion.

- Friends and neighbors are urged to periodically check on the elderly and those with illnesses, since they are among those at highest risk for heat-related problems.

- Children or animals left inside a vehicle are at risk for serious heat-related illnesses or even death. To remind yourself that a child is in the car, place bags, phones or other items you will take with you in the back seat. This will force you to turn around before exiting the car.

- Limit the risk of sunburn and skin cancer by wearing sunscreen with an SPF of at least 30. Reapply often during extended periods of exposure.

- Warning signs of heat exhaustion include fatigue, nausea, headache, excessive thirst, muscle aches, cramps, weakness, confusion, anxiety, drenching sweats, slowed heartbeat, dizziness, agitation, and fainting. If an individual begins to show signs of heat exhaustion, move to an air conditioned area, provide water, apply wet cloths and call 911 for emergency medical assistance.

For more information about promoting warm weather health and safety, please visit the CDC’s website at http://www.cdc.gov.

How can we help?

Police or Fire Emergency

9•1•1
Not an emergency? Then call
346-5760 for Police
346-5580 for Fire

General Information............................346-5700
Mayor Doyle Webster
City Building.............................. 346-5705
Home ..................................... 671-4489

Clerk of Council/Finance Director
Kathy McNear ............................... 671-2510
City Administrator
Derrick Parham ............................. 346-5700
Assistant City Administrator
Amanda Zimmerlin ......................... 346-5700
Building Department........................ 346-5730
Finance Department........................ 346-5700
Police Department (non-emergency) ...... 346-5760
Fire Department (non-emergency) .......... 346-5580
Health Department....................... 346-5725
Public Works Department................. 346-5520
Property Maintenance
& Zoning Hotline ............................ 346-5734
Recreation Department.................... 346-3910
Income Tax Department................... 346-5715
Public Information
Phone Line ................................... 346-5757
Internet Address .............. www.springdale.org
E-mail address .......... admin@springdale.org

Springdale Health Department's 6-Star Award Winners

Although these stars are not famous, seeing them in local restaurants is a pretty big deal. These stars are the 6-Star Honor Awards presented annually by the Springdale Health Department. To earn the honor, a recipient must have fewer than two critical violations during routine Health Department inspections during 2015 and 2016. They must also have no needed follow-up inspections; no smoke-free violations; be in good standing with other City of Springdale departments; have a valid food license according to the requirements of the Ohio Revised Code for one full year and a renewed license by their due date; meet educational requirements and show proof of ServSafe Certification or equivalent food safety training. To see the list of 29 restaurants who are this year’s recipients of the prestigious local food service award, please check our website at www.springdale.org/environmental-health.aspx.
ADULT ACTIVITIES

5th Annual Baseball Bingo
Tuesday, April 4 • 12:00pm
Hot dogs, peanuts, ice cold lemonade and Bingo, doesn’t that sound like a great afternoon? For just $5.00 we will supply all the fixins for a hotdog lunch followed by bingo games like the large baseball diamond, triple play, or “W” for big winner. Eat, play and win prizes! Register at the front desk with payment of $5.00 by March 31.

Putt Putt Golf Outing
Tuesday, May 30 • 10:00am
The golden putter is up for grabs, become the new Springdale Champion. Here’s a chance to show off your putting skills and enjoy the great outdoors. We’ll meet at Eagle Tee Golf on Cincinnati-Dayton Road for a round of putt putt. We’ll play 18 holes of miniature golf and then gather under the shelter for light refreshments and present the golden putter to the new Springdale champion. Register with payment of only $5.00 by May 25.

Lunch & Lawn Games
Thursday, June 15 • 12:00pm
We’re heading outdoors to the picnic grove behind the Community Center where we will have an enjoyable picnic lunch. After lunch there will be games of corn hole, bocce ball, ladder toss, and croquet on the lawn and you can find a nice challenging game of dominoes at the picnic tables. We will move inside if the weather doesn’t cooperate! Register with payment of $7.50 for members and $10 for guests by Sunday June 11.

Movie Time
Thursday, April 20 • 1:00pm
Come relax, have some popcorn and watch a movie. We will be showing The American President, starring Michael Douglas and Annette Bening. Must be 18 years of age or older to attend. Register at the front desk or call 346-3910 by April 18.

Crosley Field Remembered
Thursday, April 13 • 2:00pm
Join us and the Cincinnati Museum Center as we reminisce with stories of Crosley Field and the Cincinnati Reds. The 1919 and 1940 world championships, the 1960’s with our favorites Pete Rose, Johnny Bench, Tony Perez and all the rest. It should be a day of “Yes, I remember that!” Register at the front desk or call 346-3910 by April 12.

Parks & Recreation Programs

Community Center

2017 Memberships
All registered residents are eligible to join the Community Center. (Please call 346-3910 for information)

Activity Membership $20 $30
Includes use of gymnasium, game room, track, tennis courts, computer lab and eligibility for youth & adult sports programs.

Fitness Membership $50 $70
Includes above, plus use of Fitness Center. Must be 16+ to use Fitness Center independently (12-15 when with a parent unless they’ve passed the Teen Fit Class).

Pool Membership $75 $95
Includes all of above, plus pool.

Racquetball Membership $15 $25
Requires activity, fitness, or pool membership.

Senior Resident Membership $20
Residents 62 and older will receive an individual Pool Membership, access to racquetball courts, and access to senior lounge.

Senior Non-Resident Activity Membership $20
Non-resident seniors 62 and older may join the community center and enjoy the same benefits as an activity membership. (Does not include fitness room or pool.)

Non-Resident Membership $300 $400
Includes all facilities. Participation in youth or adult sports programs on availability basis only. League restrictions may apply.

6-Month Option $160 $225

Business Membership $150 $200
Includes all facilities. Participation in youth or adult sports programs on availability basis only. League restrictions may apply.

6-Month Option $85 $125

FREE MEMBERSHIPS TO ACTIVE DUTY MILITARY
“The City of Springdale Will Grant a Complimentary Annual Community Center Membership to Any Springdale Resident, Spouse and Dependent Children Who Are Serving Full-Time Active Duty in the Military. Membership will be granted on an annual basis with verification of “Active Duty Orders” and proof of residency.

Regular Hours
Monday - Friday .......... 9 AM - 9 PM
Fitness Center & Indoor Track Open at 6 AM
Saturday .................... 9 AM - 5 PM
Sunday ......................... 1 - 9 PM

Holiday Hours
Easter Sunday, April 16 ............ Closed
Memorial Day Monday, May 29 ...... Closed
Independence Day Tuesday, July 4 ... Closed

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

Easter Craft Day
Tuesday, April 11 • 1:00 pm
Join us for another fun craft day! We will be making Easter Crafts. All materials and instructions will be provided. Register at the front desk or by calling 346-3910 by April 7 for this free activity.

Springdale’s Gone Wild
Is That A Rat?
Wednesday, April 5 • 7:00pm
Get the scoop on squirrels, rats, mice and their cousins as we learn about the wild rodents that live in Ohio. The naturalist from Great Parks of Hamilton County will bring some furry friends for us to see. This is a free program to enjoy with the whole family. Register at the front desk or call 346-3910 by April 3.

SPECIAL EVENTS

Easter Egg Hunt
Saturday, April 15 • 12pm
The Greater Springdale Jaycees will host their annual Easter Egg Hunt on Saturday, April 15 at 12:00pm at Ross Park in Springdale. This event is free and open to the public. Children should bring a basket to collect their goodies. For more information, contact Springdale Parks & Recreation Department at 346-3910.

Ohio’s One-Mile Fitness Walk
Wednesday, May 17 • 11:00am – 1:00pm
We Challenge YOU to “Walk the Talk!” We would like to encourage you to get active. For the tenth year in a row, help us reach our goal of over 100 Springdale Residents walking one mile by participating Wednesday, May 17 any time from 11am – 1pm. Let’s do our part as a community and participate in a 20-minute, one-mile walk, to help reach this goal! Each participant will receive light refreshments.

Springdale Youth Boosters
About the Springdale Youth Boosters: The group is a non-profit, volunteer-based organization comprised of Springdale residents working together to secure donations that help provide more affordable youth sports programs in Springdale. To join, contact: Springdaleyouthbooster@yahoo.com.
YOUTH PROGRAMS

City Service & U
June 19 - 23 • 9:00am - 12pm
This award winning program is back for its fourth year. Join us in exploring the possible career path as a firefighter, police office or city administrator. Experience first hand the daily task of the city workforce. The weeklong program is for those entering grades 5-8. Registration runs May 15 to June 10. Space is limited. Is City Service in You?

Fall Youth Sports Sign-Ups
Fall sports sign-ups begin May 1. Springdale Community Center Activity Membership required. However, the SCC membership requirement is waived for first time youth sport participants. Youth sports fees must be paid with cash or check. No credit cards accepted.

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 between 2011 and 2013 are eligible to participate.

Registration: May 1 – May 31 • $20 ($55 beginning 6/1)

Instructional Jr. High
Have fun, gain friendships and enhance your skills while competing against local communities. Youth who were born between 1998 and 2010 are eligible to participate. Participants may bring one guest. No credit cards accepted.

Registration: May 1 – May 31 • $40 ($55 beginning 6/1)

Youth & Teen Volleyball
Participate in our Cincinnati Premier Youth Volleyball League and enhance your skills, gain friendships, and most importantly, have FUN! Youth and teens in grades 3-8 are eligible to participate.

Registration: May 1 – May 31 • $40 ($55 beginning 6/1)

ADULT/SENIOR PROGRAMS

L.I.F.E.
Tuesday, Thursday • 11:00am - 12:00pm
This Low Impact Fun(ctional) Exercise class will help you live a better LIFE. We focus on improving your strength to help you safely perform the activities of daily living with improved balance, and stability. Whether lifting a bag of groceries or standing up from a chair, every task depends on functional strength. See the Fitness Team for more information.

Line Dancing
Tuesday • 1:00 - 2:00pm
This class is a great way to exercise and have fun at the same time! If you can stand, walk, move from left to right, and enjoy a variety of music, then this class is perfect for you. Singles and Couples are welcome. Wear comfortable soft-soled shoes and enjoy learning how to line dance. Call Barbara G. at 681-7118 for more information.

Tai Chi for Health
Monday • 1:00 - 2:00pm • Begins April 17
A gentle, yet powerful form of exercise that improves muscle tone, balance, flexibility, and reduces stress. Can reduce the pain and stiffness associated with arthritis. For all ages and fitness levels. Contact Barbara M. at 267-0409 for more information.

Barre Fit
Tuesday, Thursday • 11:00am - 12:00pm
This challenging and effective workout. If you don’t pay attention to your butt ‘n gut, nobody will! Bring a towel/mat and water bottle – crew cut not required! See the Fitness Team for more information.

Butts ‘n Guts
Wednesday • 5:30 - 6:15pm
Join Jimmy for this high energy, tightening, and toning workout that focuses on your core, glutes, and more. All fitness levels can have a challenging and effective workout. If you don’t pay attention to your butt ‘n gut, nobody will! Bring a towel/mat and water bottle. See the Fitness Team for more information.

EDUCATIONAL PROGRAMS

Guitar Lessons
Tuesday & Thursday • 6:30 - 7:30pm
Want to learn a new skill or find an old one? Join us for electric guitar and bass guitar lessons! Class is offered on Tuesday & Thursday from 6:30-7:30pm. Students must provide their own guitar, small amplifier and headphones. Cost is only $96 for the session and is required when registering. Class size is limited to a maximum of 12 students. Call instructor Ed Riley at 671-1760 with questions.

FITNESS PROGRAMS

Barre Fit
Wednesday • 7:05 - 8:05pm
A class that provides real results, improves posture, adds muscle, reduces weight, increases flexibility and reduces stress. Get addicted to this fun fitness class with inspired workouts set to great music. Bring a mat and a 3lb. hand weight if possible. Call Kristi to learn more at 907-8556.

Bootcamp
Monday • 5:30 - 6:15pm
Bored with your workout? Looking for a new challenge? Then join Bootcamp! Gary trains anyone from beginner to expert. Soon you’ll be enlisting when you’re burning up to 450 calories per class. Bring a towel/mat and water bottle – crew cut not required! See the Fitness Team for more information.

Hot Summer Jobs that are Cool!

Parks Maintenance Workers
Seasonal staff is needed to cut grass, trim and help maintain the facilities. You must be 16 years old or older to apply for these positions. Apply at the Community Center.

Lifeguards
Minimum requirement is Red Cross Lifeguard certification or equivalent. Apply at the Community Center.

For more information about these jobs, contact the Community Center at 346-3910.
Fitness Programs Continued

Cardio Kickboxing
Tuesday & Thursday • 5:55 - 6:55pm
Saturday • 11:00am - 12:00pm
A high-intensity class that combines cardio with kickboxing and leaves you burning calories all day long. Using mats, balls, scooters, punching bag, and you name it; this class will keep you wanting to come back for more! Ask Elaine M. at 446-1839 questions about the class.

Hip Hop Redefined
Monday • 7:05 - 8:05pm
This class is all about burning up calories and the dance floor. A full-body workout open to all. Join the hottest and hippest fitness class. Let us redefine what a fitness class should be. Call Markesha at 885-6065 for more information.

Jazzercise/Body Sculpting
Monday, Wednesday, Friday • 5:55-6:55pm
Tuesday, Thursday, Saturday • 9:30-10:30am
This class gets you moving by combining upbeat music and highly energetic exercise. Throw in some hand weights with Body Sculpting on Fridays, and this is the perfect total body workout. Ask Elaine S. at 575-1620 for more information.

ROCK! Solid
Saturday, June 3 – 24 • 9:30 - 10:30am
ROCK! SOLID mixes strength and cardio exercises with interval training. It’s a great way to burn fat, lose weight and get fit. Don’t worry if your fitness level is not Olympian; every exercise can be varied to any skill level, just come ready to work hard. See the Fitness Team for more information.

Slimnastics
Monday, Wednesday, Friday
9:15-10:15am
This class is a great workout for those women not ready to put their gym shoes away. Get out and meet some new friends. Call Sue at 738-0361 to get information.

Zumba
Thursday • 7:05 - 8:05pm
Zumba combines high energy and motivating music with unique moves and combinations. Classes are taught based on the theory that a workout should be fun and easy to do, allowing participants to stick with the program. Give Deb a call at 205-5064 for more information.

Pool News

Cardio Splash!
Thursdays • 6:30 – 7:30pm
Saturdays • 11:00am – 12:00pm
Session 1: June 8, 10, 15, 17, 22
Session 2: June 24, 29, July 1, 6, 8
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 Pat at 513-385-6111. Fee: $25 / 5 classes residents ($30 / 5 classes non-residents). Walk-Ins: $7/ residents ($8/non-residents)

Family Fun Day
Sunday, June 18 • 2:00pm
Spend part of Father’s Day with dad and the rest of the family at our 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. Regular guest fees apply.

Gold Fish Swim
Saturday, August 12 • 12:00pm
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 a plastic container to take your new pet home. This event is free to pool members. Regular guest fees apply.

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. A small sampling of the rules is:

- Bathing suits are required. Rash Guard water wear permitted (No gym shorts, t-shirts, or underwear).
- Children 8 and under must be accompanied by a person 16 or older or have passed Intermediate level swim lessons.
- Lifeguards must be obeyed.

- Do not swim if you have had diarrhea in the past two weeks.
- Excessive horseplay is prohibited.
- Swimmers must be 4 feet tall to ride the slide.

Check our website at www.springdale.org/goplay/ for a complete listing of the pool rules. A rules sign is also posted at the pool.
We are the Sailfish!
No Timeouts. No Substitutions. Everybody Swims!

Are you looking for something this summer that will provide your kids with structure, exercise, and opportunities to make new friends? Do your kids love being in the water? Why not give the swim team a try? Our Coaches are committed to developing each swimmer by providing a positive learning environment while emphasizing safety and respect for the water. Your child will build self-confidence and experience life long memories of summers at the pool. Springdale residents may register beginning May 1st and 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 at 907-1850 or SpringdaleSailfish@yahoo.com.

Pre-Season Practice
Join the Sailfish for some fun and pre-season practice. May 30, 31, June 1, and 2 from 6:00 – 7:00pm. Bring your bathing suit, towel, shirt, shorts, and gym shoes.

Sailfish Snack Shack
The Sailfish swim team operates the pool concession stand to help defray the costs of operating the team. Please help support the organization that serves over 80 Springdale children and purchase your snacks and soft drinks from the concession stand. Hours of operation beginning June 5 1-4pm. Closed Sundays.

Springdale Hosts 2017 Northern Suburban Swim League Championships
Springdale Parks and Recreation Department and the Sailfish Swim Team will host the 2017 N.S.S.L swimming championships on July 17 and 18. Over 900 swimmers plus coaches, officials, volunteers and spectators will descend on the Community Center for two full days of competition. The Center will remain open; however, parking will be limited and some of the ongoing programs, and activities will be cancelled during this event. There is a variety of volunteer opportunities available during this event, if you are interested in donating some of your time, please contact Tasha Wilson at 907-1850 or email SpringdaleSailfish@yahoo.com.

Pool Schedule

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Swim Team Practice
7:15 - 9:55 am

Swim Lessons
10:00 am - 12:00 pm

Open Swim
1:00 - 6:00 pm

Open Swim
12:15 - 6:00 pm

Swim Meets or Open Swim

Open Swim
12:15 - 6:00 pm

Adult Swim

Cardio Splash
11:00 am - 12:00 pm

* Pool is closed to the public July 17 and 18 for N.S.S.L. Swim Championships.
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. It is designed to give students a positive learning experience. The objective is to teach children how to swim and be safe in, on and around the water. Instructors possess the advanced training certification of Water Safety Instructor. This summer, give your child the lifelong skill of being safe around water.

**PRE-SCHOOL SWIM LESSONS**

**LEVELS 1 & 2**

**Class Dates:** All sessions last 2 weeks, Monday-Friday for 30 minutes. Class times available are 10:30, 11:00 and 11:30 am.

**Sessions:**
- 1A*........June 5 – June 16
- 1B ........June 19 – June 30
- 2A*........July 10 – July 21
- 2B ........July 24 – August 4

* 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: $5.00 per session (Pool Membership must be obtained for 2017 prior to swim lesson sign-up.)
- SCC Activity & Fitness Members: $10.00
- Non Members: $20.00

**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 action with arms and legs. 5:1 student/instructor ratio. **Must be 3-6 years old by June 1, 2017.**

**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, 2017 and passed Level 1.**

**CHILDREN SWIM LESSONS**

**LEVELS BEGINNER THROUGH ADVANCED PLUS**

**Class Dates:** All sessions last 4 weeks Monday-Friday for 30 minutes. Class times, depending on level, are available 10:00, 10:30, 11:00 or 11:30am.

**Sessions:**
- 1A*........June 5 – June 30
- 1B ........July 10 – August 4

**Class Costs:**
- SCC Pool Members: $10.00 per session (Pool Membership must be obtained for 2017 prior to swim lesson sign-up.)
- SCC Activity & Fitness Members: $20.00
- Non Members: $40.00

**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, 2017 and passed Level 2 OR 6 years old by June 1, 2017 with no prerequisite.**

**Intermediate:** Students are taught elementary backstroke and will be introduced to breast stroke, butterfly, and sidestroke. Ideal for students who might be interested in joining the Sailfish swim team or becoming a certified lifeguard. 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**

Do you have a fear of water? Not to worry! Our easy going instructors will work with you at your own ability level and at a pace comfortable to you. Already know how to swim but want to learn a new stroke? We can do that too! Whatever your ability is, if you want to improve your swimming skills or increase your comfort level in the water, join us on Thursday nights from 6:30-7:30pm beginning June 8 – July 27. This class is open to children ages 13 and up when accompanied by an adult.

**Class Costs:**
- SCC Pool Members: $10.00 per session (Pool Membership must be obtained for 2017 prior to swim lesson sign-up.)
- SCC Activity & Fitness Members: $20.00
- Non Members: $60.00
Services offered by the Health Department

**Immunization Clinics***
1st & 3rd Wednesday • 9:00 am - noon
Health Department Office
*Immunization clinics for uninsured and children with Medicaid

**TB Testing**
By Appointment ($15)
Health Department Office

**Cholesterol/Glucose Screening**
By Appointment ($15)
3rd Thursday • 8:00 - 11:00 am
Health Department Office

**Blood Pressure Checks**
3rd Tuesday • 10:30 am - 12:30 pm
Community Center

**Home Wellness Checks**
By Appointment (Free)
Public Health Nurse

Communicable Disease Investigation & Reporting
For more information on Health Department services, call 346-5725.

Springdale’s upcoming City elections in November
This November, the following are up for election:
- Four Council District Seats

Springdale Elections are conducted by the Hamilton County Board of Elections. Petitions must be filed by August 24. Details can be obtained at [http://boe.hamilton-co.org](http://boe.hamilton-co.org) or by calling 632-7000.

Neighborhood Watch
Did you know the Springdale Police Department holds a Neighborhood Watch meeting every month? Learn about crime trends, current events, crime prevention tips, and what’s going on at your Police Department and in your neighborhood. Come to the Police Department on the 2nd Tuesday of every month at 7pm. All residents and business owners are welcome to attend and it’s a great opportunity to meet your neighbors! The next meeting is on Tuesday, April 11 at 7pm. For more information contact Officer Keenan Riordan at 346-5760 or kriordan@springdale.org.