

JOHNSTON TO RETIRE
38 Years of Public Service

STAY ACTIVE
4 Simple Exercises

CELEBRATING BLACK ART
The Cochran Sisters

WESTERVILLE

COMMUNITY GUIDE | JAN / FEB 2023



www.westerville.org

Program
Registration
Dates

Registration
Information
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JANUARY

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MONICA IRELAN, CITY MANAGER



Westerville City Council

Back Row: Coutanya Coombs, Ph.D.; Kenneth L. Wright, Vice Mayor; Dennis Blair; Megan Reamsnyder

Front Row: Michael Heyeck, Chair; Diane Conley, Mayor; Craig Treneff, Vice Chair



On the cover: January marks 102 years since the start of Prohibition. See page 13 for more information.

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Delivery and Availability

The Community Guide is delivered to resident homes six times per year. This publication is available at the Westerville Community Center, City Hall and the Westerville Public Library.

Notes to the Editor

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City of Westerville Mission

The City of Westerville is dedicated to providing exemplary municipal services to our community and fostering prosperity while embracing our unique heritage and character.

City Values

- | | |
|----------------|----------------------|
| Innovation | Integrity and Trust |
| Stewardship | Public Safety |
| Excellence | Community Engagement |
| Accountability | Employee Enrichment |

Westerville City Council Strategic Goals

-  AUTHENTIC AND ALIVE UPTOWN
-  CONNECTED AND ENGAGED RESIDENTS
-  SAFE AND VIBRANT NEIGHBORHOODS
-  THRIVING BUSINESS CLIMATE

WELCOME 2023!

'Tis the season for family gatherings, cold weather and resolutions on health and fitness. The cold doesn't have to cancel fitness or make it difficult. Westerville Parks and Recreation offers many indoor fitness classes (see class section). Visit pages 6-7 for simple movements you can do indoors this winter. If you are interested in cooking, Cooking Caravan brings many great classes to the Community Center for your family to enjoy (see class section). Visit page 20 for a great recipe you can try tonight.

Relaxing with art is a great way to relieve the stress of the holiday season. Find information about a new business in Uptown Westerville that offers one day pottery classes (pages 14). Visit pages 10-11 to read about two local artists and how their art takes inspiration from Black History.

And let's not forget the many additional class opportunities this season that include aquatics, fitness, sports and education. Information can be found on the pages 28-55.

Enjoy, and Happy New Year!

NEW YEAR - NEW LOOK

In our second year of providing the Westerville Community Guide to you six times annually, we are pleased to present a new, fresh and modern magazine. In these pages, you will find design and content improvements for easier accessibility and readability, featuring more imagery of the people, places and spaces in Westerville.

We invite you to follow along with us as we organize news and updates by Westerville City Council and Administration's strategic priorities. A five-year plan set in 2021, these priorities illustrate our commitment to a thriving business climate, connected and engaged residents, safe and vibrant neighborhoods and an authentic and alive Uptown. You can find out more about this plan at www.westerville.org/strategicplan.



CONNECTED AND ENGAGED RESIDENTS

Connected and Engaged Residents

Westerville is an engaged community that feels connected to each other and its City government through active resident engagement and easily accessible information.



SAFE AND VIBRANT NEIGHBORHOODS

Safe and Vibrant Neighborhoods

Westerville has safe and vibrant neighborhoods with a variety of traditional and innovative housing. The City welcomes innovative initiatives and smart and responsible development and investment.



AUTHENTIC AND ALIVE UPTOWN

Authentic and Alive Uptown

Westerville will maintain the authentic historical character of Uptown while pursuing opportunities for innovative community amenities, through creative development and preservation. Uptown businesses will thrive, offering appeal to a variety of tastes, building upon Uptown's desirable and special "sense of place."



THRIVING BUSINESS CLIMATE

A Thriving Business Community

Westerville offers a thriving environment that attracts a diverse business community and focuses on innovative and responsive business resources that encourage workforce development and attract diverse businesses.



Johnston to Retire at 38-Year Mark in Public Service

“ IN THE WORDS OF COLLEAGUES ”

Mary Johnston has attended roughly 824 public meetings in Westerville since becoming Clerk of Council in 2003. She has three more meetings to oversee in January 2023. After a nearly 40-year (20 of those in Westerville) professional career committed to serving the public, Johnston is planning new pursuits in retirement with her husband.

The Carolinas will be the backdrop for most of these pursuits, as the two states offer access to mountains for hiking and cycling, as well as beaches for warmth and relaxation. The Johnstons will also be full-time grandparents and will be spending time with their new grandchild.

Johnston announced her retirement just two years after serving as president of the International Institute of Municipal Clerks (IIMC), a professional association serving 15,000 members and representing municipalities of less than 500 to more than 10 million residents. Her term was during the height of the pandemic; even her swearing-in as president was over Zoom. But she adapted quickly, pledging to focus the organization on advancements in education and mentoring.

Through mentorship, Johnston turned a job into a career in her hometown of Freeport, Illinois, a professional courtesy she carried on with Westerville's new Clerk of Council, Jessica Hilts.

“When I applied to be a deputy clerk back in Freeport, I had no experience,” said Johnston. “The clerk there took me under her wing and became my mentor. When she retired, I stepped into the role and never looked back. We were able to repeat history here with Jessica.”

Hilts received her certification from IIMC earlier this year, having served as Deputy Clerk since 2020. She begins her role as full-time Westerville Clerk of Council in February.

Johnston's parting words for this community are characteristically generous.

“I feel like we will always have a home in Westerville, with lifelong family and friends to come back to,” said Johnston. “As we travel and find new communities to love, Westerville will always be a special place that was so much more than just a job.”

“Mary is simply the spirit of this workplace. She is that person in the office that makes coming to work fun. Whether it's by sponsoring an impromptu ice cream social or her infectious laugh, Mary has that great sense of balancing work and life that has benefited all of us.”

MONICA IRELAN,
WESTERVILLE CITY MANAGER

“Mary has been a breath of fresh air to Council and the team, always. You can't find a day on the calendar in 20 years when Mary did not have a welcoming smile. Mary was more than perfect in her role for anyone that wanted anything at anytime anywhere. She was also a long-time team member for Westerville for Honor Flight. Mary was always helping quietly without need for accolades.”

MIKE HEYECK,
CHAIR, WESTERVILLE CITY COUNCIL

“When I served on Council and as Mayor, Mary was nothing short of invaluable. She coordinated nearly 200 weddings and helped me teach third-graders about government. I always received comments about how proficient and professional she is, but people always added that they knew she cared about their request, project or issue. Thank you, Mary, for your years of service and for caring while doing it.”

KATHY COCUZZI,
FORMER WESTERVILLE CITY COUNCIL
MEMBER AND MAYOR (2005-2020)

“Mary has such a big heart for service and for people. People may not know how much Mary and Mark have done for local veterans. She served as Treasurer for the Westerville for Honor Flight committee from 2008-2021, and they donated supplies and products from their personal business so that veterans could go to Washington, D.C. She is a mentor and role model in more ways than she ever knew.”

CHRISTA DICKEY,
COMMUNITY AFFAIRS DIRECTOR

SIMPLE MOVEMENTS FOR FITNESS

Westerville Parks and Recreation fitness programmers are helping residents kick off their healthiest year yet.

According to the U.S. Department of Health and Human Services, even moderate (when consistent) physical activity has been linked to immediate health benefits like better sleep, reduced anxiety and blood pressure, as well as improved insulin sensitivity. Proven long-term benefits include reduced risks for certain cancers, dementia, excessive weight gain and falls.

Robin Andes has been a fitness professional for 38 years and has taught classes at the Westerville Community Center for 10 of those years.

“I absolutely love what I do as a fitness professional, leading by example and inspiring others to take their wellness seriously is my passion,” said Andes. “Find something you love to do and do it every day— movement is medicine. If you rest too long you rust.”

Fellow Westerville fitness professional Beth Henman agrees.

“I often tell people that they should try a variety of classes,” Henman said. “Once you find the class and format you like, you’ll enjoy it too much to feel like it’s a workout, and you’ll look forward to every class.”

Not sure where to start? Andes and Henman are offering a few of their favorite movements that can be done anywhere. Combine these exercises with a brisk walk in your favorite Westerville park and you’ve got a sustainable workout routine that will move you into better health.

1 SEATED BODY TWIST



Sit facing forward on a chair with your feet flat on the floor with your hands together at your chest. Raise your left foot straight out in front of you and turn to your torso to the left. Switch your raised foot and repeat on the other side. To up the intensity, add a weighted item like a can of soup or something heavier if you can safely manage.

2 SHOULDER & NECK STRETCH



Sit facing forward on a chair with your feet flat on the floor. Reach down and grab the front leg of the chair with your left hand and lean your body to the right, setting your gaze over your right shoulder. Repeat on the other side.

3 SEATED PIGEON POSE



Sit facing forward on a chair with your feet flat on the floor. Place your left ankle on your right quad, just above the knee. Keep both hands on either side of the chair. With your left foot flexed and active, hinge forward, leading with the chest and keeping your back flat. Repeat on the other side.

4 SEATED SIDE BEND

Sit facing forward on a chair with your feet flat on the floor with your knees wide. Press one arm down towards your side/the floor, the other arm bent and hand touching the side of your head. To up the intensity, add a weighted item like a can of soup or something heavier if you can safely manage.



READY FOR MORE?

Meet friends and stay active with classes offered at the Westerville Community Center. From yoga to strength training, aerobics to Zumba!, there's something for everyone beginning on page 30 and visit www.westerville.org/registration to save your spot.

“Towns on the Greenway” to Welcome New Neighbors, Protect Nature

Work is underway to bring a new neighborhood to Westerville.

Located just south of County Line Road, construction on “Towns on the Greenway” began in November 2022 and was celebrated with a ceremonial groundbreaking. Developer Pulte Homes hopes to open a model home as early as the fourth quarter of 2023.

“A new neighborhood doesn’t happen all the time in Westerville, so this is an occasion to warmly invite the people who will call Westerville home to become part of the fabric of our community,” said Monica Irelan, Westerville City Manager, at the November groundbreaking. “These neighbors will grow with us and become part of a vibrant central Ohio community that is standing out across the nation for quality of life, particularly with home and job quality.”

The development will feature two single-family homes and 82 townhouses, with almost half of the site dedicated to open space on 13 acres formerly owned and farmed by the Brown family. A family member sold the property to Pulte earlier this year.

The plans include a pedestrian connection to the Westerville Community Center (350 N. Cleveland Ave.) via a new pedestrian bridge over the Alkyre Run, as well as measures to protect the stream corridor, floodplain and wetland.

Find updates about developments in Westerville at www.westerville.org/business.



From left: Monica Irelan, Westerville City Manager; Dr. Amy Acton, Rapid 5; Jason Bechtold, Assistant City Manager; Kenneth Wright, Vice Mayor; Michael Heyeck, Council Chair; Dennis Blair, Council member; Megan Reamsnyder, Council member; Diane Conley, Mayor; Jennifer Brown; Jeff Heckman



GroupEleven Plugs In, Finds Space to Thrive in Westerville

One of the Columbus Region's "Fast 50" companies (2022 Columbus Business First), GroupEleven, located at 214 Hoff Rd., has called Westerville home for the last 16 years.

President and CEO Patrick Knott is answering questions about why they continue to choose Westerville and how they have plugged into the community for more than a decade.

Tell us about GroupEleven.

We are an outsourced IT department for small- to medium-sized businesses. We provide IT strategy, infrastructure, project management, and security services for businesses that can't justify, or prefers not, to have full-time IT staff.

How would you describe your company culture?

We are a relationship-oriented business, placing a high value on employee, client, and partner relationships. We don't have a lot of employee turnover and many of our clients have been with us for longer than 10 years. While we take our jobs seriously, we don't take ourselves too seriously. We enjoy the work we do and try to have fun while providing quality service.

GroupEleven recently celebrated some major renovations. Tell us about what was done and why.

We moved into the Hoff Road Business Park in 2018. At the time, the space was about twice as big as what we needed. As we have grown over the last few years, we needed to provide additional, and more comfortable, work areas for our staff. Also, coming out of COVID, we wanted to provide an open and welcoming space for our associates as they returned to the office. We worked with Dupler to design a modern, vibrant and functional

space. Features include standing desks, lounge areas, white noise, shuffleboard, digital signage and a sound-proof, two-person booth where associates can take calls or have meetings privately.

GroupEleven is a passionate supporter of local community groups. Why is it so important to your company culture to give back?

Being active in the Westerville Community is very important to us. [I am] a member and Past President of the Westerville Sunrise Rotary Club. I am also a past Chair of the Field of Heroes and the Chilly Open. GroupEleven provides all the IT support for the Field of Heroes, including the flag sales and dedication system. We encourage our employees to get involved in our community. We held a social event in December where we made blankets benefiting My Very Own Blanket, a Westerville-based non-profit.

Tell us about your experience working with the City of Westerville.

The City has been a great partner for us as we have grown. We were one of the first organizations to contract with WeConnect for Internet, Metro Fiber, and co-location services. These services are very important to our business as we use them to provide disaster recovery services for our clients. The City has also been very helpful in communicating its strategy for the future, allowing us to align with its goals. We have participated in the City's Business Leader Breakfasts hosted by the Economic Development Team and participated in the presentation to the ICF in 2019 when Westerville was designated a Top7 Intelligent Community.



To learn more about GroupEleven, visit www.groupeleven.com.

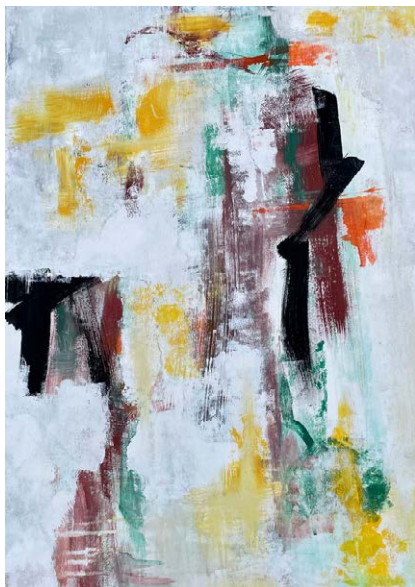
Celebrating Black Art:

THE COCHRAN SISTERS' JOURNEY INTO THE ABSTRACT

What began as a family bonding experience eventually led two sisters, MahLeah and Brenae Cochran, into the life of becoming professional artists. Their family was experiencing what MahLeah described as a “dark time filled with grief” and she and her two sisters would sit together and paint, draw and sketch. At the family table they discovered the expressive, therapeutic nature of art and decided to pursue the professional careers.

Both sisters were inspired by art from an early age, taking multiple classes throughout their lives. Through this exploration, both discovered that the abstract art form is where their true passion resided.

MahLeah, an acrylic artist, and Brenae, a digital artist, got their start as professional artists here in Westerville. During a visit to Westerville Area Resource Ministry, MahLeah was encouraged to share her art with the Arts Council of Westerville and they were welcomed warmly. For the past four years they have participated in the Council’s “Arts Alley” on 4th Fridays.



Abstract #3 Winter of Discontent
Acrylic on Canvas
MahLeah Cochran



Visual Artists Brenae (L) and MahLeah Cochran (R)

Once the sisters put their art on public display, doors started opening for them. “It was such a great experience. We were welcomed to Westerville and central Ohio with arms wide open. It almost felt effortless,” said Brenae.

Their inspiration comes from other Black artists. MahLeah takes her inspiration from Alma Thomas, a black female artist, who emerged during the 1960s as an exuberant colorist, abstracting shapes and patterns from the natural world. “She created her own style with lots of intricate lines and colors. I was so moved when I saw someone who looked like me and painted in the abstract style. Representation matters,” said MahLeah.

Brenae takes inspiration from artist Aaron Douglas, who drew upon his knowledge of African art, cubism and the art deco style to create a style that would soon be the visual signature of the Harlem Renaissance. One of his famous paintings, “Let My People Go,” inspired her the most. “The painting showed how people



Fleur Bleue
Digital Art
MahLeah Cochran

could break free and take control of their own lives. That is important to me,” said Brenae. She uses this inspiration daily in her digital artworks.

The Cochran sisters have different aspirations for their future as artists. MahLeah would like to travel the world teaching workshops about the healing and peace art can bring. She had a chance to do that in 2019 when she traveled to France to host works for North African refugees. “I want to take people on a healing journey with paint and give them a full sensory experience. I hope to travel to parts of Africa in the near future to do that,” said MahLeah.

Brenae has a different goal. She would like to see her art available on a commercial scale in retail spaces. She wants her art to be accessible on a large scale, so people can have easy access to original artworks. “I want to see my art circulating in communities,” said Brenae.

MahLeah and Brenae hope to continue using their voices to break the stigma of mental health challenges in communities of color. They also want to see more artists take a journey like theirs. Brenae advises other emerging artists to “just step out and do it.”

“Putting myself out publicly was scary. It still is. But it gets better the more you do it,” said Brenae. “Enjoy what you’re doing, explore what your creative process is and get engaged by getting your art in front of people,” said MahLeah.

When they aren’t immersed in creating art, Brenae can usually be found watching action-packed movies and MahLeah’s favorite pastime is making connections with strangers’ dogs during her adventures.

The Cochran sisters currently have a duo exhibition at the United States Attorney’s Office at 303 Marconi Boulevard in downtown Columbus. The exhibition is curated by Suzanne Byrd and is on display until March 2023.



For more information about
MahLeah’s artwork
visit www.mahleahart.com.

For Brenae’s artwork
visit www.studiobrenae.com.

Extinguish Candle Fire Risks at Home

If your idea of a perfectly relaxing day at home includes the scent of a lit candle, the Westerville Division of Fire (WFD) is asking you to remember a few safety tips.

“We’re not here to completely discourage the use of candles in the home, but it’s important to stay vigilant to ensure they don’t become safety hazards,” said WFD Chief Brian Miller.

Fire experts say that more than a third of all home fires involving candles begin in a bedroom. Easily forgotten, it’s important to always supervise an open flame (no matter how small).

“This may sound like common sense, but make sure you read the instructions on your candles before burning. Most encourage users not to burn past a certain point because of the heat tolerance of the container,” Chief Miller said.

The National Fire Protection Association encourages candle lovers to keep flammable items at least 12 inches from open flames.

It’s January. Have You Checked Your Fire & CO Detector Batteries?

According to the National Fire Protection Administration, half of all home heating fires occur between December and February. Carbon monoxide poisoning cases also increase during the colder months. The Westerville Division of Fire (WFD) is encouraging residents to update their New Year resolutions to include checking the batteries of their smoke and carbon monoxide detectors every month.

When properly installed and maintained, these life-saving tools sound an alarm when they detect the presence of smoke or carbon monoxide. Checking the batteries takes seconds but will ensure your family has the best chance of being safe in an emergency.

Need new smoke detectors?

Visit www.westerville.org/fire to learn about WFD’s “You Call. We Install” free smoke detector program.

January is Human Trafficking Prevention Month

One of the first official recognitions of the year starts in January with Human Trafficking Prevention Month, a time to bring attention to the forced labor and sex trafficking of millions of people around the globe.

Specifically, more than 24.9 million people — adults and children — are thought to be subjected to human trafficking around the world, including in the United States. It’s a significant problem in Ohio, with the state ranking fourth in the nation for human-trafficking cases (Spectrum News, October 2022).

The Ohio Attorney General reports statewide anti-trafficking task forces received 627 tips, which led to 621 victim interviews and referrals for services in 2021 alone. Trafficking tips come in through hotline numbers, emails, calls from concerned community members, parents, social service providers, law enforcement, and health care providers, among others.

During the month of January, the U.S. Department of State recommends learning the indicators of human trafficking and how to spot potential victims. Victims

may be living with their employer in poor conditions and with multiple other people. They may be unable to speak to anyone alone and show signs of physical abuse. Victims may be submissive and fearful, and respond in rehearsed or scripted statements.

Need Help?

1 (888) 373-7888
National Human Trafficking Hotline

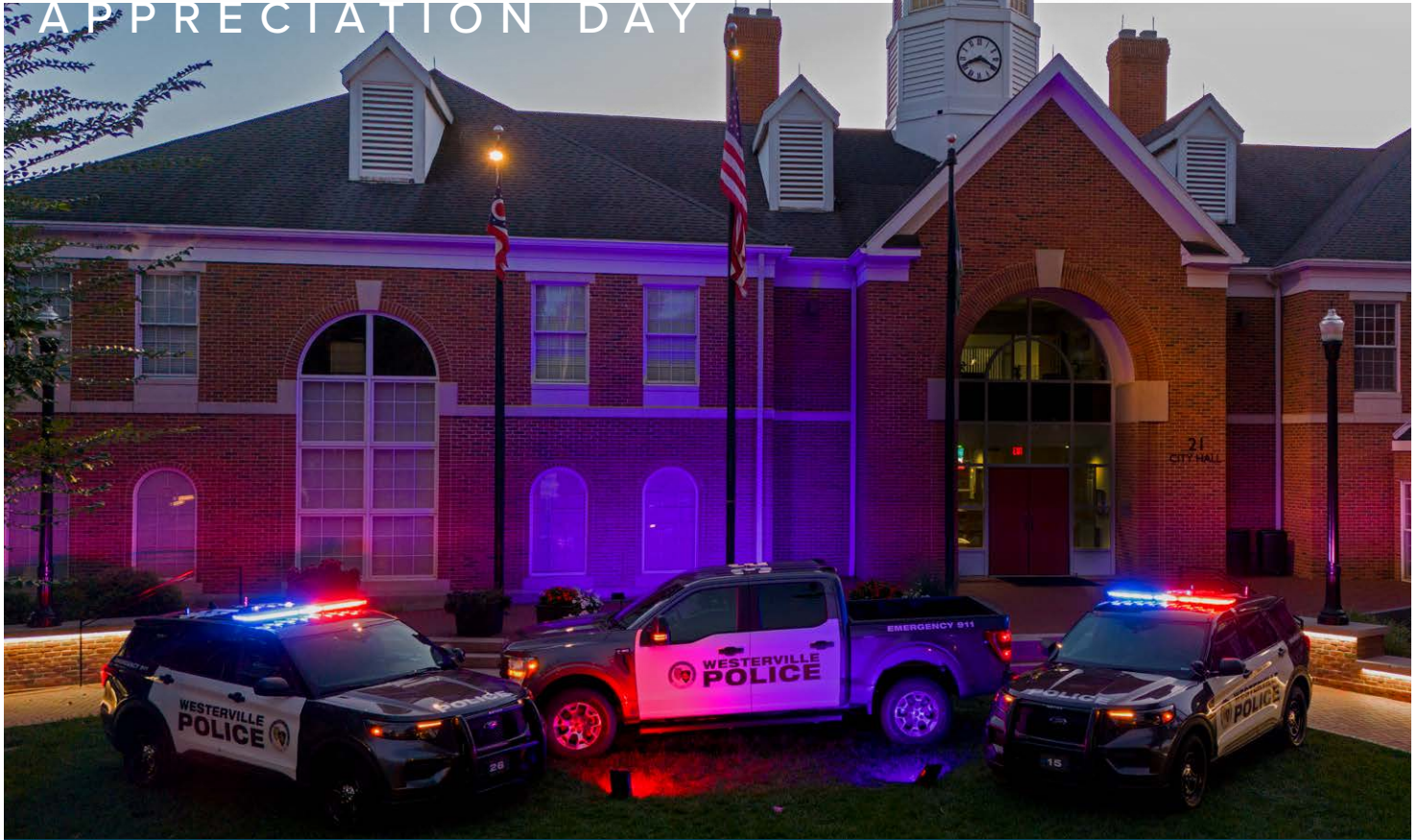
SMS:
233733 (Text “HELP” or “INFO”)
Hours: 24 hours, 7 days a week
Languages: English, Spanish and 200 more languages
Website:
<http://humantraffickinghotline.org>

Trafficking victims, whether they are U.S. citizens or not, are eligible for services and immigration assistance.

JANUARY 29

LAW ENFORCEMENT

APPRECIATION DAY



Westerville Division of Police (WPD) officers Anthony P. Morelli (1964-2018) and Eric Joering (1978-2018) are set to be integrated into the new Westerville Justice Center later this winter. The WPD firing range will be officially named the Officer Eric J. Joering Firearms Training Facility; and the WPD Operations Training Room will be named the Officer Anthony P. Morelli Defensive Tactics Training Room. Officers Morelli and Joering were killed in the line of duty on February 10, 2018. Their legacies and commitment to training and service will be forever integrated into Westerville's public safety facility.

ON THE COVER

In January, we recognize the passage of 102 years since Prohibition. The 13-year nationwide ban on alcohol started on Jan. 17, 1920 (ending Dec. 1933), with some of its key moments originating in Westerville. The Westerville City Hall Courtyard is home to "The American Issue," a sculpture by Matthew Gray Palmer that tells this story. A generation ago, Westerville was the intellectual and logistical center for the passage of the 18th Amendment, which prohibited the manufacture, sale or transportation of "intoxicating liquors" in the United States. According to Palmer, the sculpture "embodies the conflict between government regulation and individual freedom and celebrates the historical significance of Westerville as the home of the 18th Amendment to the United States Constitution. The American Issue was privately funded and donated to the City in spring 2018. Learn more at www.westerville.org/americanissue.



Creative Expression Flourishing

AT UPTOWN ART AND CLAY



Sylvana Whittaker, Owner,
Uptown Art and Clay



Sylvana Whittaker began her artistic training at Columbus College of Art and Design and later graduated from the Ringling School for Art and Design in Sarasota, Florida. Her love of clay ceramics began in her college years. She was required to take a ceramics class and admittedly wasn't thrilled about it. But after attending the first class, she fell in love with the medium.

"I've been doing art my whole life. At five years old, I said I was going to be a painter and an artist. And it stuck," said Sylvana Whittaker, the owner of Uptown Art and Clay. Tucked away on the second floor of 13 ½ E. College Ave., it is one of the newest business additions to Uptown Westerville.

Whittaker began her artistic training at Columbus College of Art and Design and later graduated from the Ringling School for Art and Design in Sarasota, Florida. Her love of clay ceramics began in her college years. She was required to take a ceramics class and admittedly wasn't thrilled about it. But after attending the first class, she fell in love with the medium.

Whittaker worked as a freelance artist for 20 years, taking her work to art shows and festivals. In 2015, she forged a new path and started teaching adult wine and art classes and working with an organization called Enriching Kids, running and after school mobile ceramics programs for elementary school students. In 2020, the COVID-19 pandemic brought an unfortunate end to that work. This led her to forge another new path — opening her own art-based business and studio.

Interestingly, Westerville was never an intended location for her business. She dreamed of having a studio surrounded by countryside. Whittaker's daughter, a resident of Westerville, pushed her to put her business roots down in the Uptown area. Whittaker does not regret that decision.

"Westerville is very welcoming and friendly, especially when it comes to art. I'm happy to be here and happy to have brought something different to the community. People have been very enthusiastic about classes," said Whittaker.

Whittaker says that Uptown and Art and Clay has a unique appeal to the community offering creative, social opportunities beyond restaurants and bars. Her business model is built upon intimate experiences where attendees get to explore their creativity while getting personal attention from instructors. "This is not a corporate business where you feel like you are pushed in and pushed out. You get to express your creativity in a safe place," said Whittaker.

Whittaker attributes the success of her business to her artistic philosophy. "When you engage in art it's good for your soul. You are manually engaged in something on a different level, especially in today's internet world. People often surprise themselves with what they are able to create," said Whittaker.

Uptown Art and Clay offers classes for children, adults and older adults and offers group classes for birthday parties, team building events, and corporate gatherings. No previous experience is necessary to take a class. Classes currently focus on canvas painting and ceramics, but there are plans to branch out into other mediums including glass painting, fabrics and textiles.

Opening Uptown Art and Clay has been a dream come true for Whittaker. "I can't see myself doing anything else. There are so many things that I want to make and create that I'll be busy for a lifetime," said Whittaker.

For a full schedule of classes, or to register for a class, please visit www.uptownartandclay.com.

City Employees *Honor Colleagues*

City of Westerville Information Systems Services Coordinator Sarah Hysell pairs her background in primary education and keen investigative skills to quickly solve complex technology and training issues. Since joining Westerville in 2015, Sarah has always acted on opportunities for special projects and professional development. According to her nominator, "If Sarah says something will be complete, it is. If she says she'll be there, she is. She owns up immediately when something doesn't go as planned and doesn't blame anyone else. She is very reliable and accountable." Join us in congratulating Sarah on this remarkable achievement.

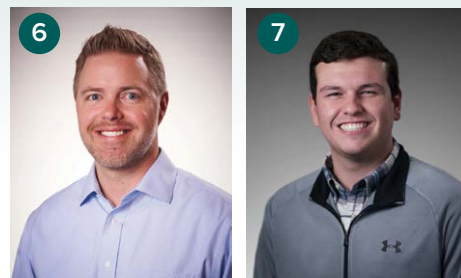
Seven other employees were recognized for their excellence, service and leadership in certain roles.

Congratulations to all staff members listed here for their service to their teams and this community.



Sarah Hysell
Services Coordinator - IS Department
2022 Employee of the Year

- 1 Kristen Gillenwater**
Services Coordinator - Planning and Development
Excellence in Innovation
- 2 William "Newt" Long**
Water Plant Operator
Excellence in Dependability/Accountability
- 3 Brice Dailey**
Water Consumer Service Tech
Excellence in Customer Focus
- 4 Bryan Wagner**
Enforcement Manager - Planning and Development
Excellence in Leadership and Flexibility
- 5 Kelley Flynn**
Facilities Supervisor - Parks and Recreation
Excellence in Work Ethic
- 6 David Chambers**
Recreation & Special Projects Administrator
Excellence in Initiative
- 7 John Scordia**
HR Coordinator - Department of Administrative Services
Excellence in Special Projects



2023 Utility Billing Rates Announced

Westerville's average residential utility customer can expect to see an overall increase to their monthly utility bill of 2.32%, effective January 2023. A notice about the rate changes was included with utility bills sent in December 2022.

"Like all industries, we have seen a significant increase due to supply chain issues," said Monica Ireland, City Manager. "Thankfully, our team works diligently to keep those impacts minimal to the customer. Beginning Jan. 1, 2023, the average residential customer will see an increase to their monthly utility bill of just under \$5. These rate changes will allow us to continue the high level of service delivery in water, sewer, refuse and electricity that our residents expect and deserve."

Westerville is among the few municipalities in Ohio to own and maintain its own utilities, including water and electric service and distribution. Doing so allows the City to provide technical and service support for nearly 40,000 residents and more than 2,000 businesses while maintaining quality and cost control which has historically been among the most competitive in Central Ohio.

REFUSE COLLECTION RATE

Rumpke Waste, Inc. provides contractual solid waste collection and disposal services to the City of Westerville. The collection and disposal of solid waste for an owner, occupant, or tenant of a residential premise is \$25.50 or an increase of \$1 to the previous monthly service charge for non-senior residential customers. Qualifying senior residents are billed at \$23.21, or an increase of \$1, to the monthly service charge.

The refuse rate is a result of competitive bidding of this contract with the service provider. Westerville participates in a refuse consortium including Dublin, New Albany, Gahanna, Bexley, Reynoldsburg, Blendon, Mifflin, Plain and Washington Townships.

Residents who are 60 years of age or older can apply for a monthly refuse collection discount. Contact the Utility Billing Department for more information.

ELECTRIC RATE

The monthly customer charge of \$14 remains unchanged. Residential and General Service. Small customers will see a 1% increase in their electric rates. The Winter Discounted Energy Charge will increase to \$0.07175 per kWh. Rate increases reflect the increased cost of goods and rapidly rising transmission and capacity costs.

SEWER RATE

Residential customers in Westerville are billed monthly for sanitary sewer services based on the metered water consumption.

The City of Westerville contracts nearly all wastewater treatment with the City of Columbus. In January, the City of Columbus will increase the sewage treatment rate by 5%. An additional 0.5% increase is applied for Westerville operating and capital expenses, for a total of a 5.5% sewer rate increase.

WATER CONSUMPTION RATE

Water rates are based on consumption to reflect the actual cost of service. The average residential water customer (at 5 ccf*) will see a 2% (\$.50) increase per month.

Westerville water services are among the most affordable in Franklin County. (*ccf = 1 billing unit or 100 cubic ft. Rates are per ccf.)

Parks and Recreation Pass Rates

Westerville Parks and Recreation provides the region's best recreational facilities, programs and services while effectively managing costs for rate affordability. For the first time in five years, passes for the Westerville Community Center will be moderately adjusted to continue expanding core programs and services, leveraging purchases and streamlining operations.

In 2023, rates will increase on a monthly basis by \$1 for older adults; \$3 for youth; and \$6 for adults. See page 56 for all pass rates and daily admission information.

"Even though we are negotiating the same circumstances all businesses and local governments across the country are facing with tight labor markets, increased fuel prices and inflation, Westerville has been able to hold rates steady for some time," said Mike Phillips, Westerville Recreation Administrator. "The Westerville Community Center is still among the most competitive health and wellness facilities in Central Ohio, and we offer more in terms of programming and services."

The Westerville Community Center expansion project added nearly 50,000 square feet of program and recreation space to the facility, tripling the size of the health and fitness space as well as adding to group fitness rooms. A warm-water pool, extended track and brand new older adult space were key features of the project. Programs, events and entertainment remain in high demand and will continue to be accessible to residents and visitors.

Program pricing and rate increases are in place for the Westerville Community Center monthly pass and the Highlands Park Aquatic Center season pass and daily pass. Silver Sneakers continues to be accepted for qualifying seniors, as well as compensation for individuals with disabilities or special needs through the Franklin or Delaware Departments of Developmental Disabilities. Residents experiencing economic hardship may qualify for assistance. For information on financial assistance, contact Parks & Recreation at (614) 901-6500.

Community Contacts



All numbers are (614) area code unless otherwise noted.

Fire/Medical/Police Emergency	9-1-1
Gas/Carbon Monoxide Leaks	9-1-1
Mental Health Resources	2-1-1
Non-life threatening emergency (Fire)	882-2213
Non-life threatening emergency (Police)	882-7444
Animal Control	901-6863
Animal Removal (Dead on roadside)	901-6740
Cemeteries	901-6740
City Manager's Office	901-6400
Clerk of Council	901-6410
Community Affairs	901-6400
Digging (Ohio Utilities Protection Service)	800-362-2764
Economic Development	901-6409
Electric Division	901-6700
<i>(outages, street lights, tree trimming near electric lines)</i>	
Finance Department	901-6440
Fire Division Headquarters	901-6600
CPR/First Aid Training	901-6600
Non-Emergencies	882-2213
Human Resources	901-6406
Income Tax	901-6420
Leaf Collection	901-6740
Mayor's Court	901-6419
Parks and Recreation Department	901-6500
Inclement Weather Hotline	901-6888
Administration	901-6530
Community Center	901-6500
Everal Barn and Homestead	901-6515
Parks Maintenance	901-6591
Highlands Park Aquatic Center	901-7665
Recreation Program Center	901-6531
Senior Center	901-6560
Shelter Information	901-6513
Urban Forestry	901-6598
Permits	
Building	901-6650
Burning	901-6600
Parade/Block Party	901-6410
Security Alarm	901-6482
Zoning	901-6650
Planning and Development	901-6650
Planning, Engineering, Zoning	901-6650
Traffic Engineering	901-6670
Zoning Enforcement	901-6660
Police Division	901-6450
Administration	901-6470
Community Services	901-6860
Investigations	901-6475
Recorded Information Line	901-6879
Records	901-6450
Non-Emergencies	882-7444
Service Department	901-6740
Sewer Emergencies	901-6740
Sewer Line Maintenance	901-6740
Stormwater Hotline	901-6740
Street Emergencies	901-6740
Street Maintenance Repairs	901-6740
Trash/Recycling Collection	901-6740
Water Emergencies	901-6740
Water Line Maintenance	901-6740
Traffic Violations	901-6419
Tree/Storm Damage (in right of way)	901-6591
After Hours	901-6790
Tree Trimming (in right of way)	901-6598
Utility Billing	901-6430
Water Plant	901-6770

Be “Salt Smart” this Winter

Franklin Soil and Water Conservation District (FSWCD) is encouraging residents to help protect our streams that receive stormwater runoff this winter by using only the necessary amount of de-icing salt.

FSWCD recommends applying no more than one pound of de-icing salt per 250 square feet of pavement. For reference, the average mug can hold about a pound of salt.

It's also important to consult your product packaging to ensure that the salt you purchased will be effective at the current temperature. For example, most salt products are ineffective under 15 degrees.

FSWCD confirms that there is no such thing as a completely environmentally friendly de-icing product. It's important to work to use the minimum amount needed to help keep families and neighbors safe.

Visit www.franklinswcd.org for more information.



Winter Preparedness for your Home and Vehicle

Preparing your home and vehicles for winter can help ensure your family is ready for anything winter throws your way.

YOUR HOME

- Install weather stripping insulation where you feel a breeze. Adding storm windows to older homes will be an added barrier for those cold, windy nights.
- If you have exposed water lines on exterior walls, now is the time to insulate them.
- Remove leaves and debris from gutters and repair leaks.
- Have your heating system serviced and make sure to change your air filter.
- Prepare your fireplace and chimney for warm winter fires.
- Inspect all smoke and carbon monoxide detectors and change batteries where necessary.

YOUR VEHICLE

- Schedule for a winterizing service
- Check your tires for wear and tear and replace if necessary.
- Replace your regular windshield washer fluid with a winter formula
- Keep an emergency kit in each vehicle that includes
 - Phone charger, flashlight and batteries
 - Blanket, hats, gloves
 - Snacks and water
 - A form of sand for traction if you get stuck
 - First aid kit

(www.cdc.gov)

By following these suggestions, you can feel comfortable that your home and vehicle will keep you and your family safe when winter arrives.

THE WINTER BLUES



As the twinkle and tinsel of the holidays dim and the temperatures drop into the single digits, our bodies and minds can experience unwelcome changes. Many even slip into the troublesome “winter blues” or the more severe seasonal affective disorder (SAD).

SAD is a relatively common, albeit painful, experience. There are proven scientific reasons why so many are impacted, according to Barb Blair-Karr, LISW-S, Manager of Therapy Services at Westerville’s Concord Counseling Services.

“It happens to a lot of people and it does not mean something is wrong with them,” said Blair-Karr. “[People] need to know that, as there is less sunlight during the winter seasons, one does not receive the amount of UV light to their retinas they would normally receive and this can negatively impact mood.”

The sun works through receptors in the brain by way of the retina in the eyes to affect mental status, alertness, and our immune systems. It also affects our sleep. The brighter our daylight exposure, the more melatonin we produce a night, which leads to better sleep, according to the National Institutes of Health (NIH) Office of Dietary Supplements (ODS).

Blair-Karr recommends aiming for 10-15 minutes of sunlight and that light boxes, readily available in the marketplace, could also be of some help.

Researchers at the Cleveland Clinic point to vitamin D deficiency, brain chemical imbalances, melatonin changes, negative thoughts or changes to biological clocks as other suggested causes of SAD.

“Some complaints are due to loneliness, as weather and early darkness may impact the ability of some to leave their homes. It may also mean some people are self-soothing depression or irritability via drugs or alcohol and that can have terrible consequences for some, including making them more depressed,” said Blair-Karr. “The holidays often bring up unresolved family issues for many, which can also lead to depression.”

She also cites poor sleep and eating, a feeling of hopelessness, problems at work or home, anger and irritability as particular red flags that one should actively seek help. If you ever feel you may be in danger of harming yourself or others, call 9-1-1 immediately.

The best coping strategies to curb seasonal affective disorder are “easy things,” according to Blair-Karr. They include getting a good night’s sleep, eating nutritious meals, exercising for at least 30 minutes, three times per week and surrounding yourself with positive people and activities. Friends and family can be the most important and valuable resources during these times.

“This affects many people. Don’t hide how you feel. Talk to a friend, or speak with your doctor about feelings that just don’t seem to go away.’ There are many support groups and therapists out there to help you, including those of us at Concord Counseling Services,” Blair-Larr said.

Westerville residents living in Franklin County can get up to 10 sessions for free from the service provider. To initiate an assessment, call (614) 882-9338 ext. 205. Concord encourages anyone needing help to reach out and, even if there is a waitlist, to provide their name and contact information. Concord representatives say the waitlist often passes quickly.

Concord can help those with income needs or high copays as well. They also accept insurance, self-pay, Medicare, Medicaid, Workers Compensation and other payment sources.

To learn more about services offered through Concord Counseling Services, visit www.concordcounseling.org.



NATIONAL RANDOM ACTS OF KINDNESS DAY

Feb. 17, 2023

Acts of kindness have been shown to have positive impacts on mental health.

Here are a few ideas to help spread kindness where you go:

- Compliment a stranger
- Donate groceries to a local food bank
- Run an errand for a busy neighbor or family member
- Donate time or supplies to a local animal shelter
- Take time to thank the people you love

COOKING CARAVAN BRINGS EASY COOKING TO YOUR KITCHEN

As a traveling company, Cooking Caravan takes pride in turning any space into a kitchen. The challenge with turning any space into a kitchen and using a child as a sous chef in a pop-up 40-Minute Chef Battle program is that techniques have to be fast, easy and safely executed, all while yielding a delicious product. Recently, one of those makeshift kitchens was a gymnasium at an elementary school in New Washington, Ohio. When the Buckeye Central School District asked Cooking Caravan to perform Chef Battles for their entire elementary student body, they were tasked with feeding every child. Their solution: the quick pickle. Quick pickling is as easy as combining spices and vinegars with fresh produce in a glass jar. Using the recipe below, Cooking Caravan sent quick pickling kits to every classroom and encouraged the children to make alterations to the recipe in order to create their own spin.

With health on everyone's mind after holiday feasting and freshly grown, local produce at a minimum with winter in full swing, this recipe is simple, healthy, yummy and is a great way to introduce children to preserving foods.



Here's What You Need:

- 2 cups white or blended vinegar
- 1 cup water
- 1 tbsp granulated sugar
- 1 tsp kosher salt
- ½ tsp black pepper
- ½ tsp dried dill
- 1 bay leaf
- 2 cups or 1 lb. washed fresh produce, such as cucumbers, peppers, carrots, and radishes
- 1 sprig rosemary
- 1 sterilized glass quart jar with lid
- 1 child-safe knife

Here's What You Do:

Combine vinegar, water, herbs and spices in the glass jar.

Slice the produce and place in the jar.

Put the lid on the mason jar and let that stuff sit!

Here's How Kids Can Help:

With some adult supervision, kids can participate in every part of this recipe from the measuring in step one to the slicing in step two. If your child is slicing the veggies, Cooking Caravan recommends using veggies such as cucumbers and/or bell peppers which are easier to cut.

*Consume quick pickles within three hours of preparing at room temperature or refrigerate immediately and keep for up to two weeks.

ABOUT COOKING CARAVAN'S MISSION TO EAT, EDUCATE AND ENTERTAIN:

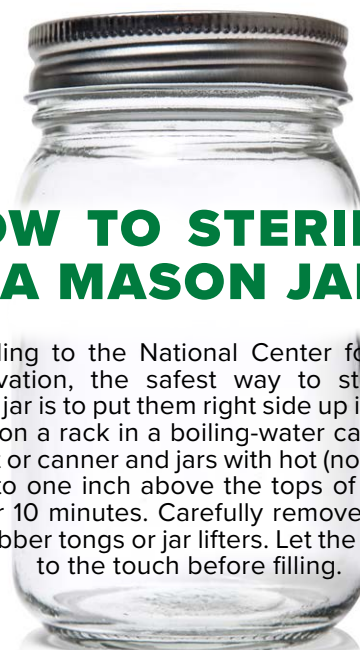
Cooking Caravan are a group of chefs, artists, actors and musicians devoted to enriching health and feeding artistic hunger. Their hands-on cooking classes, programs and workshops are age-focused and follow educational standards. They take a performance based approach to their programming, turning events and classes into experiences through the use of musical and theatrical demonstrations.

The Cooking Caravan provides nutrition, literacy, and music programs to children and families around Ohio. Additional information is available at www.wearethecaravan.com.

Cooking Caravan offers youth and adult classes at the Westerville Community Center. See pages 40 and 42 for current class offerings.

HOW TO STERILIZE A MASON JAR

According to the National Center for Home Preservation, the safest way to sterilize a mason jar is to put them right side up in a large pot or on a rack in a boiling-water canner. Fill the pot or canner and jars with hot (not boiling) water to one inch above the tops of the jars. Boil for 10 minutes. Carefully remove the jars with rubber tongs or jar lifters. Let the jars cool to the touch before filling.



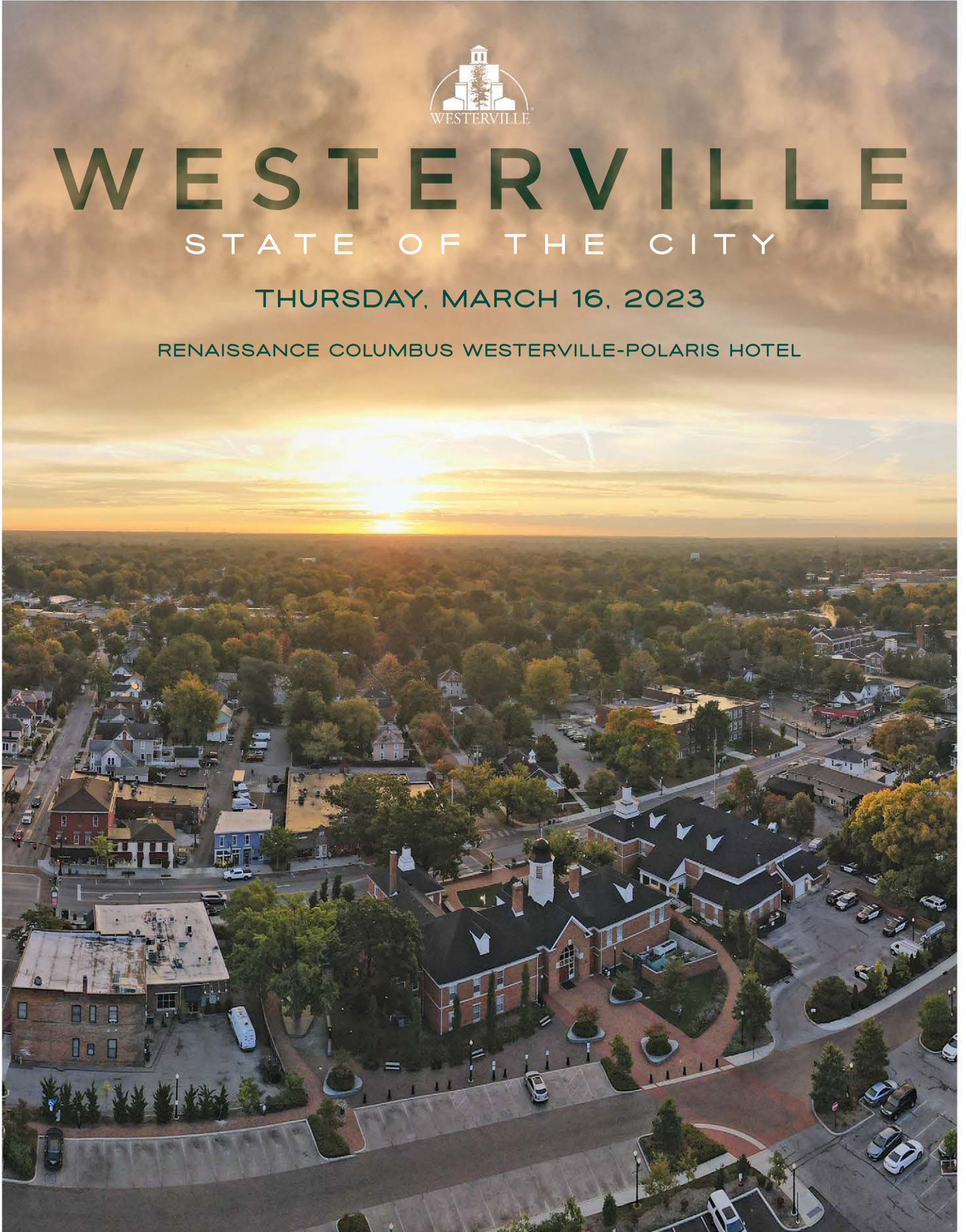


WESTERVILLE

STATE OF THE CITY

THURSDAY, MARCH 16, 2023

RENAISSANCE COLUMBUS WESTERVILLE-POLARIS HOTEL



WWW.WESTERVILLE.ORG/SOC



Pancake Breakfast

WEDNESDAYS • 7:30 - 10 a.m.



— **\$5** —

**Jan. 4 • Feb. 1
March 1**

Bring family and friends to our monthly breakfast and enjoy pancakes (all you can eat), eggs, sausage, juice and coffee. Held the first Wednesday of the month.

**WESTERVILLE COMMUNITY CENTER
SENIOR (SOUTH) ENTRANCE**
350 N. Cleveland Ave.

(614) 901-6560

Pee Wee Play Gym

Toddler Time

Monday, Jan. 9 - Feb. 27
9:30 - 11:30 a.m.

Friday, Jan. 13 - March 3
9:30 - 11:30 a.m.

Ages 3 and under
with parent
\$3

Kindergarten age
and under with parent
\$3

Join us for a morning of fun and play using a variety of large and fine motor skills equipment. This program will benefit your child by increasing social skills and encouraging family involvement. Every child or group of children must be accompanied by an adult. Children up to six months old are allowed to accompany at no charge. Toddler Time includes arts and crafts. Frequent visitor cards can be purchased at the front desk of the Community Center. Cards are \$15 for six visits.

Westerville Community Center
350 N. Cleveland Ave.

NOW ACCEPTING NOMINATIONS



This important community recognition acknowledges and encourages the work of others who go above and beyond.

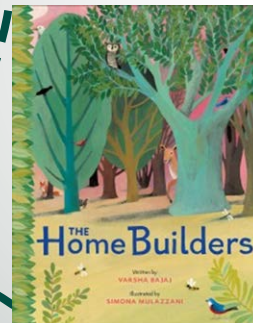
Nominations are now being accepted for both Volunteer of the Year and Organization of the Year until Jan. 12, 2023 at www.westerville.org/voy

Story Trail

AT JOHNSTON-MCVAY PARK

Enjoy a walk through Johnston-McVay Park while following along with a different book every four months.

Available in January and February is:



"The Home Builders"
by Varsha Bajaj

Illustrated by
Simona Mulazzani





A calming presence, people skills and naps are a few of Westerville Division of Police Therapy Dog Chloe's strengths.

Selecting the winner of January's big game is not one of them.

2021 PICK	2022 PICK
KANSAS CITY	CINCINNATI
31-9	23-20

Chloe is confident that the third time is indeed the charm. Tune into the City's social media outlets the week before the big game to see if Chloe can guess correctly and break the streak of losses.



@TELLWESTERVILLE @WESTERVILLEPD



@CITYOFWESTERVILLE



/CITYOFWESTERVILLE

2023
MILITARY BANNER PROGRAM

★ ★ ★
APPLICATIONS OPEN
JANUARY 9

WESTERVILLE HONORS
KOREAN WAR
Corporal ★ ARMY
PERRY CLIFTON HART
VETERAN

WWW.WESTERVILLE.ORG/MILITARYBANNERS



TEEN NIGHT



Enjoy access to the gymnasium, climbing wall, indoor pool and esports areas of the Community Center. Pizza, snacks and drinks along with music and games will be provided.


Friday, Jan. 6 • 6 - 8 p.m.
Activity# 103112-01

Friday, Feb. 3 • 6 - 8 p.m.
Activity# 103112-02

Ages 11-14 • \$5

Westerville Community Center • 350 N. Cleveland Ave.

SUPERHERO DAY



SATURDAY, MARCH 4
10 A.M. - 12 P.M.
AGES 2-8

ACTIVITY № 101137-01
\$15 PER PERSON
RESIDENT RATE
\$10 PER PERSON

SEE CLASS PAGES FOR MORE INFORMATION

WESTERVILLE COMMUNITY CENTER
350 N. CLEVELAND AVE.



18TH ANNUAL
**MARTIN LUTHER KING JR.
CELEBRATION BREAKFAST**

Monday, Jan. 16 • 8 a.m.

Virtual or In-Person
Villa Milano
Banquet & Conference Center
1630 Schrock Rd.

REGISTER AT

www.leadershipwesterville.com/mlk-legacy-project.html





SOUPERBOWL DINNER

Thursday, Feb. 9 • 5 - 6:30 p.m.

Handcrafted Bowl \$15
Regular Bowl \$10

Purchase a handcrafted bowl and receive your choice of soup to enjoy with friends. All handmade bowls are food grade. Prefer just soup? Regular bowls of soup will be available for a reduced rate. (Limited number of handcrafted bowls available.) Proceeds benefit a local food pantry.

Westerville Community Center
350 N. Cleveland Ave.



TOSSING YOUR OLD HOLIDAY LIGHTS?

Recycle them safely at the Westerville Electric Division (139 E. Broadway Ave.) Monday - Friday from 8 a.m. - 4 p.m. through Jan. 31 and receive a free LED light bulb in exchange!

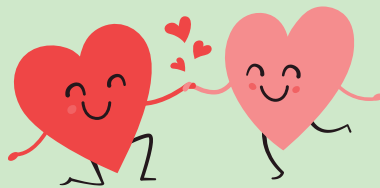
Not interested in an exchange? Use the 24/7 drop-off bins in front of the building.

LEARN MORE

WWW.WESTERVILLE.ORG/LIGHTRECYCLING



CUPID'S FAMILY SHUFFLE



Enjoy a DJ, photo booth, dinner, drinks, crafts, party favors and dessert.

We welcome the whole family to participate!

Friday, Feb. 10 • 6:30 - 8:30 p.m.

Ages 4 and up • Activity# 102189-01

\$20 Per Person
Resident Rate \$15 Per Person

Westerville Community Center
350 N. Cleveland Ave.



PROGRAM OPEN HOUSE

Sunday, Jan. 8

11 a.m. - 12:30 p.m. • Free

Westerville Community Center • 350 N. Cleveland Ave.

Kick off your new year by learning what opportunities Parks and Recreation has available in 2023! We welcome everyone to try demonstration classes and meet instructors from fitness, preschool, youth, teen and sports programming. A class demonstration schedule will be available at www.westerville.org/parks.



Westerville Bimonthly Calendar

JAN.

1	New Year's Day - City Offices Closed, Community Center Closed	
2	City Offices Closed	
2	Holiday Hours - Community Center 8 a.m. - 5 p.m.	WCC
3	City Council Meeting 7 p.m.	Council Chambers
4	Pancake Breakfast 7:30-10 a.m.	WCC
4	Mayors Court Justice Center, 229 Huber Village Blvd.	
5	Uptown Review Board 6:30 p.m.	Council Chambers
5	Senior Center Program 12 p.m.	WCC and Online
	Pass Holder Registration	
6	Class Registration (Residents) Online 12 p.m.	Online
6	Teen Night* 6-8 p.m.	WCC
7	Class Registration (Residents) In person 8 a.m.	WCC
8	Class Registration (Open) Online 12 p.m.	Online
8	Program Open House 11 a.m. - 12:30 p.m.	WCC
9	Law Enforcement Appreciation Day	
9	Class Registration (Open) In Person 8 a.m.	WCC
12	Deadline for Volunteer and Organization of the Year Nominations 8 a.m.	
12	Board of Zoning Appeals 6:30 p.m.	Council Chambers
16	Martin Luther King Jr. Day and Breakfast*	
16	City Offices Closed	
16	Holiday Hours - Community Center 8 a.m. - 5 p.m.	WCC
17	City Council Meeting 7 p.m.	Council Chambers
18	Mayors Court Justice Center, 229 Huber Village Blvd.	
19	Westerville Parks Foundation 6:30 p.m.	WCC
25	Planning Commission Meeting 6:30 p.m.	Council Chambers

WEEKLY

MONDAYS	Yard Waste Pickup	Citywide
TUESDAYS	Refuse and Recycling Pickup	Citywide
MON-FRI	DORA 4-10 p.m.	Uptown Westerville
SAT-SUN	DORA 11 a.m.-10 p.m.	Uptown Westerville

FEB.

1	Pancake Breakfast - 7:30-10 a.m.	WCC
1	Mayors Court Justice Center, 229 Huber Village Blvd.	
2	Uptown Review Board 6:30 p.m.	Council Chambers
3	Teen Night* 6-8 p.m.	WCC
7	City Council Meeting 7 p.m.	Council Chambers
9	Souperbowl Dinner 6:30 p.m.	WCC
9	Board of Zoning Appeals 6:30 p.m.	Council Chambers
10	Cupid's Family Shuffle* 6:30-8:30 p.m.	WCC
11	International Woman's Day for Women in Science 6:30 p.m.	WCC
15	Mayors Court Justice Center, 229 Huber Village Blvd.	
17	National Random Acts of Kindness Day	
21	City Council Meeting 7 p.m.	Council Chambers
25	Planning Commission Meeting 6:30 p.m.	Council Chambers

MARCH

1	Pancake Breakfast 7:30-10 a.m.	WCC
1	Mayors Court Justice Center, 229 Huber Village Blvd.	
2	Uptown Review Board 6:30 p.m.	Council Chambers
4	Superhero Day* 10 a.m.-12 p.m.	WCC
7	City Council Meeting 7 p.m.	Council Chambers
9	Board of Zoning Appeals 6:30 p.m.	Council Chambers
15	Mayors Court Justice Center, 229 Huber Village Blvd.	
16	Westerville State of the City	
21	City Council Meeting 7 p.m.	Council Chambers
25	Planning Commission Meeting 6:30 p.m.	Council Chambers

* Registration Required



Swinging in the Snow!

A young girl, bundled up in warm winter wear, enjoys the swings at Alum Creek Park North (221 W. Main St.) on a winter day. The park features one of the City's two sledding hills. Another hill is located at Alum Creek Park South (535 Park Meadow Rd.).



AQUATICS

ADULT FITNESS SWIM

INSTRUCTOR(S): Jeanne Smith

AGE(S): 16 and up

RATE: \$80 | **RESIDENT RATE:** \$55

Gain the benefit of an organized group practice while increasing your knowledge and skills with fitness swimming. This one-hour class has individual workouts ranging from 800-2500 yards. **Not for beginners.**

INTERMEDIATE / ADVANCED

Activity #	Date	Time	Day(s)
111114-01	Jan. 12-March 9	5:50-6:50 a.m.	Tue/Thu
111114-02	Jan. 12-March 9	8:15-9:15 a.m.	Tue/Thu

WATER TONING

INSTRUCTOR(S): Paula Hamilton

AGE(S): 16 and up

RATE: \$125 | **RESIDENT RATE:** \$85

Strengthen both upper and lower body muscles using basic aerobic exercises, followed by a moving river segment, ending with a toning segment using resistance equipment to add useful intensity. The cool down segment stresses flexibility and relaxation. **Meets in the warm water pool.**

INTERMEDIATE *NO CLASS: Jan. 16

Activity #	Date	Time	Day(s)
105214-01*	Jan. 11-March 10	8:55-9:55 a.m.	Mon/Wed/Fri

AQUAFLEX

INSTRUCTOR(S): Leslie Warthman^

Debbie Leach^^

AGE(S): 16 and up

RATE: \$80 | **RESIDENT RATE:** \$55

This water class focuses on balance, flexibility and joint movement while building muscle and is great for those with arthritis, fibromyalgia and/or joint problems. Meets in the warm water pool.

INTERMEDIATE

Activity #	Date	Time	Day(s)
105231-01^	Jan. 12-March 9	9:45-10:45 a.m.	Tue/Thu
105231-02^^	Jan. 12-March 9	10:45-11:45 a.m.	Tue/Thu

DEEP WATER CONDITIONING

INSTRUCTOR(S): Lori Robinson ^

Jeanne Smith ^^

AGE(S): 16 and up

This class uses the deep area of the lap pool for cardiovascular, strength and tone workouts. Participants will enhance their flexibility, aerobic capacity and overall fitness. **Participants must be comfortable in deep water.**

INTERMEDIATE *NO CLASS: Jan. 16

RATE: \$125 | **RESIDENT RATE:** \$85

Activity #	Date	Time	Day(s)
105216-01~/^^*	Jan. 11-March 10	9:30-10:30 a.m.	Mon/Wed/Fri

RATE: \$80 | **RESIDENT RATE:** \$55

Activity #	Date	Time	Day(s)
105216-02^^	Jan. 12-March 9	9:30-10:30 a.m.	Tue/Thu

WATER YOGA

INSTRUCTOR(S): Karen Dawson

AGE(S): 16 and up

RATE: \$80 | **RESIDENT RATE:** \$55

In the calming water you will practice deep breathing, increase your balance and develop a stronger core through yoga poses. Research shows that the deep breathing exercises and relaxation/mediation techniques used lowers blood pressure. No swimming skill required. **Meets in the warm water pool.**

BEGINNER

Activity #	Date	Time	Day(s)
105239-01	Jan. 12-March 9	12-12:45 p.m.	Tue/Thu

HYDRORIDER AQUABIKES

INSTRUCTOR(S): Tiffany Dupont

AGE(S): 16 and up

RATE: \$85 | **RESIDENT RATE:** \$65

Use the water's resistance to get a great cardio workout while using water bikes. Water fitness shoes are required. **No swimming knowledge needed.**

ALL LEVELS

Activity #	Date	Time	Day(s)
105243-01	Jan. 12-March 9	7:15-8 a.m.	Tue/Thu

COMBO WATER WORKOUT

INSTRUCTOR(S): Paula Hamilton^

Debbie Leach^^

AGE(S): 16 and up

A shallow water, total body workout that combines weight resistance, aerobic activity and flexibility. Emphasizes aerobic activity and is great a cross-training routine.

RATE: \$125 | **RESIDENT RATE:** \$85

INTERMEDIATE *NO CLASS: Jan. 16

Activity #	Date	Time	Day(s)
105232-01^*	Jan. 11-March 10	10-11 a.m.	Mon/Wed/Fri

RATE: \$80 | **RESIDENT RATE:** \$55

Activity #	Date	Time	Day(s)
105232-02^^	Jan. 12-March 9	12-1 p.m.	Tue/Thu





WATER FITNESS

INSTRUCTOR(S): Leslie Warthman

AGE(S): 16 and up

RATE: \$80 | **RESIDENT RATE:** \$55

This class combines the benefits of aerobic conditioning with resistance training to boost energy levels and increase strength and flexibility through the use of noodles, handbells and balls. With an emphasis on utilizing the natural properties of water, this workout can be as challenging as you wish to make it!

INTERMEDIATE		*NO CLASS: Jan. 16	
Activity #	Date	Time	Day(s)
105225-01*	Jan. 11 - March 8	6-7 p.m.	Mon/Wed

SILVER SPLASH: AQUA, CARDIO & TONE

INSTRUCTOR(S): Debbie Leach

AGE(S): 65 and up with Silver Sneakers membership

FREE: (Silver Sneakers membership required)

This class is for the conditioned adult who has good balance and good muscle function. There will be 35 minutes of cardio exercise followed by muscle toning exercises, balance work and stretching. **Schedule subject to change. Please see front desk for updates.**

ALL LEVELS		*NO CLASS: Jan. 16	
Activity #	Date	Time	Day(s)
DROPP IN	Jan. 11 - March 10	11:05 - 11:55 a.m.	Mon/Wed/Fri
	Jan. 11 - March 10	12:05 - 12:50 p.m.	Mon/Wed/Fri

SHALLOW WATER FITNESS

INSTRUCTOR(S): Dupont^^/Dawson^

AGE(S): 16 and up

Shallow water class is designed to work your entire body. Class includes cardiovascular training as well as strength, toning and flexibility segments. Splash your way into a new level of fitness.

RATE: \$80 | **RESIDENT RATE:** \$55

INTERMEDIATE			
Activity #	Date	Time	Day(s)
105241-01^^	Jan. 12 - March 9	8:15 - 9:15 a.m.	Tue/Thu

RATE: \$40 | **RESIDENT RATE:** \$30

INTERMEDIATE			
Activity #	Date	Time	Day(s)
105241-02^	Jan. 13 - March 10	7:55 - 8:55 a.m.	Fri

DSACO INCLUSIVE SWIM & GYM

AGE(S): All Ages

FREE: A donation is suggested

Enjoy the indoor pool and fun activities in the gymnasium where you can swim and play without the addition of crowds at a discounted rate. Sponsored by the Down Syndrome Association of Central Ohio (DSACO).

INTERMEDIATE		
Date	Time	Day(s)
Feb. 26	5:30 - 7 p.m.	Sun

WATERCIZE

INSTRUCTOR(S): Lori Robinson

AGE(S): 16 and up

RATE: \$80 | **RESIDENT RATE:** \$55

Formerly Aquacize. An aerobic workout that includes toning and stretching using buoyant and resistive equipment. **Meets in the warm water pool.**

BEGINNER			
Activity #	Date	Time	Day(s)
105215-01	Jan. 12 - March 9	8:45 - 9:45 a.m.	Tue/Thu

HIIT FORWARD

INSTRUCTOR(S): Jeanne Smith

NEW

AGE(S): 16 and up

RATE: \$80 | **RESIDENT RATE:** \$55

The class offers mobility-focused recovery and will feature high intensity intervals followed by some good stretching in the water. **No experience required but it is not for beginners!**

ADVANCED		*NO CLASS: Jan. 16	
Activity #	Date	Time	Day(s)
111133-01*	Jan. 11 - March 8	8:30 - 9:15 a.m.	Mon/Wed

INDOOR TRIATHLON

INSTRUCTOR(S): Aquatics Staff

AGE(S): 16 and up

RATE: \$25 | **RESIDENT RATE:** \$20

Timed events include swimming, running and stationary bicycle all indoors at the Westerville Community Center. Now with built-in transition times.

ADVANCED			
Activity #	Date	Time	Day(s)
111122-01	Feb. 19	7-8 a.m.	Sun
111122-02	Feb. 19	8-9 a.m.	Sun
111122-03	Feb. 19	9-10 a.m.	Sun

SWIM LESSONS

INSTRUCTOR(S): Aquatic Staff

AGE(S): 6 mo. and up

RATE: \$60 | **RESIDENT RATE:** \$50

Swim lessons are designed to teach swimmers how to be comfortable in the water. Lessons run from toddler-age through adult. Program listing and descriptions will be available at www.westerville.org/aquatics Jan. 2.

ALL LEVELS			
Activity #	Date	Time	Day(s)
111131-01	Jan. 17 - March 7	varies	varies



The Westerville Community Center works with instructors who provide one-on-one specialized instruction.

For additional information contact them directly. Swim Lessons for Infants

Sarah Berlin
Infant Self Rescue Columbus LLC
sarah.berlin@infantswim.com

Britney Smith
Swim Safe Columbus LLC
britney.smith@infantswim.com

Jayne Lockhart
Infant Aquatics 614
jayne.ackerman.2015@owu.edu

SWIM LESSONS
FOR SPECIAL NEEDS CHILDREN
Lori Moore
Moore Aquatic Abilities
loriamoore96@gmail.com

STROKE IMPROVEMENT
ADULTS ONLY

Jeanne Smith
Jeanne Smith Swim Instruction
jmsmith4968@gmail.com



FITNESS & WELLNESS

20-20-20

INSTRUCTOR(S): Katie Stolte-Carroll

AGE(S): 14 and up

RATE: \$40 | **RESIDENT RATE:** \$30

Twenty minutes of cardio, 20 minutes of strength and 20 minutes of core-conditioning. A variety of formats and styles including (Tabata, HIIT, boot camp, kickboxing, bands, kettlebells, etc.) will be implemented to keep class fun!

ALL LEVELS

Activity #	Date	Time	Day(s)
105250-01	Jan.30 - March 6	5:30 - 6:30 p.m.	Mon

ALL WEIGHTS

INSTRUCTOR(S): Beth Henman

AGE(S): 14 and up

RATE: \$40 | **RESIDENT RATE:** \$30

This is a weight-training class that uses resistance tools to train specific muscles in order to improve muscular tone, strength and endurance. You will burn more fat while gaining lean muscle.

ALL LEVELS

Activity #	Date	Time	Day(s)
105228-01	Feb.5 - Mar:12	10:15-11:15 a.m.	Sun

BODY FIT

INSTRUCTOR(S): Gena Richard

AGE(S): 14 and up

RATE: \$75 | **RESIDENT RATE:** \$60

Improve cardiorespiratory endurance and muscular strength with this interval class alternating a high/low impact cardio segment with a strength training segment followed by stretching movements and core work set to upbeat music.

INTERMEDIATE

Activity #	Date	Time	Day(s)
105202-01	Jan. 31 - March 9	5:30 - 6:30 p.m.	Tue/Thu

CORE FUSION

INSTRUCTOR(S): Gena Richard

AGE(S): 14 and up

RATE: \$40 | **RESIDENT RATE:** \$30

This class fuses several moves to strength and tone the core. A great complement to a regular strength training exercise program.

INTERMEDIATE

105256-01	Jan. 31 - March 9	4:50 - 5:20 p.m.	Tue/Thu
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COURT SPORT FITNESS

INSTRUCTOR(S): Linda Scovern

AGE(S): 14 and up

RATE: \$40 | **RESIDENT RATE:** \$30

Pickleball or tennis anyone? The class will include a warm-up and selected strength exercises for upper and lower body. The focus is on injury prevention through muscle conditioning and body control. Suitable for all abilities with modifications.

ALL LEVELS

Activity #	Date	Time	Day(s)
105230-01	Jan. 31 - March 7	9 - 10 a.m.	Tue

CYCLE FUSION

INSTRUCTOR(S): Robin Andes

AGE(S): 14 and up

RATE: \$70 | **RESIDENT RATE:** \$55

A great combination of indoor cycling, strength and core. You never know what you are going to get!

INTERMEDIATE / ADVANCED

Activity #	Date	Time	Day(s)
105222-01	Jan. 30 - Mar 6	9:15-10:15 a.m.	Mon
105222-02	Feb 1 - Mar 8	9:15-10:15 a.m.	Wed
105222-03	Feb 3-Mar 10	9:15-10:15 a.m.	Fri

FIT & FABULOUS

INSTRUCTOR(S): Terri Hurtt

AGE(S): 14 and up

RATE: \$40 | **RESIDENT RATE:** \$30

Strength training is one of the best ways to get lean. Train your heart and muscles at the same time with a "high reps/low weight/no-rest" format. Fasted paced program made for maximum muscular endurance and strength. Recommended for all fitness levels.

ALL LEVELS

Activity #	Date	Time	Day(s)
105240-01	Feb. 4 - March 11	9:30 - 10:30 a.m.	Sat

GREAT SHAPES - LOW IMPACT

INSTRUCTOR(S): Ellen Blaha

AGE(S): 14 and up

RATE: \$75 | **RESIDENT RATE:** \$60

Improve cardiovascular fitness, strength and flexibility while moving to music. Hand-weight exercises for upper body, floorwork and stretching complete each workout. Easy to learn and can be adjusted for high/low format. Ideal for the beginner, overweight, and older exercisers, but designed for multiple ability levels.

ALL LEVELS

Activity #	Date	Time	Day(s)
105203-01	Jan.31 - March 9	6:30-7:45 p.m.	Tue/Thu
105203-02	Jan.30 - March 8	1:15-2:15 p.m.	Mon/Wed

GLUTES & ABS

INSTRUCTOR(S): Beth Henman

AGE(S): 14 and up

We will target the core and glutes strengthening two areas of the body that will make a difference in your other workouts and your overall fitness. Come enjoy this intense workout - and the music it's set to.

RATE: \$20 | **RESIDENT RATE:** \$15

ALL LEVELS

Activity #	Date	Time	Day(s)
105234-01	Jan.30 - March 6	7:50 - 8:20 p.m.	Mon
105234-02	Feb. 4 - March 11	10:15 - 10:45 a.m.	Sat





HIP HOP CARDIO

INSTRUCTOR(S): Marietta Weaver

AGE(S): 14 and up

RATE: \$40 | **RESIDENT RATE:** \$30

This energetic, high/low intensity class will get your heart pumping while you express your inner rhythm. Get ready for a full-body workout, simple-to-follow choreography and fresh dance combos.

ALL LEVELS			
Activity #	Date	Time	Day(s)
105217-01	Feb. 1-March 8	6:35-7:35 p.m.	Wed

HIP HOP STRENGTH

INSTRUCTOR(S): Beth Henman

AGE(S): 14 and up

RATE: \$40 | **RESIDENT RATE:** \$30

What better mix for your fit than a weights class choreographed to your favorite hip hop and pop music? We will push your muscles as we blast the beats. Be ready to sweat!

ALL LEVELS			
Activity #	Date	Time	Day(s)
105292-01	Jan. 30-March 6	6:45-7:45 p.m.	Mon

KETTLEBELL STRENGTH

INSTRUCTOR(S): Beth Henman

AGE(S): 14 and up

RATE: \$20 | **RESIDENT RATE:** \$15

This full-body workout emphasizing core, stamina and overall conditioning. Whether you're new or experienced with kettlebells you'll be amazed at what they bring to your strength training practice.

ALL LEVELS			
Activity #	Date	Time	Day(s)
105236-01	Feb. 4-March 11	9:30-10 a.m.	Sat

LaBLAST® DANCE FITNESS

INSTRUCTOR(S): Katy Tombaugh

AGE(S): 14 and up

RATE: \$28 | **RESIDENT RATE:** \$23

A life-changing dance fitness program that inspires the mind and transforms the body while teaching the true skill of dance. Inspired by Dancing with the Stars, this energizing class blends ballroom dancing with calorie-blasting interval training.

ALL LEVELS			
Activity #	Date	Time	Day(s)
105260-01	Jan. 30-March 6	5:15-6 p.m.	Mon

LIFT & HIIT

INSTRUCTOR(S): Beth Henman

AGE(S): 14 and up

RATE: \$40 | **RESIDENT RATE:** \$30

This strength class will take your fit to the next level using weights, kettlebells, steps and discs for a muscle-building, metabolism-boosting, core-rocking workout that changes each week. You will tone and strengthen all large muscle groups plus work in cardio with modifications given for all fitness levels.

ALL LEVELS			
Activity #	Date	Time	Day(s)
105235-01	Feb. 1-March 8	7:45-8:45 p.m.	Wed

LOW IMPACT INTERVALS

INSTRUCTOR(S): Trish Redd / Sandra McCann

AGE(S): 14 and up

RATE: \$40 | **RESIDENT RATE:** \$30

This class offers a total body workout with a fun mixture of great and motivating music that includes cardio, strength training and stretching. Choreography is created so you can keep your workout level low, medium or high.

ALL LEVELS			
Activity #	Date	Time	Day(s)
105201-01	Jan. 30-March 6	8-9 a.m.	Mon
105201-02	Feb. 1-March 8	8-9 a.m.	Wed
105201-03	Feb. 3-March 10	8-9 a.m.	Fri

LOW IMPACT AEROBICS

INSTRUCTOR(S): Ellen Blaha

AGE(S): 14 and up

RATE: \$40 | **RESIDENT RATE:** \$30

Have a high impact on your cardiovascular and muscular fitness in this class. Gain endurance, strength and flexibility with less stress on your joints. Moves are easy to learn and adjust to high/low format. Hand-weight exercises for upper body, floorwork and stretching complete each workout.

ALL LEVELS			
Activity #	Date	Time	Day(s)
105205-01	Feb. 4-March 11	9:15-10:15 a.m.	Sat

LET'S DANCE

INSTRUCTOR(S): Linda Scovern

AGE(S): 14 and up

RATE: \$40 | **RESIDENT RATE:** \$30

This cardio class includes Zumba, Hip Hop and LaBlast Dance Fitness songs for a fun and varied workout. Modifications for all steps/moves are provided. A stretch and cool down is included at the end.

ALL LEVELS			
Activity #	Date	Time	Day(s)
105204-01	Feb. 1-March 8	9:15-10:15 a.m.	Wed

MUSCLES IN MOTION

INSTRUCTOR(S): Trish Redd

AGE(S): 14 and up

RATE: \$40 | **RESIDENT RATE:** \$30

This is a weight-training class that uses resistance tools to train specific muscles in order to improve muscular tone, strength and endurance. You will burn more fat while gaining lean muscle.

ALL LEVELS			
Activity #	Date	Time	Day(s)
105207-01	Jan. 30-March 6	12:15-1:15 p.m.	Mon
105207-02	Jan. 31-March 7	7:45-8:45 p.m.	Tue
105207-03	Feb. 2-March 9	7:45-8:45 p.m.	Thu
105207-04	Feb. 3-March 10	10:30-11:30 a.m.	Fri

TIME "CRUNCH" TONER

INSTRUCTOR(S): Trish Redd

AGE(S): 14 and up

RATE: \$28 | **RESIDENT RATE:** \$23

Why wait until after work when you can get your desired results in the middle of your work-day? This workout focuses on complete body and core conditioning.

ALL LEVELS			
Activity #	Date	Time	Day(s)
105251-01	Feb. 1-March 8	11:30 a.m.-12:15 p.m.	Wed



TOTAL BODY STRENGTH

INSTRUCTOR(S): Linda Amici

AGE(S): 14 and up

RATE: \$40 | **RESIDENT RATE:** \$30

This class is designed to build strength, endurance and muscle mass to speed metabolism. Experienced and new participants alike will benefit from weight-bearing exercises, core training and stretching for a complete workout. Simply bring water-weights and mat are provided.

ALL LEVELS

Activity #	Date	Time	Day(s)
105224-01	Feb. 1 - March 8	5:30-6:30 p.m.	Wed

BEGINNER BELLY DANCING

INSTRUCTOR(S): Zahra Zuhair

AGE(S): 14 and up

RATE: \$40 | **RESIDENT RATE:** \$30

Belly dancing is a low impact, total body workout for any age or fitness level. This class will include drills and combinations to work your entire body. A soft dance shoe is recommended. Bring water and a towel. A hip scarf or a simple shawl is recommended.

ALL LEVELS

Activity #	Date	Time	Day(s)
105218-01	Jan. 30 - March 6	6-7 p.m.	Mon

CYCLE AND CORE

INSTRUCTOR(S): Trish Redd

AGE(S): 14 and up

RATE: \$70 | **RESIDENT RATE:** \$55

A fun, heart-pumping workout set to great music! You control the resistance and pedal speed creating just the right intensity for you. *Suitable for all abilities with modifications.*

ALL LEVELS

Activity #	Date	Time	Day(s)
105223-01	Jan. 31 - March 7	9:30-10:30 a.m.	Tue
105223-02	Feb. 4 - March 11	8:30-9:30 a.m.	Sat

POWER RIDE 60

INSTRUCTOR(S): Marcy Ey

AGE(S): 14 and up

RATE: \$70 | **RESIDENT RATE:** \$55

Indoor cycling, often also called spinning, focuses on endurance, strength, intervals, high intensity (race days) and recovery, and involves using a special stationary bike with a weighted flywheel in a classroom setting. Your coach will provide a fun, high-energy endurance ride for all fitness levels.

ALL LEVELS

Activity #	Date	Time	Day(s)
105227-01	Jan. 30 - March 6	4-5 p.m.	Mon

ZUMBA

INSTRUCTOR(S): Beth Henman

AGE(S): 14 and up

RATE: \$40 | **RESIDENT RATE:** \$30

A dance fitness class that is fun, high-energy and makes you feel amazing! We'll take the "work" out of your workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance party. With its great music this class will feel like exercise in disguise.

INTERMEDIATE / ADVANCED

Activity #	Date	Time	Day(s)
105219-01	Jan. 31 - March 7	6:15-7:15 p.m.	Tue

STRENGTH & MORE

INSTRUCTOR(S): Robin Andes

AGE(S): 14 and up

RATE: \$40 | **RESIDENT RATE:** \$30

Tone up and sculpt a strong, lean, fit body. Research suggests that lifting weights can reduce your risk of osteoporosis and increase your metabolic rate. If you've never lifted weights before, or simply want to build on your established routine, you'll find this class motivating and helpful.

INTERMEDIATE *NO CLASS: Jan. 16

Activity #	Date	Time	Day(s)
105233-01*	Jan. 30 - March 6	10:30-11:30 a.m.	Mon

INTERMEDIATE

Activity #	Date	Time	Day(s)
105233-02	Feb. 1 - March 8	10:30-11:30 a.m.	Wed

DYNAMIC PILATES

INSTRUCTOR(S): Lara Uher

AGE(S): 14 and up

RATE: \$70 | **RESIDENT RATE:** \$55

Get invigorated and relax by integrating basic and intermediate Pilates exercises using small Pilates equipment, yoga poses and mindfulness-based stress reduction. Integrating disciplines will promote a stronger, leaner, more flexible body, while supporting core strength, spinal alignment, overall concentration and connection with the body. *Please bring a yoga mat.*

INTERMEDIATE / ADVANCED

Activity #	Date	Time	Day(s)
105209-01	Feb. 1 - March 8	5:30-6:30 p.m.	Wed

FUNCTIONAL STRENGTH 101

INSTRUCTOR(S): Sarah Crittenden

AGE(S): 14 and up

RATE: \$40 | **RESIDENT RATE:** \$30

Functional training is a form of exercise that focuses on developing strength for muscles we use for bending, twisting, lifting, loading, pushing, pulling and squatting.

ALL LEVELS

Activity #	Date	Time	Day(s)
105290-01	Jan. 31 - March 9	9-10 a.m.	Tue

RESTORATIVE REFRESH

INSTRUCTOR(S): Lara Uher

AGE(S): 14 and up

RATE: \$70 | **RESIDENT RATE:** \$55

This refreshing session will help to improve your balance and flexibility while getting a healthy sweat on. Start your morning off right with a dose of movement and positive energy! You will strengthen and tone muscles while improving posture for daily life.

INTERMEDIATE / ADVANCED

Activity #	Date	Time	Day(s)
105249-01	Jan. 31 - March 7	7:30-8:30 a.m.	Tue

STEP & SCULPT

INSTRUCTOR(S): Terri Hurtt

AGE(S): 14 - 75

RATE: \$75 | **RESIDENT RATE:** \$60

A high-intensity step workout using basic step patterns to strengthen the cardiovascular system while having fun. Using weights, bands and/or bars, this class will sculpt and tone from head to toe. General step proficiency is recommended.

ALL LEVELS

Activity #	Date	Time	Day(s)
105206-01	Jan. 31 - March 9	6:35-7:35 p.m.	Tue/Thu

VINYASA YOGA

INSTRUCTOR(S): Robin Andes

AGE(S): 14 and up

RATE: \$70 | **RESIDENT RATE:** \$55

Link several poses together to create strength, flexibility, endurance and balance working all parts of the body. Leave feeling refreshed, elongated and strong. *Please bring a yoga mat.*

INTERMEDIATE

Activity #	Date	Time	Day(s)
105208-01	Feb. 2 - March 9	10:30-11:30 a.m.	Thu





STRETCH & STRENGTHEN

INSTRUCTOR(S): Rachel Chilton

AGE(S): 14 and up

RATE: \$28 | **RESIDENT RATE:** 23

Learn movements designed to increase your range of motion, improve strength and relieve pain in the body. Areas of focus will include shoulders, back, hips, ankles and more!

ALL LEVELS			
Activity #	Date	Time	Day(s)
105275-01	Jan. 31 - March 7	5:15-6pm.	Tue

YOGA, MEDITATION & MINGLE

Flow into the new year with positivity and balance. This is the perfect opportunity to relax and renew after the hectic holiday season. You deserve this time to yourself! **Bring a yoga mat.**

Jan. 15 1-2:30 p.m. Sun

Rate: \$25 / Discounted Resident Rate: \$20

Activity # 105248-01

YOGA FOR HEALTH

INSTRUCTOR(S): Gwen Surratt

AGE(S): 14 and up

RATE: \$70 | **RESIDENT RATE:** \$55

Learn standing, balancing, sun salutations, seated and reclining poses, breath (Pranayama) practice and meditations. Must be able to get to and from the floor. Appropriate for beginners and any one who wants to refresh their yoga practice. **Please bring two blocks, a strap and a mat.**

LEVEL 1 - ALL LEVELS			
Activity #	Date	Time	Day(s)
105265-01	Feb.2-March 9	6:15-7:15pm.	Thu

Students will move through Sun Salutations and go a little deeper in the foundational poses. We will continue with breath practice and meditation. **Please bring two blocks, a strap and a mat.**

LEVEL 2 - INTERMEDIATE			
Activity #	Date	Time	Day(s)
105220-02	Feb.2- March 9	7:30-8:30pm.	Thu

HATHA YOGA

INSTRUCTOR(S): Prasant Joshii

AGE(S): 14 and up

RATE: \$70 | **RESIDENT RATE:** \$55

Learn age-old, time-tested techniques with an emphasis on core strength, flexibility and balance; as well as concentration and breath control in a supportive, non-judgmental environment. This class is based on physical postures (Asanas), deep breathing techniques (Pranayamas), Hasya Yoga (Laughter Yoga), guided muscle relaxation, mindfulness and listening to the body.

ALL LEVELS			
Activity #	Date	Time	Day(s)
105254-01	Feb 5 - Mar 12	10:15-11:15 a.m.	Sun

POWER YOGA

INSTRUCTOR(S): Kate Mantenicks

AGE(S): 14 and up

RATE: \$55 | **RESIDENT RATE:** \$45

Class starts with gentle stretching and builds energy with sun salutations linking one breath per movement. Explore balancing poses and hold traditional peak poses. Class ends with core work, stretching and savasana. Leave feeling energized, vibrant and peaceful.

ALL LEVELS			
Activity #	Date	Time	Day(s)
105213-01	Feb. 2-March 9	6-6:50 a.m.	Thu

16↓ PARTICIPANTS UNDER THE AGE OF 16

Anyone under the age of 16 must have an adult enroll and accompany them to class.

TAI CHI FOR HEALTH

INSTRUCTOR(S): Tony Palumbo

AGE(S): 14 and up

RATE: \$40 | **RESIDENT RATE:** \$30

Practiced using a series of slow movements and focused breathing techniques that build balance and strength. Participants will relax while enjoying the many health benefits including memory improvement, low-impact exercise and risk of fall reduction.

ALL LEVELS			
Activity #	Date	Time	Day(s)
105211-01	Feb. 5-March 12	11 a.m.- 12p.m.	Sun

CANDLELIGHT SLOW FLOW

INSTRUCTOR(S): Melissa Hoyt

AGE(S): 14 and up

RATE: \$70 | **RESIDENT RATE:** \$55

Melt off your week by unwinding in the soft glow of electric candles, relaxing vibes and a slower flow. Enjoy deep stretching to get you fully ready and relaxed for your weekend.

ALL LEVELS			
Activity #	Date	Time	Day(s)
105220-01	Feb. 3-March 10	6-7 p.m.	Fri

DEEP STRETCH & MEDITATION

INSTRUCTOR(S): Emma O'Keefe

AGE(S): 14 and up

RATE: \$70 | **RESIDENT RATE:** \$55

This gentle flow is good for the soul! You will be guided through stretches with a focus on breathing and awareness. Each class will conclude with a guided meditation to help bring a sense of peace and ease to the body and mind.

ALL LEVELS			
Activity #	Date	Time	Day(s)
105221-01	Feb. 2-March 9	8:15-9:15 a.m.	Thu

RESOLUTION REFRESH

INSTRUCTOR(S): Lara Uher

AGE(S): 14 and up

RATE: \$50 | **RESIDENT RATE:** \$40

Led by an expert in the wellness industry, we will increase awareness of what holds us back and makes sticking to a resolution so difficult. Please come in comfy clothes with a yoga mat and water for this interactive series. Prepare to learn, move and engage to shift our thinking about our New Year's Resolution's and make change happen in 2023.

ALL LEVELS			
Activity #	Date	Time	Day(s)
105238-01	Jan. 21,	10:30 - 11:30 a.m.	Sat
	Feb. 4, Feb. 18		
	March 4		

POWER PILATES

INSTRUCTOR(S): Katy Tombaugh

AGE(S): 14 and up

RATE: \$70 | **RESIDENT RATE:** \$55

A low-impact format combining essential Mat Pilates exercises (done with creative modifications/variations) and traditional fitness intervals. The class pace is slightly quicker than a traditional Mat Pilates class. A blend of floorwork, standing drills, balance challenges (and more) allows for a wide variety of skills to be developed.

ALL LEVELS			
Activity #	Date	Time	Day(s)
105237-01*	Jan. 30-March 6	4-5 p.m.	Mon



SPORTS

CLIMBING WALL

INSTRUCTOR: *Jaclyn Davis*

RATE: \$65 | **RESIDENT RATE:** \$50

Participants will learn the fundamentals of indoor rock climbing, build self-esteem and improve their physical fitness while taking part in fun and educational climbing games. At the end of the session the climber's can invite their favorite adult to join in the fun by climbing along with the class. **Participants must wear closed-toe rubber-soled shoes, all other equipment is provided.**

LIL' CLIMBERS		AGE(S): 5-7	
Activity #	Dates	Time	Day(s)
109101-01	Jan. 24-Feb. 28	5:30-6:30 p.m.	Tue

CLIMBING KIDS		AGE(S): 8-12	
Activity #	Dates	Time	Day(s)
109101-02	Jan. 24-Feb. 28	6:45-7:45 p.m.	Tue

STREET JACKETS SKILLS & DRILLS

INSTRUCTOR: *Recreation Staff*

ACS

RATE: \$40 | **RESIDENT RATE:** \$25

This sneaker-only course will progress weekly in skill development and hockey skills such as stick control, passing, shooting, coordination and movement. Classes will consist of a short warm-up followed by skill development drills and game play. **All equipment will be provided, however participants may use their own equipment, if desired.**

AGE(S): 6-10			
Activity #	Dates	Time	Day(s)
106160-01	Jan. 31-Feb. 28	6-7 p.m.	Tue

AGE(S): 9-12			
Activity #	Dates	Time	Day(s)
106160-02	Jan. 31-Feb. 28	7:15-8:15 p.m.	Tue



HAVE A PRESCHOOLER INTERESTED IN SPORTS?

See the Preschool Class Section for information on Skyhawk Sports and Sporties for Shorties.

KIDS IN KARATE

INSTRUCTOR: *Free Spirit Staff*

This program, designed for all ages, is under direction Grand Master Jon Stephens of the Free Spirit, LLC Karate Clubs. Karate will improve your child's sports, school and social activities.

RATE: \$105 | **RESIDENT RATE:** \$90

LIL KIK		AGE(S): 3-6	
Activity #	Dates	Time	Day(s)
106101-01	Jan. 17-Feb. 14	6:15-6:45 p.m.	Tue
106101-02	Feb. 21-March 28	6:15-6:45 p.m.	Tue

RATE: \$150 | **RESIDENT RATE:** \$135

KIDS IN KARATE, & ADULTS TOO		AGE(S): 6 AND UP	
Activity #	Dates	Time	Day(s)
106101-03	Jan. 17-March 28	7-8:15 p.m.	Tue

ADULT MIXED VOLLEYBALL LEAGUES

INSTRUCTOR: *Recreation Staff*

AGE(S): 18 and up

RATE: \$290 | **RESIDENT RATE:** \$275

If you're looking for a fun night with friends on Wednesday evenings, or a competitive game with a power-like league on Tuesday's, this league is just for you! Leagues fill quickly so don't wait!

COMPETITIVE			
Activity #	Dates	Time	Day(s)
106802-01	Jan. 24-March 21	6-9 p.m.	Tue

RECREATIONAL			
Activity #	Dates	Time	Day(s)
106802-02	Jan. 25-March 22	6-9 p.m.	Wed

DSACO INCLUSIVE SWIM & GYM

AGE(S): *All Ages*

FREE: *A donation is suggested*

Enjoy the indoor pool and fun activities in the gymnasium where you can swim and play without the addition of crowds at a discounted rate. Sponsored by the Down Syndrome Association of Central Ohio (DSACO).

INTERMEDIATE		
Date	Time	Day(s)
Feb. 26	5:30-7 p.m.	Sun

MEN'S BASKETBALL LEAGUE

INSTRUCTOR: *Recreation Staff*

AGE(S): 18 and up

RATE: \$545 | **RESIDENT RATE:** \$515

This competitive league is for teams that have experience playing in a competitive environment such as high school or college. Interested teams may contact sports@westerville.org.

COMPETITIVE			
Activity #	Dates	Time	Day(s)
106204-01	Jan. 25-March 29	6-9 p.m.	Wed

LITTLE BALLERS BASKETBALL

INSTRUCTOR: *Bally Sports Group*

RATE: \$100 | **RESIDENT RATE:** \$85

Players are taught the fundamentals of dribbling, shooting, passing, rebounding, defense and the concept of game play. The curriculum incorporates fun terminology and engaging activities. A positive and encouraging atmosphere is created. Each week players participate in developmentally appropriate instruction and recreational non-competitive game play.

AGE(S): 4-5			
Activity #	Dates	Time	Day(s)
106106-01	Jan. 23-Feb. 27	4-5 p.m.	Mon
106106-03	March 11 - April 8	10-11 a.m.	Sat

AGE(S): 6-7			
Activity #	Dates	Time	Day(s)
106106-02	Jan. 23-Feb. 27	5-6 p.m.	Mon
106106-04	March 11 - April 8	11 a.m.-12 p.m.	Sat





BEGINNER PICKLEBALL CLINIC

INSTRUCTOR: Jack Brown

AGE(S): 18 and up

RATE: \$20 | **RESIDENT RATE:** \$15

Pickleball is taking Central Ohio by storm, don't be left behind. This clinic will teach you the basic knowledge of the game and techniques to make sure you're ready to play. Clinics are highly recommended for first-time players to ensure the understanding of the game before taking the court to compete against others.

Activity #	Dates	Time	Day(s)
106114-01	Jan.20 -Jan.27	1-3 p.m.	Fri
106115-02	Feb.17 -Feb.24	1-3 p.m.	Fri

INTERMEDIATE PICKLEBALL CLINIC

INSTRUCTOR: Jack Brown

AGE(S): 18 and up

RATE: \$20 | **RESIDENT RATE:** \$15

This clinic is designed for experienced players who are looking to further improve their gameplay. Focusing on strategy, approach, and technique; this clinic will help set you up for a future as King of the Court!

Activity #	Dates	Time	Day(s)
106115-01	Jan.20 -Jan.27	3:15-5:15 p.m.	Fri
106115-02	Feb.17 -Feb.24	3:15-5:15 p.m.	Fri

WINTER II PICKLEBALL

INSTRUCTOR: Pickleball Staff

AGE(S): 18 and up

RATE: \$70 | **RESIDENT RATE:** \$55

Pickleball players will increase skills, strategy and consistency in the open-play session while playing with a variety of partners and competitors. Please be sure to register for your proper skill level.

COMPETITIVE/ADVANCED			
Activity #	Dates	Time	Day(s)
106112-01	Jan.30-March 29	12:30-3p.m.	Mon/Wed
106112-02	Jan.31-March 30	7-9:30 a.m.	Tue/Thu

INTERMEDIATE			
Activity #	Dates	Time	Day(s)
106112-03	Jan.30-March 29	7-9:30 a.m.	Mon/Wed
106112-04	Jan.31-March 30	9:45-12:15p.m.	Tue/Thu

NON-COMPETITIVE			
Activity #	Dates	Time	Day(s)
106112-05	Jan.30-March 29	9:45-12:15p.m.	Mon/Wed
106112-06	Jan.31-March 30	12:30-3 p.m.	Tue/Thu

PICKLEBALL LADDER LEAGUE

INSTRUCTOR: Pickleball Staff

AGE(S): 18 and up

RATE: \$65 | **RESIDENT RATE:** \$50

This league is designed for play with others of similar skill levels. Your ranking on the ladder is based upon your winning percentage (ratio of total points won to total points possible). Each week, players will be placed in groups determined by their total score from the previous weeks.

Activity #	Dates	Time	Day(s)
106803-01	Jan.30 -March 13	6:15-8:45 p.m.	Mon



Drop-in Pickleball

Sunday 2:30-5:30 p.m.

Passholder Nights

Tuesday/Thursday 6-8 p.m.

30 and up Basketball

Thursday 6-8:30 p.m.

All Inclusive Open Gym

Friday 6-7:30 p.m.



ABC PRESCHOOL 123

KINDERDANCE

INSTRUCTOR(S): Lisa Coleman

Class curriculum offers age-appropriate exposure to developmental milestones through dance and sensory-motor activities while nurturing the bond between caregiver and child. Bring your favorite grown-up, this class is not a drop-off class, adults are required to attend with the child and participate in the class.

RATE: \$67 | **RESIDENT RATE:** \$46

KINDERDANCE WITH ME
AGE(S): 15-24 months with parent

Activity #	Date	Time	Day(s)
101136-01	Jan. 17 - March 7	4:15-4:45 pm.	Tue
101136-02	Feb. 21 - March 14	4:15-4:45 pm.	Tue

Join this developmental dance, motor skill, music and fitness program blended with academics. Students will learn the basics of ballet, tap, acrobatics and creative movement while blending educational concepts designed to teach to the total child. **Ballet shoes and tap shoes are required for this class.**

RATE: \$160 | **RESIDENT RATE:** \$145

KINDERDANCE
AGE(S): 3-5

Activity #	Date	Time	Day(s)
101136-03	Jan. 17 - March 7	5-5:45 pm.	Tue
101136-04	Jan. 18 - March 8	11:15 a.m. - 12 pm.	Wed

KINDER KIDS

INSTRUCTOR(S): Drama Kids

AGE(S): 3-4

RATE: \$135 | **RESIDENT RATE:** \$120

An excellent way to introduce the long-term benefits of dramatic arts participation to children attending Pre-K or Kindergarten. Each student is highly involved in creative drama activities that develop speaking skills, build confidence and enhance early social skills and creative learning. New scenes and activities are held in each class.

Activity #	Date	Time	Day(s)
101119-01	Jan. 17 - March 7	10-11 a.m.	Tue

SKYHAWK SPORTS ACADEMY

INSTRUCTOR(S): Skyhawk Sports Academy

RATE: \$20 | **RESIDENT RATE:** \$15

AGE(S): 2-5 with adult

MULTI-SPORTS TOTS CLINIC

This baseball, soccer, and basketball intro clinic uses age-appropriate games and activities to explore balance, hand/eye coordination, fitness, sport skills and child development. Adult participation required.

Activity #	Date	Time	Day(s)
101135-01	Jan. 21	12-2 p.m.	Sat

RATE: \$95 | **RESIDENT RATE:** \$80

Children in these high energy classes learn far more than just core cheer concepts and techniques; they also explore their personal expression, agility, rhythm and teamwork. It is a great way to build self-confidence and nurture the desire to share happiness with others.

AGE(S): 3-4

CHEER TOTS-BLUEBIRDS

Activity #	Date	Time	Day(s)
101135-07	Feb. 8 - March 8	5-5:45 p.m.	Wed

AGE(S): 4-5

CHEER TOTS-ROBINS

Activity #	Date	Time	Day(s)
101135-08	Feb. 8 - March 8	6-6:45 p.m.	Wed

RATE: \$95 | **RESIDENT RATE:** \$80

A great way to learn this signature sport. These classes help students learn to bump, set and spike, as well as develop agility, reaction, speed and teamwork.

AGE(S): 3.5-4.5

VOLLEY KATS-COUGARS

Activity #	Date	Time	Day(s)
101135-09	Feb. 10 - March 10	5-5:45 p.m.	Fri

AGE(S): 4.5-5.5

VOLLEY KATS-TIGERS

Activity #	Date	Time	Day(s)
101135-10	Feb. 10 - March 10	6-6:45 p.m.	Fri

RATE: \$95 | **RESIDENT RATE:** \$80

A developmental program that uses a variety of fun games to engage kids while teaching the sport of football and developing fundamental skills. The goal is to build fitness, muscle coordination, football fundamentals and create a love of the game. We do not do any tackling or blocking at this level. .

AGE(S): 3-4

FIRSTDOWN TOTS-RAMS

Activity #	Date	Time	Day(s)
101135-05	Feb. 8 - March 8	5-5:45 p.m.	Wed

AGE(S): 4-5

FIRSTDOWN TOTS-RHINOS

Activity #	Date	Time	Day(s)
101135-06	Feb. 8 - March 8	6-6:45 p.m.	Wed

RATE: \$95 | **RESIDENT RATE:** \$80

These soccer-themed motor skill classes are very easy for youngsters to get into. Younger age groups focus on developing motor skills and self-confidence; older classes focus more on developing core soccer skills and personal focus, and introduce an element of light competition.

AGE(S): 2.5-3.5 with adult

SOCCER TOTS-CUBS

Activity #	Date	Time	Day(s)
101135-02	Feb. 6 - March 6	4:30-5:15 p.m.	Mon

AGE(S): 3.5-4.5

SOCCER TOTS-BEARS

Activity #	Date	Time	Day(s)
101135-03	Feb. 6 - March 6	5:30-6:15 p.m.	Mon

AGE(S): 4.5-5.5

SOCCER TOTS-GRIZZLES

Activity #	Date	Time	Day(s)
101135-04	Feb. 6 - March 6	6:30-7:15 p.m.	Mon



MUSIC TOGETHER[®]

INSTRUCTOR(S): *Wholey Sisters*

AGE(S): *birth-6 with parent*

RATE: *\$190 per participant/ \$125 per sibling*

RESIDENT RATE: *\$175 per participant/\$110 per sibling*
Encourages the experience of music through free play. Classes include singing, games and use of movement and rhythm instruments for a multi-cultural curriculum developed by early childhood music experts and taught by a registered instructor. **A \$40 material fee is included.**

Activity #	Date	Time	Day(s)
601613-01	Jan. 9 - March 13	5:15-6 p.m.	Mon
601613-02	Jan. 9 - March 13	6:15-7 p.m.	Mon
601613-03	Jan. 10 - March 14	9:30-10:15 a.m.	Tue
601613-04	Jan. 10 - March 14	10:30-11:15 a.m.	Tue
601613-05	Jan. 11 - March 15	9:30-10:15 a.m.	Wed
601613-06	Jan. 11 - March 15	10:30-11:15 a.m.	Wed

SUPER-DUPER MAGIC SHOW *featuring Sedgie the Hedge*

INSTRUCTOR(S): *Erica Carlson*

AGE(S): *3-7*

RATE: *\$10 | RESIDENT RATE: \$5*

Grab your superhero cape and show off your muscles for this comedy magic show featuring Sedgie the Hedge, a real live hedgehog! Magic will be used to figure out what it takes to be a superhero as they try to find Sedgie before he flies off to save the day! Is our spiky friend hiding so he can change into his superhero costume? Come be a part of the fun to find out!

Activity #	Date	Time	Day(s)
101130-01	Feb. 9	6-6:45 p.m.	Thu
101130-02	March 30	10-10:45 a.m.	Thu

CARS, TRUCKS & THINGS THAT GO

INSTRUCTOR(S): *Cathi Staysniak*

RATE: *\$15 | RESIDENT RATE: \$10*

Vroom, Swoosh, Beep Beep! What fun boys and girls will have as they explore the exciting world of transportation. We will incorporate our favorite transportation characters as we learn and play with all things that GO! **Most sessions are Parent/Child.**

AGE(S): *18 months - 36 months*

Activity #	Date	Time	Day(s)
101034-01	March 6	9:15-10 a.m.	Mon

AGE(S): *2-4 with adult*

Activity #	Date	Time	Day(s)
101034-02	March 6	10:15-11 a.m.	Mon

AGE(S): *3-5 with adult*

Activity #	Date	Time	Day(s)
101034-03	March 6	11:30-12:15 p.m.	Mon

AGE(S): *4-6*

Activity #	Date	Time	Day(s)
101034-04	March 6	1-2 p.m.	Mon

AGE(S): *3-5 with adult*

Activity #	Date	Time	Day(s)
101034-05	March 6	6-6:45 p.m.	Mon

SPANISH

INSTRUCTOR(S): *Cultured Kids*

RATE: *\$135 | RESIDENT RATE: \$120*

These classes allow the parent and children to interact with fun activities while learning new words and simple questions and answers together. Every two weeks we feature a new conversation topic such as colors, pets, clothing, foods or family members. Students learn the topic words and phrases through fun and engaging age-appropriate songs, games, play-based activities and craft projects. We focus on verbal communication for this age group to achieve native pronunciation skills.

AGE(S): *18 months-3 with parent or guardian*

Activity #	Date	Time	Day(s)
101134-01	Jan. 23 - March 13	12-12:45 p.m.	Mon

AGE(S): *2-5*

Activity #	Date	Time	Day(s)
101134-02	Jan. 23 - March 13	1-2 p.m.	Mon

TODDLER TIME ROUND UP

INSTRUCTOR(S): *Cathi Staysniak*

RATE: *\$85 | RESIDENT RATE: \$75*

We will launch each class with a fun action story while children use large motor skills as we learn more about the story's theme. Activities will incorporate age-appropriate cognitive skills like ABCs, numbers, shapes and colors. Each session will bring new and exciting activities.

AGE(S): *12-24 months with adult*

Activity #	Date	Time	Day(s)
101610-01	Jan. 17 - Feb. 28	9:15-9:45 a.m.	Tue

AGE(S): *18-30 months with adult*

Activity #	Date	Time	Day(s)
101610-02	Jan. 17 - Feb. 28	10-10:30 a.m.	Tue

AGE(S): *24-36 months with adult*

Activity #	Date	Time	Day(s)
101610-03	Jan. 17 - Feb. 28	10:45-11:15 a.m.	Tue

AGE(S): *18-36 months with adult*

Activity #	Date	Time	Day(s)
101610-04	Jan. 17 - Feb. 28	6-6:30 p.m.	Tue

CRAZY ART ADVENTURES

INSTRUCTOR(S): *Cathi Staysniak*

RATE: *\$65 | RESIDENT RATE: \$55*

This class will provide a time for your child to get creative, make new friends and have fun. We will make exciting art projects that are open-ended and allow your child to create freely. Classes will include a game, story and/or music. We will be a bit messy so so dress appropriately. **All materials included.**

AGE(S): *4-6*

Activity #	Date	Time	Day(s)
101018-01	Feb. 16 - March 9	1-2:30 p.m.	Thu

AGE(S): *5.5-7*

Activity #	Date	Time	Day(s)
101018-02	Feb. 16 - March 9	6:15-7:45 p.m.	Thu

SPORTIES FOR SHORTIES

INSTRUCTOR(S): *Jump Bunch*

RATE: *\$90 | RESIDENT RATE: \$75*

Each week will begin with kid-friendly warm ups and exercises, an introduction to individual skills and equipment and simple rules of a different sports. Games, obstacle courses and a cool down will take place in each class to keep kids engaged and moving throughout the session. **Parents are asked to remain outside of the classroom during this program.**

AGE(S): *18-36 months with parent or guardian*

Activity #	Date	Time	Day(s)
101007-01	Jan. 21 - March 4	9:30-10 a.m.	Sat

AGE(S): *3-4*

Activity #	Date	Time	Day(s)
101007-02	Jan. 21 - March 4	10-10:45 a.m.	Sat

AGE(S): *5-6*

Activity #	Date	Time	Day(s)
101007-03	Jan. 21 - March 4	10:45-11:30 a.m.	Sat

GETTING TO KNOW NATURE

INSTRUCTOR(S): *MAD Scientist*

RATE: *\$160 | RESIDENT RATE: \$140*

Introduction of Westerville's natural ecosystems guided by a local expert in wetland ecology and Ohio's flora. Session topics will vary based on weather and involve a storybook, activity and guided time outside - yes, in the winter! In addition to gaining a sense of place, kids will also practice literacy, counting, art and empathy skills. Each week a new topic will be explored.

AGE(S): *18 months - 3 years with adult*

Activity #	Date	Time	Day(s)
101138-01	Jan. 18 - March 10	10-11 a.m.	Wed

AGE(S): *2-4 with adult*

Activity #	Date	Time	Day(s)
101138-02	Jan. 19 - March 11	3-4 p.m.	Thu

KIDS IN ACTION

INSTRUCTOR(S): *Cathi Staysniak*

RATE: *\$85 | RESIDENT RATE: \$75*

Participants will love learning and have fun as they dance, sing and play games together while expanding their cognitive and large motor skills. Together we will be silly as we exercise our brains and bodies. Each session will bring new and exciting activities. Children will attend this class independently.

AGE(S): *3-4*

Activity #	Date	Time	Day(s)
101116-01	Jan. 17 - Feb. 28	11:15-12 p.m.	Tue

AGE(S): *4-5*

Activity #	Date	Time	Day(s)
101116-02	Jan. 17 - Feb. 28	12-12:45 p.m.	Tue

AGE(S): *3-5*

Activity #	Date	Time	Day(s)
101116-03	Jan. 17 - Feb. 28	6:45-7:30 p.m.	Tue

YOGA

INSTRUCTOR(S): Balance Child Method
RATE: \$85 | **RESIDENT RATE:** \$70

BEDTIME YOGA AGE(S): 3-8

Poses, breathing techniques and bedtime stories will be provided to help decompress for the evening. *Your child can even come dressed in their pj's.*

Activity #	Date	Time	Day(s)
101139-01	Jan. 17- Feb. 7	6:30-7:15 p.m.	Tue
101139-02	Feb. 14- March 7	6:30-7:15 p.m.	Tue

FAMILY YOGA AGE(S): All Ages

This class is tailored to ages 3-8, but everyone is welcome. This is a great time for the whole family to learn yoga, breathing and meditation to do at home. *Bring your yoga mats, water and wear comfy clothes.*

Activity #	Date	Time	Day(s)
101139-05	Jan. 21- Feb. 11	9:30-10:15 a.m.	Sat
101139-06	Feb. 18- March 11	9:30-10:15 a.m.	Sat

RATE: \$85 | **RESIDENT RATE:** \$70

ADULT AND ME YOGA AGE(S): 3 months - 6

Ideal for children to start the process of deal for children to start the process of unwinding for bedtime. Poses, breathing techniques and bedtime stories will be provided to help decompress for the evening. *Your child can even come dressed in their pj's.*

Activity #	Date	Time	Day(s)
101139-03	Jan. 19- Feb. 9	10:30-11 a.m.	Thu

RATE: \$125 | **RESIDENT RATE:** \$110

PRESCHOOL YOGA AGE(S): 3-6

Explore fun yoga poses and learn about breath and movement while incorporating fun yoga books and music. Great for all energy levels and helps build a foundation of yoga tools to us as they get older.

Activity #	Date	Time	Day(s)
101139-04	Jan. 19- Feb. 9	9:30-10:15 a.m.	Thu

PJ PANCAKE PARTY

INSTRUCTOR(S): Cathi Staysniak
RATE: \$15 | **RESIDENT RATE:** \$10

Happy 2023! We will sing silly songs, have a pancake race, read a very silly story about a pig and a pancake and lots more, all while relaxing in our pj's. Children are encouraged to wear their favorite pj's - just be sure they are ready for fun and can move easily.

AGE(S): 18 months - 3 years with adult

Activity #	Date	Time	Day(s)
101008-01	Jan. 10	9:15-10 a.m.	Tue

AGE(S): 2-4 with adult

Activity #	Date	Time	Day(s)
101008-02	Jan. 10	10:15-11 a.m.	Tue

AGE(S): 3-5 with adult

Activity #	Date	Time	Day(s)
101008-03	Jan. 10	11:30-12:15 p.m.	Tue
101008-04	Jan. 10	6-6:45 p.m.	Tue

MUSIC WITH MR. CHUCK

INSTRUCTOR(S): Chuck Johnson
RATE: \$50 | **RESIDENT RATE:** \$40

ROCKABYE BABY AGE(S): 2-4 with adult

Music is powerful developmental tool for young minds. Come and join a family-style sing along while learning musical ways to connect with your child.

Activity #	Date	Time	Day(s)
101133-01	Jan. 17- March 7	10-10:30 a.m.	Tue

ROCK & ROLL SCHOOL AGE(S): 3-5

Come join the band as we begin our Rock and Roll School music class adventure. Whether you like to sing, dance or bang on things and be really loud...this is the class for you!

Activity #	Date	Time	Day(s)
101133-02	Jan. 17- March 7	11-11:45 a.m.	Tue

LITTLE ROCKERS AGE(S): 18 mo. - 3 years w/ adult

Bring your toddler out and enjoy a music enrichment class with Mr. Chuck, where we sing songs, read stories, dance and play instruments.

Activity #	Date	Time	Day(s)
101133-03	Jan. 17- March 7	10:35-11:05 a.m.	Tue

BRRR IT'S SNOWING

INSTRUCTOR(S): Cathi Staysniak
RATE: \$15 | **RESIDENT RATE:** \$10

Inside, where it is warm, we will have a great snow-venture with snowmen, snowflakes, snowballs and more! We will use music, literature, art and our senses to learn about all things chilly. A yummy, fun snack will be provided. *We will be hands-on, and might even get a bit messy so dress appropriately.*

AGE(S): 18 months - 3 years with adult

Activity #	Date	Time	Day(s)
106005-01	Jan. 26	9:15-10 a.m.	Thu

AGE(S): 2-4 with adult

Activity #	Date	Time	Day(s)
106005-02	Jan. 26	10:15-11 a.m.	Thu

AGE(S): 3-5 with adult

Activity #	Date	Time	Day(s)
106005-03	Jan. 26	11:30-12:15 p.m.	Thu

AGE(S): 4-6

Activity #	Date	Time	Day(s)
106005-04	Jan. 26	1-2 p.m.	Thu

AGE(S): 3-5 with adult

Activity #	Date	Time	Day(s)
106005-05	Jan. 26	6-6:45 p.m.	Thu

SUPERHERO DAY

INSTRUCTOR(S): Recreation Staff
AGE(S): 2-8

RATE: \$15 | **RESIDENT RATE:** \$10
Bring out your little superhero for this superhero-themed day of games, crafts, snacks, an obstacle course and more! You can event meet a real-live superhero! Participants are welcome to dress up as their favorite superhero.

Activity #	Date	Time	Day(s)
101137-01	March 4	10 a.m.- 12 p.m.	Sat

PARKOUR

INSTRUCTOR(S): 614 Parkour Coach Theo
AGE(S): 3-5

RATE: \$85 | **RESIDENT RATE:** \$70
Improve the fundamentals of your skills in a safe and inclusive environmental following three goals: be safety, have fun and learn. Throughout the session, participants will be running, jumping, climbing, rolling in order to travel from one point to another in the quickest and efficient way possible.

Activity #	Date	Time	Day(s)
102153-01	Jan. 18- Feb. 8	4:30-5:15 p.m.	Wed
102153-04	Feb. 15- March 8	4:30-5:15 p.m.	Wed

HEARTS GALORE

INSTRUCTOR(S): Cathi Staysniak
RATE: \$15 | **RESIDENT RATE:** \$10

Its time to celebrate Valentines Day. We will be busy as we craft, sing and eat to our HEARTS content. Red and Pink will be everywhere as we craete special projects for those we love. come dressed in our favorite Valentine's day colors and be ready to have fun, and maybe even get just a bit messy. *Most sessions are a Parent/Children program.*

AGE(S): 18 months - 36 months

Activity #	Date	Time	Day(s)
101043-01	Feb. 13	9:15-10 a.m.	Mon

AGE(S): 2-4 with adult

Activity #	Date	Time	Day(s)
101043-02	Feb. 13	10:15-11 a.m.	Mon

AGE(S): 3-5 with adult

Activity #	Date	Time	Day(s)
101043-03	Feb. 13	11:30-12:15 p.m.	Mon

AGE(S): 4-6

Activity #	Date	Time	Day(s)
101043-04	Feb. 13	1-2 p.m.	Mon

AGE(S): 3-5 with adult

Activity #	Date	Time	Day(s)
101043-05	Feb. 13	6-6:45 p.m.	Mon

AGE(S): 6-8

Activity #	Date	Time	Day(s)
101043-06	Feb. 12	1-2 p.m.	Sun

AGE(S): 3-5 with adult

Activity #	Date	Time	Day(s)
101043-07	Feb. 12	2:30-3:30 p.m.	Sun

AGE(S): 18 months - 36 months with adult

Activity #	Date	Time	Day(s)
101043-08	Feb. 12	3:30-4:15 p.m.	Sun



ADAPTIVE & INCLUSIVE

TRAIN THE TRAINER - EMPOWERED FITNESS BY VALEEMEE

INSTRUCTOR(S): Amber Jones
AGE(S): 18 and up
FREE

Are you interested in helping folks with disabilities live healthier, more active lives? Using a visual system developed by Valemee, you can aid others in accessing lifelong fitness and independence. Steeped in best practices used in education and the fitness industry, this class will equip you with the tools you need to help individuals with disabilities build and execute their own workout. Ideal for those who bring someone with a disability to the facility and want to know how to get the most from your time here!

Activity #	Date	Time	Day(s)
105226-01	Jan. 22	2-4 p.m.	Sun

EMPOWERED FITNESS TRAINING BY VALEEMEE

INSTRUCTOR(S): Amber Jones
AGE(S): 14 and up
RATE: \$40 | **RESIDENT RATE:** \$30

For individuals with disabilities that wish to become more adept at strength training on their own. Using a visual system developed by Valemee you will increase your independence in accessing lifelong fitness. Caregivers and parents are welcome and encouraged to attend at no cost.

Activity #	Date	Time	Day(s)
105291-01	Jan. 30 - March 6	4-5 p.m.	Mon

VOLUNTEER TRAINING & ORIENTATION

INSTRUCTOR(S): Westerville CC staff
AGE(S): 16 and up
FREE

Interested in volunteering for the adaptive and Inclusive programming? This meeting will outline what it takes to get involved. If you enjoy sport and recreation and want to give back to our community, this may be a great fit. Programs include but not limited to: climbing, cycling, gym activities, sports, social events and more. **No experience needed. Light meal to be provided.**

Activity #	Date	Time	Day(s)
108501-01	Feb. 8	6-7:30 p.m.	Wed

ACCESS TO RECREATION

INSTRUCTOR(S): Westerville CC staff
FREE

Series of outdoor activities being played inside. Enjoy fun activities including Bocce, cornhole and more. Stay for a planning meeting to discuss upcoming ideas for additional social activities and events. Snacks will be provided. Families and siblings invited to attend.

ADULT AGE(S): 18 and up

Activity #	Date	Time	Day(s)
101501-01	Jan. 22	2-4 p.m.	Sun

TEEN AGE(S): 13 - 17

Activity #	Date	Time	Day(s)
103501-01	Feb. 5	2-4 p.m.	Sun

YOUTH AGE(S): 12 and under

Activity #	Date	Time	Day(s)
102501-01	Feb. 26	2-4 p.m.	Sun

ALL-INCLUSIVE OPEN GYM

INSTRUCTOR(S): Michael London,
Paraprofessional

RATE: \$5

A variety of sports will be available to enjoy during this dedicated time. A caregiver/aid should attend and register. **There is not fee for a caregiver.**

PARTICIPANT

Activity #	Date	Time	Day(s)
106501-01	Jan. 27	6-7:30 p.m.	Fri
106502-01	Feb. 24	6-7:30 p.m.	Fri

CAREGIVER/AID

Activity #	Date	Time	Day(s)
106501-02	Jan. 27	6-7:30 p.m.	Fri
106502-02	Feb. 24	6-7:30 p.m.	Fri

DSACO INCLUSIVE SWIM & GYM

AGE(S): All Ages
FREE: A donation is suggested

Enjoy the indoor pool and fun activities in the gymnasium where you can swim and play without the addition of crowds at a discounted rate. Sponsored by the Down Syndrome Association of Central Ohio (DSACO).

INTERMEDIATE

Date	Time	Day(s)
Feb. 26	5:30-7 p.m.	Sun

INCLUSIVE CLIMBING

INSTRUCTOR(S): Scott Hillman, Capstone
Wilderness Guides

AGE(S): 14 and up
RATE: \$10 | **RESIDENT RATE:** \$7

Supportive techniques, adaptive equipment and specialized teaching skills to accommodate anyone with IDD (intellectual and developmental disabilities) and/or physical disabilities.

PARTICIPANT WITH A DISABILITY

Activity #	Date	Time	Day(s)
109501-01	Jan. 29	2-4 p.m.	Sun
109501-03	Feb. 12	2-4 p.m.	Sun

FRIEND OR FAMILY MEMBER

Activity #	Date	Time	Day(s)
109501-02	Jan. 29	2-4 p.m.	Sun
109501-04	Feb. 12	2-4 p.m.	Sun

INCLUSIVE CLIMBING - VOLUNTEER TRAINING

INSTRUCTOR(S): Westerville CC staff
AGE(S): 16 and up
FREE

Interested in volunteering for the adaptive and Inclusive Climbing program? If you enjoy sports and recreation and want to give back to our community, this may be a great fit. **No experience necessary.**

Activity #	Date	Time	Day(s)
109503-01	Jan. 10	6-7:30 p.m.	Tue

ADAPTIVE SKI & RIDE (SNOWBOARD)

INSTRUCTOR(S): Adaptive Sports Connection
AGE(S): 14 and up

RATE: \$50 | **RESIDENT RATE:** \$45

Learn to ski with skilled instructors at Snow Trails Ski Area. All adaptive and regular ski equipment is provided along with lift ticket and a private 2.5 hour lesson. Dress for the outdoors (Adaptive Sports Connection (ASC) has some winter wear, if needed). Adaptive instruction is available for ALL disabilities. Pack a lunch and enjoy the slopes (one hour travel time). Wheelchair accessible van leaves at 11 a.m. and returns to the Community Center at 5 p.m.

PARTICIPANT WITH A DISABILITY

Activity #	Date	Time	Day(s)
114501-01	Jan. 21	11 a.m.-5 p.m.	Sat
114501-03	Feb. 18	11 a.m.-5 p.m.	Sat

PARTICIPANT WITH A DISABILITY

Activity #	Date	Time	Day(s)
114501-02	Jan. 21	11 a.m.-5 p.m.	Sat
114501-04	Feb. 18	11 a.m.-5 p.m.	Sat



YOUTH / TEEN

DRAMA KIDS

INSTRUCTOR(S): Drama Kids
AGE(S): 6-11

RATE: \$135 | **RESIDENT RATE:** \$120

Participants will develop important confidence-building skills through developmental drama activities. Lessons feature never-before-seen skits, games, improv scenes, and more! While your child will certainly gain acting skills, the main goal is to help children develop the skills they need to succeed in life.

Activity #	Date	Time	Day(s)
102172-01	Jan. 19-March 9	6-7 p.m.	Thu

YOUTH CERAMICS

INSTRUCTOR(S): Chris Powell ^
Audrey McCutchen ^^

RATE: \$100 | **RESIDENT RATE:** \$80

Participants will learn various hand-building techniques as they work on individual projects. Students will work independently and with instruction. The potter's wheel will be introduced.

AGE(S): 10-13 ***FIRST CLASS:** Jan. 17

Activity #	Date	Time	Day(s)
107131-02^^*	Jan. 23-March 13	5-6 p.m.	Mon

AGE(S): 14-17

Activity #	Date	Time	Day(s)
107131-01^	Jan. 18-March 15	5-6 p.m.	Wed

KIDZ HOME ALONE

INSTRUCTOR(S): Enriching Kidz
AGE(S): 9-12

RATE: \$85 | **RESIDENT RATE:** \$70

Would your child know what to do if they forgot their house key? What if they are home alone and they begin to choke? This class provides solutions for all of those what-ifs when being home alone giving you and your child peace-of-mind. **Part one is Feb. 25, Part two is March 4.**

Activity #	Date	Time	Day(s)
102149-01	Feb. 25-March 4	12-2 p.m.	Sat

COOKING CARAVAN

INSTRUCTOR(S): Cooking Caravan
AGE(S): 6-14

RATE: \$55 | **RESIDENT RATE:** \$45

Cooking Caravan will lead participants in a step-by-step presentation on how to cook new recipes they can make at home for their family and friends. Class takes place in the state-of-the-art Community Center demonstration kitchen. **All supplies included.**

SMOOTHIES 101

Activity #	Date	Time	Day(s)
102152-00	Jan. 21	3:30-4:30 p.m.	Sat

DIPPED IN CHOCOLATE

Activity #	Date	Time	Day(s)
102152-01	Feb. 18	3:30-5 p.m.	Sat

ULTIMATE GRILLED CHEESE

Activity #	Date	Time	Day(s)
102152-02	Feb. 25	3:30-5 p.m.	Sat

ROBOTHINK ROBOTICS

INSTRUCTOR(S): RoboThink
AGE(S): 6-13

RATE: \$175 | **RESIDENT RATE:** \$150

Did you know that there is an entire world of engineers and biologists that work in the ocean? In this program, you will get a chance to learn about our aquatic friends that live in the ocean by making robot fish, crabs, sea turtles and other creatures. We will also look at a few engineering projects centered around water such as wind turbines and submarines!

UNDER THE SEA

Activity #	Date	Time	Day(s)
102176-01	Feb. 8-March 8	5-6:30 p.m.	Wed

CREATIVE WRITING FUN

INSTRUCTOR(S): Andra Gillum
AGE(S): 7-12

RATE: \$20 | **RESIDENT RATE:** \$15

Join in for a fun, creative hour filled with stories and silliness. We will hear about the five Doggy Drama books, then write, brainstorm and create our own stories and adventures! We'll even add a few games just for fun. **Bring your imagination!**

Activity #	Date	Time	Day(s)
102182-01	Feb. 25	1-2:30 p.m.	Sat

PARKOUR

INSTRUCTOR(S): 614 Parkour Coach Theo
AGE(S): 6-11

RATE: \$95 | **RESIDENT RATE:** \$80

Improve the fundamentals of your skills in a safe and inclusive environment following three rules: be safe, have fun and learn. Throughout the session, participants will be running, jumping, climbing and rolling in order to travel from one point to another in the quickest and most efficient way possible.

Activity # **Date** **Time** **Day(s)**

102153-02	Jan. 18-Feb. 8	5:30-6:30 p.m.	Wed
102153-03	Jan. 18-Feb. 8	6:30-7:30 p.m.	Wed
102153-05	Feb. 15-March 8	5:30-6:30 p.m.	Wed
102153-06	Feb. 15-March 8	6:30-7:30 p.m.	Wed

SPANISH DRAMA

INSTRUCTOR(S): Shalise Scardena
AGE(S): 6-12

RATE: \$125 | **RESIDENT RATE:** \$110

Students will learn basic Spanish phrases through acting, Spanish songs and rhythm and acting games. The teacher uses visuals, movement and stories to teach. The class will end in a short drama which will be presented to parents on our final class.

Activity # **Date** **Time** **Day(s)**

102185-01	Jan. 17-March 14	5:15-6:15 p.m.	Tue
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SUPERHERO DAY

INSTRUCTOR(S): Recreation Staff
AGE(S): 2-8

RATE: \$15 | **RESIDENT RATE:** \$10

Bring out your little superhero for this superhero-themed day of games, crafts, snacks, an obstacle course and more! You can even meet a real-live superhero! Participants are welcome to dress up as their favorite superhero.

Activity # **Date** **Time** **Day(s)**

101137-01	March 4	10 a.m.- 12 p.m.	Sat
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CHESS

INSTRUCTOR(S): Kyle Jones,
The Jones Chess Academy

AGE(S): 5-13

RATE: \$95 | **RESIDENT RATE:** \$80

Candidate Master Instructor Kyle Jones will provide students with the opportunity to learn chess for beginner and novice chess players with the goal of increasing confidence in their game. In the first half of each class, world champion openings, ideas in the middle game, endgame patterns, tactical motifs and elements are examined and discussed. For the remainder of the class, students will be given the opportunity to play against one another in our weekly club tournament for prizes.

Activity #	Date	Time	Day(s)
102180-01	Jan. 18-Feb. 8	5:15-6 p.m.	Wed
102180-02	Feb. 15-March 8	5:15-6 p.m.	Wed

BALLOON TWISTING WORKSHOP

INSTRUCTOR(S): Erica Carlson

AGE(S): 6-10

RATE: \$20 | **RESIDENT RATE:** \$15

Have you ever wondered how to twist balloon animals? Participants will learn about the basic twists and sculpting some of their very own creations to take home. An empowering experience that builds confidence and creativity!

Activity #	Date	Time	Day(s)
102177-01	Feb. 6	6-7 p.m.	Mon
102177-02	Feb. 23	6-7 p.m.	Thu
102177-03	March 20	6-7 p.m.	Mon

INTRO TO FENCING

INSTRUCTOR(S): Profencing

AGE(S): 7-14

RATE: \$145 | **RESIDENT RATE:** \$130

This intro/beginner class is the starting point for anyone new to fencing. Students will learn basic foundation of fencing including the en garde position, simple offensive and defensive actions and safety rules. All equipment is provided. Classes are held at the Profencing Center in Lewis Center.

Activity #	Date	Time	Day(s)
102190-01	Jan. 30 - Feb. 27	5-6 p.m.	Mon/Fri

AMERICAN RED CROSS BABYSITTING

INSTRUCTOR(S): Amy Rudawsky

AGE(S): 10-17

RATE: \$75 | **RESIDENT RATE:** \$60

Ideal for current and future babysitters, this course will teach the best way to keep the children in your care safe. Participants will learn to perform first aid, including responding effectively to emergencies, basic care routines and handling an illness. The fee includes activities and a guidebook with helpful information. Certification cards are awarded to each student who successfully completes the class. Students should bring paper, pencil, newborn-sized doll or stuffed animal, a packed lunch and a snack.

Activity #	Date	Time	Day(s)
102110-01	Jan. 28	9 a.m.-1:30 p.m.	Sat
102110-02	Feb. 11	9 a.m.-1:30 p.m.	Sat

SKYHAWKS SPORTS ACADEMY

INSTRUCTOR(S): Skyhawks

AGE(S): 6-12

This program combines strategic STEM-based activities with traditional Skyhawks sports instruction and a focus on life skills such as teamwork and sportsmanship. The curriculum gives students the opportunity to get behind the sports they love with modules centered around technology, science and innovation. Subjects vary by sport, but include ball design, calculating distances and angles, velocity, acceleration and much more! Participants will also learn the fundamentals each sport through skill-based drills and scrimmages.

RATE: \$20 | **RESIDENT RATE:** \$15

STEM & Play MultiSports Clinic

Activity #	Date	Time	Day(s)
102183-01	Jan. 21	2-4 p.m.	Sat

RATE: \$115 | **RESIDENT RATE:** \$100

STEM & Play: Multi-Sports

Activity #	Date	Time	Day(s)
102183-02	Feb. 9 - March 9	5:30-6:30 p.m.	Thu

MINDFULNESS FOR TEENS

INSTRUCTOR(S): Sharon Thomas

AGE(S): 12-18

RATE: \$75 | **RESIDENT RATE:** \$60

This series is designed to teach teens the basics of mindfulness and meditation. Teens will have the opportunity to learn life skills that can be useful to relieve stress and anxiety, self-regulate emotion and support their self-care. **No experience required.**

Activity #	Date	Time	Day(s)
103102-01	Jan. 19-Feb. 23	4:30-5 p.m.	Thu

CHALLENGE ISLAND

INSTRUCTOR(S): Challenge Island

AGE(S): 6-12

Come join in the fun with the #1 STEM enrichment program. We will engineer our way through Roller Coaster Ridge. Investigate the science behind everyone's favorite thrill ride, then team up to try out hand at creating your own coaster.

FREE

DEMONSTRATION

Activity #	Date	Time	Day(s)
102179-01	Jan. 28	10-11:30 a.m.	Sat

Inspired by the best-selling survival book series, Disaster Island© will take your team on a thrilling adventure through some of the most famous disasters in history! From the eruption of Mount Vesuvius to the sinking of the Titanic to the Great San Francisco earthquake, you and your teammates will work together to overcome epic challenges using only the materials in your treasure chest and the power of your imagination.

RATE: \$85 | **RESIDENT RATE:** \$70

DISASTER ISLAND *NO CLASS: Feb. 11

Activity #	Date	Time	Day(s)
102179-02*	Feb. 4 - March 4	10-11:30 a.m.	Sat

THE HOMESCHOOL GYM

INSTRUCTOR(S): HomeSchool Gym Staff

RATE: \$75

RESIDENT RATE: \$60 / \$30 sibling discount

A safe and positive physical education experience for homeschooled children. A variety of games and activities that are both fun and educational will be available with the goal of providing an atmosphere in which children of varying ages can come together and learn physical skills that will lead them to a lifetime of health, fitness and fun. There is a sibling discount for this program.

AGE(S): 5-8

Activity #	Date	Time	Day(s)
102178-01	Jan. 20-Feb. 24	12-12:45 p.m.	Fri

AGE(S): 9-12

Activity #	Date	Time	Day(s)
102178-02	Jan. 20-Feb. 24	1-1:45 p.m.	Fri

AGE(S): 13-18

Activity #	Date	Time	Day(s)
102178-03	Jan. 20-Feb. 24	2-2:45 p.m.	Fri



ADULT

WATERCOLOR FOR BEGINNERS, INTERMEDIATE AND BEYOND

INSTRUCTOR(S): John Cameron

AGE(S): 18 and up

RATE: \$90 | **RESIDENT RATE:** \$75

Numerous teaching aides, examples and handouts will be shared so students can begin their own watercolor resource notebook. Individual assistance will be provided along with various lessons and demonstrations highlighting important principles of watercolor painting.

ALL LEVELS

Activity #	Date	Time	Day(s)
107226-01	Jan. 18-Feb. 22	10a.m.-12p.m.	Wed
107226-02	Jan. 18-Feb. 22	1-3p.m.	Wed

ADVANCED WATERCOLOR

INSTRUCTOR(S): Judi Heston

AGE(S): 18 and up

RATE: \$80 | **RESIDENT RATE:** \$65

We will work on more detailed aspects of watercolor painting and delve deeper into this medium. Critiques at the beginning and end of each class will be a big part of the learning process.

Activity #	Date	Time	Day(s)
107230-01	Jan. 19-Feb. 23	10a.m.-12p.m.	Thu

FUNDAMENTALS OF DRAWING

INSTRUCTOR(S): Arta Noor

AGE(S): 18 and up

RATE: \$90 | **RESIDENT RATE:** \$75

This beginners class is designed to teach basic principles of drawing and sketching. We'll cover techniques such as position, lighting, shape, texture and spacing and advance to drawing landscape, objects, animals and portraits. Demonstrations and handouts are provided to help embark on a journey to drawing. Individual assistance and feedback will be provided.

ALL LEVELS

Activity #	Date	Time	Day(s)
107221-01	Jan. 17-Feb. 21	10 a.m.-12 p.m.	Tue
107221-02	Jan. 17-Feb. 21	1-3p.m.	Tue

CERAMICS

INSTRUCTOR(S): Chris Powell

AGE(S): 18 and up

RATE: \$200 | **RESIDENT RATE:** \$185

Students will work at their leisure on the potter's wheel to develop their throwing skills and honing various hand-building skills with individual guidance and technical advice from the instructor. **There is a fee for additional clay.**

THROWING *FIRST CLASS: Jan. 17

Activity #	Date	Time	Day(s)
107231-01*	Jan. 23-March 13	6:30-9p.m.	Mon
107231-03	Jan. 18-March 15	6:30-9p.m.	Wed

HAND BUILD *FIRST CLASS: Jan. 17

Activity #	Date	Time	Day(s)
107231-02*	Jan. 23-March 13	6:30-9p.m.	Mon
107231-04	Jan. 18-March 15	6:30-9p.m.	Wed

OPEN STUDIO CERAMICS

INSTRUCTOR(S): Chris Powell

AGE(S): 18 and up

RATE: \$65 | **RESIDENT RATE:** \$50

This class is open to students who are currently enrolled in an adult ceramics class. This is your time to complete a project independently. No instruction is given. All projects would have to be finished and glazed during the last class. There is an extra fee for clay usage.

Activity #	Date	Time	Day(s)
107232-01	Jan. 21-March 11	10a.m.-1p.m.	Sat

GAME DAY FAVES

INSTRUCTOR(S): Cooking Caravan

AGE(S): 18 and up

RATE: \$55 | **RESIDENT RATE:** \$45

It's Game Day! Learn to make wings, potato skins and a healthy dip that will be the highlight of your Super Bowl party!

Activity #	Date	Time	Day(s)
110100-01	Jan. 28	10:30 a.m.-12 p.m.	Sat

WRITING YOUR CHILDREN'S BOOK

INSTRUCTOR(S): Andra Gullium

AGE(S): 16 and up

RATE: \$20 | **RESIDENT RATE:** \$15

Do you ever dream of writing a children's book? Join author Andra Gillum as she shares helpful, real-world advice. She discusses finding the right idea and provides useful tips on how to craft your story. Whether you have dreams or a full story ready to go, this class is informative, helpful and fun. Feel free to bring samples or writing to share.

Activity #	Date	Time	Day(s)
110110-01	Feb. 7	6-8 p.m.	Thu



International WOMAN'S DAY FOR WOMEN IN SCIENCE

All ages
Saturday, Feb. 11
10 a.m.-12 p.m.

Westerville Community Center
350 N. Cleveland Ave.

FREE

Hear from a panel of women in the environmental and sustainability fields. Learn about educational and career tracks, ask questions and discover resources about careers in science. In partnership with MAD Scientist.

REAL ESTATE FOR ANY PHASE OF LIFE

INSTRUCTOR(S): Christina Romanelli

AGE(S): 18 and up

RATE: \$5 | **RESIDENT RATE:** \$5

Whether you need to downsize or purchase your first home, no matter the stage of life this class will teach you how to accomplish your real estate goals!

Activity #	Date	Time	Day(s)
110205-02	Feb. 21	6-7:30 p.m.	Tue





O A

OLDER ADULT

REGISTRATION DATES

Senior Center Program Pass Holder Registration

Thursday, Jan. 5 | 12 p.m.

All others Nov. 4-7

Register at www.westerville.org/registration



HOW TO REGISTER FOR CLASSES

Wednesday, Dec. 28 | 1 p.m.

FINANCIAL ASSISTANCE PROGRAM

Parks and Recreation services are essential for our residents' quality of life and transportation, and its associated fees, are sometimes a basic required necessity. The Westerville Senior Association, a non-profit organization founded to assist the Westerville Senior Center, offers financial assistance to Senior Center Program Pass holders residing within the City limits who may be experiencing financial hardship. For further information on this and other assistance, contact the Senior Center at (614) 901-6560.

TRANSPORTATION SERVICES

Transportation is available to Senior Center Program Pass holders residing in the corporate City limits of Westerville.

Visit www.westerville.org/seniorcenter for more information.

Rate: \$25 per pass (25 punches)
\$10 per pass (10 punches)

Westerville Community Center
350 N. Cleveland Ave.
Westerville, OH 43082
(614) 901-6560

Mon - Thu: 8 a.m. - 8 p.m.
Fri: 8 a.m. - 5 p.m.

Park and enter through the south entrance for Senior Center programs and some fitness classes. You may enter through the main or north entrances for the gymnasium, indoor pools and fitness area.

PROGRAM PASS INFORMATION

Westerville Senior Center program passes are available to adults 55 or older. Join us and experience the benefits of improved health, lower stress, new skills, greater independence and lasting friends and memories.

YEARLY PASS RATES

Rate: \$42

Discounted Resident Rate: \$24

Hours: Monday - Thursday 8 a.m. - 8 p.m.
Friday 8 a.m. - 5 p.m.

Additional information is available in the Older Adult section or online at www.westerville.org/seniorcenter. Call the Senior Center at (614) 901-6560 for questions.



Senior/Community Center (2 punches)

To: Mon-Fri 8:30 a.m. - 1 p.m.

From: Mon-Fri Times Vary



Shopping (3 punches)

call (614) 901-6560 for specific locations

Tue/Thu 1 - 3 p.m.



Medical Appointments (3 punches)

Mon-Fri 8:45 - 11:30 a.m.

Mon/Wed/Fri 1 - 2:30 p.m.



PLEASE NOTE

If the Westerville City Schools close due to inclement weather, all classes at the Community Center will be canceled and transportation to a doctor's appointment or to the grocery store will be a decision made by Senior Center Staff. If you have signed up for this service, you will receive a phone call from us.

SENIOR TENNIS

AGE(S): Senior Center Program Pass

RATE: \$20

Our moderated senior tennis is generated for those looking to continue their love of the sport while continuing to get exercise and socialize with friends. **Must have a senior center program pass to play discount rate.**

Activity #	Date	Time	Day(s)
106110-01	Jan. 9-March 10	8:30-9:30 a.m.	Mon/Wed/Fri

DANCE FOR PARKINSON'S

INSTRUCTOR(S): Chloe Napoletano NEW

AGE(S): 55 and up

RATE: \$65 | **RESIDENT RATE:** \$50

SENIOR CENTER PROGRAM PASS RATE: \$40

Columbus Dance for Parkinson's (CDP) is a dance exercise class specially designed for individuals diagnosed with Parkinson's. Through carefully crafted movement, this class promotes increased strength, flexibility, coordination and balance. Participants' family members, friends and caregivers are welcome to attend. No experience is necessary and both seated and standing movement is welcome.

Activity #	Date	Time	Day(s)
104950-01	Jan. 18-March 1	4-5 p.m.	Wed

GET ON YOUR FEET

INSTRUCTOR(S): Ellen Blaha

AGE(S): 55 and up

RATE: \$40 | **RESIDENT RATE:** \$30

SENIOR CENTER PROGRAM PASS RATE: \$20

Strap on your groovin' shoes and add fun steps to your day while enjoying a variety of music choices from many the decades! Easy-to-follow, low-impact cardio and stretching; no routines to learn. Beginners and experienced participants are welcome and supported.

Activity #	Date	Time	Day(s)
104912-01	Jan. 10-March 7	5:15-6 p.m.	Tue
104912-02	Jan. 12-March 9	5:15-6 p.m.	Thu

FIT AND STRONG

INSTRUCTOR(S): Billie McRill

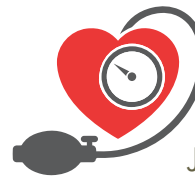
AGE(S): 55 and up

RATE: \$40 | **RESIDENT RATE:** \$30

SENIOR CENTER PROGRAM PASS RATE: \$20

This class uses body weight as well as various equipment like dumbbells, balls and resistance bands to increase endurance, strength and range of movement as well as improving circulation and balance. Whether you prefer to exercise in a chair or to stand, the flexibility of this class design offers lots of modifications. **Beginners encouraged to attend.**

Activity #	Date	Time	Day(s)
104906-01	Jan. 9-March 6	9-9:45 a.m.	Mon
104906-02	Jan. 11-March 8	9-9:45 a.m.	Wed
104906-03	Jan. 13-March 10	9-9:45 a.m.	Fri



BLOOD PRESSURE CHECK

Jan. 9 / Feb. 13 / March 13

10-11 a.m.

Mondays

FREE

Stop by and get your blood pressure and vitals checked.

Provided by Uptown Pharmacy.

GOLF CONDITIONING

INSTRUCTOR(S): TBD

AGE(S): 55 and up

RATE: \$40 | **RESIDENT RATE:** \$30

SENIOR CENTER PROGRAM PASS RATE: \$20

Get ready for the upcoming golf season through specific exercises designed for the golfer. Each class will lead participants through a series of strengthening and stretching exercises that will help you ease into the season.

Activity #	Date	Time	Day(s)
104913-01	Jan. 17-March 7	11-11:45 a.m.	Tue



SENIOR STRENGTH

INSTRUCTOR(S): *Billie McRill*

AGE(S): 55 and up

RATE: \$40 | **RESIDENT RATE:** \$30

SENIOR CENTER PROGRAM PASS RATE: \$20

Strength-training is a great way to improve muscle tone, increase endurance and lose weight. We will be using dumbbells, bands, bars, steps and kettle bells to challenge each muscle group. Experienced and new participants are encouraged to attend as instruction will offer a variety of levels to help you choose your intensity of the workout. **Bring water!**

Activity #	Date	Time	Day(s)
104904-01	Jan. 10- March 7	9-10 a.m.	Tue
104904-02	Jan. 12- March 9	9-10 a.m.	Thu

DELAY THE DISEASE

INSTRUCTOR(S): *Megan Arnold*

AGE(S): 55 and up

RATE: \$55 | **RESIDENT RATE:** \$45

SENIOR CENTER PROGRAM PASS RATE: \$35

Designed specifically for those with Parkinson's disease. This fitness class will optimize physical function and help to delay the progression of the disease.

Activity #	Date	Time	Day(s)
104902-01	Jan. 10- March 7	1:15-2:15 p.m.	Tue
104902-02	Jan. 12- March 9	1:15-2:15 p.m.	Thu

FOOT CARE

INSTRUCTOR(S): *Anchor Foot Care*

AGE(S): 55 and up

RATE: \$65 | **RESIDENT RATE:** \$55

SENIOR CENTER PROGRAM PASS RATE: \$45

Services include nail trimming, thinning, filing, foot assessment, corn and callus reduction. Payment for each session due at registration.

Activity #	Date	Time	Day(s)
104916-01 through -16	Jan. 17	8:30-4 p.m.	Tue
104917-01 through -16	Feb. 21	8:30-4 p.m.	Tue
104918-01 through -16	March 21	8:30-4 p.m.	Tue

MINDFUL BREATHING

INSTRUCTOR(S): *Marie Corbitt*

AGE(S): Senior Center Program Pass
FREE

Learn simple, mindful breathing exercises that will help you develop a sense of calm and focus. This program is taught by a Westerville Public Librarian.

DROP IN	Date	Time	Day(s)
	Jan. 9	11:30 a.m. - 12 p.m.	Mon
	Feb. 13	11:30 a.m. - 12 p.m.	Mon
	March 13	11:30 a.m. - 12 p.m.	Mon

SENIOR MAT PILATES

INSTRUCTOR(S): *Linda Scovern*

AGE(S): 55 and up

RATE: \$40 | **RESIDENT RATE:** \$30

SENIOR CENTER PROGRAM PASS RATE: \$20

Learn the basic concepts of Pilates including alignment, breathing, core strength and stabilization to create a total body workout. Must be able to get to and from the floor. **Bring a yoga mat. Suitable for the beginner.**

Activity #	Date	Time	Day(s)
104905-01	Jan. 9 - March 6	11:15 a.m. - 12:15 p.m.	Mon

LINE DANCE

INSTRUCTOR(S): *Anita Ebbert ^*
Robin Poses ^^

AGE(S): 55 and up

RATE: \$40 | **RESIDENT RATE:** \$30

SENIOR CENTER PROGRAM PASS RATE: \$20

Get up and get down on the dance floor! This class is filled with fun and exercise while learning steps to all of the latest line dances. No partner needed. You will increase your coordination, flexibility and endurance while having fun and making new friends.

Activity#	Date	Time	Day(s)
104909-01^	Jan. 10- March 7	10-11 a.m.	Tue
104909-02^^	Jan. 11- March 8	1-2 p.m.	Wed

IMPROVER

Activity#	Date	Time	Day(s)
104909-03^^	Jan. 12- March 9	2:30 -3:30 p.m.	Thu

AEROBICS & MORE

INSTRUCTOR(S): *Billie McRill*

AGE(S): *55 and up*

RATE: \$40 | **RESIDENT RATE:** \$30

SENIOR CENTER PROGRAM PASS RATE: \$20

Lose weight, increase endurance and improve flexibility as we combine aerobics, a few dance moves and even occasional weights to great music. Experienced and new participants are encouraged to attend. **Bring water.**

Activity #	Date	Time	Day(s)
104911-01	Jan. 9 - March 6	10 - 11 a.m.	Mon
104911-02	Jan. 11 - March 8	10 - 11 a.m.	Wed
104911-03	Jan. 13 - March 10	10 - 11 a.m.	Fri

I.T.S. ESSENTIAL

INSTRUCTOR(S): *Ellen Blaha*

AGE(S): *55 and up*

RATE: \$40 | **RESIDENT RATE:** \$30

SENIOR CENTER PROGRAM PASS RATE: \$20

Interval, Training and Stretching build the mobility, strength and agility essential to your functional fitness. We will alternate easy-to-follow low impact cardio with resistance work and relaxing stretches. No floor work. **Beginners and experienced exercisers welcome.**

Activity #	Date	Time	Day(s)
104907-01	Jan. 11 - March 8	11:10 - 11:55 a.m.	Wed

LOW IMPACT AEROBICS

INSTRUCTOR(S): *Billie McRill*

AGE(S): *55 and up*

RATE: \$40 | **RESIDENT RATE:** \$30

SENIOR CENTER PROGRAM PASS RATE: \$20

This fun and energetic aerobics class choreographed and performed to music will burn calories and improve your health. Large muscle groups are used in continuous rhythmic activity. Light dumbbells and an exercise mat (provided) will be used to strengthen your muscles. **Must be able to get to and from the floor.**

Activity #	Date	Time	Day(s)
104901-01	Jan. 10 - March 7	10:15 - 11:15 a.m.	Tue
104901-02	Jan. 12 - March 9	10:15 - 11:15 a.m.	Thu

SILVER SNEAKERS CLASSIC

INSTRUCTOR(S): *Billie McRill^*

Stephanie Bellflower^^

FREE: *Silver Sneaker Pass holders*

Seated and standing exercises to increase muscular strength, range of motion and daily living. Hand-held weights, elastic tubing with handles and a ball are offered for resistance and a chair is used for seated and/or standing support. Get fit, have fun, make friends. **Limited to the first 25 participants.**

Date	Time	Day(s)
Jan. 11 - March 29^	12 - 12:45 p.m.	Wed
Jan. 10 - March 30^^	8 - 8:45 a.m.	Tue/Thu

FITNESS MUSICAL CHAIRS

INSTRUCTOR(S): *Billie McRill*

AGE(S): *55 and up*

RATE: \$40 | **RESIDENT RATE:** \$30

SENIOR CENTER PROGRAM PASS RATE: \$20

This is not your grandma's chair class. Join us for a fun, energetic exercise program that includes cardio, strength and core conditioning set to up-tempo music. Improve flexibility, coordination and endurance while seated. Must be able to freely move arms and legs. **Beginners encouraged.**

Activity#	Date	Time	Day(s)
104908-01	Jan. 10 - March 7	11:30 a.m. - 12:30 p.m.	Tue
104908-02	Jan. 12 - March 9	11:30 a.m. - 12:30 p.m.	Thu

HEARING EVALUATIONS / HEARING AID

INSTRUCTOR(S): *Columbus Speech and Hearing and Franklin County Senior Options*

AGE(S): *Senior Center Program Pass*

FREE

Hearing evaluations, hearing aid fittings, maintenance and follow up hearing aid services. Seniors who need a hearing aid may qualify with only a co-pay through the Older Adult Outreach Program. **For more information or to schedule an appointment, call (614) 263-5151. Appointment required.**

Date	Time	Day(s)
Jan. 11	9 a.m. - 1:30 p.m.	Wed
Feb. 8	9 a.m. - 1:30 p.m.	Wed
March 8	9 a.m. - 1:30 p.m.	Wed

FEARLESS FALLING

INSTRUCTOR(S): Mike Grigsby

AGE(S): 55 and up

RATE: \$40 | **RESIDENT RATE:** \$30

SENIOR CENTER PROGRAM PASS RATE: \$20

Learn how to fall safely and prevent falls. The fear of falling is one of our biggest phobias, so most people never learn how to fall properly. Learning how to fall safely is the primary purpose of the classes.

Activity#	Date	Time	Day(s)
104915-01	Jan. 11 - March 8	3-4 p.m.	Wed

FITNESS WALKING GROUP

As part of your Senior Center Program Pass you can walk your way around the Community Center track. Please remember to scan your card at the front desk. **Senior Center Program Pass Holders Only Everyday**



CRAFTS

AGE(S): Senior Center Program Pass
FREE

This group creates items that will be sold throughout the year and at Snowflake Castle. Work individually or as a group on items that include knitting and crocheting, sewing, paper crafting, holiday themes, OSU or whatever sparks your creativity. Make new friends and have a great time.



Date	Time	Day(s)
Jan./Feb./March	1-3 p.m.	Mon

QUILTING

AGE(S): Senior Center Program Pass holder
FREE

Join this group of quilters as they continue to work on beautiful heirloom quilts. New and experienced quilters are always welcome.

Date	Time	Day(s)
Jan./Feb./March	1-3 p.m.	Mon
Jan./Feb./March	9 a.m. - 12p.m.	Thu

INTRO TO ZENTANGLE®

INSTRUCTOR(S): Arlene Roeder

AGE(S): 55 and up

RATE: \$70 | **RESIDENT RATE:** \$60

SENIOR CENTER PROGRAM PASS RATE: \$40

This class will provide the beginner with a background in the history of the art form and an introduction to the basic steps of the method. You will create actual Zentangle® tiles using several patterns called tangles. **No prior art experience is necessary. Basic Zentangle® kit included.**

Activity#	Date	Time	Day(s)
107328-01	Jan. 18 - Feb. 8	2-4 p.m.	Wed

ZENTANGLE®: BEYOND THE BASICS

INSTRUCTOR(S): Arlene Roeder

AGE(S): 55 and up

RATE: \$70 | **RESIDENT RATE:** \$60

SENIOR CENTER PROGRAM PASS RATE: \$40

Are you ready to take what you've learned and created in the Introduction to Zentangle® class and expand your tangling practice? Classes are designed to give you a deeper understanding of the Zentangle® method of drawing. You will learn new tangle patterns and techniques that will enhance your experience and art. **Please bring your basic Zentangle® kit.**

Activity#	Date	Time	Day(s)
107328-02	Feb. 15 - March 8	2-4 p.m.	Wed

EMERGENCY NOTEBOOK

INSTRUCTOR(S): Kim Roberts,

NEW

Senior Transition Experts

AGE(S): Senior Center Program Pass holder
FREE

You will create an emergency notebook for your family that includes a table of content and dividers for important information.

Activity#	Date	Time	Day(s)
104330-01	Jan. 17	10:30-11:30 a.m.	Tue

CERAMICS- GREENWARE

INSTRUCTOR(S): Phyllis Doelker

AGE(S): 55 and up

RATE: \$60 | **RESIDENT RATE:** \$55

SENIOR CENTER PROGRAM PASS RATE: \$40

Learn the basics to enhance your current techniques of Greenware ceramics. Paint and supplies will be supplied, but greenware projects will be bought by participants. Participants will leave the Senior Center by carpool to purchase their own greenware.

Activity#	Date	Time	Day(s)
104301-01	Jan. 19-March 2	11:30am.-2:30p.m.	Thu

CERAMICS AND POTTERY

INSTRUCTOR(S): Diana Iles

AGE(S): 55 and up

RATE: \$85 | **RESIDENT RATE:** \$75

SENIOR CENTER PROGRAM PASS RATE: \$65

INTERMEDIATE

This class is for those students who have completed at least two sessions of the introductory level class. Intermediate techniques and projects will be explored. **Projects must be made in class - no outside projects.**

Activity#	Date	Time	Day(s)
107340-01	Jan. 17-March 7	8:30am.-10:30am.	Tue

BEGINNER

Join us for an introduction to making your own pottery from clay. Hand-building techniques will be covered as well as an introduction to the potter's wheel. Flex your creative muscle and make your own pottery in this fun, hands on class. **Projects must be made in class - no outside projects.**

Activity#	Date	Time	Day(s)
107340-02	Jan. 17-March 7	10:30am.-12:30p.m.	Tue
107340-03	Jan. 17-March 7	1-3p.m.	Tue

WATERCOLOR PAINTING: FIRST STEPS

INSTRUCTOR(S): Richard Leavy

AGE(S): 55 and up

RATE: \$80 | **RESIDENT RATE:** \$70

SENIOR CENTER PROGRAM PASS RATE: \$55

This class will describe and explore the basics of watercolors and cover composition, value and color while practicing how to put paint on and take it off paper. Landscape photos, provided by the instructor, will be references. All registered participants will be sent a material list.

***NO CLASS: Feb. 1**

Activity#	Date	Time	Day(s)
104197-01*	Jan. 18-March 1	1-3 p.m.	Wed

COLOR ME CALM

AGE(S): Senior Center Program Pass

INSTRUCTOR(S): Marie Corbitt

FREE

This relaxing and stress-relieving class is a great way to spend an hour with the Westerville Public Library at the Senior Center. We will listen to calming music and color away.

DROP IN	Date	Time	Day(s)
	Jan. 6	1-2 p.m.	Fri
	Feb. 3	1-2 p.m.	Fri
	March 3	1-2 p.m.	Fri

CREATIVE WRITING AND MORE

INSTRUCTOR(S): Marie Corbitt,

Westerville Public Library

AGE(S): Senior Center Program Pass

FREE

Share and encourage participants to develop writing skills through life experiences. Led by a Westerville Public Library Librarian. **Held at the Westerville Senior Center.**

DROP IN	Date	Time	Day(s)
	Jan. 16	1:30-2:30 p.m.	Mon
	Feb. 20	1:30-2:30 p.m.	Mon
	March 20	1:30-2:30 p.m.	Mon



MAKE IT TAKE IT

INSTRUCTOR(S): *Trilogy Senior Care*
AGE(S): *Senior Center Program Pass holder*
FREE

We will complete a new craft at each session. All levels are encouraged to attend. You will take the project home with you at the end of each session.

Activity#	Date	Time	Day(s)
104320-01	Jan. 18	1-2 p.m.	Wed
104320-01	Feb. 15	1-2 p.m.	Wed

VISION BOARD

AGE(S): *Senior Center Program Pass* **NEW**
INSTRUCTOR(S): *Kim Roberts,*
Senior Transition Experts
FREE

Set up your goals for the year in a fun and creative way. We will provide the board, scrap booking items and supplies. Pages will be divided with different topics of your choice. We will have an open discussion about setting realistic goals and how to keep them up and in front of you for the year to reach them.

Activity#	Date	Time	Day(s)
104331-01	Feb. 14	10:30-11:30 a.m.	Tue

BIRTHDAY AND VALENTINE'S DAY CARD MAKING

INSTRUCTOR(S): *Sue Freund* **NEW**
AGE(S): *55 and up*
RATE: \$70 | **RESIDENT RATE:** \$65
SENIOR CENTER PROGRAM PASS RATE: \$55

Choose from a variety of birthday and Valentine's Day cards to replicate each week. Students will make a total of 24 to 32 cards. Cards will be available for all ages and include both humor and love themes. Please bring the following to the second session: scissors, ruler, glue, repositionable tape, tweezers and paper piecer which will be discussed during the first class.

***NO CLASS: Feb. 1**

Activity#	Date	Time	Day(s)
107327-01*	Jan. 18 - March 15	10 a.m.-12 p.m.	Wed

PHOTO CHAT

AGE(S): *Senior Center Program Pass*
RATE: \$60 | **RESIDENT RATE:** \$50
SENIOR CENTER PROGRAM PASS RATE: \$40
 Buy or bring your lunch and develop a fellowship with other photographers. This is an informal chat about all things photography.

DROP IN

Date	Time	Day(s)
Jan. 4, 18	11:30 a.m. - 1 p.m.	Wed
Feb. 1, 15	11:30 a.m. - 1 p.m.	Wed
March 1, 15	11:30 a.m. - 1 p.m.	Wed

INTRO TO PHOTOGRAPHY

INSTRUCTOR(S): *Robert Yorde*
AGE(S): *Senior Center Program Pass*
RATE: \$5

If you've just purchased a DSLR or mirrorless camera, this class will help you learn the best features and how to use them. Most cameras have similar features. However, you should be familiar with the basic operation of your camera before you attend this class. This course will discuss 10 topics to help improve your photographic results.

Activity#	Date	Time	Day(s)
104312-01	Jan. 23	1-3 p.m.	Mon

SELECTING THE CORRECT CAMERA

INSTRUCTOR(S): *Robert Yorde*
AGE(S): *Senior Center Program Pass*
RATE: \$5

This class will help those just getting started with a photography and includes information on which camera will be best for your needs along with eight things to consider before you decide on the best digital camera for you.

Activity#	Date	Time	Day(s)
104336-01	Feb. 7	1-3 p.m.	Tue

DIABETES EDUCATION/SUPPORT GROUP

INSTRUCTOR(S): *Uptown Pharmacy*

FREE

Learn about a new diabetic topic each month including nutrition, self-care and possible complications in this open, safe learning environment. Attendees can learn from other's experiences and offer support to each other.



Date	Time	Day(s)
Jan. 19	2-3 p.m.	Thu
Feb. 16	2-3 p.m.	Thu
March 16	2-3 p.m.	Thu

SILVERTONES

INSTRUCTOR(S): *Larry Leffort and Lyndsay Smith*

AGE(S): *Senior Center Program Pass*

SENIOR CENTER PROGRAM PASS RATE: \$80

Silvertones choir members sing in a professional atmosphere with amazing harmonies and professional instructions. Call the Senior Center at (614) 901-6560 for more information or if you are new to the group.

Date	Time	Day(s)
Yearly	10:30-11:30 a.m.	Wed

COMPUTER CONNECTORS

INSTRUCTOR(S): *Jim Holden*

AGE(S): *Senior Center Program Pass*

FREE

Bring your computer questions to this group-sharing and problem-solving class. Online demonstrations will be used to aid the discussions. These meetings will include presentations on free software from Microsoft, Google and others.

Date	Time	Day(s)
Jan. 16	1-3 p.m.	Mon
Feb. 6 & 20	1-3 p.m.	Mon
March 6 & 20	1-3 p.m.	Mon

CENTERED SENIORS INVESTMENT CLUB

INSTRUCTOR(S): *Linda Lerner*

AGE(S): *Senior Center Program Pass*

FREE

This club is a legal partnership of senior investors who maintain an active portfolio of common stocks and take responsibility for learning, listening and helping to make an investment in common stock. Each member is assigned the responsibility to follow one of the stocks in the the Club's portfolio, studying and reporting back to the group on a quarterly schedule. Discussion is usually lively and always educational. For more information, contact Linda at llerner2009@gmail.com.

Date	Time	Day(s)
Feb. 9	1-3 p.m.	Thu
March 9	1-3 p.m.	Thu

BEGINNING WOMEN'S BILLIARDS

INSTRUCTOR(S): *Denise Barlow*

NEW

AGE(S): *Senior Center Program Pass*

RATE: \$5

Learn to play pool during this dedicated time. Instruction will include rules of the game and how to play.

Activity#	Date	Time	Day(s)
104305-01	Jan. 18 - March 1	11 a.m.-12 p.m.	Wed

MURDER MYSTERY DINNER

AGE(S): *Senior Center Program Pass*

NEW

RATE: \$65 | RESIDENT RATE: \$60

SENIOR CENTER PROGRAM PASS

RATE: \$50

Join us for a murder mystery dinner. You will be part of the excitement as we enjoy a home crafted dinner and then entertainment as you become a suspect in a Murder! As a group you will figure out who is the killer! No one is allowed to leave till the mystery is solved!



Activity#	Date	Time	Day(s)
104334-01	Jan. 26	4:30-6:30 p.m.	Tue



GET THE MOST OUT OF YOUR INSURANCE

INSTRUCTOR(S): *Carla Poston*
AGE(S): *Senior Center Program Pass*
FREE

Come learn how to take advantage of your over the counter benefit, flex card, healthy food benefits and your personal emergency response system. Carla will talk about all the major carriers and have a computer to help order if needed.

Activity#	Date	Time	Day(s)
104311-01	Feb. 13	1-2 p.m.	Mon

DOWNSIZING CAN BE UPLIFTING

INSTRUCTOR(S): *Downsizing with a Heart*
AGE(S): *Senior Center Program Pass*
RATE: \$5

Thinking of downsizing your home? Moving or aging in place? Get tips from the pros on how to plan, organize and sort your possessions. If you are moving, learn about selling, donating or disposing of items along with how to pack and unpack.

Activity#	Date	Time	Day(s)
104314-01	Jan. 17	1:30 - 2:30	Tue
104314-02	March 21	1:30 - 2:30	Tue

WORLD OF TRAVEL

INSTRUCTOR(S): *Sandy Dillon*
AGE(S): *Senior Center Program Pass holder*
FREE

Learn about upcoming exciting getaways around the world and in our own backyard that you can travel to with friends. Trips include, Rockies to Red Rock, Scotland and Rt. 66/St. Louis.

DR●P IN	Date	Time	Day(s)
	Jan. 17	10 a.m.	Mon
	March 21	10 a.m.	Mon

PENGUINS TO POLAR BEARS

INSTRUCTOR(S): *Hank Stonerook*
AGE(S): *Senior Center Program Pass*
FREE

Travel with Senior Center members Janet and Hank on their expeditions to Antarctica in 2019 and the Arctic in 2022. Filled with photos, travel insights and lots of humor, this talk will hopefully inspire others to travel outside their comfort zone and enjoy what this incredible earth has to offer.

Activity#	Date	Time	Day(s)
104304-01	Jan. 24	11 a.m. - 12 p.m.	Tue

BOOK DISCUSSION GROUP

INSTRUCTOR(S): *Mindy Bilyeu*
AGE(S): *Senior Center Program Pass*
FREE

This group enjoys lively discussion led by Westerville Public Library librarian Mindy Bilyeu. Contact Mindy at (614) 882-7277 extension 2186 to pick up a book and enjoy the fun.

DR●P IN	Date	Time	Day(s)
	Jan. 9	2:30-3:30 p.m.	Mon
		<i>The Reading List</i> by Sara Nisha Adams	
	Feb. 13	2:30-3:30 p.m.	Mon
		<i>Horse</i> by Geraldine Brooks	
	March 13	2:30-3:30 p.m.	Mon
		<i>The One Hundred Years of Lenni and Margot</i> by Marianne Cronin	



The Westerville Senior Association is a non-profit organization that assists with funding for the Parks and Recreation Senior Center. Through fundraising, the Association helps pay for Senior Center memberships and bus passes for seniors in financial need. They also purchase equipment and conduct events such as Ham and Bean Dinner and Snowflake Castle. For more information or to become a member, call (614) 901-6560.

DISCUSSION GROUP

INSTRUCTOR(S): Lisa Clark,
Concord Counseling

AGE(S): Senior Center Program Pass
FREE

Engage with others in different topics each week. Call Lisa at (614) 882-9338, ext. 230 for a Zoom link.

Date	Time	Day(s)
Jan./ Feb./March	1:30-2:30 p.m.	Tue

SENIOR NOTARY SERVICES

INSTRUCTOR(S): Shirley Bernard,
The James Notary Solutions, LLC

AGE(S): Senior Center Program Pass

RATE: \$5 per document needing signed

Bring your documents (unsigned) to this drop in program. You must provide a valid form of identification. Additional requirements apply. Call (614) 515-3220 for details.



Date	Time	Day(s)
Jan. 13	10-11 a.m.	Fri
Feb. 10	10-11 a.m.	Fri
March 10	10-11 a.m.	Fri

PRIME TOURS

INSTRUCTOR(S): Kevin Thuman, Lisa Busch

AGE(S): Senior Center Program Pass holder
FREE

2023 travel opportunities include: OSU Buckeye Road Trip for the Rutgers game (New York City), Elvis' Blue Christmas at Graceland (Memphis and Nashville). Other trips for 2023 include Colorado by Railroad, Wine Down in Ohio Wine Country, The Ark and Cincinnati, Akron Rails and Gardens, Biltmore and Billy Graham Cove and a Fall New England Cruise (Historic Boston, Bar Harbor and Nova Scotia).

Date	Time	Day(s)
Jan. 17	4 p.m.	Tue
Feb. 28	4 p.m.	Tue
March 21	4 p.m.	Tue

INTERACTIVE LECTURE SERIES

INSTRUCTOR(S): Van Young

AGE(S): Senior Center Program Pass
FREE

LINCOLN'S PLAN TO COLONIZE THE ENSLAVED PEOPLE

Unknown to many Americans, Abraham Lincoln had an ambitious plan to help colonize the emancipated people during and after the Civil War. This elaborate plan was cut short with his assassination, yet had the support of many within the cabinet. Was Lincoln prejudicial/racist or just trying to find a better solution for the freed enslaved people of the south? Lots of open discussion to follow.

Activity#	Date	Time	Day(s)
104319-01	Jan. 11	10 a.m.- 12 p.m.	Wed

US PRESIDENTIAL/WHITE HOUSE TRIVIA

Did George Washington turn down an offer to be King of America? Who was the first President born in the United States? What was the first color of the White House? These and many more pieces of trivia and history facts will be shared about our American presidents and the "house" they lived in. Interactive and fun with everyone getting involved.

Activity#	Date	Time	Day(s)
104319-02	Feb. 8	10 a.m.- 12 p.m.	Wed

NUTCRACKER



INSTRUCTOR(S): Senior Staff

AGE(S): 55 and up

RATE: \$25 | **RESIDENT RATE:** \$20

SENIOR CENTER PROGRAM PASS RATE: \$15

Enjoy lunch with friends from the Senior Center at the Nutcracker Restaurant. This is a family restaurant that is a 50s style diner located in Pataskala. This fun place to enjoy the Atmosphere and the great food. We will make a stop on the way home, if time allows.

Activity#	Date	Time	Day(s)
114325-01	Feb. 23	1-4:30 p.m.	Thu

DER DUTCHMAN/CHEESE HOUSE 

AGE(S): 55 and up
RATE: \$30 | **RESIDENT RATE:** \$25
SENIOR CENTER PROGRAM PASS RATE: \$15
 Enjoy comfort food on a winter day. From meat and potatoes to pastries and pies, this is the place to savor the bounty of genuine Amish cooking. After lunch we will stop at the Cheese House where you can buy cheese, handcrafted fudge, local jam, spices, gluten-free and sugar free foods, a specialty deli and ice cream. You will also have time to visit the Country Closet Thrift Store.

Activity#	Date	Time	Day(s)
114308-01	Jan. 19	11:30 a.m. - 3 p.m.	Thu

PRIME TIME DINERS 

AGE(S): 55 and up
RATE: \$20 | **RESIDENT RATE:** \$15
SENIOR CENTER PROGRAM PASS RATE: \$10
 Take the road each month and visit some of central Ohio's finest restaurants enjoying great meals, great conversation and great friends. Transportation needs will be provided by the Westerville Senior Center leaving promptly at the printed time. (Dinner is on your own). Location TBD.

Activity#	Date	Time	Day(s)
114303-01	Jan. 24	4:30-9p.m.	Tue
114303-02	Feb. 28	4:30-9p.m.	Tue

DINERS, MARKETS AND MORE

AGE(S): Senior Center Program Pass
RATE: \$10
 Enjoy a day out with friends from the Senior Center. We will have lunch (on your own) at a small-town family restaurant. After lunch we will stop at a market on the way home, if weather permits.

Activity#	Date	Time	Day(s)
114330-01	Feb. 2	11:30 a.m. - 5 p.m.	Thu

SALT CAVE 

INSTRUCTOR(S): Senior Staff
AGE(S): 55 and up
RATE: \$50 | **RESIDENT RATE:** \$45
SENIOR CENTER PROGRAM PASS RATE: \$35
 Experience healing benefits while you relax in this salt cave lined with Himalayan rock salt boulders that are millions of years old and contain over 84 trace minerals readily absorbed by the human body. Bring a pair of clean white socks. We will go to lunch (on your own) after our relaxing experience.

Activity#	Date	Time	Day(s)
114322-01	Feb. 16	12:30 - 4 p.m.	Thu

LUNCH BUNCH 

AGE(S): 55 and up
RATE: \$20 | **RESIDENT RATE:** \$15
SENIOR CENTER PROGRAM PASS RATE: \$10
 Travel on the Senior Center bus for lunch to a variety of restaurants (on your own). Lunch destination TBA.

Activity#	Date	Time	Day(s)
114304-01	Jan. 30	11:30 a.m. - 2 p.m.	Mon
114304-02	Feb. 13	11:30 a.m. - 2 p.m.	Mon

HOLLYWOOD CASINO 

AGE(S): 55 and up
RATE: \$20 | **RESIDENT RATE:** \$15
SENIOR CENTER PROGRAM PASS RATE: \$10
 Get out of the house on a cold winter day and try your luck at the casino. Experience the non-stop thrill of more than 1,900 video and progressive casino slot machines and video poker games. Choose from a variety of restaurants including Wahlburgers.

Activity#	Date	Time	Day(s)
114313-01	Jan 12	11 a.m. - 4 p.m.	Thu



MODERATE WALKING, SOME HILLS AND/OR STEPS
VIGOROUS WALKING, SOME HILLS AND/OR STEPS
STRENUOUS WALKING, WITH HILLS AND/OR STEPS

LUNCH AND LEARN



INSTRUCTOR: *Kristel Smith, Coldwell Banker Realty
Missy Krugh, Illuminate Senior Services*

AGE(S): Senior Center Program Pass
FREE

Enjoy a delicious complimentary boxed lunch and be educated, equipped and empowered with knowledge about the various options in senior housing today. There will be a Q&A session where experts will answer questions about the current real estate market and/or various senior living options in the area.

Activity#	Date	Time	Day(s)
104309-01	Feb. 21	11:30 a.m. - 1 p.m.	Tue

BIRTHDAY LUNCH

AGE(S): Senior Center Program Pass
RATE: \$4

Join us the first Wednesday of the month for our birthday lunch celebrations. You will receive one lunch free during the month of your birthday. *Dessert sponsored by Buckeye Terrace.*

Date	Time	Day(s)
Jan. 4	12-12:30 p.m.	Wed
Feb. 1	12-12:30 p.m.	Wed
March. 1	12-12:30 p.m.	Wed

MARDI GRAS PARTY

AGE(S): Senior Center Program Pass
SENIOR CENTER PROGRAM PASS RATE: \$5

Join us as we celebrate with a luncheon and party. We will have plenty of beads and see who our King and Queen will be with our King Cakes!

Activity#	Date	Time	Day(s)
104329-01	Feb. 21	12 p.m.	Tue

FRIDAY FEAST

AGE(S): Senior Center Program Pass
SENIOR CENTER PROGRAM PASS RATE: \$5
Enjoy a themed, hot and delicious meal served to you with old and new friends. **Registration is required.**

WINTER FEAST

Activity#	Date	Time	Day(s)
104306-01	Jan. 20	12-1 p.m.	Fri

SWEETHEART DINNER

Activity#	Date	Time	Day(s)
104306-02	Feb. 17	12-1 p.m.	Fri

ST. PATRICK'S LUNCH

Activity#	Date	Time	Day(s)
104306-03	March 17	12-1 p.m.	Fri

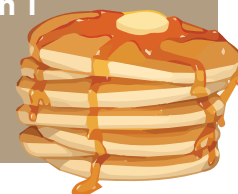
SENIOR MEAL PROGRAM

AGE(S): Senior Center Program Pass
SENIOR CENTER PROGRAM PASS RATE: \$4
Enjoy a delicious meal in the company of others. Pick up the monthly menu or visit www.westerville.org/seniorcenter.

Date	Time	Day(s)
Jan./Feb./March	12-12:30 p.m.	Wed/Fri

PANCAKE BREAKFAST

Wed, Jan. 4 / Feb. 1 / March 1
7:30-10 a.m.
Rate: \$5



GAMES

All games are available to Senior Center Program Pass holders only and are free with your pass.

Meeting Every Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BILLIARDS 8 a.m. - 8 p.m.	BILLIARDS 8 a.m. - 8 p.m.	BILLIARDS 8 a.m. - 8 p.m.	BILLIARDS 8 a.m. - 8 p.m.	BILLIARDS 8 a.m. - 5 p.m.
	CORN HOLE 11 a.m. - 12 p.m.	PINOCHLE 1 - 3 p.m.	TABLE TENNIS 10 a.m. - 12 p.m.	EUCHRE 1 - 3 p.m.
ADVANCED MAH JONGG * 1 - 3 p.m.	HAND AND FOOT/ CANASTA 1 - 3 p.m.	CONTRACT BRIDGE * 1 - 3 p.m.	ADVANCED MAH JONGG * 10 a.m. - 12 p.m.	CONTRACT BRIDGE * 1 - 3 p.m.
PINOCHLE 1 - 3 p.m.	SOCIAL BRIDGE (with lessons) 1 - 3 p.m.	EUCHRE 1 - 3 p.m.	TRAIN DOMINOES 1 - 3 p.m.	SCRABBLE 1 - 3 p.m.
		SPADES 1 - 3 p.m.	CHAIR VOLLEYBALL 10 - 11 a.m.	
			DUPLICATE BRIDGE * 12:30 - 4 p.m.	

Meeting on Specific Dates

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
BINGO 1 p.m.			BINGO 1 p.m.			BINGO 6 p.m.			EUCHRE CHALLENGE 3-5 p.m.			BINGO 1 p.m.		
JAN. 30	FEB. 27	MARCH 27	JAN. 10	FEB. 14	MARCH 14	JAN. 18	FEB. 15	MARCH 15	JAN. 5	FEB. 2	MARCH 2	JAN. 13	FEB. 10	MARCH 10
												AFTERNOON EUCHRE PARTY * 1 p.m.		
												JAN. 20	FEB. 17	MARCH 17

EUCHRE CHALLENGE

INSTRUCTOR(S): *Carla Poston*
ProCore Health Brokers
Enjoy an afternoon of Euchre with prizes.
Meets from 3-5 p.m. on the first Thursday of the month.

AFTERNOON EUCHRE PARTY

Play is geared toward experienced players with fast, exciting games.
Meets at 1 p.m. on the third Friday of the month.

DUPLICATE BRIDGE

While the play is serious, the atmosphere is friendly and social. Players are asked to come with a partner.
Meets from 12:30-4 p.m. on Thursday.

SOCIAL BRIDGE (WITH LESSONS)

INSTRUCTOR(S): *Reed Slevin* **NEW!**
Play Bridge in a FUN, relaxed, non-competitive environment. All players welcome. Lessons for BEGINNERS included.
Meets from 1-3 p.m. on Tuesday.

CONTRACT BRIDGE

Play is geared toward experienced players with fast exciting games. New and experienced players welcome.
See chart for dates and times.

BINGO

This favorite game allows you to meet new friends and share a few laughs while enjoying the fun of winning.
See chart for dates and times.

Tuesday sponsor - Trinity Living
Friday sponsor - Carla Poston, ProCore

* EXPERIENCED/ADVANCED PLAYERS

Westerville Community Center



WESTERVILLE COMMUNITY CENTER



PASS



The Westerville Community Center pass includes access to the

- Gymnasium and MAC Gym
- Adventure Fitness Gym
- Fitness Area* and Track
- Indoor Pool
- Climbing Wall
- eSports Room

*AGES 14 AND UP



COMMUNITY CENTER HOURS

Monday - Friday 5:45 a.m. - 9 p.m.
 Saturday 8 a.m. - 8 p.m.
 Sunday 10 a.m. - 6 p.m.

SPECIAL HOURS (8 a.m. - 5 p.m.)

Day before Thanksgiving
 Christmas Eve
 New Year's Eve (*Center closes at 5 p.m.*)
 Day after Thanksgiving
 Memorial Day
 4th of July
 Labor Day

CLOSED

Thanksgiving
 Christmas
 New Year's Day
 Easter
 August 22-28

PASS TYPE	MONTHLY RATES		DAILY RATES	
	RATE	RESIDENT RATE	RATE	RESIDENT RATE
YOUTH (Ages 3-13)	\$40	\$23	\$14	\$7
ADULT (Ages 14-64)	\$56	\$32	\$20	\$10
SENIOR (Ages 65+)	\$44	\$25	\$14	\$7
HOUSEHOLD[^] (three or more)	\$149	\$85	NA	NA

ANNUAL RATE: Available upon request

[^] PROOF OF RESIDENCY

Proof of residency is required for each household member ages 6 and older. Types of proof may include a state issued ID, pay stub, utility bill or report card/school registration. Proof of residing is required each time a new person is added to the household.

MILITARY PASS

All active and retired military will receive a 15% discount on a Community Center pass. **Military ID required.**

HOW TO REGISTER FOR CLASSES

Register at www.westerville.org/registration or in person at the Westerville Community Center (350 N. Cleveland Ave.)

Information on HOW TO UPDATE YOUR RESIDENCY STATUS can be found at www.westerville.org/residencystatus.

SENIOR CENTER PROGRAM PASS INFORMATION

Westerville Senior Center program passes are available to adults 55 or older. Information including rates and Senior Center hours can be found in the Older Adult section.



Hours

Visit www.westerville.org/parkshours for restricted hours.



FITNESS WING & TRACK

www.westerville.org/fitness

Mon-Fri 5:45 a.m. - 9 p.m.
Sat 8 a.m. - 8 p.m.
Sun 10 a.m. - 6 p.m.



GYMNASIUM & MAC GYM

www.westerville.org/gymnasium

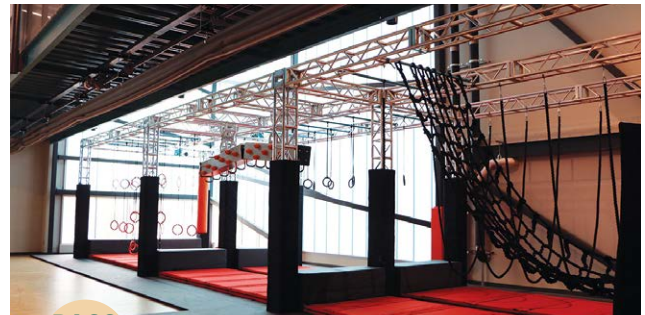
Mon-Fri 5:45 a.m. - 8 p.m.
Sat 8 a.m. - 7 p.m.
Sun 10 a.m. - 2 p.m.



CLIMBING WALL

www.westerville.org/parks

Mon/Wed/Fri 4-8 p.m.
Tue/Thu CLOSED
Sat 10 a.m. - 5 p.m.
Sun 1-5 p.m.



ADVENTURE FITNESS COURSE

www.westerville.org/gymnasium

Mon/Wed/Fri CLOSED
Tue/Thu 4-8 p.m.
Sun 1-5 p.m.

CHILDCARE ROOM

www.westerville.org/childcare

Mon-Sat 8:45 a.m. - 1 p.m.
Mon-Thu 4-8 p.m.
Sun Closed

RATES

\$3 per hour for active Community Center Pass holders

\$5 per hour for all non-pass holders

There is no discount for siblings.

Punch cards are no longer available.



eSPORTS ROOM

www.westerville.org/esports

Mon - Fri 4-8 p.m.

Westerville Parks & Recreation Pools

INDOOR POOL AT THE COMMUNITY CENTER

www.westerville.org/indoorpool

LEISURE POOL

Adult Swim Hours

Mon - Fri 7:30 a.m. - 1 p.m.
 Sat 8 a.m. - 1 p.m.
 Sun 10 a.m. - 1 p.m.

Family Swim Hours

Mon/Wed/Fri 3:30 - 7 p.m.
 Tue/Thu 3:30 - 5:30 p.m.
 Sat/Sun 1 - 5 p.m.

WARM WATER POOL

Adult Swim Hours

Mon - Fri 8:30 a.m. - 12 p.m.
 Sat 8 a.m. - 1 p.m.
 Sun 10 a.m. - 1 p.m.

Family Swim Hours

Mon/Wed/Fri 3:30 - 7 p.m.
 Tue/Thu 3:30 - 5 p.m.
 Sat/Sun 1 - 5 p.m.

LAP POOL / HOT TUB

Mon/Wed/Fri 7 a.m. - 7 p.m.
 Tue/Thu 5:45 a.m. - 7 p.m.
 Sat 8 a.m. - 7 p.m.
 Sun 10 a.m. - 5 p.m.

Please visit www.westerville.org/indoorpool for up-to-date Lap Lane schedules.



HIGHLANDS PARK AQUATIC CENTER

www.westerville.org/HPAC

245 S. Spring Rd.



2023
 PASSES NOW
 AVAILABLE



Rental Opportunities

WESTERVILLE COMMUNITY CENTER www.westerville.org/rentals



MULTIPURPOSE ROOMS

HOURS

FRI/SAT/SUN (Rental Hours: 5-hour minimum)

Fri 5 - 10 p.m.
Sat 8 a.m. - 10 p.m.
Sun 10a.m. - 9 p.m.

RATES

One Room

Rate: \$105 per hour
Resident Rate: \$70 per hour

Two Rooms

Rate: \$135 per hour
Resident Rate: \$90 per hour

Three Rooms

Rate: \$165 per hour
Resident Rate: \$110 per hour

Security Deposit

Friday - Sunday including Holidays: \$250



To reserve space for a birthday party, rent the climbing wall or reserve a shelter, visit www.westerville.org/reservations.



EVERAL BARN & HOMESTEAD

www.westerville.org/everalbarn

60 N. Cleveland Ave.

HOUSE

Mon - Thu

Rate: \$80
Resident Rate: \$55

Fri - Sun & Holidays

Rate: \$80
Resident Rate: \$55

BARN

UPPER & LOWER LEVELS

Mon - Thu

Rate: \$120 | **Resident Rate:** \$80

Fri - Sun & Holidays

Rate: \$260 | **Resident Rate:** \$150

HOUSE & BARN

Mon - Thu

Rate: \$150
Resident Rate: \$100

Fri - Sun & Holidays

Rate: \$350
Resident Rate: \$200

LOWER LEVEL ONLY

Mon - Thu

Rate: \$95 | **Resident Rate:** \$60

Fri - Sun & Holidays

Rate: \$200 | **Resident Rate:** \$115

OFFICE HOURS

Tue 11 a.m. - 1 p.m.
Wed 10 a.m. - 6 p.m.

All rates are per hour.

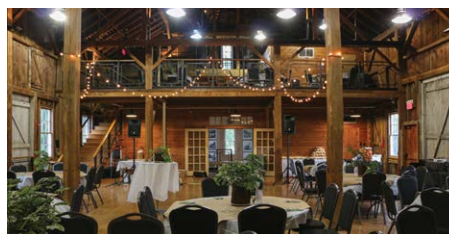
Mon-Thu

3-hour minimum

Fri/Sat/Sun & Holidays

5-hour minimum

Interested in renting the Everal Barn and Homestead or just want to visit this historical park, take a tour or walk the trails? Visit www.westerville.org/everalbarn for information.



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CITY OF WESTERVILLE RECREATION TRAIL SYSTEM

TRAILS

Alum Creek Trail - 5.24 miles

From the dead end north of County Line Road, south through Sports Complex then Heritage Park to Main Street, East to Alum Creek, south across the Historical Bridge, under Schrock Road to the Westerville Corporate limits

Big Walnut Creek Trail - 2.22 miles

County Line Road at Sunbury Road, south through the tunnel just north of Marlene Drive along Hoover Reservoir to Central College Road

County Line Trail - 2.2 miles

From the Ohio to Erie Trail west across Alum Creek to Worthington Road

Ohio to Erie Trail - 3.93 miles

From Alum Creek Trail at Schrock Road, east to Charring Cross Drive behind Roush Hardware, North across State Street to Polaris Trail at Maxtown Road

Polaris Trail - 2.77 miles

N. Spring Road at Maxtown Road west to Alum Creek Trail along Polaris Parkway

Towers Trail - 3.2 miles

From Big Walnut Creek Trail at Sunbury Road, west to Towers Park, across County Line Road, north to Hoff Woods Park, west to Ohio to Erie Trail

TRAIL CONNECTORS

Alum Creek Park Trail Connector (I) - .3 miles

At West Street, Connects Otterbein University through Alum Creek Park North across Main Street bridge to the Alum Creek Trail

Alum Creek Park Trail Connector (II) - .75 miles

At Cooper Road, Connects Alum Creek Park Trail to Sharon Woods Metro Park across Cleveland Avenue

Chipmunk Chatter Trail Connector - .6 miles

North Street at Central College Road and Sunbury Road, west to gate at Iniswood Metro Park

Hoff Woods Connector - .15 miles

Ohio to Erie Trail at Maplebrook Drive, east to Hoff Woods Park

Westerville Library Connector - .09 miles

At the Ohio to Erie Trail west to Library Road























Africa Road Connector - .11 miles

Polaris Parkway north to Corporate Limits

INNER PARK TRAIL LOOPS

Community Center Loop	.55 miles
Heritage Park Trail Loop	.89 miles
Highlands Park Loop	1.09 miles
Hoff Woods Park Loop	1.16 miles
Huber Village Park Loop	.7 miles
Johnston-McVay Park Loop	.32 miles
Metzger Park Loop	.85 miles
Millstone Creek Park Loop	.36 miles
Olde Town Park Loop	.2 miles
Towers Park Loop	.36 miles
Sports Complex Loop	1.29 miles
Walnut Ridge Park Loop	.37 miles

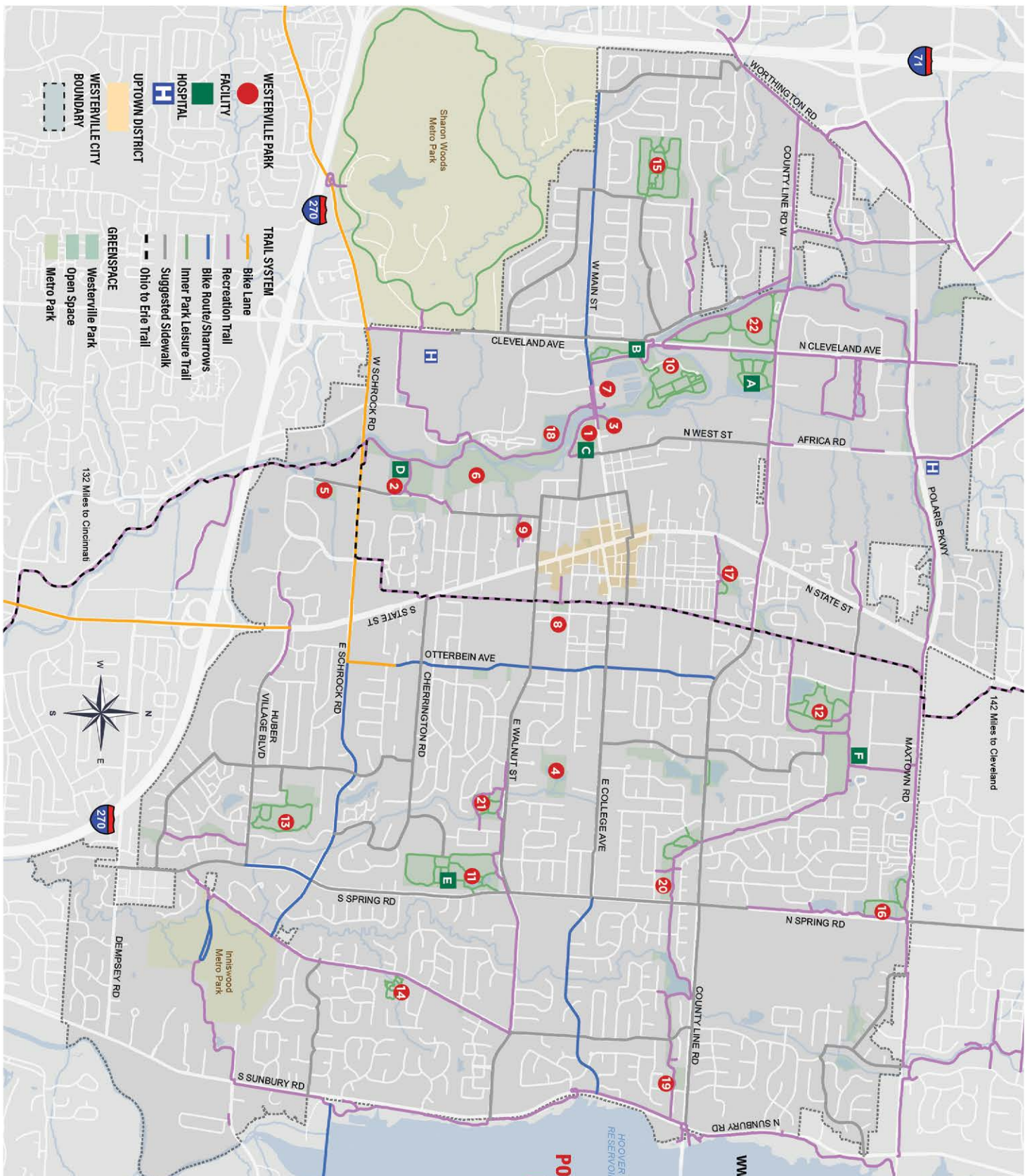
Visit one of the many Westerville Parks while enjoying the paths.

- 1 Alum Creek Park North** (221 W. Main St.)

- 2 Alum Creek Park South** (535 Park Meadow Rd.)

- 3 Astronaut Grove** (290 W. Main St.)

- 4 Boyer Nature Preserve** (452 E. Park St.)

- 5 Brookledge Park** (708 Park Meadow Rd.)

- 6 Cherrington Park (Ernest)** (231 Hiawatha Ave.)

- 7 First Responders Park** (374 W. Main St.)

- 8 Hanby Park** (115 E. Park St.) HUB Location

- 9 Hannah Mayne Park** (55 Glenwood Ave.)

- 10 Heritage Park** (60 N. Cleveland Ave.)

- 11 Highlands Park** (245 S. Spring Rd.)

- 12 Hoff Woods Park** (556 McCorkle Blvd.)

- 13 Huber Village Park** (362 Huber Village Blvd.)

- 14 Johnston-McVay Park** (480 S. Hempstead Rd.)

- 15 Metzger Park, Paul S.** (137 Granby Place)

- 16 Millstone Creek Park** (745 N. Spring Rd.)

- 17 Olde Town Park** (108 Old County Line Rd.)

- 18 Otterbein Lake** (via 221 W. Main St.)

- 19 Spring Grove North Park** (1201 E. County Line Rd.) HUB Location

- 20 Towers Park** (161 N. Spring Rd.)

- 21 Walnut Ridge Park** (529 E. Walnut St.)

- 22 Westerville Sports Complex** (325 N. Cleveland Ave.) HUB Location


www.westerville.org/parks

Facilities	
A Westerville Community Center	
B Everal Barn at Heritage Park	
C Amphitheater at Alum Creek Park N.	
D Thomas James Knox Memorial Hockey Rink at Alum Creek Park S.	
E Highlands Park Aquatic Center	
F Parks Maintenance Complex	

Key	
	Parking
	Picnic Area
	Playground
	Portajohn
	Restroom
	Shelter House
	Soccer
	Spray Ground
	Swimming Pool
	Tennis Courts
	Volleyball
	Water Feature



WESTERVILLE PARKS AND RECREATION
WESTERVILLE PARKS AND RECREATION
 350 N. Cleveland Ave.
 Westerville, OH 43082
 (614) 901-6500
www.westerville.org/parks

EMERGENCY 9-1-1
NON-EMERGENCY
POLICE (614) 882-7444
FIRE (614) 882-2213

ADOPT-A-FOOT PARTNERS

GOLD PARTNERS
 Adopted Five Miles
 CENTRAL OHIO PRIMARY CARE Sports Medicine

SILVER PARTNERS
 Adopted One Mile
 The Heysel Family Sports & Wellness Center, NATIONWIDE CHILDREN'S, ORTHOKINEC, ROUSH

VERTIV
 The Bailey Family, OhioHealth

BRONZE PARTNERS
 Adopted One-half Mile
 LAKE STORE, MICKTOWNE, WESTERVILLE COMMUNITY CENTER, WESTERVILLE CITY SINGEFIELD



Join our Team

NOW HIRING

Camp Counselors

Child Care Attendant

Facility Coordinator

Guest Service Specialist

Lifeguard

Maintenance/Custodian

Parks Specialist

Recreation Attendant

OPEN JOB INTERVIEWS

Saturday, Feb. 11 • 9:30 a.m. - 12:30 p.m.

SUMMER DAY CAMPS

Camp Counselors

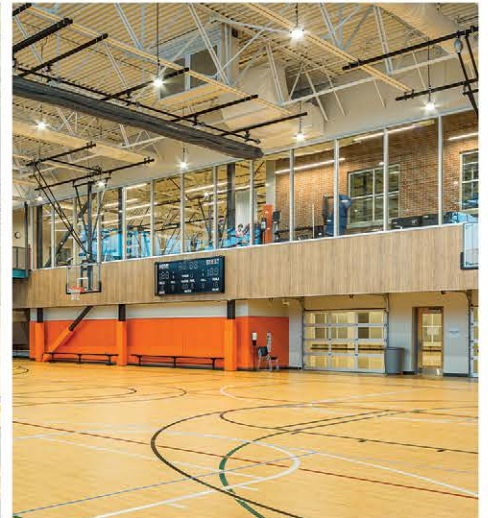
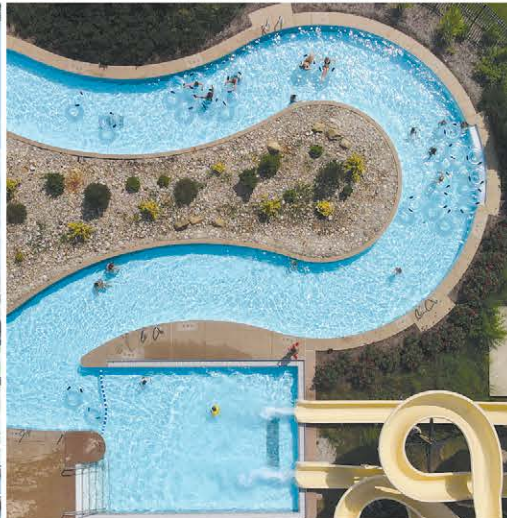
HPAC

Office Specialists

Concession Stand Attendants

Lifeguards

Swim Lesson Instructors



WWW.WESTERVILLE.ORG/JOBS



350 N. Cleveland Avenue
Westerville, Ohio 43082-9105
www.westerville.org

NOW ACCEPTING
NOMINATIONS

*Volunteer
of the
Year*

*Organization
of the
Year*

Nominations are now being accepted for both
Volunteer of the Year and Organization of the
Year until Jan. 12 at www.westerville.org/voy