



THE GATEWAY

CITY OF GAHANNA

DEPARTMENT OF PARKS & RECREATION



SUMMER 2014 PROGRAM GUIDE

IN THIS ISSUE

- Family Canoe Float
- Urban Zen
- Creekside Live
- Yoga for Kids
- Scuba
- Camp Friendship
- Yoga Workshops



TABLE OF CONTENTS

Civic Leaders & Boards	2
Around Gahanna	3
Rental Facilities	4
Golf Course	5
Aquatics	6
Ohio Herb Education Center	10
Adult Programs	12
Active Adults	14
Camp Experiences	17
Youth Programs	20

Our Civic Leaders

Mayor: Becky Stinchcomb

City Attorney: Shane W. Ewald

Gahanna City Council:

Ward 1: Stephen A. Renner
 Ward 2: Michael Schnetzer
 Ward 3: Brian Larick
 Ward 4: Jamie Leeseberg
 At Large: Karen J. Angelou
 Ryan P. Jolley
 Tom Kneeland

Parks & Recreation Board

Meetings held at 7pm on the first Wednesday of each month at City Hall unless otherwise noted. All meetings are open to the public.

Vincent Tremante, Chair	Andrew Piccolantonio
Eric Miller, Vice Chair	Jan Ross
Cynthia Franzmann	Jill Schuler
Luke Messinger	

Gahanna Landscape Board

Meetings are scheduled on April 2, August 6, and November 5, 2014 at 6pm at City Hall unless otherwise noted. All meetings are open to the public.

Melissa Hyde, Chair	Ken Shepherd
Jane Allinder, Vice Chair	Matt Winger
Mark DiGiando	

Parks & Recreation Staff

Tony Collins, Director
 Troy Euton, Deputy Director
 Pam Ripley, Administrative Assistant
 Mike Musser, Parks Superintendent
 Jim Ferguson, Parks Foreman
 Rob Wendling, Parks Technician - Forestry
 Marty White, Facilities Foreman
 Shannon Sorrell, Recreation Superintendent
 Danise Hall, Senior Services Supervisor
 Zac Guthrie, Recreation Specialist

Part-Time Coordinators

Shannon Barnette, Assistant Recreation Coordinator, Herb Center
 Peggy Cindia, Front Desk Coordinator
 Sara Crombie, Camp Coordinator
 Sophia Dimofski, Senior Center Coordinator
 Denny Evans, Facilities Coordinator
 Joe Hebdo, Parks Coordinator
 Bill Loebick, Parks Naturalist
 Beth McCollam, Public Information Coordinator
 Janet Mizera, Front Desk Coordinator
 Erica Powell, Assistant Recreation Coordinator, Herb Center
 Brooke Sackenheim, Recreation Coordinator, Herb Center
 Jordan McCoy, Golf Course Coordinator
 Tristian Sutton-Jennings, Recreation Coordinator

Volunteer Advisory Committees

The Parks & Recreation Board created the following advisory committees to assist the Department of Parks & Recreation with facilitating planning, promotion and implementation with the assistance of volunteer residents. Please call 342.4250 if interested in volunteering on any of these committees.

Natural Resources Advisory Committee

The Natural Resources Advisory Committee is tasked to inventory the natural resources in each of Gahanna's parks.

Bicycle & Trail Advisory Committee

The Bicycle Advisory Committee, originally formed in 1995, is instrumental to the formation of our Bikeway Plan. This committee is meeting on a regular basis to update the original plan.

Aquatics Advisory Committee

The Aquatics Advisory Committee offers guidance and recommendations for Gahanna's city-run pools.

AROUND GAHANNA



Bring your friends and coworkers to enjoy concerts at Creekside. Food and adult beverages will be available for sale.

Fridays, 6-10pm
Creekside Park, 117 Mill Street

June 13

6pm – The Yeah Babies (Funk/R&B); 8pm Reaganomics (80's Dance)

June 27

6pm-John Schwab Duo (Classic Rock/Country);

8pm – Phillip Fox Band (Country Rock)

July 11

6pm-Angela Perley & the Howlin' Moons (American Rock 'N' Roll);

8pm-The Floorwalkers (Rock & Soul)

July 25

6pm-Pett Crow (Blues); 8pm-Soul Kitchn (Funk & Soul)

August 8

6pm-Cliff Cody (Acoustic Covers); 8pm-SWAGG (Party Variety)

August 22

6pm –Jonalee White Band (Country); 8pm-The Spikedrivers (Americana Rock)

Herb Day

Come celebrate all things herbal. Listen to herbal experts on a variety of subjects and stroll through a multitude of local artists and vendors that offer unique and special hand-made items. Be sure to browse through over 100 varieties of fresh, organic herbs available for purchase for your home and garden! Creekside Plaza, 117 Mill St. and the Ohio Herb Education Center, 110 Mill St. Sat., May 10– 9am-4pm

Gahanna Veterans Memorial



Dedicated to all men and women who have served or are currently serving in the US Armed Forces. To honor those who have served our country, buy a brick to be placed at the Gahanna Veterans Memorial Park.

Applications available at gahanna.gov or at the Parks & Recreation office. The cost is \$25 per brick. A commemorative certificate is available upon request for an additional \$2. Bricks are dedicated on Memorial Day and Veterans Day.

Deadline to purchase a Memorial Day brick is April 15.

Please visit GahannaVets.org for more information.

Memorial Day Ceremony

Mon., May 26, 2014 at 1pm

Veterans Memorial Park, 73 W. Johnstown Rd.

Big Walnut Creek Family Canoe Float

The day will start at Woodside Green Park with American Canoe Association instructor Zac Guthrie providing a Paddling Smartstart introduction. The float will begin at Woodside Green and conclude at Pizzurro Park. Appropriate for ages 10 and older, participants 17 & under must be accompanied by an adult. A light lunch at Creekside is included along with the canoes, life vests, paddles, tour guides and transportation back to Woodside Green.

Class	Day	Date	Time	RDR/SR
331001A	Sat	May 17	9am	\$20/\$25 (fee is per person)

Location: Woodside Green Park, 213 Camrose Ct



Cinema Under the Stars

Gahanna Parks & Recreation hosts this outdoor movie night with a feature film on the giant screen. Movie start time is approximate.

Rotary Stage: Creekside Park, 117 Mill St.

Sat., June 14 – 9 pm - Back to the Future

Creekside Blues & Jazz

The award-winning Creekside Blues & Jazz Festival, presented by the Gahanna Convention & Visitors Bureau, offers the "Best Blues & Jazz in Ohio."

Located in the heart of downtown Gahanna, the annual Creekside Blues & Jazz Festival returns June 20-22, 2014--celebrating 16 years of outstanding class blues and jazz music!

The three day cultural celebration for all ages, features world class musicians on five stages, mouth watering cuisine, regional artisans, amusement rides, family fun and activities that include:

- 90+ hours of the best blues and jazz music on the Electric Blues Stage, the Jazz Stage, the Creekside Community Stage, Acoustic Alley and the Musical Discovery Zone.
- Free, kid-friendly crafts, rides and more in the Musical Discovery Zone
- Volunteer opportunities (free admission)

Visit www.creeksidebluesandjazz.com for details!

Paws in the Plaza

Join other dogs as they bring their owners to stroll through the paths, river walks, paddleboats, pet friendly shops, and visiting vendors, businesses and rescues in downtown Olde Gahanna. Enjoy special treats, free nail trimmings, free giveaways, and more!

First Thursday of each month, April - October.

April 3, May 1, June 5, July 3, Aug. 7, Sept. 4, Oct. 2

Time: 4:30 - dusk

Location: Creekside Plaza, 117 Mill St., all around downtown Olde Gahanna

For more information: (614) 342-4041 or OldeGahanna.com

RENTAL FACILITIES

Park Shelters								
	Seasonal, May-Sept: Monday-Friday				Saturday/Sunday & Holidays, May-Sep			
	Oct-Apr (until closed in the winter): all days							
	Rental Times	Non-Profit	Resident	Standard	Rental Times	Non-Profit	Resident	Standard
Friendship Park Gazebo*	10a-2p / 4p-8p	\$15	\$20	\$25	10a-2p or 4p-8p	\$30	\$30	\$30
Woodside Green Shelter	10a-2p / 4p-8p	\$30	\$30	\$40	10a-2p or 4p-8p	\$60	\$60	\$80
Friendship Park Shelter*	10a-2p / 4p-8p	\$30	\$30	\$40	10a-2p or 4p-8p	\$80	\$80	\$100
Hannah Park Shelter*	10a-2p / 4p-8p	\$30	\$30	\$40	10a-2p or 4p-8p	\$140	\$140	\$180

* June 2-Aug 15: Due to camp, rental time is 7pm-dark

Inside Facilities								
	Monday-Thursday				Fri/Sat/Sun & Holidays			
		Non-Profit	Resident	Standard		Non-Profit	Resident	Standard
The Center	Rent hourly (3hr min) 7am-11pm	\$35	\$35	\$50	Rent hourly (3hr min) 7am-11pm	\$45	\$60	\$80
Golf Course Clubhouse	Rent hourly (3hr min) 7am-11pm	\$35	\$35	\$50	Rent hourly (3hr min) 7am-11pm	\$45	\$60	\$80
All Day-Center & Golf Course	as available	\$150	\$150	\$200	as available	\$290	\$290	\$390
Ohio Herb Education Center	Rent hourly, as available	\$35	\$35	\$50	Rent hourly, as available	\$50	\$50	\$75

Pool Shelters								
	Monday-Thursday				Fri/Sat/Sun & Holidays			
	Rental time slots	Member	Resident	Standard	Rental time slots	Member	Resident	Standard
includes 25 gate entries; 3.5 hr time slots**								
HRP Shelter	11a-2:30p / 3:30p-7p	\$100	\$110	\$130		\$120	\$150	\$175
GSP -large	12-3:30p / 4:30-8p	\$120	\$140	\$150	Sundays 1-4:30p	\$150	\$180	\$200
GSP-small (12 gate entries)	12-3:30p / 4:30-8p	\$60	\$75	\$90	Sundays 1-4:30p	\$75	\$100	\$125

** Pool Add-ons: All Day Rental--double rate.

** \$4 per person over 25 ppl or 12 ppl at GSP small shelter

Rent the Herb Center for your next gathering!

Additional Information:

- All pricing effective Monday, March 3, 2014
- Subject to change without notice.
- Check website for additional information.
- **Facilities are rented on a first-come first served basis.** Payment, deposit and reservation form is required to reserve the facility or shelter. Facilities are available for rent one calendar year in advance. For example, if you are interested in renting a facility for April 30 2015, you may do so on April 30, 2014.
- **Refundable security deposit:** all rentals require a check or credit card hold for a \$100 deposit; dated the date of your event. The deposit is not cashed or charged unless, after your event, the facility has not been cleaned per the cleaning checklist and/or damages are found.
- **To rent a facility:** reservation forms are available at the Department of Parks & Recreation office or online at www.gahanna.gov. Please call 342.4250 to check for availability.
- Smoking is prohibited in all shelters, clubhouse, The Center and the Herb Center.



GOLF COURSE

220 Olde Ridenour Rd. Pro Shop - 614.342.4270
Gahanna Parks & Recreation - 614.342.4250

Golf Course Season: March through November, weather permitting. Call ahead for tee times! Throughout the season the course hosts league play on weekday afternoons/evenings; tee times are not available during league play hours.

2014 Annual Membership Rates

	Residents	Standard (N/R)
Adult	\$357	\$407
Couple	\$510	\$610
Junior (under 18)	\$255	\$305
Senior (55+)	\$255	\$305
Senior Couple	\$408	\$508
Midday*	\$255	\$305

*Midday Memberships include unlimited golf from 9am-3pm, Monday-Friday, excluding Holidays.

Glow Golf

Enjoy 9 holes of GLOW GOLF under the stars! Each golfer will receive 2 glow in the dark golf balls, some glow swag, and 9 holes of golf with cart. This event is a 4 player best ball scramble that is fun for golfers of ALL abilities. Prizes are available for winning teams. Cost is \$30 per player, call 614.342.4270 to reserve your spot! Times to be determined.

May 16, June 13, July 11, August 8, September 5, and October 10.

Nights of Golf

Enjoy a fun evening of demonstrations on the golf swing, short game and golf club technology. PGA Professional Chuck Mayhew will be discussing various golfing topics. This is your chance to get your golfing questions answered directly from a golf instructor. Question and answer time will be provided.

Class	Day	Date	Time	RDR/SR
310503A	Fri	May 9	7pm	\$35/\$40
310503B	Fri	July 18	7pm	\$35/\$40

Senior Golf League

For golfers at least 55 years of age, we host Thursday morning league play! Come out and enjoy a round of golf and a cup of coffee while chatting with other local golfers. In addition, once a month the league travels to another area course. Enjoy group events throughout the season such as lunches, tournaments, end of season outing and picnic. To join, attend the informational meeting on April 17 at 10am at The Center or call 342.4265.

Chili Bowl / Golf Season Kickoff

Join us for the annual Chili Bowl Kickoff at the Gahanna Municipal Golf Course! Try a sampling of chili from local businesses. We invite you to play 9-holes to kick off your 2014 golf season! Now is the perfect time to check out the golf course, leagues, events and purchase your yearly membership! Buy or renew your golf membership at the Chili Bowl and enter to win a 20 cart golf pass! Beginning in March, call the Pro Shop to schedule your tee time. Tee times available between 8am and 2:30pm on Saturday April 5, 2014. Arrive in the Pro Shop 15 minutes before your scheduled tee time. Sat. April 5, 2014

Gahanna Golf Course Pro Shop.
220 Old Ridenour Rd.
9 holes \$5 per person
Chili served from 11am until it's gone!

2014 Greens Fees

	Adult	Junior (under 18) or Senior (55+)
Weekday	\$10	\$8
Weekend/Holiday	\$10	\$10
Additional 9 Holes	\$5	\$5

Motor Cart (9 holes)	\$5
Motor Cart (18 holes)	\$10
Pull Cart	\$2
Golf Clubs	\$5

Lunch Break Special

Mon-Thu

11am-1pm 9 holes \$12 with cart

Sunrise Special Mon-Thu

open-8am Excluding league times.
9 holes \$12 w/cart

Golf Outings

The Gahanna Golf Course is available to host your next event! Golf Outings are perfect for family and class reunions, birthday parties, employee functions and more. We can create an affordable package to suit your needs. Contact the Golf Course at 342.4270 or Jordan.McCoy@gahanna.gov to plan your outing.

Group Golf Lessons

Improve your golf game with a 4 week package of group golfing lessons. Certified PGA instructor, Chuck Mayhew, will be helping golfers with his 54 years of combined playing and teaching experience. Chuck will cover everything you need to know to help you achieve your golfing goals. He is also available for individual lessons. Call the Pro Shop to schedule individual lessons. Rain dates for programs will be held on Sunday of the lesson week.

Class	Day	Date	Time	RDR/SR
110501A	Wed	April 16-May 7	6pm	\$125/\$135
310501A	Wed	June 11-July 9*	6pm	\$125/\$135
310501B	Tue	May 13-June 3	7pm	\$125/\$135
310501C	Tue	July 15- Aug 5	7pm	\$125/\$135

*Skip July 2

Jr. Golf Lessons

Certified U.S. Kids Golf Instructor Jordan McCoy, will be giving lessons to junior golfers ages 5-12yrs old. The program is designed to get kids interested in golf, teach them the basics and introduce them to golf course etiquette. Dates and times will be available soon. Call the golf course for more information.

Grandparents & Golf

This program encourages grandparents to get their grandkids out on the course for a fun and active experience. We'll play some golf and enjoy some games. Cost is per person.

Class	Day	Date	Time	RDR/SR
321701C	Fri	Aug 1	10am-12pm	\$5 /SR \$10

Location: Gahanna Municipal Golf Course, 220 Olde Ridenour Rd.

Individual Golf Lessons Available!
Call for details.



/Gahanna-Municipal-Golf-Course

AQUATICS

Hunters Ridge Pool, 341 Harrow Blvd., 342.4269
 Gahanna Swimming Pool, 148 Parkland Dr., 342.4272



Gahanna Pools are a great place to spend your summer!

Members with Gahanna Aquatics have access to the Gahanna Swimming Pool and Hunters Ridge Pool.

Be one of the first 500 households to purchase your 2014 membership and receive a bonus pass! *Act fast, bonus passes will run out!*

2014 Membership Rates

Membership Types Valid at BOTH Pools	Gahanna Resident Rate			Standard Rate		
	Early Bird until April 25	Sneak Peek April 26- June 4	Regular June 5- end of season	Early Bird until April 25	Sneak Peek April 26- June 4	Regular June 5- end of season
Single: Ages 11+	\$140	\$170	\$195	\$145	\$195	\$215
Couple: 2 people, same household	\$190	\$225	\$255	\$210	\$255	\$270
Family: 3 people, same household	\$225	\$265	\$300	\$255	\$305	\$330
Family: 4+ people, same household	\$225	\$265	\$300	\$275	\$305	\$330
Junior (ages 3-10) & Senior: (ages 55+)	\$70	\$85	\$100	\$90	\$105	\$120
Sitter <i>add-on</i>	\$70	\$80	\$90	\$70	\$80	\$90

AQUATICS

Spring/School in Session Hours

Effective May 25-May 29	Hunters Ridge Pool	Gahanna Swimming Pool
Sun. May 25-Mon. May 26	12pm-6pm	CLOSED
Tue. May 27-Thu. May 29	3pm-8pm	CLOSED

*May 25 & 26-Members and their guests only

Summer Hours

Effective Fri. May 30-Tue. August 12	Hunters Ridge Pool	Gahanna Swimming Pool
Sunday	11am-7pm	12pm-6pm
Monday	11pm-7pm	12pm-8pm
Tuesday	11pm-7pm	12pm-8pm
Wednesday	11pm-7pm	12pm-8pm
Thursday	11pm-7pm	12pm-8pm
Friday	11am-7pm	12pm-8pm
Saturday	11am-7pm	12pm-8pm

Fall/Back to School Hours**

Effective Wed. Aug. 13-Mon. Sept 1	Hunters Ridge Pool	Gahanna Swimming Pool
Wed. Aug. 13-Fri., Aug. 15	3:30-8pm	Closed
Sat. Aug. 16-Sun. Aug. 17	12pm-6pm	TBD
Mon. Aug. 18-Fri. Aug. 22	3:30-8pm	Closed
Sat. Aug. 23-Sun. Aug. 24	12pm-6pm	TBD
Mon. Aug. 25-Fri. Aug. 29	3:30-8pm	Closed
Sat. Aug. 30-Mon. Sep. 1	12pm-6pm	TBD

**Limited concessions

2014 Daily Gate Fee (HRP & GSP)

Daily Pass - All Day	\$9
Daily Pass - After 4:30pm	\$6

Please refer to the 2014 Membership Handbook for our updated weather policy.

- Hunters Ridge Pool will close at 3:30pm on three Wednesdays for swim meets.
- Gahanna Swimming Pool back pool will close at 3pm on three Wednesdays in June and July for swim meets.
- The GSP back pool will also be closed on June 13-15 for a swim meet.



AQUATICS

AQUATICS

Columbus Scuba Programs

We are excited to partner with Columbus Scuba to bring some awesome classes at the Gahanna Swimming Pool! If you need to rent equipment, please contact Columbus Scuba. Already certified? Mention you are a Gahanna Resident for discounted courses and gear! Register by emailing info@columbuscuba.com or calling (614) 500-PADI. Learn more about programs by visiting columbuscuba.com

Discover Scuba – Thursday Nights beginning at 6pm
 June 5, June 26, July 10, July 24
 \$35 per person per class, all equipment included
 Payable in advance to Columbus Scuba

Interested in SCUBA diving, but not 100% sure if it is right for you? See what it is like to breathe underwater. Learn the basics and explore under the close supervision of one of our dive professionals. Great for individuals or groups.

Open Water Certification

Four academic and confined water training classes on consecutive Sunday Evenings, 5pm; July 13, 20, 27 and August 6 – open water dive scheduled separately (but included in price). \$375 payable in advance to Columbus Scuba.

*Students will need to provide mask, fins, and snorkel. Columbus Scuba will provide discount coupons for students the first night of class to purchase mask, fins, and snorkel. Already have these items? Bring them to class!

Our most popular course! And at \$375, Columbus Scuba is the best value you'll find. This all-inclusive price includes materials, equipment, and checkout dives. (If you've found a lower advertised price, call Columbus Scuba and they'll help you with what to watch for). This class is 4 sessions at the pool and culminates with an offsite dive in open water to demonstrate what you've learned and is the final step in certification.

YOLO – Livin' it up at the 'Ridge

Friday Night Fun from 7-10pm at Hunters Ridge Pool, music, games and swimming for those between the ages 11-14 only. Pizza and refreshments available for purchase. (If you're a parent/guardian interested in chaperoning, please contact the Department of Parks & Recreation at 342-4250). Limited number of individuals permitted, tickets available ahead of time beginning two weeks ahead of each date.

Dates: May 30, June 27, July 25, August 15
 \$5 for members \$10 for non-members (separate admission fee)

Dive In Movies at Hunters Ridge Pool

Fridays with a Rain Date of Saturday
 Hunger Games – June 6
 Despicable Me 2 – July 18
 Heavy Weights – August 8
 \$6 per person – Free for members!



Hot Dog Nights



Gahanna Swimming Pool
 Every Thursday
 June 6-August 15
 5-8:30pm
 \$1 Hotdogs, DJ
 \$6 per person
 (FREE for members)

Ice Cream Nights



Hunters Ridge Pool
 Every Tuesday
 June 11-August 13
 4-7pm
 \$1 Bowls of Ice Cream
 \$6 per person
 (FREE for members)

Lifeguard Classes

Interested in getting your Lifeguard Certification and being a lifeguard? Apply online @ cityofgahannajobs.com and then sign up for our class! Commit to work 20 or more hours a week and receive the class for the discounted rate of \$50.

Traditional Rate: \$200 pool members, \$250 non-members
 Session #: 380401-A
 Dates: May 12-18
 Hours: Evenings Monday through Friday, Saturday day-time, (make-up time Sunday if necessary)

Adult Lifeguard Classes

Age 21 or over and interested in working with us in the summers? Apply online @ cityofgahannajobs.com and then sign up for our class! Qualifying candidates may receive training for free. This class will be held evenings. Please apply for a lifeguard position immediately and contact the Department of Parks & Recreation for more information.

Session #: 380401-B
 Dates: June 10, 12, 17, 18, 24 and 26. Traditional Rate: \$200 pool members, \$250 non-members

Gahanna Swimming Pool is open until 8:30pm on Thursdays throughout the summer for Hot Dog Night! Hunters Ridge will close at 3:30pm on three Wednesdays in June and July for swim meets. The Back Pool at the Gahanna Swimming Pool will be closed on three Wednesdays in June and July for swim meets. The back pool will also be closed on June 13-15 for a regional swim meet.

TEAMS & PROGRAMS



Summer League Teams

Refine swim strokes learned in lessons, work on competitive swimming skills and enjoy the friendly, supportive atmosphere of a recreational summer team! Comfortable with basic strokes and able to swim back and forth across the pool. Paperwork and payment must be received prior to participating in practice sessions. Check online for full details on suggested participant skill sets, mandatory family volunteer requirements, volunteer deposit amounts, outfitting requirements, practice times and meet locations/dates for each team.

Info Meetings at Gahanna Golf Course Club House

220 Olde Ridenour Road on **Sunday, April 27**

HRP Seahorses - 4:30-5:30pm

GSP Sea Lions - 6-7pm

Learn how swim teams work, register for the team and secure your parent/guardian volunteer dates! Also, order team suits and apparel.

SEA LIONS at GSP

Registration & questions to: ACE, Inc at 614-478-5445, stevenye@sbcglobal.net

Fees (by league rules, must be member of Gahanna Pools):

\$70 per child for swim OR dive team by May 1 (\$75 after May 1)

\$100/child for swim AND dive team by May 1 (\$105 after May 1)

Fees capped at \$190 per family by May 1 (\$200 after May 1)

Booster Club Fees – \$10 first child; \$8 second child; \$6 for each additional child (applicable to both, swimmers and divers).

All first time 2014 GCSTO program participants must pay \$10 insurance fee.

NOTE ON FEES: Sea Lions swimmers may be eligible for discounts on GSL or GCSTO team fees! Contact GCSTO head coach and GSL owner, Steve Nye, at stevenye@sbcglobal.net for more information.

Practice Schedule – Begins June 2 (subject to changes):

Swim team	Juniors (10 & under)	9:45-11am on M, Tu, W & F
	Seniors (11 & over)	9:45-11:45 am on M, Tu, W & F
Dive team	Juniors (10 & under)	11am-12pm on M, Tu, W & Th
	Seniors (11 and over)	12-1pm on M, Tu, W & Th
Open Option	All	7-8pm on Tu

Can't make all morning practices due to work schedules? Contact Steve Nye for questions on evening training opportunities.

Meets: June 18, 25, July 1, 9, & 16

Dive Champs: July 18 & 19

Swim Champs: July 21 & 22

SEAHORSES SWIM TEAM at HRP

Register through Gahanna Parks & Recreation

Activity: 380201A

Fees: \$75 Members \$90 Residents \$100 Non Residents.

Refundable Staffing Deposit: \$50 per family

Mandatory Family Mtg: Wed., May 28, 6:30pm (Youth come ready to swim)

Optional practice Thursday, May 29 5:30-7pm

Standard Practice Schedule: Starts June 2 (subject to changes):

Junior Varsity:	Monday, Tuesday & Thursday	10:00-10:50am
Varsity:	Monday, Tuesday & Thursday	8:45- 9:50am
All Team Practices:	Wednesday	9-10:15am;
	Tuesday, Thursday:	7-8pm

Meets: Wednesday nights throughout the season

Championships: July 17 and 18

GCSTO Offerings

Registration & questions to: ACE, Inc at 614-478-5445, stevenye@sbcglobal.net

All first time 2014 GCSTO program participants must pay \$10 insurance fee.

More information also is available at www.gcsto.com.

GCSTO Swim Team Tryouts

GCSTO, a member of USA Swimming, is looking for new athletes for its spring and summer season!

With over 20 athletes having competed in US Swimming Olympic Team Selection meets, GCSTO is the age group/senior program of the 2000 US Olympian and Gahanna Lincoln graduate, Amanda Adkins. The team has produced or trained 18 world ranked athletes, 2 Olympic team members, a Pan-American Games medal winner, a Pan-Pacific team member, 3 World Championship team members, 2 Olympic Festival team members, 3 NCAA champions and 2 members of American Record holding relay teams...more than all other age group teams in Central Ohio combined!

New swimmers are allowed a week with the team to see what it has to offer before deciding to commit.

Team screening dates:

Date	Day	Time	Location
Apr 7	Mon	5:45-7pm	Columbus Academy
Apr 8	Tue	5:45-7pm	St. Charles Preparatory School

Spring practices at Columbus Academy and St. Charles Preparatory School. You may come to either tryout regardless of which pool you are interested in.

Summer practices at GSP.

For more information, contact GCSTO coach Steve Nye at (614) 478-5445 or stevenye@sbcglobal.net. More information also is available at www.gcsto.com.

Spring Teen Fitness Program & Lifeguard Certification

GCSTO is offering a teen fitness program, their "Teen Swim-Fit" program, which operates on the east side of Columbus in the spring for participants age 12-17. A one week trial period is available for new participants.

The team also offers lifeguard training classes starting in April to participants 15 years of age (by the end of the class) and older.

For more information on the teen fitness and/or lifeguard training programs, contact GCSTO instructor Erin Harris at (614) 582-2597 or erinharris.gcss@gmail.com. More information on all of these programs is also available at www.gcsto.com.

Advanced Technique Stroke Analysis Camps

Register through GCSTO at 614-478-5445

\$41 per individual per camp

\$35 GCSTO team member rate

Activity	Date	Time
Fly Stroke	June 10	12:30-2:30 pm
Back Stroke	June 12	12:30-2:30 pm
Breast Stroke	June 17	12:30-2:30 pm
Free Stroke	June 19	12:30-2:30 pm
Start, Turn & Finish	June 20	12:30-2:30 pm
Fly Stroke	June 24	12:30-2:30 pm
Breast Stroke	June 26	12:30-2:30 pm
Back Stroke	June 27	12:30-2:30 pm
Free Stroke	July 1	12:30-2:30 pm
Start, Turn & Finish	July 7	12:30-2:30 pm

Get the latest pool announcements



/CityofGahannaPR

CLINICS & LESSONS

AQUATICS

Saturday Morning Dive Clinics

Want to learn cool diving board moves or improve your skills for competition? Limited Space – register early!

Instructor: Jill Auer; for additional information please email jillaauer@gmail.com

Register for Dive Clinics through the Department of Parks & Recreation.

Beginning Diving

For the first time or very young diver – learn the basics of diving! Learn hurdles, kick-outs, proper positions, water safety and dives in both front and directions. (This is not scuba diving – this is diving board diving).

Experienced Dive Clinics

Perfect for divers with lesson, summer league or club team experience. “Experienced” level divers should already know hurdle, pack press and front dive. Builds on skills and develops new inward and reverse dives and twists.

Activity	Date	Time	Member	Non-Member	Location
380801A	May 31	10-11am	\$13	\$16	HRP
380801B	Jun 7	10-11am	\$13	\$16	GSP
380801C	Jun 28	10-11am	\$13	\$16	HRP
380801D	Jul 12	10-11am	\$13	\$16	GSP
380801E	Jul 26	10-11am	\$13	\$16	HRP
380801F	Aug 2	10-11am	\$13	\$16	GSP
380801G	Aug 16	10-11am	\$13	\$16	HRP

Activity	Date	Time	Member	Non-Member	Location
380802A	May 31	11am-12pm	\$13	\$16	HRP
380802B	Jun 7	11am-12pm	\$13	\$16	GSP
380802C	Jun 28	11am-12pm	\$13	\$16	HRP
380802D	Jul 12	11am-12pm	\$13	\$16	GSP
380802E	Jul 26	11am-12pm	\$13	\$16	HRP
380802F	Aug 2	11am-12pm	\$13	\$16	GSP
380802G	Aug 16	11am-12pm	\$13	\$16	HRP

Swim Lessons

Contact GCSTO to register!

All 2014 swim lessons are coordinated through Greater Columbus Swim Team Organization (GCSTO).

Have Questions? Want to register for lessons? Contact Stepha Echard: stepha.gcsto@gmail.com or 614-551-7772

Registration must be received 10 days prior to the start of classes.

GCSTO’s instructional program, established over 22 years ago, provides progressive instruction through private, semi-private and group lessons. Basic in-water survival techniques through advanced competitive swimming skills are offered based on class level and participant skill. Instructors are life guard, CPR and First Aid certified and complete GCSTO’s Instructor Training Course. All group lessons limited to 5 or fewer participants per instructor!

Each individual in GCSTO programs must pay an annual \$10 insurance fee to GCSTO’s parent organization, ACE, Inc.

Hunters Ridge Pool Swim Lessons

Register through GCSTO - NOTE: HRP lessons are on a PRE-SET SCHEDULE
Registration must be received 10 days prior to the start of classes.

Session Pricing: Members \$60, Non-Members - \$80
(plus \$10 insurance fee for first time 2014 GCSTO registrants)

Session Dates:

- Session #1: June 9 - June 20
- Session #2: June 23 - July 2*
- Session #3: July 7 - July 18
- Session #4: July 21 - August 1
- Session #5: August 4 - August 15

Choose the morning class or evening class times and the level:

- Morning Classes are held Monday, Wednesday & Friday
 - 10-10:40am: Pre-School 4, School Age Beginner 1, 2 & 3
 - 10:40-11:30am: Parent Tot, Pre-School 1, 2 & 3
- Evening Classes are held Tuesday, Wednesday & Thursday
 - 5:30-6:10pm: Parent & Tot, Pre-School 1 & 2, Pre-School 3 & 4
 - 6:20-7pm: School Age Beginner 1, 2, & 3

*Session 2 Note: Morning classes held June 23, 24, 26, 27, 30 and July 1
Evening classes held June 24, 25, 26, 27, July 1 and 2

Gahanna Swimming Pool Swim Lessons

Register through GCSTO and you will be notified with lesson time
Registration must be received 10 days prior to the start of classes.

Session Pricing: Members \$64, Non-Members - \$80
(plus \$10 insurance fee for first time 2014 GCSTO registrants)

Weekday Sessions:

- Weekday Session #1: June 9 - June 20 (no classes on June 13)**
- Weekday Session #2: June 23 - July 8 (no classes July 3 & 4)**
- Weekday Session #3: July 14 - July 25
- Weekday Session #4: July 28 - August 8

Select AM or PM class time:

- 30 Minute Mornings Classes held Monday, Tuesday, Thursday & Friday and start between 8:30 & 10:45 a.m.**
- 40 Minute Evening Classes held Monday, Tuesday & Friday and start between 5 & 8pm on (40 minutes)**

**Note: Session 1 & 2 Classes will run longer and/or on other days

Weekend Summer Sessions:

- Weekend Ssn #1: June 7-June 29 (Classes on Saturday & Sunday of last week)
- Weekend Ssn #2: July 12 - August 9, 2014 – Saturdays only
Classes held only between 8:30 & 10:45am (48 minutes)

Private or Semi-Private Lessons

Private Lessons: Great for youth who may have difficulty in group classes, are scared of water, or just do better in 1-on-1 environments.

Pricing: (1 student per class): 30 minutes: \$30 per class (plus \$10 insurance fee for first time 2014 GCSTO registrants)

Semi-private Lessons: Great for two participants of similar ability (have both participants pre-arranged).

Pricing: (6 classes, 2 students per class) 30 minutes: \$90 per swimmer 45 minutes: \$135 per swimmer
(plus \$10 insurance fee for first time 2014 GCSTO registrants)

Organized Group Lessons through GCSTO (Churches, Daycares, Schools)

We welcome youth groups that are looking to help their participants learn how to swim. We offer a group discount of 15% for groups that pay in one lump sum, and take care of collecting applications for all participants. Please contact Erin Harris (614) 582-2597 to start the registration process.

HERB CENTER

HERB CENTER



HERB DAY

PRESENTED BY
Mockingbird Meadows Herbal Health Farm



SATURDAY, MAY 10, 2014
9AM-4PM

CREEKSIDE PLAZA AND 110 MILL ST.

Come celebrate all things herbal. Listen to herbal experts on a variety of subjects and stroll through a multitude of local artists and vendors that offer unique and special hand-made items. Be sure to browse through over 100 varieties of fresh, organic herbs available for purchase for your home and garden!

Learn

Gahanna Herb Group Open House

The Gahanna Herb Group is a 9-month program that focuses on herbs and their uses. Beginning in September, students will study in depth one herb as well as learn hands-on techniques from the culinary, wellness and craft areas. Herbs will be looked at from botanical, historical, folkloric, wellness and energetic points of view. This cooperative learning environment will also have membership to an online web group featuring reference sources, educational videos, informative guides, and access to Herb Center staff. This learning group is for individuals who would like to dedicate time to earn a deeper understanding of all things herbal. Come and join us at one of our open houses to learn more.

Benefits include: fresh or dried herbs for home practice; exclusive binder for organization and class materials, 10% off all gift shop items, discount on Herb Center classes and unlimited access to online web group.

Open House Dates: Tuesdays, July 8 and August 12
Time: 6:30 to 7:30pm
Cost: Open Houses are FREE



/OhioHerbEducationCenter

Shop

Ohio Herb Education Center is open Tuesday-Friday 12:00p to 6:00p and Saturday 12:00p to 4:00p. Shop our array of herbal related educational books, bodycare, tea and accessories, culinary and our signature Herbal Surrender products.



Rent

Looking for a unique space to hold your next event? Consider the Ohio Herb Education Center's parlor. Suitable for parties up to 25 people, this intimate, historic space offers the options of three round tables, two porches and a kitchen. We also offer additional services such as delicious herbal tea or 15-minute herbal ice breakers for your guests.

Ohio Herb Education Center 2014 Rental Fee Schedule:

Suggested parlor capacity is 25 people	Gahanna RDR	Standard Rate
3-Hour Rental Monday-Thursday	\$105	\$150
Additional Rental Time by the Hour (Mon-Thu)	\$35	\$50
3-Hour Rental Friday-Sunday	\$150	\$225
Additional Rental Time by the Hour (Fri-Sun)	\$50	\$75

2014 Additional Services:

Additional Services	Up to 15 guests	16 to 25 guests
15 minute Herbal Program	\$20	\$30
Herbal Tea for 25	\$10	\$10

Interested in volunteering?
The Herb Center and
Gahanna Parks & Recreation has many
opportunities for you to get involved!
Call 614-342-4250 for details!

The information provided by the Ohio Herb Education Center is primarily for reference and education. It is not intended to be a substitute for the advice of your personal physician. The Center does not advocate self-diagnosis or self medication; nor does the Ohio Herb Education Center endorse alternative medicine in lieu of traditional medicine; it urges anyone with continuing symptoms, however minor, to seek medical advice. Please be aware that any plant substance, whether used as food or medicine, externally or internally may cause an allergic reaction. Consult your primary care physician before making changes to your lifestyle.

HERBAL WORKSHOPS

All classes take place at the Ohio Herb Education Center, 110 Mill St.

Rosemary Bundle: Choose 4 workshops on this page for savings. Pre-registration for workshops is required. Passes are non-transferable and non-refundable. RDR \$54/SR\$72

Natural Spring Cleaners for the Home

There are many benefits to switch to natural cleaners, reducing the number of products needed to clean with, creating your own scents and packaging as well as saving time and money. There are 6 key ingredients to making any type of household cleaner, including laundry detergent. Join us as we introduce these ingredients and teach the techniques used to clean your house naturally.

Instructor: Brooke Sackenheim

Class	Day	Date	Time	RDR/SR
152001A	Sat	Mar 15	1-2pm	\$15/\$20
152001B	Tues	Mar 25	6:30-7:30pm	\$15/\$20

Spring Tonics for Better Health

When the shift of winter moves into springtime, our bodies want to move towards lighter fare. We will discuss what detoxification or spring cleansing means and how the principles can be applied to the diet. Participants will explore new recipes and teas featuring herbs such as burdock, dandelion, cleavers and nettles.

Instructor: Brooke Sackenheim

Class	Day	Date	Time	RDR/SR
151105A	Sat	Mar 29	1-2pm	\$15/\$20

Tea Time for Fairies

Spring has arrived and the fairies are looking for new homes. Come learn and explore how to create a fairy wonderland out of teacups, as well as how to use natural materials to make fairy garden furniture and accessories. We will also enjoy fairy tea! Class is appropriate for ages 5 to 105! Cost includes one adult and one child; additional children are RDR\$5/SR\$7. Class size is limited.

Instructor: Shannon Barnette

Class	Day	Date	Time	RDR/SR
150305A	Sat	Apr 5	1-2pm	\$15/\$20

Building an Herbal Wellness Kit

Every kitchen herbalist has a couple of simple remedies to turn to when minor aid is needed. Be prepared! Everyday herbs such as peppermint, ginger, calendula, chamomile and lavender can easily double as a fix for minor scrapes, bug bites and bruises. Learn how simple salves, essential oils, liniments, and tea bags can find a place next to your bandages in your first aid kit.

Instructor: Brooke Sackenheim

Class	Day	Date	Time	RDR/SR
152901B	Tues	Apr 22	6:30-7:30pm	\$15/\$20

Herbs for Itchy Cats & Dogs

Our lives haven't been the same since Canines and Felines have been domesticated. Our beds are cozier, our lives richer, our pocketbook happily emptier. In this class we'll talk about possible reasons why animals may be developing hot spots and other skin problems, what foods and nutrition they may be lacking, allergies, and emotional stress. Learn how herbs can be used to help relieve dry skin and how to add herbs as a supplement to food.

Participants will get to make a hot spot spray for their four-legged friends.

Instructor: Ianna Kristiansen

Class	Day	Date	Time	RDR/SR
151002A	Sat	Apr 26	1-2pm	\$15/\$20

Mother's Day Herb Craft

Celebrate mom with handmade herbal crafts. For four hours on Saturday, the parlor will be transformed into an open craft area for parents and children. For a small fee per craft, children and adults can create lavender soap, herbal bath soaks, or herbal drawer sachets for gifts or to enjoy as keepsakes. (Not eligible for Rosemary bundle).

Day	Date	Time	Cost
Sat	May 3	12-4pm	\$5 per craft or 3 for \$12

Edible Landscaping: Permaculture for Beginners

Discover the bountiful harvest that your yard is capable of producing. Learn the basics on how it is possible to transform your yard space into an edible retreat. We will discuss what edible plants work best in Ohio's climate. We will also touch on the sustainable benefits rain barrels and composting. Leave this exciting class with ideas on how to design your own edible garden!

Instructor: Shannon Barnette

Class	Day	Date	Time	RDR/SR
352110A	Sat	May 31	1-2pm	\$15/\$20

Herb Walks

Beneficial herbs and plants are all around us, and often overlooked as simply "weeds." Join us on a walk around Gahanna, to discover what herbs are growing in your backyard! Wear comfortable shoes and be prepared to venture around Gahanna and Creekside. We will also discuss proper wild-crafting etiquette. (Not eligible for Rosemary bundle).

Instructor: Shannon Barnette

Class	Day	Date	Time	RDR/SR
352305A	Fri	Jun 13	5:30-6:30pm	\$5/\$7 per person
352305B	Fri	July 11	5:30-6:30pm	\$5/\$7 per person
352305C	Fri	Aug 8	5:30-6:30pm	\$5/\$7 per person

Kitchen Herbalism

Take advantage of your garden harvest and turn your kitchen into an apothecary. Learn how a simple technique, infusions, can be replicated into many variations that can preserve and transform your garden herbs into simple home remedies. Participants will get to sample several herbal infusions and take home infused vinegar.

Instructor: Brooke Sackenheim

Class	Day	Date	Time	RDR/SR
350626A	Sat	Jul 19	1-2pm	\$15/\$20

Preserving the Harvest

Join the Herb Center staff for a hands-on experience as herbs are harvested and prepared for drying in our drying shed. Proper harvesting and cleaning and drying techniques will be taught as herbs are harvested. Participants will get to harvest and process herbs for the drying shed.

Instructor: Brooke Sackenheim

Class	Day	Date	Time	RDR/SR
352103A	Sat	Aug 16	1-2pm	\$15/\$20

Drying Days at the Herb Center

Join us for a hands-on experience as herbs are harvested and prepared for drying in our drying shed. Proper harvesting, cleaning and drying techniques will be taught. Participants will get to harvest and prepare herbs. Tea and spice blending will also be offered the same day.

Instructor: Shannon Barnette

Class	Day	Date	Time	RDR/SR
352111A	Thu	Jul 10	10am-1pm	Free
352111B	Tue	July 15	10am-1pm	Free
352111C	Sat	July 26	10am-1pm	Free
352111D	Tue	Aug 5	10am-1pm	Free
352111E	Thu	Aug 14	10am-1pm	Free
352111F	Sat	Aug 23	10am-1pm	Free

HERB CENTER

Did you know you can register online?
Call 614.342.4250 for details.

ADULT PROGRAMS

Yoga

Join our very experienced teachers who have studied with many great yoga teachers, including Rodney Yee, Colleen Seidman Yee, Doug Keller, Tim Miller, Cyndi Lee, Angela Farmer, Swami Ramananda and more to provide students with a "true" yoga experience."

Sue Johnson, RYT 500, RMT, Certified Yoga on High Instructor
Lori Bower, RYT500, RMT, Certified Yoga on High Instructor

Hatha Yoga for Every Body

Experience how yoga brings harmony to the body and mind and brings a refreshing sense of energy and peace. Explore the "why" and "how" of the yoga postures, health of the spine, deep breathing through a variety of practices, and learning how to quiet the mind through a host of meditative practices. Props assist in safety and ease as needed per student. Please bring a yoga sticky mat. 6 weeks

Ages 18+

Beginners

Class	Day	Date	Time	RDR/SR
110102B	Tue	Mar 4-Apr 8	5:45-6:55pm	\$75/\$85
310102A	Tue	April 29-June 3	5:45-6:55pm	\$75/\$85
310102C	Tue	June 24-Aug. 5	5:45-6:55pm	\$75/\$85

(no class on July 1)

Location: Gahanna Municipal Golf Course Clubhouse, 220 Olde Ridenour Rd

Experienced

Class	Day	Date	Time	RDR/SR
110102B	Tue	Mar 4-Apr 8	7-8:15pm	\$75/\$85
310102B	Tue	April 29-June 3	7-8:15pm	\$75/\$85
310102D	Tue	June 24-Aug. 5	7-8:15pm	\$75/\$85

Location: Gahanna Municipal Golf Course Clubhouse, 220 Olde Ridenour Rd

Slow Flow Hatha Yoga

Gentle, slow flowing warm ups get the body and mind ready to move into a variety of more challenging flow series, including sun salutations and other creative flow movements. Meditation and breath work incorporated. Modifications provided for all student levels. This class will leave you feeling refreshed, relaxed, and energized. To enjoy your yoga experience, please bring a yoga "sticky" mat and 2 firm blankets.

Instructor: Sue Johnson
6 weeks

Class	Day	Date	Time	RDR/SR
110101B	Wed	Mar 5-Apr 9	10:30-11:45am	\$75/\$85
310101A	Wed	April 30-June 4	10:30-11:45am	\$75/\$85
310101B	Wed	June 25-Aug. 6*	10:30-11:45am	\$75/\$85

(no class July 2)

Location: Gahanna Municipal Golf Course Clubhouse, 220 Olde Ridenour Rd

Yoga For Kids

Simple, invigorating yoga poses engage your child's natural, boundless energy to strengthen the body, improve coordination, while learning valuable lessons in positive thinking, and body, breath, and mind awareness while at the same time having FUN! We will be exploring music, song, relaxation and balloon belly breathing. The kinesthetic, visual, and aural aspects this yoga class will lead your child into self expression through color and drawing to reach into your child's mind/body connection. You may be surprised what you may learn from your child's unguarded intuition after releasing pent up energy and learning techniques to relax. Includes all supplies & equipment.

Instructor: Sue Johnson and Diane Schaefer, skilled yoga assistant
Ages: 8-10

Class	Day	Date	Time	RDR/SR
301301A	Sat	June 28	10am-12pm	\$30/\$35
301301B	Sat	July 26	10am-12pm	\$30/\$35

Location: Gahanna Municipal Golf Course Clubhouse

Urban Zen

Urban Zen Integrative Therapy was inspired by Donna Karan and developed by Rodney Yee and Colleen Saidman Yee. This class is designed to heal and restore. A certified Urban Zen Integrative Therapist will lead you through practices that include gentle movements, restorative yoga poses, aromatherapy, soothing breath awareness exercises, reiki, and meditation. In a world of over-stimulation and over-work, these practices can offer you a meditative sanctuary. Come join us in this inward healing journey.

This class is open to all! No yoga experience necessary. 6 weeks.

Instructor: Lori Bower, certified Urban Zen Integrative Therapist

Class	Day	Date	Time	RDR/SR
111103C	Thur	Mar 6-Apr 10	5:45-6:55pm	\$75/\$85
111103D	Thur	Mar 6-Apr 10	7:00-8:15pm	\$75/\$85
111103E	Tue	Mar 11-Apr 8	10:00-11:15am	\$63/\$73*
311103F	Thur	May 1-June 5	5:45-6:55pm	\$75/\$85
311103G	Thur	May 1-June 5	7:00-8:15pm	\$75/\$85

*5 week class

Location: Gahanna Municipal Golf Course Clubhouse, 220 Olde Ridenour Rd

Yoga Workshops

Candlelight Yoga Flow

Bliss out! As we move into Spring ride the wave of vinyasa and mellow your mood in this detoxifying flow class for all levels. Soothing music, aromatherapy and the soft glow of candles will bring you into a peaceful zen like state. Come absorb the energy of this amazing class.

Instructors: Sue Johnson and Lori Bower

Class	Day	Date	Time	RDR/SR
111104A	Sun	Mar 23	6-7:30pm	\$20/\$25

Location: Gahanna Municipal Golf Course Clubhouse, 220 Olde Ridenour Rd

Shannon Barnette is a 200-RYT, Certified Center for Wholeness Instructor, Herbalist and Aromatherapist. She is currently studying to receive her 500 hour yoga therapy certification in August 2014. She has studied with teachers Anne Douglas and Dr. Ray Long to name a few. Shannon believes in yoga for EVERY-body.

Aromatherapy Yoga Workshop

Aromatherapy is beyond scented candles and body care products. Like yoga, aromatherapy has been used for thousands of years for its restorative benefits to the body. Come and learn what incorporating scents into a yoga practice can awaken for you. Participants will experience and learn the qualities of different essential oils, and how they affect the yoga practice. Essential oils can help practitioners feel more mentally, physically and emotionally aware on and off of their mat. Students will receive information on essential oils and their affects. Open to all, no experience necessary!

Instructor: Shannon Barnette

Class	Day	Date	Time	RDR/SR
310105A	Sat	June 14	9:00am-12:00pm	\$45/\$50

Location: Ohio Herb Education Center, 110 Mill St.

Centered - Yoga Workshop

Keeping life in balance is often easier said than done. Something always seems to present itself and cause stressful situations. Join us as we explore the affects of everyday stress, whether mental, physical or emotional on the body. Postures, Breath-work, Meditations will be explored and experienced. Students will receive copies of what was covered in this workshop so they can incorporate these tools into daily life. Open to all, no experience necessary!

Instructor: Shannon Barnette

Class	Day	Date	Time	RDR/SR
310106A	Sat	July 12	9:00am-12:00pm	\$45/\$50

Location: Ohio Herb Education Center, 110 Mill St.

ADULT PROGRAMS

Gahanna Get Moving Team

The Gahanna Get Moving Team has walked thousands of miles over the past few years, training and talking their way to fun and fitness. Liz Plott leads this group and will share her wisdom on walking and healthy lifestyles. The group meets at Creekside Park every Saturday morning at 8 am, rain or shine. Registration is required prior to participation.

Instructor: Liz Plott

Class	Day	Date	Time	RDR/SR
760000	Sat	Year-round	8am	Free

Location: Creekside Park, 117 Mill St.

Basketball & Volleyball Open Gyms

Open gym participants must be 18 years of age and bring a valid driver's license. Passes may be purchased at the Parks & Recreation office. Open gyms will run through April, 29 2014. Schedule including start date and skip dates will be posted at www.gahanna.gov, all information listed below subject to change.

Single Visit Pass

Resident Discount Rate: \$5; Standard Rate: \$8, If drivers license is not presented, participants will be charged standard rate. Please bring exact change.

Basketball Middle School South, 349 Shady Spring Drive

Age	Day	Date	Time
18+	Tue	Oct. 2013-April 29, 2014	8:30-10:30pm

Basketball Middle School South, 349 Shady Spring Drive (35 and over):

Age	Day	Date	Time
35+	Thu	Oct. 2013-April 24, 2014	8:30-10:30pm

Volleyball Middle School East, 730 Clotts Road

Age	Day	Date	Time
18+	Tue&Thu	Oct. 2013-April 29, 2014	8:45-10:30pm

Community Garden Plots

There are a limited number of plots still available at the Community Garden! Year-round gardening is now supported; current lease term ends October 31. A limited number of handicapped accessible beds (2' height) are available on a first-come, first-serve basis.

Location: Friendship Park, 150 Oklahoma Ave.

Lease Term: present – October 31st, 2014

Raised beds are available in 2 sizes:

4' x 4' beds RDR - \$10 each SR: \$15 each
 4' x 8' beds RDR - \$15 each SR: \$20 each

Creekside Paddle Boat Hours of Operation			
Cost: \$5 per boat / 1/2 hour	Pre-Summer Hours May 10- June 1	Summer Hours June 2- August 17	Fall Hours August 18- September 28
Mondays	CLOSED	CLOSED	CLOSED
Tuesdays-Fridays	CLOSED	4pm-8pm	CLOSED
Saturdays	12pm-8pm	11am-8pm	11am-3pm
Sundays	1pm-5pm	12:30pm-4:30pm	1-5pm

*Schedule is weather dependent. Hours may vary for special events and holidays.

NEW! Drop-In Fitness

Beginning March 2014, low-impact fitness programs at The Center are open to the public. Join some great programs and get out and active this season!

No pre-registration necessary – simply drop in for these classes. Programs are held through the Active Adult programming. Children and visitors are not permitted in classes. The Center is closed for holidays and other events, be sure to check the online calendar for more information.

Wabi®	Tuesdays	8:30 - 9:25am
Aerobics – Low Impact	Tuesdays	9:30 - 10:30am
Beginning Line Dance	Tuesdays	10:30 - 11:15am
Advanced Line Dance	Tuesdays	11:15 - 12:00pm
Zumba – Low Impact	Wednesdays	9:00 - 10:00am
Wabi®	Thursdays	8:30 - 9:25am

Check in at the desk and pay at time of class.

\$5 for Center Members (CM) (ages 55+)

\$8 for Residents (RDR)

\$10 Standard Rate (SR)

The Center Active Adult Programs

Participants must have completed waiver on file. Each class listed is priced per class, fees due prior to participation each day. Center Members are given priority if sessions fill. Program dates are listed below and subject to change. Schedule including start date and skip dates will be posted at www.gahanna.gov.

Wabi™ Movement – Move Now. Age Later

Enjoy the benefits of Wabi™ as you experience simple movement patterns choreographed to engage your brain through body activation. Wabi™ Movement is a non-aerobic program designed to meet you where you are. Side effects may include: increased vitality, more confidence when walking, quicker reaction times, increased clarity and focus, and greater overall balance. The program was developed in Central Ohio by physical therapist, Shanon Paglieri and health coach, Jodie Fortine. Come and feel the Wabi™ difference. Instructors: Shanon Paglieri, MSPT and Jodie Fortine, HCC

Class	Day	Date	Time	CM/RDR/SR (per Class)
Session I	Tu or Thu	Mar 18-Apr 10		\$5/\$8/\$10
Session II	Tu or Thu	May 6-May 29		\$5/\$8/\$10

Location: The Center, 480 Rocky Fork Blvd

Rocky Fork Ohio

These programs offered in partnership with Rocky Fork Ohio and Gahanna Parks & Recreation. Register through Gahanna Parks & Recreation at 614-342-4250.

3D Archery Tournament

Presented by Rocky Fork Ohio, the 3D Archery tournament is at Hannah Park on 6547 Clark State Rd.

Day	Date	Time	Cost
Sat	Apr 26	12pm	\$10 prepaid/\$15 day of registration

Introductory Wildlife Photography

Bring your camera and be ready to walk in the woods. Meet at Friendship Park, 150 Oklahoma Ave.

Day	Date	Time	Cost
Sat	May 10	9-11am	\$15/person

ACTIVE ADULTS

The Center
480 Rocky Fork Blvd.
614.342.4265



General Information

Please register for all Active Adult Programs in person at The Center.

The Center's 2014 Active Adult annual membership fee will be \$20 for residents and \$30 for non-residents. **Membership is required for participation in all Active Adult programs.**

The primary goal of the Active Adult activities is to provide programs and services to senior adults to help them remain active, independent and contributing citizens within the community. For further information on programs and services, you may contact The Center at 342-4265 or stop by Monday-Friday between the hours of 8:30am-4:30pm.

A variety of information about services offered to senior adults is available at The Center.

Recurring Weekly Activities

MONDAYS

Yoga
Bring yoga mat and blanket.
8:45 am
Cost: \$5 per class
Also Friday

Craft/Sewing Projects
Work on your projects. New ideas welcome.
10 am
Cost: None

Line Dance
Performance group
10:00am

Wii Bowling Practice
10 am
Cost: None

Party Bridge
12 pm
Cost: .50
Also Wednesday

Table Tennis
Advanced and Beginner players welcome.
3:30pm
(Also every Thursday)
Cost: None

TUESDAYS

Aerobics
9:30am
Cost: \$20

Open Art
9:30am
Cost: \$2 per class.

Beginning Line Dance
10:30am
Cost: \$20

Kitchen Band
No talent needed—just have fun
10:30am
Cost: None

Advanced Line Dance Class
11:15am
Cost: \$20

Ceramics
Complete the project of your choice
12:30pm

Euchre
12:30pm
Cost: .50

Bean Bag Baseball
3:15 pm
Cost: None

WEDNESDAYS

Zumba Gold
Instructor: Carolyn Strayer
9 am
Cost: \$5 walk in or \$35 for 10 class punch card

Quilting Guild
Hand quilting on frame
9 am
Cost: None

Tap Dance Class
10 am

Party Bridge
6:30pm
Cost: .50

THURSDAYS

Wii bowling league practice
10 am
Cost: None

Pinochle
See monthly activities
12:15pm
Cost: .50

Poker
12:30pm
See monthly activities

Calligraphy
Join instructor Sandy Mundy.
Time: 12:45pm /\$5 per week

Table Tennis
Advanced and Beginner.
3:30pm
(Also every Monday)
Cost: None

FRIDAYS

Duplicate Bridge
12:30pm
Cost: .50

Silver Sneakers
Instructor: Leah Siefert
10:30am
Cost: \$20 for 5 punch card, \$5 walk in, Silver Sneakers Card—free

Yoga
Bring yoga mat & blanket.
9:15am
Cost: \$5 per class.

Wii Bowling League
10:15am
Every Friday

MONDAYS

Recurring Monthly Activities

Book Review Group
1st Monday @ 3 pm
3rd Monday @ 3:15pm
Cost: None Space Limited. Please call.

Bead Jewelry Class
2nd Monday
1 pm
Cost for supplies.

Creative Cards
Join artist Jean Langkamp to create your own Holiday and Greeting Card.
11 am
3rd Monday
Cost: \$2

TUESDAYS

Sandwich Tuesday
Enjoy a sandwich and side. First come, first serve.
2nd Tuesday
11:30am-12:30pm
Cost: \$1

Wabi™ Movement
8:30-9:25am
\$20
Also Thursday

WEDNESDAYS

Lite Lunch
Cook's choice
12 pm
Date: Last Wednesday
Cost: \$4, Must Pre-Register by previous Monday

Poker
4:30pm

3rd Wednesday
Cost: \$3

Bingo
12:45pm
Last Wednesday every month
Cost: \$2 must register

THURSDAYS

Wabi™ Movement
8:30-9:25am
\$20
Also Tuesday

Pinochle
Check calander
12:15pm
Every other Thursday
Cost: .50

Poker
Check calander
12:30pm
Date: Every other Thur.
Cost: \$3

FRIDAYS

Roaring Lions Lunch
Team Luncheon (bring own lunch)
12:15pm
2nd Friday
Cost: None

ACTIVE ADULTS

Activities & Events

Ice Cream Social and Senior Celebration

Join us for live musical entertainment. Art work displayed by the Gahanna Art League and Ice Cream Sundaes compliments of National Church Residence. There will be a brief annual membership meeting and election of officers. Please register.

Date	Day	Time
May 14	Wed	1pm

Free Eye Screening

The Columbus Ophthalmology Association, Inc. is offering free eye screening. Please call for an appointment.

Date	Day	Time
May 16	Fri	1-3pm

Summer Picnic and Pot Luck

Pot Luck Picnic and summer fun at Friendship Park! Bring a dish to share, and your own drink. Plates, napkins and plastic ware will be provided. We will play games, take a hike and just have a GREAT time. Let us know what you plan to bring when you register.

Date	Day	Time
Jun 4	Wed	11:30am

Columbus Arts Festival

Welcome to Summer! Art, crafts, food and entertainment downtown on the Scioto Mile. Transportation \$2. Please register.

Date	Day	Time
Jun 6	Fri	11am

Dessert Friday

Enjoy dessert and coffee with Phia and friends from 1:30-3:30pm. Must register. Limited transportation \$2.

Date	Day	Location
Jun 20	Fri	Chocolate Café
Jul 18	Fri	La Chatelaine Bistro
Aug 15	Fri	Pistacia Vera

Lunch Bunch

Date	Day	Location
May 21	Wed	Lomonico's - Pickerington
Jun 18	Wed	Brazenhead - 5th Ave.
Jul 16	Wed	Buckeye Lake Winery Picnic Buffet \$18
Aug 20	Wed	Scioto Downs Racino (Lunch on your own)

LUNCH BUNCH DEPARTS AT 10:45am.

You are responsible for the cost of your lunch once a reservation is made.

Gahanna Garnet Gems



Check the registration book at the center for all details on the activities for the summer. Wear your RED HAT and PURPLE DRESS and join in the fun!

Volunteer Appreciation Program

Attention all Senior Center Volunteers! Enjoy an appreciation luncheon and program held at Wesley Ridge. Limited transportation will be provided. Must register.

Date	Day	Time
Jul 23	Wed	11:30am

Summer Cook Out

Brats, chips and drinks—join the fun as we celebrate the Summer Season. Sponsored by Allen Meyer, Investment Representative with Edward Jones. No need to register.

Date	Day	Time
Jul 25	Fri	11:30am

Ohio State Fair

Enjoy a day at the Fair. Admission \$8 and transportation \$2 (day of trip). Depart for home at 2:00pm.

Date	Day	Time
Aug 1	Fri	9am

Columbus Clippers Ball Game

Reserved seats at the Huntington Park. Date, time and ticket cost TBD. Transportation \$2. Reservations are necessary and limited.

Euchre Roundup

Enjoy an afternoon of ten rounds of Euchre play. Cost \$1.00—all money returned in prizes. Rules for play will be reviewed at roundup. Participants must have a partner. Please register.

Date	Day	Time
Aug 6	Wed	1pm

Lunch and Learn

Jun 12	Brain Fitness Program
Jul 10	Diabetes Education & Prevention/Wellness
Aug 14	2014 Medicare and OSHIP Education/Updates

Program and lunch will begin at 11:30 on the above dates. This program is sponsored by National Church Residents. Must register. Limited space, no charge.

Program Reservation Policy

1. Residents of Gahanna who are members of The Center have the opportunity to register for programs before nonresident members.
2. All trips and programs are filled on a first-come, first-serve basis.
3. NO reservations will be accepted by phone for trips or programs. Reservations MUST be made at the Center.
4. All checks are to be made out to the City of Gahanna (unless otherwise noted). If you are paying in cash, please bring the EXACT amount.
5. A reservation is a firm agreement. Refunds may be made ONLY if your vacancy is filled.
6. If you cancel your reservations, call as soon as possible. You may NOT fill the reservation yourself. Cancelled reservations are filled from the waiting list.
7. You must sign up for yourself and/or your spouse.

TRAVEL OPPORTUNITIES

PAYMENT MUST ACCOMPANY RESERVATION.

Trip reservations can be made as soon as travel brochures are available at The Center.

2014 Travel Planner

Payment must accompany reservation!

Sand Dunes of Michigan

June 23-26 / Cost: \$899

Motor coach transportation. Includes 3 nights Silver Lake Resort, Michigan, Little Sable Point Light House tour, Saugatuck shopping, Rennhack Orchard Market, Paddlewheel boat cruise, sand dunes ride, theater production. Gratuities included.

Boating and Toting

July 9 / Cost: \$87

Motor coach transportation to Cambridge, Ohio. Pontoon boat ride on Seneca Lake, lunch including dessert at Dockside Restaurant, goodie bag and shopping at Pantry Door, gratuities included.

Alaska Yukon by Land and Sea

July 29- August 10 / Cost: \$4,799

Roundtrip air to Anchorage, return from Vancouver. Seven nights land tour in Alaska-Denali. 10 meals, four nights cruise on Holland America "Zuiderdam", sightseeing tour of Vancouver, all taxes, gratuities and interruption insurance included.

Geneva Ohio Covered Bridges

September 10 / Cost: \$108

Motor coach transportation to Geneva Ohio. Shopping and seasonal treat at Robinson Apple Barn, tour three covered bridges, lunch and wine tasting at Ferrante Winery, shopping at Better in Bulk. All gratuities are included.

Biltmore Estate/ Pigeon Forge

October 6-9 / Cost: \$899

Motor coach transportation, three nights in Asheville, North Carolina. Three breakfasts, 3 dinners, Smokey Mountain Railroad train ride, Biltmore Estate Tour, Flat Rock Playhouse show, Pigeon Forge dinner and show, taxes and gratuities included.

Christmas Nights of Lights

December 2-6 / Cost: \$1,599

Air to St. Augustine Florida and return from Savannah Georgia, 3 nights in St. Augustine, 1 night Savannah, breakfast daily, 3 dinners, Trolley Tour, Candlelight Tour in St. Augustine, Historic Savannah Tour. Gratuities and interruption insurance included.

South America Cape Horn & Straits of Magellan

Jan 15-Feb 2, 2015 / Cost: \$5698

Round trip air and one night hotel in Santiago and Buenos Aires including breakfast and city tours, 15 day cruise on the Golden Princess. All port, air and shipboard gratuities and medical insurance included.



Senior Programs

Lifecare Meals - A hot lunch program for Gahanna residents 60 years old or older is offered Monday-Friday at Stygler Village at 12:15pm. Please make reservations one day in advance by calling 278-3152. Meals on Wheels are also available by calling 278-3152.

COTA Mainstream - Transportation for medical appointments, social and recreational activities, is available for the handicapped through this program. An application is necessary. Call 275-5828.

Hearing Aid Check and Clean - Earzlink is offering hearing checks, hearing aid care and cleaning on the last Wednesday of each month beginning at 1:00 p.m. Appointments are necessary. Please call 342-4265.

Informational and Referral Services - Information is available Monday-Friday from 8:30am-4:30pm at The Center. Assistance will be offered in helping you to make contacts with the appropriate agency for your needs.

Options for Elders - Information about Franklin County programs and services, including alternatives to nursing home care is available for those ages 60+. Call 526-6200.

Retired and Senior Volunteer Program (R.S.V.P.) - A national program, funded by Congress, places seniors ages 55 and older into meaningful volunteer opportunities in the community. Contact 221-6766, ext. 152, to obtain an application.

OSHIIP (Ohio Senior Health Insurance Information Program) - Appointments are available to answer questions about Medicare, Medicare Supplements, HMO's, Medicaid, long-term care insurance and home health care insurance. Please call 342-4265 for an appointment at the Center.

Dietician - Sponsored by Traditions at Stygler Rd. a licensed dietician will be available on the second Thursday of each month from 11:30 am - 12:30 pm to discuss general nutrition and hydration by appointment only. 614-342-4265. No charge for this service.

CAMP

CAMP EXPERIENCES

Camp Registration Day March 8, 2014 9am-12pm

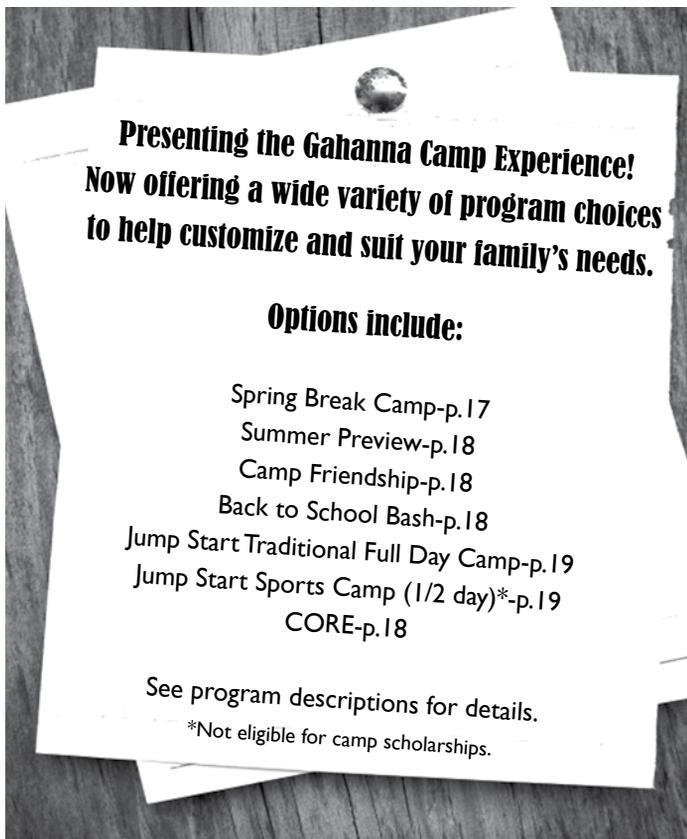
NEW: Register for Camp on this day and be able to make installment payments!

To register for any of our camp experiences, you must provide the following:

- Proof of residency if applicable.
- A copy of a current health insurance card
- A completed 2014 Summer Camp Registration Form* and 2014 Health History Form* for each child.
- Review parent handbook and sign acknowledgement of Parent Handbook-2014.



*All forms and the Parent Handbook will be available on the Parks & Recreation page at www.Gahanna.gov or may be picked up at the Parks & Recreation office at Gahanna City Hall.



General Camp Information for ALL camps

NO CAMP JULY 4

Important Information:

Lunch, snacks & sun screen are NOT provided!
Parents or guardians MUST sign the participant into the program every day and present valid photo identification EVERY DAY in order to sign them out.

Parent Handbook:

Camp policies & procedures are outlined in the Parent Handbook. Copies are available at registration or online at gahanna.gov.

**Gahanna Parks & Recreation Foundation
Camp Scholarships**

The Department of Parks & Recreation is proud to offer scholarships for Camp Friendship funded by the Gahanna Parks & Recreation Foundation. Scholarships assist in making the program accessible by covering a partial cost of up to two weeks for Gahanna students who qualify. Families who qualify for participation in the free/reduced school lunch program may receive funding as follows: Reduced Lunch = 50% of camp fees covered; Free Lunch = 75% of camp fees covered. The remaining balance must be paid at the time of application. Scholarships are awarded on a first-come, first-serve basis.
Call 342-4250 for more information.

Spring Break Camp - NOW REGISTERING!

At the Gahanna Spring Break Camp, kids ages 5-10 will have a blast with the highly qualified staff from Jump Start Sports. During the structured camp hours from 9am - 3pm, kids will play various sports such as baseball, basketball, lacrosse, flag football, soccer and ultimate Frisbee in the morning. Every afternoon the campers will take part in more traditional "camp games" such as capture the flag, dodge ball and kickball! Jump Start Sports camps provide children with an opportunity to play and learn about sports in a fun, well supervised environment.

There are optional before-camp hours from 8 - 9am and after-camp hours from 3 - 5pm where children will be involved in additional supervised activities. All children must bring a water bottle, morning and afternoon snack and a non-parishable packed lunch daily.

Dates: March 24 - March 28

Ages: 5-10

Location: Locker Soccer, 277 Johnstown Road

Activity	Day	Time	RDR/SR
141309A	Mon-Fri	9am-3pm	\$115/\$135
141309B	Mon	9am-3pm	\$30/\$40
141309C	Tue	9am-3pm	\$30/\$40
141309D	Wed	9am-3pm	\$30/\$40
141309E	Thu	9am-3pm	\$30/\$40
141309F	Fri	9am-3pm	\$30/\$40

Hours & Pricing:

	RDR	SR
Full Week-Extended Care: 8m - 5pm	\$135	\$155
Single-Extended Care: 8am - 5pm	\$40	\$50

CAMP

CAMP EXPERIENCES

Summer Preview Camp

Don't live within Gahanna Jefferson Public School District? No problem! Pick your days before Camp Friendship or Jump Start Sports Traditional Camp begin. Note: If snow days push back school ending dates, refunds are available for campers who cannot attend due to school still being in session.

Ages: 5-14

Location: Friendship Park, 150 Oklahoma Ave.

Days: Monday, Tuesday, Wednesday, Thursday, and Friday

Hours: 9am-3pm (Pre Care: 7 - 9am; After Care: 3 - 6pm)

Please see p. 17 for Important Information.

	RDR	SR
Early Bird Rate (3/8/14 – 4/25/14)	\$35/day	\$40/day
Regular Fees (After 4/25/14)	\$40/day	\$45/day

Activity	Camp Date
340101-A1	Mon, June 2
340101-A2	Tue, June 3
340101-A3	Wed, June 4
340101-A4	Thu, June 5
340101-A5	Fri, June 6

Back to School Bash Camp

Don't live within Gahanna Jefferson Public School District? No problem! We have you covered for the days before it's Back to School!

Ages: 5-14

Location: Friendship Park, 150 Oklahoma Ave.

Days: Monday, Tuesday, Wednesday, Thursday, and Friday

Hours: 9am-3pm (Pre Care: 7-9am; After Care: 3-6pm)

Please see p. 17 for Important Information.

	RDR	SR
Early Bird Rate (3/8/14 – 4/25/14)	\$35/day	\$40/day
Regular Fees (After 4/25/14)	\$40/day	\$45/day

Activity	Camp Date
340101-M1	Mon, Aug 11
340101-M2	Tue, Aug 12
340101-M3	Wed, Aug 13
340101-M4	Thu, Aug 14
340101-M5	Fri, Aug 15

Camp Friendship

Need a summer option to beat the boredom and have lots of fun in the sun? What could be better than 9 weeks bursting at the seams with activity? Camp Friendship offers weekly field trips and pool days, along with weekly theme based activities, enrichment programs, and community involvement. It allows children to EXPLORE, DISCOVER and CREATE in a safe and encouraging environment, befitting an ACA-accredited camp. Also this summer, offsite enrichment excursions may be possible during high enrollment weeks for older age groups. Other exciting changes for this summer include the availability to pay for camp registrations through installment billing and Hannah Park becoming our exclusive location for Camp Friendship. With extended care hours, field trip fees and a field trip t-shirt, in the price, this is the best camp value for the money! Early Bird rates apply before April 25.

Visit the Parks & Recreation page at www.gahanna.gov and click on "Camps" for registration forms and details!

Ages: 5-12

Location: Hannah Park, 6547 Clark State Rd.

Days: Monday-Friday

Hours: 9am-3pm (Pre Care: 7-9am; After Care: 3-6pm)

Field Trips: Wednesday or Thursday, dependent on camper's age group

Pool Days: Tuesdays



	RDR	SR
Early Bird Rate (3/8/14 – 4/25/14)	\$160/week	\$180/week
Regular Fees (After 4/25/14)	\$175/week	\$195/week

Activity	Camp Date	Weekly Theme
340101B	June 9-13	Get Out!
340101C	June 16-20	Wild & Wonderful
340101D	June 23-27	Horsin' Around
340101E	June 30 - Jul 3	Stars & Stripes (no camp July 4)
340101F	July 7-11	Color Showdown
340101G	July 14-18	Winter in July
340101H	July 21-25	Ahoy, Matey!
340101J	July 28 - Aug 1	Survivor: Camp Friendship
340101K	Aug 4-8	Camp Friendship Classics

Please see p. 17 for Important Information.

CAMP CORE: Creating Opportunities through Recreation Experiences

Time to get out, be active, and explore Ohio this summer! Designed for ages 12-14, CORE focuses on the specific developmental assets that mold caring, healthy, and responsible adults. Teens will hike, fish, canoe, volunteer in weekly service activities, serve as Counselors-In-Training at Camp Friendship, visit TONS of places and parks around Ohio, learn about nature and the outdoors, all while developing leadership skills and an appreciation for the community. CORE is the perfect place for a teen who is ready to learn more about what they are capable of and how they relate to the worlds around them. Visit the Parks & Recreation page at www.gahanna.gov and click on "Camps" for registration forms and details!

Ages: 12-14

Location: Friendship Park, 150 Oklahoma Ave.

Days: Monday-Friday

Hours: 8am-5pm (see below for pre and after care)

	RDR	SR
Early Bird Rate (3/8/14 – 4/25/14)	\$160/week	\$180/week
Regular Fees (After 4/25/14)	\$175/week	\$195/week
Pre Care (beginning at 7:30am) and After Care (ending at 5:30pm):	\$15/week	

Activity	Camp Date	Weekly Theme
370501A	June 9-13	Mission Possible
370501B	June 16-20	Under the Sea
370501C	June 23-27	Explore Ohio
370501D	June 30 - Jul 3*	Wind & Waves
370501E	July 7-11	Color Explosion
370501F	July 14-18	Ride the Coasters
370501G	July 21-25	Staycation
370501H	July 28 - Aug 1	Adventure
370501I	Aug 4-8	Celebrate Summer

Register for all 9 weeks of camp for the price of 8!

Important Information:

Due to the offsite nature and increased responsibility involved with the CORE program, participants and parents must agree to and meet established behavior and performance expectations. Parents or guardians MUST sign the participant into the program every day and present valid photo identifications EVERY DAY in order to sign him/her out.

CAMP EXPERIENCES

Jump Start Traditional Full-day Camp

Spend summer running, jumping, playing, and exploring! There's a new camp opportunity for Summer 2014! Adding to their sports programs, Jump Start Sports is offering a new, full-day, traditional camp option. Campers will enjoy weekly field trips and pool days, along with theme-based activities to help keep them active and have TONS of fun in the sun.

At the time of registration, campers will be given the option of attending the Sports Camp each morning. (Registration and payment for Sports Camp option must be completed beforehand according to policy) Jump Start Sports also offers extended care options for those campers who want to continue having fun all day long. Visit the Parks & Recreation page at www.gahanna.gov and click on "Camps" for registration forms and details! Also check out www.jumpstartsports.com for more information about their programs.

Ages: 6-12

Location: Friendship Park, 150 Oklahoma Ave.

Days: Mon-Fri

Pool Day: Wednesday

Field Trip: Thursday

Traditional Day Camp (Hours: 9am-3pm)

	RDR	SR
Early Bird Rate (3/8/14 – 4/25/14)	\$125/week	\$140/week
Regular Fees (On/After 4/26/14)	\$145/week	\$160/week

Extended Care Full Day Camp (Hours: 7:30am-5:30pm)

	RDR	SR
Early Bird Rate (3/8/14 – 4/25/14)	\$160/week	\$175/week
Regular Fees (On/After 4/26/14)	\$175/week	\$195/week

Activity	Camp Date	Weekly Theme
341309A	June 9-13	Olympics
341309B	June 16-20	Free Falling!
341309C	June 23-27	Lions, Tigers, and Bears!
341309D	June 30 - Jul 3*	Over the River and Through the Woods
341309E	July 7-11	Game Show Week
341309F	July 14-18	You're On Stage!
341309G	July 21-25	Strike!
341309H	July 28 - Aug 1	Let's Have a Ball!
341309I	Aug 4-8	Spirit Week

*No Camp July 4

NOTE: Camp registrations are not accepted within 10 days of the start of each camp week, special consideration can be made in writing to supervisor zac.guthrie@gahanna.gov.

Important Information:

Lunch, snacks & sun screen are NOT provided! Campers must be six years old by the first day of the session in which they are enrolled, and may attend until their 13th birthday. Parents or guardians MUST sign the participant into the program every day and present valid photo identification EVERY DAY in order to sign them out.

Parent Handbook:

Camp policies & procedures are outlined in the Parent Handbook. Copies are available at registration or online at gahanna.gov.



/CityofGahannaPR

Jump Start Sports Camp

Have fun, learn new skills, and be active! Jump Start Sports offers creative sports programs that teach fundamentals, fair play, and teamwork. Qualified instructors provide youth with a foundation for growth and nurture their love of sport in an environment that focuses on fun and learning rather than competition. With options for a variety of sports, a Jump Start Sports Camp is a great option for budding athletes of all skill levels. Visit the Parks & Recreation page at www.gahanna.gov and click on "Camps" for registration forms and details! Also check out www.jumpstartsports.com for additional information.

Ages: 6-12

Location: Friendship Park, 150 Oklahoma Ave.

Days: Mon-Fri

Hours: 9am-12pm

	RDR	SR
Early Bird Rate (3/8/14 – 4/25/14)	\$90/week	\$105/week
Regular Fees (On/After 4/26/14)	\$100/week	\$115/week

Activity	Camp Date	Weekly Theme
341302A	June 9-13	World Cup Soccer Camp
341301A	June 16-20	All Star Baseball Camp
341301B	June 16-20	All Star Softball Camp
341303A	June 23-27	Lacrosse Camp
341304A	July 7-11	Little Duffers Golf Camp
341305A	July 14-18	Hoop It Up Basketball Camp
341306A	July 21-25	All-Pro Football
341307A	July 21-25	All-Pro Cheerleader Camp
341308A	July 28 - Aug 1	Olympics

NOTE: Camp registrations are not accepted within 10 days of the start of each camp week, special consideration can be made in writing to supervisor zac.guthrie@gahanna.gov.

Important Information:

Lunch, snacks & sun screen are NOT provided! Campers must be six years old by the first day of the session in which they are enrolled, and may attend until their 13th birthday. Parents or guardians MUST sign the participant into the program every day and present valid photo identification EVERY DAY in order to sign them out.

Parent Handbook:

Camp policies & procedures are outlined in the Parent Handbook. Copies are available at registration or online at gahanna.gov.

Creekside Paddle Boat Hours of Operation			
Cost: \$5 per boat / 1/2 hour	Pre-Summer Hours May 10- June 1	Summer Hours June 2- August 17	Fall Hours August 18- September 28
Mondays	CLOSED	CLOSED	CLOSED
Tuesdays-Fridays	CLOSED	4pm-8pm	CLOSED
Saturdays	12pm-8pm	11am-8pm	11am-3pm
Sundays	1pm-5pm	12:30pm-4:30pm	1-5pm

*Schedule is weather dependent. Hours may vary for special events and holidays.

CAMP

YOUTH PROGRAMS

Jump Start Sports

Jump Start Sports offers creative sports programs that teach fundamentals, fair play and teamwork. Qualified instructors provide youth with a foundation for growth and nurture their love of sport in an environment that focuses on fun and learning rather than competition. All programs include a t-shirt. More information is available at www.jumpstartsports.com.

Spring Break Camp

At the Gahanna Spring Break Camp, kids ages 5-10 will have a blast with the highly qualified staff from Jump Start Sports. During the structured camp hours from 9am - 3pm, kids will play various sports such as baseball, basketball, lacrosse, flag football, soccer and ultimate Frisbee in the morning. Every afternoon the campers will take part in more traditional "camp games" such as capture the flag, dodge ball and kickball! Jump Start Sports camps provide children with an opportunity to play and learn about sports in a fun, well supervised environment.

There are optional before-camp hours from 8 - 9am and after-camp hours from 3 - 5pm where children will be involved in additional supervised activities. All children must bring a water bottle, morning and afternoon snack and a non-parishable packed lunch daily.

Dates: March 24 - March 28

Ages: 5-10

Location: Locker Soccer, 277 Johnstown Road

Activity	Day	Time	RDR/SR
I41309A	Mon-Fri	9am-3pm	\$115/\$135
I41309B	Mon	9am-3pm	\$30/\$40
I41309C	Tue	9am-3pm	\$30/\$40
I41309D	Wed	9am-3pm	\$30/\$40
I41309E	Thu	9am-3pm	\$30/\$40
I41309F	Fri	9am-3pm	\$30/\$40

Hours & Pricing:

	RDR	SR
Full Week-Extended Care: 8m - 5pm	\$135	\$155
Single-Extended Care: 8am - 5pm	\$40	\$50

T-Birds T-Ball

Instructional tee-ball for three and four year-olds. Players learn the basics of catching, fielding, throwing, and hitting. Then they apply what they've learned in fun, non-competitive games. Parents are encouraged to participate in the coaching and are provided practice plans and assistance in coaching young children *Schedule TBA before start of season. Each player will be placed on a team and scheduled for 1 hour at 4:30pm, 5:30pm or 6:30pm with full season schedule completed prior to first game. Time preference request must be in writing with registration. Includes an MLB hat, team shirt and participation award.

6 weeks

Ages: 3-4 years

Class	Day	Date	Time	RDR/SR
301302A	Thu	May 8-Jun 12	4:30pm, 5:30pm or 6:30pm	\$69/\$79

Location: Woodside Green Park, 213 Camrose Ct

Lacrosse

Boys and girls can learn to play one of the fastest growing sports in the United States. Lacrosse is action packed and lots of fun! All equipment will be provided in this highly instructional program. Experienced coaches will be provided by Jump Start Sports, but parents may assist in the coaching. All players will receive instruction on: passing and catching; fielding ground balls; cradling; positioning; and defense. Players will be divided by gender and age to play fun situational scrimmages. Plastic sticks will be used and no checking, stick checking, or poking will be allowed. No helmets or shoulder pads will be used. Players should provide cleats and mouth guards.

Ages: 7-11

Summer Youth Soccer

Children have fun and learn the basics of soccer: dribbling, passing, trapping, shooting, and positioning. Each session consists of instruction in each aspect of the game, participation in fun drills that are designed to teach skills, and low-key, non-competitive game. All coaching will be conducted by Jump Start Sports staff, but parents may assist.

6 weeks; No class July 5*

Location: Headley Park, 1031 Challis Springs Dr.

Class/Age	Day	Date	Time	RDR/SR
301304A/3-4	Sat	June 7-July 19*	9-10am	\$69/\$79
301304B/5-6	Sat	June 7-July 19*	10-11am	\$69/\$79
301304C/7-9	Sat	June 7-July 19*	11am-12:15pm	\$69/\$79

Tumblin' 4 Kids

The enthusiastic Tumblin' 4 Kids staff lead these motivational tumbling and gymnastics classes. Participants will learn proper stretching, tumbling and apparatus skills in a fun, encouraging environment!

Spring: 6 Weeks

Location: Golf Course Clubhouse, 220 Olde Ridenour Rd.

Class	Title/Age	Day	Date	Time	RDR/SR
100101C	TmbTots/2-3	Wed	Mar 5-Apr 9	5:30-6pm	\$52/\$62
100102C	TmbTykes/3-4	Wed	Mar 5-Apr 9	6-6:30pm	\$52/\$62
100103C	TmbKidsII/4-5	Wed	Mar 5-Apr 9	6:30-7pm	\$52/\$62
100104C	TmbKidsIII/5-6	Wed	Mar 5-Apr 9	7-7:30pm	\$52/\$62
100108C	TurboTmb/7-12	Wed	Mar 5-Apr 9	7:30-8pm	\$52/\$62

Spring: 6 Weeks

Location: Golf Course Clubhouse, 220 Olde Ridenour Rd.

Class	Title/Age	Day	Date	Time	RDR/SR
100101D	TmbTots/2-3	Wed	Apr 30-Jun 4	5:30-6pm	\$52/\$62
100102D	TmbTykes/3-4	Wed	Apr 30-Jun 4	6-6:30pm	\$52/\$62
100103D	TmbKidsII/4-5	Wed	Apr 30-Jun 4	6:30-7pm	\$52/\$62
100104D	TmbKidsIII/5-6	Wed	Apr 30-Jun 4	7-7:30pm	\$52/\$62
100108D	TurboTmb/7-12	Wed	Apr 30-Jun 4	7:30-8pm	\$52/\$62

Summer: 4 Weeks

Location: Golf Course Clubhouse, 220 Olde Ridenour Rd.

Class	Title/Age	Day	Date	Time	RDR/SR
300101A	TmbTots/2-3	Wed	Jun 18-Jul 9	5:30-6pm	\$42/\$52
300102A	TmbTykes/3-4	Wed	Jun 18-Jul 9	6-6:30pm	\$42/\$52
300103A	TmbKidsII/4-5	Wed	Jun 18-Jul 9	6:30-7pm	\$42/\$52
300104A	TmbKidsIII/5-6	Wed	Jun 18-Jul 9	7-7:30pm	\$42/\$52
300108A	TurboTmb/7-12	Wed	Jun 18-Jul 9	7:30-8pm	\$42/\$52

Summer: 6 Weeks

Location: The Center, 480 Rocky Fork Blvd

Class	Title/Age	Day	Date	Time	RDR/SR
300101B	TmbTots/2-3	Tue	Jul 8 - Aug 12	5:30-6pm	\$52/\$62
300102B	TmbTykes/3-4	Tue	Jul 8 - Aug 12	6-6:30pm	\$52/\$62
300103B	TmbKidsII/4-5	Tue	Jul 8 - Aug 12	6:30-7pm	\$52/\$62
300104B	TmbKidsIII/5-6	Tue	Jul 8 - Aug 12	7-7:30pm	\$52/\$62
300108B	TurboTmb/7-12	Tue	Jul 8 - Aug 12	7:30-8pm	\$52/\$62

Summer: 4 weeks

Location: Golf Course Clubhouse, 220 Olde Ridenour Rd.

Class	Title/Age	Day	Date	Time	RDR/SR
300101C	TmbTots/2-3	Wed	Aug 6-Aug 27	5:30-6pm	\$42/\$52
300102C	TmbTykes/3-4	Wed	Aug 6-Aug 27	6-6:30pm	\$42/\$52
300103C	TmbKidsII/4-5	Wed	Aug 6-Aug 27	6:30-7pm	\$42/\$52
300104C	TmbKidsIII/5-6	Wed	Aug 6-Aug 27	7-7:30pm	\$42/\$52
300108C	TurboTmb/7-12	Wed	Aug 6-Aug 27	7:30-8pm	\$42/\$52

YOUTH PROGRAMS

Yoga For Kids

Simple, invigorating yoga poses engage your child's natural, boundless energy to strengthen the body, improve coordination, while learning valuable lessons in positive thinking, and body, breath, and mind awareness while at the same time having FUN! We will be exploring music, song, relaxation and balloon belly breathing. The kinesthetic, visual, and aural aspects this yoga class will lead your child into self expression through color and drawing to reach into your child's mind/body connection. You may be surprised what you may learn from your child's unguarded intuition after releasing pent up energy and learning techniques to relax. Includes all supplies & equipment.

Instructor: Sue Johnson and Diane Schaefer, skilled yoga assistant
Ages: 8-10

Class	Day	Date	Time	RDR/SR
301301A	Sat	June 28	10am-12pm	\$30/\$35
301301B	Sat	July 26	10am-12pm	\$30/\$35

Location: Gahanna Municipal Golf Course Clubhouse

Tea Time for Fairies

Spring has arrived and the fairies are looking for new homes. Come learn and explore how to create a fairy wonderland out of teacups, as well as how to use natural materials to make fairy garden furniture and accessories. We will also enjoy fairy tea! Class is appropriate for ages 5 to 105! Cost includes one adult and one child; additional children are RDR\$5/SR\$7. Class size is limited.

Instructor: Shannon Barnette

Class	Day	Date	Time	RDR/SR
150305A	Sat	Apr 5	1-2pm	\$15/\$20

Location: Ohio Herb Education Center, 110 Mill St.

Mother's Day Herb Craft

Celebrate mom with handmade herbal crafts. For four hours on Saturday, the parlor will be transformed into an open craft area for parents and children. For a small fee per craft, children and adults can create lavender soap, herbal bath soaks, or herbal drawer sachets for gifts or to enjoy as keepsakes. (Not eligible for Rosemary bundle).

Day	Date	Time	Cost
Sat	May 3	12-4pm	\$5 per craft or 3 for \$12

Location: Ohio Herb Education Center, 110 Mill St.

GET CONNECTED

City of Gahanna and Parks and Recreation are online!

Be sure to "like" or follow these accounts to receive the latest updates and information pertaining to city events:

facebook.com/CityOfGahanna
facebook.com/CityOfGahannaPR
facebook.com/CreeksideNews
facebook.com/OhioHerbEducationCenter

@CityofGahanna
@CreeksideNews

Be sure to visit gahanna.gov and sign up for the newsletter!

JumpBunch Sports

JumpBunch Sports and Fitness for Kids

Coaches lead lively, colorful, and age appropriate activities for toddlers and preschoolers that build motor skills, balance, coordination, muscles and team-work. Teaching will consist of constant praise and encouragement enabling the children to establish self confidence, healthy habits, eye/hand coordination, fine and gross motor skills and balance. Each lesson features a different activity covering sports, sports readiness skills, fitness activities and working together. For more information about this popular program, go to JumpBunch.com, or email ColumbusOH@JumpBunch.com.

Location: The Center, 480 Rocky Fork Blvd.

Spring Session: 8 weeks

Class	Day	Date	Time	RDR/SR
102001A*	Thu	Apr 3-May 22	6-6:30 p.m.	\$66/ \$76
102002A**	Thu	Apr 3-May 22	6:30-7:15 p.m.	\$66/ \$76

* Parent/Child, 18-36 months

**Pre-K, ages 3-5

Summer Session: 8 weeks

Class	Day	Date	Time	RDR/SR
302001A*	Thu	June 12-Aug 7	6-6:30 p.m.	\$66/ \$76-No class July 3
302002A**	Thu	June 12-Aug 7	6:30-7:15 p.m.	\$66/ \$76

Location: The Center, 480 Rocky Fork Blvd

* Parent/Child, 18-36 months

**Pre-K, ages 3-5

Mom's Morning Off by JumpBunch Sports

Run your errands, have coffee with friends or take the morning off each Tuesday this summer. Your child will have a great morning of structured sports and fitness, crafts, games and free play led by JumpBunch Coaches. Each session features a different activity theme covering sports, sports readiness skills, fitness activities and working together. When necessary participants will be divided into appropriate age groups. All equipment will be provided.

8 weeks (June 10-July 29; pre-registration available for individual dates)

Ages: 3-8 years

Class	Day	Date	Time	RDR/SR
302003A	Tue	8 weeks	9-11:30am	\$100/\$120
302003B	Tue	June 10	9-11:30am	\$15/\$18
302003C	Tue	June 17	9-11:30am	\$15/\$18
302003D	Tue	June 24	9-11:30am	\$15/\$18
302003E	Tue	July 1	9-11:30am	\$15/\$18
302003F	Tue	July 8	9-11:30am	\$15/\$18
302003G	Tue	July 15	9-11:30am	\$15/\$18
302003H	Tue	July 22	9-11:30am	\$15/\$18
302003J	Tue	July 29	9-11:30am	\$15/\$18

Location: Gahanna Golf Course Clubhouse, 220 Olde Ridenour Rd.

Don't Wait to Register!

Sometimes classes are canceled due to low enrollment. Please register early and encourage your friends to do so to avoid disappointment.

Did you know you can register online?
Call 614.342.4250 for details.

HOW TO REGISTER

1. Register for selected classes and programs on-line!
Get your user name and password to get started!
Call or email Parks & Recreation at 342-4250 or parksandrec@gahanna.gov.
Request online now and be approved within one business day.
2. Call our office at 342-4250.
3. In person at Gahanna City Hall Parks & Recreation Office, 200 S. Hamilton Rd., Monday-Friday, 8am-5pm.
4. Complete and sign the registration form. Enclose fee payment (check or credit card number). Check must be made payable to City of Gahanna. Mail to Gahanna Parks & Recreation, 200 S. Hamilton Road, Gahanna, OH 43230.
5. Complete and sign the registration form. Enclose fee payment (check or credit card number). Checks must be made payable to City of Gahanna. Drop the registration in the drop box located to the left of the front doors of the Municipal Building, 200 S. Hamilton Rd.
6. Fax your signed, completed registration form (available online) to 342-4351 or 342-4100, attention Parks & Recreation. For credit card payments only.

These policies and forms apply to Parks & Recreation and Ohio Herb Education Center programs *only* (not Senior Center programs).

Thank you to our sponsors and all the organizations whose time and talents help support the mission of Gahanna Parks & Recreation!

- Strathmore Development Co.
- Gahanna Rotary • Stoneybrook UMC
 - Gahanna Parks & Recreation Foundation
 - Western & Southern Financial • Everest Institute
 - Renewal by Anderson • Schneider Insurance
 - Games 2U • GCSTO • Fun Day Events
 - Gahanna Convention & Visitors Bureau
 - Donatos • Key Bank
 - Toopes Family • CD 102.5
 - State Rep. Anne Gonzales • Yuengling
 - Pathway Church • Gahanna Library
- Gahanna Lincoln High School
art department
creative writing group
performance studio

Contact Gahanna Parks & Recreation

Phone: (614) 342-4250
Fax: (614) 342-4351
Address: 200 S. Hamilton Road
Gahanna, OH 43230
Email: parksandrec@gahanna.gov
Website: www.gahanna.gov/departments/parks
Facebook: www.facebook.com/CityofGahannaPR

Class Policies

If the Gahanna-Jefferson Schools close due to inclement weather, all Gahanna Parks & Recreation Programs will be canceled and rescheduled at a later date.

The Gahanna Department of Parks & Recreation requires participants registering for age or grade-specific programs to be the **minimum** age or grade listed by the **first day** of the program.

The Gahanna Department of Parks & Recreation will regularly photograph the classes and their participants. The photographs may be used in publications and online. **If you wish not to be photographed, please indicate so on the registration form.**

Registration Policies

Fee Structure

The City of Gahanna's operations is funded primarily through income taxes paid to the City of Gahanna. For this reason, any person residing in the City of Gahanna, or who is an employee of a business located within the City of Gahanna (which also includes a spouse and/or child of such employee), will pay the **resident discount rate** when registering for a program or when reserving a Park and/or Golf Course facility. All others will be required to pay the **standard rate** otherwise noted. *Please note that even if you have a Gahanna mailing address and/or live within the Gahanna-Jefferson School District, you MAY NOT be a qualifying resident of the City of Gahanna.*

In order to receive the **resident discount rate**, a person must live within the Gahanna City limits and **may be required** to verify proof of residency by showing a current City of Gahanna water bill, along with any valid photo identification. A full-time employee (spouse or child) of a business located within the City of Gahanna must provide proof of employment on company letterhead (with Gahanna address) signed by the personnel director or president of the company. Presentation of a valid photo identification of the employee is also required.

Fees must be paid at the time of registration. Only receipt of payment reserves enrollment. **All programs have limited enrollment.**

Cancellation, Refund and Credit Policies

CLASS CANCELLATIONS: We will contact you if a class has been canceled or filled to maximum capacity prior to processing your registration. If you do not hear from us, please attend the first class.

FACILITY CANCELLATIONS: Reservations canceled more than 30 days in advance of the registration date will receive a refund, less at \$10 administrative fee. Cancellations 14-29 days in advance will receive a 50% refund; cancellations less than 13 days receive no refund. Changes or rescheduled reservations are subject to a \$10 administrative fee. No refunds for inclement weather.

PROGRAM REFUNDS and CREDITS: Refunds are only issued in instances when a class/program has been canceled by the Department.

Absolutely no refunds will be issued for customer requested cancellations, classes and programs.

It's not just a team.... it's a soccer REVOLUTION!



2014 Tryout Information

Where: Headley Park

1031 Challis Springs Dr.
Gahanna, OH 43054

What to bring: Ball, shin-guards, water

Registration: Go to www.gnafutbolclub.com and click Registration.

*Check-in begins 30 minutes prior to tryout time.

Age	Birthdate	Tryout Date	Time
U8/U9/U10	8/1/04-7/31/07	Tuesday 5/27/14	6:00pm
		Thursday 5/29/14	6:00pm
		Saturday 6/7/14	10am
U11	8/1/03-7/31/04	Wednesday 5/28/14	5:30pm
		Friday 5/30/14	5:30pm
		Saturday 5/31/14	10:00am
U12	8/1/02-7/31/03	Wednesday 5/28/14	7:00pm
		Friday 5/30/14	7:00pm
		Saturday 5/31/14	10:00am
U13	8/1/01-7/31/02	Monday 6/2/14	5:30pm
		Thursday 6/5/14	5:30pm
		Saturday 6/7/14	10:00am
U14	8/1/00-7/31/01	Monday 6/2/14	7:00pm
		Thursday 6/5/14	7:00pm
		Saturday 6/7/14	10:00am
U15/U16	8/1/98-7/31/00	Tuesday 6/3/14	5:30pm
		Wednesday 6/4/14	5:30pm
		Saturday 6/7/14	10:00am
U17/U18	8/1/96-7/31/98	Tuesday 6/3/14	7:00pm
		Wednesday 6/4/14	7:00pm
		Saturday 6/7/14	10:00am



CITY OF GAHANNA
DEPARTMENT OF PARKS & RECREATION

200 S. Hamilton Road
Gahanna, Ohio 43230

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CALENDAR HIGHLIGHTS

Calendar Highlights

General program registration begins Monday, March 3, 2014.

Summer-long Fun!

Creekside Live Rotary Stage at Creekside Plaza, Second and Fourth Fridays, June - August

Ice Cream Nights Hunters Ridge Pool, Every Tuesday, May 27 - August 12

Hot Dog Nights Gahanna Swimming Pool, Every Thursday, June 4 - August 7

Dive in Movies Hunters Ridge Pool, June 6 July 18, August 8

Summer Events

- Mar 8 **Camp Registration Day** Gahanna City Hall, 9am - 12pm
- Apr 22 **Earth Day Volunteer Opportunity**
- Apr 26 **Gahanna Cleans Green** Gahanna City Hall parking lot, 9am - 1pm
- May 10 **Herb Day** Ohio Herb Education Center & Creekside Plaza, 9am - 4pm
- May 10 **Paddle Boats open** Creekside Park, 117 Mill St. 12pm
- May 25 **Hunters Ridge Pool opens** 341 Harrow Blvd., 12pm
- May 30 **Gahanna Swimming Pool opens** 148 Parkland Dr., 12pm
- June 14 **Cinema Under the Stars** Rotary Stage at Creekside Plaza - Back to the Future, 9pm

Please see program details inside this Gateway. Dates and times are subject to change. Please visit Gahanna.gov and like us at www.facebook.com/CityofGahannaPR for the latest information.