

## Youth Programming

### Winter Camp

Ready to get out of the house? Looking for a fun way to spend your days away from school? Winter Camp is just for you! We are going to explore, create and perform with the energetic Camp Friendship staff over winter break.

Participants can choose any number of days during the winter break. Each day will offer different activities that will be sure to peak your child's interest and includes shirt, snacks and daily field trip or activity

**Ages:** 5-12

**Location:** The Center, 480 Rocky Fork Blvd.

**Instructors:** Gahanna Recreation Staff

**Session I** – Dec. 22, 23, 24, 26

Class	Type	Day	Times	RDR/SR
440901A	4 days	M,TU,W,F	7:30am-5:30pm	\$120/\$140
440901A1	1 day	Mon	7:30am-5:30pm	\$40/\$50
440901A2	1 day	Tue	7:30am-5:30pm	\$40/\$50
440901A3	1 day	Wed*	7:30am-3:30pm*	\$40/\$50
440901A4	1 day	Fri	7:30am-5:30pm	\$40/\$50

\*Camp will end at 3:30pm on 12/24

**Session II** – Dec. 29, 30, 31, Jan. 2

Class	Type	Day	Times	RDR/SR
440901B	4 days	M,TU,W,F	7:30am-5:30pm	\$120/\$140
440901B1	1 day	Mon	7:30am-5:30pm	\$40/\$50
440901B2	1 day	Tue	7:30am-5:30pm	\$40/\$50
440901B3	1 day	Wed	7:30am-5:30pm	\$40/\$50
440901B4	1 day	Fri	7:30am-5:30pm	\$40/\$50

### 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!

**Winter I:** 6 Weeks

**Day:** Wednesdays

Class	Title/Age	Date	Time	RDR/SR
100101A	TmbTots/2.5-3	Jan 21 – Feb 25	5:30-6pm	\$60/\$70
100102A	TmbTykes/3-4	Jan 21 – Feb 25	6-6:30pm	\$60/\$70
100103A	TmbKidsI/4-5	Jan 21 – Feb 25	6:30-7pm	\$60/\$70
100104A	TmbKidsII/5-6	Jan 21 – Feb 25	7-7:30pm	\$60/\$70
100108A	TurboTmb/7-12	Jan 21 – Feb 25	7:30-8pm	\$60/\$70

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

**Winter II:** 6 Weeks (skip March 29 & April 8)

**Day:** Wednesdays

Class	Title/Age	Date	Time	RDR/SR
100101B	TmbTots/2-3	Mar 11 – Apr 29*	5:30-6pm	\$60/\$70
100102B	TmbTykes/3-4	Mar 11 – Apr 29*	6-6:30pm	\$60/\$70
100103B	TmbKidsI/4-5	Mar 11 – Apr 29*	6:30-7pm	\$60/\$70
100104B	TmbKidsII/5-6	Mar 11 – Apr 29*	7-7:30pm	\$60/\$70
100108B	TurboTmb/7-12	Mar 11 – Apr 29*	7:30-8pm	\$60/\$70

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

### Gahanna Preschool Fair

Come explore local preschool programs all under one roof. Preschools in Gahanna and surrounding areas will be available to share information about their schools. FREE!

**Date:** Thursday, January 15, 6-7:30 pm

**Location:** The Center, 480 Rocky Fork Blvd.

### Engineering For Kids

For more information on our programs, visit [engineeringforkids.com](http://engineeringforkids.com) or email [centralohio@engineeringforkids.com](mailto:centralohio@engineeringforkids.com)

**Junior Marine Engineering:** What causes something to sink or float? How can engineers help explore and protect the ocean below?

In this class, students explore the concepts of marine engineering and mechanics, harnessing the power of water and discovering designs that help us make the impossible, possible. 6 weeks

Class	Age	Day	Date	Time	RDR/SR
102701A	4-6	Tues	Jan 20-Feb 24	5:30-6:15pm	\$85/\$95

**Location:** The Center, 480 Rocky Fork Blvd.

**Marine Engineering:** Students will use the Engineering Design Process to design, create, test, and refine several types of marine based devices and vehicles and construct working prototypes that teach and reinforce the concepts of above water transportation, underwater exploration and harnessing the power of water. They gain exposure to careers in naval, ocean, and marine engineering as well as naval architecture. 6 weeks

Class	Age	Day	Date	Time	RDR/SR
102702BA	7-11	Tues	Jan 20-Feb 24	6:30-8:00pm	\$95/\$105

**Location:** The Center, 480 Rocky Fork Blvd.

**Robotics 101:** This program is designed to introduce students to both robot building as well as programming. Students will build robots to accomplish a specific task while using their imagination to make their robot better than the basic robot. 6 weeks

Class	Age	Day	Date	Time	RDR/SR
102703A	7-11	Wed	Jan 21-Feb 25	5:45-7:15pm	\$95/\$105

**Location:** The Center, 480 Rocky Fork Blvd.

### Engineering For Kids Winter Camp

**Survivor Camp:** Join us for a 3 day Survivor Camp where students will find themselves stranded on an abandoned island filled with perilous obstacles - dark caves, wild animals, cold temperatures, little food, and separation from the comforts of home! Your Engineer will be challenged to build their own functioning flashlight, understand how to create insulation to stay warm and build parachutes!

Class	Age	Day	Date	Time	RDR/SR
442101A	7-11	M-W	Dec 29-31	9am-12pm	\$99/\$114

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

**Rescue Robots:** Students will use LEGO® Robotics to build and program robots that can be used in rescue-related missions such as navigate through a city destroyed by an earthquake, search for survivors, and rebuilding destroyed bridges.

Class	Age	Day	Date	Time	RDR/SR
442102A	7-11	M-W	Dec 29-31	1-4pm	\$99/\$114

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



# 2015 Winter Survival Fun Guide



## Yoga

### Hatha Yoga

Feel better, stronger, and relieve stress as you experience the mind/body connection in this class. Explore the benefits of yoga postures to gently stretch and strengthen the body. Breathing techniques quietly relax the mind and emotions and take you into a deeper level of consciousness.

Ages 15+; 6 weeks.

#### Beginners

Activity	Day	Date	Time	RDR/SR
110102A	Tue	Jan 20-Feb 24	5:45-6:55pm	\$80/\$90
110102C	Tue	Mar 10-Apr 14	5:45-6:55pm	\$80/\$90

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

#### Experienced

Class	Day	Date	Time	RDR/SR
110102B	Tue	Jan 20-Feb 24	7-8:15pm	\$80/\$90
110102D	Tue	Mar 10-Apr 14	7-8:15pm	\$80/\$90

**Location:** 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. 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. 6 weeks.

**Instructor:** Sue Johnson

Class	Day	Date	Time	RDR/SR
110101A	Wed	Jan 21-Feb 25	10:30-11:45am	\$80/\$90
110101B	Wed	Mar 11-Apr 15	10:30-11:45am	\$80/\$90

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

## Herb Center

**Rosemary Bundle:** Choose 4 or more workshops in the winter quarter and receive a 10% discount on the total cost of your classes. Pre-registration for workshops is required. Workshops are non-transferable and non-refundable.

### Mixing & Using Herbal Tea

Learn the many health benefits, from calming nerves, improving digestion & sleep, to adding nutrients to our diet. Ages: 16+

**Instructor:** Janell Baran, Blue Owl Garden Emporium

Class	Day	Date	Time	RDR/SR
151101A	Sat	Jan 17	1-2:30pm	\$20/\$25
151101B	Tue	Jan 27	6:30-8pm	\$20/\$25

### Culinary Adventures: Using Dried Herbs

We'll discuss ideas for uses, taste some pre made dishes and prepare a simple dish. Ages: 16+

**Instructor:** Kate Hodges

Class	Day	Date	Time	RDR/SR
150627A	Sat	Jan 24	1-2pm	\$30/\$35

### Herbal Medicine 101: The Nervous System

We will learn how stress and anxiety have positive and negatives effects on the body and then discuss nervines and adaptogens, and how they support and restore vitality. Ages: 18+

**Instructor:** Brooke Sackenheim

Class	Day	Date	Time	RDR/SR
151001A	Sat	Jan 31	1-3pm	\$30/\$35

### Valentine's Day Herb Craft

Children and adults can create a honey hand scrub, herbal cookie mix, and creative herbal art for gifts or keepsakes.

Ages: all ages; Cost: \$5 per craft or 3 for \$12

Day	Date	Time
Sat	Feb 7 & 14	12-4pm

# Look for your Spring Gateway in February 2015!

## Basketball & Volleyball Open Gyms

Open gyms will run through April 30, 2015. Season passes may be purchased at the Parks & Recreation office.

**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.

**2014-15 Season Pass:** Valid for volleyball or basketball: RDR \$70/SR \$80

Basketball (18 and over): Tuesdays, 8:30-10:30pm  
Middle School South, 349 Shady Spring Drive

Basketball (35 and over): Thursdays, 8:30-10:30pm  
Middle School South, 349 Shady Spring Drive

Volleyball (18 and over): Tuesdays & Thursdays, 8:45-10:30pm  
Middle School East, 730 Clotts Road

## Herbal Exploration for Kids

We will experiment with and learn different ways to eat, drink and use our senses to experience herbs with Herb Magic and Winter Drinks.

Ages: 5-10

**Instructor:** Sarah Clement

### Herb Magic

*This month we will explore how heat and pressure reveals a plant's properties of scent and color.*

Class	Day	Date	Time	RDR/SR
152405A	Sat	Jan 24	10-10:45am	\$5/\$7

### Winter Drinks

*This month event kids will experiment with and learn different ways to experience herbs through eating, drinking and sensory play with herbs.*

Class	Day	Date	Time	RDR/SR
152405B	Sat	Feb 21	10-10:45am	\$5/\$7

## Culinary Adventures: Using Herbs in Sweets

Herbs are easy to toss into savory dishes, but adding these powerful flavors to sweets requires a bit more careful consideration. We'll share favorite flavor combinations and sample a pre made dish, then prepare and taste classic recipes. Ages: 16+

**Instructor:** Kate Hodges

Class	Day	Date	Time	RDR/SR
150627A	Sat	Feb 21	1-3pm	\$50/\$55

## Spa Day at the Herb Center

Experience an herbal spa day! Come and learn how to make herbal spa treatments like facials, body scrubs, aromatherapy steams, moisturizers and toners. Ages: 16+

**Instructor:** Erica Powell

Class	Day	Date	Time	RDR/SR
151402A	Sat	Feb 28	1-3pm	\$35/\$40

## Youth Theater & Acting

### Storybook Acting (Drop-Off)

In this 45 minute class our young actors will learn how to use their imagination to act out scenes from some of their favorite stories! Each class will begin by reading a story! We will then talk about each character in the story and the use our imaginations to act out the story with our own ideas! 8 weeks

Class	Age	Day	Date	Time	RDR/SR
101203A	4-7	Mon	Jan 26-Mar 16	5:30-6:15pm	\$80/\$90

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

### Commercial Acting (Drop-Off)

Be like the kids on TV! Learn how to create and perform a 1 minute commercial just like you would see on TV. This class works on basic acting techniques including memorizing scripts, using facial expressions and using lots of emotion! 8 weeks

Class	Age	Day	Date	Time	RDR/SR
101203B	8-12	Mon	Jan 26-Mar 16	6:30-7:30pm	\$80/\$90

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

## Commercial Acting

A lot of fun for both Big Actors and Little Actors! Get to learn the basics of acting while working on fun commercial scripts! When we think of our littlest actors we think of the cute little girl on the Goldfish commercial or the little boy with the really dirty baseball uniform on the laundry detergent commercial! Commercial Acting teaches both grown-ups and our little actors to be just like those kids on the TV! 8 weeks

Class	Age	Day	Date	Time	RDR/SR
101203C	4-7	Thu	Jan 29-Mar 19	5:15-6:00pm	\$80/\$90

**Location:** The Center, 480 Rocky Fork Blvd.

## Introduction to Acting

Learn the basics of Acting in this fun class! Each student will get to play lots of fun theatre games, work on at least two scripts, learn how to create a character and learn basic theatre terminology all while working on skills they will use both on and off of the stage! 8 weeks

Class	Age	Day	Date	Time	RDR/SR
101203D	8-12	Thu	Jan 29-Mar 19	6-7pm	\$80/\$90

**Location:** The Center, 480 Rocky Fork Blvd.

## Basic Acting

In this class our actors will learn basic acting terms they will be able to use in the theatre and acting techniques that they will be able to apply to both scripts and monologues! We will also work on different techniques of memorization and how to create a character to better their scripts and monologues! 8 weeks

Class	Age	Day	Date	Time	RDR/SR
101203E	13-18	Thu	Jan 29-Mar 19	7-8pm	\$80/\$90

**Location:** The Center, 480 Rocky Fork Blvd.

# Summer Camp Registration Day Saturday, February 28 9am-12pm Gahanna City Hall

## 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 teamwork. 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, fitness activities, sports readiness skills, and working together. For more information about this popular program, go to JumpBunch.com, or email ColumbusOH@JumpBunch.com. 8 weeks

Class	Age	Day	Date	Time	RDR/SR
102001A	18m-3yr*	Thu	Jan 22-Mar 12	6-6:30pm	\$80/\$90
102002A	PreK/3-5	Thu	Jan 22-Mar 12	6:30-7:15pm	\$80/\$90

\*Parent-Child

**Location:** The Center, 480 Rocky Fork Blvd

## Jump Start

### Little Hoop Stars

Players are taught basics of dribbling, passing, shooting, positioning, defense, and rebounding in a fun-oriented program combined with a recreational game each week. All coaching conducted by Jump Start sports staff using a well organized, fun-oriented, age-appropriate format. \*Schedules and rosters to be announced prior to first game. Games will be scheduled for 1 hour based on the team and weekly schedule. 6 weeks

**Ages:** Coed 4-5 years

Class	Day	Date	Time	RDR/SR
102301A	Sun	Jan 18-Mar 1	3pm OR 4pm*	\$69/\$79
102301B	Sun	Mar 15-Apr 26*	3pm OR 4pm*	\$69/\$79

\*off Feb 1 and Apr 5

**Location:** Chapelfield Elementary, 280 Chapelfield Dr.

### Hoop Stars

Players are taught basics of dribbling, passing, shooting, positioning, defense, and rebounding in a fun-oriented program combined with a recreational game each week. All coaching conducted by Jump Start sports staff using a well organized, fun-oriented, age-appropriate format. \*Schedules and rosters to be announced prior to first game. Games will be scheduled for 1 hour based on the team and weekly schedule. 6 weeks

**Ages:** Coed 6-7 years

Class	Day	Date	Time	RDR/SR
102302A	Sun	Jan 18-Mar 1	1pm OR 2pm*	\$69/\$79
102302A	Sun	Mar 15-Apr 26*	1pm OR 2pm*	\$69/\$79

\*off Feb 1 and Apr 5

**Location:** Chapelfield Elementary, 280 Chapelfield Dr.

## Volleyball

A fun and instructional clinic, where all the basics are taught, including serves, sets, spikes, blocks, returns, positioning and team strategy. Whether your child is an experienced player or a complete novice, they will have fun learning about the sport. \*Schedules and rosters to be announced prior to first game. Games will be scheduled for 1 hour based on the team and weekly schedule. 6 weeks

**Age:** Girls 9-12

Class	Day	Date	Time	RDR/SR
102303A	Sun	Jan 18-Mar 1	5:30pm OR 6:30pm*	\$69/\$79
102303B	Sun	Mar 15-Apr 26*	5:30pm OR 6:30pm*	\$69/\$79

\*off Feb 1 and Apr 5

**Location:** Chapelfield Elementary, 280 Chapelfield Dr.

Visit the Parks & Recreation page at [Gahanna.gov](http://Gahanna.gov) and select 'Programs & Registration' to sign-up for programs through Webtrac!