

Fall 2020

# Healthy

RECREATION SERVICES PROGRAMS & ACTIVITIES



VIRTUAL THEATRE PROJECT - 8  
SCHOOL'S OUT - 12  
OUTDOOR YOGA - 26

**PLUS**

- Do your part to help stop the spread of COVID-19
- Fall is a great time to plant trees — get a few tips from your City Foresters



## COVID-19



The City of Dublin and the Parks & Recreation Department puts the health and safety of its employees and the community as its highest priority. We are committed to continuing to improve our participants' quality of life by providing recreational opportunities in a clean and safe environment. We have developed creative ways to engage our participants while at home or while social distancing as part of our effort to provide safe programming for everyone.

You will find that our Fall Programs & Activities Guide focuses on programs we are able to safely offer under the guidelines issued by Franklin County Public Health and the State of Ohio. We encourage you to check back often as changes may occur and this document will be updated.

**When you see this symbol , please note that restrictions are in place.**

Several operational modifications have been made to areas within the Dublin Community Recreation Center to manage capacity numbers, allow for physical distancing and time to clean and sanitize the facility in between groups. For the most up-to-date information on accessing the DCRC, please visit our website at [DublinOhioUSA.gov/recreation-services](https://DublinOhioUSA.gov/recreation-services).

We thank you in advance for your patience as we continue to monitor and assess our ever-changing situation related to COVID-19.



### Virtually DiRECT in 2020

Virtually DiRECT brings the best of the Dublin Community Recreation Center direct to you! We want to help you stay fit and connected to the classes you love, and the instructors who will continue to motivate you now and to the future. Check out our Virtually DiRECT offerings at [DublinOhioUSA.gov/Virtually-Direct/](https://DublinOhioUSA.gov/Virtually-Direct/).

### We Want Your Feedback

The coronavirus pandemic has caused the City of Dublin's Recreation team to pivot when it comes to hands-on, in-person programs, and we are looking to receive your insight on what you would like to see next! We are open to your suggestions and welcome your feedback. Please visit [bit.ly/dcrcprogramideas](https://bit.ly/dcrcprogramideas) to submit your socially distant, virtual or other unique activity ideas. Thank you!

## Healthy



### On the Cover

REEL family fun in Dublin! Several first-time fishers mastered the cane and casting poles during the Dublin Community Recreation Center's (DCRC) Family Fishing Fun program. Take a look at this young angler's first catch at Coffman Park!



## DUBLIN CITY COUNCIL

### At-Large Council Members

Mayor Chris Amorose Grooms  
Christina A. Alutto  
Andy Keeler

### Ward Representatives

Greg Peterson, Ward 1  
Jane Fox, Ward 2  
John Reiner, Ward 3  
Vice Mayor Cathy De Rosa, Ward 4

### Clerk of Council

Anne Clarke

### Dublin City Manager

Dana McDaniel



2010 & 2015 CAPRA Accreditation

## CAPRA NATIONAL ACCREDITATION RECOGNITION AWARD 2010 & 2015

The City of Dublin Parks and Recreation Department is one of 175 agencies in the country and the ninth in Ohio to receive national accreditation from the Commission for Accreditation of Park and Recreation Agencies (CAPRA). We achieved re-accreditation in 2015, and distinguished ourselves even further by meeting all 144 standards. To become accredited, agencies must demonstrate their ability to meet at least 85 percent of the standards. We are pleased to exceed the standards for the benefit of our residents and guests.

## PARKS AND RECREATION MASTER PLAN

The Department of Parks and Recreation creates parks, programs, activities and facilities that provide fun and life-enriching opportunities for our diverse community. Dublin values, promotes and is committed to continued investment in a healthy and balanced community lifestyle. To learn more, read the Dublin Parks and Recreation Master Plan, which was developed by our community and adopted by Dublin City Council in 2010. here on our website: [DublinOhioUSA.gov/parks-open-space/parks-and-recreation-master-plan](https://DublinOhioUSA.gov/parks-open-space/parks-and-recreation-master-plan).

## COMMUNITY SERVICES ADVISORY COMMISSION

Steve Dritz (Chair)  
Vivekanandan Arunachalam (Vice Chair)  
Gary Gassin  
Alice Kanonchoff  
Elizabeth McClain  
Jim Snider  
Thomas Strup

## IN THIS ISSUE



## 8 FEATURED ACTIVITY

### Virtual Theatre Project



## 12 FEATURED ACTIVITY

### School's Out



## 26 FEATURED ACTIVITY

### Outdoor Yoga

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### We Want Your Feedback

The coronavirus pandemic has caused the City of Dublin's Recreation team to pivot when it comes to hands-on, in-person programs, and we are looking to receive your insight on what you would like to see next! We are open to your suggestions and welcome your feedback. Please visit [bit.ly/dcrcprogramideas](https://bit.ly/dcrcprogramideas) to submit your socially distant, virtual or other unique activity ideas. Thank you!

#### For Your Reference

When reviewing the class schedules and pricing in this issue, you will see the following abbreviations:

Class	Dates	Day	Time	Fees	CR   SDR/NR
414208.01	Sep 15	Th	10–11am	\$8	\$18
<b>CR</b>	City Resident		<b>SDR</b>	School District Resident	
			<b>NR</b>	Non-Resident	



## HOURS

### DUBLIN COMMUNITY RECREATION CENTER

5600 Post Road, Dublin, OH 43017 614.410.4550  
[www.DublinOhioUSA.gov/recreation](http://www.DublinOhioUSA.gov/recreation)

#### Closings & Cancellations

[www.DublinOhioUSA.gov/recreation/closings](http://www.DublinOhioUSA.gov/recreation/closings)

#### Pre-Recorded Information

Hotline/Weather Cancellations 614.410.4946



#### Regular Hours

Monday–Friday 5:30am–9:30pm  
 Saturday 8am–8pm  
 Sunday 8am–8pm



**To manage capacity numbers during the COVID-19 pandemic, the DCRC is operating on a reservation-based system for members only. Those wishing to utilize the facility must sign up for a time slot online, over the phone, or in person. See our online registration page for more information or to register: <https://dublinohiousa.gov/recreation-services/online-registration/>**

#### Modified Hours

Monday, Sept. 7 8am–noon  
 Thursday, Nov. 26 8am–noon  
 Thursday, Dec. 24 5:30am–4pm  
 Friday, Dec. 25 CLOSED  
 Thursday, Dec. 31 5:30am–4pm  
 Friday, Jan. 1, 2021 8am–noon

### WEE FOLK/YOUTH LOUNGE



#### Regular Hours

Monday–Friday 8:15am–8pm  
 Saturday 9am–2pm  
 Sunday 10am–2pm



**At this time, due to the COVID-19 pandemic, the DCRC Wee Folk room is currently closed.**

#### Modified Hours

Thursday, Nov. 26 CLOSED  
 Thursday, Dec. 24 9am–1pm  
 Friday, Dec. 25 CLOSED  
 Thursday, Dec. 31 9am–1pm  
 Friday, Jan. 1, 2021 CLOSED

## REGISTRATION

### PROGRAMS & ACTIVITIES

Tuesday, Sept 1 Online registration for Dublin and Dublin  
 6am City School District residents

Tuesday, Sept 8  
 6am Online registration for nonresidents  
 10am Walk-in and phone registration open

Swim lesson registration – see page 33

### REGISTERING ONLINE

#### Current Customers

If you are a current or past member or have taken DCRC classes in the past 4 years, you are in our database and can register at **[DublinOhioUSA.gov/RecreationServices/Online-Registration](http://DublinOhioUSA.gov/RecreationServices/Online-Registration)**. Please enter your User ID (usually a 10-digit telephone number with no spaces or punctuation) and case-sensitive password (the household's primary member's last name). A Visa, MasterCard, Discover or American Express is required for payment and class confirmation.

#### New Customers/Dublin City Schools program participants

You're one step away from online registration. If you have never been a member or taken a DCRC class, the Welcome Desk staff is pleased to enter you into our system. Simply stop by during DCRC operating hours and bring a current utility bill, or valid Ohio driver's license for proof of residency.

#### Security Options

Changing your username and password is easy. Select *Change Login Data* under the *My Account* tab. Once you've made your changes, click *Save changes* and your new login information takes effect immediately.

If you provided an email address as part of your household information, you can click on the *Forgot Your Password?* link. Fill in the information requested, and the system will send two emails — one with your username and one with your password.

#### ID POLICY

Our number one priority is to provide a safe and friendly environment to everyone that visits our facilities or takes part in/participates/joins our programs. All patrons (including spectators) passing the check-in desk must present a photo ID to enter the facility. The City of Dublin reserves the right to refuse entry to anyone registered as a sexual offender (Resolution 6-13).

#### FOR SAFETY OF YOUR CHILDREN

Program participants; please note that children under the age of 10 must be escorted to and from their program/activity by an adult 18 years or older. Parents are expected to bring children to the program on time, and pick them up promptly at the conclusion. For programs that take place beyond the check-in desk, please be prepared to let staff know the program you or your children are attending and have your ID ready.



## GENERAL ACTIVITY REFUND POLICY

A cancellation request form must be submitted to the Welcome Desk of the DCRC at least 7 business days prior to the first day of class, for a refund of fees paid less a \$15 administrative fee. No refunds are processed after this time.

Participants assume risk and responsibility for changes in personal schedules or health.

A full refund is issued if the Division of Recreation Services cancels an activity or rental.

## SWIM LESSON & AQUATICS PROGRAMS REFUND POLICY

Refunds requested outside the general guidelines require a physician's note and approval from the Aquatics Supervisor. LG, LGI, WSI Courses: Failure to pass the prerequisite tests and/or attend all class sessions results in forfeiture of class fees or a one-time transfer to a future City aquatics course. Once a participant passes the prerequisite test, no refunds or transfers are given.

For complete information see page 38

## DCRC MEMBERSHIP RATES

Membership Rates	City of Dublin Resident Annual Membership (proof of residency required)	Dublin School District Resident Annual Membership (proof of residency required)	Nonresident Annual Membership	6 Month Membership (City of Dublin residents only)
Individual	\$240 (\$21.00 per month)	\$440 (\$37.67 per month)	\$660 (\$56.00 per month)	\$145
Household of 2	\$415 (\$35.58 per month)	\$730 (\$61.83 per month)	\$1160 (\$97.67 per month)	\$250
Household of 3	\$545 (\$46.42 per month)	\$980 (\$82.67 per month)	\$1535 (\$128.92 per month)	\$330
Household of 4	\$625 (\$53.08 per month)	\$1055 (\$88.92 per month)	\$1730 (\$145.17 per month)	\$375
Household of 5 or more	\$665 (\$56.42 per month)	\$1125 (\$94.75 per month)	\$1905 (\$159.75 per month)	\$405
Senior (60 and over, proof of age required)	\$120 (\$11.00 per month)	\$170 (\$15.17 per month)	\$220 (\$19.33 per month)	
College Student (must be 25 or younger & current college enrollment schedule required, limited to 70 visits per membership year)	\$120	\$225	\$345	
Dublin Corporate Individual (current pay stub required)	\$270 (\$23.50 per month)			
Military/Veterans (w/ valid identification)	\$220 (\$19.33 per month)	\$400 (\$34.33 per month)	\$600 (\$51 per month)	

Electronic Funds Transfer is available for annual memberships (except College Student). The first month's fee is due at time of purchase. Money is drawn from a designated checking or savings account for 11 months thereafter, between the 15th and 20th of every month.

A voided check or savings documentation with account and routing numbers is needed at time of purchase. (The second rate listed is the installment payment that is drafted 11 times a year for an annual membership). Included in the installment payment is a \$1 per month service fee.

**All annual members receive a 10 percent discount for all Recreation Services programs held at the DCRC that do not already reflect a membership discount (i.e. fitness passes).**

## DCRC Daily Guest Rates

		City of Dublin Resident	Nonresident
Adult	18 years and older	\$7	\$15
Youth	3-17 years	\$5	\$7
	2 years and younger	Free	Free

### At this time, the DCRC is open to members only.

Proof of residency is required to receive City of Dublin Resident rate. All guests are required to present a state, school, or City of Dublin picture ID prior to passing the Check-In Desk. Guests 10-17 years old may request to have an ID issued at the Welcome Desk when accompanied by a guardian with proper identification.

## DCRC Guest of Resident Punch Pass

### At this time, the DCRC is open to members only.

- 5 Visits for \$40
- 10 Visits for \$80

Are you a Dublin Resident who has family or friends staying with you throughout the year? Consider purchasing a Guest of Resident punch pass! Guest of Resident punch passes expire four years from the date of purchase. One punch pass per resident household only. Resident must purchase the punch pass in person at the DCRC and provide proof of residency at the time of purchase. Punch Pass must be presented by the guest(s) along with their state issued photo ID. These passes are reloadable. Not valid for Outdoor Pool use.

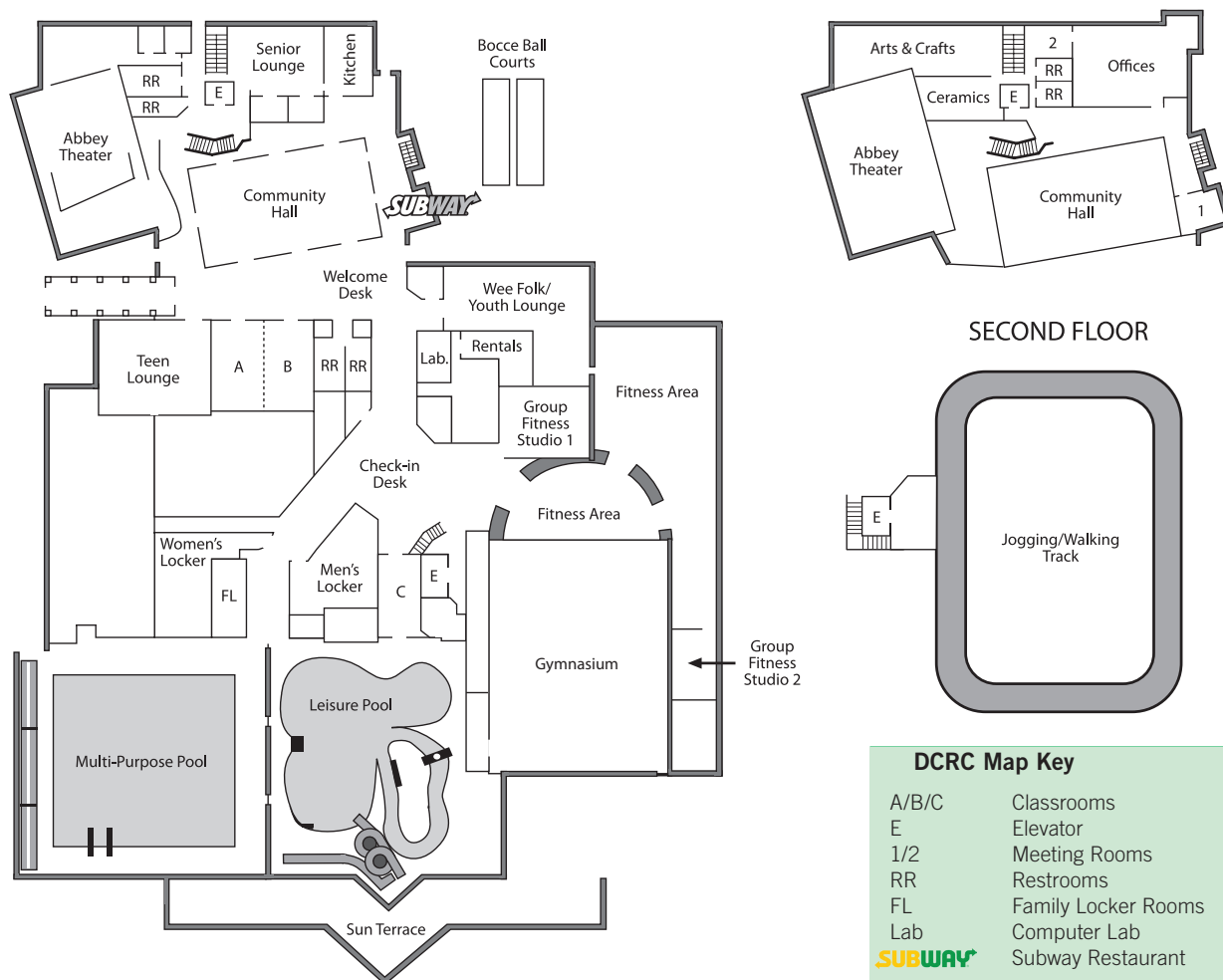
## ANNUAL MEMBERSHIP SALES

Purchase or renew your Annual Membership at the Welcome Desk. Here are some guidelines:

- Annual memberships are available to families and individuals living in the same household.
- A valid photo ID is required for all membership/pass sales and renewals. In addition, a current utility bill or a valid Ohio driver's license with current address is required as proof of residency at the time of application or renewal.
- Proof of age is required for children ages 2 years and under (birth certificate) and for adults over 60.

- Household members under age 18 must have a parent or guardian complete the membership application.
- Household members 18 or older must sign the application and provide proof of residency.
- Upon enrollment, you are issued a DCRC photo ID or key fob. This DCRC pass must be presented to enter the facility.
- There is a \$25 reinstatement fee for memberships renewed within one year of termination.
- The Welcome Desk is open:  
Monday-Friday 8am-9:15pm  
Saturday 8am-7:45pm  
Sunday 8am-7:45pm

## DCRC MAP



### Bocce Ball Courts

Two regulation bocce ball courts are available for public use, subject to senior adult programming and league play. Bocce ball sets may be checked out with a valid ID at the Welcome Desk by players 18 and older.

### Classrooms

The classrooms house a variety of programs, including pottery and arts & crafts—meeting the needs of preschoolers, children, teens, adults and senior adults.

### Community Hall

The Community Hall provides space for parties, receptions, meetings and community events. The facility seats up to 300 or can be divided into smaller rooms.



**Abbey Theater of Dublin**

A 200-seat theater can be used for musical, theatrical and dance performances; film/video; lectures; and seminars.

**Computer Lab**

Equipped with workstations and a variety of software programs, the computer lab provides high-speed Internet access and opportunities for beginning and intermediate instruction. Open to ages 18 & up.

**Private Changing Rooms**

Each private changing room has its own shower, restroom, and adjacent lockers. One changing room, designed for people with special needs, features a dressing table. Private changing rooms are intended for families, transgender individuals, and those with special needs.

**Fitness Area**

Looking for free weights and cardiovascular equipment? Check out the fully equipped fitness areas. You will find treadmills, elliptical machines, bicycles and stair steppers along with free weights, plate loaded machines and a complete set of Cybex strength equipment. Please note, we are not equipped as a powerlifting or CrossFit facility.

**Group Fitness Studios**

If you enjoy group fitness, check out the myriad of classes offered. Two state-of-the-art studios feature suspended floors to help reduce impact and injury. Several pass options are available, allowing participants to choose from a weekly schedule of classes that include Spinning®, Pilates and TRX.

**Jogging/Walking Track**

Joggers and walkers on the second floor track can cover a mile in 13 laps. An expanse of windows provides views of the pools and the outdoors.

**Multi-Purpose Pool**

The competitive/lap pool measures 25 yards by 25 meters and has two one-meter diving boards. This pool often is divided for activities such as aqua aerobics, open swim, swim team practice and instruction. Bleachers provide ample seating and a separate entrance makes it perfect for area swim meets. The natatorium walls in both the lap and leisure pools are lined with sound-absorbing material.

**Leisure Pool**

A unique feature of the DCRC is the leisure pool, which includes a lazy river, frog slide for children, double helix slide for those who are a little more daring and a zero-foot entry point for cautious tots. The warmer water and 3.5-foot maximum depth make this pool perfect for children, adults and senior adults.

**Senior Adult Lounge**

An elegant, cozy lounge welcomes senior adults to our center. Enjoy playing cards with friends, reading by a fireplace or simply relaxing in this peaceful environment.

**Teen Lounge**

A teen lounge offers space and a variety of programming opportunities for Dublin teens.

**Wee Folk/Youth Lounge**

While moms and dads are working out, attending a class or relaxing in the hot tub, they can rest assured that their children—from ages 6 weeks to 12 years—are nearby and safe. Children can play in the indoor or outdoor area or engage in age-appropriate games and activities.

**MEET YOUR STAFF****DEPARTMENT OF PARKS & RECREATION**

6555 Shier-Rings Road, Dublin, OH 43016 614.410.4700

Matt Earman	<i>Director of Parks &amp; Recreation</i>
Marja Keplar	<i>Administrative Support III</i>
Shawn Krawetzki	<i>Landscape Architect Manager</i>
Michael Hiatt	<i>Landscape Architect</i>
Tim Jansen	<i>Maintenance Crew Supervisor</i>

**RECREATION SERVICES**

5600 Post Road, Dublin, OH 43017 614.410.4550

Tracey Gee	<i>Director of Recreation Services</i>
Abbey Brooks	<i>Recreation Services Administrator</i>
Kelly Rigano	<i>Recreation Services Administrator</i>
Mollie Steiner	<i>Recreation Services Administrator</i>
Kim Wigram	<i>Recreation Services Administrator</i>
Tammy Abel	<i>Program Specialist, Preschool/Youth</i>
Joe Bishara	<i>Recreation Supervisor, Theater</i>
Susan Burns	<i>Facility Reservations</i>
Pat Casto	<i>Recreation Supervisor, Fitness &amp; Wellness Programs</i>
Crista Donaldson	<i>Administrative Support II</i>
Kate Futty	<i>Operations Coordinator, Aquatics</i>
Sally Gill	<i>Group Fitness Coordinator</i>
Tracy Hrusovsky	<i>Recreation Specialist, Operations</i>
Wanda Kamler	<i>Recreation Supervisor, Senior Adult Programs</i>
Rachel Keitz	<i>Program Coordinator, Preschool/Youth Programs</i>
Kevin Lacey	<i>Recreation Supervisor, Preschool/Youth Programs</i>
Jim Loch	<i>Recreation Supervisor, Operations</i>
Stacie Neilan	<i>Program Specialist, Senior Adult Programs</i>

T.J. Putnam	<i>Membership Services Coordinator</i>
Matthew Rice	<i>Program Coordinator, Aquatics</i>
Jamie Schlarman	<i>Recreation Specialist, Operations</i>
Jodi Shealy	<i>Program Coordinator, Adaptive Recreation</i>
Stacey Tighe	<i>Recreation Supervisor, Aquatics</i>
Jennifer Vosters	<i>Recreation Supervisor, Adult Programs</i>
Julie Yesnick	<i>Recreation Coordinator, Fitness &amp; Wellness Programs</i>

**COMMUNITY EVENTS**

Field/Park/Shelter House/Kaltenbach Community Center reservations  
6555 Shier-Rings Road, Dublin OH 43016 614.410.4510

**PARK OPERATIONS**

6555 Shier-Rings Road, Dublin, OH 43016 614.410.4700

Jay Anderson	<i>Director of Park Operations</i>	
Kim Mahaney	<i>Administrative Support II</i>	
Brian Goodall	<i>City Forester</i>	
Scott Moncrief	<i>City Horticulturist</i>	
Chris Nicol	<i>Operations Administrator</i>	
<i>Maintenance Crew Supervisors</i>		
Vince Vannicelli	Tom Siebert	Matt Dunbar
Rob Wagner	Clint Hutson	Tyson Vollrath
<i>Assistant Foresters</i>		
Steve Spillers	Jocelyn Knerr	Jeff Myers
Mike Sturtz	Matt Swanson	
<i>Assistant Horticulturists</i>		
Madeleine Coalmer	Tim Fleischer	Matt Guthrie
Adam McCoy	Tyler Pickrell	Jay Truman



## FACILITY RENTAL INFORMATION

**!** *Due to the COVID-19 pandemic and restrictions on large, in-person gatherings, many of our rental facilities are unavailable. If your event complies with current FCPH and State guidelines, please contact us to reserve one of our facilities.*

The next time you're planning a birthday party, corporate meeting, family reunion, wedding or any type of gathering, consider the following community event venues.

### THE ABBEY THEATER OF DUBLIN

The 200-seat Abbey Theater of Dublin is an ideal setting for theater and music performances, movies, business presentations, meetings, lectures and more. The hardwood stage is located at floor level. All seats provide excellent views. Other amenities: backstage short-term storage, two private dressing rooms, state-of-the-art lighting, sound and video systems in addition to full technical support to assist/create virtual events/programming. Additional charges may apply. Abbey Theater rental hours follow the hours of operation of the DCRC for Sunday through Thursday rentals. Rental hours may be extended to midnight for Friday and Saturday rentals. Contact Theater Supervisor, Joe Bishara, at 614.410.4554 for availability & bookings.

Rental Rates	Rehearsal house lights only	Rate/ Hour 2 hr. minimum	Half-Day up to 5 hours
Standard rate	\$90	\$160	\$605
Corporate resident	\$75	\$140	\$520
Dublin non-profit	\$70	\$135	\$490
Non-profit performing arts groups	\$60	\$85	\$320

*\*A \$200 refundable deposit required*

### MEETING ROOMS

614.410.4550

DCRC meeting rooms feature training-room tables, A/V equipment and comfortable seating for up to 20 people.



*Rental rates per hour*

Dublin residents or nonprofit	\$35/hour
Dublin School District and corporate residents	\$45/hour
Non-residents	\$80/hour

### COMMUNITY HALL

614.410.4550

This upscale facility, measuring more than 4,000 square feet, can be divided into three smaller rooms. It can accommodate events up to 300 people. It also features:

- Tables and chairs (linens are not provided)
- Complimentary internet access and audio/visual equipment
- Movable stage (additional fees may apply)
- Caterers or external food and beverage service are welcome
- Complimentary use of the kitchen and ice machine is based upon availability
- Beer and wine may be served after 7:30pm (Fridays and Saturdays only, other restrictions apply).

Rental hours follow the operational hours of the Dublin Community Recreation Center. Rental hours may be extended to midnight on Fridays, Saturdays and Sundays based on facility and staff availability.



Hourly rates	1/3 of hall*	2/3 of hall*	Entire hall*
Dublin resident or non-profit	\$55	\$90	\$120
Dublin School District & corporate resident	\$75	\$120	\$165
Non-residents	\$135	\$225	\$315

*\*A \$200 refundable deposit required*

### INDOOR POOL RENTAL

**!** *Due to the COVID-19 pandemic and restrictions on large, in-person gatherings, many of our rental facilities are unavailable. If your event complies with current FCPH and State guidelines, please contact us to reserve one of our facilities.*

The indoor pools are available to rent for exclusive use on Saturday evenings from 8:15-10:15pm. Reservations must be made at least 30 days in advance. Call 614.410.4550 for information and pricing.

### POOL PARTY PACKAGE – AVAILABLE ONLINE

This special package includes use of the swimming pool, a classroom for a total of 2 ½ hours, paper products and balloons. Packages are available on Fridays, Saturdays and Sundays. Prices are based on parties up to and including 20 guests, swimmers and non-swimmers.

#### Pool Party Package rates

Dublin residents	\$100/package
Non-residents	\$200/package

*Please note: The DCRC pool requires specific adult-to-child ratios for children younger than 10 years old. Please refer to page 30.*





## PARK RENTALS

614.410.4510

**! Due to the COVID-19 pandemic and restrictions on large, in-person gatherings, many of our rental facilities are unavailable. If your event complies with current FCPH and State guidelines, please contact us to reserve one of our facilities.**

Pavilions, shelter houses and amphitheaters can be reserved at Coffman, Scioto, Amberleigh and Kaltenbach Parks. All other park facilities, with the exception of designated sports fields, within the city of Dublin can be used on a first come, first serve basis.

Pavilion amenities include at least one fireplace, attached restrooms, and a kitchen. Shelter houses are open on all sides and have at least 6 picnic tables. Amphitheaters are wooden stages (Coffman Amphitheater is covered).

No alcohol is permitted in the parks. Parks are open from dawn until dusk (7am-9pm).

Shelter house reservations are available at [DublinOhioUSA.gov/facility-reservations/park-reservations/](https://dublinohiousa.gov/facility-reservations/park-reservations/)

### Coffman and Amberleigh Pavilions (seat 70–80)

Rental rates

Dublin residents	\$15/hour (\$120/day)
Non-residents	\$50/hour (\$400/day)

*\$100 refundable deposit required*

### Shelter houses (seat 50) and Amphitheaters

Rental rates

Dublin residents	\$10/hour
Non-residents	\$30/hour

## It's Easy to Make a Reservation

**Dublin Community Hall, Indoor Pools, Classrooms, Meeting Rooms** – General rental information, event planning needs. Contact the Reservations Staff at 614.410.4550

**Abbey Theater** – Contact Theater Supervisor, Joe Bishara, at 614.410.4554

**Kaltenbach Community Center and Parks Rentals** – Visit [dublinohiousa.gov/facility-reservations/park-reservations/](https://dublinohiousa.gov/facility-reservations/park-reservations/) or call 614.410.4510

Detailed rental information, facility descriptions and photos at [dublinohiousa.gov/recreation-services/facility-reservations/](https://dublinohiousa.gov/recreation-services/facility-reservations/)

## KALTENBACH COMMUNITY CENTER

**! Due to the COVID-19 pandemic and restrictions on large, in-person gatherings, many of our rental facilities are unavailable. If your event complies with current FCPH and State guidelines, please contact us to reserve one of our facilities.**

This indoor facility is located in Ted Kaltenbach Park and is perfect for small parties, reunions, or company outings. When renting the space, guests get two rooms for one low price. One room can seat up to 70 people and the other can seat up to 30. It also features:

- Tables and chairs (linens are not provided)
- Complimentary internet access and audio/visual equipment
- Kitchen with refrigerator/freezer, range, and sink
- Caterers or external food and beverage service are welcome. Alcohol is not permitted.

Rental hours follow the operational hours of the Dublin Community Recreation Center. Rental hours may be extended to 10pm on Fridays and 11pm on Saturdays based on facility and staff availability.



*Rental rates per hour; \$200 refundable deposit required*

Dublin residents	\$45/hour
Non-residents	\$100/hour

## FACILITY RENTALS REFUND POLICY

**Community Hall** Deposits are nonrefundable if the event is canceled within 60 days of the scheduled event. Upon written cancellation of a reservation at least 60 days prior to the scheduled event, the City refunds the deposit and rental fees collected, less a \$15 administrative fee.

**Kaltenbach Community Center, birthday parties, classrooms, meeting rooms and shelter house/park rentals:** Upon written cancellation of a reservation at least two weeks before the scheduled event, the City refunds the rental fees collected, less a \$15 administrative fee.

- Refunds are not issued for cancellations made within two weeks of the event.
- Refunds are not given for inclement weather.



**! At this time, the DCRC Subway location is temporarily closed.**

- Full menu of sandwiches, salads, breakfast items & beverages
- Hours of Operation – Monday-Friday, 8am-9pm; Saturdays and Sundays 9am-7pm • 614.792.7827



## VIRTUAL THEATRE PROJECT

### Super Happy Awesome News!

**Streaming Premiere: 9/18/2020 @7PM – FREE to stream**

Two siblings launch rival “good news networks and find themselves competing for the title of happiest news show. Soon, their correspondents are in a whirlwind of ecstatic musical reporting – from joyful weather forecasts, to cheerful cooking segments and blissful political updates! But, when vulnerability starts peeking through the euphoric facade, they’re left wondering: is there room for raw honesty on a super happy broadcast?

### Russell Boiarsky – Virtual Concert

**Streaming Premiere: 9/25/2020 @7PM - \$5/stream**

Featuring a unique acoustic rock/pop/indie sound, Russell Boiarsky's seven self-written and produced albums have delighted music-lovers across the US as well as abroad in the UK. Now on display in a virtual concert format.

### A Midsummer Night's Dream for Kids

**Streaming Premiere: 10/2/2020 @ 7PM – FREE to stream**

A virtual adaptation of Shakespeare's A Midsummer Night's Dream with a fresh perspective that is swift, fun, and easy to understand. A mini-melodramatic retelling that lights the spark for a love a Shakespeare while being accessible enough for youth artists (and youth audiences) to understand!

### The Sissy Chronicles

**Streaming Premiere - \$15/stream**

9/17/2020 – 7:30PM

9/18/2020 – 7:30PM

9/19/2020 – 5PM and 7:30PM

9/20/2020 – 2PM

An exploration of the lived experience of a gay man, filled with pathos, humor and in-depth accounting of the societal structures and patterns which define the lives of those deemed ‘other’ or ‘different.’

### Aliens, 3 Miles, Turn Left

**Streaming Premiere:  
10/9/2020-10/25/2020  
@ 7PM - \$5/stream**

A man sitting at home, watching television, imagines being interviewed by Oprah, talking about his mundane life, marriage, job...and an alien encounter. A fun, spooky, and family-friendly Halloween treat.



*ALIENS, 3 MILES, TURN LEFT*

### The Floorwalkers – Virtual Concert

**Streaming Premiere: 10/16/2020 @7PM - \$5/stream**

Brought up on the classics of American music, The Floorwalkers are a real live Columbus-based Rock ‘n’ Roll band built to drive emotion. Their exciting energy is full of life, love and good vibes – even in a virtual format!

### Dracula for Kids

**Streaming Premiere:  
10/23/2020 @ 7PM  
– FREE to stream**



A virtual adaptation of Dracula like you have never experienced it before; swift, fun, appropriate for all ages! This new virtual play (designed to be rehearsed and performed remotely) is a mini-melodramatic virtual masterpiece sure to spark a love of classic literature for your child.

### We Served

**Streaming Premiere: 11/11/2020 - 11/15/2020 @ 7PM – \$5/stream**

A play created by veterans about veterans. This Veterans Day celebration is a preview for the May 2021 full-scale World Premiere production of We Served, a series of eleven vignettes created during a year-long writing project based on personal experiences of Veterans in Columbus, Ohio.



# PERFORMING ARTS

## Outdoor Toddler Theater Concert

Marlene Metz

Enjoy a wonderful, interactive performance featuring Marlene Metz playing children's music designed especially for young ones. Located outside at the Coffman Amphitheater. Fee is \$5 per family. Concert is weather permitting. Due to contact tracing and limited capacity, all attendees, regardless of age, must register.

**Ages:** Recommended for ages 2 & up

Class	Date	Day	Time	Fees CR	SDR/NR
494400.01	Sep 9	W	10-11am	\$5	\$5
494400.02	Oct 7	W	10-11am	\$5	\$5

**Location:** Coffman Park, Coffman Amphitheater

## Super Happy Awesome News! A Virtual Musical

Joe Bishara

A Virtual Musical - Written to be rehearsed and performed remotely! Two siblings launch rival good news networks and find themselves competing for the title of happiest news show. Soon, their correspondents are in a whirlwind of ecstatic musical reporting – from joyful weather forecasts, to cheerful cooking segments and blissful political updates! But when vulnerability starts peeking through, they're left wondering: is there room for raw honesty on a super happy broadcast? This new virtual musical incorporates real stories from kids, offering a positive outlet for them to express their emotions.



**Ages:** 9.25-16

Class	Date	Day	Time	Fees CR	SDR/NR
494401.01	Aug 11-Sep 3	Tu,Th	6-7:30pm	\$90	\$100

**Location:** DCRC, Abbey Theater

## Dracula

William Darby IV

Dracula like you have never experienced it before; quick, fun, appropriate for all ages and easy to understand! This new virtual play (designed to be rehearsed and performed remotely) is a mini-melodramatic masterpiece sure to spark a love of classic literature for youth participants and audiences.

**Ages:** 9-14

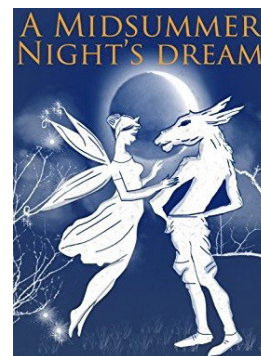
Class	Date	Day	Time	Fees CR	SDR/NR
494402.01	Sep 1-Oct 8	Tu,Th	4:30-6pm	\$80	\$90

**Location:** DCRC, Abbey Theater

## A Midsummer Night's Dream

William Darby IV

A virtual adaptation of Shakespeare's A Midsummer Night's Dream with a fresh perspective that is swift, fun, and easy to understand. A mini-melodramatic retelling that lights the spark for a love a Shakespeare while being accessible enough for youth artists (and youth audiences) to understand!



**Ages:** 9-14

Class	Date	Day	Time	Fees CR	SDR/NR
494403.01	Aug 17-Sep 23	M,W	4:30-6pm	\$80	\$90

**Location:** DCRC, Abbey Theater

## Family Theatre!

NEW

William Darby IV

Have fun in the sun while playing family-friendly theatre games! Family Theatre offers 60 minutes of theatre-themed family interactive games designed to teach the "Tools of the Actor." One entry fee covers the entire family.

**Ages:** 3 & up

Class	Date	Day	Time	Fees CR	SDR/NR
494404.01	Sep 13	Su	1:30-2:30pm	\$5	\$5
494404.03	Sep 27	Su	1:30-2:30pm	\$5	\$5

**Location:** Coffman Park, Coffman Amphitheater

## Acting 101

NEW

Bill Darby & Joe Bishara

Welcome to the stage! The Abbey Theater of Dublin staff work with you through a hybrid schedule of virtual and in-person weekly sessions to explore the basic tools of an actor and introduce you to various methods to grow and enhance your acting skills. Each week highlights ways to make your storytelling more immediate and authentic, through a mix of group and individual coaching sessions. The end result? A performance of your very own...one minute monologue on the Abbey Theater stage to share! Open to both new and experienced actors.

**Ages:** 18 & up

Class	Date	Day	Time	Fees CR	SDR/NR
444000.01	Sep 14-Nov 2	M	7-8:30pm	\$100	\$110

**Location:** Online\* & at the DCRC, Abbey Theater



## PRESCHOOL

### SPECIAL INTEREST

#### Family Fishing Fun

Barbara Ray

Join Ms. Barbara at Coffman Park Pond for a fun, family evening of fishing! Get up close and hands-on with nature as we practice techniques to catch fish, including how to properly cast and catch. Equipment and supplies are provided, however families are welcome to bring their own poles. *Fee is per child participant. Parent participation is required.*



Ages: All

Class	Date	Day	Time	Fees CR	SDR/NR
414207.01	Sep 24	Th	6-7pm	\$5	\$5
414207.02	Oct 8	Th	6-7pm	\$5	\$5

**Location:** Coffman Park, Coffman Park Pond

#### This is Home: Ancient Cultures

Barbara Ray

Visit the new Ferris Wright Park, site of Adena-Hopewell ceremonial mounds. Where is home for us? What makes a place a home? Through a variety of hands-on activities, families learn about the people who called Dublin home for the past 15,000 years. We will explore the Adena-Hopewell ceremonial grounds, and play "Chunky," a game of ancient times, create animal art in a Mica likeness form, and try our hand at spear tossing! Dress for outdoor weather. *Parent participation is required.*



Ages: All

Class	Date	Day	Time	Fees CR	SDR/NR
414212.01	Sep 15	Tu	5:30-6:30pm	\$5	\$5

**Location:** Ferris-Wright Park, 4400 Emerald Parkway

#### Gingerbread Creations

Recreation Services staff

Join us to decorate a gingerbread house with your family. This program is suitable for families with children 12 years of age and younger. Registration is per child - families receive one house and materials to decorate per registration. A \$10 multi-child discount is available for families with more than one participant. Don't miss out on this great holiday experience! *Parent participation is required.*

Ages: 12 & under

Class	Date	Day	Time	Fees CR	SDR/NR
411006.01	Dec 5	Sa	11am-noon	\$20	\$30
411006.02	Dec 5	Sa	1-2pm	\$20	\$30

**Location:** Kaltenbach Park, Rooms A & B



## PRESCHOOL SPORTS

### Preschool Sports

Bally Sports Group

Young children are introduced to athletic movements including kicking, throwing, catching, rolling, and running in this fun Bally Sports program. Weekly instruction includes relay races, partner games, and more! All equipment provided by Bally Sports Group. *Parent participation is required.*

**Ages:** 2-3

Class	Date	Day	Time	Fees CR	SDR/NR
416098.01	Sep 9-Oct 7	W	10:30-11:15am	\$50	\$60
416098.02	Oct 21-Nov 18	W	10:30-11:15am	\$50	\$60

**Location:** DCRC, Gym B



### Little Sluggers

Bally Sports Group

Bally Sports Group's Little Sluggers is a great introduction to the game of baseball for young children. Using age appropriate activities, players are introduced to fundamentals of baseball in an atmosphere that is supportive, fun, and encouraging. Each week the program includes an instructional portion that introduces players to batting, base running, fielding, throwing, and catching. A modified game is also played each week. Parent participation welcomed, but Bally Sports staff will lead the program. The Little Sluggers T-Ball Program provides your child with a fun and positive t-ball experience that encourages continued participation in the sport! Participants bring their own baseball glove; all other equipment provided by Bally Sports Group.



**Ages:** 3-4

Class	Date	Day	Time	Fees CR	SDR/NR
416102.01	Sep 9-Oct 7	W	5-6pm	\$80	\$90

**Location:** Emerald Fields, Emerald Baseball #19

### Little Ballers

Bally Sports Group

Learn the fundamentals of dribbling, shooting, passing, rebounding and the concept of game play in this fun, age-appropriate sports program perfect for first time basketball players. Each week includes developmental instruction and modified recreation game play.

**Ages:** 4-6

Class	Date	Day	Time	Fees CR	SDR/NR
415250.01	Nov 7-Dec 12	Sa	10:45am-11:45am	\$80	\$90
415250.02	Nov 7-Dec 12	Sa	noon-1pm	\$80	\$90

**Location:** DCRC, Gym B



## COMMUNITY YOUTH SPORTS LEAGUES

### Dublin Football League

[www.DublinFootball.org](http://www.DublinFootball.org)



### Dublin Soccer League

6631 Commerce Parkway Suite Q  
Dublin, OH 43017  
614.793.8320  
614.793.9626 fax  
Office@DublinSoccer.net  
[www.DublinSoccer.net](http://www.DublinSoccer.net)



### Dublin Youth Athletics

6543 Commerce Parkway Suite G  
Dublin, OH 43017  
dublinyouthathletics@gmail.com  
[www.dya.com](http://www.dya.com)



## Cancellation/Refund Policies

For complete information, refer to page 38.

### Looking for Something Else?

Browse the remaining sections of the brochure for additional programs and activities.

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## CAMPS

### School's Out

*Recreation Services staff*

Schools Out participants stay actively engaged in games, crafts, and nature/science exploration, with specialized activities and guest speakers scheduled from noon - 2 p.m. each session. Outdoor play is possible (weather permitting). Bring a nut-free lunch and be prepared for a day of fun and play! Participants do not swim during this program. A 2020 online health care form is required to participate.



**Ages:** 6-12

Class	Date	Day	Time	Fees CR	SDR/NR
421100.01	Oct 19	M	8am-5:30pm	\$35	\$45
421100.02	Oct 20	Tu	8am-5:30pm	\$35	\$45
421100.03	Nov 3	Tu	8am-5:30pm	\$35	\$45
421100.04	Nov 25	W	8am-5:30pm	\$35	\$45

**Location:** DCRC, Classrooms A & B

### Holiday Camp

*Recreation Services staff*

Spend some of your holiday time off this season with us at Holiday Camp. Stay actively engaged in games, crafts, and nature/science exploration. Specialized activities are planned each day from noon - 2 p.m. Bring a nut-free lunch and be prepared for a day of fun and play! In lieu of an outside field trip, special guests are scheduled to bring the fun to the campers. Outdoor play is possible (weather permitting). Participants do not swim during this program. A 2020 online health care form is required to participate.

**Ages:** 6-12

Class	Date	Day	Time	Fees CR	SDR/NR
421150.01	Dec 21	M	8am-5:30pm	\$35	\$45
421150.02	Dec 22	Tu	8am-5:30pm	\$35	\$45
421150.03	Dec 23	W	8am-5:30pm	\$35	\$45
421150.04	Dec 28	M	8am-5:30pm	\$35	\$45
421150.05	Dec 29	Tu	8am-5:30pm	\$35	\$45
421150.06	Dec 30	W	8am-5:30pm	\$35	\$45

**Location:** DCRC, Classrooms A & B

## CREATIVE & PERFORMING ARTS

### Sylvan's Machine Lab

*Sylvan Learning Center*

Learn about different types of simple machines each week utilizing LEGO pieces to build and operate machines that demonstrate gears, wheels, levers, pulleys, and inclined planes. Take apart and re-build to see how a few changes modify the way they operate. All supplies and materials provided by Sylvan Learning Center.



**Ages:** 8-12

Class	Date	Day	Time	Fees CR	SDR/NR
422102.01	Sep 16-Oct 14	W	5:45-7:15pm	\$130	\$140

**Location:** DCRC, Classrooms A & B

### Academic Coaching Program

*Sylvan Learning Center*

Sylvan's academic coaching program allows your child to get the help they need to make an impact. Sessions are tailored to each child - from homework support, to skill practice, to preparing for tests - so each child gets the support that they need to keep up, feel confident and less stressed at schoolwork. COVID created a gap and we want to make sure students feel supported getting back on track with the demands of school.

**Ages:** 10-14

Class	Date	Day	Time	Fees CR	SDR/NR
422103.01	Sep 16-Oct 14	W	4:30-5:30pm	\$135	\$145

**Location:** DCRC, Classrooms A & B

### Family Clay

*Stacey Besst*

Join us for a family clay class where you have a chance to work side by side with your child. Learn basic hand-building and glazing techniques. Each class includes a demonstration followed by the opportunity for hands-on practice with additional assistance available. Enrollment is per couple - please register with the child's name.

*No class Nov 29*

**Ages:** 6-12

Class	Date	Day	Time	Fees CR	SDR/NR
412181.01	Sep 20-Oct 18	Su	1-2:30pm	\$65	\$75
412181.02	Sep 20-Oct 18	Su	2:45-4:15pm	\$65	\$75
412181.03	Nov 1-Dec 6	Su	1-2:30pm	\$65	\$75
412181.04	Nov 1-Dec 6	Su	2:45-4:15pm	\$65	\$75

**Location:** DCRC, Ceramics Studio



## Ceramics 1

Stacey Besst

Learn three basic hand-building techniques and proper glazing methods to create ceramic pieces based on personal interests utilizing low fire clay and glazes (non-functional pieces). Each class includes a demonstration followed by the opportunity for hands-on practice with additional assistance, as needed. Develop individual creative processes and personal expressions through this engaging art form. All supplies and materials are included in the fee. No outside ceramic work or materials are permitted in this program.

No class Nov 24

Ages: 6-12

Class	Date	Day	Time	Fees CR	SDR/NR
422182.01	Sep 15-Oct 20	Tu	4:30-5:30pm	\$80	\$90
422182.02	Nov 3-Dec 15	Tu	4:30-5:30pm	\$80	\$90

**Location:** DCRC, Ceramics Studio



## Ceramics 2

Stacey Besst

Take the basics of ceramic hand-building to the next level! This projects-based class is designed to expand on the knowledge gained from Intro to Ceramics, and includes an opportunity to learn wheel-throwing ceramic techniques. All supplies and materials are included in the fee. No outside ceramic work or materials are permitted in this program.

No class Nov 26

Ages: 8-14

Class	Date	Day	Time	Fees CR	SDR/NR
422183.01	Nov 5-Dec 17	Th	4:30-5:30pm	\$80	\$90

**Location:** DCRC, Ceramics Studio

## Photography Club

Stacey Besst

Learn to create interesting digital images while exploring the basic properties of using a camera for photographic and compositional creations. Each week we discover camera functions including aperture, shutter, ISO, focus and more. All equipment provided.

No class Oct 22

Ages: 8-14

Class	Date	Day	Time	Fees CR	SDR/NR
421125.01	Sep 17-Oct 29	Th	4:30-5:30pm	\$80	\$90

**Location:** DCRC, Teen Lounge

## SPECIAL INTEREST & ACTIVE PLAY

### I See, I Wonder Hike

Barbara Ray

Explore objects and living things in nature with the City's Nature Education Coordinator. Share discoveries in nature through this mini "independent study" type of hike. Each pair (child and an adult assisting) will work in their own space of this "open space hike" and then share the key parts of their adventure with the group. Enjoy time outside with nature while practicing safe distancing. *Parent participation is required.*



Ages: 6-12

Class	Date	Day	Time	Fees CR	SDR/NR
414203.01	Dec 10	Th	4:30-5:30pm	\$5	\$5

**Location:** DCRC Art Stable, Coffman Art Barn

### Yo Yo Hula in the Park

Barbara Ray

Learn techniques to operate a yoyo, hula-hoop, slinky, and jump rope. Experiment with each toy's movement to create fun tricks. Equipment is provided including beginner yoyos that allow successful accomplishment of basic skills. Children will have opportunity to help mentor one another in this playful outdoor session. Participants are welcome to bring their own yoyos and hula-hoops.

Ages: 8-12

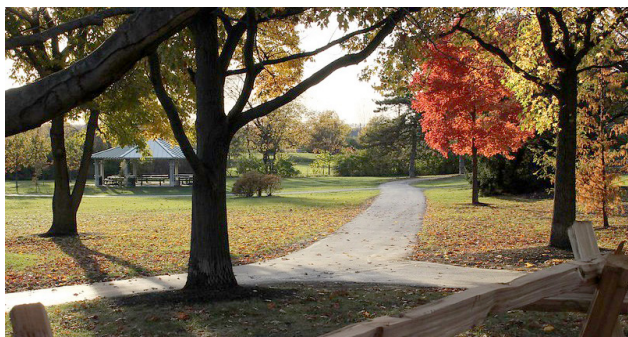
Class	Date	Day	Time	Fees CR	SDR/NR
424208.01	Sep 22	Tu	4-5pm	\$5	\$5

**Location:** Amberleigh Park, Amberleigh Pavilion

## Coffman Park Micro Hike

Barbara Ray

A Micro Hike is a unique way to discover how small creatures live in the forest or field. Participants use their imaginations to see how they might live if they were those animals. *Parent participation is required.*



**Ages:** 6-12

Class	Date	Day	Time	Fees CR	SDR/NR
414209.01	Nov 10	Tu	4:30-5:30pm	\$5	\$5

**Location:** DCRC Art Stable, Coffman Art Barn

## Art Barn Escape Room

Recreation Services staff

Discover clues, solve puzzles, and accomplish tasks within the confines of the Coffman Park Art Barn before the 45-minute time limit runs out. Each escape session is set up for 10 participants, so please only register for one session time. Do you think you have what it takes to escape the Art Barn Escape Room?

**Ages:** 8-10

Class	Date	Day	Time	Fees CR	SDR/NR
423500.01	Oct 23	F	6-6:45pm	\$10	\$10

**Ages:** 10-12

423500.02	Oct 23	F	7-7:45pm	\$10	\$10
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**Ages:** 12-14

423500.03	Oct 23	F	8-8:45pm	\$10	\$10
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**Location:** Art Stable, Coffman Art Barn

## Family Holiday Movie Night

Recreation Services Staff

Join us for a family movie night! Families who anticipate watching The Grinch and The Santa Clause each holiday season will love this opportunity to see the movies on the big screen in the Abbey Theater. We provide the movie, the popcorn, and the chance to meet Mr. & Mrs. Claus! Registration is \$5 per person. Limited space available.

**Ages:** All

Class	Date	Day	Time	Fees CR	SDR/NR
423170.01	Dec 15	Tu	6-8:30pm	\$5	\$5
423170.02	Dec 16	W	6-8:30pm	\$5	\$5

**Location:** DCRC, Abbey Theater

## YOUTH SPORTS

### STEM & Play: Golf Class

Skyhawks Sports staff

This program combines strategic STEM-based activities with traditional Skyhawks golf instruction and a focus on life skills such as teamwork and sportsmanship. The STEM Sports® curriculum gives students the opportunity to get behind the sports they love with modules centered around technology, science and innovation. Subjects include golf ball design, calculating distances and angles, velocity, acceleration and much more! Participants will learn the fundamentals of swinging, putting, body positioning, etiquette and keeping score. Skyhawks puts the Sports in STEM.



**Ages:** 8-12

Class	Date	Day	Time	Fees CR	SDR/NR
426050.01	Sep 15-Oct 13	Tu	4:30-6pm	\$110	\$120
426050.02	Oct 27-Nov 24	Tu	4:30-6pm	\$110	\$120

**Location:** Coffman Park, Coffman Pavilion

### Skyhawks Beginning Golf Class

Skyhawks Sports staff

Participants will learn the fundamentals of swinging, putting, body positioning, etiquette and keeping score. The program is specifically designed for the entry-level player, simplifying instruction so that young players can make an easy and effective transition onto the golf course. *All equipment provided.*

**Ages:** 5-7

Class	Date	Day	Time	Fees CR	SDR/NR
416200.01	Oct 22-Nov 19	Th	4:30-6pm	\$95	\$105

**Location:** Coffman Park, Coffman Pavilion

### Minor League Baseball

Bally Sports Group

Bally Sports' Minor League Baseball is an introduction to coach-pitch baseball for beginning baseball players. The program utilizes instruction including batting, fielding, throwing, and catching. The program includes a modified, non-competitive game each week. Bally Sports' staff leads each team's instruction, although parent participation is strongly encouraged. Bally Sports strives to emphasize the importance of great sportsmanship by creating an encouraging atmosphere that helps players build self-esteem and encourage future participation. *Participants bring their own baseball glove; all other equipment provided by Bally Sports Group.*

**Ages:** 5-7

Class	Date	Day	Time	Fees CR	SDR/NR
416101.01	Sep 9-Oct 7	W	6:15-7:30pm	\$80	\$90

**Location:** Emerald Fields, Emerald Baseball #19

## Learn to Volley

*Bally Sports Group*

Have a great time learning the sport of volleyball with Bally Sports Group staff! Build skills in the sport through development of passing, setting, blocking, and serving. Each week includes modified games that help players learn spacing on the court, communication with teammates, and moving to the ball. Open to both new and skilled players.

*No class Nov 26*

**Ages:** 8-12

Class	Date	Day	Time	Fees CR	SDR/NR
426020.01	Nov 5-Dec 17	Th	5-6pm	\$80	\$90

**Location:** DCRC, Gym B



## Shooting Stars

*Bally Sports Group*

Learn the fundamentals of basketball with Bally Sports Group. Each week incorporates instruction on the fundamentals of dribbling, shooting, passing, rebounding, defense, and the concept of game play. Build an understanding of the skills by utilizing fun terminology and engaging activities. Open to both new and skilled players.

*No class Nov 28*

**Ages:** 7-8

Class	Date	Day	Time	Fees CR	SDR/NR
426026.01	Nov 7-Dec 19	Sa	1:15-2:10pm	\$80	\$90

**Location:** DCRC, Gym B

**Ages:** 9-11

Class	Date	Day	Time	Fees CR	SDR/NR
426027.01	Nov 7-Dec 19	Sa	2:30-3:25pm	\$80	\$90

**Location:** DCRC, Gym B

## Kids Tennis

*Rick Weissman*

Get the little ones started early in an introduction to tennis. Tennis lead-up games are used to develop coordination and strength, followed by ball control drills using forehand and backhand. Serve and volley are introduced. Little or no tennis experience needed.

**Ages:** 5-6

Class	Date	Day	Time	Fees CR	SDR/NR
436600.01	Sep 12-Oct 3	Sa	8-8:45am	\$58	\$68

**Location:** Coffman Park, Tennis Courts

**Ages:** 7-8

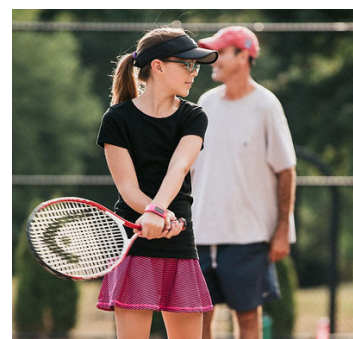
Class	Date	Day	Time	Fees CR	SDR/NR
436610.01	Sep 12-Oct 3	Sa	8:45-9:30am	\$58	\$68

**Location:** Coffman Park, Tennis Courts

## Youth Tennis Lessons

*Rick Weissman*

An introduction to basic tennis skills, including racquet handling, forehand and backhand ground strokes, rallying, sportsmanship and rules knowledge, and an introduction to volleying and serving.



**Ages:** 6-9

Class	Date	Day	Time	Fees CR	SDR/NR
436625.01	Sep 7-Sep 21	M,W	6-7pm	\$68	\$78
436625.02	Sep 7-Sep 21	M,W	7-8pm	\$68	\$78
436630.01	Sep 8-Sep 22	Tu,Th	6-7pm	\$68	\$78

**Ages:** 9-15

436630.02	Sep 8-Sep 22	Tu,Th	7-8pm	\$68	\$78
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**Location:** Coffman Park, Tennis Courts

## Cancellation/Refund Policies

For complete information, refer to page 38.

### Looking for Something Else?

Browse the remaining sections of the brochure for additional programs and activities.

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## The Teen Lounge

**!** *At this time, the Teen Lounge is currently closed.*

The Teen Lounge is a place for youth in grades 6-12 to hang out and enjoy amenities such as a big-screen TV, juke box, stereo, table tennis, Xbox 360, PS4 and board games. Participants do not need to be DCRC members. Teens must sign in when entering the lounge.

### Fall Hours

Mon–Fri: 3:30-8pm

Sat–Sun: 2-8pm

## Volunteer Opportunities

The City of Dublin has a wide variety of volunteer opportunities for teens throughout our community. For more information, contact Volunteer Services at 614.410.4404.

## ACT Advanced Workshop

Brian Stewart



**BWS** EDUCATION  
CONSULTING  
*a boutique educational experience*

The ACT Advanced Workshop is a fast-paced class that covers advanced content and strategies for the ACT. This course is an excellent fit for students who are already familiar with the ACT, have ambitious goals for college admission and scholarships, and are willing to push themselves with challenging questions. The class will be taught live online using Zoom. *If your student is taking the ACT before an ACT Turbo is offered and you are not sure if the Advanced class is the right fit, please email [brian@bwseducationconsulting.com](mailto:brian@bwseducationconsulting.com) for guidance.*

**Ages:** 14-19

Class	Date	Day	Time	Fees CR	SDR/NR
434199.01	Sep 26-Oct 3	Sa	1-5pm	\$199	\$219

**Location:** Online

## ACT Turbo Workshop

Brian Stewart

The ACT Turbo Workshop provides college-bound students with an introduction to strategies and content for all parts of the ACT. This is an ideal option for students just starting their ACT preparation, and who have little time to prepare prior to the test. Each workshop is uniquely tailored to meet the learning needs of all the students in the class. The classes will be taught live online using Zoom.

**Ages:** 14-19

Class	Date	Day	Time	Fees CR	SDR/NR
434202.01	Oct 4	Su	1-5pm	\$99	\$109
434202.02	Dec 6	Su	1-5pm	\$99	\$109

**Location:** Online

## PSAT & SAT Turbo Workshop

Brian Stewart

The PSAT & SAT Turbo Workshop covers the key academic content and important test-taking strategies that students need for success on the PSAT/NMSQT in October of the junior year. The PSAT/NMSQT determines eligibility for National Merit scholarships and recognition. This workshop will also help students taking the SAT, since the SAT and PSAT are nearly identical tests. The class will be taught live online using Zoom.



**Ages:** 14-19

Class	Date	Day	Time	Fees CR	SDR/NR
434204.01	Oct 11	Su	1-5pm	\$99	\$109

**Location:** Online

## Youth & Family Tae Kwon Do

Master Mark Bouska, 6th Degree Black Belt

Tae Kwon Do is a Korean martial art that incorporates self-defense moves, hand techniques, and a variety of kicks. Ji Do Kwon is one of the oldest forms of Tae Kwon Do, dating back 2000 years. Traditional Ji Do Kwon training focuses on discipline through formal practice in a non-contact format. Ji Do Kwon Tae Kwon Do includes kicking, punching, striking, blocking, and formal patterns called forms. Training is continuous from white belt through black belt rank. Martial artists learn discipline and respect while they are exercising, having fun, and making new friends. Students progress to increasing belt levels at their own pace. When ready, they have the opportunity to participate in promotional tests (for an additional fee) to increase their rank and qualify to learn advanced techniques. Uniforms can be purchased from the instructor for an additional fee.

**Ages:** 6-8

Class	Date	Day	Time	Fees CR	SDR/NR
434410.01	Sep 14-Dec 14	M	6:15-7:05pm	\$154	\$169

**Ages:** 9 & up

Class	Date	Day	Time	Fees CR	SDR/NR
434400.01	Sep 14-Dec 14	M	7:15-8:25pm	\$154	\$169

**Location:** DCRC, Classrooms A & B/Arts & Crafts



## Tennis Lessons

Rick Weissman

An introduction to basic tennis skills, including racquet handling, forehand and backhand ground strokes, rallying, sportsmanship and rules knowledge, and an introduction to volleying and serving.

**Ages:** 9-15

Class	Date	Day	Time	Fees CR	SDR/NR
436630.02	Sep 8-Sep 22	Tu,Th	7-8pm	\$68	\$78

**Location:** Coffman Park, Tennis Courts



## Cancellation/Refund Policies

For complete information, refer to page 38

### Looking for Something Else?

Browse the remaining sections of the brochure for additional programs and activities.

Fitness & Wellness	22
Aquatics	30





**Recreation & Leisure Opportunities for ALL ADULTS ages 18 & up**  
*Continue to learn, value time, and enrich yourself...mind, body, and soul.*

ENRICH AT THE DCRC

Adult Ceramics Studio

Stacey Besst

Adult Ceramics Studio offers the convenience of working independently up to 24 hours on ceramic pieces at your own pace. Participants receive 25 lbs. of white buff high-fire clay, with the option of recycling the clay or purchasing more as needed. All work produced in the studio is kiln fired between cones 5-6. No outside ceramic work or materials are permitted.

Program Prerequisite: Participants must have completed at least two Dublin adult ceramic classes. Participants who wish to purchase additional supplies must also register for 442102.01 (session 1) or 442102.02 (session 2).

No class Nov 24 & 26

Ages: 18 & up

Class	Date	Day	Time	Fees CR	SDR/NR
442101.01	Sep 15-Oct 22	Tu,Th	2-4pm	\$100	\$110
442101.02	Nov 3-Dec 17	Tu,Th	2-4pm	\$100	\$110

Location: DCRC, Ceramics Studio

Adult Ceramics Studio Add'l Supply Fee

Class	Date	Fees CR	SDR/NR
442102.01	Sep 15-Oct 22	\$20	\$20
442102.02	Nov 3-Dec 17	\$20	\$20

Adult Beginner Ceramics

Stacey Besst

This beginner level, instructor-led program involves skill learning to build ceramic works by hand. Explore beyond slaps, coils, and pinch pots to create project based functional and sculptural pieces utilizing new hand building methods. Techniques in decoration, glazing, and kiln firing also included. All supplies and materials included. No outside ceramic work or materials are permitted.

No class Nov 24

Ages: 18 & up

Class	Date	Day	Time	Fees CR	SDR/NR
442106.01	Sep 15-Oct 20	Tu	6-8:30pm	\$125	\$138
442106.02	Nov 3-Dec 15	Tu	6-8:30pm	\$125	\$138

Location: DCRC, Ceramics Studio

Adult Intermediate Ceramics

Stacey Besst

Join Stacey for an intermediate level ceramics program for participants seeking to take their experience to the next level. Utilizing both hand building and wheel throwing techniques through instructor-led classes, expand upon your skills to create ceramic pieces that may be both functional and sculptural. Techniques in decoration, glazing, and kiln firing also included. All supplies and materials included. No outside ceramic work or materials are permitted.

No class Nov 26

Ages: 18 & up

Class	Date	Day	Time	Fees CR	SDR/NR
442107.01	Sep 17-Oct 22	Th	6-8:30pm	\$125	\$138
442107.02	Nov 5-Dec 17	Th	6-8:30pm	\$125	\$138

Location: DCRC, Ceramics Studio

Ceramics Pit Firing Workshop NEW

Stacey Besst

Learn one of the original firing processes in ceramics. Experiment with different coloring techniques, build an outdoor kiln, and learn four types of firing: natural; oxides; copper wire; and terra sigillata. Participants should bring their own bisque ware ceramic work for this workshop. Final ceramic pieces available for pick up the week of October 27.

Ages: 21 & up

Class	Date	Day	Time	Fees CR	SDR/NR
442100.01	Oct 25	Su	9am-noon	\$65	\$75

Location: DCRC, Overflow Parking Lot

Stained Glass

Donna Gleditsch

Create your own stained glass projects. Learn to cut glass, use copper foil, and perform finishing techniques. Participants work with window glass and stained glass. All supplies and materials are included in the fee. Great for upcoming holiday gift giving!

No class Nov 25

Ages: 18 & up

Class	Date	Day	Time	Fees CR	SDR/NR
442163.01	Sep 16-Oct 21	W	6:30-8:30pm	\$87	\$97
442163.02	Nov 4-Dec 16	W	6:30-8:30pm	\$87	\$97

Location: DCRC, Arts & Crafts

## Investigating Color

Donna Gleditsch

An in-depth art program on color theory and exploration. Through instructor-led activities and discussion, participants engage in various color exercises for art creations utilizing color schemes, color mixing, complimentary color patterns, light/shading, and more. All supplies and materials are included in the fee. Open to both new and experienced artists.

No class Nov 26

**Ages:** 18 & up

Class	Date	Day	Time	Fees CR	SDR/NR
442165.01	Sep 17-Oct 22	Th	11:30am-1pm	\$73	\$83
442165.02	Nov 5-Dec 17	Th	11:30am-1pm	\$73	\$83

**Location:** DCRC, Arts & Crafts

## NEW

## Yoga in the Afternoon

Claudia Hamman

Take a break in your day to rejuvenate and re-energize. Yoga improves strength, flexibility, coordination and balance. Breathing techniques help relieve stress and tension. Your instructor leads you through a gentle series of poses that can be practiced anytime. Leave each class with a feeling of peace, relaxation and optimism.

**Ages:** 40 & up

Class	Date	Day	Time	Fees CR	SDR/NR
456405.01	Oct 12-Nov 16	M	2:30-3:30pm	\$60	\$70

**Location:** DCRC, Fitness Studio 1

## Badminton League

Derek Lee

Co-ed leagues are divided into A, B, and C skill levels (determined by instructor). Permission by instructor to register online for specific league night required. Due to current safety protocol, there is a limit on total number of players permitted each league time/session. For league questions and interest, please email Derek Lee at ckdlee88@gmail.com.

No league Nov 26-29

**Ages:** 16 & up

Class	Date	Day	Time	Fees CR	SDR/NR
446350.01	Sep 17-Dec 10	Th	5:30-7pm	\$40	\$50
446350.02	Sep 17-Dec 10	Th	7:30-9pm	\$40	\$50
446350.03	Sep 18-Dec 11	F	5:30-7pm	\$40	\$50
446350.04	Sep 18-Dec 11	F	7:30-9pm	\$40	\$50
446350.05	Sep 20-Dec 13	Su	4-5:30pm	\$40	\$50
446350.06	Sep 20-Dec 13	Su	6-7:30pm	\$40	\$50

**Location:** DCRC, Gym A

## Intermediate Watercolor

Donna Gleditsch

A continuation of Beginning Watercolor. We continue to explore color and techniques such as staining, wash, resist, pen and ink. Additionally experimenting with other paint surfaces. Please have paper, no smaller than 9 x 12, watercolor and brushes for the first class.

**Ages:** 55 & up

Class	Date	Day	Time	Fees CR	SDR/NR
452141.01	Oct 13-Nov 17	Tu	1-3pm	\$60	\$70

**Location:** DCRC, Arts & Crafts

## Intermediate Drawing

Donna Gleditsch

Students should have completed Beginning Drawing 2 or an equivalent class. We continue to explore shading techniques and perspective using various media including graphite, charcoal and colored pencils, along with pastels. Students need a sketch book (9 x 12 or larger), graphite pencils, charcoal pencils, colored pencils, eraser and a straight edge.

**Ages:** 40 & up

Class	Date	Day	Time	Fees CR	SDR/NR
452132.01	Oct 12-Nov 16	M	2-3:30pm	\$60	\$70

**Location:** DCRC, Arts & Crafts

## Delay the Disease-Mixed Level

Mary Curtis

A fitness program designed to empower people with Parkinson's disease (PD) and other degenerative diseases by optimizing their physical function and helping to delay the progression of symptoms. This is a mixed level group focusing on balance, core strength, walking, voice and coordination exercises with moderate heart rate elevation.

**Ages:** 18 & up

Class	Date	Day	Time	Fees CR	SDR/NR
456105.01	Oct 16-Nov 20	F	1:45-2:30pm	\$45	\$45

**Location:** DCRC, Fitness Studio 1

## EXPLORE YOUR PARKS

## Glow Roll

## NEW

Join us as we set out to light up Dublin GREEN with a bike ride around Coffman Park and along the neighboring bike paths surrounding the recreation center. We provide the glow...you provide the roll (bike that is!). This program is geared for all ages; children 12 and under must be accompanied by an adult/guardian. Free to participate; advanced registration is required to maintain safety protocol.

**Ages:** All Ages

Class	Date	Day	Time	Fees CR	SDR/NR
442025.01	Sep 23	W	7-8pm	FREE	
442025.02	Sep 23	W	7:15-8:15pm	FREE	
442025.03	Oct 21	W	7-8pm	FREE	
442025.04	Oct 21	W	7:15-8:15pm	FREE	

**Location:** DCRC, Overflow Parking Lot



## Closer 2 Nature Series

NEW

Barbara Ray

Join City of Dublin Nature Education Coordinator Barbara Ray and experience your Dublin parks to get 'Closer to Nature' this season. Each month provides an opportunity to explore, learn, and actively engage in a nature topic at a different park in Dublin.

**September:** Embrace Your Tree Community at Coffman Art Stable  
**October:** Explore Ancient Culture at Ferris-Wright Park  
**November:** Photo Nature Hike at Red Trabue Nature Preserve

**Ages:** 18 & up

Class	Theme	Date	Day	Time	Fees CR	SDR/NR
442050.01	Trees	Sep 9	W	6-7pm	\$5	\$5

**Location:** DCRC, Coffman Art Stable

Class	Theme	Date	Day	Time	Fees CR	SDR/NR
442050.02	Ancient Culture	Oct 7	W	6-7pm	\$5	\$5

**Location:** Ferris-Wright Park, 4400 Emerald Parkway

Class	Theme	Date	Day	Time	Fees CR	SDR/NR
442050.03	Photo Hike	Nov 4	W	6-7pm	\$5	\$5

**Location:** ML 'Red' Trabue Nature Preserve, 6500 Post Road

## ENGAGE VIRTUALLY

*\*Virtual opportunities meet online, or involve a hybrid schedule of both in-person and online. Registered participants are emailed an online link to connect prior to the program start.*

## Acting 101

NEW

Bill Darby & Joe Bishara

Welcome to the stage! The Abbey Theater of Dublin staff work with you through a hybrid schedule of virtual and in-person weekly sessions to explore the basic tools of an actor and introduce you to various methods to grow and enhance your acting skills. Each week highlights ways to make your storytelling more immediate and authentic, through a mix of group and individual coaching sessions. The end result? A performance of your very own...one minute monologue on the Abbey Theater stage to share! Open to both new and experienced actors.

**Ages:** 18 & up

Class	Date	Day	Time	Fees CR	SDR/NR
444000.01	Sep 14-Nov 2	M	7-8:30pm	\$100	\$110

**Location:** Online\* & at the DCRC, Abbey Theater

## Japanese Language Training 1

NEW

Nori Ito

Japanese Language Training 1 is a beginner level course for language learning offered by Snowy Tree Japanese Translation & Education Collaboration LLC. This virtual connections course includes a structured framework focused on clear learning objectives, consistent content and the opportunity to acquire, develop, and refine new applicable skills in a positive, encouraging environment. Gain basic knowledge and skills while in the comfort of your own home. All program content and materials provided online by the instructor. *Successful completion of 444231.01 is required before enrolling in 444231.02.*

*No class Nov 24*

**Ages:** 18 & up

Class	Date	Day	Time	Fees CR	SDR/NR
444231.01	Sep 15-Oct 13	Tu	5:50-7pm	\$100	\$110
444231.02	Nov 3-Dec 8	Tu	5:50-7pm	\$100	\$110

**Location:** Online\*

## Japanese Language Training 2

NEW

Nori Ito

Japanese Language Training 2 is the next level series for language learning offered by Snowy Tree Japanese Translation & Education Collaboration LLC. This virtual connections course includes a structured framework focused on clear learning objectives, consistent content and the opportunity to acquire, develop, and refine new applicable skills in a positive, encouraging environment. Participant pronunciation is monitored as well as the utilization of learned grammatical content. Skills each week are practiced for increased fluency in the language. All program content and materials provided online by the instructor. *Successful completion of 444232.01 is required before enrolling in 444232.02. The prerequisite for this class is the completion of Japanese Language Training 1 or permission of the instructor.*

*No class Nov 24*

**Ages:** 18 & up

Class	Date	Day	Time	Fees CR	SDR/NR
444232.01	Sep 15-Oct 13	Tu	7:30-8:40pm	\$100	\$110
444232.02	Nov 3-Dec 8	Tu	7:30-8:40pm	\$100	\$110

**Location:** Online\*

## Virtual Cooking Kitchen

NEW

Local Matters Staff

Join us each month for an online cooking program hosted by Local Matters to develop your culinary skills from the comfort of your own home. Each month offers a new cooking topic, and includes a pre-recorded demonstration, nutritional learning, and hands-on component to guide you through the process of making the featured dish. Registered participants receive the grocery list of items needed for the dish and an online link to view the demonstration prior to the program start date listed. The link will be available to the participant for six days (so it's easy to participate when you have time!). Demonstrations may include alternate suggestions for those with food allergies.

**Ages:** 18 & up

Class	Theme	Date	Day	Time	Fees CR	SDR/NR
445000.01	Whole Foods	Sep 11	F	6-8pm	\$30	\$40
445000.02	Season Cooking	Oct 9	F	6-8pm	\$30	\$40
445000.03	Healthful Holidays	Nov 13	F	6-8pm	\$30	\$40
445000.04	Smarter Sweets	Dec 11	F	6-8pm	\$30	\$40

**Location:** Online\*



## GENERAL INFORMATION

### Mission Statement

The purpose of the DCSC is to provide its members with opportunities to enjoy fellowship and pursue interests in a wide range of recreational, educational and social activities and to serve the community.

Anyone 55 or older who shares in the mission of the organization is invited to become a member. Application for membership can be made in person at the DCRC, 5600 Post Road. Application forms are available at the front desk or at <https://dublinohiousa.gov/recreation-services/dublin-community-senior-citizens/>

### Dues

Annual dues are \$15 for Dublin residents and \$20 for Dublin school district/non-residents per person for the 2020 calendar year. Membership privileges include participation in all general and special activities listed within the monthly DCSC newsletter.

### DCSC Member Connection

The DCSC Member Connection provides updates, programs and class offerings to DCSC members during COVID-19 isolation.

## 2020 DCSC ADVISORY BOARD EXECUTIVE COMMITTEE

President: Bruce Book

Vice President: Tony Burchard

Secretary: Joan Margard

Treasurer: Pat Breathing

Past President: Bob Seredick

## ACTIVITIES & PRESENTATIONS

! When the World Health Organization declared COVID-19 a pandemic, a new reality took hold. The City of Dublin puts the health and safety of its community above all else and continues to work with local and state officials to monitor this ever changing situation. Older adults, 65 years and older, and persons with pre-existing medical conditions or compromised immune systems are at a higher risk for COVID-19. This includes people who have heart disease, lung disease, cancer, high blood pressure or diabetes.

In an effort to provide safe programming for DCSC members, we are developing creative ways to engage our participants while at home or while social distancing. Social distancing doesn't have to mean social isolation. Stay connected...

### Boxed Lunch Wednesdays

A summer favorite, Boxed Lunch Wednesday returns this fall on the third Wednesday of each month. Drive up/pick up a goodie bag and a box lunch at no charge. Specific information on sponsors, restaurants and registration will be mailed to members of the DCSC organization and Forever Dublin the first part of September.



**Date:** Sept 16, Oct 21 and Nov 18

**Time:** 11:30am – 12:30pm

**Fee:** No charge, pre-registration required

**Limit:** 250

**Location:** Dublin Recreation Center overflow parking lot



## DCRC FITNESS AND WELLNESS OPPORTUNITIES

The DCRC has a class or service to help you start a fitness program, update your current program or provide one-on-one training. Many of our fitness attendants have completed or are pursuing degrees in the health and exercise industry.

**Please note, the DCRC fitness floor is not equipped as a powerlifting or CrossFit facility.**

### FITNESS ORIENTATIONS

A fitness attendant provides individuals or groups with general information about fitness floor policies and how to use the exercise equipment. Fitness orientations are dependent on staff availability and are free to DCRC pass holders. All Orientations are currently being conducted with the appropriate physical distancing and masks are required. Appointments are made by scheduling with a fitness attendant at the DCRC or by calling 614.410.4550. If you are interested in developing a personalized fitness program, you may be interested in engaging with a personal trainer.

### SENIOR ADULT FITNESS ORIENTATIONS

Regular exercise is important for the physical and mental health of everyone, including older adults. Exercising regularly can produce long-term health benefits, improve the health of older adults living with disease or disability, and help maintain independence. A Senior Fitness Orientation will provide individuals or small groups an introduction to the fitness floor, an opportunity to learn specific recommendations and benefits of exercise for older adults, and a chance to become familiar with various forms of exercise to improve cardiovascular fitness, strength, and flexibility. All Senior Adult Orientations are currently being conducted with the appropriate physical distancing and masks are required. Senior Fitness Orientations are dependent on staff availability and are free to DCRC pass holders. Appointments are made by scheduling with a fitness attendant at the DCRC or by calling 614.410.4550.

## FITNESS TESTING

### “IN-BODY” ASSESSMENT

Take part in the latest cutting edge in body composition assessment! Our brand new In-Body Assessment Equipment goes beyond weight to measure how much lean mass you have in each body segment. Additionally, it measures total body water and fluid distribution.

**InBody**

Body composition (percent fat and lean) reflects the results of both physical activity and nutritional practices. Body weight alone can be very misleading. The scale cannot tell the difference between a pound of fat and a pound of muscle. Over time, people tend to gain fat and lose muscle without an obvious change in their weight. Even though we need a certain amount of fat in our bodies to ensure good health, excess body fat has been found to increase the risk of diseases such as cancer, diabetes and heart disease. On the other hand, too little body fat can also pose a number of health risks, especially for women. Only by accurately measuring body composition do you learn the amount of fat and lean tissue that makes up your weight, enabling sensible decisions regarding nutrition and exercise programs. It's the best way to get the “whole picture” of what's really going on in your body.

All In-Body Assessments are currently being conducted with the appropriate physical distancing and masks are required.

<b>Individual Analysis</b>	\$25 for DCRC Members
<b>Three Visits</b>	\$50 for DCRC Members

## NUTRITION CONSULTING

**! Unavailable at this time.**

Nutrition counseling to help participants make healthy food choices with an emphasis on lifestyle changes, which result in weight loss and improved health through healthy meal planning, recipes, cooking demonstrations and label reading.

### Janice Anders, R.D., L.D.

614.477.2283  
jaeaka@gmail.com

**Availability:** 9am-3pm Tuesday and Thursday and by appointment

**Education:** BS in Nutrition, Bowling Green State University, MA Ohio State University

**Certifications:** Registered Dietitian through the American Dietetic Association and Licensed in the State of Ohio.

**Nutrition Consulting Rates:**  
1 hour initial consultation: \$50



# MYZONE FITNESS ACTIVITY TRACKER

The DCRC has partnered with MYZONE to provide our patrons with the most accurate heart rate and activity tracking system.



With the free MYZONE App you can view a live feed of your workout intensity, calories burned, receive workout summary reports, monitor your progress and much more!

## How does it work?

- Users wear a comfortable MYZONE activity belt (chest strap) to monitor all physical activity in real time. The use of a chest strap vs. wrist strap such as Fitbit allows for 99.4% accuracy to an EKG machine.
- MYZONE monitors your heart rate, calories and amount of time exercising with a focus on rewarding effort rather than fitness
- Automatically upload stored belt information quickly and easily by using the MYZONE App using Bluetooth technology.
- Track exercise inside or outside the facility: MYZONE stores up to 16 hours of activity

## How to get MYZONE:

1. Order your MZ-3 belt
  - Go to [myzone.org](http://myzone.org)
  - Use the club code **DCRECUS001-EMS** to receive a special price of \$69.99.
2. Once the belt is received, download the App
  - Go to the APP store or Google Play store
  - Search for MYZONE
  - Register your MYZONE belt using the facility code **DCRECUS001**

For questions, please contact Pat Casto at 614.410.4572 or [pcasto@dublin.oh.us](mailto:pcasto@dublin.oh.us)

# FITNESS INCENTIVE PROGRAMS

## Fit52

Fit52 is an initiative for patrons of the DCRC that encourages and rewards for participating in DCRC fitness activities and working toward achieving individual health and fitness goals. Points are awarded for activities that include workouts, attending fitness and educational classes, participating in transformation challenges and engaging in incentive programs. Sign up online at [dublinohiousa.gov/fitness/fit52/](http://dublinohiousa.gov/fitness/fit52/)

# SPINNING

A 45 – 55-minute calorie-burning indoor cycling workout completed with cool down and stretching. Bring a towel and water bottle. Beginners should arrive 5-10 minutes before the start of class to get set up on your cycle.



## Spinning Passes

<b>Spinning Only Pass</b>	10 classes for \$80 4-MONTH EXPIRATION
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<b>Unlimited Monthly Spinning Pass</b>	\$50/Month
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<b>1-time Spin Class</b>	\$10 <i>Unavailable at this time.</i>
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# LAND GROUP FITNESS CLASSES

The DCRC offers land group fitness classes. Current class schedules are regularly updated and are available on the fitness board, fitness desk, and online. The DCRC reserves the right to cancel or change the class format to meet member needs and requests. A shortened schedule of classes is offered during times of low participation, i.e. holidays or City of Dublin events. Upon written request, patrons may transfer the balance of pass uses to others. Requests should be directed to the Fitness Supervisor for approval. Passes are intended for individual purchase and use. Land group fitness passes expire 4 years from date of purchase, are non-refundable, and are not prorated. Water fitness passes cannot be used to participate in land classes.




## USING A PASS

Class slots are on a first-come, first-served basis based on our reservation system. Class capacities are determined by appropriate physical distancing, equipment used, available space and patron safety. You may sign up for a class online using our reservation system up to 48 hours in advance but no later than 10 minutes after the class starts.

1. Buy a land group fitness pass at the Membership desk.
2. Make an online reservation for the class you wish to take.
3. Use your pass to check in at the Fitness Check in desk.

## LAND GROUP FITNESS PASSES

Passes are sold in four different packages. The minimum age requirement to participate in group fitness classes is 12. Participants under age 18 must have a parent/guardian enroll them and agree to the waiver each time a new pass is purchased.

1. **10 Class Pass** \$45 for DCRC members or \$60 for non-members. Passes expire 4 years from date of purchase, non-refundable, pass is not prorated.
2. **20 Class Pass** \$70 for DCRC members or \$85 for non-members. Passes expire 4 years from date of purchase, non-refundable, pass is not prorated.
3. **Trial Pass** \$10 for a single group fitness class. Must be used on date of purchase.  
 **Unavailable at this time.**
4. **Unlimited Monthly Pass** \$50 for DCRC members or \$60 for non-members. Non-refundable, pass is not prorated. Classes are subject to reaching participant limit prior to scheduled class time.
5. **NEW Unlimited Monthly Pass for Virtual Classes** \$30 for members or \$35 for non-members.

## VIRTUAL GROUP FITNESS ACCESS

### DCRC Instructors

The DCRC is excited to introduce our new Virtual Fitness Pass starting September 1st. We understand that some patrons remain unable to participate in classes on site or prefer our virtual option. This will allow monthly access to an unlimited amount of virtual classes taught by your favorite DCRC instructors. Access to classes begins on the first day of the month and ends on the last day.

Access can be purchased online. All transactions are non-refundable and are separate from our Land and Spinning group fitness passes.

Class	Date	Member	Non-Member
479100.01	Sep 1-Sep 30	\$30	\$35
479100.02	Oct 1-Oct 31	\$30	\$35
479100.03	Nov 1-Nov 30	\$30	\$35
479100.04	Dec 1-Dec 31	\$30	\$35

## LAND GROUP FITNESS DESCRIPTIONS\*

Most classes are 45-55 minutes. Class schedules are updated regularly. For an up-to-date fitness class schedule, visit [DublinOhioUSA.gov/recreation-services](http://DublinOhioUSA.gov/recreation-services). *The Land Group Fitness Classes include only the classes that are "drop-in" in nature such as TNT, Sculpting, Barbell, Kick & Sculpt, Total Toning, Tabata, CardioJam, PiYo, Rev & Flow, Pound, and 20/20/20. Registered classes are NOT eligible for use of the Land Group Fitness passes. Examples of registered classes include but are not limited to Pilates, Yoga, and Specialized Fitness Programs.*

## WEE FOLK ROOM

 **At this time, the Wee Folk Room is unavailable.**

Wee Folk Room services are available until capacity is reached. There is no guarantee these services are available during the time your class is offered. Refunds or make-ups are not issued if your child is unable to use the Wee Folk Room. Please plan your childcare appropriately.

## PERSONAL TRAINING

 **At this time, Personal Training Services are unavailable.**

A certified personal trainer can help you sift through health and fitness information and provide on-going motivation. DCRC annual pass holders may use a personal trainer from a list of sanctioned trainers.

All personal trainers must be approved and sanctioned by the DCRC in order to work with or train clients at the DCRC. All DCRC sanctioned personal trainers are required to hold professional liability insurance and a current nationally accredited personal training certification such as ACE, ACSM, NSCA as well as provide educational and direct experience working as a personal trainer or certified fitness instructor.

## USING A PERSONAL TRAINING PASS

(you must be a DCRC member):

1. Select a personal trainer from the list, which includes a short bio describing their education, experience and contact information. Contact a trainer before buying a personal training pass to determine the trainer's availability and to ask any questions.
2. When you determine which trainer you'd like to work with, purchase a personal training pass at the front desk. All pass payments must be paid in full at the front desk before starting personal training sessions. Do not make payments directly to the personal trainer.
3. To use your personal training pass, check in at the fitness desk before each session begins. The trainer or a fitness attendant subtracts a session from your pass. It is important to check in at the fitness desk prior to your training session.
4. All personal training passes expire in 90 days, except for 30-visit passes which expire in 6 months.
5. Personal training passes are generally non-refundable. Refunds are only granted at the discretion of the DCRC Fitness Program Supervisor.

# DCRC PERSONAL TRAINER PASS RATES

## Single person, 1-hour sessions:

1-session pass	\$58
8-session pass	\$405 (\$50.62/session)
12-session pass	\$580 (\$48.33/session)
30-session pass	\$1392 (\$46.40/session)

## Single person, 1/2-hour sessions:

1-session pass	\$35
8-session pass	\$255 (\$31.87/session)
12-session pass	\$348 (\$29/session)
30-session pass	\$785 (\$26.16/session)

## Two-person, 1-hour sessions

1-session pass	\$35 each person
8-session pass	\$255 each person (\$31.87/session)
12-session pass	\$348 each person (\$29/session)
30-session pass	\$785 each person (\$26.16/session)

## Two-person, 1/2-hour sessions

1-session pass	\$22 each person
8-session pass	\$174 each person (\$21.75/session)
12-session pass	\$240 each person (\$20/session)
30-session pass	\$557 each person (\$18.56/session)

# 3-SESSION PERSONAL TRAINING PROGRAM

Three (45-minute) personal training sessions performed by Certified DCRC personal trainer of your choice

*Free In-Body Assessment (\$25 value) performed by DCRC Fitness Staff*

**COST:** \$142

\*Contact with personal trainer required prior to registration

# DCRC PERSONAL TRAINERS

Go to [dublinohiousa.gov/fitness/personal-training](http://dublinohiousa.gov/fitness/personal-training) for more information about DCRC Personal Trainer specialties and experience

**Are you interested in Personal Training at the DCRC or having your Personal trainer work with you at the DCRC? Please contact Pat Casto, DCRC Fitness Supervisor at 614.410.4572 or [pcasto@dublin.oh.us](mailto:pcasto@dublin.oh.us)**

## Alex Lee

**Contact:** 614.202.8049 [alexfit.lee@gmail.com](mailto:alexfit.lee@gmail.com)  
**Availability:** By appointment  
**Education:** BS of Science in Human Nutrition/minor in Business at The Ohio State University  
**Certifications:** ACE Certified Personal Trainer, CPR/AED  
**Focus:** Strength & conditioning

I specialize in fitness training for all ages, teaching the basics of form utilizing free weights and resistance equipment. I enjoy working with individuals who need exercise guidance and nutrition tips. Looking forward to helping you reach personal health, strength or fitness goals.

## Martha Snee

**Contact:** 614.537.1011 [marthasnee56@gmail.com](mailto:marthasnee56@gmail.com)  
**Availability:** By appointment. Please contact for available appointment times.  
**Education:** BA Exercise Science Capital University, AS Exercise Science Columbus State Community College  
**Certifications:** NSCA Certified Personal Trainer, FMS - Certified Level 2, Precision Nutrition - L1 Nutrition Coach, Certified Spinning Instructor, AHA - CPR /AED

## Jamie Friday

**Contact:** 614.439.0014 [jamie.friday@gmail.com](mailto:jamie.friday@gmail.com)  
**Availability:** By appointment. Please contact for available appointment times.  
**Education:** A.S. Early Childhood Education University of Cincinnati, A.S. Equine Studies Findlay University  
**Certifications:** American Council on Exercise certified personal trainer since 1997. Certified Yogafit specialist, certified Spinning instructor. CRR/AED.

## Lauren Koenig

**Contact:** 614.578.9935 [lauren.koenig2@gmail.com](mailto:lauren.koenig2@gmail.com)  
**Availability:** By appointment. Please contact for available appointment times.  
**Education:** BA English and Spanish, Ohio University; Masters in teaching Foreign Language, The Ohio State University  
**Certifications:** Certified Personal Trainer: National Academy of Sports Medicine

## Josh Matthews

**Contact:** 614.571.3768 [matthews.josh@gmail.com](mailto:matthews.josh@gmail.com)  
**Availability:** By appointment  
**Education:** Master of Public Health from Benedictine University, Bachelor of Arts in Exercise Science from Capital University  
**Certifications:** ACTION- Certified Personal Training  
 National Academy of Sport Medicine  
 - Certified Personal Trainer  
 American College of Sport Medicine  
 - Certified Exercise Specialist  
 American Red Cross- Certified Instructor; CPR/ AED/ BBP/ BLS/ First Aid (Adult, child, and infant)



## YOUTH & TEEN FITNESS

### Jr. Fitness Card Program

Earn the privilege of using the fitness floor before age 16. Participants meet individually with a fitness staff member and learn fitness floor rules, safety, and correct use of equipment. Upon successful completion, teen members ages 12-15 may use the fitness floor without being accompanied by a parent or guardian.

Participants must successfully pass all areas of the program and be proficient in exercise technique, safety, and fitness floor etiquette to receive card. Jr. Fitness Card program appointments orientations are dependent on staff availability must be scheduled in advance and are available by phone or in person at the DCRC. *Contact the Fitness Check-In Desk at 614.410.4550 to schedule.*

*All Jr. Fitness Card Orientations are being conducted with the appropriate physical distancing and masks are required. In order to maintain physical distancing, our fitness staff will only be orienting your teen on the Cybex Equipment and Cardio Equipment. Due to COVID-19 Restart Guidelines, orientations on spotting services, bench pressing, squat racks and the dumb bell are unavailable at this time.*

**Ages:** 12-15

Time	Date	Fees CR	SDR/NR
1.0 hr	By Appointment	\$16	\$26

**Location:** DCRC, Fitness Floor

### Jr. Track Program

Earn the privilege of using the fitness track before age 13. Participants meet individually with a fitness staff member and learn track rules, proper track etiquette, and track procedures. Upon successful completion, kids ages 10-12 may use the track without adult supervision. Participants must successfully pass all areas of the program and be proficient in track etiquette and safety procedures to be able to use the track. Jr. Track program appointments orientations are dependent on staff availability must be scheduled in advance and are available by phone or in person at the DCRC.

*All Jr. Track Orientations are currently being conducted with the appropriate physical distancing and masks are required Contact the Fitness Check-In Desk at 614.410.4550 to schedule.*

**Ages:** 10-12

Time	Date	Fees CR	SDR/NR
30 min	By Appointment	\$10	\$20

**Location:** DCRC, Indoor Track

## YOGA

### Outdoor Yoga at Coffman Park

*Recreation Services staff*

Join us for this multi-level yoga class early fall in Dublin! We'll salute the sun while feeling it, and breathe while experiencing a breeze. Whether you are new to yoga or experienced, you'll enjoy this breath of fresh air. Bring a yoga mat and water.



**Ages:** 18 & up

Class	Date	Day	Time	Fees CR	SDR/NR	Inst
472204.03	Sep 19-Oct 17	Sa	8:30-9:30am	\$30	\$40	Janine
472204.04	Sep 20-Oct 18	Su	10:30-11:30am	\$30	\$40	Ashley

**Location:** Coffman Park

### Hatha Yoga

*Janine Zielinski*

Increase mind/body awareness and improve your health through Hatha Yoga. The ancient art of Hatha Yoga increases flexibility and strength while reducing stress and tension. Please bring a mat or purchase one at the front desk. Yoga is best practiced in bare feet and with a fairly empty stomach, so please refrain from eating a meal before class. Wear comfortable clothing and always turn off your cell phone before entering the classroom.

**BEGINNER LEVEL:** The beginner class is appropriate for first time yoga students, most seniors, or anyone who wants a gentle, easy yoga class. Beginners focus on learning postures and breath awareness while emphasizing relaxation and flexibility.

*No class Nov 24*

**Ages:** 18 & up

Class	Date	Day	Time	Fees CR	SDR/NR
473300.01	Sep 15-Oct 6	Tu	6:30-7:25pm	\$40	\$50
473300.02	Oct 13-Nov 3	Tu	6:35-7:30pm	\$40	\$50
473300.03	Nov 10-Dec 15	Tu	6:30-7:25pm	\$50	\$60

**Location:** DCRC, Fitness Studio 2

# PILATES

## Pilates Basics & Beyond

TBA

Concentrate on the basic Pilates reformer exercises in this mixed level class. Beginners are welcome and those with more experience will do the same series of exercises but are challenged by digging deeper into the core connection.

No class Nov 23-27

Ages: 18 & up



Class	Date	Day	Time	Fees CR	SDR/NR	Inst
474101.01	Sep 14-Oct 5	M	6:30-7:20pm	\$56	\$66	TBA
474101.02	Sep 16-Oct 7	W	10:30-11:25am	\$56	\$66	TBA
474101.03	Sep 18-Oct 9	F	9:30-10:20am	\$56	\$66	TBA
474101.04	Sep 18-Oct 9	F	10:30-11:20am	\$56	\$66	TBA
474101.05	Oct 12-Nov 2	M	6:30-7:20pm	\$56	\$66	TBA
474101.06	Oct 14-Nov 4	W	10:30-11:20am	\$56	\$66	TBA
474101.07	Oct 16-Nov 6	F	9:30-10:20am	\$56	\$66	TBA
474101.08	Oct 16-Nov 6	F	10:30-11:20am	\$56	\$66	TBA
474101.09	Nov 9-Dec 14	M	6:30-7:20pm	\$70	\$80	TBA
474101.10	Nov 11-Dec 16	W	10:30-11:25am	\$70	\$80	TBA
474101.11	Nov 13-Dec 18	F	9:30-10:20am	\$70	\$80	TBA
474101.12	Nov 13-Dec 18	F	10:30-11:20am	\$70	\$80	TBA

Location: DCRC, Fitness Studio 2

## Pilates - Intermediate

Gain challenging options for the exercises covered in the beginner class and movements that require greater core strength, flexibility and balance. Expand your repertoire using the boxes, fitness rings and learn to use the towers. This level includes many exercise options. You may take this level several times and continue to learn new movements. You must have taken a beginner level class in order to register for this level.

No class Nov 23 & 25

Ages: 18 & up

Class	Date	Day	Time	Fees CR	SDR/NR	Inst
474200.01	Sep 14-Oct 5	M	10-10:50am	\$56	\$66	Andrea
474200.02	Sep 14-Oct 5	M	5:30-6:20pm	\$56	\$66	TBA
474200.03	Sep 16-Oct 7	W	9:30-10:25am	\$56	\$66	TBA
474200.04	Oct 12-Nov 2	M	10-10:50am	\$56	\$66	Andrea
474200.05	Oct 12-Nov 2	M	5:30-6:20pm	\$56	\$66	TBA
474200.06	Oct 14-Nov 4	W	9:30-10:25am	\$56	\$66	TBA
474200.07	Nov 9-Dec 14	M	10-10:50am	\$70	\$80	Andrea
474200.08	Nov 9-Dec 14	M	5:30-6:20pm	\$70	\$80	TBA
474200.09	Nov 11-Dec 16	W	9:30-10:25am	\$70	\$80	TBA

Location: DCRC, Fitness Studio 2

## Pilates - Advanced

Andrea Lehmann

Learn variations of previously mastered exercises that challenge your coordination, strength, flexibility and core. Movements in the advanced class are done at various tempos and range-of motions. Additional equipment is used regularly, with an emphasis on using the towers. This class is intended for those who have taken several Pilates reformer classes before and are ready for a challenge.

No class Nov 23

Ages: 18 & up

Class	Date	Day	Time	Fees CR	SDR/NR	Inst
474300.01	Sep 14-Oct 5	M	9-9:50am	\$56	\$66	Andrea
474300.02	Oct 12-Nov 2	M	9-9:50am	\$56	\$66	Andrea
474300.03	Nov 9-Dec 14	M	9-9:50am	\$70	\$80	Andrea

Location: DCRC, Fitness Studio 2

## Pilates Express

Andrea Lehmann

This multi-level reformer-based Pilates class is perfect for your midday workout. In 45 minutes, discover exercises that strengthen your core as well as help you gain flexibility and strength.

No class Nov 25

Ages: 18 & up

Class	Date	Day	Time	Fees CR	SDR/NR	Inst
474302.01	Sep 16-Oct 7	W	noon-12:45pm	\$42	\$52	Andrea
474302.02	Oct 14-Nov 4	W	noon-12:45pm	\$42	\$52	Andrea
474302.03	Nov 11-Dec 16	W	noon-12:45pm	\$52.50	\$62.50	Andrea

Location: DCRC, Fitness Studio 2

## SPECIALIZED FITNESS PROGRAMS

### TRX® Kettlebell Fusion

Suzanne Schwarz

Mix the dynamic TRX class with kettlebells. Kettlebells are a tried and true tool for stripping fat and building strength. This class will focus primarily on building solid foundations with basic movements including squats, dead lifts, swings, and presses. Expect the class to shift gears every few exercises between heart racing aerobic work and slow strength movements where you catch your breath while learning tension techniques and other strength skills.

No class Nov 27

**Ages:** 18 & up

Class	Date	Day	Time	Fees CR	SDR/NR
475201.01	Sep 18-Oct 23	F	7-7:55am	\$60	\$70
475201.02	Nov 6-Dec 18	F	7-7:55am	\$60	\$70

**Location:** DCRC, Fitness Studio 2



### Functional Fitness

Sally Gill

Combine some cardio training with weight bearing exercises designed to help you improve muscular strength and endurance, bone density and flexibility in this low impact class. Finish with core strengthening exercises and a great stretch for a complete and functional workout!

No class Nov 23 & 26

**Ages:** 50 & up

Class	Date	Day	Time	Fees CR	SDR/NR
475303.01	Sep 14-Oct 5	M	10:45-11:45am	\$32	\$42
475303.02	Sep 17-Oct 8	Th	10:45-11:45am	\$32	\$42
475303.03	Oct 12-Nov 2	M	10:45-11:45am	\$32	\$42
475303.04	Oct 15-Nov 5	Th	10:45-11:45am	\$32	\$42
475303.05	Nov 9-Dec 14	M	10:45-11:45am	\$40	\$50
475303.06	Nov 12-Dec 17	Th	10:45-11:45am	\$40	\$50

**Location:** DCRC

### Strength & Stretch

Sally Gill

Gain strength using hand weights in fun and creative ways in this chair aerobic class. Core training, balance exercises and flexibility are also included in this well-rounded program designed with seniors in mind, but great for anyone ages 40 & up.

No class Nov 24 & 26

**Ages:** 40 & up

Class	Date	Day	Time	Fees CR	SDR/NR
475400.01	Sep 15-Oct 6	Tu	10:45-11:45am	\$40	\$50
475400.02	Oct 13-Nov 3	Tu	10:45-11:45am	\$40	\$50
475400.03	Nov 10-Dec 15	Tu	10:45-11:45am	\$50	\$60
475400.04	Sep 17-Oct 8	Th	1-1:55pm	\$40	\$50
475400.05	Oct 15-Nov 5	Th	1-1:55pm	\$40	\$50
475400.06	Nov 12-Dec 17	Th	1-1:55pm	\$50	\$60

**Location:** DCRC

### Virtual Functional Fitness

Sally Gill

In this virtual program you can enjoy the safety, comfort and convenience of your own home or any location that you choose. Work to gain strength using hand weights in fun and creative ways in this no-impact class. Core training, balance exercises and flexibility are also included in this well-rounded program designed with seniors in mind, but great for anyone ages 40 & up.

No class Nov 23 & 26

**Ages:** 55 & up

Class	Date	Day	Time	Fees CR	SDR/NR
475304.01	Sep 14-Oct 5	M	10:45-11:45am	\$32	\$42
475304.02	Sep 17-Oct 8	Th	10:45-11:45am	\$32	\$42
475304.03	Oct 12-Nov 2	M	10:45-11:45am	\$32	\$42
475304.04	Oct 15-Nov 5	Th	10:45-11:45am	\$32	\$42
475304.05	Nov 9-Dec 14	M	10:45-11:45am	\$40	\$50
475304.06	Nov 12-Dec 17	Th	10:45-11:45am	\$40	\$50

**Location:** Online



# Senior Small Group

Sally Gill

Finally, a small group fitness class just for active older adults. You and a small group of others work with a group fitness instructor once a week on exercises designed especially for those 55 and older. Strength building, balance and flexibility are emphasized. Work out with a group of your peers and see the results!

No class Nov 25

Ages: 55 & up



Class	Date	Day	Time	Fees CR	SDR/NR
476105.01	Sep 16-Oct 7	W	10:45-11:45am	\$40	\$50
476105.02	Oct 14-Nov 4	W	10:45-11:45am	\$40	\$50
476105.03	Nov 11-Dec 16	W	10:45-11:45am	\$50	\$60

Location: DCRC

# Cardio Extreme w/Sally

Sally Gill

Has your workout quit working? Do you need some new exercises to keep you motivated and help you reach your fitness goals? Let Sally give your current workout a makeover and you will love the results!

No class Nov 27

Ages: 18 & up

Class	Date	Day	Time	Fees CR	SDR/NR
476161.01	Sep 18-Oct 9	F	9:45-10:15am	\$20	\$30
476161.02	Oct 16-Nov 6	F	9:45-10:15am	\$20	\$30
476161.03	Nov 13-Dec 18	F	9:45-10:15am	\$25	\$35

Location: DCRC, Fitness Floor

# Small Group with Sally

Sally Gill

Grab some friends and join Sally twice a week for this small group training class. Use a variety of equipment both on the fitness floor and in the classroom to enjoy a workout that is never the same!

No class Nov 23-27

Ages: 18 & up

Class	Date	Day	Time	Fees CR	SDR/NR
476162.01	Sep 14-Oct 5	M	9:45-10:40am	\$40	\$50
476162.02	Sep 16-Oct 7	W	9:45-10:40am	\$40	\$50
476162.03	Sep 15-Oct 6	Tu	9:35-10:35am	\$40	\$50
476162.04	Sep 17-Oct 8	Th	9:35-10:35am	\$40	\$50
476162.05	Sep 18-Oct 9	F	8:30-9:30am	\$40	\$50
476162.06	Oct 12-Nov 2	M	9:45-10:45am	\$40	\$50
476162.07	Oct 7-Nov 4	W	9:45-10:45am	\$40	\$50
476162.08	Oct 13-Nov 3	Tu	9:35-10:35am	\$40	\$50
476162.09	Oct 15-Nov 5	Th	9:35-10:30am	\$40	\$50
476162.10	Oct 16-Nov 6	F	8:30-9:30am	\$40	\$50
476162.11	Nov 9-Dec 14	M	9:35-10:35am	\$50	\$60
476162.12	Nov 11-Dec 16	W	9:45-10:45am	\$50	\$60
476162.13	Nov 10-Dec 15	Tu	9:35-10:30am	\$50	\$60
476162.14	Nov 12-Dec 17	Th	9:45-10:45am	\$50	\$60
476162.15	Nov 13-Dec 18	F	9:35-10:35am	\$50	\$60

Location: DCRC

# Multi-level w/Renee

Renee Phillips

MULTI-LEVEL: A great workout for participants of all fitness levels. A mix of cardio activities as well as strength and muscle toning exercises are included.

No class Nov 24 & 26

Ages: 18 & up

Class	Date	Day	Time	Fees CR	SDR/NR
476170.01	Sep 15-Oct 6	Tu	9:30-10:25am	\$40	\$50
476170.02	Sep 17-Oct 8	Th	9:30-10:25am	\$40	\$50
476170.03	Oct 13-Nov 3	Tu	9:30-10:25am	\$40	\$50
476170.04	Oct 15-Nov 5	Th	9:30-10:25am	\$40	\$50
476170.05	Nov 10-Dec 15	Tu	9:30-10:25am	\$50	\$60
476170.06	Nov 12-Dec 17	Th	9:30-10:25am	\$50	\$60

Location: DCRC

# Cancellation/Refund Policies

For complete information, refer to page 38.

# Looking for Something Else?

Browse the remaining sections of the brochure for additional programs and activities.

Adults . . . . .	18
DCSC . . . . .	21
Aquatics . . . . .	30



**!** At this time, the DCRC is open to members only.

## DCRC AQUATIC CENTER

To use the Aquatic Center, you must be a DCRC member or pay a daily guest fee.

### DCRC Daily Guest Rates

		City of Dublin	
		Resident	Nonresident
<b>Adult</b>	18 years and older	\$7	\$15
<b>Youth</b>	3–17 years	\$5	\$7
	2 years and younger	Free	Free

Proof of residency is required to receive City of Dublin Resident rate. All guests are required to present a state, school or City of Dublin picture ID prior to passing the Check-In Desk. Guests 10-17 years old may request to have an ID issued at the Welcome Desk when accompanied by a guardian with proper identification.

## LAP & LEISURE POOL AVAILABILITY

**!** To manage capacity numbers during the COVID-19 pandemic, the DCRC is operating on a reservation-based system for members only. Those wishing to utilize the facility must sign up for a time slot online, over the phone, or in person. See our online registration page for more information or to register: <https://dublinohiousa.gov/recreation-services/online-registration/>

## DCRC GENERAL POOL INFORMATION

- !** Bring your own pool equipment, DCRC will not be providing any at this time.
- !** Maintain 6 ft. for social distancing at all times.
- !** Face masks/coverings are not permitted in the water.
- !** Children under the age of 16, must be accompanied by an adult, 16 and older, in the facility.

## ADULT TO CHILD RATIOS

These ratios (listed below) are established for the safety of all our young guests. Those not meeting the ratios are denied pool use.

- All children 4 years of age and younger must be within arm's reach of an adult, 16 years of age or older, in a swimsuit, at all times.
  - One adult is required for every 2 children in this age group.
- All children 5-7 years of age must be visually supervised by an adult, 16 years of age or older, at all times.
  - One adult is required for every 5 children in this age group.
- All children 8-9 years of age must be accompanied by an adult, 16 years of age or older, in the facility.
  - One adult is required for every 5 children in this age group.
- Children ages 10 years and over may enter the facility without an adult supervisor.
- All children wearing a flotation device must be within arm's reach of an adult, in a swimsuit, at all times.

## PLAY SAFELY

- Safety breaks are called at 15 minutes before each hour. Adults 18 years of age and older may swim during this time. Children 2 years of age and younger may remain in the Leisure Pool during rest period within arm's reach of an adult, in a swimsuit, at all times. Youths 17 years of age and younger may remain in the Lap Pool during rest period as long as they are actively swimming laps or participating in a program
- No running on pool decks
- There is no diving permitted in the Leisure Pool or in the shallow areas of the Lap Pool
- No private swim lessons or coaching permitted
- The following items and behaviors are not permitted in the facility:
  - Smoking, alcoholic beverages, food, gum or beverages, with the exception of water, glass containers of any type, squirt guns, inner tubes, torpedoes, mermaid tails/mono-fins, and any large floating toys that may obscure the sightlines of the lifeguards.

## SLIDE AND SPA SAFETY

**!** *At this time, the slide and spa are temporarily unavailable.*

- All riders must be a minimum of 42 inches tall to ride the slide. Riders between 42-48 inches tall must pass a Slide Swim Test in order to ride the slide. The Slide Swim Test assesses a swimmer's ability to swim in a current. Please see the Pool Manager to request a Slide Swim Test.
- The slide has restricted hours within our operating hours. Please refer to our seasonal Aquatic Schedule for slide hours listed on our website.

## RESPECT OTHERS

- All guests must obey the instructions of the aquatics staff
- Guests experiencing the following are not permitted in the water: open sores, infections or diarrhea
- Swim diapers are required for all individuals not toilet trained. Youth sizes are available for purchase at the Front Desk.
- Swimsuits are the only acceptable swim attire. Guests with modesty concerns may wear covering garments that are clean and do not interfere with their safety or the safety of others.

**\*Additional information is posted in the pool areas.**

## WATER FITNESS

**!** *To manage capacity numbers during the COVID-19 pandemic, the DCRC is operating on a reservation-based system. Those wishing to attend a class must have an active water fitness pass (no trial/daily passes) and must sign up online, over the phone, or in person. See our online registration page for more information or to register: <https://dublinohiousa.gov/recreation-services/online-registration/>*

Class slots are available on a first-come, first serve basis. Class capacities are determined by the equipment used, available space, and patron safety. You may sign in for a class 30 minutes beforehand, but no later than 10 minutes after the class starts.

Schedules are available at the front desk of the DCRC and online. Pass holders must scan their pass at the Fitness Desk before going to class.

### Water Fitness

Class Fees	DCRC Member	Guest
① Single Class	\$10.00	\$10.00 <i>*unavailable at this time</i>
10-Class Pass	\$45.00	\$60.00
20-Class Pass	\$70.00	\$85.00
Unlimited Monthly	\$50.00	\$60.00

- For questions regarding our water fitness classes, please contact Matt Rice at 614.410.4597 or at [mrice@dublin.oh.us](mailto:mrice@dublin.oh.us)

## AQUATIC ACTIVITIES

### CPR/AED and First Aid

*Recreation Services Staff*

This course follows the strict guidelines of the American Red Cross. Our instructors are required to follow these guidelines at all times. This class is taught as a blended learning course, which means that the participant completes part of the course prior to attending the first day of class. A link to the online portion of the class is emailed out one week prior to class and the estimated completion time is 3 hours. Proof of completion of the online course must be turned in to Kate Futty ([kfutty@dublin.oh.us](mailto:kfutty@dublin.oh.us)) no later than the first day of class. The purpose of the American Red Cross CPR/AED for Professional Rescuers and Health Care Providers course is to teach those with a duty to act (professional rescuers and health care providers) the knowledge and skills needed to respond appropriately to breathing and cardiac emergencies. This includes the use of an automated external defibrillator (AED) to care for a victim experiencing cardiac arrest. This course also teaches skills that participants need to know to give immediate care to a suddenly injured or ill person until more advanced medical personnel arrive and take over.



**Ages:** 15 & up

Class	Date	Day	Time	Fees CR	SDR/NR
485410.01	Sep 20	Su	1-4pm	\$110	\$121
485410.02	Oct 25	Su	1-4pm	\$110	\$121
485410.03	Nov 22	Su	1-4pm	\$110	\$121

**Location:** DCRC, Talla 3





## Lifeguard Training

*Recreation Services Staff*

This course follows the strict guidelines of the American Red Cross. Our instructors are required to follow these guidelines at all times. Participation in this class does not guarantee certification. This class is taught as a blended learning course, which means that part of the course is completed by the participant prior to attending the first day of class. A link to the online portion of the class is emailed out one week prior to class and the estimated completion time is 7 hours. Proof of completion of the online course must be turned in to Kate Fuddy no later than the first day of class.

**Refund Policy:** A cancellation request form must be submitted to the front desk of the DCRC at least 7 business days prior to the first day of the class, for a refund of fees paid minus a \$15 administrative fee. No refunds will be processed after this time.

**Prerequisite Test:** To be eligible to participate in the Lifeguarding Course, each participant will be confirmed or tested on the following prerequisite items the first day of class:

1. Be the minimum age of 15 years by the final day of class (proof of age must be brought to the first class).
2. Swim 300 yards continuously, using these strokes in the following order: 100 yards front crawl, using rhythmic breathing and a stabilizing, propellant kick. 100 yards breaststroke using a pull, breathe, kick sequence. 100 yards front crawl and/or breaststroke (the last 100 hundred yards may be a combination of front crawl and breast stroke). Note: There is no time requirement for this swim. Each participant must show only that he or she can swim the entire 300 yards using the above strokes without stopping (the participant may use goggles for this part of the test ONLY).
3. Starting in the water, swim 20 yards using front crawl or breaststroke, surface-dive to a depth of 7-10 feet, retrieve a 10-pound object, and return to the starting point with the object and exit the water without using a ladder or steps. This specific test must be completed in its entirety within in 1 minute and 40 seconds. Note: When returning to the starting point, each participant must be able to hold the 10-pound object with both hands, placing it on his or her chest, and keeping his or her face above water. Each participant must exit the water using his or her own strength (participants may NOT use goggles during this skill).
4. Tread water using only the legs for two minutes. Candidates should place their hands under their armpits. Participants must pass the entire prerequisite test in order to continue the course. Failure to pass the prerequisite test and/or complete the on-line course supplement results in forfeiture of class fees or a one-time transfer to a future City of Dublin Lifeguarding course. Once a participant passes the prerequisite test, no refunds or transfers will be processed.

**Certification Requirements:** To receive an American Red Cross Lifeguard certification all participants must:

1. Complete the American Red Cross On-Line Lifeguarding Course Presentation and pass the on-line First Aid/CPR/AED Exam and submit proof of completion.
2. Pass all course prerequisites.
3. Attend all class sessions in their entirety.
4. Demonstrate competency in all required skills and activities.
5. Demonstrate competency in the three final skill scenarios.
6. Correctly answer 80% of the questions in the three sections of the final written exam.

Failure to attend all classes in their entirety, demonstrate competency in skills, or failure of the written tests will result in forfeiture of class fees and certification will not be granted. If you have any questions prior to class, please contact Kate Fuddy at 614.410.4556 or email to: [kfuddy@dublin.oh.us](mailto:kfuddy@dublin.oh.us).

A copy of these policies will be emailed to you upon class registration. We ask that you review the policies and respond in acknowledgment of accepting these terms.



**! Due to the COVID-19 social distancing protocols put in place by the Franklin County Health Department, these classes may not be able to run. If these classes are cancelled, participants will be notified one week prior to the first day of class and a full refund will be issued.**

**Ages:** 15 & up

Class	Date	Day	Time	Fees CR	SDR/NR
585100.42	Dec 20-Dec 22	Su-Tu	9am-5pm	\$75	\$75
585100.43	Jan 2-Jan 4	Sa-M	9am-5pm	\$75	\$75

**Location:** DCRC, Talla 3

## AMERICAN RED CROSS LEARN TO SWIM PROGRAM

**!** Due to the COVID-19 pandemic, the DCRC is working on creating a safe swim lesson environment possibly starting in the Fall; reduced class sizes and parent/guardian/caregiver may be required to be in the water during their participant's swim lesson. Those wishing to attend a session must sign up online, over the phone, or in person. For the most up to date swim lesson information please visit <https://dublinohiousa.gov/aquatics/swim-lessons/>

### REGISTRATION INFORMATION

Online and walk-in registration starts at 6:00 a.m. The swim lesson schedule will be available two weeks prior to Dublin & School District Residents registration date.

#### Fall 1: Sept 14- Oct 11 (4 Classes)

	Online	Phone-In
Dublin & School District Residents	Sept 9-13	Sept 10-13
Non-Resident	Sept 11-13	Sept 12-13

#### Fall 2: Oct 12 - Nov 8 (4 Classes)

	Online	Phone-In
Dublin & School District Residents	Oct 5-11	Oct 6-11
Non-Resident	Oct 7- 11	Oct 8-11

#### Fall 3: Nov 9 –Dec 13 (4 Classes)

No lessons 11/23- 11/29

	Online	Phone-In
Dublin & School District Residents	Nov 2-8	Nov 3-8
Non-Resident	Nov 4-8	Nov 5-8

### FEES

Dublin Residents	\$54.00
Dublin School District and Non- Residents	\$66.00

### SWIM LESSON TIME FRAME

- Parent/Child Levels 2-3 and Preschool Levels 1-3: 30 minutes with 15 minutes of exploration
- Learn to Swim Levels 1-5 and Adult: 45 minutes

\*During exploration time, parent/guardian/caregiver will be able to work on skills learned or play games with their swimmer within their designated class space. Instructor will be present to assist and provide feedback to participants.

### CLASS DESCRIPTIONS

Complete descriptions are available at <http://dublinohiousa.gov/aquatics/swim-lessons/>

For questions regarding our swim lesson program, please contact Matt Rice at 614.410.4597 or at [mrice@dublin.oh.us](mailto:mrice@dublin.oh.us)

## DUBLIN COMMUNITY SWIM TEAM



For the most up-to-date information, please visit the Sea Dragons website.

"One Dublin, One Team!"

The Dublin Community Swim Team Sea Dragons operates as a member club of USA Swimming. The Sea Dragon program runs year-round with two major seasons. The seasons are Fall/Winter & Spring/Summer. The Sea Dragons are available to current swim team members as well as new swim team members who would like to experience a recreational competitive swim team program.



Members of the team must live within the Dublin School District. Swimmers do not need a DCRC annual pass to participate.

All groups swim from approximately September-March with the final date determined by the last competition.

Senior program swims from approximately September through the start of the high school season and resume after the high school season until the final competition.

For more information about the 2020-2021 Short Course Season, check out the Sea Dragon's website at [www.dublinseadragons.org](http://www.dublinseadragons.org).



## AWARDS

Over the past 18 years, we've received more than 40 Ohio Parks & Recreation Association awards for facilities and program excellence.

Three Ohio Department of Health Governor's Healthy Ohioans awards

2009 OPRA Healthy Ohio Parks and Recreation Gold Award

2009 ICMA Voice of the People Gold Award

2010 National Wildlife Federation Community Certification

2010 & 2015 CAPRA accreditation

2012-2019 ACA accreditation

2018 OPRA 1st Place Health & Wellness Program award

2019 OPRA 1st Place Management Innovation award

## SECURE YOUR VALUABLES

Providing a safe and secure environment for your recreation experiences is our goal. While our staff remains vigilant and various theft prevention methods are in place, we encourage you to secure your belongings in the lockers provided, store your valuable items off-site or leave valuable items that are not needed at home.

## ACCOMMODATION REQUESTS

Recreation Services promotes an inclusive policy for all our programs. To provide the best overall experience for your child or to carry over IEP/504 accommodations, an appointment must be made for an inquiry of needs. Contact Jodi Shealy, Adaptive Recreation Coordinator, at 614.410.4574. An accommodation plan must be completed prior to the start of the program.

## NON-MEMBER PHOTO ID CARDS

- Available for purchase and annual renewal at the Welcome Desk. Free to residents; \$2 for nonresidents.
- Proof of residency and age are required.
- Children under 18 must have a parent or guardian complete registration.

## FEE INFORMATION

- Participants living within Dublin City School District outside City of Dublin limits may be charged an additional \$10 (or 10 percent, whichever is greater) fee for programs held in a City of Dublin facility. This charge is reflected in the school district resident (SDR) fee listed with each program in this brochure.
- Participants living outside Dublin City School District may be charged an additional \$10 (or 10 percent, whichever is greater) fee for all programs. This charge is reflected in the nonresident (NR) fee listed with each program in this brochure.
- Fees must be paid at the time of registration. Only receipt of payment reserves registration. Classes have limited enrollment. Make checks payable to: City of Dublin.
- Fees for programs may be charged to your Visa, MasterCard, Discover, American Express or bank debit card; in person; online or via phone.

## WEE FOLK/YOUTH LOUNGE

**! At this time, due to the COVID-19 pandemic, the DCRC Wee Folk room is currently closed.**

Babysitting services are available for children ages six weeks to 12 years while their parents or guardians are using the DCRC. There is a two hour maximum per day and space is limited to room and staff capacity.

<i>Safety</i>	A computerized scanning system is used.	
<i>Activities</i>	Video and board games, movies and craft activities are available for children three and older and a space is specially designated for our young guests.	
<i>Fees</i>	The Wee folk room utilizes a punch pass system. Punch passes are intended for individual purchase and use. All payment transactions occur at the DCRC Welcome Desk	
	One-time visit	\$4
	5-visit punch pass	\$20
	10-visit punch pass	\$40
	20-visit punch pass	\$72
	<b>Unlimited monthly prices per child:</b>	
	- Residents:	\$20
	- School District residents:	\$35
	- Non-residents:	\$40
<i>Registration</i>	Complete the forms at the Wee Folk/Youth Lounge then go to the Welcome Desk to pick up your Wee Folk ID card and purchase a punch pass. No refunds are given for wee folk passes.	
<i>Sick Child Policy</i>	Children who show symptoms of a runny nose with green or yellow discharge, deep coughs or any other obvious signs of illness are not be permitted in the room. When we are notified that a child with a contagious illness may have used the room, we post the illness on the door for one week and sanitize the room.	
<i>Hours of Operation</i>	Monday–Friday	8:15am–8pm
	Saturdays	9am–2pm
	Sundays	10am–2pm



## GYM SCHEDULE

**!** *At this time, due to the COVID-19 pandemic, the DCRC Gymnasium is currently being utilized for DCRC programs only and is unavailable for open play.*

Gym schedules are available at the DCRC and online. Gym schedules are subject to modifications because of program changes or make-up dates. See the bulletin board posted outside the gym for details or call 614.410.4550.

## PARKING

For our patrons' safety, please park only in marked spaces, keeping access, emergency and fire lanes open. Additional parking spaces are available in the west parking lot.

## RESTROOMS

It is City policy that employees, guests, and visitors should use the restroom facilities that correspond with their gender identify. All employees, guests, and visitors should determine the most appropriate and comfortable options for themselves when it comes to use of restrooms.

## LOCKER ROOMS

**!** *At this time, due to the COVID-19 pandemic, the locker room showers are unavailable.*

The DCRC has men's and women's locker rooms available for patron use. Patrons must provide their own locks, towels, and soap. Lockers are available on a first-come, first-served basis. Locks must be removed after each use. Locks left overnight are removed by management. For the comfort of all locker room users, children over 6 years of age are not permitted in opposite sex locker rooms. Transgender individuals should either use the locker room and shower that corresponds with the gender assigned at birth or one of the four private changing rooms.

## GIFT CARDS

Gift cards make a great gift and are a convenient way to pay for:

- Activity fees
- Merchandise and concessions
- Tickets
- Membership fees

Gift cards may be redeemed at the DCRC and Dublin Community Pools. Cards are available at the Welcome Desk. Not redeemable for other cards or cash and cannot be replaced if lost or stolen. Gift cards must be presented at time of purchase/redemption. Gift cards expire 5 years from the date of purchase. Other restrictions may apply.

## CAN YOU TEACH?

If you would like to instruct a program for Recreation Services, contact Recreation Services Administrator Abbey Brooks at 614.410.4558 to discuss your program ideas. Instructors are carefully selected to maintain the high quality of our programs and should have practical knowledge of the subject, instructional experience and the ability and desire to teach.

**!** *At this time, the DCRC Subway location is temporarily closed.*

# SUBWAY

## Catering For Dublin

**You Think It, We'll Do IT!**

See Us for All Your Catering Events



We want to make your visit with us as enjoyable and stress free as we can. Whether it is a corporate meeting for 200 or a child's birthday party for 5, we want to provide you

- Hot Meals, Box Lunches, Italian Dinners, Mexican Buffet
- Veggie, Fruit, Deli Meat, Cheese, Bagel, Breakfast, and Desert Trays
- Salads-Pasta, Potato, Macaroni, Garden Fresh Tossed
- Beverage Stations – Coffees, Teas, Sodas Etc.
- Also Serving All Subway Products

Subway is the leading restaurant serving fresh, healthy, custom made products, we can provide them for your events. Carefully review our catering menu as we have added special items to our menu that is not found in a traditional Subway.



**Full menu of sandwiches, salads, breakfast items and beverages**



**Call Us at 614-792-7827**

**Located Inside The Dublin Community Recreation Center**

Hours of Operation: Mon–Fri, 8am–9pm; Sat and Sun, 9am–7pm

[www.dcrc.buckeyesubway.com](http://www.dcrc.buckeyesubway.com)



## DCRC POLICIES & PROCEDURES

Thank you for respecting these policies and procedures that support our goals of safe, positive and healthy experiences.

1. For the safety and security of our patrons, facility and staff, all patrons must present a State, School, or City of Dublin/ Recreation Services photo ID or key-fob prior to entering. Members and guests must go to the Check-In Desk and provide an annual pass, resident card or pay the daily pass rate for admittance. Children ages 9 and under must be accompanied by an individual at least 16 years of age with valid ID. IDs are required for visitors, program entry, daily sales, and membership/pass sales or renewals.
2. Proof of Residency must be presented each visit to receive the daily guest discount rate.
3. Annual memberships are not transferable and are deemed void when in the hands of those other than the proper registrant.
4. By City ordinance, the DCRC and all surrounding park grounds are smoke- and alcohol-free.
5. Unless otherwise authorized by law, pursuant to the Ohio Revised Code, no person shall knowingly possess, have under the person's control, convey, or attempt to convey a deadly weapon or dangerous ordnance onto these premises.
6. Eating and drinking are permitted in designated areas only.
7. Skateboarding and in-line skating are prohibited in the DCRC.
8. Children ages 5-7 must be within sight of their attending supervisor at all times. Children ages 8-9 must have a supervisor in the facility at all times. Children ages 10 years and over may enter the facility without a supervisor. A supervisor is defined as an individual at least 16 years or older.  
  
Pool area only - Supervisors must keep children ages 4 and under within arm's reach; there must be at least one supervisor for every two children in this age group. For children ages 5-9, there must be one supervisor for every five children and they must be in the pool area (on deck or in the pool).
9. Youths under age 12 are not permitted in the fitness area at any time. We reserve the right to ask for proof of age. Youths ages 12 to 15 are permitted in the fitness area if directly spotted by an adult or if they have passed the Junior Fitness Card Program. Youths must be 13 years old to be on the

track or in the track stretching area. Youths 8 to 12 years old are allowed in the track areas if directly supervised by an adult or if they have passed the Junior Track Card program and present their card to a fitness attendant. The minimum age for participation in group fitness classes is 12 years and 18 years for Spinning® classes.

10. Please note, the DCRC fitness floor is not equipped as a powerlifting or CrossFit facility.
11. Changes in recreation schedules may occur without notice. Staff post schedule changes with as much advance notice as possible. Current pool, group fitness and open gym schedules are available at the Welcome Desk and online.
12. Recreation Services is not responsible for lost or stolen articles. It is strongly recommended that possessions be secured in a locker during your visit to the DCRC.
13. Lockers are available on a first-come, first-served basis and guests must provide their own locks. Locks may not be left on lockers overnight. Locks left overnight are removed by management.
14. All participants must observe the rules and regulations relating to the safety and operation of the facilities. Any participant who fails to comply with the rules and regulations of the DCRC is subject to the following penalties:
  - One week's suspension from use of the facilities upon the first incident;
  - Thirty days suspension from use of the facilities upon the second incident;
  - One year suspension from use of the facilities upon a third violation;
  - Permanent suspension from use of the facilities upon any subsequent incident.

The following activities, although not an exhaustive list, are examples of behaviors that will result in disciplinary action and police reports when applicable:

- Fighting
- Stealing
- Property damage
- Disorderly conduct
- Criminal damage
- Verbal abuse of staff and/or patrons
- Not following posted policies and rules

The City reserves the right to forgo any of the disciplinary steps set forth herein and impose additional penalties based upon the severity of the incident.

## ID POLICY

Our number one priority is to provide a safe and friendly environment to everyone that visits our facilities or takes part in/ participates/joins our programs. All patrons (including spectators) passing the check-in desk must present a photo ID to enter the facility. The City of Dublin reserves the right to refuse entry to anyone registered as a sexual offender (Resolution 6-13).

## ORGANIZED GROUP/PERSONAL USE POLICY

Dublin Recreation Services reserves the right to define the use of all programming and public spaces within the Dublin Community Recreation Center. We do this to protect the integrity of memberships, ensure sustainability for our programs, and provide opportunity for use of the facility by all users. The DCRC is a highly subsidized community amenity, therefore allowing usage that results in private monetary gain for an individual is in conflict with this philosophy.

All organized groups desiring to utilize City of Dublin recreation spaces or facilities are required to secure formal meeting room or activity space via the reservations process. Failure to do so could result in the loss of use of the desired area or facility.

Non-City sponsored private lessons, personal services, team practices or any other activities deemed to be **paid instruction**, whether paid with money or traded services, are prohibited in the Dublin Community Recreation Center. (For Parks Usage policies and guidelines, please contact Community Events at 410.4545 or visit <http://dublinohiousa.gov/events/event-guidebook-event-application/>)

Private, **unpaid** instruction between individual members or daily pass patrons is permitted provided all facility rules and activity area schedules are followed and the reasonable use by other patrons is not impaired. Should a conflict arise concerning this type of use, a manager on duty will discuss it with the parties involved to give direction and implement a resolution.

**The Dublin Community Recreation Center and the City of Dublin are not liable for non-City sponsored instruction provided pursuant to this policy and members do so at their own risk.**

**City of Dublin employees or contractors in active or furloughed status** are prohibited from offering *non-de minimis paid* or unpaid instruction apart from their regularly paid job duties. The reason for this is that performing these functions exposes employees and contractors to additional risk of violating Ohio Ethics Laws, additional liability risk and causes potential issues with worker's compensation determinations.

*De minimis* instruction is defined to be the occasional, non-regular, and temporally brief assistance designed to enhance the use of City of Dublin facilities and services by members and patrons (e.g. briefly assisting a patron on how to use a piece of equipment, etc.)

**City of Dublin employees or contractors in inactive or separated status** are permitted to offer *non-de minimis*, unpaid instruction provided that they:

1. Notify their supervisor prior to starting such work and
2. Sign the acknowledgement waiver associated with this instruction
3. Cease unpaid instruction when they resume active status

**Employees are responsible for being aware of all personnel policies related to this use and direct any questions to their supervisor.**

## FOR THE SAFETY OF YOUR CHILDREN

Program participants, please note that children under the age of 10 must be escorted to and from their program/activity by an adult 18 years or older. Parents are expected to bring children to the program on time, and pick them up promptly at the conclusion. For programs that take place behind the check-in desk, please be prepared to let staff know the program you or your children are attending and have your ID ready.

## REGISTRATION POLICIES

- Register promptly to ensure your position in the program. We reserve the right to cancel classes due to insufficient enrollment seven days before the start of the program.
- Registrations are accepted until a class is full. Waitlists are available for popular classes.
- Recreation Services staff attempt to contact you if a class is canceled.
- Participants registering for age- or grade-specific programs must be the minimum age or grade listed by the first day of the program, unless otherwise stated.
- Program dates, times, locations and instructors are subject to change.

## FINANCIAL ASSISTANCE

A financial assistance program is available to assist residents of the community in temporary hardship or special times of need. For information and an application, visit <http://tinyurl.com/hng8fjh>

## SIBLING POLICY

Due to the structure of the child/parent programs, only children who are the appropriate age for the class will be permitted to register and attend the program. No younger or older siblings are allowed in the classroom to sit and watch or be left unattended in the lobby.

## PARENT POLICY

With your child's best interest in mind and to provide the best learning environment, we ask that all parents refrain from entering the teaching area during classes. This eliminates any interruptions between the instructor and participants. We feel it is beneficial for the children to have time alone to interact with their peers. Parents are invited to attend the last day of classes to view their child's progress. To provide a safe environment, students must be able to follow directions and not be disruptive.

## PHOTOGRAPH POLICY

Photographs are occasionally taken of DCRC programs and class participants. These photographs are used to promote Recreation Services programming in future editions of the Programs and Activities Brochure and a variety of other City of Dublin publications. If you prefer that you or your child not be photographed, please notify the photographer.



## REFUND POLICY GUIDELINES

### Memberships and Passes

Annual memberships and passes-includes corporate and senior, college student passes, daily passes, Wee Folk/Youth Lounge and Dublin Community Pool.


- Membership termination agreement forms are available at the DCRC Welcome Desk. Approved refunds are prorated based on the number of months for which the annual membership was issued, less a \$15 administrative fee. No partial-month refunds are processed.
- Refunds are not provided for daily guest fees at the DCRC or Dublin Community Pools.
- Refunds are not provided for Wee Folk/Youth Lounge passes.
- Refunds are not provided for six-month memberships.
- Refunds are not provided for memberships at the Dublin Community Pools after the first day of operation each season.

### Land and Water Group Fitness Passes

- Group fitness passes expire 4 years after the date of purchase and are generally non-refundable. Upon written request, participants may transfer the balance of pass uses to spouses, children or others. Requests must be directed to the Fitness Supervisor for approval.
- Refunds are not provided for Fitness Testing.

### Recreation classes and camps (except Wyandot & KidZone camps)

A cancellation request form must be submitted to the Welcome Desk of the DCRC at least 7 business days prior to the first day of class, for a refund of fees paid less a \$15 administrative fee. No refunds are processed after this time.

 An exception is granted if a participant has been advised by a healthcare provider or a Federal, State, or local order to self-quarantine or isolate due to concerns related to COVID-19, or the participant is caring for an individual who is subject to Federal, State, or local order to self-quarantine or isolate due to concerns related to COVID-19. A copy of this order or Physician's note must accompany the refund request.

Participants assume risk and responsibility for changes in personal schedules or health.

A full refund is issued if the Division of Recreation Services cancels an activity or rental.

### Aquatics Programs

If you cannot attend your preferred classes you will receive a refund, minus a \$15 administrative fee, if requested before the deadline listed. A second refund date is listed for those who register during the open registration period. All other refund requests require a physician's note and approval from the Aquatics Supervisor. Those on the wait list who cannot be placed in a class will receive a full refund. LG, LGI, WSI Courses: Failure to pass the prerequisite tests and/or attend all class sessions results in forfeiture of class fees or a one-time transfer to a future City aquatics course. Once a participant passes the prerequisite test, no refunds or transfers are given. Please allow 2-4 weeks for processing.

### Facility Rentals

**Community Hall** Deposits are nonrefundable if the event is canceled within 60 days of the scheduled event. Upon written cancellation of a reservation at least 60 days prior to the scheduled event, the City refunds the deposit and rental fees collected, less a \$15 administrative fee.

### Kaltenbach Community Center, birthday parties, classrooms, meeting rooms and shelter house/park rentals:

Upon written cancellation of a reservation at least two weeks before the scheduled event, the City refunds the rental fees collected, less a \$15 administrative fee.


- Refunds are not provided for cancellations made within two weeks of the event.
- Refunds are not provided for inclement weather.

### Merchandise

Merchandise may be returned for exchange or refund if it has not been worn, laundered or used, or if it is obviously defective. Returns made the same day as the sale are voided and a refund issued.

## ISSUING REFUNDS

Refund/cancellation request forms are available at the DCRC Welcome Desk for all classes, camps and facility reservations and merchandise. Filling out a refund request form does not guarantee a refund. Participants assume risk and responsibility for changes in personal schedule or health. In rare circumstances, exceptions may be made by DCRC administrators.

 An exception is granted if a participant has been advised by a healthcare provider or a Federal, State, or local order to self-quarantine or isolate due to concerns related to COVID-19, or the participant is caring for an individual who is subject to Federal, State, or local order to self-quarantine or isolate due to concerns related to COVID-19. A copy of this order or Physician's note must accompany the refund request.

A full refund is made if the DCRC cancels an activity or rental. In general, please allow 2-4 weeks for processing refunds. Refund checks are mailed from the City's Department of Finance. The City of Dublin reserves the right to change or modify any portion of this policy at its discretion including, but not limited to, the increase of its administrative fee.

## RESIDENT, SCHOOL DISTRICT AND NON-RESIDENT FEES

Dublin City Council recognizes that the facilities and programs offered by Recreation Services should provide beneficial pricing and priority to the residents of the City. City Council's current financial policy is to keep fees for residents participating in recreation classes and other recreational amenities at a moderate level. These financial policies have been implemented to benefit residents and to encourage a healthy community. School District Residents and Non-Residents do not receive the tax-subsidized pricing received by the residents of the City of Dublin.

Fees for recreation center annual passes, seasonal passes and program registrations are determined by where people live. You are considered a City Resident if you reside within the City of Dublin corporate limits. School District Residents reside in the Dublin School District, but not within the City of Dublin corporate limits. Anyone not fitting into one of these two categories is considered a Non-Resident. Your mailing address or school district is not always an accurate indication of your City of Dublin residency status. You may research your residency status on the State of Ohio's website at [http://tax.ohio.gov/divisions/employer\\_withholding/index.stm](http://tax.ohio.gov/divisions/employer_withholding/index.stm) under "The Finder."

**CR** = City Resident      **SDR** = School District Resident  
**NR** = Non-Resident

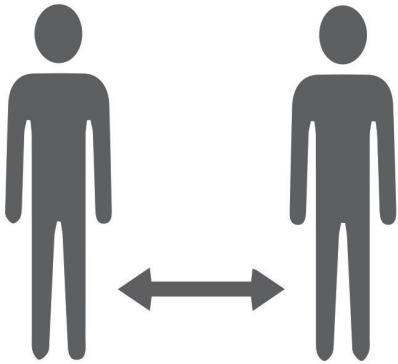


# CITY SPOTLIGHT



When visiting Dublin, please do so safely. Follow the guidelines on the next page to protect yourself as well as others around you to promote overall community health! Visit [DublinOhioUSA.gov/coronavirus](https://dublinohiousa.gov/coronavirus) for the latest information regarding COVID-19.





# THANK YOU FOR PRACTICING SOCIAL DISTANCING

- 
- Wash or sanitize hands frequently
  - Use a face covering whenever possible
  - If you are feeling ill please stay home
- 

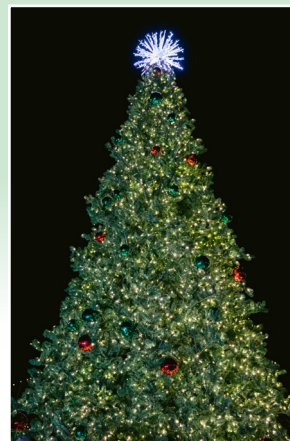
For the latest updates in Dublin for the Coronavirus (COVID-19), visit our Coronavirus Updates Page: [dublinohiousa.gov/coronavirus](https://dublinohiousa.gov/coronavirus)





## EVENTS

Our Community Events team is considering events for the fall that work within the constraints of the current situation and mass gathering order amidst the coronavirus (COVID-19) pandemic. We still plan to celebrate signature events such as Spooktacular, Veterans Day, and the Tree Lighting Ceremony this year, but these events will likely look a little different! Visit [DublinOhioUSA.gov/events](https://dublinohiousa.gov/events) and follow the City of Dublin on Facebook, Twitter and Instagram for the latest information.



### Food Truck Wednesdays

Looking to change up your lunch and dinner routine?

The City of Dublin will continue to host some of Central Ohio's best food trucks this fall in Coffman Park. The food trucks change weekly with one

food truck open for lunch from 11 a.m. to 1:30 p.m. and another food truck open for dinner from 4 to 7 p.m. on Wednesdays.



Visit [bit.ly/dublin-food-truck](https://bit.ly/dublin-food-truck) for the complete food truck schedule.

### Visit the Historic Coffman Homestead

Get a peek into Dublin's history at an open house this fall:

**Sunday, Sept. 13** 1-3 p.m.

**Sunday, Oct. 11** 1-3 p.m.

The Coffman Homestead will be open for tours of the restored Civil-War era Coffman house. Visit the 1920s barn and the adjacent small barn, which has a one-room school replica.

COVID-19 restrictions may determine if activities can take place. These experiences may include gravestone rubbing, grass mowing with a rotary mower, shelling corn, weighing with a feed scale, blade sharpening with a grinding wheel, rug beating and washing clothes with a washboard.

For more information about activities at the Homestead, visit [DublinOhioHistory.org](https://dublinohiohistory.org) or follow DublinOhioHistory on Facebook.

Admission is free, but donations are welcomed. Coffman Homestead is located adjacent to the former Dublin City Hall in Coffman Park.



### Community Event Permit Process

More than 100 events per year choose Dublin as their host city. The Community Event Permit Process is designed to ensure a safe and successful event for organizers as well as participants, guests and residents. If you are planning an event on Dublin public property or inviting guests to an event that may affect public property, traffic or residents within or surrounding the City of Dublin, a Community Event Permit is required. The application must be submitted at least 90 days prior to the event. Call 614.410.4545 or visit [DublinOhioUSA.gov/events](https://dublinohiousa.gov/events) for more information.

## ART IN THE PARKS

Looking for a family-friendly and physically distant activity this fall? Join Dublin Arts Council for their “Connect: Public Art & Wellness Challenge.” Get outdoors and explore the City of Dublin’s parks and public art while promoting community wellness. Riverboxes artists will create new artwork inspired by the hobbies of geocaching and letterboxing. A challenge booklet, found in ArtBoxes placed throughout the community, will serve as a guide and interactive journal. Booklets will include clues to the Riverbox locations, along with prompts for creative engagement and resources from community partners. Can you find them all? For more information, **visit [DublinArts.org](http://DublinArts.org)**.



Photos provided by Dublin Arts Council

## HELPING YOUR TREES TAKE ROOT

The Arbor Day Foundation recently named the City of Dublin a Tree City of the World! So our Forestry team knows a thing or two about getting your trees off on the right “root,” and fall is also a great time for planting. Follow these helpful tips to keep your trees looking great all year.

- **Do your research:** Did you know there are more than 60,000 species of trees?! You’ll want to pick the right tree based on your soil composition, sunlight exposure and the location in your yard. Keep in mind that trees have a mature height and spread that you’ll need to take into account.
- **Know what’s below:** Before you dig, be sure to call 811. Your local utilities will mark their lines, so you can dig safely.
- **Plant at the right depth:** Make sure the root flare is not planted too deep. Aim for at or just above the ground level.
- **Ward off drought:** Add 2 to 3 inches of organic wood mulch around the tree. Take the mulch coverage all the way out to the tree’s outer circumference, also known as the dripline.
- **Stay hydrated:** After planting your new tree, be sure to give it a deep watering. Then continue to water throughout the hot and dry seasons.
- **Continue follow-up care:** Once your tree is established and starts to mature, work with a certified arborist to keep your tree in tip-top shape!



# TREE CITIES

OF THE WORLD™

*A programme of:*



Food and Agriculture  
Organization of the  
United Nations

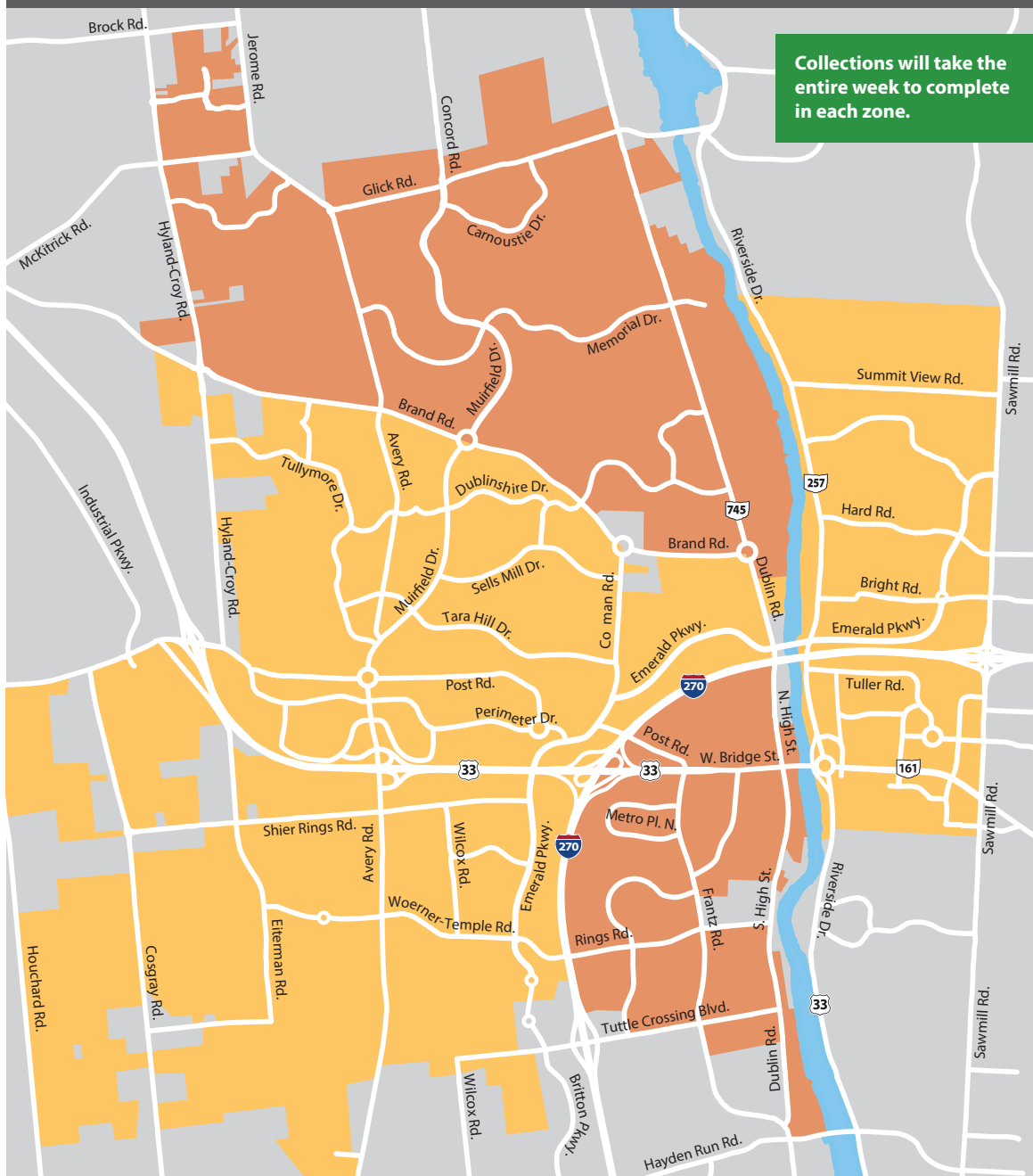


**Arbor Day Foundation®**

If you are unsure about whether or not you are watering or mulching your trees appropriately or if you have any other questions, please feel free to reach out to your City Foresters at 614.410.4701.



## CITY OF DUBLIN 2020 LEAF COLLECTION SCHEDULE

**Collection Area 1**

Week 1 Oct 12 – Oct 16  
 Week 3 Oct 26 – Oct 30  
 Week 5 Nov 9 – Nov 13  
 Week 7 Nov 23 – Nov 27  
 Week 9 Dec 7 – Dec 11

**Collection Area 2**

Week 2 Oct 19 – Oct 23  
 Week 4 Nov 2 – Nov 6  
 Week 6 Nov 16 – Nov 20  
 Week 8 Nov 30 – Dec 4  
 Week 10 Dec 14 – Dec 18

**Stop Raking December 13**



## VOLUNTEER WITH DUBLIN

# ignite

YOUR COMMUNITY SPIRIT

Citizen engagement is a point of pride in Dublin that makes the difference in City services and our quality of life. Dublin is proud to be one of the most recognizable communities in the U.S. for its commitment to municipal volunteerism and citizen engagement.

Want to serve? Learn? Engage? Email us at [volunteer@dublin.oh.us](mailto:volunteer@dublin.oh.us) to share your skills and interests.

## DUBLIN CARES

Kindness and care are abundant in our community thanks to our nonprofit partners who make a difference every day. Our most vulnerable residents and families, and those who find themselves in the unfamiliar territory of needing help, are strengthened by the following programs and organizations:



# SYNTERO OFFERS VIRTUAL SUPPORT FOR COMMUNITY MEMBERS DURING UNCERTAIN TIMES

As an essential business, Syntero has proactively addressed the growing mental health needs of community members. The behavioral health agency continues to support the community through Telehealth video conferencing and phone services — case management, crisis prevention counseling, psychiatry, student support, LGBTQ+ support, substance use disorder and older adult services — and has also expanded and developed the following programs and services.

## Holistic Wellness Group

Due to the COVID-19 pandemic and the ever-changing social and political climates, many of our minds are constantly racing as we strive to find stability while adjusting and readjusting to new ways of socializing, working and learning. Syntero's Holistic Wellness support group fosters hope and resiliency while building positive coping mechanisms in the midst of our changing social, work and living environments. This free group is offered for adults 18 years and older.

## Support for Older Adults

In addition to virtual one-on-one appointments for older adults and caregivers, Syntero provides virtual educational programming and support sessions for older adults, such as "Coping with COVID-19," through Forever Dublin. Forever Dublin is a partnership between the City of Dublin and Syntero aimed at providing resources for residents to make Dublin their forever home. Forever Dublin is a product of the City of Dublin's Aging in Place Plan, a strategic priority of City Council. Syntero also helps support the City of Dublin's Box Lunch Wednesdays program, in which older adults safely receive free lunch from their vehicles while feeling socially connected. Please visit [ForeverDublin.com](http://ForeverDublin.com) for upcoming events.

## First Responder Support Service

Syntero is grateful for the heroic service of the first responders in our community. We also recognize the potential toll that service can have on mental wellness. Help is available through Syntero's Telehealth support, which provides health care professionals and law enforcement officers with six sessions with a clinician via telephonic or video conferencing services at no cost. Sessions help first responders proactively manage stress reactions through collaborative identification of strengths and resources and develop strategies and techniques to manage complex stressors impacting themselves and their teams.

## Increased Education

Syntero has developed educational videos and podcasts for adults, older adults, youth and families with helpful tips and compiled a list of resources that address COVID-19, anti-racism and racial trauma and healing, which are available at [Syntero.org/resources](http://Syntero.org/resources). To access videos and podcasts, please visit the Syntero Facebook page at [Facebook.com/SynteroOhio](https://Facebook.com/SynteroOhio).

Please call the Syntero Intake Department at 614.889.5722 ext. 133 to learn more about these groups, or to discuss our telephonic care and video conferencing service options.

## About Syntero

Syntero, Inc. is nonprofit organization that advocates and supports the health and well-being of individuals, families and communities by providing professional, compassionate behavioral health and social services that adapt to the changing needs of the community. Syntero has provided services in Central Ohio for more than 40 years, and has offices in Dublin, Hilliard, Lewis Center and Northeast Columbus, while offering programs and services throughout Franklin, Delaware and Morrow counties.



**Don't wait to start your wellness journey!**

- Sleep habits, healthy nutrition
- Mindfulness to alleviate symptoms of anxiety and depression
- Managing interpersonal relationships and needs
  - Part I: Communication and connectedness
  - Part II: Problem solving and conflict resolution
- Grief and loss
- Depression
- Anxiety
- Growth mindset
- Balancing self-care and support of others

**FREE!**  
Mondays @  
5 PM

**Call 614.889.5722 ext. 133 today!**



## GET CONNECTED



**Be the first to know about road improvements, City services and more.**

### DublinOhioUSA.gov

Find all the info you need in one convenient place. Service request forms, a calendar of events and meetings, contact information and more are at your fingertips.

### Dublin News Now

Get the Dublin news you need to know for the week ahead. Each Sunday, you'll receive an email featuring a new Dublin News Now video, plus the top things you'll want to know as a member of the Dublin community.

Sign up at [DublinOhioUSA.gov](http://DublinOhioUSA.gov).

### Nextdoor

Nextdoor is a social networking service specifically designed for neighborhoods. More than 25 neighborhoods made up of 4,000 households use it to connect with City representatives and neighbors. You can get to know one another, exchange advice and recommendations, as well as share relevant information.



## STEP UP, DUBLIN

As we all turn to technology to keep us connected, we find ourselves hunched over our computers, tablets and phones for hours. Whether you're working from home at a makeshift desk, finally tackling your library of e-books, or catching up with family and friends through yet another video call, the following stretches will help remind you to take a break, loosen up any stiff muscles and make time for yourself.

Before proceeding with the following series of movements or any exercise program, we recommend you contact your doctor. Begin by starting in a comfortable standing position with your feet shoulder-width apart and taking five deep breaths in and out. Remember to continue breathing slowly and gently throughout these movements.



### Shoulder Rolls

Move your shoulders up, back and down for 5-10 rotations and then reverse the motion.



### Chin-to-Chest Stretch

Drop your chin down to your chest and then slowly bring your head back to the starting position. Repeat slowly 5-10 times or until you feel your neck muscles relax.



### Side-Neck Stretch

Gently turn your head to look over your right shoulder. Bring your head slowly back to the center. Repeat movement 5-10 times on the right and then switch to the left side and repeat 5-10 times.



### Standing Chest Stretch

Stand with your feet hip-width apart, toes pointing forward and arms by your sides. Clasp your hands together behind your back and interlace your fingers (hold a towel to modify this position). Roll your shoulders back and lift your chest up. Hold position for 10-30 seconds. Repeat movement 5-10 times.



### Overhead Shoulder Stretch

Stand with your feet shoulder-width apart. Interlace your fingers. Take a deep breath in and raise your arms above your head until you feel a stretch. Take a deep breath in and out and then come back to neutral.



### Standing Torso Twist

Stand with your feet shoulder-width apart and a slight bend in your knees. Keep your feet planted down and rotate at your trunk to the right and then back to the front. Repeat 5-10 times in the same direction. Perform the movement with a rotation to the left.



### Table Pose

Stand up tall and put your hands on your legs. Slide your hands down just above the knees. Flatten your back and take a deep breath in. Exhale your breath as you walk your hands back up your legs into a standing position.



### Mountain Pose

Stand tall with your top of your head lifting up. Feet pressing toward the ground with a long spine. Take a deep breath in and exhale. Notice the increased strength you feel!



# DON'T LOSE IT.



**Hide your valuables.**



**Lock your vehicle.**



**Take it with you.**

**Be Smart.  
Stay Safe.**

For crimes in progress call: **911**  
To report suspicious behavior: **614.889.1112**  
Visit: **DublinOhioUSA.gov/Police**



# FIRE SAFETY INSIDE AND OUT



## Cooking

Have a fire extinguisher handy in case of a grease fire. If the fire is small, cover it with a lid or a larger pan and turn the burner off.

Don't leave food cooking overnight or while you are away in another room. Turn pot handles on the stovetop toward the center of the stove so they are not easily bumped.

Always use cooking equipment that has been tested and approved by a recognized testing laboratory such as Underwriters Laboratories (UL).



## Candles

Keep candles at least 12 inches away from anything that can catch fire.

Burn candles on a heat-resistant surface in a stable, non-flammable container, that can catch any melted wax, and is not subject to cracking or breaking when heated (tempered).

Keep wicks trimmed to ¼ inch. Extinguish candles before you leave the room or go to bed.

Don't allow youth or teens to have candles in their bedrooms. Forty percent of candle fires start in the bedroom.



## Fire Pits

Make sure the size of your fire does not exceed 3 feet wide and 2 feet high.

Keep your outdoor burning container at least 15 feet away from any structure or combustible surface.

Use paper or wood to kindle your fire—never gasoline!

Dispose of ashes only after you are sure they are completely cold. Pour water over them to be certain.



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Dublin OH 43016

(614) 652-3920  
[www.wtwp.com](http://www.wtwp.com)



Washington.Township.Dublin.Ohio



@wt\_dublinohio

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MAKING  
A SERVICE  
REQUEST JUST  
GOT A LOT  
EASIER

### Want to report an issue on the go?

GoDublin, the City of Dublin's mobile app, makes reporting issues and improving neighborhoods easier than ever. Download it for your mobile device today.

[DublinOhioUSA.gov/GoDublin](https://DublinOhioUSA.gov/GoDublin)

