

ADULT

HILLIARD HIKES

Join this weekly hike and stay active! Meet Wednesday mornings at 9:45 a.m. and walk from 10-11 a.m. Dress for the weather. In case of cancellation due to inclement weather, the weather hotline (614-334-2598, option #2) will be updated by 9 a.m.

Instructor: Rec Staff

Duration: 1 session

Location: Various

Cost: Free

Age: 18 and older

Location	Date	Time
Hilliard Senior Center	1/3	9:45-11 a.m.
Prairie Oaks Metro Park	1/10	9:45-11 a.m.
Hilliard's Station Park	1/17	9:45-11 a.m.
Quarry Trail Metro Park	1/24	9:45-11 a.m.
Homestead Metro Park	1/31	9:45-11 a.m.
Hilliard Senior Center	2/7	9:45-11 a.m.
Prairie Oaks Metro Park	2/14	9:45-11 a.m.
Hilliard's Station Park	2/21	9:45-11 a.m.
Quarry Trail Metro Park	2/28	9:45-11 a.m.
Hilliard Senior Center	3/6	9:45-11 a.m.
Prairie Oaks Metro Park	3/13	9:45-11 a.m.
Hilliard's Station Park	3/20	9:45-11 a.m.
Quarry Trail Metro Park	3/27	9:45-11 a.m.
Hilliard Senior Center	4/3	9:45-11 a.m.
Prairie Oaks Metro Park	4/10	9:45-11 a.m.
Hilliard's Station Park	4/17	9:45-11 a.m.
Quarry Trail Metro Park	4/24	9:45-11 a.m.

TRAIL RIDE AND LUNCH

Explore local paved trails and try some new lunch spots on this monthly ride! Each ride is 13 miles. Beginners are welcome, and no one is left behind. Participants must buy their own lunch and provide their own bike locks. Helmets are required. Meet at 10:15 a.m., and the ride rolls out at 10:30 a.m. In case of cancellation due to inclement weather, the weather hotline (614-334-2598, option #2) will be updated by 9 a.m.

Instructor: Rec Staff

Duration: 1 session

Location: Hilliard's Station Park

Cost: Free

Age: 18 and older

Activity No.	Date	Time	Day(s)
5350401 01	4/9	10:15 a.m.	Tu

PEDAL AND PINTS

Enjoy a ride on the Heritage Rail Trail that ends with a pint of beer in downtown Hilliard or frozen custard at Whit's! Participants will receive a 15% discount off Whit's and drinks in downtown Hilliard after the ride. Meet at 10:15 a.m. at the trailhead (5467 Center St.), and the ride rolls at 10:30 a.m. Families, beginners, and experienced riders are welcome!

Instructor: Rec Staff

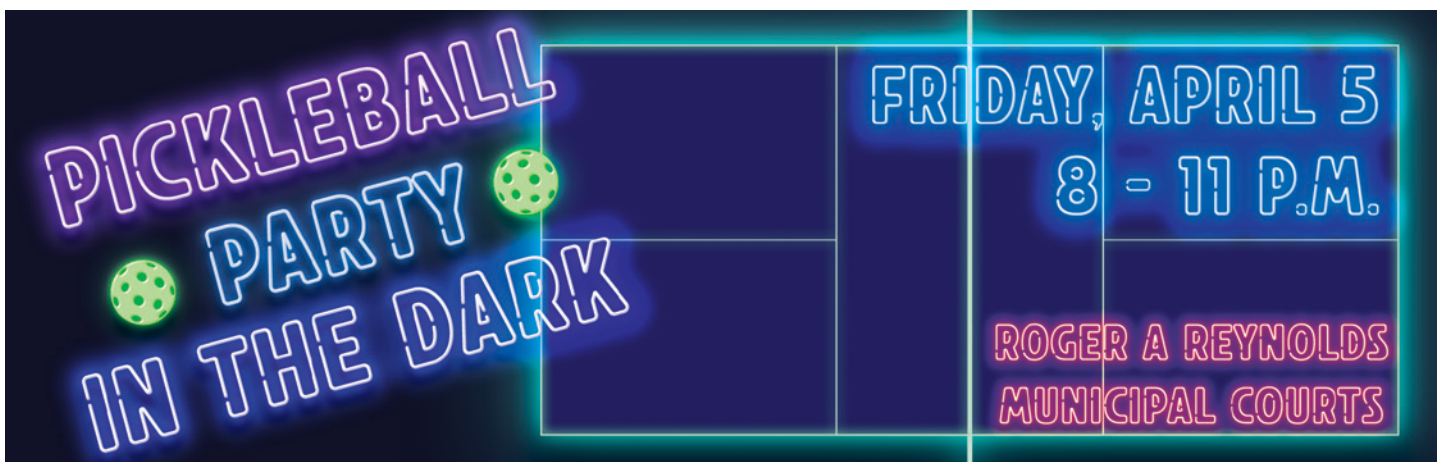
Duration: 1 session

Location: Heritage Rail Trail

Cost: Free

Age: All ages

Activity No.	Date	Time	Day(s)
5370401 02	4/27	10:30 a.m.	Sa



ADULT

COOL TECH GIRLS VOLUNTEERS

We're seeking female volunteers and mentors with engineering and technical backgrounds to serve as mentors to girls in the CoolTech Girls program on March 2, 9, and 16. If you are a woman in a STEM career and interested in becoming trained to volunteer with Recreation and Parks and CoolTech Girls staff to lead a program, email recandparks@hilliardohio.gov and register. CoolTech Girls uses a train-the-trainer model during a two-hour live instruction that explains the steps to create fashion items to help participants enrolled in the program. Trainers will learn how to complete the projects themselves so they can teach the girls to do the same.

Instructor: Rec Staff
Duration: 1 session
Location: Senior Center, Card Room
Cost: Free

Activity No.	Date	Time	Day(s)
1550210 01	2/24	9-11 a.m.	Sa

STROLLER STRIDES

Stroller Strides is a 60-minute total body workout with strength, cardio, and core training, all while engaging the little ones in a stroller! You'll leave class feeling strong, empowered, connected, and energized — no matter your stage of motherhood! Drop-in is available for \$15 per class.

Instructor: Mindy Hayward-Hauck (Fit4MOM)
Duration: 4 sessions
Location: Community Center, Gym
Cost: \$60R | \$72NR
Age: 18 and older

Activity No.	Date	Time	Day(s)
135050 01	1/10-1/31	10:30-11:30 a.m.	W
135050 02	2/7-2/28	10:30-11:30 a.m.	W
135050 03	3/6-3/27	10:30-11:30 a.m.	W
135050 04	4/10 – 5/1	10:30-11:30 a.m.	W

ZUMBA

Enjoy fitness that includes cardio and muscle toning all while moving to great music. There's no judgment, just fun! You won't even know it's exercise! Drop-in is available at \$8 per class.

Instructor: Doreen Woodard
Duration: 8 sessions
Location: Senior Center, Multi-Stage Side
Cost: \$52R | \$62NR
Age: 16 and older

Activity No.	Date	Time	Day(s)
1350403 01	1/11-2/29	6:30-7:30 p.m.	Th
1350403 02	3/7-4/25	6:30-7:30 p.m.	Th

VINYASA YOGA

A yoga style for everyone that combines movement with breath. Bring a yoga mat. Drop-in is available for \$8 per class.

Instructor: Melanie Ross
Duration: 6 sessions
Location: Senior Center, Multi-Stage Side
Cost: \$32R | \$38NR
Age: 18 and older

Activity No.	Date	Time	Day(s)
1350404 01	1/8-2/12	6-6:30 p.m.	M
1350404 02	2/26-4/1	6-6:30 p.m.	M

- 300 million people practice yoga worldwide
- Of all yoga practitioners, 72% are female
- Americans spend \$16 billion practicing yoga each year
- A yoga mat once retailed for \$100,000
- Yoga is (at least) more than 5,000 years old!
- Yoga is scientifically proven to alleviate symptoms of various medical problems
- There are now more than 100 yoga styles!
- There are around 200 yoga poses in contemporary yoga, but 84 traditional asanas
- The world's oldest yoga teacher taught yoga until she was 101
- Yoga is for ALL bodies
- Yoga changes your brain structure



ADULT

PICKLEBALL (JANUARY)

This low-impact paddle-based sport is perfect for individuals who previously played tennis. The courts, nets, and balls are supplied, you just need to bring a paddle and water bottle. Month-by-month registration is open for all skill levels and ages; however, our mornings are typically more competitive, with afternoons favoring a more social environment. Drop-in is available at \$3 per visit. For more information, contact sports1@hilliardohio.gov.

Duration: 3 sessions
Location: Community Center, Gym
Cost: \$3R | \$5NR
Age: 16 and older

Activity No.	Date	Time	Day(s)
1551401 01	1/8-1/29*	8:30-10:30 a.m.	M
1551401 03	1/8-1/29*	1:30-3:30 p.m.	M
1551401 05	1/3-1/31	8:30-10:30 a.m.	W
1551401 07	1/3-1/31	1:30-3:30 p.m.	W
1551401 09	1/5-1/26	8:30-10:30 a.m.	F
1551401 11	1/5-1/26	1:30-3:30 p.m.	F

*No Class Jan. 15

PICKLEBALL (FEBRUARY)

Duration: 4 sessions
Location: Community Center, Gym
Cost: \$3R | \$5NR
Age: 16 and older

Activity No.	Date	Time	Day(s)
1551402 01	2/5-2/26*	8:30-10:30 a.m.	M
1551402 03	2/5-2/26*	1:30-3:30 p.m.	M
1551402 05	2/7-2/28	8:30-10:30 a.m.	W
1551402 07	2/7-2/28	1:30-3:30 p.m.	W
1551402 09	2/2-2/23**	8:30-10:30 a.m.	F
1551402 11	2/2-2/23**	1:30-3:30 p.m.	F

*No Class Feb. 19

**No Class Feb. 16

PICKLEBALL (MARCH)

Duration: 4 sessions
Location: Community Center, Gym
Cost: \$3R | \$5NR
Age: 16 and older

Activity No.	Date	Time	Day(s)
1551403 01	3/4-3/25	8:30-10:30 a.m.	M
1551403 03	3/4-3/25	1:30-3:30 p.m.	M
1551403 05	3/6-3/27	8:30-10:30 a.m.	W
1551403 07	3/6-3/27	1:30-3:30 p.m.	W
1551403 09	3/1-3/29*	8:30-10:30 a.m.	F
1551403 11	3/1-3/29*	1:30-3:30 p.m.	F

*No class March 29

PICKLEBALL (APRIL)

Duration: 4 sessions
Location: Community Center, Gym
Cost: \$3R | \$5NR
Age: 16 and older

Activity No.	Date	Time	Day(s)
3551401 01	4/8-4/29	8:30-10:30 a.m.	M
3551401 03	4/8-4/29	1:30-3:30 p.m.	M
3551401 05	4/17-4/24	8:30-10:30 a.m.	W
3551401 07	4/17-4/24	1:30-3:30 p.m.	W
3551401 09	4/12-4/26	8:30-10:30 a.m.	F
3551401 11	4/12-4/26	1:30-3:30 p.m.	F

Adult volleyball leagues for men, women, and coed return this winter. All leagues are power leagues and play five sets per game. For more information, visit www.hilliardohio.gov/sports

ADULT

PICKLEBALL LESSONS: BEGINNERS

An introduction class to the game of pickleball. Players will learn proper technique, basic rules, and how to keep score. This class is for those who have never played or are just starting out.

Instructor: Pickleball Ninja

Duration: 5 sessions

Location: Community Center, Gym

Cost: \$32R | \$38NR

Age: 18 and older

Activity No.	Date	Time	Day(s)
1551404 01	1/8-2/12*	10:45-11:45 a.m.	M
1551404 02	1/5-2/2	10:45-11:45 a.m.	F
1551404 03	2/19-3/18	10:45-11:45 a.m.	M
1551404 04	2/16-3/15	10:45-11:45 a.m.	F
1551404 05	4/8-5/6	10:45-11:45 a.m.	M
1551404 06	4/12-5/10	10:45-11:45 a.m.	F

*No Class Jan. 15

PICKLEBALL LESSONS: INTERMEDIATE

This course is for those who have some experience playing the game but want to increase their skills. Skills like dinking, serves and returns, third shots, and more will be covered.

Instructor: Pickleball Ninja

Duration: 5 sessions

Location: Community Center, Gym

Cost: \$32R | \$38NR

Age: 18 and older

Activity No.	Date	Time	Day(s)
1551405 01	1/5-2/2	11:55 a.m.-12:55 p.m.	F
1551405 02	2/16-3/15	11:55 a.m.-12:55 p.m.	F
1551405 03	4/12-5/10	11:55 a.m.-12:55 p.m.	F

PICKLEBALL LESSONS: ADVANCED

For anyone who knows how to play the game well. This small group is meant to accelerate the players' game to the next level. High-level drilling and technique will be covered.

Instructor: Pickleball Ninja

Duration: 5 sessions

Location: Community Center, Gym

Cost: \$32R | \$38NR

Age: 18 and older

Activity No.	Date	Time	Day(s)
1551406 01	1/8-2/12*	11:55 a.m.-12:55 p.m.	M
1551406 02	2/19-3/18	11:55 a.m.-12:55 p.m.	M
1551406 03	4/8-5/6	11:55 a.m.-12:55 p.m.	M

*No class Jan. 15

NEW! DISC GOLF PUTTING LEAGUE

Columbus Flyers Disc Golf Club will transform Hilliard's Station Park into a disc golf putting course Wednesday nights from 6-8:30 p.m. There will be portable baskets, standing heaters, and the perks of DORA within walking distance! \$10 daily entry fee. For more information and to register, visit www.columbusflyers.org.

Location: Hilliard's Station Park

Cost: \$10/day

Date	Time	Day(s)
1/3-3/6	6-8:30 p.m.	W



LEAGUE VOLLEYBALL