

# **POLICIES**

# RECREATION AND PARKS

### **PROGRAM GUIDE**

### Registration

Register for programs, memberships, and rentals any time online with your RecTrac account.

### **Registration Windows**

Annual Well Members get priority registration to programs.

## New This Fall: Expanded Benefits for Well Members

Beginning Fall 2025, we're introducing a new registration category that gives annual members of The Well earlier access to programs - even if they don't live within Hilliard city limits. As a Well member, you'll be able to register ahead of the general public, and you'll receive a 10% discount on eligible City recreation programs. No promo code needed. The discount will automatically be applied during checkout to all eligible programs.

Resident Well Members still receive top priority, with the earliest registration window.

This new system ensures our community-first values while recognizing the commitment of all Well members with added access and savings.

It's just one more way we're making health, connection, and community more accessible than ever.

### **Registration Dates**

Group	Registration Opens
Resident Members	Aug. 28 at 9 a.m.
Resident Non-Members & Non-Resident Members	Sept. 2 at 9 a.m.
Non-Residents & Non-Members	Sept. 4 at 9 a.m.

The current community center and Hilliard Social Center will be closed beginning on Sept. 7 at 5 p.m. Please call (614)-876-5200. Recreation and Parks staff will see you at The Well on Sept 18 at 5:30 p.m.

### **Getting Started**

New to Hilliard Recreation and Parks? Learn how to create a RecTrac account on our website by following the QR code on page 21.

Registering for programs online? You'll create your own username and password.

Registering in person? A username and password will be created for you.

### **Verification Pass Requirement**

Valid verification pass is required for ALL households. and valid for two years.

### To Verify:

Submit a utility bill, government-issued ID, or proof of Hilliard income tax.

Upload online via RecTrac or bring documentation to the Community Center.

Once verified (typically within three business days), your verification pass is issued, and your account is activated.

### **Registering for Programs and Memberships**

With a verified account, you can register online or in person at the Community Center or The Well (once open). Use "Search" to find offerings that match your interests.

### **Important Reminders**

Register early: Programs may be canceled if under-enrolled one week before start.

Payment methods: Credit cards, checks, and Apple Pay accepted. Cash is not accepted.

### **Accommodation Request**

The City of Hilliard promotes inclusion for all our programming, camps, and services. Contact a recreation supervisor before enrollment to discuss accommodations so we can develop an appropriate plan and provide the best experience for you and your child.

Accommodation plans may incorporate IEP/504 accommodations. If the need for accommodation arises after a program has started, call (614) 876-5200 to be directed to the appropriate supervisor.

### **Code of Conduct**

Upon purchase of any membership, visitor pass, or program registration, the purchasing adult(s) in the household must sign a waiver agreeing to our Code of Conduct. All visitors and participants must follow the directions of staff members at all times.

By entering a City of Hilliard recreation facility or participating in a Recreation and Parks Department program, you agree to abide by all rules and guidelines. Your cooperation helps us maintain a safe, welcoming, and enjoyable environment for everyone. Failure to comply with policies and procedures may result in removal from the facility, program, or event without a refund.

### **Fair Share**

The Recreation and Parks Department is primarily funded by taxes paid by residents and employees within Hilliard city limits. Therefore, a valid verification pass is required to purchase memberships or register for programs.

Proof of residency or employment can be submitted in person at the The Well (once opened) during business hours, by email to: **recandparks@hilliardohio.gov**, or uploaded online through your RecTrac account.

City Residents receive the lowest rates. A Hilliard mailing address or attending local schools does not guarantee residency. Proof of residency—such as a utility bill or government-issued ID—is required every two years to maintain a verification pass.

Non-Residents paying Hilliard income taxes qualify for resident rates by providing a government-issued ID and a recent pay stub (within 30 days). Verification is renewed every two years.

School District/Non-Residents neither live nor work within city limits. They pay higher fees and must submit proof of residency bi-annually for a non-resident verification pass.

# PROGRAM REGISTRATION HELP IS JUST A CLICK AWAY!

Scan the QR code for a step-by-step guide on all things RecTrac

### Refunds

**If We Cancel** If a program or class is canceled due to low enrollment or other reasons, you will receive a full refund.

**If You Cancel** All cancellation and refund requests must be submitted in writing to **recandparks@hilliardohio.gov** and are subject to approval per our cancellation policies. Cancellation deadlines and fees may apply depending on the program.

**General Refund Information** Refunds under \$10 are credited to your household account, while refunds of \$10 or more are returned to the original payment method.

Please note that refunds and transfers are not available for drop-in programs, pool passes, or facility memberships, including outdoor pool, Hilliard Social Center, and The Well memberships.

For detailed information, review our full refund and cancellation policy at hilliardohio.gov/recreation-parks.

**Inclement Weather** In the event of inclement weather, the Recreation and Parks Department may close facilities or cancel/delay any program, special event, or drop-in activity.

These decisions are made for patron safety based on weather severity.

To get up-to-date cancellation information, follow our social media pages, visit **hilliardohio.gov**, or call the weather hotline **(614) 334-2598**.

### **Discounts**

**Military Membership Discount** 10% off memberships (The Well, HSC, outdoor pool) for military families. Military ID required.

**Annual Well Member Discount** Annual members (resident or non-resident) receive 10% off program registration.

**Financial Assistance Program** Hilliard Recreation and Parks is committed to making programs accessible to all. Qualifying Hilliard residents may receive reduced rates for select programs based on household income and available funding.

Email recandparks@hilliardohio.gov for details.







### LOCATION

### The Well

3993 Cosgray Rd. Hilliard, OH 43026 (614) 876-5200 recandparks@hilliardohio.gov

### **HOURS OF OPERATION**

### The Well\*

Mon-Fri: 5:30 a.m. to 10 p.m.

Sat-Sun: 8 a.m. to 8 p.m.

### Hilliard Social Center (HSC)\*\*

Mon-Fri: 8 a.m. to 4 p.m.

### The Depot

Mon-Thurs: 9 a.m. to 1 p.m., 4 to 8 p.m.

Fri-Sat: 9 a.m. to 1 p.m.

Sunday: noon to 4 p.m.

### Indoor Aquatics, Group Fitness Studios, & Gymnasium(s)

Schedules are updated monthly. Please check our website for the most up-to-date schedule.

\*General operating hours of The Well include access to the fitness floors. Specific areas of operation such as the indoor aquatic center, multi-court gyms, etc. may vary by day, time, and season.

\*\*During Member Hours (8 a.m. to 4 p.m., Mon-Fri) the HSC is reserved for only HSC members and paid program registrants.

### **Accessing The Well**

To access The Well, guests ages 3 and older must have an active membership, purchase daily admission, be enrolled in a program, or be a guest of The Ohio State University Wexner Medical Center. Group tours will be available at various dates and times, and self-guided tours are available upon request.

Certain areas within The Well are restricted to membership and admission-based access, and fee-based access. Select areas are open to the public, including The Ohio State University Wexner Medical Center and Alchemy café.

For the most up-to-date information on the above, as well as youth access, age restrictions, and access for program registrants, please visit our website.

### **Before Your Visit**

Before your visit, please set up a RecTrac account to create your household profile. Once established, you'll receive a verification pass. Access to the facility requires one of the following in addition to a RecTrac household:

- · A visitor key fob
- · A membership key fob
- The mobile app
- · Program registration receipt



### **Youth Access Guidelines**

The following guidelines apply to general unregistered use of the facility. All youth registered for instructor-led programs will have access to the program areas while under the supervision of their instructor.

- · Children 11 years and younger must be visually supervised by an adult (18+) at all times.
- Youth ages 12–17 will receive a wristband upon entry. This wristband indicates which areas of the facility they may use independently and which require parental supervision.
- Blue wristbands will go to youth ages 12–13. Orange will go to youth ages 14–17.

Facility Area	No Wristband (11 and Under)	Blue Wristband (12-13 years old)	Orange Wristband (14-17 years old)
General Building Access	With Adult Supervision	Allowed	Allowed
Gymnasium(s)	With Adult Supervision	Allowed	Allowed
Aquatic Center*	With Adult Supervision	With Adult Supervision	Allowed
*Spa	Not Allowed	Not Allowed	Not Allowed
Fitness Floor	Not Allowed	With Adult Supervision	Allowed
Group Fitness Studios (Classes)	Not Allowed	Not Allowed	Allowed
Group Fitness Studios (Open)	Not Allowed	Not Allowed	Not Allowed
Track	With Adult Supervision	Allowed	Allowed
Hilliard Social Center (HSC)	With Adult Supervision After Member Hours	Allowed After Member Hours	Allowed After Member Hours
The Depot	Allowed	Not Allowed	Not Allowed

<sup>\*</sup> PLEASE NOTE: These guidelines are subject to change at any time in response to behavioral concerns, safety considerations, or other circumstances occurring at the facility.



### **Amenities & Offerings**

The Well offers a range of amenities to fit your recreation and wellness needs. Stay inspired with group exercise classes that focus on everything from energizing cardio and strength training to mind-body options. Our 6,000 square feet of fitness space features free weights, strength equipment, cardio machines, and satellite areas with functional training tools. Plus, keep moving on our indoor 1/10-mile walking and adventure track, perfect for year-round exercise.

Our main and MAC gyms offer spacious courts for a variety of sports, and our indoor aquatic center features a lap pool, leisure pool, slide, play feature, and more. Experience a new activity in our spacious program rooms and even dive into wellness-inspired culinary experiences in our Teaching Kitchen.

The Depot, our welcoming child-watch service open to children 6 months to 11 years, makes it easy for you to focus on your workout or class while your little ones play safely under the care of trained staff.

Looking for the perfect place to host an event? Starting in 2026, host your next gathering at The Well! From birthday parties and team events to corporate functions and weddings, our versatile spaces are ideal for bringing your event to life.

For more in-depth information about all our amenities and offerings, head to our website.

### Free to Members Programming

These Fall 2025 fitness classes are free to Well members and Well daily pass holders. Stay tuned for future programming.

### **Mondays**

**Line Dance Gold** - 9:30-10:15 a.m. **Box and Build** - 9:15-10 a.m. **POUND** - 5:30-6:15 p.m.

### **Tuesdays**

**Gentle Yoga** - 9:30-10:15 a.m. **Baseline Strength** - 5:30-6:15 p.m. **Generational POUND** - 5:30-6:15 p.m.

### Wednesdays

**ZUMBA Gold -** 9:30-10:15 a.m. **Total Body Conditioning -** 4:30-5:15 p.m.

### **Thursdays**

**Chair Yoga -** 9:30 -10:15 a.m. **Core & Calm -** 6:30-7:15 p.m.

### **Fridays**

Functional Fitness Gold - 9:30-10:15 a.m.

Schedule is subject to change.

Visit **recandparks.hilliardohio.gov** website or The Well for the most update to date information.

### Get Ready – The Well Opens This September!

Join us for the official grand opening on Thursday, Sept. 18. Explore the facility, meet our team, and help us kick off a new chapter in community wellness.

### Founding Memberships – still available for a limited time

Unlock exclusive benefits with a founding membership! Founding Memberships will only be available through Sept. 14, 2025. Non-residents may still purchase standard annual memberships, but only Hilliard residents and workers are eligible for founding member benefits. All pre-opening memberships will become active on the day The Well opens.

### Monthly and Daily Memberships – on sale Sept. 18

Founding and annual memberships are currently available. Monthly and daily membership sales begin at the grand opening event, Sept. 18.

### We're hiring!

Join the team that's bringing The Well to life. Apply today and help us create a warm, supportive environment for every guest.





### **MEMBERSHIP PRICING**

Annual	Resident **	Non-Resident
Individual	\$288	\$576
Family of 2	\$480	\$960
Family of 3	\$672	\$1,344
Family of 4	\$864	\$1,728
Each Additional	\$192	\$384
Senior (65+)*	\$192	\$384

Monthly	Resident **	Non-Resident
Individual	\$30	\$60
Family of 2	\$50	\$100
Family of 3	\$70	\$140
Family of 4	\$90	\$180
Each Additional	\$20	\$40
Senior (65+)*	\$20	\$40

Daily	Resident **	Non-Resident
Individual	\$10	\$20
Youth (3-11)	\$8	\$16

Annual HSC Member (55+)	Resident **	Non-Resident
Individual	\$15	\$30

The Depot	Resident **	Non-Resident
Drop-In	\$6	\$15
Monthly Unlimited	\$24	N/A

<sup>\*</sup> HSC members receive the senior rate for annual and monthly memberships.

<sup>\*\*</sup> Resident rates are also available to those who work in Hilliard but live in another community.



Scan here to purchase your annual membership today!

# **Memberships**

Memberships to The Well are a great value. Whether buying an annual membership or monthly, memberships include:

- Two fitness floors with cardio and strength training options
- Select group fitness classes
- · Private showers, family changing rooms, and lockers
- Indoor aquatic center, including a lap pool and recreation activity pool
- · Gyms and a walking/adventure track
- · Priority access to program registration
- · Social areas for relaxation and connection



# **AQUATICS**

# INDOOR AQUATICS

The Indoor Aquatic Center at The Well offers a versatile and inviting space for swimmers of all ages and abilities—whether you're here to relax, take a class, or get in a great workout. With lap lanes, a lazy river, leisure pool, spa, slide, and interactive play features, it's a year-round destination for fun and fitness.

Please note: Indoor Aquatic Center is a separate entity from outdoor aquatics and requires its own membership and program registration.

Hours of operation may vary monthly and are posted on our website. While we aim to offer consistent access, availability may adjust based on staffing, programming, demand, and lifeguard coverage. Ensuring the required number of lifeguards for safe operation is our top priority.

From swim lessons to water fitness, the Indoor Aquatic Center is your destination for staying active, having fun, and enjoying the water—no matter the season.

### **Ages & Supervision**

- Children 13 and under must be with an adult in the aquatic center.
- Spa: Ages 18+ only.
- Slide: Height requirements apply. All patrons are measured on-site and must be 48" or taller to slide.
- Deep Water Access:
  - Ages 13 and under must pass a swim test before using deep water or diving boards.
  - Lifeguards may require a swim test for less experienced swimmers.
- Non-swimmers must stay within arm's reach of an adult.

### **Attire & Hygiene**

- Swimsuits required for all patrons. (See Swimsuit Policy)
- · Swim diapers required for anyone not toilet-trained.

A comprehensive list of rules, policies, and procedures is available on our website. We encourage you to review them before your visit to ensure a smooth and enjoyable experience.

### **Aqua Zumba**

A low impact but high intensity water aerobics class with no swimming skills needed. This class is designed to improve flexibility, range of motion, strength, and cardiovascular endurance while using the resistance of the water to cushion the feet, knees, and back.

**Instructor:** Richelle Gin **Duration:** 6 sessions

Location: The Well, Leisure Pool

**Cost:** R \$48 | NR \$53 **Ages:** 18 and older

Activity No.	Date	Time	Day(s)
415040 01	Sept. 29-Nov 3*	9:30-10:30 a.m.	Mon
415040 02	Nov. 10-Dec. 15	9:30-10:30 a.m.	Mon

<sup>\*</sup>No class Oct. 13

### **Aqua Baseline Fitness**

A water exercise class for everyone to enjoy! Get a great cardio workout by also improving strength, balance and function using the water for resistance and assistance. Establish your water fitness baseline today!

**Instructor:** Andrea Colvin **Duration:** 5 sessions

Location: The Well, Leisure Pool

**Cost:** R \$40 | NR \$44 **Ages:** 18 and older

Activity No.	Date	Time	Day(s)
415041 01	Sept. 30-Oct. 28	9:30-10:30 a.m.	Tue
415041 02	Nov. 11-Dec. 16	9:30-10:30 a.m.	Tue

### **Aqua in Motion**

This cardio-strengthening class challenges endurance with interval training and plyometric moves. Keep fit with this high energy class!

Instructor: Andrea Colvin Duration: 6 sessions

Location: The Well, Leisure Pool

**Cost:** R \$48 | NR \$53 **Ages:** 18 and older

Activity No.	Date	Time	Day(s)
415041 01	Sept. 30-Oct. 28	9:30-10:30 a.m.	Tue
415041 02	Nov. 11-Dec. 16*	9:30-10:30 a.m.	Tue

<sup>\*</sup>No class Nov. 28

# AQUATICS

### Preschool Levels 1-3 (3-5 years)

### LEVEL 1

With assistance, swimmers will become comfortable in the water. Learn safe ways to enter and exit the pool, and basic swimming including floats, breath control, and submersion.

### LEVEL 2

Requires completion of Level 1

Build on the skills learned in Level 1 with the addition of arm and leg coordination and treading.

### LEVEL 3

Requires completion of Level 2

Build on the proficiency of the skills learned in Levels 1 and 2, including longer swimming distances. Backstroke is introduced at this level.

### Youth Level 1-6 (6-12 years)

### **LEVEL 1-3**

Swimmers will learn the same skills outlined in Preschool Levels 1-3.

### **LEVEL 4**

Requires completion of Level 3

Develop confidence in the skills learned thus far by swimming longer distances and in deeper water.

### LEVEL 5

Requires completion of Level 4

Develop stroke coordination and proper breath control while swimming longer distances.

### LEVEL 6

Requires completion of Level 5

Refine stroke coordination and build endurance. Introduction to starts and turns for each stroke.



### **GROUP SWIM LESSONS**

### October

**Instructor:** The Well Staff **Duration:** 5 sessions

Location: The Well, Leisure Pool

**Cost:** R \$70 | NR \$75 **Ages:** 3-12 years

### Preschool: 3-5 years

Activity No.	Date	Time	Day(s)
411151 01	Oct. 20-24	4:30-5 p.m.	Mon-Fri
411151 02	Oct. 20-24	5:05-5:35 p.m.	Mon-Fri
411151 03	Oct. 20-24	5:40-6:10 p.m.	Mon-Fri

### Youth: 6-12 years

Activity No.	Date	Time	Day(s)
411151 04	Oct. 20-24	4:30-5 p.m.	Mon-Fri
411151 05	Oct. 20-24	5:05-5:35 p.m.	Mon-Fri
411151 06	Oct. 20-24	5:40-6:10 p.m.	Mon-Fri
411151 07	Oct. 20-24	4:30-5 p.m.	Mon-Fri
411151 08	Oct. 20-24	5:05-5:35 p.m.	Mon-Fri
411151 09	Oct. 20-24	5:40-6:10 p.m.	Mon-Fri

### **November**

### Preschool: 3-5 years

Activity No.	Date	Time	Day(s)
411152 01	Nov. 17-21	4:30-5 p.m.	Mon-Fri
411152 02	Nov. 17-21	5:05-5:35 p.m.	Mon-Fri
411152 03	Nov. 17-21	5:40-6:10 p.m.	Mon-Fri

### Youth: 6-12 years

Activity No.	Date	Time	Day(s)
411152 04	Nov. 17-21	4:30-5 p.m.	Mon-Fri
411152 05	Nov. 17-21	5:05-5:35 p.m.	Mon-Fri
411152 06	Nov. 17-21	5:40-6:10 p.m.	Mon-Fri
411152 07	Nov. 17-21	4:30-5 p.m.	Mon-Fri
411152 08	Nov. 17-21	5:05-5:35 p.m.	Mon-Fri
411152 09	Nov. 17-21	5:40-6:10 p.m.	Mon-Fri



# GROUP SWIM LESSONS CONTINUED December

**Instructor:** The Well Staff **Duration:** 5 sessions

Location: The Well, Leisure Pool

Cost: R \$70 | NR \$75 Ages: 3-12 years

Vaudhi 6 10 waara

Preschool: 3-5 years					
Activity No.	Date	Time	Day(s)		
411153 01	Dec. 15-19	4:30-5 p.m.	Mon-Fri		
411153 02	Dec. 15-19	5:05-5:35 p.m.	Mon-Fri		
411153 03	Dec. 15-19	5:40-6:10 p.m.	Mon-Fri		

Youtn: 6-12 y	•			
Activity No.	No. Date Time Day(s)			
411153 04	Dec. 15-19	4:30-5 p.m.	Mon-Fri	
411153 05	Dec. 15-19	5:05-5:35 p.m.	Mon-Fri	
411153 06	Dec. 15-19	5:40-6:10 p.m.	Mon-Fri	
411153 07	Dec. 15-19	4:30-5 p.m.	Mon-Fri	
411153 08	Dec. 15-19	5:05-5:35 p.m.	Mon-Fri	
411153 09	Dec. 15-19	5:40-6:10 p.m.	Mon-Fri	

### **Parent/Child Swim Lessons**

With assistance from a swim instructor, parents will help their children become comfortable in the water and prepare them for Preschool and Youth swim lessons. Children who are not toilet-trained must wear swim diapers.

**Instructor:** The Well Staff **Duration:** 4 sessions

Location: The Well. Leisure Pool

Cost: R \$56 | NR \$61

Ages: 6 months-3 years				
Date	Time	Day(s)		
Oct. 4-25	10-10:30 a.m.	Sat		
Nov. 1-22	10-10:30 a.m.	Sat		
Nov. 29-Dec. 20	10-10:30 a.m.	Sat		
	<b>Date</b> Oct. 4-25 Nov. 1-22	Date         Time           Oct. 4-25         10-10:30 a.m.           Nov. 1-22         10-10:30 a.m.		

Ages: 1.5 years-3 years				
Activity No.	Date	Time	Day(s)	
411150 02	Oct. 4-25	10:35-11:05 a.m.	Sat	
411150 04	Nov. 1-22	10:35-11:05 a.m.	Sat	
411150 06	Nov. 29-Dec. 20	10:35-11:05 a.m.	Sat	

### **Private Swim Lessons**

For all private lesson inquiries, please reach out to **aquatics@hilliardohio.gov**.

### **Lap Swimming**

Lap swimming is subject to lap lane availability. Pool schedules will be posted monthly. Lap swimmers are expected to share lanes with other lap swimmers when necessary.

### 55+ Water Walking

**Instructor:** Self led **Duration:** 1 session

Location: The Well, Leisure Pool

**Days:** Mon, Wed **Time:** 8:30-9:30 a.m.

### **American Red Cross Courses**

American Red Cross Lifeguarding (including deep water) with First Aid courses

American Red Cross CPR/AED for the Professional Rescuer with First Aid

### American Red Cross First aid/CPR/AED

Refer to our website to view course dates and registration.

# AQUATICS



### **Clinic: Gremlins and Ghouls**

Learn how to keep your baby safe in and around the water. This clinic is an extension of our parent/child lessons providing more in-depth information about water safety, how to use a life vest, and what to do in case of an emergency.

**Instructor:** The Well Staff **Duration:** 1 session

Location: The Well, Leisure Pool

Cost: \$30

Age: 6 months-2 years			
Activity No.	Date	Time	Day(s)
411154 01	Oct. 12	10-10:30 a.m.	Sun

Age: 2-4 years	2-4 years				
Activity No.	Date	Time	Day(s)		
411154 02	Oct. 12	10:40-11:10 a.m.	Sun		



### Clinic: Sink or Float

This clinic is designed to explore the science behind why we float! Join us as we explore which items will sink or float, followed by a floating lesson. Floats are an integral part of learning to swim -- this clinic is perfect for children who love to learn and need extra practice floating in the water.

**Instructor:** The Well Staff **Duration:** 1 session

Location: The Well, Leisure Pool

Cost: \$30 Age: 5-7 years

Activity No.	Date	Time	Day(s)
411154 03	Nov. 29	1-3 p.m.	Sat





### **Clinic: Island of Misfit Toys**

Come discover the Island of Misfit Toys while learning the fundamentals of surface diving, breath control and how to navigate deep water.

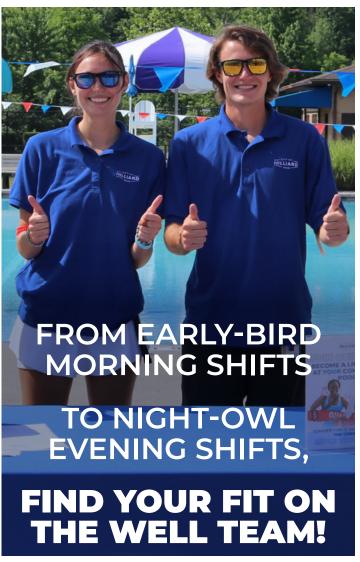
**Instructor:** The Well Staff **Duration:** 1 session

Location: The Well, Leisure Pool

Cost: \$30

Age: 5-8 years			
Activity No.	Date	Time	Day(s)
411154 04	Dec. 22	10-10:30 a.m.	Mon

Age: 9-12 years				
Activity No.	Date	Time	Day(s)	
411154 05	Dec. 22	10:40-11:10 a.m.	Mon	



# **FITNESS**

These classes are open to everyone. A Well Membership or Daily Pass is not necessary to participate, however having a Monthly or Annual membership will provide a discount on program fees. Participants in these programs can sign up for a full month or choose to drop in by class

(if space is available). Monthly registration is the best value and will guarantee your spot. Registration opens during the last week of each month for the upcoming month. Monthly registration closes after the first class of the month for each program.

### **Build RVB**

This high-energy experience combines rhythm-based movement and strength training to improve cardiovascular health, muscular endurance, and overall well-being. This program is designed to empower participants of all fitness levels to challenge themselves physically while building confidence, community, and consistency in their fitness journey.

**Instructor:** RideVibeBuild Instructor **Location:** The Well, Fitness Room

Monthly Registration Cost: R \$9/Class | NR \$10/Class

Drop In Rate: R \$12/Class | NR \$15/Class

Activity No.	Date	Time	Day(s)
435040 01	Sept. 22-Oct. 27*	6:30-7:15 p.m.	Mon
435040 02	Nov. 3-24	6:30-7:15 p.m.	Mon
435040 03	Dec. 1-29	6:30-7:15 p.m.	Mon
*No Class Oct. 13			

### **Boxing**

A technique-focused workout rooted in traditional boxing training. Participants learn proper stance, footwork, and punch combinations while building strength, speed, and endurance. This all-levels class emphasizes form, discipline, and conditioning—offering a powerful, full-body workout without contact or sparring.

**Instructor:** John Andriacco **Location:** The Well, Fitness Room

Monthly Registration Cost: R \$10/Class | NR \$11/Class

Drop In Rate: R \$12/Class | NR \$15/Class

Activity No.	Date	Time	Day(s)
43504001 01	Sept. 25-Oct. 30	6:15-7 p.m.	Thu
43504001 02	Nov. 6-Dec. 18*	6:15-7 p.m.	Thu

<sup>\*</sup>No Class Nov. 27

### BluePrint Health & Fitness at the Well

Improve your cardiovascular health, build strength, and enhance your overall performance without the stress of high-impact activities! Each class will focus on particular muscle groups and will build up to incorporating each muscle throughout the duration of the workout. Class ratio: 80% strength, 10-20% cardio, 5% dynamics and mobility. All levels welcome.

Instructor: BluePrint Health and Fitness Instructor

Location: The Well, Fitness Room

Monthly Registration Cost: : R \$10/Class | NR \$11/Class

Drop In Rate: R \$12/Class | NR \$15/Class

Activity No.	Date	Time	Day(s)
43504003 01	Sept. 24-Oct. 29	5:45-6:30 p.m.	Wed
43504003 02	Nov. 5-19	5:45-6:30 p.m.	Wed
43504003 03	Dec. 3-17	5:45-6:30 p.m.	Wed

### **ZUMBA Wednesdays**

Come dance with us! One hour of heart pumping cardio to your favorite hits along with tons of fun, upbeat songs from genres across the board. Come make some new friends and be ready to shake it!

**Instructor:** Justine Royer **Location:** The Well, Fitness Room

Monthly Registration Cost: : R \$8/Class | NR \$9/Class

Drop In Rate: R \$12/Class | NR \$15/Class

Activity No.	Date	Time	Day(s)
43504004 01	Sept. 24-Oct. 29	6:30-7:30 p.m.	Wed
43504004 02	Nov. 5-26	6:30-7:30 p.m.	Wed
43504004 03	Dec. 3-17	6:30-7:30 p.m.	Wed

### **ZUMBA Fridays**

A fun, high-energy dance workout that blends Latin rhythms, hip-hop & pop with easy-to-follow moves, helping you burn calories, boost energy, and enjoy every step- no dance experience needed!

**Instructor:** Hope Boquiren **Location:** The Well, Fitness Room

Monthly Registration Cost: R \$8/Class | NR \$9/Class

Drop In Rate: R \$12/Class | NR \$15/Class

Activity No.	Date	Time	Day(s)
43504005 01	Sept. 26-Oct. 24	5:30-6:30 p.m.	Fri
43504005 02	Nov. 7-21	5:30-6:30 p.m.	Fri
43504005 03	Dec. 5-19	5:30-6:30 p.m.	Fri

### WellFit Intervals

A high-energy group exercise class combining high-intensity interval training (HIIT) with functional fitness. Use bodyweight movements and free weights, to boost strength, endurance, and overall fitness—perfect for all levels looking to sweat, challenge themselves, and feel stronger every session.

Instructor: Kelly Gray

Location: The Well, Track and Turf

Monthly Registration Cost: R \$8/Class | NR \$9/Class

Drop In Rate: R \$12/Class | NR \$15/Class

Activity No.	Date	Time	Day(s)
435041 01	Sept. 23-Oct. 28	9:15-10 a.m.	Tue
435041 02	Nov. 4-25	9:15-10 a.m.	Tue

### **Prime Strength**

Build muscle strength and endurance through upper and lower body exercises, flexibility, and core strength. Challenge yourself with increasing weights and cardio segments, with an overall goal of strength and good health.

**Instructor:** Laura Pappas **Location:** The Well, Fitness Room

Monthly Registration Cost: R \$8/Class | NR \$9/Class

Drop In Rate: R \$12/Class | NR \$15/Class

Activity No.	Date	Time	Day(s)
435042 01	Sept. 25-Oct. 30	5:30-6:15 p.m.	Thu
435042 02	Nov. 6-20	5:30-6:15 p.m.	Thu
435042 03	Dec. 4-18	5:30-6:15 p.m.	Thu

### **Pilates Fusion**

Take the physical movements of basic Pilates and Yoga to the next level. With an emphasis on breathe flow, strive to improve flexibility and mental connection to movements. Participants should have some basic understanding of Pilates and/or Yoga.

**Instructor:** Laura Pappas **Location:** The Well, Fitness Room

Monthly Registration Cost: R \$10/Class | NR \$11/Class

Drop In Rate: R \$12/Class | NR \$15/Class

Activity No.	Date	Time	Day(s)
435043 01	Sept. 23-Oct. 28	6:30-7:15 p.m.	Tue
435043 02	Nov. 4-25	6:30-7:15 p.m.	Tue
435043 03	Dec. 2-30	6:30-7:15 p.m.	Tue

### Qi Gong

Qi Gong is a great way to relax and move, improve your balance, and circulate the energy of the body. It is part of the Chinese medical system and used to maintain vibrant health.

Instructor: Kevin Eigel

Location: The Well, Fitness Room

Monthly Registration Cost: R \$8/Class | NR \$9/Class

Drop In Rate: R \$12/Class | NR \$15/Class

Activity No.	Date	Time	Day(s)
435045 01	Oct. 1-29	9:15-10:15 a.m.	Wed
435045 02	Nov. 5-26	9:15-10:15 a.m.	Wed
435045 03	Dec. 3-31	9:15-10:15 a.m.	Wed

### **WellFit Strength**

Use high-rep, low-weight resistance training in this all-level, full-body workout set to upbeat music. Designed to build muscular endurance and achieve total-body toning, this class helps you get stronger, leaner, and more energized—no matter where you're starting from.

**Instructor**: Kelly Gray

Location: The Well, Fitness Room

Monthly Registration Cost: R \$9/Class | NR \$10/Class

Drop In Rate: R \$12/Class | NR \$15/Class

Activity No.	Date	Time	Day(s)
435046 01	Sept. 23-Oct. 28	10:30-11:15 a.m.	Tue
435046 02	Nov. 4-25	10:30-11:15 a.m.	Tue

# <u>FITNESS</u>

### **Yogilates**

This multi-level, mind-body fusion of Yoga and Mat Pilates conditions the entire body while relaxing and centering the mind. Enjoy flowing between a variety of exercises for flexibility, mobility, strength, and core endurance/stabilization.

Instructor: Katy Tombaugh

**Location:** The Well, Meditation Room

Monthly Registration Cost: R \$10/Class | NR \$11/Class

Drop In Rate: R \$12/Class | NR \$15/Class

Activity No.	Date	Time	Day(s)
435047 01	Sept. 24-Oct. 29	5:30-6:15 p.m.	Wed
435047 02	Nov. 5-26	5:30-6:15 p.m.	Wed
435047 03	Dec. 3-17	5:30-6:15 p.m.	Wed

### **Absolute Yoga at the Well**

Breathe, stretch, and strengthen in this all-levels yoga class designed to improve flexibility, build strength, and reduce stress. Modifications are offered throughout to ensure a safe and supportive experience for everyone.

**Instructor:** Absolute Yoga Instructor **Location:** The Well, Fitness Room 2

Monthly Registration Cost: R \$10/Class | NR \$11/Class

Drop In Rate: R \$12/Class | NR \$15/Class

Activity No.	Date	Time	Day(s)
435048 01	Sept. 25-Oct. 30	7:15-8:15 p.m.	Thu
435048 02	Nov. 6-20	7:15-8:15 p.m.	Thu
435048 03	Dec. 4-18	7:15-8:15 p.m.	Thu

### **RVB Hip Hop Kettlebell**

A dynamic fusion of hip-hop inspired kettlebell cardio and strength training. Build power, confidence, and community in this high-energy, music-driven fitness experience for all levels.

**Instructor:** Absolute Yoga Instructor **Location:** The Well, Fitness Room 2

Monthly Registration Cost: R \$10/Class | NR \$11/Class

Drop In Rate: R \$12/Class | NR \$15/Class

Activity No.	Date	Time	Day(s)
435049 01	Sept. 25-Oct. 30	10:30-11:15 a.m.	Thu
435049 02	Nov. 6-20	10:30-11:15 a.m.	Thu
435049 03	Dec. 4-18	10:30-11:15 a.m.	Thu

### **Motivation at the Well**

Inspired by our popular Motivation at the Station series, join us every Saturday morning starting at 8:30 a.m. for a fun and energizing lineup of two to four back-to-back group fitness classes. Expect a rotating mix of formats like HIIT, Yoga, Hip Hop Line Dance, Circuit Training and more! With new offerings each week, get the chance to explore different styles, stay active, and discover what truly motivates you.

Instructor: Varies
Location: The MAC Gym

Monthly Registration Cost: \$5/person Drop In Rate: R \$12/Class | NR \$15/Class

These programs, workshops or seminars are registration only and do not allow for drop-ins. Registration for these programs follow the same registration dates and structure as all other standard programs.

### Tai Chi

This gentle, low-impact class combines slow, flowing movements with deep breathing and focused intention. Rooted in ancient Chinese tradition, this all-levels practice promotes balance, flexibility, strength, and relaxation. Ideal for reducing stress and improving overall well-being, Tai Chi is perfect for anyone seeking mindful movement and improved body awareness.

**Instructor:** Kevin Eigel **Duration:** 8 sessions

Location: The Well, Meditation Room

**Cost:** R \$72 | NR \$80 **Ages:** 18 and older

Activity No.	Date	Time	Day(s)
43504002 01	Sept. 30-Nov. 18	10:30-11:15 a.m.	Tue

### **Energy Lab Kettlebell Workshop**

Develop a strong hip hinge, build total-body strength, and improve functional movement as we break down essential kettlebell movements.

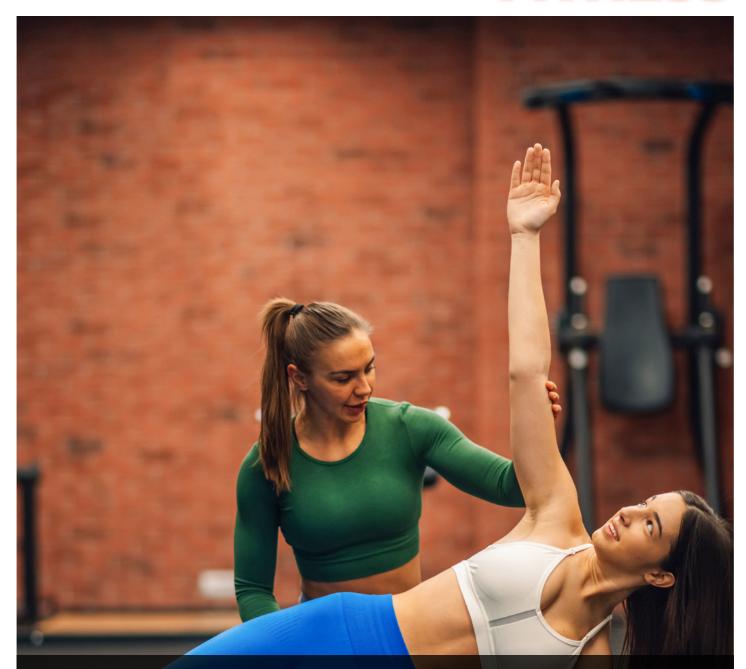
Instructor: Rick Rick III
Duration: 1 session

Location: The Well, Fitness Room 1

**Cost:** R \$35 | NR \$40 **Ages:** 17 and older

Activity No.	Date	Time	Day(s)
43504005 01	Sept. 26-Oct. 24	5:30-6:30 p.m.	Fri
43504005 02	Nov. 7-21	5:30-6:30 p.m.	Fri
43504005 03	Dec. 5-19	5:30-6:30 p.m.	Fri

# <u>FITNESS</u>



# **Personal Training/Semi-Private Training**

Achieve your fitness goals with individualized attention and expert guidance. Our Trainers will tailor each workout to your unique needs, whether you're looking to build strength, improve mobility, or train for a specific event. Prefer to work out with a friend? Try Semi-Private Training for two to four participants and enjoy the motivation of a small group with the benefits of personalized coaching.

Please visit the Welcome Desk at The Well (once opened) for more information about our trainers and how to schedule your session today!

# <u>PRESCHOOL</u>

### Little Sluggers T-Ball

Using age-appropriate activities, players will be introduced to baseball fundamentals, batting, base running, fielding, throwing, and catching.

**Instructor:** Bally Sports **Duration:** 5 sessions

Location: Municipal Park, Ball Field 8

**Cost:** R \$90 | NR \$99 **Ages:** 3-4 years

Activity No.	Date	Time	Day(s)
452146 02	Sept. 8-Oct. 6	5-6 p.m.	Mon

### **Mini Soccer Stars**

Learn the fundamentals of soccer using fun games and activities! Coaches focus on teaching the basics of dribbling, passing, scoring, and game play.

**Instructor:** Bally Sports **Duration:** 6 sessions

Location: Municipal Park, Soccer Field 1

Cost: R \$85 | NR \$94

Ages: 3-4 years

Activity No.	Date	Time	Day(s)
452143 01	Sept. 9-Oct. 14	5-6 p.m.	Tue

Ages: 5-6 years

Activity No.	Date	Time	Day(s)
452143 02	Sept. 9-Oct. 14	6-7 p.m.	Tue

### **Preschool Spanish**

Learn the fundamental language skills needed for everyday interaction in Spanish. Everyday words, simple questions, and answers are covered through fun and engaging age-appropriate songs, games, play-based activities, and craft projects from our native-speaking Spanish Teacher.

Instructor: Cultured Kids Club

**Duration:** 7 sessions

Location: The Well, Celebration Room

Cost: R \$140 | NR \$160

Ages: 3-5 years

Activity No.	Date	Time	Day(s)
4520910 01	Sept. 20-Nov. 1	9-10 a.m.	Sat
4520910 02	Nov. 8-Dec. 20*	9-10 a.m.	Sat

### **Karate Zoo**

This high-energy progression-based program teaches the fundamentals of martial arts in a safe and nurturing environment. Muscle Zoo characters teach karate skills and values like discipline, patience, and respect.

**Instructor:** Amazing Athletes

**Duration:** 6 sessions

Location: The Well, MAC Gym

**Cost:** R \$86 | NR \$95

Ages: 3-4 years			
Activity No.	Date	Time	Day(s)
4521403 01	Sept. 23-Oct. 28	5:30-6 p.m.	Tue
4521403 03	Nov. 4-Dec. 16*	5:30-6 p.m.	Tue

Ages: 5-6 years			
Activity No.	Date	Time	Day(s)
4521403 02	Sept. 23-Oct. 28	6-6:30 p.m.	Tue
4521403 04	Nov. 4-Dec. 16*	6-6:30 p.m.	Tue

<sup>\*</sup>No class Nov. 25

### **Amazing Athletes**

This active, fun developmental physical fitness program encourages young kiddos and kids to explore and develop a variety of athletic skills through the introduction of 10 different sports.

**Instructor:** Amazing Athletes

**Duration:** 6 sessions

Location: The Well, MAC Gym

Cost: R \$86 | NR \$95

### Amazing Athletes Tots Ages: 1.5-3 years

Activity No.	Date	Time	Day(s)
4511408 01	Sept. 25-Oct. 30	10-10:30 a.m.	Thu
4511408 02	Nov. 6-Dec. 18*	10-10:30 a.m.	Thu

<sup>\*</sup>No class Nov. 27

### Amazing Athletes Ages: 3-5 years

Activity No.	Date	Time	Day(s)
4521404 01	Sept. 25-Oct. 30	10:30-11 a.m.	Thu
4521404 02	Nov. 6-Dec. 18*	10:30-11 a.m.	Thu
*No class Nov. 27			

# **PRESCHOOL**

### **Lil Builders Play Group**

Explore, create, and build using colorful building tiles and classic LEGO bricks in a relaxed, self-led environment. This open-ended, hands-on play session encourages imagination, fine motor skills, and cooperative play.

**Instructor:** Self Led **Duration:** 3 sessions

Location: The Well, Celebration Room

Cost: R \$10 | NR \$15 Ages: 3-5 years

Activity No.	Date	Time	Day(s)
1520301 01	Sept. 29-Oct. 13	10-11:15 a.m.	Mon
1520301 02	Oct. 20-Nov. 3	10-11:15 a.m.	Mon
1520301 03	Nov. 10-24	10-11:15 a.m.	Mon

### Tyke Time

The perfect chance for your child (and you) to meet new friends! While kids play with age-appropriate equipment including ride-on-toys, large blocks, mats, tunnels, trucks, dolls, and more, parents can meet others. Parents must provide supervision for their own children.

Instructor: Self Led
Duration: 10 sessions
Location: The Well, MAC Gym

Cost: R \$24 | NR \$30 Ages: 1-5 years

Activity No.	Date	Time	Day(s)
4520022 01	Sept. 30-Dec. 9	9-11 a.m.	Tue
*No class Nov.	4		

### Playdough Bash Play Group

Is your preschool child looking to make new friends? Join in on the playdough fun, filled with play and socialization with other preschool age friends. Playdough and toys will be provided for all participants along with other age-appropriate games.

Instructor: Self Led Duration: 10 sessions Location: The Well Cost: R \$10 | NR \$15 Ages: 3-5 years

Activity No.	Date	Time	Day(s)
1520304 01	Sept. 30-Oct. 14	10-11:15 a.m.	Tue
1520304 02	Oct. 21-Nov. 4	10-11:15 a.m.	Tue
1520304 03	Nov. 11-25*	10-11:15 a.m.	Tue
*No class Nov. 11			

### **The Crafty Club**

Children and parents create together, building fine motor skills, exploring materials, and bonding through guided projects that spark creativity and learning. Parents are required to stay for this class.

**Instructor:** Sam and Alex **Duration:** 4 sessions

Location: The Well, Celebration Room

Cost: R \$115 | NR \$120

Ages: 3-5 years

Activity No.	Date	Time	Day(s)
4520311 01	Sept. 30-Oct. 21	10-10:45 a.m.	Tue
4520311 02	Oct. 28-Nov. 18*	10-10:45 a.m.	Tue

\*No class Nov. 11

### Stories at the Well

Drop your child off each week to enjoy a story, with some additional themed activities including art, science & nature, creative dramatics, and music & movement. Children must be potty trained. Registration in advance is required. Parents are not required to stay on site.

**Instructor:** Chris Jacobs **Duration:** 3 sessions

Location: The Well, Celebration Room

**Cost:** R \$28 | NR \$32 **Ages:** 3-5 years

<b>Activity No.</b>	Date	Time	Day(s)
4520210 01	Oct. 1-29*	9:30-11:30 a.m.	Wed
4520210 02	Nov. 5-Dec. 3*	9:30-11:30 a.m.	Wed

\*No class Oct. 15 and Nov. 26

### Kindertots

Movement that encourages gross motor skills, creativity, physical development, and early education in a fun environment while learning numbers, colors, shapes, and songs.

**Instructor:** Lisa Coleman **Duration:** 8 sessions

Location: The Well, Fitness Room

Cost: R \$120 | NR \$132

Ages: 2-3 years

Activity No.	Date	Time	Day(s)
4521030 01	Oct. 1-Nov. 19	5-5:30 p.m.	Wed

### Kinderdance

Learn the basics of Ballet, Tap, Acrobatics and Creative Movement while blending educational concepts.

**Instructor:** Lisa Coleman **Duration:** 8 sessions

Location: The Well, Fitness Room

Cost: R \$150 | NR \$165

Ages: 3-5 years

Activity No.	Date	Time	Day(s)
4521010 01	Oct. 1-Nov. 19	5:45-6:30 p.m.	Wed

### The Play Spot- Preschool

Engage in purposeful play while growing your child's speech, sensory and motor skills! Highly trained speech and occupational therapists; combined with obstacle courses, sensory bins, crafts, story-time and fine-motor activities; make for an exciting class for children and their caregivers.

**Instructor:** The Play Spot **Duration:** 4 sessions

Location: The Well, MAC Gym **Cost:** R \$156 | NR \$172 Ages: 1.3-5 years

Activity No.	Date	Time	Day(s)
4520220 01	Oct. 3-24	10-10:45 a.m.	Fri
4520220 02	Nov. 10-Dec. 8	10-10:45 a.m.	Mon



### Kids in the Kitchen

This deliciously good time is designed to provide hands-on experience in the kitchen! An adult must stay onsite to help the child.

**Instructor:** Chris Jacobs **Duration:** 3 sessions

Location: The Well, Alton Hall

Cost: R \$40 | NR \$45 Ages: 3-5 years

Activity No.	Date	Time	Day(s)
4520506 01	Oct. 3-17	10-11:15 a.m.	Fri
4520506 02	Nov. 7-21	10-11:15 a.m.	Fri

### Little Ballers Basketball

Basketball beginners are taught the fundamentals of dribbling, shooting, passing, rebounding, defense, and the concept of game play in this first-time basketball experience!

**Instructor:** Bally Sports **Duration:** 6 sessions Location: The Well, Gym Cost: R \$90 | NR \$99 Ages: 4-6 years

Activity No.	Date	Time	Day(s)
452144 01	Nov. 1-Dec 13*	9-10 a.m.	Sat
452144 02	Nov. 1-Dec 13*	10:10-11:10 a.m.	Sat

<sup>\*</sup>No class Nov. 29

### **Ornament Party - Preschool**

Join your preschool friends for a holiday ornament crafting session! You and your child create one-of-a-kind decorations that double as thoughtful gifts for family members.

Instructor: Chris Jacobs **Duration:** 1 session

Location: The Well. Celebration Room

Cost: R \$20 | NR \$25 Ages: 3-6 years

Activity No.	Date	Time	Day(s)
4520707 01	Dec. 12	10-11:30 a.m.	Fri

### **Cookie Creations**

Make, Bake & Take sugar cookies in holiday shapes. Drop off your child and let them experience creating delicious holiday cookies.

Instructor: Chris Jacobs **Duration:** 1 session

Location: The Well, Celebration Room

Cost: R \$15 | NR \$20 Ages: 3-5 years

Activity No.	Date	Time	Day(s)
4520808 01	Dec. 19	10-11:30 a.m.	Fri



### Minor League Baseball

An introduction to coach-pitch baseball for beginning baseball players! The program utilizes instruction including batting, fielding, throwing, and catching.

**Instructor:** Bally Sports **Duration:** 5 sessions

Location: Municipal Park, Ball Field 8

Cost: R \$90 | NR \$99 Ages: 5-7 years

Activity No.	Date	Time	Day(s)
452145 01	Sept. 8-Oct. 6	6-7 p.m.	Mon

### **Beginner Spanish Class**

Students learn everyday sentences and study the cultures of different Spanish-speaking countries. The class integrates play-based activities, fun action games, student-to-student conversation, and age-appropriate Spanish music.

Instructor: Cultured Kids Club

**Duration:** 7 sessions

Location: The Well, Celebration Room

**Cost:** R \$140 | NR \$160 **Ages:** 6-11 years

Activity No.	Date	Time	Day(s)
4236521 01	Sept. 20-Nov. 1	10:15-11:45 a.m.	Sat
4236521 02	Nov. 8-Dec. 20	10:15-11:45 a.m.	Sat

<sup>\*</sup>No class No. 29

### **Drama Kids**

Enjoy an exciting mix of theatre games, improvisation, scripted work, and more in a safe and inclusive environment. Boost self-expression, social skills, and creativity. Drama develops kids! Our final class features parent-participation activities and a fun skit by the actors.

**Instructor:** Drama Kids **Duration:** 8 sessions

Location: The Well, Celebration Room

Cost: R \$160 | NR \$175 Ages: 6-11 years

Activity No.	Date	Time	Day(s)
4237600 01	Sept. 24-Nov. 12	6-7 p.m.	Wed

### **Karate Zoo Martial Arts**

Building on skills from our preschool program and presenting new skills, we explore the traditions and fundamentals of martial arts! Covering 12 different skill-specific areas, the class curriculum represents martial arts in a structured and engaging way using fun, active drills mixed with traditional training methods.

**Instructor:** Amazing Athletes

**Duration:** 6 sessions **Location:** The Well, MAC Gym

Cost: R \$86 | NR \$95

Ages: 7-9 years				
Activity No.	Date	Time	Day(s)	
4521402 01	Sept. 23-Oct. 28	6:30-7 p.m.	Tue	
4521402 03	Nov. 4-Dec. 16*	6:30-7 p.m.	Tue	
*No class Nov. 25	5			

Ages: 10-12 years				
Activity No.	Date	Time	Day(s)	
4521402 02	Sept. 23-Oct. 28	7-7:30 p.m.	Tue	
4521402 04	Nov. 4-Dec. 16*	7-7:30 p.m.	Tue	

### **Excel Girls Volleyball League**

With a focus on fundamentals, skills, and communication, this league develops the team concepts of volleyball and communication. There will be practice on Thursday nights and games on Saturday. Every girl will receive a team T-shirt.

Instructor: EXCEL Volleyball Duration: 10 sessions Location: The Well, Gym Cost: R \$145 | NR \$160

Ages: 7-10 years					
Activity No.	Date	Time	Day(s)		
453142 01	Sept. 25-Oct. 25	6-7 p.m., 1-2 p.m.	Thu, Sat		
Ages: 11-14	Ages: 11-14 years				
Activity No.	Date	Time	Day(s)		



### **Cool Tech Girls- Techno Challenge**

Workshops will teach students sensor, AI, and programming technologies, all with the real-world challenge of using tech to help people with disabilities or unique needs to overcome a challenge.

Instructor: Cool Tech Girls
Duration: 3 sessions

Location: The Well, Alton Hall Cost: R \$100 | NR \$110 Ages: 9-17 years

Activity No.	Date	Time	Day(s)
4531601 01	Sept. 27-Oct. 11	12-3 p.m.	Sat

### **Kpop for Kids (Dance)**

Learn dance basics, choreography, coordination, and more all set to Kpop music! This class consists of a warm-up, dance routine, and freestyle dance party at the end of each class.

Instructor: Kpop Dance Columbus

**Duration:** 6 sessions

Location: The Well, Fitness Room

**Cost:** R \$72 | NR \$80 **Ages:** 5-11 years

Activity No.	Date	Time	Day(s)
4531001 01	Sept. 29-Nov. 3	6:30-7:15 p.m.	Mon
4531001 02	Nov. 10-Dec. 15	6:30-7:15 p.m.	Mon

### Youth American Sign Language

An introduction to basic conversational sign language including beginning American Sign Language signs as well as Deaf culture and history. Lessons include the manual alphabet, basic grammar, signs, fingerspelling, numbers, and cultural information related to the Deaf Community.

Instructor: Columbus Speech and Hearing

**Duration:** 11 sessions

Location: The Well, Celebration Room

Cost: R \$145 | NR \$155 Ages: 5-10 years

 Activity No.
 Date
 Time
 Day(s)

 4530910 01
 Sept. 30-Dec. 9
 4:30-5:30 p.m.
 Tue

### **Creative Movement with BalletMet**

Learn the basics of ballet in a fun, nurturing environment! Highly trained teachers encourage imagination and selfexpression, emphasizing physical, social, and cognitive skills.

**Instructor:** BalletMet **Duration:** 6 sessions

Location: The Well, Alton Hall

Cost: R \$75 | NR \$82 Ages: 4-6 years

Activity No.	Date	Time	Day(s)
4531020 01	Oct. 1-Nov. 5	5:15-6:15 p.m.	Wed

### **Kinderdance Combo**

Ballet, tap, jazz and creative movement, blended with age appropriate educational concepts! Your child will dance, jump, glide, and use their imagination together with a program certified teacher.

**Instructor:** Kinderdance **Duration:** 8 sessions

Location: The Well, Fitness Room

**Cost:** R \$163 | NR \$180 **Ages:** 5-7 years

Activity No.	Date	Time	Day(s)
423515 01	Oct. 1-Nov. 19	6:35-7:20 p.m.	Wed

### **Kids Night Out**

While the kids play, parents can enjoy a worry-free night! With the kids having fun at the community center with camp games, art projects, board games, and pizza, parents are free to plan an evening for themselves ahead of the holidays. All participants must be potty trained.

**Instructor:** Rec Staff **Duration:** 1 session

Location: The Well, MAC Gym

**Cost:** R \$20 | NR \$25 **Ages:** 5-11 years

Activity No.	Date	Time	Day(s)
4530230 01	Oct. 3	5:30-9 p.m.	Fri
4530230 02	Nov. 7	5:30-9 p.m.	Fri
4530230 03	Dec. 5	5:30-9 p.m.	Fri



### **Better Babysitters**

The perfect first job preparation! Learn the responsibilities of having a job, the Rights of a Babysitter, CPR for a child and infant, basic first aid, growth and development, and appropriate toys and activities for kids. Diaper changing, infant care, and how to feed a toddler are also covered. Students will receive a fully stocked First Aid kit, a student manual and certificate of completion.

Instructor: Enriching Kids
Duration: 2 sessions
Location: The Well, Alton Hall
Cost: R \$120 | NR \$132
Ages: 10-14 years

Activity No.	Date	Time	Day(s)
4530240 01	Oct. 4-11	noon-4 p.m.	Sat



### Slime Time: Halloween Edition

Get ready to stir up some spooky fun! Kids mix, stretch, and squish their very own glow-in-the-dark or Halloween-themed slime creations. From creepy colors to sparkly surprises, everyone will go home with a slimy masterpiece!

**Instructor:** Rec Staff **Duration:** 1 session

Location: The Well, Celebration Room

**Cost:** R \$20 | NR \$24 **Ages:** 6-11 years

Activity No.	Date	Time	Day(s)
4530321 01	Oct. 5	1-3 p.m.	Sun

### **Young Chefs Academy**

Discover the joys of cooking! Dive into hands-on cooking and baking, create delicious tastings, and learn essential culinary skills like following a recipe, meal prepping, food safety, and kitchen techniques. Please note: Due to the nature of the program, we cannot guarantee the absence of allergens like nuts, gluten, and dairy in the kitchen.

Instructor: Young Chefs Academy

**Duration:** 1 session

Location: The Well, Alton Hall

Cost: R \$60 | NR \$70 Ages: 6-12 years

Activity No.	Date	Time	Day(s)
4530510 01	Oct. 11	10-11 a.m.	Sat
4530510 02	Nov. 8	10-11 a.m.	Sat
4530510 03	Dec. 13	10-11 a.m.	Sat

### **School Days Off Camp**

School's off, so camp's on! Have fun with interactive games, hands-on crafts, and themed activities for creativity all day long. Each day offers something new and exciting, ensuring your child stays active, social, and entertained in a safe and supervised environment.

**Instructor:** Rec Staff **Duration:** 1 session

Location: The Well, MAC Gym

Cost: R \$52 | NR \$60 Ages: 5.5-11 years

<b>Activity No.</b>	Date	Time	Day(s)
4530220 01	Oct. 17	8 a.m5:30 p.m.	Fri
4530220 02	Nov. 4	8 a.m5:30 p.m.	Tue

### **Day Camp: Young Rembrandts Drawing Club**

While school is out, join us for a frightfully fun, spook-tacular art experience! Bring a packed lunch and your imagination, and together we'll conjure up some amazing Halloween art and create lasting memories. Don't miss out on the tricks and treats!

Instructor: Young Rembrandts

**Duration:** 1 session

Location: The Well, Celebration Room

Cost: R \$125 | NR \$140 Ages: 6-11 years

Activity No.	Date	Time	Day(s)
4530160 01	Oct. 17	10 a.m3 p.m.	Fri
4530160 02	Nov. 4	10 a.m3 p.m.	Tue

### **Pumpkin Painting**

Get ready for a fun-filled fall adventure! Join us for a Pumpkin Painting Party, where kids can let their creativity shine. Each child will receive their own pumpkin to decorate using paint, stickers, and all kinds of colorful craft supplies. No carving-just safe, mess-friendly fun!

**Instructor:** Rec Staff **Duration:** 1 session

Location: The Well, Celebration Room

Cost: R \$20 | NR \$24 Ages: 6-11 years

Activity No.	Date	Time	Day(s)
4530310 01	Oct. 19	2-4 p.m.	Sun



### **Shooting Stars Basketball**

Learn the fundamentals of dribbling, shooting, passing, rebounding, defense, and game play in this fun and educational basketball experience!

Instructor: Bally Sports Duration: 6 sessions Location: The Well, Gym Cost: R \$90 | NR \$99 Ages: 6-8 years

Activity No.	Date	Time	Day(s)
452142 01	Nov. 1-Dec. 13*	11:20 a.m12:20 p.m.	Sat
452142 02	Nov. 1-Dec. 13*	12:30-1:30 p.m.	Sat

<sup>\*</sup>No class Nov. 29

### **Excel Volleyball Development League**

Develop the basic skills of volleyball (passing, setting, serving, blocking, and hitting) and game play! All games will be held on Thursdays, with the first 30 minutes being practice, followed by the game. All participants receive a team shirt. Open to boys and girls of all skill levels.

Instructor: EXCEL Volleyball Duration: 5 sessions Location: The Well, Gym Cost: R \$120 | NR \$132

### Ages: 7-10 years

Activity No.	Date	Time	Day(s)
453141 01	Nov. 6-Dec. 11*	6-7 p.m.	Thu

### Ages: 11-14 years

Activity No.	Date	Time	Day(s)
453141 02	Nov. 6-Dec. 11*	7:10-8:10 p.m.	Thu

<sup>\*</sup>No class Nov. 29

### **NERF Battle Game Night**

Bring your NERF® dart shooter for an epic NERF® battle! Shoot at targets and break into teams for an all-out showdown. Participants must bring their own NERF® dart shooter and darts. Make sure all equipment has your name on it. Snacks and pizza will be provided. Goggles will be provided.

**Instructor:** Rec Staff **Duration:** 1 session

Location: The Well, MAC Gym

Cost: R \$15 | NR \$20 Ages: 6-11 years

Activity No.	Date	Time	Day(s)
1531201 1	Nov. 14	6-8 p.m.	Fri

### **Ornament Party**

Let the holiday fun begin! Kids create their own one-of-a-kind holiday decorations. We'll provide all the supplies—ornaments, paints, glitter, stickers, and more—so each child can design a few keepsakes to hang on the tree or give as a special gift.

**Instructor:** Rec Staff **Duration:** 1 session

Location: The Well, Celebration Room

**Cost:** R \$20 | NR \$25 **Ages:** 6-11 years

Activity No.	Date	Time	Day(s)
4530707 01	Dec. 10	6-7:30 p.m.	Wed

### **Cookies and Canvas**

Join us for a night of painting and cookies! Kids can show off their artistic talents while hanging out with friends and enjoying the best snack around: cookies!

**Instructor:** Rec Staff **Duration:** 1 session

Location: The Well, Celebration Room

**Cost:** R \$15 | NR \$22 **Ages:** 6-11 years

Activity No.	Date	Time	Day(s)
1530501 1	Dec. 12	6-7:30 p.m.	Fri

### **Biz Kids Market**

Have a business idea you want to bring to life? Join our Biz Kids Market. Show off your business creations and sell homemade items to real customers. All participants will be responsible for their own payment method and cash collection. Please bring your own 6-foot table. Event is free to the public. An adult needs to be present at all times.

**Instructor:** Rec Staff **Duration:** 1 session

Location: The Well, Alton Hall A&B

Cost: R \$10 | NR \$15 Ages: 6-17 years

Activity No.	Date	Time	Day(s)
2531204 01	Dec. 13	1-4 p.m.	Sat

### **Candy Cane Hunt**

Help us search for Santa's scattered candy canes! Get creative with seasonal crafts, embark on the candy cane search, and end the afternoon with treats and Christmas stories.

**Instructor:** Rec Staff **Duration:** 1 session

Location: The Well, MAC Gym

**Cost:** R \$15 | NR \$20 **Ages:** 5.5-11 years

Activity No.	Date	Time	Day(s)
4531203 01	Dec. 14	1-3 p.m.	Sun

### Ice, Ice Cookies

Dive into the holiday spirit by creating delightful sugar cookies in festive shapes. Learn how to transform the dough into delicious treats ready to share with loved ones.

**Instructor:** Rec Staff **Duration:** 1 session

Location: The Well, Alton Hall

Cost: R \$20 | NR \$25 Ages: 6-11 years

Activity No.	Date	Time	Day(s)
4530808 01	Dec. 17	5:30-8:30 p.m.	Wed

### The Great Gingerbread Build

Get ready for a sweet adventure! We'll provide everything your little builder needs to let their imagination run wile—preassembled gingerbread houses, colorful candies, frosting, and plenty of decorating tools.

**Instructor:** Rec Staff **Duration:** 1 session

**Location**: The Well, Alton Hall **Cost**: R \$20 | NR \$25

Ages: 6-11 years

Activity No.	Date	Time	Day(s)
4530311 01	Dec. 18	6-8 p.m.	Thu

### **Winter Break Camp**

School's out, but the fun never stops! Stay active, engaged, and social during the holiday season with days packed with winter-themed games, creative arts and crafts, outdoor play (weather permitting), and hands-on activities designed to spark imagination and fun.

**Instructor:** Rec Staff **Duration:** 1 session

Location: The Well, MAC Gym

**Cost:** R \$52 | NR \$60 **Ages:** 5.5-11 years

Activity No.	Date	Time	Day(s)
4530111 01	Dec. 22	8 a.m5:30 p.m.	Mon
4530111 02	Dec. 23	8 a.m5:30 p.m.	Tue
4530111 03	Dec. 29	8 a.m5:30 p.m.	Mon
4530111 04	Dec. 30	8 a.m5:30 p.m.	Tue
4530111 05	Jan. 2	8 a.m5:30 p.m.	Fri

### **Young Chefs Academy Winter Camp**

Discover the joys of cooking at camp! Dive into hands-on cooking and baking, create delicious tastings, and learn essential culinary skills like following a recipe, meal prepping, food safety, and kitchen techniques. Please note: Due to the nature of the program, we cannot guarantee the absence of allergens like nuts, gluten, and dairy in the kitchen.

**Instructor:** Young Chefs Academy

**Duration:** 2 sessions

Location: The Well, Teaching Kitchen

Cost: R \$156 | NR \$160 Ages: 6-11 years

Activity No.	Date	Time	Day(s)
4530140 01	Dec. 22-23	9 a.mnoon	Mon & Tue





### **Karate**

Participants learn practical skills for self-defense from an array of arts (Karate, Aikido, Judo, Jujitsu, Iaido). Each class begins with stretching and warm-ups and then may include drills, kata, sparring, and general self-defense.

**Instructor:** Jason Smiley **Location:** The Well, MAC Gym

**Cost:** R \$75 | NR \$83 **Ages:** 9 years and older

**Duration:** 7 sessions

Cost: R \$75 | NR \$83

Activity No.	Date	Time	Day(s)
4541401 01	Oct. 1-Nov. 12	6-8 p.m.	Wed
4541401 03	Nov. 19-Jan. 21*	6-8 p.m.	Wed

\*No class Nov. 26, Dec. 24, Dec. 31

**Duration:** 4 sessions

Cost: R \$50 | NR \$55

Activity No.	Date	Time	Day(s)
4541401 02	Oct. 22-Nov. 12	6-8 p.m.	Wed
4541401 04	Nov. 19-Dec. 17**	6-8 p.m.	Wed

\*\*No class Nov. 26

### **Family American Sign Language**

Have fun learning sign language with your family! If you have Deaf or Hard of Hearing family members, a family member with communication issues or you just want to learn sign language together, as a family, this class is for you. Open the doors of communication and increase awareness and knowledge of ASL and Deaf Culture. The class includes instruction and hands-on group activities. All children must be accompanied by an adult (a parent or guardian). All family members are welcome.

Instructor: Columbus Speech and Hearing

**Duration:** 10 sessions

Location: The Well, Celebration Room

Child Cost: R \$115 NR: \$120 Adult Cost: R \$230 NR: 240

Ages: All ages

Activity No.	Date	Time	Day(s)
4570901 01	Oct. 4-Dec. 12	1-2:30 p.m.	Sat
*No class Nov. 29			

### **Halloween Carnival**

Get ready for a frightfully fun time at our Halloween Carnival, where magic, mystery, and mayhem await! This kid-friendly event is packed with exciting games, creative crafts, and not-too-spooky surprises perfect for young ghouls and goblins. Adults are free.

**Instructor:** Rec Staff **Duration:** 1 session

Location: The Well, MAC Gym

Cost: R \$12 | NR \$15 Ages: 6-12 years

Activity No.	Date	Time	Day(s)
4571209 01	Oct. 26	2-4 p.m.	Sun

### **Sensory Santa**

Santa enjoys visiting with everyone! He has a very tight schedule but has reserved a special time to visit in a small, quiet room for sensory friendly friends. Please register for one 10-minute time slot. Registrants may take their own photos as they visit Santa.

**Instructor:** Santa **Duration:** 1 session

Location: The Well, Alton Hall

Cost: Free Ages: All ages

Activity No.	Date	Time	Day(s)
4571211 01	Dec. 6	12:30-12:40 p.m.	Sat
4571211 02	Dec. 6	12:40-12:50 p.m.	Sat
4571211 03	Dec. 6	12:50-1 p.m.	Sat
4571211 04	Dec. 6	1-1:10 p.m.	Sat
4571211 05	Dec. 6	1:10-1:20 p.m.	Sat
4571211 06	Dec. 6	1:20-1:30 p.m.	Sat
4571211 07	Dec. 6	1:30-1:40 p.m.	Sat
4571211 08	Dec. 6	1:40-1:50 p.m.	Sat
4571211 09	Dec. 6	1:50-2 p.m.	Sat
4571211 10	Dec. 6	2-2:10 p.m.	Sat
4571211 11	Dec. 6	2:10-2:20 p.m.	Sat
4571211 12	Dec. 6	2:20-2:30 p.m.	Sat
4571211 13	Dec. 6	2:30-2:40 p.m.	Sat
4571211 14	Dec. 6	2:40-2:50 p.m.	Sat
4571211 15	Dec. 6	2:50-3 p.m.	Sat
4571211 16	Dec. 6	3-3:10 p.m.	Sat
4571211 17	Dec. 6	3:10-3:20 p.m.	Sat
4571211 18	Dec. 6	3:20-3:30 p.m.	Sat
4571211 19	Dec. 6	3:30-3:40 p.m.	Sat
4571211 20	Dec. 6	3:40-3:50 p.m.	Sat

### Pancakes and PJs

Who doesn't love breakfast for dinner? Bring the family for a Friday night treat! Come dressed in your best pajamas and be ready to enjoy a stack of delicious pancakes, a craft, and a hot cocoa bar!

Instructor: Rec Staff **Duration:** 1 session

Location: The Well, Alton Hall

Cost: R \$12 | NR \$15 Ages: All ages

Activity No.	Date	Time	Day(s)
4571208 01	Dec. 12	6-7:30 p.m.	Fri





# Make A Difference D

Join us at The Well to help us make a difference in Hilliard! At this special event, we'll assemble goodie bags for families staying at the Ronald McDonald House. It's a simple but powerful way to show kindness and support to those going through tough times.

### When to donate supplies:

We're collecting donations starting Oct. 1. Please drop them off at The Well.

### What to bring:

- · Pudding or fruit cups
- Granola bars
- · Individual bags of chips, popcorn, pretzels, trail mix, or nuts (please label if they contain nuts)
- · Peanut butter or cheese crackers
- Fruit snacks (no fresh fruit)
- · Small boxes of cereal

Date: Oct. 24, 5 - 7 p.m. Location: The Well, MAC Gym





# TEEN

### **PickleTeens**

It's a teenage takeover of the pickleball courts! In this openplay social offering, teens will increase skills, strategy and consistency while playing with a variety of partners and competitors.

Instructor: Rec Staff Duration: Varies by date Location: The Well, Gym Cost: R \$23 | NR \$26 Ages: 13-18 years

Activity No.	Date	Time	Day(s)
4551408 01	Sept. 23-Oct. 30	3-5 p.m.	Tue & Thu
4551408 03	Nov. 4-Dec. 23*	3-5 p.m.	Tue & Thu

<sup>\*</sup>No class Nov. 27

### **Teen American Sign Language**

This is an introduction level course, introducing participants to basic conversational sign language including beginning American Sign Language signs as well as Deaf culture and history. Lessons include the manual alphabet, basic grammar, signs, fingerspelling, numbers, and cultural information related to the Deaf Community.

Instructor: Columbus Speech and Hearing

**Duration:** 10 Sessions

Location: The Well, Celebration Room

Cost: R \$145 | NR \$155 Ages: 13-17 years

Activity No.	Date	Time	Day(s)
4570910 01	Sept. 30-Dec. 9	5:45-6:45 p.m.	Tue
*No class Nov. 25			

### **Biz Kids Market**

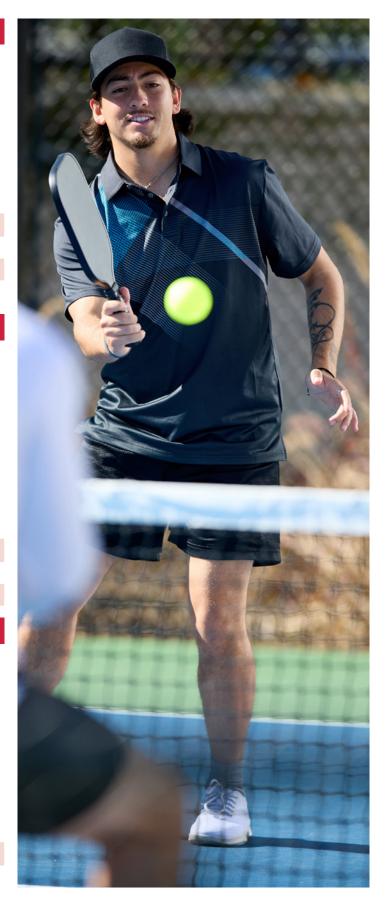
Have a business idea you want to bring to life? Join our Biz Kids Market to show off your business creations and sell your homemade items to real customers. All participants will be responsible for their own payment method and cash collection. Please bring your own 6-foot table. Event is free to the public. An adult needs to be present at all times.

**Instructor:** Rec Staff **Duration:** 1 Session

Location: The Well, Alton Hall

**Cost:** R \$10 | NR \$15 **Ages:** 6-17 years

Activity No.	Date	Time	Day(s)
2531204 01	Dec. 13	1-4 p.m.	Sat





### **CORPS VOLUNTEER**

# Earn volunteer hours for high school while engaging with the community at these special events and programs!

### Fall Festival

Roger A. Reynolds Municipal Park Sunday, Sept. 14 – 12:30-4:30 p.m.

### **Pumpkin Float**

Roger A. Reynolds Municipal Park Saturday, Sept. 20 - 5:30-9 p.m.

### **Pumpkin Painting**

The Well Sunday, Oct. 19 - 1-4:30 p.m.

### **Halloween Carnival**

The Well Sunday, Oct. 26 – 1-5 p.m.

### **School Days Off**

The Well- Mac Gym Friday, Oct. 17, 8 a.m.-5 p.m. Tuesday, Nov. 4, 8 a.m.-5 p.m.

### Nerf Battle Game Night

The Well Friday, Nov. 14 – 5-8:30 p.m.

### **Tree Lighting**

Hilliard's Station Park (Downtown Hilliard/Weaver Park) Sunday, Dec. 1 – 3-7 p.m.

### **Ornament Party**

The Well Wednesday, Dec. 10 - 5-8 p.m.

### Pancakes and PJs

The Well Friday, Dec. 12 – 5 - 8:30 p.m.

### **Candy Cane Hunt**

The Well Sunday, Dec.14 – 12-3:30 p.m.

### Ice Ice Cookies

The Well Wednesday, Dec. 17 - 5:30-8:30 p.m.

### **Gingerbread House Making**

The Well
Thursday, Dec. 18 - 5:30-8:30pm

### **Winter Break Camp**

The Well- Mac Gym Monday, Dec. 22, 8 a.m. - 5 p.m. Tuesday, Dec. 23, 8 a.m. - 5 p.m. Monday, Dec. 29, 8 a.m. - 5 p.m. Tuesday, Dec. 30, 8 a.m. - 5 p.m.



SCAN QR CODE TO APPLY



### Friday Fun Days

Stick around after hours at the Hilliard Social Center for Friday Fun Days! Enjoy a pizza and pop dinner followed by a fun themed activity.

**Instructor:** Rec Staff **Duration:** 1 Session

Location: The Well, Alton Hall

**Cost:** R \$10 | NR \$10 **Ages:** 45 and older

Activity No.	Date	Time	Day(s)
5560201 110	Oct. 24	4:30-6:30 p.m.	Fri
5560201 111	Dec. 5	4:30-6:30 p.m.	Fri

### **Adult American Sign Language**

This is an introduction level course, introducing participants to basic conversational sign language including beginning American Sign Language signs as well as Deaf culture and history. Lessons include the manual alphabet, basic grammar, signs, fingerspelling, numbers, and cultural information related to the Deaf Community.

Instructor: Columbus Speech & Hearing Center

**Duration:** 11 Sessions

Location: The Well, Celebration Room

**Cost:** R \$145 | NR \$155 **Ages:** 18 and older

Activity No.	Date	Time	Day(s)
4550901 01	Sept. 30-Dec. 9	3:15-4:15 p.m.	Tue

### 10 Healthy Habits for Your Brain

Join the Alzheimer's Association of Central Ohio for a 60-minute program offering recommendations for taking care of our brains and bodies so we can age as well as possible.

Instructor: Alzheimer's Association of Central Ohio

**Duration:** 1 Session

Location: The Well, Alton Hall

Cost: Free

Ages: 18 and older

Activity No.	Date	Time	Day(s)
4550603 01	Oct. 7	1-2 p.m.	Tue

# Your Mind-Body Interactions: Conscious Regulation & Transformation

Innovative 6-week course that enables students to enhance their well-being by understanding and regulating their conscious mind-body interactions, recognizing their culturallybased perceptions, and transforming their sense of self.

Instructor: Pamela Crespin Duration: 6 Sessions Location: The Well, Alton Hall

**Cost:** R \$170 | NR \$195.50

Ages: 18 and older

Activity No.	Date	Time	Day(s)
4550605 01	Oct. 7-Nov 11	6-7:30 p.m.	Tue

# The Art of Mindfulness: A Creative Wellness Workshop

Experience mindfulness through art and gentle movement. This creative wellness workshop blends guided activities and mindful movement to cultivate presence, reduce stress, inspire insight, and build a sense of community.

Instructor: Gina McDowell

Duration: 1 Session

Location: The Well, Alton Hall

**Cost:** R \$35 | NR \$40 **Ages:** 18 and older

Activity No.	Date	Time	Day(s)
4550601 01	Oct. 18	9:30-11 a.m.	Sat

# The Art of Autumn: Pumpkin Painting Night

Embrace the coziness of fall with a creative twist! Join us for an adults-only pumpkin painting experience—perfect for a relaxing evening of art, conversation, and seasonal fun. We'll provide the pumpkins, paints, and inspiration—you bring your imagination (and maybe a friend or two). No carving, no mess—just good vibes and great company.

**Instructor:** Recreation Staff **Duration:** 1 Session

Location: The Well, Alton Hall

**Cost:** R \$20 | NR \$20 **Ages:** 18 and older

<b>Activity No.</b>	Date	Time	Day(s)
4550301 01	Oct. 16	6-7:30 p.m.	Thu



### **Blood Drives**

Make a life-saving difference—donate blood at our Red Cross Blood Drive. Your generous donation can help patients in need and support our community's health. Schedule an appointment to give the gift of life. Walk-ins are welcome based on availability. Drives take place third Friday of each month from 11:30 a.m. to 5 p.m.

### **Health & Wellness Fair**

Connect with a wide range of organizations offering support in rehabilitation, assisted living, Medicare, transportation, home health care, hospice, senior services, volunteer opportunities, and more. Whether you're looking to stay active, plan ahead, or give back, there's something for everyone. Plus, all attendees are entered into a raffle for exciting prizes!

Location: The Well, Alton Hall

Cost: Free

Ages: 55 and older

Date	Time	Day(s)
Oct. 14	10 a.m noon	Tue

### Deck the Halls: Wreath Making Fun

Get into the holiday spirit with a fun and festive wreath-making event! Join us for a creative session where you'll craft your own beautiful holiday wreath to take home. All materials are provided, and no experience is necessary—just bring your holiday cheer and creativity!

Instructor: Rec Staff
Duration: 1 Session

Location: The Well, Alton Hall

**Cost:** R \$20 | NR \$23 **Ages:** 18 and older

Activity No.	Date	Time	Day(s)
4550302 01	Dec. 3	6-7:30 p.m.	Wed

# Move with Intention: A Goal-Setting Workshop for the New Year

Start your year with clarity and purpose. This mindfulness workshop blends gentle yoga and guided journaling to help you reflect, set intentions, and align with what truly matters.

Instructor: Gina McDowell Duration: 1 Session

Location: The Well, Celebration Room

Cost: R \$35 | NR \$40 Ages: 18 and older

Activity No.	Date	Time	Day(s)
4550602 01	Jan. 3	9-10:30 a.m.	Sat

# Spooky to Holly: A Healthy Holiday Series

This seasonal wellness series led by a registered dietitian is designed to teach you how to enjoy the holiday season without losing sight of health goals. Each session blends nutrition education with interactive demonstrations and activities.

**Instructor:** Angela He **Duration:** 1 Session

Location: The Well, Teaching Kitchen

**Cost:** R \$30 | NR \$35 **Ages:** 18 and older

Activity No.	Date	Time	Day(s)
4550604 01	Oct. 6	11 a.mnoon	Mon
4550604 02	Nov. 3	11 a.mnoon	Mon
4550604 03	Dec. 1	11 a.mnoon	Mon

### **Beginner Pickleball Clinic**

This clinic is designed to provide beginner level players with the opportunity to improve by learning the proper technique of hitting a forehand, backhand, serve, and dink. Paddles and balls will be provided by the instructor.

Instructor: Andrea Biernacki-Sweet

Duration: 1 Session Location: The Well, Gym Cost: R \$40 | NR \$44 Ages: 18 and older

Activity No.	Date	Time	Day(s)
4551405 01	Oct. 17	9-11 a.m.	Fri
4551405 02	Nov. 11	10 a.mnoon	Tue
4551405 03	Dec. 10	10 a.mnoon	Wed

# Coming Soon in Our Teaching Kitchen! Get ready to mix, bake, and decorate in these fun, hands-on classes for all ages! This fall and winter, we're serving up sweet seasonal favorites like Spooky Macaroons and Holiday Cookies. Stay tuned for registration details—spaces fill fast!

# ADULT

### **Pickleball**

In this open-play offering, pickleball players will increase skills, strategy and consistency while playing with a variety of partners and competitors. Please register for your proper skill level.

Instructor: Rec Staff Duration: Varies by Date Location: The Well, Gym Cost: R \$30 | NR \$33 Ages: 16 and older

Non	Com	petitive
		P-01111-0

Activity No.	Date	Time	Day(s)
4551401 01	Sept. 22-Oct. 29	9-11 a.m.	Mon & Wed
4551401 03	Sept. 23-Oct. 30	11 a.m1 p.m.	Tue & Thu
4551401 05	Nov. 3-Dec. 22*	9-11 a.m.	Mon & Wed
4551401 07	Nov. 4-Dec. 23**	11 a.m1 p.m.	Tue & Thu

Intermediate			
Activity No.	Date	Time	Day(s)
4551402 01	Sept. 22-Oct. 29	11 a.m1 p.m.	Mon & Wed
4551402 03	Sept. 23-Oct. 30	7-9 a.m.	Tue & Thu
4551402 05	Sept. 23-Oct. 30	1-3 p.m.	Tue & Thu
4551402 07	Nov. 3-Dec. 22*	11 a.m1 p.m.	Mon & Wed
4551402 09	Nov. 4-Dec. 23***	7-9 a.m.	Tue & Thu
4551402 11	Nov. 4-Dec. 23***	1-3 p.m.	Tue & Thu

Came	etitive	/ A dua:	<b>h</b>
L-OILL	emre		

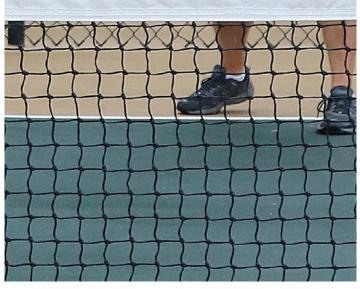
Activity No.	Date	Time	Day(s)
4551403 01	Sept. 22-Oct. 29	7-9 a.m.	Mon & Wed
4551403 03	Sept. 23-Oct. 30	9-11 a.m.	Tue & Thu
4551403 05	Nov. 3-Dec. 22	7-9 a.m.	Mon & Wed
4551403 07	Nov. 4-Dec. 23**	9-11 a.m.	Tue & Thu

\*No class Dec. 10

\*\*No class Nov. 11, Nov. 27

\*\*\*No class Nov. 27





### **Hilliard Social Center (HSC)**

**3993** Cosgray Road (inside The Well ) Open: Monday - Friday 8 a.m. - 4 p.m. Closed for Holidays: Nov. 27, Dec. 25

**Phone:** (614) 876-0747

### Membership

Welcome to the new Hilliard Social Center, a vibrant hub for adults 55+! This updated community space offers fitness classes, games, arts and crafts, educational programs, and friendly gatherings to adults looking to stay active, engaged, and connected.

### **Membership Benefits:**

- · Open to individuals 55 and older
- Enjoy access to a wide variety of programs, activities, and lunches
- Free membership for those aged 90 and above
- Friendly staff available to answer questions and help you get started

### **Annual Membership Fees:**

- \$15 for Hilliard residents
- \$30 for non-residents

Come be part of a welcoming community where every day brings something new to enjoy!

### **Euchre Party**

The Euchre party includes snacks, dinner, and prizes.

Instructor: Rec Staff Location: 1 Session

Location: The Well, Alton Hall

**Cost:** R \$10 | NR \$10 **Ages:** 55 and older

Activity No.	Date	Time	Day(s)
715122 03	Oct. 2	2:30-5:30 p.m.	Thu



hilliardohio.gov | Your Hilliard

### **Clubs and Activities**

Included with HSC membership.

### **Cards**

- Bridge Wednesdays at 9:30 a.m.
- Duplicate Bridge Mondays at noon
- **Euchre** Mondays at 9:30 a.m. and Wednesdays at 12:30 p.m.
- Pinochle Mondays and Thursdays at 12:30 p.m.
- · Samba Tuesdays and Thursdays at 12:30 p.m.
- Spades Fridays at 10:30 a.m.

### **Mahjong**

- · Bring your own set.
- · Tuesdays and Fridays at 1 p.m.

### **Mexican Train Dominoes**

- · Be the first player to lay down all your dominos.
- · Thursdays at 9:30 a.m.

### **Chess Club**

- Beginners and advanced players are welcome to join this group.
- · Mondays and Fridays at 12:30 p.m.

### **Craft Club**

- · Bring your own craft to work on.
- · Wednesdays at 10 a.m.

### **Aspiring Writers Group**

- Join our informal weekly meetups to work on your own projects at your own pace.
- · Mondays at 9 a.m.

### **Bible Study**

- Bring your own Bible and join the group's discussion.
- · 2nd and 4th Monday of the month at 10 a.m.

### **Coffee Chat**

- Enjoy a relaxed morning with friendly faces at our informal Coffee Chat.
- · Wednesdays at 10:30 a.m.

### Bingo

• Enjoy free bingo on Thursdays at 12:30 p.m.

### **Book Club**

· 2nd Tuesday of the month at 10:30 a.m.



### Wellness

Included with HSC membership.

### **Blood Pressure Checks**

- Norwich Township Fire Department provides free blood pressure checks.
- 1st Thursday of the month from 11 a.m. to noon

### **Hearing Tests**

- Columbus Speech & Hearing and Franklin County Senior Options are offering free hearing evaluations, hearing aid fittings and maintenance, and follow-up hearing aid services. Call (614)-263-5151 to schedule an appointment. Must be 60 or older, a Franklin County resident, and meet financial guidelines.
- 4th Tuesday of the month from 9 a.m.to 3 p.m.

### **Water Walking**

- Experience a soothing, low-impact workout to help improve strength, balance, and flexibility—perfect for all fitness levels.
- · Mondays and Wednesdays from 8:30 to 9:30 a.m.

### **Indoor Walking Track**

- Walk at your own pace while enjoying the health benefits of gentle exercise on a comfortable indoor track.
- Tuesdays and Thursdays from 8:30 to 9:30 a.m.

### 10 Healthy Habits for Your Brain

Join the Alzheimer's Association of Central Ohio for a 60-minute program offering recommendations for taking care of our brains and bodies so we can age as well as possible.

Instructor: Alzheimer's Association of Central Ohio

Location: 1 Session

Location: The Well, Alton Hall

Cost: Free

Ages: 18 and older

Activity No.	Date	Time	Day(s)
4550603 01	Oct. 7	1-2 p.m.	Tue

### **WellVentures Group Trips**

Must be HSC member to participate.

Enjoy enriching day trips designed to foster social connection, cultural discovery, and relaxation with accessibility, comfort, and fun in mind.

### **Typical Trips Include:**

- Cultural Excursions: Museums, historical landmarks, art galleries, and theaters.
- Nature & Scenic Tours: Botanical gardens, nature reserves, lakes, and seasonal foliage drives.
- Dining Adventures: Group lunches or dinners at popular local restaurants and hidden gems.
- Shopping & Markets: Farmers markets, craft fairs, outlet malls, and specialty shops.
- Entertainment Events: Concerts, plays, festivals, and community celebrations.
- Educational Outings: Tours of local institutions, guided walks, and guest speaker programs.

Each trip includes transportation and is accompanied by staff to ensure a safe and enjoyable experience. Accommodations are made for a range of mobility levels.

For details on upcoming trips—including destinations, times, and costs—please refer to the monthly trip schedule.

### **Community Resources**

### **Hilliard Express**



- Free Transportation
- Residents 55 and older can ride the Hilliard Express to popular destinations within our community.
- A professional driver will pick up riders from any address in Hilliard and take them to shopping, dining, medical appointments, entertainment, recreation, or parks.
- To schedule a pick up, call 1-833-SHARE-33 or visit sharemobility.com/hilliard.

# OSHIIP (Ohio Senior Health Insurance Information Program)

Free Medicare-related insurance guidance for Ohioans. Schedule an appointment at the HSC office in person or by phone



### **Alzheimer's Care Consultation**

Free, personalized support from the Alzheimer's Association for individuals and families facing dementia. Held the third Friday of each month, 9 a.m. – 1 p.m.

### **Alzheimer's Care Giver Support Group**

A safe, supportive space for caregivers to share, learn, and connect with others, led by trained facilitators.

Meets the third Friday of each month, 9:30 – 11 a.m.

### What's New with Medicare Presentation

Join Humana for an informational presentation to learn what's new with Medicare for 2026, including eligibility and understanding your options!

Thursday, Oct. 16 at 10:30 a.m.

### **Well Connected: Tech Help**

The City of Hilliard's IT Department will be on-hand to assist with technology needs, including phones, laptops, tablets, and more. Register by the day before the event.

Wednesday, Oct. 22 from 9 a.m. to noon

### Simplifying Your Lifestyle - Helping Seniors Downsize

Get expert advice on everything you need to downsize including estate planning, loan programs, tips for decluttering, and market insights on selling your home.

**Instructor:** Paige Ludwig **Location:** 1 Session

Location: The Well. Alton Hall

Cost: Free

Ages: 18 and older

Activity No.	Date	Time	Day(s)
4560201 01	Nov. 4	6-7 p.m.	Tue

### **The Hilliard Café**

Enjoy a delicious lunch and connect with others at The Hilliard Café, located inside the Hilliard Social Center.

Whether you're catching up with old friends or meeting someone new, the Café offers a comfortable setting and a rotating menu of flavorful, nutritious meals, to suit every taste.

Check out the current menu and upcoming special events at hilliardohio.gov/senior-center.

- Lunch is served promptly at 11:30 a.m., so we recommend arriving a few minutes early to get settled. To ensure we can accommodate everyone, reservations are required by 4 p.m. the day before your planned visit. Make a reservation in person at the Social Center or by calling us at (614) 876-0747.
- We accept credit/debit cards and checks for payment no cash, please.
- · Pricing:
  - · Hilliard Social Center Members: \$7 per meal
  - · Non-members: \$9 per meal



### **Happiness Club**

The Happiness Club is the fundraising arm of the SocialCenter. Register by 4 p.m. the prior Wednesday to join this group for lunch, a business meeting, and entertainment.

- · Oct. 10, Nov. 14, Dec. 12
- Happiness Club operates as its own 501(c)(3) nonprofit organization.

### **Prayer Lunch**

A community leader offers a brief reflective message after lunch.

- Register by 4 p.m. the day prior.
- · Oct. 24, Dec. 5

### **Holiday Lunches**

Celebrate the season with us during one of our festive Holiday Lunches! These themed gatherings offer a fun twist on our regular meal program—with seasonal décor, special treats, and surprises that bring extra cheer. From costume contests to holiday music and more, each lunch is designed to create a joyful experience for all.

**Pre-paid registration is required.** No meal tickets or to-go meals are available for these events. \$8 HSC Members/ \$10 Non.

# Fall Lunch \*with costumes Activity No. Date Time

			) (- )
456123 05	Oct. 30	11:30 a.m12:30 p.m.	Thu

Dav(s)

### **Veterans Day (Nov. 14)**

All are welcome to attend in honor of veterans. Veterans and their spouses eat free. After the meal, enjoy a special concert. Register by the day before. Regular meal prices apply for other guests.

### Thanksgiving Lunch

Activity No.	Date	Time	Day(s)
456123 06	Nov. 20	11:30 a.m1 p.m.	Thu

### **Holiday Lunch**

Activity No.	Date	Time	Day(s)
456123 07	Dec. 18	11:30 a.m1 p.m.	Thu

### **Noon Year's Eve Brunch**

Activity No.	Date	Time	Day(s)
456123 08	Dec. 30	11:30 a.m1 p.m	Tue







# Supporting your health and well-being

We're proud to be part of **The Well**, **Hilliard's Recreation and Wellness Center**.

### Ohio State services at The Well include:

### **Integrative Health**

Specially trained practitioners integrate conventional and complementary therapies to improve your health, including functional medicine, nutrition counseling, massage, acupuncture, integrative consults and mind-body therapies.



Scan the QR code to learn more about Integrative Health.

### **Mental and Behavioral Health**

Our team of psychiatrists, psychologists and social workers evaluate and treat psychological and behavioral health conditions and offer specialized expertise. We specialize in treating anxiety, depression, mood disorders, insomnia, trauma and women's behavioral health concerns.



Scan the QR code to learn more about Mental and Behavioral Health.

### **Physical Therapy**

Certified clinical specialists in orthopedic and sports physical therapy provide personalized care to enhance physical performance, improve injury and post-surgery recovery and support an active lifestyle. Our physical therapists use a variety of treatments that may include manual therapy, therapeutic exercises, body mechanics training, dry needling or other specialized treatments.



Scan the QR code to learn more about Physical Therapy.



Scan the QR code to learn more about The Ohio State University Wexner Medical Center.





### **Urgent Care**

When you have a minor to moderate illness or injury that can't wait, our urgent care services are ready when you are. Our highly experienced nurse practitioners and physician assistants can diagnose and treat non-life-threatening illnesses and injuries and write prescriptions.



Scan the QR code for more information about Urgent Care.

### Our programs include:

### **Exercise is Medicine (EIM)**

Our EIM team partners with your physician to help you successfully start and maintain an individualized exercise program to reach your health and wellness goals. This 12-week program includes one-on-one and personalized exercise sessions.



Scan the QR code to learn more about Exercise is Medicine.

### Special health and wellness programming

Look for special programming throughout the year, brought to you by Ohio State experts and the City of Hilliard Recreation and Parks.





# PARK HIGHLIGHTS

### **Sports**

City of Hilliard Recreation and Parks offers sport leagues and activities this upcoming season for all ages. Activities include volleyball, basketball, disc golf, and senior softball.

Contact us at **sports1@hilliardohio.gov** or visit us online at **hilliardohio.gov/sports** for details.

### **Hilliard Athletic Complex**

The Hilliard Athletic Complex is a premier destination for local and regional sports, featuring 20 grass fields and two lighted synthetic turf fields perfect for soccer, lacrosse, and field hockey. Featuring multiple shade structures and a restroom building, these amenities provide comfort and convenience for players and spectators, while the complex's thoughtful layout makes it ideal for tournaments and large-scale events—keeping Hilliard at the heart of community athletics.

### **Fishing Ponds**

A fishing license is not required to fish at any of the ponds in Hilliard City parks. Enjoy a day of fishing at Britton Farms Park, Hayden Run Village Park, Latham Park, Merchant Park, or Roger A. Reynolds Municipal Park. All fishing is catch-and-release.

### **Disc Golf**

Test your skills on our 18-hole disc golf course at Roger A. Reynolds Municipal Park. This free course winds through scenic parkland and offers a fun, challenging experience for players of all levels. Whether you're a seasoned pro or just getting started, it's a great way to enjoy the outdoors and stay active.

### **Horseshoe Courts**

Roger A. Reynolds Municipal Park is home to eight blue clay horseshoe courts, maintained and actively used by the Hilliard Horseshoe Club. The club meets for league play on Wednesday and Thursday evenings. To learn more or get involved, visit hilliardhorseshoeclub.org.

### Pickleball Courts

A popular pastime in Hilliard, six outdoor courts are available for play at Roger A. Reynolds Municipal Park. Open to all skill levels—these courts are non-reservable and available on a first come, first serve basis. Most active in the mornings!

# PARK HIGHLIGHTS

### **Green Space and Fields**

The City of Hilliard Recreation and Parks Department Athletic Field Policy was established to benefit a variety of youth sport programs in our community, with a focus on recreational sports and resident-based organizations. These programs and organizations promote healthy childhood development through positive physical, psychological, and social development across a variety of sporting activities.

This policy establishes the guiding principles, requirements, procedures, priority, and fees that govern the use of City of Hilliard athletic fields. For more information regarding field rentals, contact us at **sports1@hilliardohio.gov**.

### Volunteers/Adopt-a-Park

Whether adopting a park or helping at community events, dependable volunteers make a huge difference in the community! If you're interested in giving back to the community, contact us at <a href="mailto:parks2@hilliardohio.gov">parks2@hilliardohio.gov</a>.

### **Sledding Hill**

Nothing says winter like a good sled ride! Hit the hill at Roger. A. Reynolds Municipal Park for a day of snowy fun.

### **Sponsorships**

**CONNECT. ENGAGE. COMMUNITY.** Sponsoring a Hilliard event is more than a marketing opportunity—it's a chance to connect with neighbors, engage with a vibrant community, and invest where we live, work, and play. Partnering with the City offers increased brand visibility, positive public perception, lead generation, valuable networking opportunities, targeted marketing, and a meaningful impact on the Hilliard community. Contact us at **econdevelopment1@hilliardohio.gov** for more information.

# PARK UPDATES

### **First Responders Park Renovated**

Newly renovated and rooted in the promise that "we will never forget," this cherished space honors first responders and commemorates the events of 9/11. Please help us care for and respect this place of reflection.

### Heather Ridge Park Playground Update

A new, fully accessible playground has come to Heather Ridge Park! The renovated space will feature inclusive play equipment, adaptable swings, and a new walkway from the street to the play area.

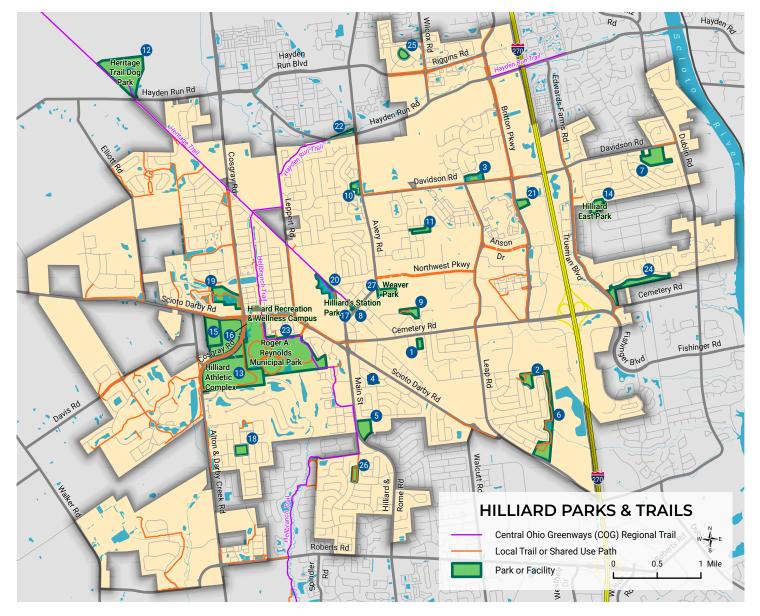
### Hilliard's Station Park

Hilliard's Station Park is near the Downtown trailhead of the seven-mile Heritage Rail Trail. This community event space contains an amphitheater, splash pad, multi-functional building, outdoor café tables, public restroom, and storage/maintenance facility. Architectural features of the two buildings reflect the site's past use as a train depot. For rental information, contact aquatics@hilliardohio.gov.

### **Heritage Trail Dog Park**

Bring your pup for off-leash play! One acre of the park is dedicated to small dogs and three acres for larger dogs. The park includes a doggie drinking fountain, open seasonally. Pathways through the park lead to benches and shaded areas.





### Hilliard's Parks

From wooded areas to athletic facilities, Hilliard's Recreation and Parks Department maintains developed parks that provide diverse recreational and leisure activities for the community. The department also organizes special events, maintains municipal pools, and sponsors educational, fitness, and volunteer activities for community members of all ages.

Help us to protect and preserve our community parks and

green spaces by keeping them free of litter and vandalism. If you see something, say something.

By providing a clean, safe and well-maintained environment with a friendly, professional, and wholesome atmosphere, the Recreation and Parks Department takes pride in providing endless economic, social, and health benefits to the Hilliard community.



•
•
•
•
•
•
•
•
•
•
•
•
•















City of Hilliard

hilliardohio.gov

3800 Municipal Way Hilliard, OH 43026

Presort Std U.S Postage Dublin, OH Permit No. 2605



Thursday, Sept. 18, 5:30 - 8:30 p.m. Ribbon Cutting begins at 5:30 p.m.

3993 Cosgray Road, Hilliard, OH

**Explore The Well and discover your new wellness destination.** Enjoy self-guided tours, chat with staff, and learn about membership opportunities.