Recreational Sports

COMMUNITY PROGRAMS GUIDE

For students, adults, children and families.
Student Life Recreational Sports offers community programs to serve the diverse recreational needs of the community, from infants to senior citizens, with a variety of programs and services listed in this guidebook. We engage the entire university community in physical and wellness activities by offering extraordinary programs, services, staff and facilities.

Our award winning facilities support dozens of programs. Our instructional pool has an adjustable depth, offering an ideal learning environment for children of all sizes. Weekend family hours for members offer fun, active, family-strengthening opportunities. Adjustable height basketball rims, a zero depth entry leisure pool, a game lounge, a Kids Zone/babysitting room and a 30-foot climbing wall offer something for everyone.

COMMUNITY PROGRAMS STAFF
Our area serves as a hands-on learning laboratory for Ohio State undergraduate and graduate students majoring in education, health sciences, sports management and related fields. All program leaders are required to maintain American Red Cross First Aid, CPR and AED certification. Staff must pass a criminal background check in compliance with State of Ohio law. Staff members regularly attend training sessions to enhance their skills.

ACCESS TO PROGRAMS
We are committed to providing programs and services to all people of all abilities. If you need assistance to participate in any of our programs or services, including, but not limited to, access assistance, inclusion specialists or adaptive equipment, please contact our staff, at 614-688-8787 at least two weeks prior to the program’s start date. All community programs materials are available in alternate formats.

CONTACT US
Office hours are 9 a.m. – 5 p.m. Monday through Friday. Hours may change throughout the year due to university recognized holidays. Please call or visit our website for current information.

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**COMMUNITY PROGRAMS CALENDAR**

Instructional programs encompass Adapted Recreational Sports, Camp Programs, Learn-to-Swim Group and Private Lessons and Youth and Family Programming. All dates subject to change. See website for updates.

**JULY / AUGUST**

- **Monday, July 31**  
  Online registration for fall session one instructional programs begins
- **Tuesday, August 1**  
  First day of in-person member registration for fall session one instructional programs
- **Wednesday, August 2**  
  First day of in-person non-member registration for fall session one instructional programs
- **Week of August 13**  
  Modified Community Programs office hours. The office will be open 9 a.m. – 3 p.m. Monday-Friday during this week. No accommodations will take place this week.

**SEPTEMBER**

- **Monday, September 4**  
  Offices closed for Labor Day
- **Wednesday, September 6**  
  Registration deadline 5 p.m. for fall session one instructional programs
- **Thursday, September 7**  
  Learn-to-Swim instructional programs begin
- **Week of September 10**  
  Fall session one instructional programs begin
- **Friday, September 22**  
  Camp Now and Then

**OCTOBER**

- **Monday, October 2**  
  Online registration for fall session two instructional programs begins
- **Tuesday, October 3**  
  First day of in-person member registration for fall session two instructional programs
- **Wednesday, October 4**  
  First day of in-person non-member registration for fall session two instructional programs
- **October 12-13**  
  No Programs due to Fall Break
- **October 15-20**  
  Last week of fall session one instructional programs
- **Wednesday, October 18**  
  Registration deadline 5 p.m. for fall session two instructional programs
- **Friday, October 20**  
  Camp Now and Then
- **Week of October 22**  
  Fall session two instructional programs begin
- **Wednesday, October 25**  
  Camp Now and Then
**NOVEMBER**

- Tuesday, November 7: Camp Now and Then
- November 20-26: No instructional programs in observance of Thanksgiving
- Monday, November 27: Online registration for spring session one instructional programs begins
- Tuesday, November 28: First day of in-person member registration for spring session one instructional programs
- Wednesday, November 29: First day of in-person non-member registration for spring session one instructional programs

**DECEMBER**

- Week of December 3: Last week of fall session two instructional programs
- December 23-26: Offices closed; No programs

**JANUARY**

- January 1-2: Offices closed; No programs
- Monday, January 15: Office closed; No programs
- Wednesday, January 17: Registration deadline 5 p.m. for spring session one instructional programs
- Week of January 21: Spring session one instructional programs begin
- Wednesday, January 24: Camp Now and Then

**FEBRUARY**

- Monday, February 5: Online registration for spring session two instructional programs begins
- Tuesday, February 6: First day of in-person member registration for spring session two instructional programs
- Wednesday, February 7: First day of in-person non-member registration for spring session two instructional programs
- Sunday, February 18: Camp Recky Information Night
- Week of February 25: Last week of spring session one instructional programs
- Wednesday, February 28: Registration deadline 5 p.m. for spring session two instructional programs
COMMUNITY PROGRAMS CALENDAR

MARCH

Week of March 4  Spring session two instructional programs begin
Monday, March 5  Camp Recky early bird registration
Tuesday, March 6  General registration for Camp Recky begins
Week of March 11-17  No instructional programs due to Spring Break
Friday, March 30  Camp Now and Then

APRIL

Sunday, April 1  No instructional program due to Easter
April 2-6  Spring Break Camp (sign up for individual dates)
Sunday, April 8  Camp Recky Parent Orientation
Week of April 16-20  Last week of spring session two weeknight instructional programs
Sunday, April 22  Last day of spring session two Sunday instructional programs; Summer adapted recreational sports and Learn-to-Swim registration opens
Monday, April 23  First day of in-person member registration for summer instructional programs
Tuesday, April 24  First day of in-person non-member registration summer instructional programs

MAY

Monday, May 28  Offices closed
**JUNE**

Monday, June 4  
Camp Recky begins

Wednesday, June 13  
Registration deadline 5 p.m. for summer instructional programs

Week of June 17  
Summer adapted recreational sports and Learn-to-Swim begins

**JULY**

Tuesday, July 4  
Offices closed; No programs

**AUGUST**

Week of August 5  
Last week of summer adapted recreational sports and Learn-to-Swim

Friday, August 11  
Last day of Camp Recky/camp celebration
The adapted recreational sports (ARS) program assists individuals with disabilities to remain physically active, connect with others and explore new challenges. Rec Sports offers access to state-of-the-art facilities and opportunities for a one-to-one instructor ratio within a class and lesson setting.

ACCOMMODATION SERVICES
Inclusion support services provide opportunities for people with and without disabilities to engage in recreation together. Accommodations include, but are not limited to staff support, sign language interpreters and adaptive equipment. Accommodations can supplement any Recreational Sports class, activity or program. To arrange for these complimentary services, call 614-688-8787.

CONSULTATION SERVICES
One-on-one consultations are available to learn about recreational opportunities that fit individual’s needs. Appointments are offered to Recreational Sports members only, including fee-paying students. Please call 614-688-8787 to schedule your appointment.

CUSTOMIZED PROGRAMS
Instructors are available to lead youth and adult groups on many different sport and recreational activities. Call 614-688-8787 to arrange a consultation. Fee: $45 per hour, per instructor.
CHILDREN’S ADAPTED AQUATICS

Children’s Adapted Aquatics (CAA) generally follows the American Red Cross Learn-to-Swim guidelines with some adaptation in regards to participant ability. For specific level information, visit recsports.osu.edu. CAA teaches skills in progression, allowing participants to swim and play safely in the water. Participants, with one-on-one instruction, will be individually assessed on their swimming skills. Instructors will create weekly lesson plans to work with each child on water safety and swimming skills.

CAA classes are grouped according to age to facilitate the socialization benefits of class. Typically, the 3-5 year old class covers preschool levels 1-3. Learn-to-Swim levels 1-4 are usually appropriate for 6-9 year olds. Ages 10-17 are usually between levels 3-6. If a class is full, please contact the Community Programs Office to see if another class might be an appropriate substitute.

CHILDREN’S GYMNASTICS

This small group introductory class focuses on motor skill development, body awareness, hand-eye coordination, socialization, listening and fun for ages 3 and older. Participants progress through fundamentals of basic tumbling and gymnastics skills.

Attire requirements: Comfortable clothing and socks
All aquatic classes are held in the RPAC Aquatic Center. The state-of-the-art instructional pool has an adjustable depth so that even the tiniest of tots can stand on the bottom. All lessons are taught in the same area for the convenience of parents with more than one child. Family changing rooms and locker rooms with exit doors to the pool deck allow for more privacy. Babysitting at the RPAC Kids Zone is available for members during most program hours. See page 20 for more information.

LEARN-TO-SWIM GROUP LESSONS

Community programs offers swim lessons for ages 6 months through adult, at all skill levels. Learn-to-Swim teaches aquatic and safety skills in a logical progression. Participants receive six 30 – 45 minute lessons which teach swimming and water safety skills, including those listed below.

- Water entry and exit
- Breath control and underwater swimming
- Buoyancy
- Changing direction and position
- Treading
- Swimming on front, back and side
- General and personal water safety
- Helping others

FIRST LESSON STRUCTURE

Meet your instructor on the Recreation Natatorium pool deck near the class pool. Instructors will spend part of the first class assessing your child’s skills. Instructors reserve the right to change placement to provide the best possible learning experience.
GROUP LESSON LEVELS

PARENT CHILD

Level A* For children 6 months to 2-years-old who have little or no previous experience.

Level B* For children 18 months to 3 years old with two or more previous sessions in the water. Parents interested in signing up their child for preschool aquatics during the next session will be transitioned from parental presence to an instructor-led class without parental presence in the water. This is to encourage the independence in the water required for preschool aquatics and will give parents an idea of whether their child is ready for preschool aquatics or not. Parents and instructors will work together to determine the timeline best for each child if this transition is needed.

PRESCHOOL AQUATICS

Level 1 For children ages 3-5 who are comfortable in a structured class setting away from their parents. This class orients preschool-age children to the aquatic environment and helps them acquire rudimentary levels of basic aquatic skills.

Level 2 For children ages 3-5 that have demonstrated the completion of requirements in Preschool Aquatics Level 1.

Level 3 For children ages 3-5 that have demonstrated the completion of requirements in Preschool Aquatics Level 2. Children that pass this level will move to Learn-to-Swim Level 3.

LEARN TO SWIM

Level 1 For children age 6 and older. This class introduces water skills that help students feel comfortable while enjoying water safely.

Level 2 For participants who have demonstrated the completion requirements in Learn-to-Swim Level 1. This class teaches fundamental aquatic skills and builds on the skills learned in Learn-to-Swim Level 1.

Level 3 For participants who have demonstrated the completion requirements in Learn-to-Swim Level 2 or Preschool Aquatics Level 3. This class teaches stroke development and builds on the skills in Learn-to-Swim Level 2 and Preschool Aquatics Level 3 by providing additional guided practice.

Level 4 For participants who have demonstrated the completion requirements in Learn-to-Swim Level 3. This class teaches stroke improvement and builds on the skills in Learn-to-Swim Level 3 while developing confidence.

Level 5 For participants who have demonstrated the completion requirements in Learn-to-Swim Level 4. This class teaches stroke refinement and provides further aquatic coordination while building on the skills of Learn-to-Swim Level 4.

Level 6 For participants who have demonstrated the completion requirements in Learn-to-Swim Level 5. This class teaches swimming and skill proficiency allowing students to swim with ease, efficiency and power over greater distances.

* Children will require flotation support at all times, parental presence and support in the water.
ADULT SWIMMING

Learn swimming fundamentals, including water adjustment, flutter kicking, breathing coordination, arm action for the front crawl and elementary backstroke. Beginner, intermediate and advanced adult level classes are available.

Adult Beginner        For adults who are new to the water. This class teaches swimming fundamentals, including water adjustment, flutter kicking, breathing coordination, arm action for the front crawl and elementary backstroke.
Adult Intermediate    For adults looking to coordinate the proper stroke techniques of front crawl and elementary backstroke. Backstroke, sidestroke and breaststroke are also introduced.
Adult Advanced        For adults who know stroke techniques, but want to hone their skills or pursue swimming as a fitness routine.

PRIVATE AND SEMI-PRIVATE SWIM LESSONS

These lessons are designed to meet the recreational or competitive needs for children and adults. Private lessons offer one-on-one instruction, with six lessons lasting 30 minutes. Private and Semi-Private lessons can also be scheduled upon request and availability.

Semi-private lessons include two people of a similar skill level for 30 minutes each lesson. Prior to registering for semi-private lessons, a prearranged pair must be established. The registration will not be assigned to an instructor until both participants have registered and paid. If one individual in a semi-private pair misses a lesson, it cannot be made up individually, and will count as a used lesson. Community programs refund policies apply in all other instances. Lessons are valid only for current semester purchased.

To register, go to osu.edu/registercp, or the Community Programs Office Monday – Friday, 9 a.m. – 5 p.m., during the registration period. **In-person registration for semi-private lessons is required.**
At the first private or semi-private lesson, verify the participant’s name at access control. The instructor will arrange where to meet for the first lesson. If the participant cancels and notifies the instructor directly at least 24 hours in advance, the lesson may be rescheduled based on both parties’ availability. No refunds or make up lessons will be given if a participant does not notify the instructor directly or does not show up for a lesson. The instructor will wait 10 minutes for late arrival before the lesson is determined a no-show and counted as a used lesson with no refund. Participants must contact their instructor directly at least 24 hours in advance to cancel a private or semi-private lesson to avoid being charged.
Instructors are available to lead youth and adult groups on the activities below. Call 614-688-8787 to arrange. Fee: $45 per hour, per instructor.

- Scout sport badges/pins
- Sport safety
- Team training
- Skill clinics
- Youth sports coaching clinics
- Positive youth sport parenting
- General water safety
- Home pool safety
- Orientation to swim lessons
- Scout swim lessons
- Scout aquatic programs
SAFETY TRAINING

CPR/AED FOR THE PROFESSIONAL RESCUE AND HEALTHCARE PROVIDERS COURSE
This class instructs participants in CPR/AED, rescue breathing, obstructed airway and choking care. All skills are taught for adult, child and infant care. New CPR/AED materials and pocket masks are provided to participants by the instructor.
Length of class: 5 hours

CPR FOR THE PROFESSIONAL RESCUE AND HEALTHCARE PROVIDERS AND FIRST AID COURSE
This class instructs participants in CPR/AED, rescue breathing, obstructed airway, choking care, severe bleeding, injuries to muscles, bones and joints, sudden illnesses, environmental emergencies and burn care. All skills are taught for adult, child and infant care. New CPR/AED materials and pocket masks are provided to participants by the instructor.
Length of class: 6 hours

FIRST AID COURSE
This class instructs participants in Basic First Aid, including: severe bleeding, injuries to muscles, bones and joints, sudden illnesses, environmental emergencies and burn care. All skills are taught for adult, child and infant care. New First Aid materials will be provided to participants by the instructor.
Length of class: 3 hours

LIFEGUARD/CPR/AED/FIRST AID TRAINING COURSE
This training teaches the skills necessary to guard at an aquatic facility. Successful participants will receive CPR/AED for the Professional Rescuer, Lifeguarding and First Aid Training certifications. Students must attend all classes in order to receive the certifications. Participants must complete the Lifeguarding Training Prerequisites on the first day of class.
Prerequisite: Successful completion of the Lifeguard Training Prerequisite
Length of class: ~26 hours total

LIFEGUARD/CPR/AED/FIRST AID TRAINING REVIEW COURSE
This training teaches the skills necessary to guard at an aquatic facility. Successful participants will receive CPR/AED for the Professional Rescuer, Lifeguarding and First Aid Training certifications. Students must attend all classes in order to receive the certifications. Participants must complete the Lifeguarding Training Prerequisites on the first day of class.
Prerequisite: Current American Red Cross Lifeguard, CPR/AED and First Aid
Length of class: ~12 hours total

Check our website for current schedules and fees.
SAFETY TRAINING

LIFEGUARD INSTRUCTOR TRAINING
This course prepares instructor candidates to use course and presentation materials, conduct training sessions and evaluate the progress of candidates in a professional-level course. Once authorized, lifeguard Instructors may teach:

- Basic-level Lifeguarding
- Waterfront Lifeguarding
- Waterpark Lifeguarding
- Shallow Water Attendant
- Lifeguard Management
- CPR/AED for Lifeguards
- Administering Emergency Oxygen
- Bloodborne Pathogens Training: Preventing Disease Transmission
- Basic Water Rescue
- GuardStart: Lifeguarding Tomorrow
- Water Safety presentations

Prerequisites: Be at least 17 years old on or before the last day of the instructor course. Successfully complete the pre-course session. This includes passing the pre-course written exam with a score of 80 percent or higher for each of three sections and demonstrating competency in the pre-course skills and scenario evaluation. Skills include, but are not limited to, entries, approaches, rescues and after-care.

Length of Class: ~26 Hours

WATER SAFETY INSTRUCTOR
The Water Safety Instructor course provides instructor candidates the necessary skills to teach the American Red Cross (ARC) Parent and Child Program, three levels of Preschool Aquatics, six levels of the Learn-to-Swim program, Longfellows Whales Tales and Basic Water Rescue. This course includes the Fundamentals of Instructor Training (FIT). Attendance is required at all sessions (no exceptions.) This is the required certification for swim instructors at all Dublin Community Pools.

Prerequisites:
1. Minimum age of 16 at the end of the class (proof of age must be brought to the first class).
2. Successfully complete 25 yards of the following six strokes: freestyle, backstroke, breaststroke, elementary backstroke, sidestroke and butterfly. Demonstrate ability to float and tread water.

SCUBA DIVING
This course teaches two-thirds of scuba certification, including classroom and pool/confined water training. Completion of this course alone will not certify you in scuba. Open water training dives, also needed for certification, must be scheduled outside of Student Life Rec Sports. This class will be offered during fall semester and spring semester second session on Tuesdays from 6 – 10 p.m. during the instructional program period. Medical clearance required before participation.

Check our website for current fees and schedules.
SAFETY TRAINING

CERTIFIED POOL OPERATOR® COURSE

CPO® certification courses are designed to provide individuals with the basic knowledge, techniques and skills of pool and spa operations. The Certified Pool/Spa Operator® certification program has delivered more training than any other program in the pool and spa industry since 1972.

The CPO® certification program requires participation in a two-day class (14 - 16 hours) taught by a certified instructor. *A Fusion course may also be available where participants will complete an online portion of the class then participate in one classroom session (~7 hours). The CPO® certification program includes pool and spa chemistry, testing, treatment, filtration, maintenance, automatic feeding equipment and government requirements. The CPO® certification is valid for five years.

Length of Class: ~16 Hours

*Additional fees may apply for Fusion Course.

REFUNDS

Safety Training class cancellations are permitted up to two weeks prior to the start of class. Cancellations and refund requests must be made in writing to the program director at least two weeks prior to the start of class. Refunds for Lifeguarding, Lifeguard Instructor, Water Safety Instructor, SCUBA and CPO will be issued less a $30 administrative fee. Refunds for CPR/AED and/or First Aid will be issued less a $10 administrative fee.

Please see recsports.osu.edu for current price information.
YOUTH AND FAMILY PROGRAMMING

SCHOOL YEAR CAMP PROGRAMS
(Currently Enrolled in Kindergarten – Age 12)

Community Programs follows the Columbus City Schools calendar when choosing dates to offer camp programs. Each program is offered 8:30 a.m. – 5 p.m. unless otherwise indicated. Sign in begins at 8:30 a.m. and pickup begins at 4:30 p.m. Children must be registered at least three business days prior to the desired date. Note: Jump Start Sports Spring Break camp hours are 9:30 a.m. – 4 p.m.

Parents enrolling their child in any of our school year camp programs are required to have a camper health form and pickup authorization form on file for their camper. Camp forms are available online. Please make sure your camper is able to do the following, as camp staff cannot assist children with these personal needs:

- Attend to his or her own personal needs such as changing clothes, toileting and eating
- Follow simple directions and rules for safety in a recreational camp setting
- Participate in the entire day camp experience without needing a nap

CAMP NOW AND THEN
(Currently Enrolled in Kindergarten – Age 12)

This day program offers exercise, fun and games when children are scheduled off school during the year. A swimsuit, towel and lunch are required for each camper. The program meets in the RPAC from 8:30 a.m. – 5 p.m. for a full-day session. Campers sign in from 8:30 – 9:30 a.m. and sign out from 4:30 – 5 p.m. Late sign ins or early sign outs should check at the RPAC Welcome Center.

Rec Member $31 per day, per child
Non-Member $38 per day, per child

See recsports.osu.edu or the calendar in the front of the brochure for the 2017-2018 Camp Now and Then dates.

SCHOOL BREAK CAMPS
(Currently enrolled in kindergarten – Age 12)

Put away the game controllers and bring your children to the RPAC for multi-day sessions of sports, games and recreation during winter and spring break. Sign up for just a few days or the whole session. A swimsuit, towel and lunch are required for each camper.

Member $31 per day, per child
Non-Member $38 per day, per child

Spring break camp will run April 2-6, 2018. Sign up for individual days.
SNOW DAY CAMPS
(Currently Enrolled in Kindergarten – Age 12)

Join us at the RPAC for a day filled with games, sports, crafts, swimming and other activities when school is cancelled due to a snow day. Payment of a nonrefundable $25 deposit is required to hold your child’s spot in this program. All participants who have paid the deposit will be contacted in the event of a snow day to confirm the program is running. Snow day camps will be offered if Columbus City Schools cancels school due to weather. A swimsuit, towel and lunch are required for each camper.

<table>
<thead>
<tr>
<th>Members and non-members</th>
<th>$25 Nonrefundable Deposit - required to hold your child’s spot in the program. This will not be applied to the per day cost of the program</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rec Member</td>
<td>$75 per day per child</td>
</tr>
<tr>
<td>Non-Member</td>
<td>$82 per day per child</td>
</tr>
</tbody>
</table>

Snow day camps will be offered from January 16–March 3, 2018 on days that Columbus City Schools cancel school due to weather and Ohio State remains open. Snow Day Camps will not be offered on dates that Camp Now and Then programs are being offered.
FAMILY HOURS

Current members can bring immediate family members (spouse/partner and children) who have been declared on their membership application for no additional charge during family hours. Students paying the dedicated fee can add family members to their membership at the RPAC Welcome Center. Family members must remain with the sponsoring member at all times when using Rec Sports facilities.

<table>
<thead>
<tr>
<th>Venue</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>RPAC</td>
<td>5:30 a.m. – midnight</td>
<td>8 a.m. – 5 p.m.</td>
<td>10 a.m. – 5 p.m.</td>
</tr>
<tr>
<td>RPAC Aquatic Center</td>
<td>5:30 a.m. – 10 p.m.</td>
<td>8 a.m. – 5 p.m.</td>
<td>10 a.m. – 5 p.m.</td>
</tr>
<tr>
<td>Adventure Rec Center</td>
<td>None</td>
<td>8 a.m. – Noon</td>
<td>8 a.m. – Noon</td>
</tr>
<tr>
<td>Outdoor Adventure Center</td>
<td>None</td>
<td>9 a.m. – 5 p.m.</td>
<td>9 a.m. – 5 p.m.</td>
</tr>
<tr>
<td>JOWTC</td>
<td>None</td>
<td>10 a.m. – 1 p.m.</td>
<td>2:30 – 5:30 p.m.</td>
</tr>
</tbody>
</table>

All hours and facilities are subject to change. Additional hours may be available during breaks and summer. Please visit recsports.osu.edu for more information regarding facilities and hours.

KIDS ZONE

Work out without worrying about child care! While you are at the RPAC, drop your kids off at the RPAC Kids Zone babysitting room to be looked after by experienced and trained Rec Sports staff. Children ages 2 months-12 years are welcome at no cost to members. Parents must remain in the RPAC while their child is in the Kids Zone. **Advance reservations are not necessary.** Available only to current Rec Sports members.

**Tuesdays: 5–7 p.m.**

**Fridays: 5–7 p.m.**

**Saturdays: 10 a.m.–4 p.m.**

**Sundays: Noon–6 p.m.**

* Please note that the Kids Zone closes 90 minutes before home football games, and is closed when noon football games occur. We are a babysitting room and cannot change or feed your children. In the event that a child needs changed or fed, a staff member will contact the parent to do so. Hours are subject to change, particularly during university holidays and breaks.
CHILDREN’S GYMNASTICS

This small group introductory class focuses on motor skill development, body awareness, hand-eye coordination, socialization, listening and fun for ages 3 and older. Participants progress through fundamentals of basic tumbling and gymnastics skills.

Attire requirements: Comfortable clothing and socks

INFO

Lessons run for a 6-week session

*Check our website for schedules and fees.

*All children’s adapted recreation classes are inclusive, so anyone and everyone is welcome to register and participate! Learn more about Adapted Recreation and other Youth and Family programming at recsports.osu.edu.
FAMILY FRIENDLY REC SPORTS ACTIVITIES

<table>
<thead>
<tr>
<th>REC AREA</th>
<th>ACTIVITIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fred Beekman Park</td>
<td>Walking track, softball fields <em>(may be reserved)</em>, playground, park shelter.</td>
</tr>
<tr>
<td>Disc Golf Course</td>
<td>Disc check out available at Jesse Owens West Tennis Center and Fred Beekman Park shelter.</td>
</tr>
<tr>
<td>Tennis Courts</td>
<td>Racquets and junior racquets can be checked out with a membership card/BuckID at the Women’s Field House or the Sport Shop at the RPAC.</td>
</tr>
<tr>
<td>Lincoln Tower</td>
<td>Play kickball, soccer, football, watch the Ohio State Band practice or even fly a kite.</td>
</tr>
<tr>
<td>Park Fields</td>
<td></td>
</tr>
<tr>
<td>RPAC</td>
<td>During posted family hours or with a family membership: racquetball, basketball, volleyball, game room, swimming.</td>
</tr>
<tr>
<td>ARC and OAC</td>
<td>During posted family hours or with a family membership: turf fields, basketball/volleyball, climbing center, adventure equipment rental.</td>
</tr>
</tbody>
</table>

ACCESS TO FITNESS EQUIPMENT

Per American College of Sports Medicine (ACSM) guidelines, teens 14 years or older can use the fitness centers and equipment on their own provided they are current members. Equipment orientations are strongly encouraged prior to using the fitness equipment. Teens can sign up for fitness orientation classes at the RPAC Welcome Center. Members under the age of 14 are not allowed to use the fitness equipment.
SUMMER PROGRAMS 2018
Camp Recky (for children who will complete Kindergarten–8th grade in the 2017-2018 school year)

IMPORTANT DATES
February 1, 2018 TBD Camp Recky 2018 information available online
February 18, 2018 4 – 6 p.m. Camp Recky Information Night, RPAC Meeting Rooms
March 5, 2018 9 a.m. Camp Recky early bird registration
March 6, 2018 9 a.m. Camp Recky general registration
Sunday, April 8, 2018 4 – 6 p.m. Camp Recky Parent Orientation

FULL DETAILS FOR CAMP RECKY PROGRAMS WILL BE POSTED ON RECSPORTS.OSU.EDU IN EARLY FEBRUARY AND IN THE COMMUNITY PROGRAMS SUMMER PROGRAM GUIDE.

FORMS
All forms can be found online on the Community Programs Camp Recky web page at recsports.osu.edu and in the Community Programs Office. Campers are required to have a camper health information form on file with the camp program. This form must be updated annually, specifically for the summer camp season.

CAMP ACCOMMODATIONS
If your child needs accommodations due to a disability or any other specific need to enjoy our programs, please contact our office or complete the accommodation request form at recsports.osu.edu on the Camp Recky web page. Forms must be returned to the Community Programs Office by May 1, 2018 to ensure we will have ample time to review the request and schedule appropriate accommodations. Accommodation requests are strongly encouraged to be completed at the time of registration.

DEPOSITS, CANCELLATIONS, REFUNDS AND BALANCE OF FEES
All camp sessions require a $30 non-refundable, non-transferable deposit per child, per camp, per session, including morning and afternoon sessions.

Cancellations and refund requests must be made in writing to the program director at least two weeks prior to the camp session paid for to receive a refund, less the $30 non-refundable, non-transferable deposit per child per session. Any cancellation received less than one week prior to the start of the camp session will generally not be eligible for any refund. Make up sessions will not be offered for any missed camp programs. All documentation required for a refund must be submitted by August 10, 2018. No refunds for Camp Recky 2018 will be processed after this date.
Learn-to-Swim private, semi-private and group lessons. Adapted recreational sports swim lessons and classes will be offered during summer 2018. Please visit the community programs web page at recsports.osu.edu for the most current information.

OHIO STATE DIVING CLUB

The Ohio State Diving Club is one of the top ranked club teams in America! The team has captured the national championship four years in a row, and has produced several Olympic qualifying athletes.

The club offers elementary school children through college-aged students the opportunity to achieve their diving goals, whether it be learning to dive, preparing for age-group competition, high school success, a college scholarship or a national or world championship.

Diving Club age groups include:

• Introduction to Diving Lessons (see what diving is all about)
• Recreational Diving Lessons (all ages and all levels)
• Little Bucks Diving Lessons (9 and under)
• Junior Bucks Diving Lessons (10 - 13 years)
• Senior Bucks Diving Lessons (14 and older)
• Pre-Team (bridge program)
• Scarlet Team (13 and under, by invitation only)
• Gray Team (14 and older, by invitation only)
• Team (by invitation only)
• High Performance Team (by invitation only)

Group lessons enable students and coaches to work together to learn basic diving skills progressions, refine dives and establish success individually and in groups. Lesson level divers may progress to optional competitions in Ohio Diving League meets and other area events.

FOR MORE INFORMATION ON THE OHIO STATE DIVING CLUB, VISIT DIVINGCLUB.OSU.EDU
OHIO STATE SWIM CLUB

Ohio State Swim Club is the only USA swimming silver medal club in the Central Ohio Area and is ranked in the top 50 clubs in America. Three of our age group swimmers and two alums competed at U.S. Olympic Trials in 2016, the fastest swim meet in the world.

The goal of the Ohio State Swim Club, a USA Swimming age based competitive swim team, is to improve swimmers’ physical development through practice and competition.

The team, comprised of elementary through college-age swimmers based in the Columbus area, competes in local, national and international USA Swimming events.

Swimmers are placed into levels of novice, bronze, silver, gold, senior, national or part-time pre- and post-season high school groups based on age and ability. Tryouts are required so that new swimmers can be placed in the appropriate training groups.

FOR MORE INFORMATION ON THE OHIO STATE SWIM CLUB, VISIT SWIMCLUB.OSU.EDU
PURCHASE ONLINE
For faculty, staff and affiliate memberships: recsports.osu.edu

PURCHASE IN-PERSON
For all memberships: RPAC Welcome Center

PAYMENT OPTIONS
Payment in full for semester or annual membership:
Payment may be made by cash, check, credit card or BuckID.
Annual membership with monthly payment option:
Payment is made through Ohio State payroll deduction or recurring credit card payment each month.

CONTACT MEMBERSHIP
For more information about Recreational Sports membership, visit the RPAC Welcome Center.

Email: rsmbrshp@osu.edu    Phone: 614-292-7671    Online: recsports.osu.edu

MEMBER BENEFITS
• Full use of all indoor and outdoor campus recreational facilities.
• Participation in recreation programs, including intermural sports, sport clubs and fitness classes.
• Advance registration for community programs.
• Special member rates for instructional programs, personal training and outdoor adventure.
• Access during family hours for your immediate family at no additional charge.
• Free access to kid zone babysitting service.
<table>
<thead>
<tr>
<th>Member Type</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Student</td>
<td>Automatically assessed to those taking a minimum of 4 credit hours at the Columbus campus.</td>
</tr>
<tr>
<td>Ohio State Faculty/Staff</td>
<td>Any employee of the university. Faculty/staff enrolled in classes and taking advantage of the fee waiver are considered faculty and staff and must join at the faculty/staff rate. They are not assessed the student fee.</td>
</tr>
<tr>
<td>Spouse/Domestic Partner</td>
<td>A spouse or domestic partner of an eligible member. Joint bank account, affidavit of domestic partnership, marriage certification or co-names on a lease or mortgage may be needed for identification.</td>
</tr>
<tr>
<td>Sponsor</td>
<td>An adult member sponsored by a current member. Sponsored adults cannot sponsor another member. Limit one per member.</td>
</tr>
<tr>
<td>Dependent</td>
<td>Immediate family member or dependent under 18 years or between grades K – 12. A birth certificate may be needed for identification.</td>
</tr>
<tr>
<td>Regional Student</td>
<td>Student enrolled at a regional campus with a valid BuckID may purchase a membership at the student rate.</td>
</tr>
<tr>
<td>Off-Semester Student</td>
<td>A student enrolled at Columbus campus the previous semester may purchase a membership at the student rate.</td>
</tr>
<tr>
<td>Senior Member</td>
<td>Any Ohio State faculty, staff or affiliate over 60 years of age.</td>
</tr>
</tbody>
</table>

**AFFILIATES**

Includes members of the following with appropriate identification: The Ohio State University Alumni Association (current membership card), The President's Club (current membership card), Battelle Memorial Institute staff (latest pay stub), Chemical Abstracts staff (latest pay stub), Ohio State Science-Technology campus staff (latest pay stub), Ohio State Faculty Club (membership letter), Ohio State Buckeye Aquatic Academy, Lifeline of Ohio (latest pay stub) and alumni of Ohio State.

*Fees are subject to change*
MEMBER PARKING
Several parking options are available. For visitors to the RPAC, the Neil Avenue Garage, the Tuttle Park Place Garage and a variety of surface lots are available.

PARKING PERMITS
Reduced rate parking permits are available for affiliate and family members. Visit campusparc.com

Permits allow parking as follows:
5 – 8 a.m.: Surface C parking only
After 4 p.m. and all day weekends and university holidays: Any A, B or C surface space. Does not include home football games.
Members can obtain a parking permit by showing their Rec Sports membership card or membership application at the Transportation and Parking Office, 132 Bevis Hall, 1080 Carmack Road.

Pay-n-Display Machines
Pay-n-Display parking pay machines allow customers who do not have parking permits to purchase parking for a specific time and park in an A, B or C space in any parking lot where a Pay-n-Display machine is located

Pay-n-Display Rates*
$1.50/hour (option available at all times)
$6 weekday evening flat fee (Monday through Friday 6 p.m. – midnight)
$6 weekend flat fee (Saturday and Sunday midnight – midnight)

Please note: all permits expire at midnight and can be purchased for the current day only. Machines DO NOT give change or refunds. No refunds will be given for unused time. For more information, please visit campusparc.com

*Fees are subject to change
FACILITIES

Five Rec Sports facilities are located conveniently throughout campus with a wide range of operating hours and amenities. More than 90 acres of outdoor facility space also stretch across campus.

INDOOR FACILITIES

Adventure Recreation Center (ARC) and Outdoor Adventure Center (OAC)
855 Woody Hayes Drive  |  614-247-8686

ARC
• Four hardwood basketball courts (can convert to five volleyball courts)
• Two indoor turf fields
• Free weights
• Strength training machines
• Cardio equipment
• Day-use lockers and showers
• Fully accessible
• Air-conditioned
• Home of the Outdoor Adventure Center (OAC)

OAC
• 4,000 square-foot, 35-foot-tall climbing structure
• Bouldering cave
• Outdoor equipment rental
• Trip-planning resource center
• Adventure trips/clinics

Jesse Owens North Recreation Center (JON)
2151 Neil Ave.  |  614-292-0696
• Fully accessible
• Three basketball courts
• Free weights
• Strength training machines
• Cardio equipment
• Day-use lockers

Jesse Owens South Recreation Center (JOS)
175 W. 11th Ave.  |  614-292-7621
• Fully accessible
• Air-conditioned
• Two basketball courts
• Table tennis
• Bouldering wall
• Free weights
• Strength training machines
• Cardio equipment
• Day-use lockers
FACILITIES

Jesse Owens West Tennis Center (JOWTC)
1031 Carmack Road  |  614-292-0699
- Indoor tennis
- Court reservations available

North Recreation Center
157 Curl Drive  |  614-292-0696
- Fully accessible
- Air-conditioned
- Outdoor basketball courts
- Free weights
- Strength training machines
- Cardio equipment
- Day-use lockers
- Fitness classes
- 4 multipurpose rooms

Recreation and Physical Activity Center (RPAC)
337 Annie & John Glenn Ave.  |  614-292-7671
- Centrally located
- Over 500,000 square feet of recreation, meeting, fitness and aquatic space
- Family hours available
- Computer kiosks
- Sport Shop
- Welcome Center
- Kids Zone (babysitting)
- Lockers and locker rooms
- 27,500 square feet of fitness space
- 12 multipurpose wood courts
- Four squash courts
- 10 racquetball courts
- Four-lane jogging/walking track
- Five multipurpose rooms
- Lactation room
- Personal training
- Dining options

RPAC Aquatic Center
Recreation Natatorium
- Located on the ground floor of the RPAC
- Lap pool
- Class instructional pool
- Leisure pool
- Whirlpool spa
- Dry saunas
McCorkle Aquatic Pavilion  
1847 Neil Avenue | 614-292-7671  
- Home to varsity men’s and women’s swimming, diving and synchronized swimming teams  
- Home to the Buckeye Aquatic Academy (Ohio State Swim and Diving Clubs)  
- Open on a limited basis to recreational swimmers  
- 50-meter competitive pool  
- Ron O’Brien Diving Well  
- Dive spa  
- Seating for 1,400 spectators

Special events, classes or maintenance may create occasional modification of aquatic hours.

OUTDOOR PARKS

Coffey Road Park  
Corner of Coffey Road and Woody Hayes Drive

Fred Beekman Park  
Corner of Kenny Road and Lane Avenue 614-292-8821

Jesse Owens West Park  
Corner of Kenny Road and Carmack Road

Lincoln Tower Park  
Between RPAC and Lincoln Tower

Women’s Field House  
614-688-5369

Outdoor Tennis/Disc Golf  
Lincoln Tower Park Tennis Center  
Directly south of Oho Stadium

West Campus Disc Golf Course  
First tee is adjacent to south entrance of Jesse Owens West
REGISTRATION FOR PROGRAMS

IN-PERSON
Visit the Community Programs Office at B149 RPAC, 337 Annie & John Glenn Ave., 9 a.m. – 5 p.m., Monday – Friday*

If you are unable to register during those hours, submit completed forms and payment at the RPAC Welcome Center. Your registration will be processed the next business day as time allows.

*Please note that we may have shortened office hours during holidays and University breaks. Please call or visit our website for the most updated information

ONLINE
Register online at go.osu.edu/registercp.
A guideline on how to register is available in PDF format.

BY MAIL
Mail the completed form to Student Life Department of Recreational Sports, Community Programs, Room B149 RPAC, 337 Annie & John Glenn Ave., Columbus, OH 43210. Once we receive and process the registration forms, our staff will contact you regarding payment. Find the form at go.osu.edu/registercp.

REGISTRATION COMPLETION
The community programs registration form must be completely filled out. Please make sure to sign the waiver on the form. Incomplete forms will not be accepted. Fees must be paid at the time of registration. VISA, MasterCard, American Express, Discover Card and checks will be accepted. No holds will be accepted for programs. Registrations are on a first-come, first-serve basis. When applicable, mailed registrations will be processed after the first day of in-person registrations and will be processed daily as time permits. We are not responsible for delayed mail. We do not send confirmation of enrollment. If you would like confirmation of enrollment, call 614-688-8787. If you do not hear from us, attend the session as listed in the program schedule.

Camp Recky programs have a separate registration form and fee payment schedule. Information regarding these programs can be found by visiting community programs’ website at recsports.osu.edu

Adapted recreational sports classes require additional registration information. All participants must submit a current physician’s release prior to the first lesson. More information is available at go.osu.edu/registercp.

REGISTRATION DEADLINES
Please see the program calendar for registration start and end dates for all sessions. To maintain program integrity, registrations will only be accepted on a case-by-case basis after the deadline.
INSTRUCTIONAL PROGRAM REFUNDS

Instructional programs and school year camp programs must be paid in full at the time of registration. Make-up sessions will not be offered for any missed programs. Cancellations and refund requests must be made in writing to the program director at least one week prior to the program. Should you need to cancel, you may do so up to one week before the start of the program. You will receive a refund, less a $10 administrative fee, or you may choose to use the entire amount as a program credit to be used for other community programs within one year. Any cancellation received less than one week prior to the start of the program will generally not be eligible for any refund or credit.

CAMP RECKY, LIFEGUARD TRAINING AND SCUBA REFUNDS

Please visit go.osu.edu/registercp to learn more about refunds for Camp Recky, lifeguard training and scuba classes, or visit the specific sections in this guide for details.

CANCELLATIONS

INCLEMENT WEATHER

To ensure continuity of services to students and the public, it is the policy of the university to remain open. However, during extreme emergency conditions due to severe weather, natural disasters, major utility failure or other reasons the university may close parts of the Columbus campus or any of its regional campuses.

In the case of inclement weather, community programs makes every effort to offer programs. Programs will be provided during a level 1 snow emergency; it is at the patron’s discretion to attend. Make-up lessons will not be provided for missing lessons due to level 1 snow emergencies. During level 2 or level 3 snow emergencies, programs will not be provided. Community Programs staff will attempt to provide a make-up lesson before the end of the program sessions, if possible. Programs are also not available when the university closes or cancels classes. Program cancellation information is available by calling 614-688-8787.

INSUFFICIENT ENROLLMENT

Community Programs reserves the right to cancel a program due to low enrollment. Programs are cancelled two business days prior to the first scheduled occurrence if enrollment is insufficient. A full refund will be issued should this occur and you will be notified.

PROGRAM FULL

If a program has reached capacity enrollment, you will be contacted to arrange enrollment in an alternate program or to be placed on a waitlist for the desired program.

AGE REQUIREMENTS

To maintain program integrity, all participants registering for age specific programs must be the minimum age before the first day the program meets.
VIEW MAPS AT OSU.EDU/MAP
STAY CONNECTED!

FOLLOW US!
Keep up-to-date on the happenings of Student Life.

SHARE US!
Retweet and regram our posts to let others know what is happening in Student Life, too.

CHAT WITH US!
Tag us in your posts so we can engage in your extraordinary Student Life experience!

Office of Student Life calendar available at: studentlife.osu.edu/calendar
JOIN THE FUN!

We engage the entire university community in physical and wellness activities by offering the finest programs, services, staff and facilities.

RECREATIONAL SPORTS COMMUNITY PROGRAMS
B149 Recreation and Physical Activity Center
337 Annie & John Glenn Ave., Columbus Ohio 43210-1224

recsports.osu.edu | 614-688-8787