



# SilverSneakers Fitness Program Orientation

## Introduction

Hello and welcome to the Groveport Recreation Center. My name is Amy Van Huffel, and I'm the Sports and Fitness Manager with the Groveport Recreation Department. I am here today to provide you with a brief orientation of our facility and more, as mandated by the SilverSneakers Fitness Program.

Prior to the onset of COVID-19, our staff would have scheduled an orientation with you and a number of other SilverSneakers Fitness Program participants. However, for your safety and the safety of others, we thought that this avenue would be beneficial for us all.

At the present time, we ask that you maintain a minimum six feet between you and any other person in the facility. We ask that you follow all posted guidelines to help prevent the spread of COVID-19.

To start off, here's a little information about the Groveport Recreation Center. The facility opened its doors to the public on January 10, 2004. This 67,000 sq. ft. facility cost approx. \$13 million to build. The Groveport Recreation Center is owned and operated by the City of Groveport.

For most of the year, the Groveport Recreation Center is open Monday – Friday (5:30 AM – 9:00 PM), Saturday (8:00 AM – 8:00 PM) and Sunday (8:00 AM – 6:00 PM). Between Memorial Day and Labor Day, hours are slightly reduced. Due to the ongoing Covid-19 pandemic, hours are currently altered. I encourage you to pick-up a brochure or check our website ([www.groveportrec.com](http://www.groveportrec.com)) for a complete listing of current hours and scheduled closures.

The Groveport Recreation Center offers the following **amenities**:

- Fitness center with cardiovascular and strength training equipment
- Indoor heated pool
- 1/10 of a mile indoor track
- Two full-court gymnasiums
- Group fitness studio (for classes)
- 30 foot rock climbing wall
- Expansive lobby and meeting rooms
- Men's, Women's & Family Locker Rooms
- Fitness, Sports & Leisure Programming
- And the adjacent Groveport Senior Center

The Groveport Aquatic Center (Outdoor Water Park) is not covered under your SilverSneakers Fitness Program. However, you are welcome to either purchase a season pass or day pass to utilize the facility.

When you visit, we strongly recommend that you secure your personal belongings in a locked locker. (Lockers are not currently available due to the ongoing COVID-19 Pandemic). Items must be removed from the locker at the end of your workout. In other words, items may not be left in a locker overnight.

If you plan on showering at the facility, please bring your own towel, shampoo and soap.

## **Checking-in**

After you receive your Groveport Recreation Center SilverSneakers I.D. Card from our staff, you will be able to access our facility just like our other members. When you enter the facility, please proceed to our Check-In Desk, shaped like a horseshoe and located in the middle of the lobby. Our staff will scan your card and welcome you into the facility.

If you are participating in a **fitness class**, you will need to follow current procedures for reserving your spot in class. Please check with the front desk for these.

## **Fitness Center**

If you are new to exercising on fitness equipment, or don't understand how to use a piece of equipment, please ask one of our **Fitness Attendants** for assistance. Don't be embarrassed or shy. If our staff is not at the Fitness Desk, please seek them out on the floor. They can provide you some basic information on how each machine works. Fitness machines may look complex, but they are all relatively easy to understand and utilize. Please keep in mind that our Fitness Attendants are not Certified Personal Trainers and cannot provide you with any type of fitness or wellness advice.

In the event that you are looking for fitness advice or a plan, we recommend that you consult with one of our **Certified Personal Trainers**. Our trainers are independent contractors and charge their clients separately for their services. Our staff can provide you with information regarding our Certified Personal Trainers.

Prior to using the Fitness Center, we feel that it is necessary for us to review a few **common rules** with you.

- Before you use a piece of equipment, please clean it. Please spray the disinfectant on the towel and then wipe-down any pieces of the machine

that you may have contact with. Do NOT spray the disinfectant directly onto the equipment.

- After using the equipment, clean it again.
- If you are using cardio-type equipment (such as a treadmill, bike, elliptical), please also wipe-down the machine's screen.
- If exercising on the cardio-type equipment, please limit your use on a machine to 30-minutes.
- To protect your feet, wear only closed-toed shoes.
- Wear comfortable clothing.
- Do not rest on the equipment.
- Do not allow anyone to share the piece of equipment that you are using at the time, to avoid unnecessary touching by another person.
- Raise and lower the weight in a controlled fashion, and avoid slamming the weight plates together.
- Do not drop any free weights or dumb bells on the floor.
- If using the Hammer Strength pieces of equipment, remove the weight from the machine and place on a weight storage rack.

## **Group Fitness Studio**

The majority of our fitness classes take place in our Group Fitness Studio. The studio is located on the 2<sup>nd</sup> floor. Patrons may use either the stairs or elevator to gain access.

## **Fitness Classes**

The SilverSneakers Fitness Program enables you to take many fitness classes at no charge. If you are interested in participating in fitness classes, we recommend that you pick up a **Fitness Guide**. The Guides are published monthly. Classes noted as SS (SilverSneakers) are free for you. Each class has a limited number of spots available. Persons are able to sign up at the Front Desk, but no sooner than 1-hour prior to the class.

You may also enroll in other fitness classes of your liking. However, you will have to pay the Resident Fee for participating in non-SilverSneakers classes.

## **Other Programs**

You are more than welcome to participate in our programs. Information regarding athletic leagues, clinics, camps, leisure programming and special events can be found in our lobby, on our website ([www.groveportrec.com](http://www.groveportrec.com)), on our Facebook page and in the City's monthly newsletter "The Connection".

If you provided us with your email address at registration, you will receive our newsletter via email each month.

## **Track**

Our 3-lane rubberized track is located on the second floor of the facility and is 1/10 mile long. Please follow the directional signage and lane assignments based on whether you are walking, running or passing other track users. Canes and walkers are permitted on the track provided they do not damage the rubberized floor.

## **Indoor Pool**

Our heated indoor pool is 145,000 gallons in size and the water is generally kept between 83 and 85 degrees. Recreational use and lap swimming is available. Patrons can also walk against the current in our lazy river. The City employs American Red Cross Certified Lifeguards who monitor the safety of pool goers. Some aquatic equipment is available for you to check-out if needed.

There are many weekly water fitness classes offered. For class details, please pick up a Fitness Guide.

The hours of the indoor pool are different than the facility itself. Please pick up a monthly schedule in the lobby. They can also be found on our website ([www.groveportrec.com](http://www.groveportrec.com)).

The pool schedule and pool activities may be altered due to COVID-19. Please check with the front desk or our website for the most current information.

## **Gymnasiums**

Our two hardwood floor gymnasiums offer patrons an opportunity for drop-in play, such as basketball, volleyball and Pickleball. Gym schedules are posted monthly and can be found in the lobby or on our website ([www.groveportrec.com](http://www.groveportrec.com)). Gym usage may be altered due to COVID-19.

## **Rock Climbing Wall**

If you like heights and care to truly challenge yourself physically, you may want to give our rock climbing wall a try. We can accommodate up to four climbers at a time. Once our staff puts a harness and helmet on you, you are on your way. The wall is equipped with an automatic belay system to protect you from a fall. The wall has limited hours, so please check with the front desk or our website ([www.groveportrec.com](http://www.groveportrec.com)) for current information.

## **Senior Center**

We hope that you will also consider joining the Groveport Senior Center. The facility is attached to the Recreation Center and offers leisure activities for adults 55 years of age & older. The Senior Center has attracted seniors from all over central-Ohio. Activities include card playing, shooting pool, chair volleyball, line dancing, Bingo, book club, arts & crafts, day & overnight trips, wellness checks and more. The annual membership fee is \$8 per person.

Feel free to stop-in or call 614-836-4599. Current and past newsletters can be accessed at [www.groveportrec.com](http://www.groveportrec.com) under the Senior Center button.

## **Closing**

I hope that you have enjoyed learning a little bit about our facility and programs. I am sure that you have some questions for us. Please feel free to talk to our staff either in-person, on the phone or via email.

Groveport Recreation Department  
7370 Groveport Road • Groveport, OH 43125  
614-836-1000 • [www.groveportrec.com](http://www.groveportrec.com)

### **Employee**

Bower, Seth  
Card, Jeff  
Carter, Kelly  
Dufour, Kayla  
Green, Ebonee  
Lund, Kyle  
Pintz, Juli  
Van Huffel, Amy  
Vacant  
Vacant

### **Position**

Aquatics Manager  
Customer Serv. Coord.  
Aquatics Coordinator  
Clerk  
Administrative Assistant  
Recreation Director  
Recreation Coordinator  
Sports/Fitness Mgr.  
Clerk  
Senior Citizens Coord.

### **Email**

[sbower@groveport.org](mailto:sbower@groveport.org)  
[icard@groveport.org](mailto:icard@groveport.org)  
[kcarter@groveport.org](mailto:kcarter@groveport.org)  
[kdufour@groveport.org](mailto:kdufour@groveport.org)  
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Due to COVID-19, in-person SilverSneakers orientations are currently suspended. By signing this form, you acknowledge that you have read the information contained in the SilverSneakers Fitness Program Orientation Document.

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date