



Monthly Newsletter

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# June 2022

Paddleboard yoga, hot dog night and more!



We are so excited to be open for the summer! We've got two new water basketball hoops and we're teaming up with concessions to bring back hot dog night! Guests with members are \$4 after 4 on hot dog Tuesdays. We are also going to be celebrating the Fourth of July with after-hours swim time and fireworks. Specifics for the 4th will be sent out at the end of the month.

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THIS WEEK'S  
TOP STORIES



## Water Polo- Summer

by [Olivia Miranda](#) on June 1st

I'm head coach for the Great Lakes Zone region. I attended the National Team Selection Camp in Irvine California this past weekend. I also took part in a coaching summit which was led by the staff of the US Senior National Team and even got to sit in on a National team practice session with Coach Adam Krikorian.

## Meet Q:

by [Quentin Bartram](#) on June 10



My name is Quentin Bartram and this is my seventh summer at Worthington Pools and my second as a pool supervisor. I just graduated from Monmouth College in May where I swam and played water polo!

## Paddleboard Yoga:





Would you like to spend three sunset evenings learning paddleboard yoga? Paddleboard yoga is fun and uses your core to move through yoga poses on a stand-up paddleboard! All levels are welcomed and modifications are available so anyone can participate. Poses include: seated, hands and knees, kneeling, standing, and balancing. You will progress through poses at your own pace. And.... if you have a bucket list to do inversion poses, you will learn to do those too! Have no fear, we will provide basic instruction on how to balance, get on and off the board and keep yourself safe.

If you bring your own board, contact us for a tuition discount. Questions? Email [evan.straw@worthingtonpools.com](mailto:evan.straw@worthingtonpools.com)

## Swim Lessons for Members:

Our aquatics program is designed to teach personal water safety and stroke development to youth and adults alike. Lessons range from “Mommy and Me” to Adult Lessons. Sessions are typically grouped in eight class bundles. This gives students time to build confidence, explore the water and hone skills at their own pace. No matter what age or skill, we have a program

perfect for you or your child. Enjoy a perk to your Worthington Pools membership. Only pool members can register for these lessons. MTWTh 12:00-12:30 or 1-1:30

## Diving Lessons:

**Beginner** Ages 5+ **Intermediate** Ages 6+

Students will be instructed in the proper approach, execution, and entry of basic dives starting with the Front and Back Dives. Students may then progress onto more difficult, Inward Dives, Somersaults, and Twists.

Pre-requisites:

Must be able to go off the diving board headfirst.



Swim Inc.  
400 W Dublin Granville Rd