

parks & FACILITIES

CITIZEN TREE PLANTING PROGRAM

To encourage the planting of quality street trees throughout Kettering, the Parks, Recreation and Cultural Arts Department will make available a limited number of trees to Kettering residents. These trees are offered on a first-come, first-served, shared-cost basis. The trees are available to Kettering residents, businesses, churches and others, but will be limited to one tree per person, per address. The trees are planted by the Parks Division with all further maintenance being the responsibility of the owner.

Registration: Interested Kettering residents or property owners can sign up for a tree in person at the Parks Maintenance Center, 3170 Valleywood Dr., from 8 a.m. to 5 p.m., Monday through Friday. Payment must be made at the time of registration. You may call and have a fact sheet mailed or faxed to you.

Type of Trees: These trees offered will be selected each season based on availability and horticultural trends. They will include a choice of large shade tree, medium shade tree or smaller ornamental tree. Contact the Parks Maintenance Center at 296-2486 for price information.

LIVING TREE PROGRAM

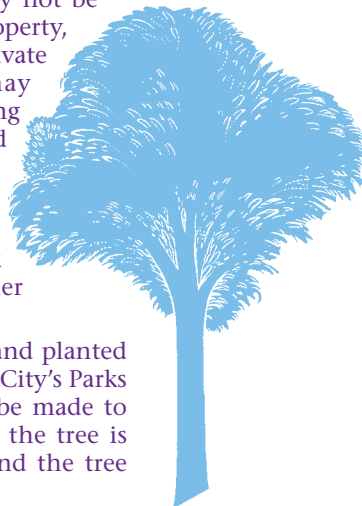
The Living Tree Program is designed for those persons or organizations desiring to commemorate a particular event by the planting of a tree. This event might be an anniversary, birthday, wedding, birth, reunion, graduation, retirement or death of a loved one. A person or group chooses a tree from a designated list. The tree will be planted by the Parks Division. You may call the Parks Maintenance Center at 296-2486 and request a fact sheet be mailed or faxed to you.

Registration: Interested persons or groups must order and pay for a tree in the Parks Maintenance Center, 3170 Valleywood Dr. The Parks Maintenance Center is open 8 a.m. to 5 p.m., Monday through Friday.

Planting: The tree will be planted in Kettering on public land including parks, medians, churches, hospital or public buildings. The tree may not be planted on residential property, businesses or other areas private in nature. The donor may request a particular planting site, which will be followed if possible. The Parks Superintendent may make necessary changes.

The Civic Commons Park area is fully planted. Other areas should be selected.

The trees will be ordered and planted in the spring or fall by the City's Parks personnel. An effort will be made to contact the donors when the tree is planted so they may attend the tree planting.



LAND LAB PROGRAM

The Land Lab Program provides environmental education opportunities and is available to all City of Kettering school-age youth. The philosophy of the program is to involve educators in the process of educating children and young adults about nature. The program is a cooperative effort between the Kettering City School District and the City of Kettering Parks, Recreation and Cultural Arts Department. The nature areas of Pondview Park and Southdale Park provide the primary setting where teachers can bring classes for nature programs. With the support of the schools, teachers coordinate and arrange visits to the parks through the Land Lab Operations Coordinator. These programs allow the youth to experience interesting facts about the animal and plant world around them. For more information, call 296-2486.

YARD DEBRIS DROP-OFF PROGRAM

The City of Kettering offers residents a place to dispose of their yard debris (other than grass clippings) throughout the year. The Yard Debris Drop-off site is located on Woodman Center Drive between Dorothy Lane and Woodman Drive.

Open March through December:

Monday - Friday, 3 - 8 p.m.

Saturday, 9 a.m. - 3 p.m.

Closed January and February as well as holidays and inclement weather.

This service assists residents with the disposal of tree and shrub trimmings, as well as flower and garden plants. The drop-off service is provided for residents only and proof of residency, such as a driver's license, is required.

The City will accept brush and limbs that are cut in lengths of 6 feet or shorter and bundled. Limb thickness must be 4 inches in diameter or less. Items longer than 6 feet and limbs thicker than 4 inches in diameter will be refused. Smaller trimmings may be placed in trash cans or on tarps. Items in paper and plastic bags will not be accepted. The City will not accept grass clippings, thatch, sod, dirt, rocks, concrete or building and construction debris. No material may be left at the site after the stated hours of operation.

Yard Debris Bags: If you prefer to have your yard debris collected by your trash hauler, you must use special yard debris bags. These yard debris bags are available from your trash hauler. As an additional convenience, the City of Kettering offers these bags for sale at our Yard Debris Drop-off Site off of Woodman Center Drive (during listed hours above) and the Kettering Government Center, 3600 Shroyer Road, Monday - Friday, 8 a.m. to 5 p.m. They are not for sale by the City at any other time or location.

The Yard Debris Drop-off Program is operated by the City of Kettering Street Department. For a recorded message on this program, call 296-3255.

PICNIC SHELTERS

The City of Kettering Parks, Recreation and Cultural Arts Department has eight picnic shelters available in Delco, Indian Riffle, Ernst and Irelan parks. Kettering residents may reserve the shelters starting Jan. 4, 2010, for use between April 5 and Oct. 29. Starting March 1, anyone may reserve a shelter. Reservations need to be made in person at the Parks Maintenance Center, 3170 Valleywood Dr. There is no fee to reserve a shelter. Shelters not reserved may be used on a first-come, first-served basis. For more information, call 296-2486.

TREE & BRUSH CHIPPING PROGRAM

The Kettering Parks, Recreation and Cultural Arts Department's Chipping Program is a service provided to residential property dwellers with the purpose of maintaining the aesthetic beauty and property values in Kettering.

For best results, stop in the Parks Maintenance Center and pick up a Chipping Program fact sheet or call and we will mail or fax it to you. Following the guidelines as described in the fact sheet will ensure that your brush meets our requirements and keeps your workload to a minimum. When your trimming is complete and you have stacked the brush properly, measure the brush pile. Bring the measurements to the Parks Maintenance Center and pay the scheduled fee by Friday at 5 p.m. Chipping will begin the following week.

The Parks Maintenance Center is located at 3170 Valleywood Dr. The phone number is 296-2486.

WOOD CHIP MULCH

The City of Kettering is making wood chips available on a limited basis. These chips were obtained from various tree trimming projects throughout the City. The wood chips can be used for mulching around trees and shrubbery, foot paths, play areas and to help prevent soil erosion.

You may pick up wood chips in your truck, trailer or other container free of charge. The wood chip pile is currently located at Indian Riffle Park behind Tannenberg Kennels, 2625 East Stroop Road. The site is open to Kettering residents, daylight hours, seven days a week. The wood chip pick-up may be relocated. Call 296-2472 to confirm its current location and hours of operation.

PARK ORDINANCES

HOURS

- Except for Civic Commons, parks are open only from sunrise to dusk unless posted.
- Civic Commons closes at midnight, unless extended for a Frazee performance.

RESTRICTED ACTIVITIES

- Wading, swimming, ice skating, boating and golf are not permitted.
- Drugs are not permitted in the parks.
- Intoxicating beverages and beer are not permitted unless sold by permit.
- Any use of league athletic fields must be scheduled through the Parks, Recreation and Cultural Arts Department offices.
- No admittance to Frazee Pavilion except during events.

- No in-line skating or in-line skates are allowed in Civic Commons.
- No skateboarding or skateboards allowed in Civic Commons.
- Bicycles must be walked within Civic Commons.

DOGS

- All dogs must be on a leash no more than 10 feet long and must be kept under control.
- Persons must clean up after their dog(s) and must carry a device for this purpose.

REMOVAL AND DAMAGE OF PROPERTY

- Removal, damage or defacing of buildings, structures, natural features, plants, flowers and lawn areas is prohibited.

DEPOSITING OF MATERIALS

- Discarding materials in parks or park dumpsters is prohibited.
- Trash must be deposited in containers provided.
- No glass containers allowed in parks.

FIRES

- Fires must be built in grills only and must be attended at all times.

CAMPING

- No person may camp in the parks without written permission from the City.

WEAPONS

- No person may possess firearms, BB guns, archery equipment, fireworks, explosives, model rockets or sling shots.

COMMERCIAL ACTIVITIES

- No person may conduct commercial activities, sales, charge admission, solicit funds or operate games of chance or erect signs in a park.

TRAFFIC

- Motor vehicles, motorcycles and mopeds are not permitted off of designated roads and parking areas.
- No vehicle is to be left in the parks overnight.
- Horses, minibikes, dirt bikes and ATVs are not permitted in the parks.

PROTECTION OF WILDLIFE

- No person may hunt, trap, feed or endanger animals or birds in any way.

CONDUCT

- Persons may not act in a dangerous, disruptive, offensive or noisy manner affecting the safety, peace and good order of the parks and park visitors.
- No loitering in cars, parking lots or any other areas.
- Respect park shelter and tennis court reservations.

PESTICIDES

- Lawn pesticides may be applied periodically.

PENALTY

- Any person who violates these rules can be charged with a criminal offense and may be ordered from the park by police or park officials, denied future access and be prosecuted accordingly.
- All park, city, state and federal ordinances apply.

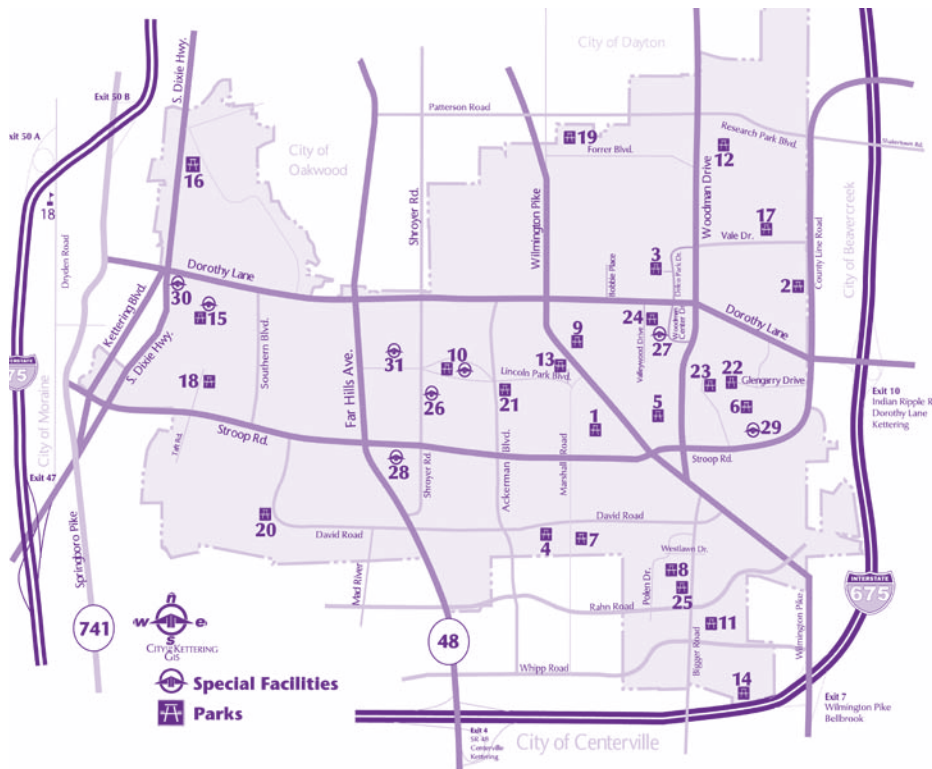
	Size (Acres)	Ballfield (5)	Basketball Court	BMX Track	Fishing Pond	Football/Soccer Field	Grill(s)	Horseshoe Pits	Shuffleboard Courts	Par Course Fitness Trail	Picnic Shelter(s)	Picnic Tables/Benches	Playground Equipment	Tennis Court(s)	Volleyball Standard(s)
1.	1.7	•										•			
2.	7.3	•										•			
3.	69.0	•	•	•	•	•			•	•	•	•	•	•	•
4.	14.12	•				•					•	•	•	•	•
5.	0.8	•										•			
6.	94.2	•	•		•	•	•				•	•	•	•	•
7.	16.0	•				•					•	•	•	•	•
8.	15.0	•							•		•	•	•	•	•
9.	5.0	•									•	•	•	•	•
10.	14.0				•						•				
11.	5.0	•									•	•	•	•	•
12.	3.6	•									•	•	•	•	•
13.	1.5										•				
14.	12.5				•						•	•	•	•	•
15.	8.0										•	•	•	•	•
16.	2.0	•	•								•	•	•	•	•
17.	31.6	•			•						•	•	•	•	•
18.	9.1	•	•								•	•	•	•	•
19.	5.5	•	•								•	•	•	•	•
20.	4.5										•	•	•	•	•
21.	4.6	•	•								•	•	•	•	•

PARKS

- Berwin Park**, 1400 Berwin Ave. (at Claybourne)
- Blackhawk Park**, 3005 Blackhawk Dr.
- Delco Park**, 1700 Delco Park Dr.
- Ernst Park**, 1030 E. David Rd.
- Glaser Park**, 1851 Doris Dr. (at Kingswood)
- Indian Riffle Park**, 2801 E. Stroop Rd.
- Irelan Park**, 4532 Marshall Rd.
- J.F. Kennedy Park**, 5073 Bigger Rd.
- Kantner Park**, 1512 Brownleigh Rd. (at Hobart)
- Civic Commons**, 675 Lincoln Park Blvd.
- Oak Creek Park**, 2239 Berrycreek Dr. (west of Millcreek)
- Oak Park**, 2055 Malcom Ave. (at Adventure)
- Pasadena Green Space**, 3200 N. Marshall Road
- Pondview Park**, 2320 Pondview Dr. (east of Overbrooke)
- Southdale Park**, 3036 Bellflower St. (behind Southdale School)
- Southern Hills Park**, 1545 Sacramento Dr. (between S. Dixie and Patterson)
- State Farm Park**, 2510 Blackhawk Dr.
- Tait Park**, 3750 Tait Rd. (at Cordell)
- Van Buren Park**, 1450 Scottsdale Ave. (at Oakdale)
- Walther Park**, 4421 Overland Trail (near West David)
- Wenzler Park**, 3535 Sharewood Court (near Lincoln Park and Ackerman)

SPECIAL FACILITIES

- Fraze Pavilion for the Performing Arts**
695 Lincoln Park Boulevard, 296-3300
- Southdale Nature Center**
3036 Bellflower Street (behind Southdale School)
Call 296-3281 for information.
- Kettering Recreation Complex**
2900 Glengarry Drive, 296-2587 (off East Stroop)
Year-round swimming pool; fitness room; exercise, fitness, sports and aquatics programs; youth, teen, adult and special populations programs; summer water park; gymnasium; walking/running track
- Kettering Ice Arena**
296-2452
- Charles I. Lathrem Senior Center**
296-2480
- Rosewood Arts Centre**
2655 Olson Drive, 296-0294 (off of Braddock)
Art programs, Gallery and TotLot Preschool
- Parks Maintenance Center**
3170 Valleywood Drive, 296-2486 (south of East Dorothy Lane)
- Polen Farm**
5099 Bigger Road, 435-5787
Rental facility for weddings, receptions, luncheons, small conferences, retreats
- Kettering Government Center**
3600 Shroyer Road, 296-2454
Administrative Offices
- Yard Debris Drop-off**
Enter from Woodman Center Drive. (Woodman Center Drive runs south from Dorothy Lane between the Goodwill Store and Sears Hardware.)
Call 296-3255 for a recorded message regarding services and times.
- The Kettering Connection**
300 East Stroop Road, 296-3330
- Rob Dyrdek/DC Shoe Foundation Skate Plaza**
(located inside Indian Riffle Park)
2801 East Stroop Road
Hours: Dawn to Dusk
- Governor's Place Plaza**
Walking plaza area inside Governor's Place located on Governor's Place Boulevard off of West Dorothy Lane
- Kettering Fitness & Wellness Center**
(attached to the James S. Trent Arena)
3351 Shroyer Road, 293-4FIT (4348)



Walking Trails Information

Walk your way to better health! We have mapped out walking trails all over the city for you to get active. Some of the trails are in our parks while others take advantage of existing sidewalks. Others outline our Safe Routes to School program. Our trails have many different surfaces: cement, cinder, gravel or composite. Paved paths are accessible to wheelchairs and strollers.

Review the map on page 78 to find trails near you. For a more detailed map, visit www.ketteringoh.org and click on *Departments* then *Parks*.

Location / Landmark	Distance
1. Beavertown Elementary	2 miles
2. Blackhawk Park	2 miles
3. DayAir Credit Union	1 mile
4. Delco Park	1.25 miles
5. Ernst Park	2 miles
6. Fairmont High School	2 miles
7. Frazee Pavilion / Civic Commons	2 miles
8. Glaser Park	1.75 miles
9. Governor's Place	1.5 miles
10. Greenmont Elementary	2 miles
11. Indian Riffle Park	2 miles
12. Irelan Park	2 miles
13. John F. Kennedy Elementary / Park	2 miles
14. Kettering Memorial Hospital	3 miles
15. MCL Cafeteria	1 mile
16. Oak Creek Park	2 miles
17. Oak Park	2 miles
18. Oakview Elementary	2 miles
19. Orchard Park Elementary	2 miles
20. Polen Farm	2 miles
21. Pondview Park	2 miles
22. Prass Elementary	2 miles
23. Presidential Banquet Center	1.5 miles
24. Southdale Elementary / Park	2 miles
25. Southern Hills Park	1.7 miles
26. State Farm Park	2 miles
27. Tait Park	1.5 miles
28. Van Buren Park	2 miles
29. Wenzler Park	2 miles

WALKING TIPS

Wear comfortable, supportive soft-soled shoes. If walking in warm weather, make sure to drink plenty of fluid. When walking, use the F.I.T. formula for fitness benefits.

- F = Frequency (how often) — 3-5 times per week
- I = Intensity (how hard) — Use the perceived exertion chart (12-14)
- T = Time (how long) — 20-60 minutes

3 BASIC WALKING STRIDES

- Strolling — 3 mph with arms swinging loosely at sides
- Brisk — 4 mph with energetic arm motion
- Race walking — 5 mph with quicker steps and arms pumping harder

STRETCHING

Stretching is an important part of any exercise program. It can help improve your flexibility along with decreasing your risk of injury and muscle soreness.

Stretching Tips

- Always warm up your muscles before stretching.
- Stretch to the point of mild tension, not pain.
- Do not perform any motion which is painful.
- Don't bounce — the stretch should be slow and held for 10-30 seconds.
- Stretch before and after exercise. Stretching after exercise will help to increase your flexibility.

PERCEIVED EXERTION CHART

The chart below is used to subjectively determine the correct intensity of your workout. It is especially useful for those who are on medications which effect the heart rate. A moderate level would be exercising at a level of 12-14 on the chart.

7	Very, very light	14
8		15 Hard
9	Very light	16
10		17 Very hard
11	Fairly light	18
12		19 Very, very hard
13	Somewhat hard	

