

# Marion Franklin Community Recreation Center

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2801 Lockbourne Rd. Columbus, OH 43207  
(614) 645-3160  
Center Manager: Anthony Dawkins



**2015 Fall (1) Program Session**  
Registration: Sept. 1 - Sept. 4, 2015  
Session: Sept. 9 - October 24, 2015

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## Seniors Hours of Operation:

Sunday - Closed  
Monday - 8:00am to 5:00pm  
Tuesday - 8:00am to 5:00pm  
Wednesday - 8:00am to 5:00pm  
Thursday - 8:00am to 5:00pm  
Friday - 8:00am to 5:00pm  
Saturday - Open

## Community Hours of Operation:

Sunday - Closed  
Monday - Closed  
Tuesday - 12:00pm to 9:00pm  
Wednesday - 12:00pm to 9:00pm  
Thursday - 12:00pm to 9:00pm  
Friday - 12:00pm to 9:00pm  
Saturday - 9:00am to 6:00pm

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RECREATION AND PARKS  
DEPARTMENT



*This institute is an equal opportunity provider and employer.*

## MONDAY

- 8:30-4:30 Fitness Room (A) Monday-Friday (\$10.00 fee per session for ages 50+) (\$15.00 for 19-49 per session) or (\$60 19-49 , \$40 50+ annual passes)
- 9:00-10:00 Aerobics (A) (32707) (M-W)
- 10:00-12:00 50+ Basketball (A)
- 8:30 –3:00 Open Walking Program (A)
- 8:30-10:00 Senior tennis (A)
- 11:00-12:00 Yoga with fitness ball (A) (32855)
- 10:00-12:00 Billiards (A)
- 10:00-11:00 Int. Line Dance (32711)
- 11:15-12:30 Sign Language (A) (32712)
- 11:00-12:00 Chair Volleyball (A) (32715)
- 11:00-12:00 Tai Chi (A) (\$35.00) (32714)
- 1:00-3:00 Gardening (A) (32716)
- 1:00 –4:30 Needlework Social Club (A)
- 2:30-3:30 Underground Railroad Class (A) (meeting 1st & 3rd. Mondays) (32717)
- 12:00-5:00 Bid Whist (A) (32713)

## TUESDAY

- 8:30-3:00 Open Walking Program (A)
- 9:00-10:00 Stretching (A)(32718)
- 10:00-12:00 Drawing (A) (32841)
- 10:00-11:00 Line Dance Workout (A) (32719)
- 10:00-11:00 Aerobics (A) (32720) (T-TH)
- 10:00-12:00 Billiards (A)
- 11:30-1:00 Lunch Program Lifecare Alliance (\$)
- 11:00-12:00 Ab Work-Out (Medium Impact) (A)(32722)
- 12:00 - 6:00 Bid Whist (A) (32713)
- 10:00-11:00 National Arthritis Foundation Exercise Program (A) (32721)
- 11:00-12:00 Chair Volleyball (A) (32715)
- 1:00-3:30 Pickleball (A) (32807)
- 1:00-2:30 Ceramics (A) (32828)
- 1:00-2:00 Mens' Line Dance (MEN ONLY)( A) (32834)
- 2:00-3\_00 Men in Black (Members only)

## TUESDAY (CONT.)

- 6:00-7:30 Beginning volleyball for girls (E,T)
- 6:00-6:45 Jazz-Ballet Medley I (E,) (32800) (\$35.00)
- 6:45-7:45 Jazz/ballet Medley II(E,T) (32836) (\$35.00)
- 6:30-7:30 Karate (E,T,A) \$35.00 fee (Tues-Thurs .) (32800)
- 5:30-6:30 Line Dance (A) Beg. \$20.00 fee Tue-Thu (32802)
- 7:00-8:30 Urban Ballroom Dancing (A) \$25 (32444)
- 7:30-8:45 Group games (T)

## WEDNESDAY

- 8:30-10:00 Senior tennis (A)
- 9:00-3:00 Open Walking Program
- 10:00-12:00 Billiards (A)
- 9:00-10:00 Aerobics (A) (32707)
- 10:00-11:00 Int. Line Dance (32711)
- 11:00-12:00 Tai Chi (A) \$25.00 (32804)
- 10:00-12:00 50+ Basketball (A)
- 11:00-12:00 Yoga with fitness ball (A) (32855)
- 11:15-12:15 Line Dance (Beginners) (A) (30484)
- 11:00-12:00 Chair Volleyball (A) (32715)
- 11:30-1:00 Lunch Program Lifecare Alliance (\$)
- 12:00-3:00 Po-ken-o (A)
- 12:00-? Bid whist (A) (32713)
- 1:00-3:00 Memories Creative Writing class (A)
- 6:00-7:00 Zumba (A) (32805) (7 wks.) \$25.00
- 6:00-7:30 Soccer practice (ages 4-12 yrs. old)
- 6:00-8:00 Badminton (T,A)

### Legend:

(PK) Pre School

(E) Elementary

(T) Teens

(A) Adults



### Wellness Clinic

#### Hours

Monday-Friday

8:00am-4:30pm

## THURSDAY

- 8:30-3:00 Open Walking Program (A)
- 8:30-10:00 Senior Tennis (A)
- 9:00-10:00 Total Stretch (A)(32718)
- 10:00-11:00 Line Dance Workout (Med. Impact) (32719)
- 10:00-11:00 *National Arthritis Foundation Exercise Program* (A) (32721)
- 10:00-12:00 Drawing (A) (32841)
- 10:00-11:00 Aerobics (A) (32720)(T-TH)
- 11:00-12:00 Chair Volleyball (A) (32715)
- 11:30-1:00 *Lunch Program Lifecare Alliance* (\$)
- 11:00-12:00 Ab Work-Out (Med. Impact) (A) (32722)
- 12:00-2:00 Pickle ball (A) (32807)
- 12:00 - 6:00 Bid Whist (A) (32713)
- 1:00-2:00 Mens' Line Dance (MEN ONLY)(A) (32834)
- 1:00-3:00 Needlework Social Club (A)
- 1:00-2:30 Ceramics (A) (32828)
- 5:00-6:00 Ceramics (T)
- 6:00-6:45 Jazz-Ballet Medley I (ages 5-7) (32800) (\$35.00)
- 6:00-7:00 Art (E,T)
- 6:30-7:45 Basketball clinics (4-12 years old co-ed)
- 6:45-7:45 Jazz/ballet Medley II(E,T) (32836) (\$35.00)
- 6:30-7:30 Karate (E,T,A) \$35.00 fee Tues-Thurs (32800)
- 5:30-6:30 Line Dance (Beg) \$20.00 fee Tue-Thurs (32802)
- 6:00-9:00 Open Volleyball (T,A)

## FRIDAY

- 8:30-10:00 Senior tennis (A)
- 8:30-3:00 Open Walking Program (A)
- 9:00-10:00 Stretch & Tone (32718) (A)
- 10:00-12:00 50+ Basketball (A)
- 10:00-11:00 Int. Line Dance (A) (32711)
- 10:00-12:00 Billiards (A)
- 11:00-12:00 Chair Volleyball (A) (32715)
- 11:15-12:30 Sign Language (A) (32712)

## FRIDAY (CONT.)

- 12:00-5:00 Tripoley (A)
- 11:15-12:00 Chair Yoga (A) (32832)
- 12:00- ? Bid Whist (A) (32713)
- 1:00-6:00 Pinochle (A)
- 5:00-6:00 Get better class (teen girls only)
- 6:00-7:30 Floor Hockey (E.T)
- 6:00-9:00 Family Fun Night (E,T,A)

Bargain Shopping  
4th Wednesday of  
month..\$5.00 fee.

## SATURDAY

- 9:00-1:00 Soccer games (ages 4-12 boys and girls)
- 12:00-2:00 Tennis (E,T)
- 1:00-5:00 Table games (T)
- 2:00-5:30 Group Games (T)



1st Wednesday of each  
month  
Diabetes support  
group walking  
Club. **Noon**

Book Club  
1st Wednesday of  
month.



Bingo every **1st and 3rd**  
Tuesday of the month.

**Upcoming event**

Soccer ages 4-12 yrs. old boys and girls (\$10.00 fee) 1st game September 19th sign-up now

**OCTOBER 1st**

**Basketball Registration \$40.00 fee**

**Free produce give away**

September 24th @ 2:00pm

October 22 @ 2:00pm

**Flea Market**

October 22nd. Tables members \$10 ea. Or 2 for \$15 non-members \$15 ea. or 2 for \$25.

**Harvest party for kids 12 and under**

October 27th 5:30-7:00pm

*Please support your center Day  
trips.*

**Volunteers needed to help  
make Marion Franklin Center  
a successful Community**