

# Marion Franklin Community Recreation Center

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



**2016 Spring Program Session**  
Registration: Begins March 15, 2016  
Session: March 22 - May 21, 2016

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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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[WWW.COLUMBUSRECPARKS.COM](http://WWW.COLUMBUSRECPARKS.COM)

*Register for classes:*

[APM.ACTIVECOMMUNITIES.COM/  
COLUMBUSRECPARKS](http://APM.ACTIVECOMMUNITIES.COM/COLUMBUSRECPARKS)



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) (37528) (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) (37530)
- 10:00-12:00 Billiards (A)
- 10:00-11:00 Int. Line Dance (37532)
- 11:00-12:00 Chair Volleyball (A) (37534)
- 11:00-12:00 Tai Chi (A) (\$25.00) (37535)
- 12:00-2:00 Everyday sign language (A) (37626)
- 1:00-3:00 How to use your cell phone/ tablet (A) (37625) (NEW)
- 1:00 –4:30 Needlework Social Club (A)
- 2:30-3:30 Underground Railroad Class (A) (meeting 1st & 3rd. Mondays) (37536)
- 12:00-5:00 Bid Whist (A) (37537)

## TUESDAY

- 8:30-3:00 Open Walking Program (A)
- 9:00-10:00 Stretching (A)(37538)
- 10:30-12:00 Drawing (A) (37539)
- 10:00-11:00 Line Dance Workout (A) (37540)
- 10:00-11:00 Aerobics (A) (37541) (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)(37542)
- 12:00 - 6:00 Bid Whist (A) (37537)
- 10:00-11:00 National Arthritis Foundation Exercise Program (A) (37554)
- 11:00-12:00 Chair Volleyball (A) (37534)
- 1:00-3:30 Pickleball (A) (37543)
- 1:00-2:30 Ceramics/pottery (A) (37544)
- 1:00-2:00 Men Line Dance (MEN ONLY)( A) (37545)
- 2:00-3\_00 Men in Black (Members only)

## TUESDAY (CONT.)

- 6:30-7:30 Ceramics (E,T)
- 5:00-6:00 Girls volleyball (E,T)
- 6:00-7:30 Girls softball (ages 7-13 yrs. old)
- 6:00-6:45 Jazz-Ballet Medley I (E,) (37546) (\$35.00)
- 6:45-7:45 Jazz/ballet Medley II(E,T) (37547) (\$35.00)
- 6:30-7:30 Karate (E,T,A) \$35.00 fee (Tues-Thurs.) (37548)
- 5:30-6:30 Line Dance (A) Beg. \$20.00 fee Tue-Thu (37549)
- 6:00-8:00 Adult volleyball
- 7:00-8:30 Urban Ballroom Dancing (A) \$25 (37550) (NEW)

## 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) (37528)
- 10:00-11:00 Int. Line Dance (37532)
- 11:00-12:00 Tai Chi (A) \$25.00 (37551)
- 10:00-12:00 50+ Basketball (A)
- 11:00-12:00 Yoga with fitness ball (A) (37530)
- 11:15-12:15 Line Dance (Beginners) (A)(37552)
- 11:00-12:00 Chair Volleyball (A) (37534)
- 11:30-1:00 Lunch Program Lifecare Alliance (\$)
- 12:00-3:00 Po-ken-o (A)
- 12:00-9:00 Bid whist (A) (37537)
- 1:00-3:30 Pickleball (A) (37543)
- 1:00-3:00 Memories Creative Writing class (A)
- 6:00-7:00 Zumba (A) (37553) (8 wks.) \$25.00
- 6:00-7:30 Girls power hour (E,T)
- 6:00-7:30 Soccer practice (E)

### Legend:

- (PK) Pre School
- (E) Elementary
- (T) Teens
- (A) Adults



### Breakfast & a Movie

3rd Wednesday of month  
\$10.00 transportation and  
movie

### Wellness Clinic

#### Hours

Monday-Friday  
8:00am-4:30pm

minton

## THURSDAY

- 8:30-3:00 Open Walking Program (A)
- 8:30-10:00 Senior Tennis (A)
- 9:00-10:00 Total Stretch (A)(37538)
- 10:00-11:00 Line Dance Workout (Med. Impact) (37540)
- 10:00-11:00 *National Arthritis Foundation Exercise Program* (A) (37554)
- 10:30-12:00 Drawing (A) (37539)
- 10:00-11:00 Aerobics (A) (37541)(T-TH)
- 11:00-12:00 Chair Volleyball (A) (37534)
- 11:30-1:00 *Lunch Program Lifecare Alliance* (\$)
- 11:00-12:00 Ab Work-Out (Med. Impact) (A) (37542)
- 12:00-2:00 Pickle ball (A) (37543)
- 12:00 - 6:00 Bid Whist (A) (37537)
- 1:00-2:00 Men Line Dance (MEN ONLY)( A) (37545)
- 1:00-3:00 Needlework Social Club (A)
- 1:00-2:30 Ceramics/pottery (A) (37544)
- 5:00-6:00 Art (E,T)
- 6:00-8:00 Get better class (teen girls only)
- 6:00-7:30 Boys baseball (ages 7-12 Yr. old)
- 6:00-6:45 Jazz-Ballet Medley I (ages 5-7) (37546) (\$35.00)
- 6:30-7:30 Girls volleyball (E,T)
- 6:45-7:45 Jazz/ballet Medley II(E,T) (37547) (\$35.00)
- 6:30-7:30 Karate (E,T,A) \$35.00 fee Tues-Thurs (37548)
- 5:30-6:30 Line Dance (Beg) \$20.00 fee Tue-Thurs (37549)
- 7:30-8:45 Group games (T)

## FRIDAY

- 8:30-10:00 Senior tennis (A)
- 8:30-3:00 Open Walking Program (A)
- 9:00-10:00 Stretch & Tone (37538) (A)
- 9:15-10:00 Chair Yoga (37611)(A)
- 10:00-12:00 50+ Basketball (A)
- 10:00-11:00 Int. Line Dance (A) (37532)
- 10:00-12:00 Billiards (A)
- 11:00-12:00 Chair Volleyball (A) (37531)

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

## FRIDAY (CONT.)

- 12:00– 9:00 Bid Whist (A) (37537)
- 3:30-5:30 Group games €
- 6:00-7:15 T-Ball (co-ed ages 4-6 yrs. old)
- 6:00-7:00 Art Science (E,T)
- 6:00-9:00 Family Fun Night (E,T,A)

## SATURDAY

- 9:00-1:00 Soccer games AGES (4-12)( CO-ED)
- 1:00-3:00 Group Games (E,T)
- 1:00-5:00 Table games (T)
- 2:00-3:00 Ceramics (E,T)
- 3:00-5:45 basketball (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**

**March 2016**

Spring soccer sign-ups ages 4-12 years old

**March 26, 2016**

Annual Egg Hunt

Ages 12 and under 10AM sharp

**April 2016**

Baseball/softball/t-ball sign-ups \$30.00 fee

**April 2016**

Free produce give a-ways 4th Thursdays

**May 13th 2016**

Annual Dance recital

6:00PM

*Please support your center Day  
trips.*

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

New for 2016 the cost for the 50+ memberships are free.