

# Marion Franklin Community Recreation Center

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2801 Lockbourne Rd. Columbus, OH 43207

(614) 645-3160

Center Manager: Anthony Dawkins



## 2016 Winter Program Session

Registration: Begins January 5, 2016

Session: January 12 - March 12, 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)



*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) (35451 (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) (35660)
- 10:00-12:00 Billiards (A)
- 10:00-11:00 Int. Line Dance (35452)
- 11:00-12:00 Chair Volleyball (A) (35453)
- 11:00-12:00 Tai Chi (A) (\$25.00) (35455)
- 1:00-3:00 How to use your cell phone/ tablet (A) (35651) (NEW)
- 1:00 –4:30 Needlework Social Club (A)
- 2:30-3:30 Underground Railroad Class (A) (meeting 1st & 3rd. Mondays) (35454)
- 12:00-5:00 Bid Whist (A) (35460)

## TUESDAY

- 8:30-3:00 Open Walking Program (A)
- 9:00-10:00 Stretching (A)(35456)
- 10:00-12:00 Drawing (A) (35652)
- 10:00-11:00 Line Dance Workout (A) (35457)
- 10:00-11:00 Aerobics (A) (35458) (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)(35459)
- 12:00 - 6:00 Bid Whist (A) (35460)
- 10:00-11:00 National Arthritis Foundation Exercise Program (A) (35661)
- 11:00-12:00 Chair Volleyball (A) (35453)
- 1:00-3:30 Pickleball (A) (35461)
- 11:15-2:30 Ceramics/pottery (A) (35616)
- 1:00-2:00 Men Line Dance (MEN ONLY)( A) (35462)
- 2:00-3\_00 Men in Black (Members only)

## TUESDAY (CONT.)

- 5:00-6:30 Ceramics (E,T)
- 6:00-830 Basketball practice (E,T)
- 6:00-6:45 Jazz-Ballet Medley I (E,) (35463) (\$35.00)
- 6:45-7:45 Jazz/ballet Medley II(E,T) (35464) (\$35.00)
- 6:30-7:30 Karate (E,T,A) \$35.00 fee (Tues-Thurs .) (35465)
- 5:30-6:30 Line Dance (A) Beg. \$20.00 fee Tue-Thu (35466)
- 7:00-8:30 Urban Ballroom Dancing (A) \$25 (35467) (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) (35451)
- 10:00-11:00 Int. Line Dance (35752)
- 11:00-12:00 Tai Chi (A) \$25.00 (35468)
- 10:00-12:00 50+ Basketball (A)
- 11:00-12:00 Yoga with fitness ball (A) (35660)
- 11:15-12:15 Line Dance (Beginners) (A)(35615)
- 11:00-12:00 Chair Volleyball (A) (35453)
- 11:30-1:00 Lunch Program Lifecare Alliance (\$)
- 12:00-3:00 Po-ken-o (A)
- 12:00-? Bid whist (A) (35460)
- 1:00-3:30 Pickleball (A) (35461)
- 1:00-3:00 Memories Creative Writing class (A)
- 6:00-7:00 Zumba (A) (35469) (8 wks.) \$25.00
- 6:00-7:00 Art (E,T)
- 6:00-830 Basketball practice (E,T)
- 6:00-8:00 Get better class (teen girls only)

### 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

## THURSDAY

- 8:30-3:00 Open Walking Program (A)
- 8:30-10:00 Senior Tennis (A)
- 9:00-10:00 Total Stretch (A)(35456)
- 10:00-11:00 Line Dance Workout (Med. Impact) (35457)
- 10:00-11:00 *National Arthritis Foundation Exercise Program* (A) (35661)
- 10:00-12:00 Drawing (A) (35652)
- 10:00-11:00 Aerobics (A) (35458)(T-TH)
- 11:00-12:00 Chair Volleyball (A) (35453)
- 11:30-1:00 *Lunch Program Lifecare Alliance* (\$)
- 11:00-12:00 Ab Work-Out (Med. Impact) (A) (35459)
- 12:00-2:00 Pickle ball (A) (35461)
- 12:00 - 6:00 Bid Whist (A) (35460)
- 1:00-2:00 Men Line Dance (MEN ONLY)(A) (35462)
- 1:00-3:00 Needlework Social Club (A)
- 11:15-2:30 Ceramics/pottery (A) (35616)
- 5:00-6:00 Art (E,T)
- 6:00-8:00 Get better class (teen girls only)
- 6:00-6:45 Jazz-Ballet Medley I (ages 5-7) (35463) (\$35.00)
- 6:00-8:30 Basketball practice (E,T)
- 6:45-7:45 Jazz/ballet Medley II(E,T) (35464) (\$35.00)
- 6:30-7:30 Karate (E,T,A) \$35.00 fee Tues-Thurs (35465)
- 5:30-6:30 Line Dance (Beg) \$20.00 fee Tue-Thurs (35466)

## FRIDAY

- 8:30-10:00 Senior tennis (A)
- 8:30-3:00 Open Walking Program (A)
- 9:00-10:00 Stretch & Tone (35456) (A)
- 9:15-10:00 Chair Yoga (35658)(A)
- 10:00-12:00 50+ Basketball (A)
- 10:00-11:00 Int. Line Dance (A) (35452)
- 10:00-12:00 Billiards (A)
- 11:00-12:00 Chair Volleyball (A) (35453)
- 12:00-2:00 Everyday sign language (A) (35659)

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

## FRIDAY (CONT.)

- 12:00– 9:00 Bid Whist (A) (35460)
- 3:30-5:30 Group games (E)
- 6:00-9:00 Basketball Leagues (9-12 yr. olds)

## SATURDAY

- 9:00-3:00 Basketball Leagues(4-8 YR. OLDS) CO –ED)
- 1:00-3:00 Girls Fitness (E,T)
- 1:00-5:00 Table games (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**

**November 2015-March 2016**

Indoor Produce Stand

Every 1st/3rd/5th Friday and every 2nd/4th Thursday

March 2016

Spring soccer sign-ups

January 13th

Lunch and Learn cost \$10.00

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

*Please support your center Day  
trips.*

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