

# Fall Session 1 2014



## Monday

8:00-9:30 Walking Group  
 9:00-12:00 Mosaics & Beading  
 9:00-12:00 Intro to Water Colors (New)  
 10:00-11:00 Beginner Line Dance  
 10:00-12:00 Computer for Beginners  
 11:00-12:00 Learn to Play Piano  
 12:00-12:45 Yoga w/Adam (Toning)  
 1:00-3:00 Creative Sewing  
 1:30-2:30 ADD Art ( Special Needs )  
 1:00-3:30 Chair Volleyball  
 1:00-4:00 Woodworking  
 3:00-5:00 Scrapbooking/Crafts

## Tuesday

8:00-9:30 Walking Group  
 9:00-9:30 Stand-Up Beach Volleyball  
 10:00-12:00 Senior Stretching & Fitness  
 10:00-11:00 Pickle ball (New Time)  
 11:00-12:00 Zumba (New)  
 11:00-2:00 Coffee, Watercolor & Nature  
 12:00-12:45 Tai-Chi for fun and fitness  
 12:30-2:30 Progressive Euchre  
 12:30-3:00 Adult Basketball  
 1:00-2:30 Chorus  
 1:30-4:30 Sewing (50+)  
 2:00-3:30 Ceramics  
 4:30-6:00 Kids Fashion Club  
 4:45-5:45 Teenage Weightlifting  
 5:30-8 :00 Boxing  
 6:00-7 :00 Basketball Skills  
 6:30-8 :00 Cheerleading  
 6:30-8:00 Family Ceramics  
 7:00-8:00 Flag Football

## Wednesday

8:00-9:30 Walking Group  
 9:00- 10:00 Zumba ( Fee)  
 9:00-11:00 Express Yourself Painting  
 9:00-11:30 New Card Games (Fun! Learn!)  
 9:00-1:00 Service Circle  
 10:00-11:00 Clogging Practice  
 10:00-12:00 Computer for Beginners  
 11:30-12:00 Wii Jeopardy Challenge  
 12:00-1:00 Belly Dancing Class  
 1:00-3:00 Knitting/Crocheting  
 1:00-2:00 Beginner Spanish/Tutorial  
 1:00-2:30 Crochet  
 2:00-3:00 Spanish Class (Continuing)  
 3:30-5:00 Seasonal Arts/Crafts (New)  
 3:00-4:00 Theatre ( Acting )  
 5:30-8 :00 Boxing  
 6:00-7:00 Soccer Practice  
 6:30-8:30 Girls 3 on 3 Basketball League  
 7:00-8:30 Adult Fitness

## Thursday

8:00-9:30 Walking Group  
 9:00-9:30 Stand Up Beach Volleyball  
 9:00-9:30 Dodge Diet Club  
 10:00-10:50 Shuffleboard  
 10:00-12:00 Senior Stretching & Fitness  
 10:30- 11:30 Nutrition Class  
 11:00-12 :00 Zumba (New)  
 11:00-12:00 Bingo  
 11:00-1:00 You Sew Fine (New)  
 12:00-1:00 Pokeno  
 1:00-2:30 Tripoley  
 1:00-3:00 Chair Volleyball  
 1:30-3:30 Painting & Poetry (New)  
 4:30-6:00 Act Up Drama  
 4:45-5:45 Teenage Weightlifting  
 5:30-8 :00 Boxing  
 5:30-8:30 Pee Wee Basketball Clinic  
 6:00-7:00 Basketball Skills  
 6:30-8 :00 Cheerleading  
 6:30-8:00 Family Fun Arts/Crafts

## Friday

8:00-9:30 Walking Group  
 9:00-12:00 Recycle Art  
 10:00-10:45 Yoga w/Adam (Easy Stretch)  
 10:00-2:00 Ceramics  
 1:00-3:00 Woodworking (call for avail)  
 1:00-2:30 Line Dance  
 1:00-3:00 Mixed Media Arts  
 1:00-4:00 Sewing  
 3:30-5:00 Ceramics  
 5:30-8:00 Boxing  
 6:00-7:00 Crocheting  
 6:00-7:00 Soccer Practice  
 7:00-8:00 Jewelry Making  
 7:00-8:30 Adult Fitness



## Saturday

10:00-12:00 Everything Fitness (Y/A)  
 10:00-12:00 Cheerleading  
 10:00-11:30 Drawing  
 10:00-1:00 Boxing  
 11:30-12:30 ASP Karate  
 1:00-3:00 Wrestling  
 2:00-4:00 Senior Games

**\*\*Soccer League Schedules will vary...please check with your coach**

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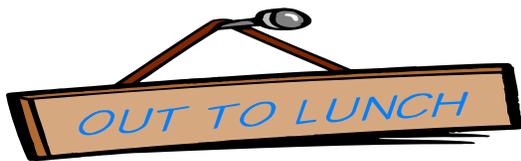


## Dodge Memberships

**50+ Memberships:** For anyone over age 50, the prorated annual member fee is \$5 (You will receive monthly newsletters regarding upcoming events, trips, and programs at Dodge and other Columbus Rec. & Park 50+ centers)

### **Associate Memberships**

Ages 18-49 class fee: All activities before 3pm require a prorated \$5 annual fee for Associate membership



Join us for lunch at our Canteen!  
Operating Hrs: Mon-Fri, 11:00-12:15  
(Tuesday 11:30-12:30)

### Dodge Boxing Program:

Available to students 8 years and up

#### Boxing Fees:

Adults (18 and older): \$35 per session

Professionals: \$50 per session

Anyone wishing to join Dodge's Boxing Team must pay a \$50 yearly fee.

Those under 18 must have coach supervision to access boxing & fitness rooms.

## Leisure Cards

The Columbus Recreation & Parks Department requires Leisure Cards be used to gain entry to facilities and to register for classes.

Cards are \$1 and are good for 1 year.



### \*\*\*\*\* Fitness Passes \*\*\*\*\*

To use the fitness room you will need to purchase a fitness membership for each session. Session Fees: \$30

*50+ Members receive a discount rate of \$15 per session*



# Dodge Recreation Center

667 Sullivant Ave.

(614) 645-3176 or (614) 645-8151

[www.columbusrecparks.com](http://www.columbusrecparks.com)



### **Fall I SESSION:**

**Sept. 8-Oct 24**

**(Registration Week: Sept. 2-5)**

### Hours of Operation:

**Monday: 8am-4:45pm**

**Tuesday-Friday : 8am-8:45pm**

**Saturday: 9am-5:45pm**

### **Fall II Registration:**

**Oct 27-31st**