



## Daily Activities: (Mon-Fri)

### **Walking Group 8-9:00**

### **Pinocle 12-5**

### Monday

9-12:00	Mosaics & Beading
9-12:00	Intro to Water Colors
10-11:00	Beginner Line Dance
10-12:00	Computer for Beginners
10-10:45	Chair Fitness (begins Mar. 30)
11-12:00	Learn to Play Piano!!
11-11:50	No-pain Yoga (begins Mar. 30)
1-3:00	Wood Shop (begins Mar. 30)
1-3:00	Creative Sewing
1-3:30	Chair Volleyball
2:30-3:30	Painting & Mixed Media
3:30-4:45	Scrapbook Art
6:30-8	T-ball Practice

### Tuesday

9-9:30	Stand-Up Beach Volleyball
9-1:00	Quilting
10-11:00	Pickleball (Indoor tennis!)
11-12:00	Senior stretch & fitness
11-1:00	Intro into drawing
11:30-12:20	Tai-Chi
12:30-2:00	Euchre group (need new folks)
1-2:30	Chorus
1-3:00	Painting Step-by-Step
1:30-4:30	Sewing (50+)
3-4:30	Total Body Fitness
4:30-6	Quick crafts for kids
5:00-8	Basketball skills/games
5:30-8	Boxing
6:00-7:30	Family Ceramics
6:00-7	Zumba (Adult)
7:00-8	Line Dancing
7-8:00	Crochet (ages 7 & up)
6:30-8	Coach Pitch Games

### Wednesday

9-1:00	Service Circle
9-10:00	Spanish for Beginners! (begins Apr. 1)
9-11:00	Express Yourself Painting
10-11:00	Clogging Practice
10-12:00	Computer Class
10-10:45	Chair Fitness (begins April 1st)
11-11:50	No-Pain Yoga (begins April 1st)
1-3:00	Knitting/Crocheting
1-3:00	Conversational Spanish (advanced)
3-5:00	Theatre Without Fear! (starts Apr 1)
3-4:30	Total Body Fitness
3-5:00	Seasonal Crafts
5-7:00	Soccer Practice
5:30-8	Boxing
5:45-7	Teenage Weight Lifting
6:30-8:30	Coach Pitch Games



### Thursday

9-9:30	Stand-Up Beach Volleyball
9:30-10:30	Dodge Get Fit Club
9:45-10:15	Pickleball
10:15-10:55	Shuffleboard
11-11:55	Bingo!
11-1:00	You Sew Fine
12:30-2:30	Tripoley!
1-3:00	Chair Volleyball
1:30-3:30	Chinese Brush Painting
3:00-4:30	Total Body Fitness (adult)
5-6:30	Paper Crafts for Kids
5-8:00	Basketball skills/games
5:30-8	Boxing
5:45-7	Teenage Weightlifting
6:30-7:45	Family Night Painting & Drawing
6:30-8	Cheer

### Friday

9-10:00	Senior Strength & Fitness
9-11:30	Mexican Train Dominoes
9-12:00	Recycle Art
10-11	Yoga (by appointment only)
10-12:00	Ceramics
1-3:00	Dodge Handymen /Woodshop
1-3:00	Line Dance!
1-3:00	Mixed Media Sculpture
1-3:00	Senior Games
1-4:00	Sewing
3-4:30	Total Body Fitness
3:30-5	Kids Ceramics
5:30-8	Boxing
5-7:00	Soccer Practice (ages 5-14)



### Saturday

9-10:30	Total Body Fitness
9-12:00	Soccer Games
10:00-12	Cheer
11:30-12:30	Karate
10-1	Boxing
1-3:00	Wrestling

## Special Events!

- **Free Produce Drop:** Apr. 3, 17, May 1, 15, 29
- **Easter Egg Hunt:** Apr. 4th 10am Sharp!
- **Walk With The Doc:** Begins April 11th 8:30am (every 2nd & 4th Sat until Nov!)
- **Rec Club Registration: April 14th**
- **Dodge Community Garage Sale:** May 9th 9am-3pm. Vendors \$5 per table.

## Dodge Memberships

**50+ Memberships:** For anyone over age 50, the annual member fee is \$15. (You will receive monthly newsletters regarding upcoming events, trips, and programs at Dodge and other Columbus Rec. & Park 50+ centers)

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



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### 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 Traveling Boxing Team must pay a \$60 Ohio Boxing Association fee. For passbook.



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.



### **\*\*\*\* Get Active Fitness Passes \*\*\*\***

Ages 18-49 - \$15 per Session or \$60 annually

50+ Members - \$10 per Session or \$40 annually

14-17 - Free accompanied by a paying adult/guardian or instructor.



# Dodge Recreation Center

667 Sullivant Ave.

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

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



### **SPRING SESSION:**

**50+ Spring programs end May 23rd**  
**All other programs end May 16th**

### Hours of Operation:

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

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

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

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**Summer Registration Week**

**June 2nd-6th**

**Summer classes begin June 9th**

**\*\*Center will be closed**

**May 25th-May 30th for cleaning\*\***

**Fitness room will be open limited hours this week**