Holton Community Recreation Center

303 N. Eureka Ave. Columbus, OH 43204
(614) 645-3208
Center Manager: Bryana Ross

2015 Fall (1) Program Session

Registration: August 31 - Sept. 4, 2015
Session: Sept. 9 - October 24, 2015

Hours of Operation:

Sunday - Closed
Monday - 5:30pm to 9:00pm
Tuesday - 10:00am to 9:00pm
Wednesday - 4:00pm to 9:00pm
Thursday - 11:00am to 9:00pm
Friday - 12:00pm to 9:00pm
Saturday - 9:00am to 6:00pm

THE CITY OF COLUMBUS
MICHAEL B. COLEMAN, MAYOR
RECREATION AND PARKS DEPARTMENT

WWW.COLUMBUSRECPARKS.COM

APM.ACTIVECOMMUNITIES.COM/
COLUMBUSRECPARKS

This institute is an equal opportunity provider and employer.

REGISTRATION POLICIES

- ⇒ Everyone 6 years and older must have a leisure card to enter the building or register for classes. Cards are $1.00 for a one-year membership. If lost within 1 year, there is a $1.00 replacement fee.
- ⇒ All payments must be received at time of registration or at check in for per class fees in order to participate or to secure the class spot.
- ⇒ Registration can also be done online at https://apm.activecommunities.com/columbusrecparks
- ⇒ Cash, checks, and credit cards are accepted for classes ***EXCEPT MATERIALS FEE (Mtls.) CLASSES.*** Checks for classes are made payable to City of Columbus. There is an additional 20% class fee for NON-RESIDENTS.
  Material fees (Mtls.) are to be paid at the front desk by *cash only*.
- ⇒ Ages are determined as of the first meeting of the class, unless otherwise noted. Any exceptions need to be made by the instructor and center manager.
- ⇒ ***Parents must remain in the building during class time for children ages 5 and under. NO EXCEPTIONS!***
- ⇒ Scholarships for children are available, depending on family income, through the **P.L.A.Y**. program. This program does **not** cover youth athletic leagues or material fees. This program will pay up to $20 of one class's fee per child per session. The scholarship money may **not** be split to pay part of two or more classes. Applications must be submitted by ***September 26th.***

CLASS DESCRIPTIONS

After School Adventures— (Tues-Fri— 4p) This is an afterschool scheduled program that each day provides various games and activities. It starts with an after school hot meal through the Children's Hunger Alliance. Games and creative arts will include, floor hockey, arts & crafts, ceramics, flag football, tennis, and gym games.

Beginner Archery— $$ (Fri- 5:30p) This class is for any person who has never taken an archery class. They will learn the basics of all parts of the bow and arrow and the proper technique to shoot properly. The $20 class fee can be used towards the P.L.A.Y. grant; however, documentation needs to be provided and application completed. The $10 materials fee cannot be used with P.L.A.Y. and is used to keep equipment at optimal standards.

Beginner Gymnastics— $$ (Mon– 5:45p) This class is for Level 1 and Level 2 ability. Beginner gymnastics allows participants to build up their skills to hopefully make the competitive team. The coach will make evaluations on level of skill. Participants part of the beginner gymnastics class are more than welcome to attend the competitions to watch and learn from other gymnasts. They will not be able to compete until they have been added to the team roster.

Core, Cardio, & Burn— $$ (Tu/Th– 6:30p) This is a high intense class to focus on engaging the core while keeping your heart rate up. All moves can be modified for different fitness levels, but this class is definitely designed to help push you to your goals! There is a $5 FIT Pass fee for the class which will get you full access to the fitness room for that session. A fitness waiver is required as well as a leisure card.

Cycle, Strength, & Core— $$ (Sat– 9:15a) This is a 75 minute class that focus on the entire body in all aspects: cardio, weight training, and core strength. This class is more for an intermediate to advanced fitness enthusiast as this class will push you to new limits. Material fees and waivers must be turned in and signed prior to first class.

Discover Columbus— (Fri– 6:00p) This program is designed for kids ages 8 yrs. and older to be able to "discover" new places within Columbus. Trips may include: college or professional sports outings, historical buildings, or landmarks throughout Columbus. Registration and transportation waiver must be completed. Some trips may have small fees. See staff for more information.

H.O.M.E.E. Program— (Fri– 6:30p) Helping **O**ther **M**en **E**xperience **E**xcellence. This program is designed to help young males ages 12 and older discuss different topics about life and growth. Trips throughout Columbus and other recreation centers to help them explore different areas. The H.O.M.E.E. program allows young males to make that first step to making a difference in their lives. Registration and transportation waiver must be completed.

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CLASS DESCRIPTIONS, cont'd…

Holton Majorette Dance Class— (Sat– 11:30a) This class is for any dance enthusiast who likes to learn new dances for fun. There is no need for prior dance experience. Those participating will learn modern dance, majorette dance, ballet, and hip hop dance.

Beginner Indoor Cycling— $$ (Wed– 7:30p) This is a 45 minute class for new cyclists or previous cyclists who need to work their way back to a cardio level that is high intense. In this class they will learn how to measure their bikes to fit properly and the different positions that would be included throughout the rides. Material fees and waivers must be turned in and signed prior to first class.

Intermediate Archery— $$ (Wed– 5:30p) This class is for any person that has already taken a beginner course in archery. This class will help improve your skill and technique. Different games and challenges will be played to get you to become a better archery shooter.

Mini Ballerinas — (Mon– 6p) This class is for any child 3-5 yrs. Old who is interested in learning the basics of ballet. It primarily focuses on movement, body awareness, and flexibility. Leotard and tights are recommended or loose clothing. The first class will **Sept 14th**

Team Gymnastics—$$ (Mon– @ Holton 6:30p/Sat- @Westgate 9:30a) This is a competitive team gymnastics program. Participants of this team will compete at meets December through May against other recreation centers in hopes of winning a spot in the City Wide Gymnastics in May. Acceptance onto the gymnastics team is determined by the coach and the level of skill the gymnast has. This program takes dedication and commitment. Attendance to practice is required to compete in the meets. There is a $50 fee that can be used with P.L.A.Y. Ask staff for more information. This fee does not cover costs of uniforms and any other needs. Fundraisers and other opportunities will be made available.

Tumble Tots Gymnastics— (Sat– 10am) is a perfect class for your child ages 3-5yrs. old to learn the basics of body awareness, body control, and balance. This is a very basic and introductory class that will build upon already known movements. This class can help your child in overall movement development while still having fun!

Weights for Women— (Tues– 5:30p) This class is designed to help women feel more comfortable with working out with weights, understanding how weightlifting can help you reach your goals, reaching your fitness goals. This is not a 1-on-1 personal training session; however, workouts will be given to you each week according to the goals that you have set and you will be able to work through the workout at your own pace. A leisure card, FIT pass, and fitness waiver must be signed prior starting the program.

Youth Indoor Cycling— $$ (Wed– 6:30p) This is a 30 min class for youth 10-17yrs. of age to be able to get in shape with cycling. They would be fitted for the bike to be able to ride properly without injury. They will ride to fun music and have a great time while getting in a great cardio workout! There are limited number of spaces available. You can choose to pay per class for $2 or for the entire 7 week session of $10. This class does not qualify for the P.L.A.Y. grant. Parents, while they are cycling you can be taking Zumba as well for only $2!

***Zumba— $$ (Tues/Thur– 11:15a)** This Zumba class is a great way to get moving and to get a good workout. You must register at the front desk and sign in at the front desk before each class. You can pay for each class for $2 or for the entire session for $15. If you register and attend the Health and Nutrition class on Tuesdays before Zumba your Tuesday class will be free.

SENIOR PROGRAMS

50+ Programs & Events are HERE!

Meeting Dates:

September 10th— Festival 50+. 10am-2pm. Franklin Park Adventure Center. *FREE!*

September 24th— Holton Fitness, Crafts, and Table Games. 12:30p-2:30p. *FREE!*

October 2nd— 50+ Walking Jamboree at Smith Farms. 9a-12p. *FREE!*

October 8th— Holton Fitness, Crafts, and Table Games. 12:30p-2:30p. *FREE!*

October 22nd— Golden Hobby Shop Trip. Time: TBD. Additional money suggested.

November 12th— Holton Fitness, Crafts, and Table Games. 12:30p-2:30p. *FREE!*

December 10th— Holton Fitness, Crafts, and Table Games. 12:30p-2:30p. *FREE!*

Transportation is available, first come first serve for up to 12 people.

For any questions or more information please speak with Holton Staff.

Free Fresh Produce

Sponsored by: Mid Ohio Food Bank

Location Site:

Holton Recreation Center

303 N. Eureka Ave.

Every 1st and 3rd Thursday

April 2nd-October 15th

3:00-8:30pm

or until all food runs out.

First come, First served! Rain or Shine!

Please bring YOUR OWN BAGS, BOXES, and CARTS to carry produce home!

TELL YOUR FAMILY, FRIENDS, and NEIGHBORS—

MAKE IT AN OUTING!

SPECIAL EVENTS:

PUNT, PASS, & KICK
Thursday, September 24th
5:30pm
Boys & Girls
Ages: 6-15

Ladies' Night Ceramics Workshop
September 23rd & October 28th

6:30pm-8:30pm

Make great holiday decorations, ornaments, and much more…

FREE!!!

Please register online: https://apm.activecommunities.com/columbusrecparks

Or register at the front desk. *Space is limited.*

Please note: You are registering to attend *BOTH* dates.

HOLTON'S FALL HARVEST

OCTOBER 23, 2015
5:30-7:30PM
AGES 12 & UNDER

Games, Candy, Face Paint, and Prizes.
Costume Contest!!!
And lots of FUN!

OSU Tailgating Party
Saturday, September 19th
Starting at 3:00pm
FREE!!!

Monday

Course #	Course	Start	End	Age	Instructor	Fee
32607	Ceramics	6:00p	7:30p	9+	Ms. Anderson	Free
32583	**Beginner Gymnastics (See Descriptions)**	**5:45p**	**6:30p**	**4-14**	**Natascha Cook**	**$25 P.L.A.Y.**
32582	**Team Gymnastics (See Descriptions)**	**6:30p**	**8:00p**	**5-18**	**Natascha Cook**	**$50 P.L.A.Y.**
32966	Mini Ballerinas **(See Descriptions)**	6:00p	6:45pm	3-5	Myleiah Thomas	Free

Tuesday

Course #	Course	Start	End	Age	Instructor	Fee
30415	Health and Nutrition Class	10:15a	11:00a	18+	Jennifer Acosta	Free
32590	**Zumba**	**11:15a**	**12:15p**	**18+**	**Esperanza Elliot**	**$2/$15***
32463	Children's Hunger Alliance† (Sept. 15th)	4:00p	5:00p	5-17	Jamar Harris	Free
32460	OrganWise Nutrition	4:00p	4:30p	5-17	Maggie Davis	Free
32609	*AfterSchool Adventures: Floor Hockey*	*4:00p*	*5:30p*	*6-12*	*Chris Hoye*	*Free*
32461	*AfterSchool Adventures: Ceramics*	*4:30p*	*6:00p*	*6-12*	*Ms. Anderson*	*Free*
32464	Mommy & Me Ceramics	6:00p	6:45p	3-5	Ms. Anderson	Free
32465	**Soccer Conditioning**	**6:00p**	**7:00p**	**8-12**	**Maggie Davis**	**$40/$50 Mtls.**
32466	**Youth Karate**	**6:30p**	**7:30p**	**6+**	**Ellis Jennings, Jr.**	**$30 P.L.A.Y.**
32467	**Core, Cardio, & Burn (See Descriptions)**	**6:30p**	**7:30p**	**18+**	**Jamar Harris**	**$5 FIT PASS**
32468	**Weights for Women (See Descriptions)**	**7:30p**	**8:15p**	**18+**	**Maggie Davis**	**$5 FIT PASS**

Wednesday

Course #	Course	Start	End	Age	Instructor	Fee
32463	Children's Hunger Alliance† (Sept. 15th)	4:00p	5:00p	5-17	Jamar Harris	Free
32460	OrganWise Nutrition	4:00p	4:30p	5-17	Maggie Davis	Free
32606	*AfterSchool Adventures: Arts & Crafts*	*4:30p*	*6:00p*	*6+*	*Ms. Anderson*	*Free*
32605	*AfterSchool Adventures: Tennis*	*4:30p*	*5:15p*	*9+*	*Maggie Davis*	*Free*
32473	**Intermediate Archery (See Descriptions)**	**5:30p**	**6:30p**	**8+**	**Maggie Davis**	**$20 PLAY $10 Mtls.**
32596/32598	**Zumba**	**6:30p**	**7:30p**	**18+**	**Richelle Ginn**	**$2/$12**
33669	**Youth Indoor Cycling (See Descriptions)**	**6:30p**	**7:00p**	**10-17**	**Bryana Ross**	**$2/$10 Mtls.**
32471	Youth Boxing @Dodge	6:30p	8:00p	8+	Terrence Hines	Free
32474	**Indoor Cycling (See Descriptions)**	**7:30p**	**8:15p**	**18+**	**Bryana Ross**	**$15 Mtls**

†Children's Hunger Alliance is a food program for children in grades K-12 that are registered and participate in our classes and programs.
* Zumba— Please see class description for this Tuesday class.

Thursday

Course #	Course	Start	End	Age	Instructor	Fee
32590	**Zumba**	**11:15a**	**12:15p**	**18+**	**Esperanza Elliot**	**$2/$15**
32679	Senior Trips, Fitness, and Activities	12:30p	2:30p	50+	Staff	Free
32593	**Fitness Orientation**	**1:00p**	**2:30p**	**18+**	**Maggie Davis**	**$5 FIT Pass**
32463	Children's Hunger Alliance† (Sept. 15th)	4:00p	5:00p	5-17	Jamar Harris	Free
32640	OrganWise Nutrition	4:00p	4:30p	5-17	Maggie Davis	Free
32606	*AfterSchool Adventures: Ceramics*	*4:30p*	*6:00p*	*6+*	*Ms. Anderson*	*Free*
32604	*AfterSchool Adventures: Flag Football*	*5:00p*	*6:15p*	*9-17*	*Jamar Harris*	*Free*
32603	Sisters With Choices	5:30p	7:00p	13-17	Charde Harris	Free
32465	**Soccer**	**6:00p**	**7:00p**	**8-12**	**Maggie Davis**	**$40/$50 Mtls.**
32466	**Youth Karate**	**6:30p**	**7:30p**	**6+**	**Ellis Jennings, Jr.**	**$30 P.L.A.Y.**
32467	**Core, Cardio & Burn (See Descriptions)**	**6:30p**	**7:30p**	**18+**	**Jamar Harris**	**See Back**

Friday

Course #	Course	Start	End	Age	Instructor	Fee
32593	**Fitness Orientation**	**1:00p**	**3:00p**	**18+**	**Jamar Harris**	**See Back**
32463	Children's Hunger Alliance† (Sept. 15th)	4:00p	5:00p	5-17	Jamar Harris	Free
32640	OrganWise Nutrition	4:00p	4:30p	5-17	Maggie Davis	Free
32611	*AfterSchool Adventures: Gym Games*	*4:30p*	*6:00p*	*6+*	*Robert Searcy*	*Free*
32472	**Beginner Archery (See Insert)**	**5:30p**	**6:30p**	**8+**	**Jamar Harris**	**$20 PLAY $10 Mtls.**
32531	Discover Columbus **(See Descriptions)**	6:00p	8:30p	8+	Maggie Davis	Free
32529	H.O.M.E.E. Program **(See Descriptions)**	7:00p	8:30p	12+	Jamar Harris	Free
32469	**Soccer (4-5)**	**6:00p**	**6:45p**	**4-5**	**Isaiah Meyers**	**$40/$50 Mtls.**
32470	**Soccer (6-7)**	**6:00p**	**6:45p**	**6-7**	**Rob Searcy**	**$40/$50 Mtls.**
32471	Youth Boxing	6:30p	8:00p	8+	Terrence Hines	Free

Saturday

Course #	Course	Start	End	Age	Instructor	Fee
—	**Soccer League Games**	**9:00a**	**2:00p**	**4+**	**Maggie/Jamar**	**—**
32478	**Cycle, Strength, & Core (See Descriptions)**	**9:15a**	**10:30a**	**18+**	**Bryana Ross**	**$25 Mtls.**
32582	**Team Gymnastics (@ Westgate)**	**9:30a**	**11:30a**	**5-18**	**Natascha Cook**	**$50 P.L.A.Y.**
32978	Tumble Tots Gymnastics	10:00a	10:45a	3-5	Myleiah Thomas	Free
32530	Majorette Dance Class	11:30a	1:00p	6+	Myleiah Thomas	Free
32413	**Hoop School**	**1:00p**	**2:30p**	**6-13**	**Rob Searcy**	**$2 Mtls.**
—	Flag Football League Games	1:00p	5:00p	9-15	Jamar Harris	Free
32610	Group Games	2:30p	5:00p	4-17	Rob/Isaiah	Free

HOLTON FALL SOCCER

BOYS & GIRLS
AGES: 4-12

Age as of August 1, 2015

Early Registration (Aug 1-Aug 28)
$40/child

Late Registration (Sept 1-Sept 12)
$50/child

Practice and Game Schedule — TBD

For more information please contact Holton Staff.

Children's Hunger Alliance
After School Food Program
For kids grades K-12
Tuesday-Friday: 4:00p-5:00pm
Children must be registered and participate in Holton's classes and programs.

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Fitness Room Policy:

- ⇒ **Ages 18yrs.+**
- ⇒ **Free for 13-17 with adult.**
- ⇒ **Must pay $5.00 per program session.**
- ⇒ **Must purchase a leisure card for $1.00.**
- ⇒ **Must fill out fitness room release form**
- ⇒ **Must wear closed toe shoes.**
- ⇒ **Hours of operation:**
  - Tuesday, Thursday, and Friday- 12:30- 8:45pm
  - Wednesday- 4:30-8:45pm
  - Saturday– 9:00-5:45pm

Core, Cardio, & Burn, Weights 4 Women, and Fitness Orientation require a FIT pass.

For any more information please speak with a Holton staff person.

Recreation Staff:

Center Manager: Bryana A. Ross
Recreation Supervisor: Maggie Davis
Recreation Leader: Jamar Harris
Recreation Instructor: Ms. Aretha Anderson
Recreation Instructor: Terence Hines, Jr.
Recreation Instructor: Chris Hoye
Recreation Aid: Robert Searcy
Recreation Aid: Myleiah Thomas
Recreation Aid: Isaiah Myers
Custodian: Jessie Tatum

Contract Instructors:

Natascha Cook— Beginner Gymnastics & Team Gymnastics Coach
Esperanza Elliot— Tues./Thurs. Zumba
Richelle Ginn– Wed. Zumba
Ellis Jennings, Jr. — Karate

Volunteer:

Charde Harris— Sisters With Choices

CRC Board Members:

Kyle Burton– President
Michelle Phillips– Vice President
Sunni Bible– Treasurer
Sharry Carey– Secretary
Viola Anderson– Fundraising
Chanel Woods– Fundraising

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