



Columbus Recreation and Parks Department

THE MOUND

Indian Mound Community Center
3901 Parsons Avenue Columbus, Ohio 43207 * 645-3224

2014 FALL I PROGRAM SCHEDULE

FALL SESSION I REGISTRATION:
BEGINS SEPTEMBER 2ND (IN PERSON/ONLINE)

All participants are required to have an ActiveNet account to register for classes and programs (you must have an email address).

Online, go to <http://activenet.active.com/columbusrecreparks>

CLASSES RUN FROM SEPTEMBER 9, 2014 UNTIL OCTOBER 25, 2014
CLOSED: OCTOBER 14, 2014 TO OBSERVE COLUMBUS DAY

CENTER HOURS OF OPERATION

CLOSED: SUNDAYS & MONDAYS

TUESDAY	12:00PM - 8:45PM
WEDNESDAY	3:00PM - 8:45PM
THURSDAY	12:00PM - 8:45PM
FRIDAY	12:00PM - 8:45PM
SATURDAY	9:00AM - 5:45PM

Mission: *To enrich the lives of our citizens.*

www.columbusrecreparks.com

USDA is an equal opportunity provider and employer.

SOCCER



≈>Practice: (Tues/Thurs)

≈>Saturday Afternoon Games:

Tiny Tots (ages 4/5) Pee Wee (ages 6/7)

League play at The Mound

≈>Saturday Morning Games:

Juniors (8/9), Seniors (10-12), Teens

Teams play at McCoy Park

Soccer Fee : \$30.00

FLAG FOOTBALL

≈>Practice: (Weds/Thurs)

≈>Saturday Afternoon Games:

Divisions (ages 9-11, 12-14)

League play at Berliner Park

≈>Banquet: after Tournament

Flag Football Fee: \$5.00



CHEER

~Competitive Team~

Recruiting Girls

Cheer: Ages 9-13



walk WITH a DOC

Takes steps to a healthier you...every other Saturday for an hour-long walk with a Mount Carmel Health System Physician.

Walkers can walk for as little or as long as they like (enjoy coffee, water, healthy snack and incentives).

Where: Shelter House (walking track)*

When: 1st & 3rd Saturdays of the month, 8:30-9:30am
Sept 13th and Sept 27th * Oct 11th and 25th *
November 8th

*Walks held in gym during bad weather.



KARATE

Fridays 7:00 p.m.

Class Fee: \$25/7-week session



WRESTLING

Tuesday & Thursday 7:00 p.m.

FREE!



Tai Chi

Series of fluid motions done at your pace, increase range of motion and flexibility.

Tuesday 2:00 p.m.

Youth-Seniors Welcome

Class Fee: \$25/7-week session)

Latin Fusion

Tuesday 6:30 p.m./Saturday 10a.m.

Class Fee: \$25/7-week session)

Line Dance Class

Wednesdays 6:30 p.m.

Class Fee: \$25/7-week session



CHA AFTERSCHOOL PROGRAM

After School Program aims to enrich the lives of participants by *feeding* them a wholesome meal, exercising their bodies with *fitness* activities.

AGES PK-18 Tues-Fri 3:00-5:00PM

USDA is an equal opportunity provider and employer

2014 Fall I Classes and Activities

P.L.A.Y. INFO

(Private Leisure Assistance for Youth) sponsors participants aged 17 & under needing financial help with fee-based activities. **PLAY** pays \$20 per child, per session.

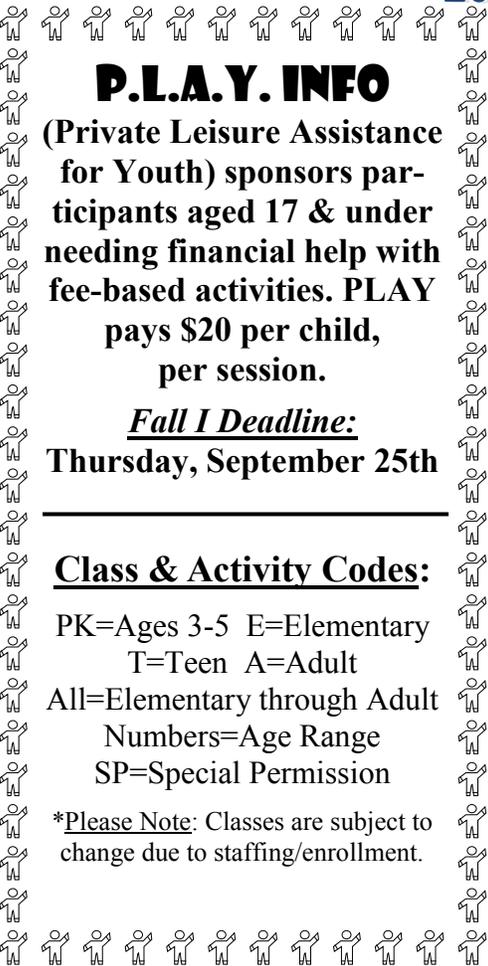
Fall I Deadline:

Thursday, September 25th

Class & Activity Codes:

PK=Ages 3-5 E=Elementary
T=Teen A=Adult
All=Elementary through Adult
Numbers=Age Range
SP=Special Permission

*Please Note: Classes are subject to change due to staffing/enrollment.



Tuesday

Time	Class	Age	\$
12:30-8:30	Fitness Room	A	\$5/mo.
12:15-3	Senior Fitness/Basketball	50+	
12:15-3	Senior Arts & Crafts	50+	
2-3	Tai Chi	A	\$25
3-5	After School Program	E/T	
3-5	Open Gym/Shootout	M/T	
5-6	Flag Football	9-14	
6-7	Soccer	4-12	\$30
6:30-7:30	Latin Fusion	All	\$25
7-8:30	Wrestling	E/T	
7:30-8:15	Family Art/Billiards	All	



Wednesday

Time	Class	Age	\$
3:30-8:30	Fitness Room	A	\$5/mo.
3-5	After School Program	E/T	
3-4	Teen Weights	T	
4-5	Open Gym	All	
5-6	Indoor Soccer	E/M/T	
6:15-7:15	Weigh to Go! (weight loss class)	T/A	
6:30-7:30	Line Dance (new)	T/A	\$25
7:15-8:15	Team Sports	M/T	



Thursday

Time	Class	Age	\$
12:30-8:30	Fitness Room	A	\$5/mo.
12:15-2	Senior Fitness/Basketball	50+	
1-2:30	Senior Art/Crafts	50+	
2:15-2:45	Toddler Sports	PK	
3-5	After School Program	E/T	
3-5	Open Gym/Shootout	All	
5-6	Flag Football	9-14	
5:30-7	Cheer/Beginner Tumbling	9-13	
6-7	Soccer Practice	6-12	\$30
7-8:30	Wrestling		
7:15-8:15	Seasonal Art	All	

Friday

Time	Class	Age	\$
12:30-8:30	Fitness Room	A	\$5/mo.
12-2	Senior Fitness/Basketball	50+	
2-2:45	Creative Movement	PK	
3-5	After School Program	E/T	
3-4	Skills and Drills	E/T	
4-5	Open Run	E/T	
5-5:45	Floor Hockey	E/T	
6-7	Teen Weights	T	
6-7	Cardio Club	T/A	
7-8:30	Karate	E/T	\$25
7:15-8:15	Board/Table Games	E/T	
7:15-8:45	Adult Basketball	A	
7-9	Mound Fun Trips	E-T	

Saturday

Time	Class	Age	\$
12:30-8:30	Fitness Room	A	\$5/mo.
9am-1pm	McCoy Soccer Games	8-12	\$30
10-11	Latin Fusion	All	\$25
10-11 11-12	Basketball Skills & Drills	E/MS T	
12-1	Cardio Club	TA	
12-3:30	Flag Football Games	9-14	\$5
1-3	Basketball Mini Tournament	MS/T	
1-4	The Mound Soccer Games	4-5 6-7	\$30
4-5:45	Teen Activities	T	



PUNT, PASS & KICK

SATURDAY, SEPTEMBER 25th
@ 5:00 PM

Girls & Boys compete separately
AGES 6-15 (as of Dec. 31st '14)
(Age Divisions: 6/7, 8/9, 10/11, 12/13, 14/15)



WINNERS advance to
Sectional Tournament

SATURDAY, OCTOBER 18th
10:00 AM @ NORTH BANK PARK
Ages 1 to 11

Small Fee or Free:
See staff for details

GET FIT SOUTHSIDE!!

Cardio Club - Fri 6:30pm & Sat 12pm
Couch to 5k - Tues 7pm
Latin Fusion - Tues 6:30pm & Sat 10am
Line Dance - Wed 6:30pm
Senior Fitness - Tues, Wed, Fri 12:15pm
Tai Chi - Tues 2pm
Teen Weightlifting - Wed 3pm & Fri 6pm
Walk With A Doc - 1st/3rd Sat 8:30am
Weigh to Go! (weight loss) - Wed 6:15pm

THE MOUND

2014 BASKETBALL REGISTRATION

WEEK OF
OCTOBER 28th - November 1st
FOR BOYS & GIRLS AGES 6-18
(6-8, 9-11, 12/13, 14/15, 16-18)
Cost: \$35 (payment plan available)

VOLUNTEER COACHES ARE NEEDED!
Skills & Drills (ages 6-18) Saturdays 9/13-10/25

Friday, October 24th
6pm

Carnival Games * Treats * Door Prizes



Malik A. Willoughby, Center Manager
Shaun Ballard, Recreation Supervisor
Jessica Pallante, Recreation Leader

Recreation Instructors

John Davis, Travis Eldridge, Gaile Johnson,
Colin Kaltenecker, Vanessa Ladd, Brandon Madry

ISAs

Darryl Green, Tai Chi
Gloria Howard, Dance Fitness & Line Dance
Armondo Washington, Karate

Indian Mound Community Recreation Council

Becky Walcott, President
Ruth McMann, Vice President
Lenada Backus, Treasurer
Wendy Roy, Secretary

Custodian

Lorenzo Bundy