



Columbus Recreation and Parks Department

THE MOUND

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

2014 SPRING PROGRAM SCHEDULE

**SPRING REGISTRATION:
BEGINS MARCH 18TH (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/columbusrecparks>

CLASSES RUN FROM MARCH 25, 2014 UNTIL MAY 17, 2014

CENTER HOURS OF OPERATION

CLOSED: SUNDAYS & MONDAYS

TUESDAY	12:00PM - 8:45PM
WEDNESDAY	3:15PM - 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.columbusrecparks.com

USDA is an equal opportunity provider and employer.



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*

When: 8:30-9:30am March 29th, April 12th & 26th, May 10th & 24th, June 7th & 21st** (**Medical Mobile Coach)

*Walks held in gym during bad weather.

Let's Go!

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 (10-13)
Teams play at McCoy Park

Soccer Fee : \$30.00 (new) & \$5.00 (returning)

TRACK



≈>Practice: (Tues/Thurs)

≈>Meets: Indoor Track Meet @ Barack
ages 5-8 April 11th
ages 9-14 April 25th

Far East @ Walnut Ridge HS May 16th
Track Fee : \$20.00

T-BALL



Ages 4-6

≈> Practice & Clinics: Fridays 6pm

≈> Games begin May 17th
Ask about traveling Baseball

T-ball Fee : \$30.00



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

ZUMBA is a very popular Latin-dance based fitness class enjoyed by ALL! Working out has never been this fun!

Class Fee: \$25/7-week session

KARATE



Friday 7:00 p.m.

Ages: 7 and Up

Mixed Martial Arts

Saturday 12:00 p.m.

Ages: 12 and Up

Class Fee: \$25/7-week session

AFTERSCHOOL RetrEAT



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

AGES PK-18 Tues-Fri 4:00-5:00PM

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Tai Chi

A series of fluid motions done at your pace, for range of motion and flexibility.

Meditation in Motion

Saturday 11:00 a.m.

Youth-Seniors Welcome

Class Fee: \$25/7-week session

2014 Spring Classes & 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.

Spring Deadline:
Thursday, April 10th

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
12-1	Basketball	50+	
12-2	Walk & Stretch	50+	
1-2	Adult Cond.	A	
3-4	Teen Weights	PK	
4-5	After School retrEAT	E/T	
3-5	Open Gym	E/T	
5-6	Billiards	E/T	
6:15-7	Family Art	All	
7-8	Beg. Art	E/T	
6-7	Soccer Practice	4-13	\$30
6-7	Track Practice	5-14	\$20
6:00p	Couch to 5K	All	
6:30p	ZUMBA	All	\$25
7:00p	Maggie vs Shaun Olympics	All	

Wednesday

Time	Class	Age	\$
3:30-8:30	Fitness Room	A	\$5/ mo
3-4	Floor Hockey	E/T	
3-4	XBOX Tournament	E/T	
4-5	After School retrEAT	E/T	
4-5	Open Gym	E/T	
5-6	Tennis	All	
6-7	Sports Conditioning	MS/T	
6-7	Tumbling	E/MS	
6:00p	Goalkeeping Clinic	MS/T	
7-8	BINGO	All	
7-8	Basic Crafts	All	
7-8:30	Xbox/Teen Activities	T	
7:00p	Cardio Club	All	

Thursday

Time	Class	Age	\$
12:30-8:30	Fitness Room	A	\$5/ mo
12-2	Basketball	50+	
12-2	Walk & Stretch	50+	
2-3	Toddler Fun Time	PK	
3-5	Open Gym	E/T	
4-5	After School retrEAT	E/T	
5-6	3-on-3 Basketball	MS/T	
6-8	Cooking	E-T	\$
6-7	Soccer Practice	4-13	\$30
6-7	Track Practice	5-14	\$20
7-8	XBOX Tournament	All	
6-7:30	Cheer Team Practice	6-13	

Friday

Time	Class	Age	\$
12:30-8:30	Fitness Room	A	\$5/ mo
12-2	Basketball	50+	
12-2	Walk & Stretch	50+	
3-4	Open Gym		
4-5	Group Games	E/T	
5-6	Get FIT Kids	E/T	
6-7	T-ball Clinic	4-6	
7:30	Adult Ball	A	
7-8:30	Karate	7 and Under	\$25
7-8:30	Movie Hour	All	

Saturday

Time	Class	Age	\$
9:30-5:30	Fitness Room	A	\$5/ mo
10a-11	Teen Skills & Drills	T	
11a-12	3-on-3 Basketball	All	\$25
11a-12	Basketball Clinics	9-11	
11a-12	Tai Chi	All	\$25
11:30a	ZUMBA	All	\$25
12-1	Flag Football	E/T	
12-1	MMA	14+	\$25
12p	Couch to 5K	All	
1-5	Tiny Tot / Pee Wee Soccer Games	4-7	\$30
3-4	Pitch, Hit, Run	All	
4-6	Group Play	E/T	\$
4-5:30	Cheer Team Practice	6-13	



PitchHit&Run.

Presented by

Scotts.

MAY 3RD @ 12 PM

Girls & Boys compete separately

AGES 7-14 (as of July 17, 2014)

(Age Divisions: 7/8, 9/10, 11/12, 13/14)

WINNERS advance to Sectional (5/31/2014)

FUN & FITNESS

Cardio Club - Wed 7pm

Couch to 5k - Tue 6:00pm & Sat 12:00pm

Get Fit Kids - Fri 5:00pm

Senior Fitness - Tue, Thu & Fri 12:00pm

Sports Conditioning - Wed 6:00pm

Teen Weightlifting - Tue & Thu 3:00pm

FLASHLIGHT TEEN EGG HUNT



Friday, April 18th

Begins 8 PM (7:30 Check-in)

Ages 12-17

Bring your own flashlight. Win cash & prizes!



SATURDAY, APRIL 19TH 2014

CHECK IN AT 9:30 - BEGINS 10 AM SHARP!

COLLECT EGGS...WIN A BASKET!

AGES 2-11

EGG HUNT



Malik A. Willoughby, Center Manager
B. Shaun Ballard, Recreation Supervisor
Maggie Davis, Recreation Leader

Recreation Instructors

John Davis, Felicia Dunson, Gaile Johnson,
Colin Kaltenecker, Kerri King, Brandon Madry

ISAs

Leo Benalio, MMA Darryl Green, Tai Chi
Gloria Howard, Zumba
Armondo Washington, Karate/MMA

Indian Mound Community Recreation Council

Becky Walcott, **President**
Ruth McMann, **Vice President**
Lenada Backus, **Treasurer**
Wendy Roy, **Secretary**
Joy Marquez, **Fundraising Chair**

Custodian

Lorenzo Bundy