

Indian Mound Community Recreation Center

3901 Parsons Ave. Columbus, OH 43207
(614) 645-3224
Center Manager: Craig Koesters



2015 Fall (1) Program Session
Registration: Sept. 1 - Sept. 4, 2015
Session: Sept. 9 - October 24, 2015

Hours of Operation:
Sunday - Closed
Monday - Closed
Tuesday - 12:00pm to 9:00pm
Wednesday - 3:00pm to 9:00pm
Thursday - 12:00pm to 9:00pm
Friday - 12:00pm to 9:00pm
Saturday - 9:00am to 6:00pm

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RECREATION AND PARKS
DEPARTMENT



This institute 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 Rhodes Park

Soccer Fee : \$30.00

FLAG FOOTBALL

≈>Practice: (Tues/Thurs) 5-6PM

≈>Saturday Afternoon Games:

Divisions (ages 9-11, 12-14)
League play at Driving Park

≈>Banquet: after Tournament

Flag Football Fee: \$10.00



CHEER

~Competitive Team~
THE MOUND MAGIC

Recruiting Girls
Cheer: Ages 9-13



Practices: Tues and Thurs
7-8:30PM in the Gym

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 5th and Sept 19th * Oct 3rd and 17th *
November 7th

*Walks held in gym during bad weather.



KARATE

Thursdays Ages 4-7 6-7:00PM
Ages 8+ 7-8:00PM

Class Fee: \$25/7-week session



Japanese MMA Ages 12+

Class Fee: \$45/ 7 week session

WRESTLING

Tuesdays 6:30-8:30PM
Ages 5-18

Competitions to begin in Fall II session!



Produce Drop

Every first and third Friday
3:00PM until gone.

Come pick up some delicious free fresh produce!

*Last Produce Drop is Oct. 16th



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

2015 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 24th

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+	
12:15-2:45	Senior Ceramics	50+	
3-5	After School Program	E/T	
3-5	Open Gym/Shootout	M/T	
5-6	Flag Football Practice	9-14	\$10
6-7	Soccer	4-12	\$30
6:30-8:30	Wrestling Clinics	5-18	
7-8:30	Cheer Practice	9-13	\$
7:15-8	Xbox Games	E/T	
7:15-8:15	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	Group Games	E/M/T	
6-7:30	Japanese MMA	12+	\$45
7:15-8	Card Games	All	\$25
7:00-8:30	Open Volleyball (new)	T/A	



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/Ceramics	50+	
2:15-2:45	Toddler Sports	PK	
3-5	After School Program	E/T	
3-5	Open Gym/Shootout	E/T	
5-6	Flag Football Practice	9-14	\$10
6-7	Soccer Practice	4-12	\$30
6-7	Karate	4-7	\$25
7-8	Karate	8+	\$25
7-8:30	Cheer Practice	9-13	\$
7-8:15	Billiards	E/T	
7:15-8:15	Seasonal Art	E/T	

Friday

Time	Class	Age	\$
12:30-8:30	Fitness Room	A	\$5/mo.
12-3	Senior Fitness/Basketball	50+	
2:15-2:45	Toddler Art	PK	
3-5	After School Program	E/T	
3-4	Skills and Drills	E/T	
4-5	Open Gym	E/T	
5-6	Group Games	E/T	
6-7	Teen Weights	T	
6-7	Cardio Boot camp	T/A	
7-8:30	Board/Table Games	E/T	
7:15-8:45	Adult Basketball	A	
6-9	Mound Fun Trips/Open Art	E-T	

Saturday

Time	Class	Age	\$
9-5:30	Fitness Room	A	\$5/mo.
9am-1pm	Rhodes Park Soccer Games	8-12	\$30
10-11	Basketball Skills and Drills	E/M	
11-12	Basketball Skills & Drills	T	
12-3:15	Flag Football Games	9-14	\$10
3:15-5	Billiards	E/T	
3-5	Open Gym	M/T	
1-4	The Mound Soccer Games	4-5 6-7	\$30



PUNT, PASS & KICK

**SATURDAY, SEPTEMBER 25th
@ 10:00AM**

Girls & Boys compete separately

AGES 6-15 (as of Dec. 31st '15)

(Age Divisions: 6/7, 8/9, 10/11, 12/13, 14/15)



**WINNERS advance to
Sectional Tournament**

**SATURDAY, OCTOBER 17th
10:00 AM @ NORTH BANK PARK
Ages 1 to 11**

*Small Fee or Free:
See staff for details*

GET FIT SOUTHSIDE!!

Fitness Room

T R F 12:30-8:30p W 3:30-8:30p S 9:30-5p

Senior Fitness

Tues Wed Fri 12:15pm

Teen Weightlifting

Wed 3pm & Fri 6pm

Cardio Boot Camp

Fri 6-7pm

THE MOUND

2016 BASKETBALL REGISTRATION OPENS OCTOBER 13TH FOR BOYS & GIRLS AGES 6-18 (6-8, 9-11, 12/13, 14/15, 16-18) Cost: \$35

VOLUNTEER COACHES ARE NEEDED!
Skills & Drills (ages 6-18) Saturdays 9/12-10/24

**Friday, October 23th
6pm**

Carnival Games * Treats * Door Prizes



**Craig Koesters, Center Manager
Shaun Ballard, Recreation Supervisor
Jessica Pallante, Recreation Leader**

Recreation Instructors

John Davis, Gaile Johnson, Nicolas Foster
Colin Kaltenecker, Brandon Madry

ISAs

Benalio Padron **Karate; Japanese MMA**
Victoria Whittley, **Dance**

Indian Mound Community Recreation Council

Wendy Roy, **President**
Junior Smith, **Vice President**
Lenada Backus, **Treasurer**
Rita Smith, **Secretary**

Custodian

Lorenzo Bundy