Marion Franklin Community Center

2017 Summer Session

Session: June 12–August 4 | **Registration:** Begins May 22

Center Hours

SUN	Closed
MON	8:00 a.m.–6:00 p.m.
TUE	8:00 a.m.–8:00 p.m.
WED	8:00 a.m.–6:00 p.m.
THU	8:00 a.m.–8:00 p.m.
FRI	8:00 a.m.–6:00 p.m.
SAT	Closed

Senior Hours

SUN	Closed
MON	8:00 a.m.–5:00 p.m.
TUE	8:00 a.m.–5:00 p.m.
WED	8:00 a.m.–5:00 p.m.
THU	8:00 a.m.–5:00 p.m.
FRI	8:00 a.m.–5:00 p.m.
SAT	Closed

Location

Crystal Carrera,
Center Supervisor

James Washington,
Center Supervisor

2801 Lockbourne Road
Columbus, Ohio 43207
(614) 645-3160

THE CITY OF COLUMBUS
ANDREW J. GINTHER, MAYOR

RECREATION AND PARKS DEPARTMENT

ColumbusRecParks.com

MONDAY

8:30-4:30 Fitness Room (A) Monday-Friday ($10.00 fee per session for ages 50+) ($15.00 for 19-49 per session) or (<u>$60 19-49 , $40 50+ *annual passes)*</u>

- 9:00-10:00 Aerobics (A) (46838) (M-W)
- 10:00-12:00 50+ Basketball (A) (46839)
- 8:30 –3:00 Open Walking Program (A)
- 9:00-9:20 Morning warm-up stretching /walking (E,T)
- 9:30-10:30 Table Games (E,T)
- 9:30-11:00 Kids Ceramics (E,T) (46866)
- 9:30-11:00 Track and Field (E,T) (46864)
- 11:00-12:00 Yoga with fitness ball (A) (46840)
- 10:00-11:00 Int. Line Dance (46841)
- 11:00-12:00 Chair Volleyball (A) (46842)
- 1:00-2:00 Group Games (E,T)
- 12:00-1:00 Summer Lunch Program (18 & under)
- 11:00-12:00 Tai Chi (A) ($25.00) (45037) (INT.) M-W
- 11:00-12:30 Everyday sign language (A) (46843)
- 1:00-1:30 Double Dutch (E,T) (46865)
- 1:00-3:00 Guitar Lessons (A)
- 1:00 –4:30 Needlework Social Club (A)
- 2:30-3:30 Underground Railroad Class (A) (meeting 1st & 3rd. Mondays) (46844)
- 12:00-5:00 Bid Whist (A) (46845)
- 1:30-2:30 Basketball (E,T)
- 3:30-5:00 Table Games (E,T)

Legend:
(PK) Pre School
(E) Elementary
(T) Teens
(A) Adults

<u>Wellness Clinic</u>
Hours
Monday-Friday
8:00am-4:30pm

TUESDAY

- 8:30-3:00 Open Walking Program (A)
- 9:00-10:00 Stretching (A)(46846)
- 9:00-9:20 Morning warm-up stretching /walking (E,T)
- 9:30-10:30 Crafts E
- 9:30-10:30 Floor Hockey (E,T)
- 10:00-11:00 Line Dance Workout (A) (46847)
- 10:00-11:00 Aerobics (A) (46848) (T-TH)
- 10:30-11:30 Tai Chi. Beg. I ($25.00) A (46849)
- 11:30-1:00 *Lunch Program Lifecare Alliance ($)*
- 11:00-12:00 Ab Work-Out (Medium Impact) (A)(46851)
- 12:00 - 8:00 Bid Whist (A) (46845) (A)
- 11:00-12:00 Chair Volleyball (A) (46842)

12:00-1:00 Summer Lunch Program (18 & under

1:00-3:00 Ceramics/empty bowls (A) (46853)

- 1:00-2:00 Men Line Dance (MEN ONLY)(A) (46854)
- 1:00-2:00 Frisbee Golf (E,T)
- 2:00-3_00 Men in Black (Members only)
- 3:30-5:00 Table Games / quit games E,T)
- 6:30-7:30 Karate (E,T,A) $35.00 fee (Tues-Thurs .) (46856)
- 5:30-6:30 Line Dance (A) Beg. $20.00 fee Tue-Thu (46857)
- 7:00-8:30 Urban Ballroom Dancing (A) $25 (46858) (NEW)
- 6:00-8:00 Girls softball ages 4-13 yrs. old (46870)

WEDNESDAY

- 9:00-3:00 Open Walking Program
- 9:00-9:20 Morning warm-up stretching /walking (E,T)•
- 10:00-12:00 Billiards (A)
- 9:00-10:00 Aerobics (A) (46838)
- 9:30-10:30 Volleyball (E,T)
- 9:30-11:00 Basketball (E,T)
- 10:00-11:000 Int. Line Dance (46841)
- 11:00-12:30 Tai Chi (A) $25.00 (46861)
- 12:30-1:30 Tai Chi—Stick Fighting $25.00 fee (A) (46862)
- 10:00-12:00 50+ Basketball (A) (45062
- 11:00-12:00 Yoga with fitness ball (A) (46840)
- 11:15-12:15 Line Dance (Beginners) (A)(46863)
- 11:00-12:00 Chair Volleyball (A) (46842)
- 11:30-1:00 *Lunch Program Lifecare Alliance ($)*
- 12:00-3:00 Po-ken-o (A)

12:00-1:00 Summer Lunch Program (18 & under)

- 1:30-Group games (E,T)
- 12:00-7:00 Bid whist (A) (46845)
- 1:00-3:30 Pickleball (A) (46852)
- 1:00-2:00 Soccer E
- 1:30-2:30 Group Games
- 3:00-5:00 table Games / Quiet games (E,T)
- 6:00-7:00 Zumba (A) (46859) (8 wks.) $25.00
- 6:00-7:30 Boys baseball ages 7-9 yrs. old (46869)

THURSDAY

8:30-3:00 Open Walking Program (A)

- 9:00-9:20 Morning warm-up stretching /walking (E,T)
- 9:00-10:00 Total Stretch (A)(46846)
- 9:30-10:30 Crafts E
- 9:30-11:00 Group Games
- 9:30-11:00 Track and Field (E,T) (46864)
- 10:00-11:00 Line Dance Workout (Med. Impact) (46847)
- 10:00-11:00 *National Arthritis Foundation Exercise Program* (A)
- 10:00-11:00 Aerobics (A) (46848)(T-TH)
- 10:30-11:30 Tai Chi. Beg. I ($25.00) A (46850)
- 11:30-12:30 Tai Chi (A) Beg. II $25.00 fee (46850)
- 11:00-12:00 Chair Volleyball (A) (46842)
- 11:00-12:00 Photography
- 11:30-1:00 *Lunch Program Lifecare Alliance ($)*
- 11:00-12:00 Ab Work-Out (Med. Impact) (A) (46851)
- 12:00-1:00 Summer Lunch Program (18 & under)
- 12:00 - 6:00 Bid Whist (A) (46845)
- 1:00-2:00 Men Line Dance (MEN ONLY)(A) (46854)
- 1:30-2:30 Double Dutch (E,T) (46865)
- 1:00-3:00 Needlework Social Club (A)
- 3:30-5:00 Table Games/Quiet games (all)
- 6:30-7:30 Karate (E,T,A) $35.00 fee Tues-Thurs (46856)
- 5:30-6:30 Line Dance (Beg) $20.00 fee Tue-Thurs (46857)
- 6:00-7:30 Boy Baseball ages 10-13 (46868)

FRIDAY

- 8:30-3:00 Open Walking Program (A)
- 9:00-9:20 Morning warm-up stretching /walking (E,T)
- 9:00-10:00 Stretch & Tone (46846) (A)
- 9:30-11:00 Special Events (all)
- 10:00-12:00 50+ Basketball (A) (46839)
- 10:00-11:00 Int. Line Dance (A) (46841)
- 8:30-4:30 Billiards (A)
- 11:00-12:00 Chair Volleyball (A) (46842)
- 12:00-2:00 Scrapbooking (A) (46860)
- 1:00-1:30 Crafts E
- 12:00-1:00 summer lunch program (18 and under)
- 1:00-2:00 Kickball
- 1:30-2:30 Pickleball (E,T) (6852)
- 3:30-5:00 Table Games / Quiet games (all)
- 6:00-7:30 T-ball ages 4-6 (46867)

Bargain Shopping

last Wednesday of month..$5.00 fee.

Book Club

1st Wednesday of month.

Breakfast & a Movie

3rd Tuesday of month

$10.00 transportation and movie

Bingo every 1st and 3rd Tuesday of the month.

Upcoming events

Cleveland Indians trip July 2017 TBA

July 18th

Franklin County Fair

August 2nd

Ohio State Fair

Summer playground events

June 22nd

Climbing wall @ Marion Franklin

June 26th

Ice skating

June 28th

Pee Wee Track meet @ Northland High School

June 29th

Zoo trip

July 12th

CRPD Track meet ages 9-12 @ Northland High School

Please support your center Day trips.

Volunteers needed to help make Marion Franklin Center a successful Community