

HOWARD FALL II QTLY NEWS 2009



Howard Recreation Center
2505 Cassady Avenue
Columbus, Ohio 43219
Phone: (614) 645-3713
www.columbusrecparks.com



NEWS, EVENTS, SPECIAL PROGRAMS FOR HOWARD RECREATION CENTER & SURROUNDING AREA

November 10, 2009 - December 19, 2009

Volume 2, Fall II

The staff of Howard Recreation Center invites you to register for the Fall II session of scheduled activities. Registration begin 12:00 PM, November 2 – November 7, 2009, 5:00 PM. Activities run November 10, 2009 - December 19, 2009.



Hours of Operation:

Sunday.....Closed
 Monday.....Closed
 Tuesday.....12-9:00
 Wednesday.....3-9:00
 Thursday.....12-9:00
 Friday.....12-9:00
 Saturday.....9-6:00



Important dates to remember:

Nov. 10 - Dec. 19, 2009
 Fall II Session

Try-out for Cheer/Dance & Step teams

Basketball League REG./ Skill Testing

Ages 6-8	11/7/09	10:00 AM
Ages 9-11	11/14/09	10:00 AM
Ages 12-13	11/7/09	10:00 AM

November 26, 2009
 Closed Thanksgiving Day

Holiday Break
 Dec. 21 - Jan. 1, 2010 open 11-8:00PM



CRPD /Photo ID leisure card is required when using Howard Recreation Center as well as any of the remaining Recreation and Parks facilities. The cost for the card is \$1.00. Please scan your card at the front desk upon entrance.

2009 Fall II Session

Tuesday

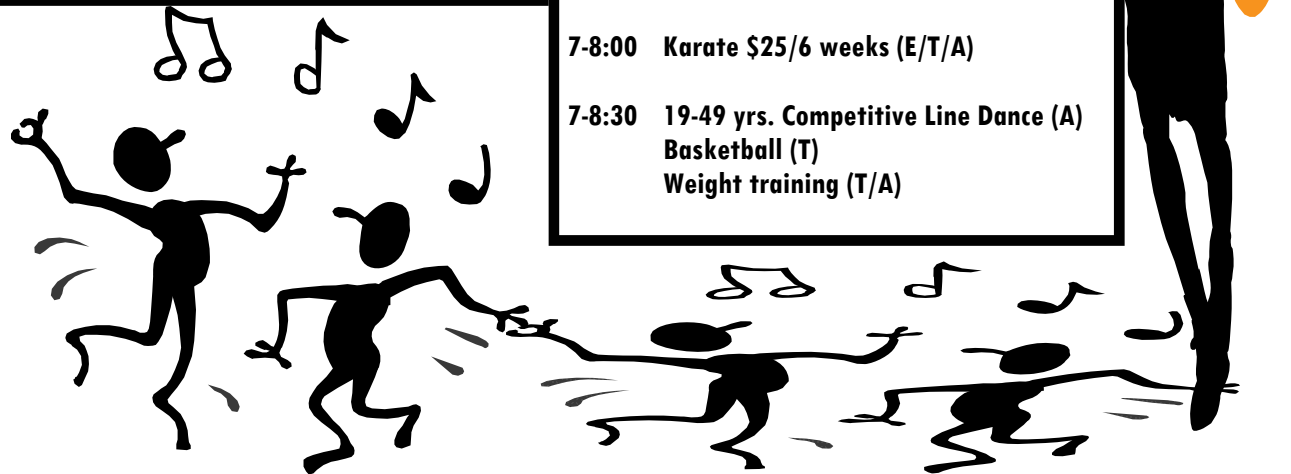
- 12-1:30 Physical education (E)
Weight lifting (A)
Table games/Billiards (A)
- 1:30-3 AOA Club (A)
Ceramics (A)
Weight lifting (T/A)
- 3-4:00 Group games (E/MS)
- 4-6:00 Co-ed Basketball (6 - 8 yrs.)
Badminton (E/T)
After school tutoring (E)
- 4:30-6 Ceramics (E/T)
Table games (E/T)
- 6-7:00 Aerobics (A) \$25/6 weeks
Crocheting/No Sew Fleece (T/A)
Drill team (E/T)
Weight training (T/A)
- 7-8:00 Karate \$25/6 weeks (E/T/A)
- 7-8:30 19-49 yrs. Competitive Line Dance (A)
Co-ed Basketball (12-13 yrs.)
Weight training (T/A)

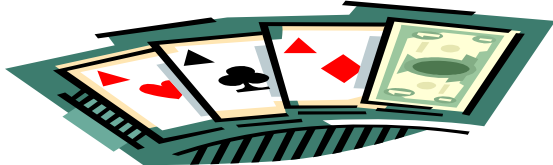
Wednesday

- 12-3:00 Workshops/In-service training
- 3-4:00 Group games (E/MS)
- 4-6:00 Co-ed Basketball (9 -11 yrs.)
Volleyball (E/T)
After school tutoring (E)
- 4:30-6 Paper craft/Drawing (E/T)
Board games (E/T)
- 6-7:00 "Zumba"-fitness \$25/6 weeks
Crocheting/No Sew Fleece (T/A)
Cheer/Dance & Step (E/T)
Weight training (T/A)
- 7-8:30 Crocheting (A)
Cheer/Dance & Step (E/T)
50+ Competitive Line Dance (A)
Weight training (T/A)

Thursday

- 12-1:30 Physical education (E)
Weight lifting (A)
Table games/Billiards (A)
- 1:30-3 AOA Club (A)
Ceramics (A)
Weight lifting (T/A)
- 3-4:00 Initiative games (E/MS)
- 4-6:00 Co-ed Basketball (12 -13 yrs.)
Badminton (E/T)
After school tutoring (E)
- 4:30-6 Ceramics (E/T)
Chess club (E/T)
- 6-7:00 Aerobics (A) \$25/6 weeks
"Zumba"-fitness \$25/6 weeks
Drill team (E/T)
Weight training (T/A)
- 7-8:00 Karate \$25/6 weeks (E/T/A)
- 7-8:30 19-49 yrs. Competitive Line Dance (A)
Basketball (T)
Weight training (T/A)





Friday

**12-1:30 Adult Basketball (A)
Weight lifting (A)
Table games/Billiards (A)**

**1:30-3 AOA Club (A)
Ceramics (A)
Weight lifting (T/A)**

3-4:00 Initiative games (E/MS)

**4-6:00 Co-ed Basketball (9 -11 yrs.)
Volleyball (E/T)
After school tutoring (E)**

**4:30-6 Paper craft/Drawing (E/T)
Board games (E/T)**

**6-7:30 Line dance (A) \$25/6 weeks
"Synergy Dance Star " (E/T)
Weight training (T/A)**

7:30-9 Basketball (T/A)

Saturday

**9-10:30 Co-ed Basketball (6 -8 yrs.)
Table games (E/T/A)
Drill Team (E/T)**

**10:30-12 Comp. Line dance 19-49 yrs. /
Line dance 50+ practices**

**12 - 2:00 Co-ed Basketball (9-11 yrs.)
Table Games (E/T/A)
Badminton (E/T/A)**

**2 - 4:00 Co-ed Basketball (12 -13 yrs.)
Table games (T/A)**

**4 - 5:30 Basketball (T/A)
Net sports (E/T)
Arts & crafts (E)**

Center Rules:

No hats, scarves, wave caps, bandanas worn in the building.

An adult must accompany children under 6 years of age.

Tennis shoes, shorts, or sweat pants must be worn for physical activities in the gym.

No loitering or hanging out in the hallways or in front of the building.

Please be courteous and respectful of others and their belongings.

No smoking in or in front of the building.

City of Columbus issued leisure cards are required. Please scan your card.

No profanity, abusive or vulgar language.

Do not abuse or deface City property or equipment.

No food, gum, candy or drinks in the gym.

No horseplay in hallways or building.

Weight room open to participants 13 yrs. and above with proper supervision.

**E Elementary
T Teen
A Adult
MS Middle school
AOA 50+ Club**



Fall II Seasonal Sports & Activities 2009

Sign-up for the following seasonal sports and activities. Team and individual activities are offered to beginners and experienced participants. The main focuses will be increasing cardio-vascular efficiency, build endurance, develop coordination, improve balance, increase muscle tone and flexibility.

Karate \$25/6 week session (E/T/A) PLAY applications available for children

**Boys & Girls Basketball \$25/Registration fee (6-13 yrs.)
Instructional Basketball Clinics on Saturdays/6 week session
(for registered participants in the Howard Basketball League)**
Boys & Girls 6-8 yrs. 9-10:30 AM
Boys & Girls 9-11 yrs. 12-2:00 PM
Boys & Girls 12-13 yrs. 2-4:00 PM

Competitive Team Line Dance (18-49; and 50+)

Weight training (13 yrs. – Adult)

Aerobics \$25/6 week session (Adult)

Drill team \$25/6 weeks (E/T)

Line dance \$25/6 week session (Adult)

Zumba dance Fitness \$25/6 weeks (A)

Cheer, Dance & Step (E/T)

