

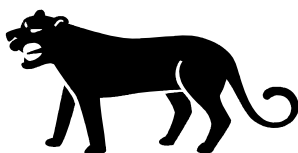
Marion Franklin Recreation Center

2801 Lockbourne Rd
Columbus, Ohio 43207

645-3160 community

645-3612 senior

645-5456 Cap City



Home of the Panthers &
Lady Panthers

Fall II Registration
November 3 -- November 7
Tuesday -Friday 12-9

Fall II session 2009
Community:
November 10 - December 19, 2009
50+ November 9 - December 18, 2009
Next session Winter 2010
Registration January 5-9, 2010

Hours of operation

Community

Tuesday - Friday 12:00-9:00

Saturday 9:00-6:00

Capital Kids

Monday-Friday

3:00-6:00

50+

Monday - Friday 8:00-5:00

10:00-11:30
12:00-1:00
1:00-3:00
3:00-4:00
4:00-5:00
5:00-6:00
6:00-7:00
7:00-8:00
8:00-9:00
9:00-10:00
10:00-11:30
11:00-12:00

MONDAY

- 8:30-4:30 Fitness Room (A) Monday-Friday (\$10.00 monthly fee)
- 9:00-10:00 Aerobics (A)
- 9:30 Bid Whist
- 9:00 Walking Club (A)
- 8:30-10:00 Senior tennis (A)
- 10:00-11:30 Tennis (6-14)
- 11:00-11:45 Yoga w/fitness ball (A)
- 10:00-11:00 Move and Groove Dancing (A)
- 11:00-12:00 Chair Volleyball (A)
- 1:00-3:00 Ceramics (A)
- 1:00 Needlework Social Club (A)
- 1:00-3:00 Underground Railroad Class (A) (meeting 1st & 3rd. Mondays)
- 1:00-3:00 Euchre (A)

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

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

TUESDAY

- 9:00-10:00 Stretching (A)
- 9:30 - Bid Whist (A)
- 1:00-3:00 Ceramics (A)
- 3:00-4:00 Drama (A)
- 10:00-11:00 Aerobics (A)
- 10:00-11:00 *National Arthritis Foundation Exercise Program* (A)
- 11:00-12:00 Chair Volleyball (A)
- 1:30-3:00 Senior Tennis
- 5:00-8:45 Pottery (T,A) \$20.00 fee
- 6:00-9:00 Basketball practice (ages 4-11)
- 6:00-8:00 Cheerleading (\$20.00 fee tue-thur)
- 6:30-7:30 Karate (E,T,A) \$35. fee Tues-Thurs .
- 6:00-7:00 Line Dance (A) Beg. \$20.00 fee Tue-Thu
- 7:00-8:00 Line Dance (A) Adv. \$20.00 fee Tue-Thu



WEDNESDAY

- 8:30-10:00 Senior tennis (A)
- 9:00 Walking Club (A)
- 12:30 Bid Whist
- 12:30 Bridge (A)
- 10:00-11:30 Tennis (6-14)
- 10:00-12:00 Billiards (A)
- 9:00-10:00 Aerobics (A)
- 10:00-11:00 Move and Groove dance (A)
- 11:00-11:45 Yoga w/fitness ball (A)
- 11:00-12:00 Chair Volleyball (A)
- 1:00 -3:00 Needlework social club (A)
- 1:00-3:00 Memories a Creative Writing class (A)
- 3:30-4:45 Pre-school cooking (ages 3-5) \$2.00 per class
- 4:30-6:00 Group games (E)
- 6:00-9:00 Basketball practice (ages 4-11)

**Wellness Clinic
Hours**
Monday-Friday
8:00am-4:30pm

WEDNESDAY (CONT.)

- 6:30-7:30 **Boxercise** (T,A)
- 6:00-7:00 Badminton (T,A)
- 6:00-7:30 Basketball practice (ages 4-11)
- 7:00-8:30 Group games (T)

THURSDAY

- 9:00-10:00 Total Stretch (A)
- 9:30 Bid whist (A)
- 10:00-11:00 *National Arthritis Foundation Exercise Program* (A)
- 10:00-11:00 Aerobics (A)
- 11:00-12:00 Chair Volleyball (A)
- 12:30-2:00 Pickle ball (A)
- 12:30-3:00 Pottery/Ceramics (A) \$10.00 fee
- 1:00-3:00 Euchre (A)
- 1:00-3:00 Learn To Crochet (A)
- 3:00-4:00 Word Games (E,T)
- 4:30-6:00 Group games (E)
- 5:00-8:30 Teen and Adult cooking (\$20.00 class fee)
- 6:00-8:00 Cheerleading (\$20.00 fee tues-thur)
- 6:30-7:30 Karate (E,T,A) \$35.00 fee Tues-Thurs
- 6:00-7:00 Line Dance (Beg) \$20.00 fee Tue-Thurs
- 7:00-8:00 Line Dance (Adv) \$20.00 fee Tues-Thurs.

FRIDAY

- 9:30 Bid Whist
- 9:00 Walking club (A)
- 9:00-10:00 Stretch & Tone (A)
- 10:00-11:00 Move and Groove Dance (A)
- 11:00-12:00 Chair Volleyball (A)
- 1:00-3:00 Badminton (A)
- 12:00-1:00 Nintendo Wii Bowling/Corn hole/Table tennis (A)
- 1:00-3:00 Pinochle (A)
- 3:00-4:00 Senior acting/drama
- 4:30-6:00 Group Games (E)
- 5:00-7:00 Seasonal crafts (T,A)
- 6:00-8:30 Volleyball (T,A)
- 6:30-7:30 Boxercise (T,A)
- 7:00-8:45 Pottery (T)

SATURDAY

- 9:00-11:00 Breakfast club (E,T,A)
- 10:00-1:00 Basketball clinics (Ages 4-13 years old)
- 1:00-5:00 OSU Tailgater (OSU Football games)
- 1:00-5:00 Table games (T)
- 2:00-5:30 Gym time (T)



1st Wednesday
of each month
Diabetes
Support group
walking
Club. **Noon**



(all events subject to change without notice)

UPCOMING EVENTS

Basketball sign-up

Boys and girls ages 4-13 yr. old (\$40.00 fee)

50+ events

Come enjoy our daily lunch specials M-F11:00-1:00

Friday November 13th

The Peanut and Chocolate Tour (cost) \$5.00

Thursday November 19th

Chihuly Illuminated (cost) \$13.00

Friday November 20th

The Mall Shopping Extravaganza Tour (cost) \$5.00

Friday December 4th

Christmas "Lunch Out" celebration (cost) \$5.00

Friday December 18th

La Comedia presents A Christmas Spectacular (cost) \$48.00

*Please support you center
Day trips.*

**Volunteers needed to
help make Marion
Franklin Center a
successful Community
Center.**



www.columbusrecreparks.com