

Linden Community Center



Center Hours

SUN
MON
TUE
WED
THU
FRI
SAT

Location / Contact



THE CITY OF
COLUMBUS
ANDREW J. GINTHER, MAYOR

RECREATION AND PARKS
DEPARTMENT

ColumbusRecParks.com

Spring Program Schedule

Linden Opportunity Center Update: 5/3/23



<u>DAY</u>	<u>#</u>	<u>CLASS NAME</u>	<u>BEGINS</u>	<u>ENDS</u>	<u>START</u>	<u>END</u>	<u>AGE</u>	<u>INSTRUC TOR</u>	<u>FEE</u>
ADULT & SENIOR PROGRAMS									
M-Fr	N/A	Walking Track	3/18	5/17	8:00am	8:00pm	18+	N/A	Free
M-Fr	N/A	Fitness Room (Fitness Pass Required)	3/18	5/17	8:00am	8:00pm	18+	N/A	Annual: \$60/\$40 Session:\$15/ \$10Daily \$1
M/W/ F	N/A	Adult Open Pickleball (Sports Pass Required)	3/18	5/17	12:00pm	2:00pm	18+	N/A	\$10
M		Intro to Pickleball	3/18	5/13	11:00am	12:00pm	18+	Dan	FREE
M	-	CRIS movement/ voice Community Studio	4/15	5/13	1:00pm	2:30pm	18+	CRIS	FREE
M		Cycling + Fitness	3/18	5/13	5:30pm	6:30pm	18+	Ms. Juanita	FREE
M		Adult Sewing (Beginner)	3/18	5/13	5:30pm	7:30pm	18+	Ms. Muhammed	FREE
Tu/Th /Sa	-	Adult Open gym basketball (Sports Pass Required)	3/19	5/18	10:00am	11:30am	18+	N/A	\$10
Tu	-	Phoenix Group	3/19	5/14	9:00am	11:00am	18+	PHX	
Tu	-	Adventures (Group)	3/19	5/14	12:00pm	1:00pm	18+	ADV STAFF	
Tu		Eat Smart! Live Strong! Senior Nutrition	3/19	5/14	10:00am	11:00am	50+	Ms. Moore	FREE
Tu		Adult Sewing (Intermediate)	3/19	5/14	5:30pm	7:30pm	18+	Ms. Muhammed	FREE
Tu		Adult/Youth Wex + Linden Rec intergenerational CLAY	3/19	5/14	5:00pm	7:30pm	18+ (under 18 with guardian)	Kayla Gifford	FREE

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W/F	-	Life Care Alliance Senior Meals	3/20	5/17	11:00am	12:30pm	55+	N/A	FREE
W		40+ Double Dutch	3/20	5/15	6:00pm	8:00pm	40+	Volunteer	FREE
W		Senior Fitness	3/20	5/15	9:00am	10:00am	50+	Mr. Bernard	FREE
W/F		Line Dance	3/20	5/17	10:00am	12:00pm	50+	Mr. Bernard	FREE
W		Senior Bingo	3/20	5/15	11:30	1:00pm	50+	Ms. Valeria Davis	FREE
W		Adult Sewing (Beginner)	3/20	5/15	5:30pm	7:30pm	18+	Ms. Muhammed	FREE
W		We are Worth Defending: Empowerment Self Defense Defend Her Wednesdays	3/20	5/15	5:30	7:30	12+	Volunteer	FREE 1 st and 3 rd Wednesdays
W		Yoga All Levels	3/20	5/15	6:00pm	7:00pm	18+	Lillian Beck	\$30
W		Adult Fitness	3/20	5/15	5:30pm	6:30pm	18+	Ms. Juanita	FREE
Th		Adult Sewing (Intermediate)	3/21	5/16	5:30pm	7:30pm	18+	Ms. Muhammed	FREE
Sa		40+ Double Dutch	3/23	5/18	10:00am	11:00am	40+	Volunteer	FREE
Sa		Music Production/Recording	3/23	5/18	10:00am	1:00pm	18+	Akeem Towns	FREE
Sa		African Movement	3/23	5/18	12:00pm	1:30pm	18+	Yvonne Mumin	FREE

YOUTH & TEEN PROGRAMS

M-Fr		After School Rec Club (ARC)	3/18	5/17	3:30pm	5:30pm	6-14yr	CRPD Staff	FREE
M-F	-	Afterschool Meals	3/18	5/17	3:00pm	5:00pm	6-17yr	CRPD Staff	FREE
M/W/F		Teen Open Gym	3/18	5/17	6:00pm	7:30pm	13-17yr	CRPD Staff	FREE
M		TCI Pre-K Gymnastics	3/18	5/13	4:00pm	4:30pm	4-5yr	TCI staff	\$45 (Play Eligible)

Spring Program Schedule

Linden Opportunity Center Update: 5/3/23



M		TCI Beginner Tumbling	3/18	5/13	4:30pm	5:30pm	6-14yr	TCI staff	\$65 (Play Eligible)
M		Elegant Divas	3/18	5/13	4:00pm	6:00pm	6-12yr	CPRD Staff	FREE
M/W	-	Parable Project	3/18	5/15	3:00pm	4:30pm	11-13yr	Jason	
Tu		Capoeira Self Defense	3/19	5/14	6:00pm	7:00pm	5-11yr	Joseph Lewis	\$25 (Play Eligible)
Tu		Capoeira Self Defense	3/19	5/14	7:00pm	8:00pm	12+	Joseph Lewis	\$45 (Play Eligible)
Tu		Intro to Guitar practice	3/19	5/14	4:00pm	6:00pm	9-17yr	KIRK Horn Music	FREE
Tu		Intro to Bass practice	3/19	5/14	4:00pm	6:00pm	9-17yr	KIRK Horn Music	FREE
Tu		Intro to Vocal practice	3/19	5/14	4:00pm	6:00pm	9-17yr	KIRK Horn Music	FREE
Tu		Intro to Keyboard practice	3/19	5/14	4:00pm	6:00pm	9-17yr	KIRK Horn Music	FREE
Tu/Th		Intro to Dance	3/19	5/16	6:00pm	7:00pm	7+	CPAA	\$25 (Play Eligible)
Tu/Th		Majorette Skills	3/19	5/16	7:00pm	8:00pm	7+	CPAA	\$25 (Play Eligible)
W		Grange Audubon	3/20	5/15	4:00pm	5:00pm	6-14yr	Grange staff	FREE
W		KIRK Horn Music Band	3/20	5/15	4:00pm	7:00pm	9-17yr	KIRK Horn Music	FREE
W/F		Sporties for Shorties	3/20	5/17	10:30am	11:00am	3-5yr	CRPD Staff	FREE



Spring Program Schedule

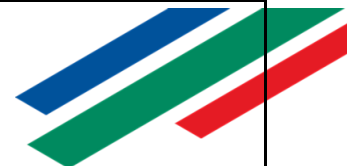
Linden Opportunity Center Update: 5/3/23

W	-	Open Game Room	3/20	5/15	5:00pm	6:00pm	6-12yr	CRPD Staff	FREE
Th	-	Basketball Skills & Drills/Open Gym	3/21	5/16	6:00pm	7:30pm	9-13yr	Volunteer	FREE
Th		ART	3/21	5/16	4:30pm	6:00pm	9-15yr	LaKenna	FREE
Sa		LMBG (Entrepreneurship)	3/23	5/18	10am	12pm	10-17yr	CPAA	1 st & 3 rd Saturday of the Month FREE
Sa		Brown Girls Mentoring	3/23	5/18	12:00pm	2:00pm	5-13yr	Brown Girls Mentoring	1 st & 3 rd Saturday of the Month \$40 (PLAY Eligible)
Sa		Linden Music production	3/23	5/18	1:00pm	3:45pm	13-17yr	Volunteer	FREE
Sa		STEMtastic (Gymnastics)	3/23	5/18	10:00am	12:00pm	4-17yr	Y without Walls	Once a Month

COLUMBUS
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WIC is a supplemental nutrition program for women (pregnant, postpartum and breastfeeding), infants and children up to 5 years old. WIC provides nutrition education, nutritious foods, and breastfeeding education and support.

Expand access to high-quality Women's Health and Primary Care clinical services for Linden residents regardless of ability to pay. Improve the health of the Linden population through addressing Social Determinants of Health via Care Management and Community Health Workers. Establish learning partnership with Linden Opportunity Center to grow clinical and Social programming to appropriately address needs of the community.

When trauma happens to one, it happens to all of us. You don't have to heal from trauma alone. A social worker will connect you with resources based on your personal needs. For more information learn more at www.columbus.gov/CARE.

Healthy Neighborhoods Healthy Families (HNHF) focuses on creating positive health outcomes in the community. Our work with Economic Development is a crucial part of neighborhood revitalization creating the opportunity for residents to obtain stable employment at a livable wage. Essential career services are provided to unemployed and low-income residents. These services include individualized career planning, employment skills training, job placement, and retention services.

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Created in 2011, by former Mayor Michael B. Coleman, the mission of the APPS program is to reduce crime and violence by increasing protective factors in the lives of Columbus youth and young adults (ages 14-23) through proven prevention and intervention strategies. The initiative's prevention strategies include offering safe and constructive alternatives to violence while youth development professionals provide mentorship through enrichment activities at Linden Community Center.

Spring Program Schedule

Linden Opportunity Center Update: 5/3/23



COAAA arranges and coordinates services to help individuals with daily living such as homemaking, transportation, home delivered meals, and personal care. COAAA offers education and resources to caregivers, professionals, and the public and advocates for programs and policies that benefit older adults and individuals with disabilities.

Nationwide Children Proud Parent Program is a FREE program for parents or caregivers for children ages 1 to 7. Build a community by learning from other parents/caregivers and learn skills and techniques for raising young children!



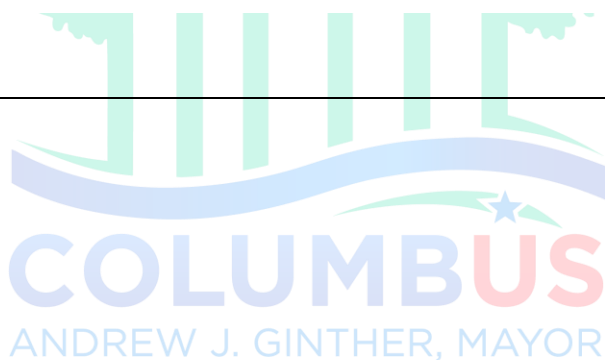
SCAN HERE for more details!



Nationwide Children's offers FREE training and coaching for community residents, ages 18 and older, designed to help you get a job and grow your career. Scan the QR code to enroll in the BOOST Job Readiness Program



SCAN HERE for more details!



FITNESS ROOM:

Linden is a "Get Active" fitness center. The following are the membership fees: Ages 18-49: \$1/day or \$15.00/session, or \$60/year. For people over the age of 50, each session costs \$1/day or \$10.00/session, or \$40/year. Fees must be paid to the City of Columbus. To use the fitness room, children ages 14 to 17 must be accompanied by a paid parent or guardian.

DROP-IN SPORTS PASS:

Adult open play activities (badminton, pickleball, volleyball, and open gym) are valid at any CRPD facility that offers Adult Open Play. The cost per session is \$10 (winter, spring, summer, Fall 1, Fall 2). There are also \$1 day pass. All participants must have an account, be registered, and be paid to participate! If you have any questions, please see the center staff!

Each participant must be registered and enrolled in a program or class and actively participating. Class Schedules, Dates, and Fees are subject to change. For the most up-to-date information, please visit <https://columbusrecparks.com/community-center/linden/>.

Closures:



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Linden Opportunity Center Update: 5/3/23

