

Aquatics Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4pm –5:30 pm Open Swim	4pm –6:30 pm Open Swim	4pm –5:30 pm Open Swim	4pm –6:30 pm Open Swim	4pm –5:30 pm Open Swim	9:30am–12noon Open Swim
	6:30 pm– 7:30pm Water Walk		6:30pm –7:30 pm Water Walk		1pm–2 pm Water walk
5:30pm -7:30 pm Family Swim Water aerobics 18+		5:30pm -7:30 pm Family Swim Water aerobics 18+		5:30pm -7:30 pm Family Swim Water aerobics 18+	3 pm–5:30pm Family Swim

All children under 7 years old and 4 feet tall must be accompanied and supervised in the water by an adult. Two children per adult.

Senior Ceramics Tues 12-2:30
Youth Arts and Craft Tues 4:30-5:30
Family Arts and Crafts Tues 6-7:30

Fall 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00pm–3:00pm	12:00pm–3:00pm	12:00pm–3:00pm	12:00pm–3:00pm	12:00pm–3:00pm	10:00am-11:45am
Adult Organized Basketball 18+	School Group	Adult Organized Basketball 18+	School Group	School Group	Pee Wee Flag Football (Sept–Jan)
4pm-6pm	4pm-6pm	4pm-6pm	4pm-5:45pm	4:30pm–5:30pm	11:00am-11:45am
Organized Activities Volley Ball Age 8-14	Organized Gym Activities Ages 8-14	Organized Activities Volleyball Ages 8-14	Organized Gym Activities Ages 15-17	DOGEBALL CO-ED Ages 8-15	Pee Wee Soccer (Nov–Dec)
6:30–7:30	6:30-7:30pm	6:30- 7:30		5:45-7:15 Organized Gym Activities Ages 15-17	12:00pm-1:30 Dodgeball
5 on 5 Organized gym Ages 15–17	5 on 5 Organized gym Ages 15-17	5 on 5 Organized Gym Ages 15 –17			
					1:30-3:30 Open Gym Ages 15– 17
					3:30pm–5:30pm 5 on 5 Organized Basketball 18+

Weight training **Mon–Fri 12 noon –7:30 pm**

Chess instruction **Mon- Sat 4-6**

Dodge Ball (Ages 11-15 Co-ed) **Fri 4pm –6pm**

Flag Football (Age 8-111 (Age 12-14) **Mon. 4:30 –7pm**
Wed. 4:30 –7pm

Volleyball (Age 11-14 Co-ed) (Age 15-17 Co -ed) **Thru 4pm –6pm**
Tues 4pm –6pm

Wrestling (Age 8-17) **Sat 1pm– 4pm**
Girls Scouts (Age 12-up) **Fri 5:pm-7pm**

Sista Circle (18+) **Wed 6pm-7;30pm**

Boxing Ages 8-up **Mon –Fri 5:30-7:30**

Schedule subject to change without prior notice