Aquatics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Closed	Closed	Closed	Closed	Closed	Closed
Closed	Closed	Closed	Closed	Closed	Closed
Closed	Closed	Closed	Closed	Closed	Closed
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Closed	Closed	Closed	Closed	Closed	Closed



Gymnasium Schedule

Volley Ball League

1st game November 6, 2023

Youth co-ed ages 8 –11

Junior Co-ed ages 12-14

Senior co-ed ages 15-17

Flag Football

Youth ages 8-11 Juniors ages 12-14 Seniors ages 15-17

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 – 12:30pm
Adult Open Gym Ages 18 +	Adult Open Gym Ages 18 +	Adult Open Gym Ages 18 +	Adult open Gym Ages 18 +	Adult open Gym Ages 18 +	40+ Double Dutch
4:00pm - 5:00pm	4:00pm - 5:00pm	4:00pm- 5:00pm	4:00pm - 5:00pm	4:00pm - 5:00pm	12:30pm-3:00pm
Introduction to Exercise Ages 12 –16	Introduction to Basketball Ages 8 - 10	Introduction to Exercise Ages 12 –16	Introduction to Basketball Ages 8 - 10	Open Gym Ages 8-17	Open Gym Ages 18+
5:00pm-6:00pm	5:00pm-6:00pm	5:00pm-6:00pm	5:00pm-6:00pm	5:00pm-6:00pm	3:00pm –5::30pm Open Gym Ages 8+
Flag Football Ages 8-11	Flag Football Ages 12-14	Flag Football Ages 8-11	Flag Football Ages 12-14	Open Gym Ages 8 –12	
6:00pm-7:30pm	6:00pm-7:30pm	6:00pm-7:30pm	6:00pm-7:30pm	6:00pm –7:30pm	
Open Gym Ages 13-18	Open Gym Ages 13-18	Volley Ball Ages 13-18	Volley Ball Ages 13-18	Open Gym Ages 13 –18	