

Zelma George Track Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 -12:30 pm Walking Club Adult	8:00 -12:30 pm Walking Club Adult	8:00 -12:30 pm Walking Club Adult	8:00 -12:30 pm Walking Club Adult	8:00 -12:30 pm Walking Club Adult	9:30 -12:30 pm Walking Club Adult
1:00-2:30 pm 3 Mile Walking Club Adult (19.5 Laps)	1:00-2:30 pm 3 Mile Walking Club Adult (19.5 Laps)	1:00-2:30 pm 3 Mile Walking Club Adult (19.5 Laps)	1:00-2:30 pm 3 Mile Walking Club Adult (19.5 Laps)	1:00-2:30 pm 3 Mile Walking Club Adult (19.5 Laps)	1:00-2:30 pm 3 Mile Walking Club Adult (19.5 Laps)
2:30 - 4:00 pm Jogging Club Adult	2:30 - 4:00 pm Jogging Club Adult	2:30 - 4:00 pm Jogging Club Adult	2:30 - 4:00 pm Jogging Club Adult	2:30 - 4:00 pm Jogging Club Adult	2:30 - 4:00 pm Jogging Club Adult
4:00-7:30 pm Family Walking	4:00-7:30 pm Family Walking	4:00-7:30 pm Family Walking	4:00-7:30 pm Family Walking	4:00-7:30 pm Family Walking	4:00-5:30 pm Family Walking

Children may not be on the track unless with an adult



Exercise Equipment
Boxing

Ballroom Dancing

Line Dance

Chess

Entrepreneurship

Flag Football

Volleyball

Intro to Computer

City League Basketball

Men's 35 & Over League

Monday - Friday
Monday—Friday

Monday
Friday

Tuesday
Wednesday
Saturday

Tuesday & Thursday
Monday—Thursday
Monday-Thursday

Fridays
Tuesdays & Thursdays
Saturdays

Other Exciting Programs

12:00pm - 7:30pm
11:00am—1:00pm
5:00pm— 7:30pm
5:00pm— 7:00 pm
5:00pm—6:30
6:00pm—7:30pm
5:30pm-7:00 pm
4:00pm—5:30pm
6:00pm—7:30pm
5:00pm—7:00pm
4:30pm—6:30pm
4:00pm-6:30pm
7:00pm—11pm
12pm—4pm

18+
18+

Adult

Adult
8- 17
18 +
14-17
8-17
12-17
8-17
18+
Adult

Something Special

Recreational Free Skate / Every Tuesday

4:00pm - 6:00pm

8 - 17

Fit & Fifty Program

Senior Card Sharks
Senior Walkers
Senior Exercise
Senior Line Dancing
Blood Pressure
Cooking Class

Monday & Friday
Monday - Friday
Tuesday & Thursday
Tuesday & Thursday
Every 4th Tuesday
Wednesday

12:00pm-3:00 pm
8:00am
9:00am - 10:00 am
10:00am - 11:00 am
9:00am-11:00am
10:00am-12pm Adults

Gymnasium Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00pm - 2:30 pm Open Gym Basketball Ages: 18 & over	12:00pm - 2:30pm School Group	12:00pm - 2:30 pm Open Gym Basketball Ages: 18 & Over	12:00pm - 2:30 pm School Group	12:00pm - 2:30 pm Open Gym Basketball Ages 18 & Over	10:00am-11:30pm Tot Basket-ball /Open Gym Ages: 4+
3:00pm - 5:00pm Open Gym Ages 8 - 17	3:00 - 5:00pm Teen Organized Gym Games Ages 15 - 17	3:00 - 5:00pm Open Gym Ages: 8-17	3:00 - 5:00pm Teen Organized Gym Games Ages 15 - 17	3:00pm - 5:30pm Open Gym Ages 8 - 17	12:00pm-4:00pm Men's 35&Over Basketball League
5:30pm-7:30pm Volleyball Training	5:30pm - 6:30pm Volleyball Training	5:30—7:30pm Old Timer's Basketball	5:00pm - 6:30pm Volleyball Training	6:00pm —7:30pm Family Volleyball Night	4:30pm-5:30pm Open Gym Ages 8-17
	7pm-11pm City League Basketball League 18+		7pm-11pm City League Basketball League 18+		



Schedule subject to change