

Gym Schedule

December

Mon	5:30am-9:30am 18+ Open Gym	10:00am-11:00am Senior Fit (Linda)	11:30am-2:30pm Open Gym	2:30pm-5:30pm Childcare or Teen Watch	6:00pm-7:45pm Adult Basketball Pick-Up		
Tues	5:30am-8:00am 18+ Open Gym	8:00am-11:00am Pickleball	11:00am-12:30pm Adult Basketball Pick-Up	12:30pm-2:30pm Open Gym	2:30pm-5:30pm Childcare or Teen Watch	6:00pm-8:00pm Youth Basketball	
Wed	5:30am-9:30am 18+ Open Gym	10:00am-11:00am Senior Fit (Linda)	11:30am-2:30pm Open Gym	2:30pm-5:30pm Childcare or Teen Watch	6:00pm-7:45pm Pickleball		
Thurs	5:30am-8:00am 18+ Open Gym	8:00am-10:00am Pickleball	10:00am-11:00am Chair Yoga (1/2 Gym)	11:00am-12:30pm Adult Basketball Pick-Up	12:30pm-2:30pm Open Gym	2:30pm-5:30pm Childcare or Teen Watch	6:00pm-8:00pm Youth Basketball
Fri	5:30am-9:30am 18+ Open Gym	10:00am-11:00am Senior Fit (Linda)	11:30am-2:30pm Open Gym	2:30pm-5:30pm Childcare or Teen Watch	6:00pm-7:45pm Adult Volleyball Pick-Up		
Sat	9:00am - 12:00pm Youth Basketball	12:00pm - 3:45pm Adult Basketball Pick-Up					
Sun	1:00pm-3:00pm Open Family Gym	3:00-4:45pm Pickleball					

GYM HOURS

MON – FRIDAY: 5:30 AM – 8 PM

SATURDAY 8 AM – 4 PM

SUNDAY: 1 PM – 5 PM

* OPEN ADULT GYM +18

* OPEN FAMILY<17

Under 13 with a Parent

Childcare is a DHS-licensed program. Youth Sports are registered, paid programs.

CHILD WATCH (Not a licensed program)

MON – FRI 8 AM – 11 AM

MON – THURSDAY 4 PM – 7:30 PM

NO CHILDWATCH ON FRIDAY EVENINGS

SATURDAY: 8 AM – 12 PM

NO CHILDWATCH ON SUNDAYS