Aquatics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		12:00—12:45pm Lap Swim 18+		12:00—12:45 pm Adult Lap Swim 18+	10:00—10:45am Youth Open Swim 8-17
		1:00—2:00pm Adult Open Swim 18+		1:00—1:45pm Adult Open Swim Ages 18+	11:00-11:45am Parent & Tot Swim
		2:00-2:45pm Adult Open Swim Ages 18+		2:00-2:45pm Adult Open Swim Ages 18+	12:00-1:45pm Youth Open Swim & Family Swim
		4:00-5:00pm Youth Open Swim Ages 8-17		4:00-5:00pm Youth Open Swim Ages 8-17	3:00-4:00pm Adult Lap Swim Ages 18+
		5:00-5:45pm Open Swim Ages 13-17		5:00-5:45pm Youth Open Swim Ages 8-17	4:00-5:30pm Adult Open Swim 18+
		6:00-6:45pm Adult Water Walking Ages 18+		6:00-7:30pm Family Swim	
		7:00-7:30 Adult Open Swim 18+			
		under 8 years old and 4 feet by an adult. Two children pe			ne

Outdoor happenings

Kickball Fridays 4:00—5:00pm Monday & Wednesday 4:00—6:00pm 4:00—5:00pm 8-17 8-17 Flag Football





After School Meals

4:00p.m.—5:00p.m Monday—Friday 18 & Under

Schedule subject to change without prior notice



Physical Fitness

Weight Room Senior Fitness Boxing Techniques

Monday – Friday 12:00-7:30pm Monday Wednesday Friday 10:00am 11:00am Adults Mon—Thursday 5:30-7:30 8+



Game Room & Computer Lab

Video Games After School All-Stars Computer Lab

Mon—Fri 3:00-5:30 p.m. 8 -17 Mon-Thur 3:00-5:30 Mon—Fri 12:00-3:00 Ages 18+

Gymnasium Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00—12:45 pm	12:00—12:45 pm	12:00—12:45 pm	12:00—12:45 pm	12:00—12:45 pm	10:00-11:00am
Adult Open	Adult Open	Adult Open	Adult Open	Adult Open	Adult Open
Gym	Gym	Gym	Gym	Gym	Gym
Ages 18+	Ages 18+	Ages 18+	Ages 18+	Ages 18+	Ages 18+
1:00 -1:45pm	1:00 –1:45pm	1:00 –1:45pm	1:00 -1:45pm	1:00 –1:45pm	11:00-12:00pm
Adult Open	Adult Open	Adult Open	Adult Open	Adult Open	Adult Open
Gym	Gym	Gym	Gym	Gym	Gym
Ages 18+	Ages 18+	Ages 18+	Ages 18+	Ages 18+	Ages 18+
2:00-2:45 pm	2:00-2:45 pm	2:00-2:45 pm	2:00-2:45 pm	2:00-2:45 pm	12:00—1:00pm
Adult Open	Adult Open	Adult Open	Adult Open	Adult Open	Youth Open
Gym	Gym	Gym	Gym	Gym	Gym
Ages 18+	Ages 18+	Ages 18+	Ages 18+	Ages 18+	Ages 8-17
3:00—4:45 pm	3:00—4:45 pm	3:00—4:45 pm	3:00—4:45 pm	3:00—4:45 pm	1:00—2:00pm
Youth Open	Youth Open	Youth Open	Youth Open	Youth Open	Youth Open
Gym	Gym	Gym	Gym	Gym	Gym
Ages 8-17	Ages 8-17	Ages 8-17	Ages 8-17	Ages 8-17	Ages 8-17
5:00—6:00 pm Basketball Training Ages 8-17	5:00—6:00 pm Basketball Quick Shot/2 Ball Ages 8-17	5:00—6:00 pm Volleyball Practice	5:00—6:00 pm Basketball Training Ages 8-17	5:00—6:00 pm Dodgeball Ages 8-17	2:00—4:00pm Youth Open Gym
6:00—7:30pm Adult Open Gym 18+	6:00—7:30pm Adult Open Gym 18+	6:00—7:30pm Adult Open Gym 18+	6:00—7:30pm Adult Open Gym 18+	6:00—7:30pm Adult Open Gym 18+	4:00—5:30pm Basketball Fundamentals/ 2 Ball Ages 8-17