

GOLDEN HAWK RECREATION CENTER

SEPTEMBER 13, 2010 TO DECEMBER 31, 2010

***DAYTIME PROGRAMS BEGIN MONDAY, SEPTEMBER 27, 2010**

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|--|--|--|---|
| | *9:00-12:00 Walking Central | 9:00-12:00 Walking Central | 9:00-12:00 Walking Central | 9:00-12:00 Walking Central | | 9:00-2:00 Gymnastics (1/2 gym) |
| | 9:30-11:00 Tai Chi | 9:15-10:15 Power Walk & Tone | 9:30-11:00 Tai Chi | 9:15-10:15 Power Walk & Tone | | 10:00-1:00 Rhythmic Gymnastics (1/2 gym) |
| 1:00-3:00 Open Activities | 12:00-1:30 Open Activities | 12:00-1:30 Open Activities | 12:00-1:30 Open Activities | 12:00-1:30 Open Activities | | 3:00-8:00 Open Activities |
| 4:00-6:00 Soccer Academy (Nov. 7 to Jan. 9) | 4:00-7:00 Rhythmic Gymnastics (1/2 gym) | 4:30-7:30 Rhythmic Gymnastics (1/2 gym) | 4:30-7:30 Rhythmic Gymnastics (1/2 gym) | 1:30-4:00 MORE Services | | |
| | 5:00-7:30 Gymnastics (1/2 gym) | 5:00-7:30 Gymnastics (1/2 gym) | | 5:00-7:30 Gymnastics (1/2 gym) | 5:00-6:00 Skate Pass (Sept 17-Oct 22) | |
| | 7:30-8:30 Cardio Power Fitness | | 7:30-8:30 Cardio Power Fitness | 6:00-7:30 Girls on the Move (Sept 30-Dec 9) | 6:00-9:00 Youth Drop In | |
| | | | | 8:00-9:45 Mens Soccer | | |

ACTIVITY ROOM:

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--------------------------|--|-------------------|--------------------------|--------------------------|----------|
| 3:00-4:00 Belly Dancing Runs Oct. 17-Dec. 12 | | | | 3:00-4:30 Yoga | | |
| | 5:45-8:45 Tae Kwon Do | 6:00-7:30 Yoga 7:30-8:30 Yoga Rox | 6:00-7:30 Yoga | 5:45-8:45 Tae Kwon Do | 5:45-8:45 Tae Kwon Do | |

TEEN/SENIOR ROOM:

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|--|------------------------------------|-------------------------------------|---|
| | 9:00-12:00 Senior Activities | 9:00-12:00 Senior Activities 12:00-3:00 Bridge | 9:00-12:00 Senior Activities | 9:00-12:00 Senior Activities | | |
| 1:30-3:30 4:00-6:00 Available for Rent | 4:00-7:00 After School Open Activities | 4:00-7:00 After School Open Activities | 4:00-7:00 After School Open Activities | 6:00-7:30 Girls on the Move | 6:00-9:00 Youth Drop In Night | 1:30-3:30 4:00-6:00 Available for Rent |