

**GOLDEN HAWK RECREATION CENTER  
SEPTEMBER 21, 2009 TO MAY 31, 2010**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00-12:00 Senior Activities & Walking Central	9:00-12:00 Senior Activities & Walking Central  9:15-10:00 Power Walk & Tone (1/2 gym)	9:00-12:00 Senior Activities & Walking Central	9:00-12:00 Senior Activities & Walking Central  9:15-10:00 Power Walk & Tone (1/2 gym)		9:00-2:00 Gymnastics (1/2 gym)
<b>5:00-7:50 Ball Clinics (starting Jan. 17)</b>	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
	4:00-7:00 Rhythmic Gymnastics (1/2 gym)	4:30-6:30 Rhythmic Gymnastics (1/2 gym)	4:30-7:30 Rhythmic Gymnastics (1/2 gym)	1:30-4:00 MORE Services	6:00-9:00 Youth Drop In Night	
6:00-9:00 Mens Floor Hockey Fun League	5:00-7:30 Gymnastics (1/2 gym)	5:00-7:30 Gymnastics (1/2 gym)		5:00-7:30 Gymnastics (1/2 gym)		
	7:30-8:30 Cardio Power Fitness		7:30-8:30 Cardio Power Fitness	6:00-7:30 Girls on the Move (Jan. 21 for 10 wks)		
				8:00-9:45 Mens Soccer		

**ACTIVITY ROOM:**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30-11:00 Tai Chi			9:30-11:00 Tai Chi		
2:30-3:30 Level 2 Belly Dancing 4:00-5:00 Beginners				3:00-4:30 Yoga		
6:00-9:00 Yoga Rox	5:45-9:00 Tae Kwon Do	6:00-9:15 Yoga	5:45-9:00 Tae Kwon Do	6:00-9:15 Yoga	4:30-6:30 Tae Kwon Do	10:00-12:00 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		
1:00-6:00 Available for Rent	6:00-8:00 Available for Rent	6:00-8:00 Available for Rent	6:00-8:00 Available for Rent	6:00-7:30 Girls on the Move	6:00-9:00 Youth Drop In Night	1:00-8:00 Available for Rent

**\*\*Preschool Gymnastics are held in the Gymnastics Room on Tuesdays from 10-11:00 am and 12:00-12:45 pm.\*\***