

GOLDEN HAWK RECREATION CENTER

September 18, 2021 to May 29, 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00-1:00 Gymnastics (1/2 gym)	9:00-12:00 Walking Central	9:00-12:00 Walking Central	9:00-12:00 Walking Central	9:00-12:00 Walking Central	9:00-12:00 Walking Central	9:45-12:00 Tae Kwon Do
1:30-4:30 pm Open Activities (Ends Feb 20)	9:30-11:00 Oriental Arts – Tai Chi & Qi Gong 11:15-12 noon Flex & Tone Fitness Class	9:30-11:00 Oriental Arts – Tai Chi & Qi Gong	9:30-11:00 Oriental Arts – Tai Chi & Qi Gong 11:15-12 noon Flex & Tone Fitness Class		11:00-12 noon Tots Free Time	1:00-2:00 pm Gym Rentals
	12:00-1:00 pm Open Activities 1:00-3:00 Senior Badminton	12:00-1:00 pm Open Activities	12:00-1:00 pm Open Activities 1:00-3:00 Senior Badminton	12:00-1:00 pm Open Activities 1:00-4:00 pm MORE Services Vocational Program	12:00-1:00 pm Open Activities 1:00-3:00 Senior Badminton	2:30-3:30 pm Gym Rentals 3:30-5:30 Open Activities
5:00-6:30 pm Burns Baseball Academy (Ends Feb. 20) 6:30-8:00 pm Open Activities (nets available) 1:00-9:00 pm Ball Clinics (Begin Feb 27)	4:30-8:00 Gymnastics (1/2 gym) 5:30-9:00 pm Tae Kwon Do (1/2 gym)	4:30-8:00 Gymnastics (1/2 gym) 6:00-7:00 pm Miramichi Special Olympics Basketball/Floor Curling (1/2 gym)	4:30-8:00 Gymnastics (1/2 gym) 5:30-9:00 pm Tae Kwon Do (1/2 gym)	4:30-8:00 Gymnastics (1/2 gym) 6:00-7:30 Girls on the Move Session #1 Oct. 7-Dec 9 Session #2 Jan 27-Mar 31	3:45-5:45 Gymnastics (1/2 gym)	
				8:15-10:15 Adult Floor Hockey	6:00-8:00 Youth Drop In (Oct 8-May 6)	

ACTIVITY ROOM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1:00-2:00 Yoga Fuzion - Beginner Yoga						

TEEN/SENIOR ROOM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00-12:00 Adult Hang Out	9:00-12:00 Adult Hang Out	8:30-6:00 pm Fresh for Less <i>(2nd Wednesday of the month)</i>	9:00-12:00 Adult/Senior Open Activities	9:00-12:00 Adult/Senior Open Activities	2:00-4:30 pm Gym rentals
5:00-7:15 Pool Rentals				6:00-7:30 Girls on the Move	6:00-8:00 Youth Drop In Night	5:00-7:15 Pool rentals