

GOLDEN HAWK RECREATION CENTER
September 19, 2022 to May 27, 2023

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	10:00-11:30 Tae Kwon Do
1:30-4:30 pm Open Gym (Ends Mar. 5)	9:30-11:00 Oriental Arts – Tai Chi & Qi Gong (Begins Oct 3)	9:30-11:00 Oriental Arts – Tai Chi & Qi Gong (Begins Oct 4)	11:15-12 noon Walk & Tone Fitness Class (Begins Oct 12)		11:00-12 noon Tots Free Time	1:30-2:30 Gym Rentals
4:30-6:00 pm Open Gym – Nets Available	12:00-1:00 pm Open Gym	12:00-1:00 pm Open Gym	12:00-1:00 pm Open Gym	12:00-1:00 pm Open Gym	12:00-1:00 pm Open Gym	3:00-6:00 Open Gym
	1:00-3:00 Senior Badminton		1:00-3:00 Senior Badminton	1:00-4:00 pm MORE Services Vocational Program	1:00-3:00 Senior Badminton	
6:00-7:30 pm Burns Baseball Academy (Ends Mar. 5)	4:30-8:00 Gymnastics (1/2 gym)	4:30-8:00 Gymnastics (1/2 gym)	4:30-8:00 Gymnastics (1/2 gym)	4:30-8:00 Gymnastics (1/2 gym)		
1:00-9:00 pm Ball Clinics (Begins Mar. 12)	5:30-9:30 pm Tae Kwon Do (1/2 gym)	7:30-8:15 pm Walk & Tone Fitness Class (Begins Oct. 11)	5:30-9:30 pm Tae Kwon Do (1/2 gym)	6:00-7:30 Girls on the Move Session #1 Sept. 29-Dec. 1 Session #2 Jan. 26-Mar. 30		
				8:15-10:15 Adult Floor Hockey	6:00-9:00 Youth Drop In (Oct 7-Apr. 28)	

ACTIVITY ROOM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1:00-2:00 Yoga Fuzion - Beginner Yoga						10:00-11:30 Tae Kwon Do
2:00-3:30 Tae Kwon Do						

TEEN/SENIOR ROOM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00-12:00 Adult/Senior Open Activities	9:00-12:00 Adult/Senior Open Activities	8:30-6:00 pm Fresh for Less	9:00-12:00 Adult/Senior Open Activities	9:00-12:00 Adult/Senior Open Activities	2:30-3:30 Gym rental time
4:00-6:15 Pool Rental time			(2 nd Wednesday of the month)	6:00-7:30 Girls on the Move	6:00-9:00 Youth Drop In Night	4:00-6:15 Pool rental time