



FACILITY SCHEDULES

September 16, 2023 - June 1, 2024

Golden Hawk Gym

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am-12:00pm Gymnastics (Every 2nd Week 1/2 gym)	9:00am-12:00pm Walking Central	9:00am-12:00pm Walking Central	9:00am-12:00pm Walking Central	9:00am-12:00pm Walking Central	9:00am-12:00pm Walking Central	9:00am-12:00pm Tae Kwon Do
	9:30am-11:00am Oriental Arts - Tai Chi & Qi Gong (Begins Oct. 2)	9:30am-11:00am Oriental Arts - Tai Chi & Qi Gong (Begins Oct 3)	11:15am-12:00pm Walk & Tone	10:00am-12:00pm Shuffleboard	11:00am-12:00pm Parent & Tots Gym Time	
	12:00pm-1:00pm Open Gym		12:00pm-1:00pm Open Gym	12:00pm-1:00pm Open Gym	12:00pm-1:00pm Open Gym	
1:00pm-4:00pm Open Gym (Ends Mar. 3)	1:00pm-3:00pm Senior Badminton	1:00pm-3:30pm 55+ Pickleball	1:00pm-3:00pm Senior Badminton	1:00pm-2:30pm MORE Services Vocational Program	1:00pm-3:00pm Senior Badminton	1:00pm-3:00pm Open Gym (No Racquet Sports)
4:00pm-7:00pm Open Ball Practice (Cages Available)	4:30pm-8:30pm Gymnastics (1/2 gym)	4:30pm-8:00pm Gymnastics (1/2 gym)	4:30pm-8:00pm Gymnastics (1/2 gym)	2:30pm-4:00pm 55+ Pickleball	3:00pm-5:15pm 55+ Pickleball	3:00pm-6:00pm Open Gym (Racquet Sports)
1:00pm-9:00pm Ball Clinics (Begins Mar. 10)	5:30pm-9:00pm Tae Kwon Do (1/2 gym)	7:30pm-8:15pm Cardio Power	5:30pm-9:00pm Tae Kwon Do (1/2 gym)	4:30pm-8:00pm Gymnastics (1/2) gym	6:00pm-9:00pm Youth Drop in (Oct 6-Apr 26)	
				6:00pm-7:30pm Girls on the Move Session #1:Sept 28-Dec 14 Session #2:Jan 18-Apr 4		
				8:15pm-10:15pm Adult Floor Hockey		

Activity Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1:00pm-2:00pm Yogo Fuzion Beginner Yoga	5:30pm-9:00pm Tae Kwon Do		5:30pm-9:00pm Tae Kwon Do			10:00am-12:00pm Tae Kwon Do

Youth/Senior Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00am-12pm Adult/Senior Open Activities	9:00am-12:00pm Adult/Senior Open Activities	8:30am-6:00pm Fresh for Less (Every 2nd Wednesday of the Month)	9:00am-12pm Adult/Senior Open Activities	9:00am-12pm Adult/Senior Open Activities	
5:00pm-7:15pm Pool Rental Time				6:00pm-7:30pm Girls on the Move	6:00pm-8:00pm Youth Drop In Night	5:00pm-7:15pm Pool Rental Time

Gymnastic Room Hours:

Monday - Friday 4:30pm-8:30pm
Saturday 9:00am-3:00pm
Sunday 9:00am-8:00pm

