## **Gym Schedule Effective 1/1/18**

Monday/Wednesday	Activity	Court
9:00am-11:00am	Family Swim & Gym	1
9:00am-11:00am	Kids in Motion Gym Time	2
11:00am-1:00pm	Drop in Pickelball	1-2
1:00pm-2:00pm	Drop in Basketball	2
5:30pm-6:30pm	HIIT (Mondays Only)	1-2
6:00pm-7:30pm	Intro to Pickelball: Registration Required  Wednesdays 1/17-2/14 & 3/7-4/4	1-2
6:30pm-7:30pm	Kids in Motion Gym Time (Mondays Only)	2
7:30pm-9:30pm	Drop in Pickelball (Wednesdays Only)	1-2
Tuesday/Thursday	Activity	Court
9:00am-11:00am	Kids in Motion Gym Time	2
10:30am-12:00pm	Intro to Pickelball: Registration Required  Tuesdays 1/16-2/13 & 3/6-4/3	1-2
4:30pm-7:00pm	Family Swim & Gym	1
4:30pm-7:00pm	Kids in Motion Gym Time	2
7:00pm-9:30pm	Drop in Basketball: Full Court	1-2
Friday	Activity	Court
9:00am-11:00am	Kids in Motion Gym Time	2
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11:00am-1:00pm	Drop in Pickelball	1-2
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11:00am-1:00pm	Drop in Pickelball	
11:00am-1:00pm 1:00pm-2:00pm	Drop in Pickelball  Drop in Basketball	2
11:00am-1:00pm 1:00pm-2:00pm 4:30pm-7:00pm	Drop in Pickelball  Drop in Basketball  Family Swim & Gym	2
11:00am-1:00pm 1:00pm-2:00pm 4:30pm-7:00pm Saturday	Drop in Pickelball  Drop in Basketball  Family Swim & Gym  Activity	2 2 Court
11:00am-1:00pm 1:00pm-2:00pm 4:30pm-7:00pm Saturday 9:00am-10:00am	Drop in Pickelball Drop in Basketball Family Swim & Gym Activity Total Body Strength & Conditioning	2 2 Court 1
11:00am-1:00pm 1:00pm-2:00pm 4:30pm-7:00pm Saturday 9:00am-10:00am 9:00am-10:30am	Drop in Pickelball Drop in Basketball Family Swim & Gym Activity Total Body Strength & Conditioning Kids in Motion Gym Time	2 2 Court 1 2
11:00am-1:00pm 1:00pm-2:00pm 4:30pm-7:00pm  Saturday 9:00am-10:00am 9:00am-10:30am 10:00am-1:00pm	Drop in Pickelball Drop in Basketball Family Swim & Gym Activity Total Body Strength & Conditioning Kids in Motion Gym Time Drop in Volleyball	2 2 Court 1 2 1
11:00am-1:00pm 1:00pm-2:00pm 4:30pm-7:00pm  Saturday 9:00am-10:00am 9:00am-10:30am 10:00am-1:00pm 1:00pm-3:30pm	Drop in Pickelball Drop in Basketball Family Swim & Gym Activity Total Body Strength & Conditioning Kids in Motion Gym Time Drop in Volleyball Family Swim & Gym	2 2 Court 1 2 1 2
11:00am-1:00pm  1:00pm-2:00pm  4:30pm-7:00pm  Saturday  9:00am-10:00am  9:00am-10:30am  10:00am-1:00pm  1:00pm-3:30pm  Sunday	Drop in Pickelball Drop in Basketball Family Swim & Gym Activity Total Body Strength & Conditioning Kids in Motion Gym Time Drop in Volleyball Family Swim & Gym Activity	2 2 Court 1 2 1 2 Court 2 Court

<sup>\*</sup>The gym is available for individual use when the activities listed above are not going on\*

