

## NORTH GYM

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-6:30		Strength/Cardio 6:05 – 7:00am	OPEN GYM	Strength/Cardio 6:05 – 7:00am	OPEN GYM	Strength/Cardio 6:05 – 7:00am	
6:30-7:00							
7:00-7:30							
7:30-8:00		ASU 7:30-8:30am	ASU 7:30-8:30am		ASU 7:30-8:30am		
8:00-8:30	OPEN GYM			OPEN GYM		OPEN GYM	OPEN GYM
8:30-9:00		OPEN GYM	OPEN GYM		OPEN GYM		
9:00-9:30	ASU 9:00-10:00am	Cardio Mix 9:15-10:15am	Cardio Conditioning 9:15-10:15am	Full Body Fitness 9:15-10:15am	Body Bar & Ball 9:15-10:15am	Full Body Fitness 9:15-10:15am	Cardio Core 9:15-10:15am
9:30-10:00							
10:00-10:30							
10:30-11:00		OPEN GYM		Zumba® 10:30-11:30am	Cardio/Strength 10:30-11:30am	Sit & Be Fit 10:15 – 11:00am	
11:00-11:30			OPEN GYM	OPEN GYM	OPEN GYM		
11:30-12:00							
12:00-12:30	OPEN GYM				STO: LO SCHOOL 12:10 – 1:10pm Only certain dates		
12:30-1:00		Sr. Soccer 12:15-2:00pm (Rental)		Sr. Soccer 12:15-2:00pm (Rental)			
1:00-1:30			STO: LO SCHOOL 1:25 – 2:25pm Only certain dates				
1:30-2:00							
2:00-2:30	Light Blue Women's Soccer 2:00pm – 3:30pm (Rental)					OPEN GYM	
2:30-3:00							
3:00-3:30		OPEN GYM		OPEN GYM	OPEN GYM		OPEN GYM
3:30-4:00			OPEN GYM				
4:00-4:30							
4:30-5:00	OPEN GYM						
5:00-5:30							
5:30-6:00		Cardio Conditioning 5:30-6:30pm	Zumba® 5:30-6:30pm	Cardio Conditioning 5:30-6:30pm			
6:00-6:30	Drop In Floor Hockey (16+) 6:00pm – 8:00pm					Friday Night Overdrive 6:00-8:00pm **7-12 yrs old	
6:30-7:00		PiYo 6:45-7:45pm		Volleyball Set-up			
7:00-8:00			Drop-in Basketball 7:00-10:00pm	Ladies Volleyball League 7:00-10:00pm	Co-Ed Volleyball League 7:00-10:00pm		
8:00-9:00		Drop-in Soccer 8:00-10:00pm				OPEN GYM	
9:00-10:00	9:30 CLOSE						9:30 CLOSE

## SOUTH GYM

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-6:30							
6:30-7:00		OPEN GYM	OPEN GYM		OPEN GYM		
7:00-7:30				OPEN GYM		OPEN GYM	
7:30-8:00		ASU 7:30-8:30am	ASU 7:30-8:30am		ASU 7:30-8:30am		
8:00-8:30	OPEN GYM						OPEN GYM
8:30-9:00							
9:00-9:30	ASU 9:00-10:00am						Preschool Soccer
9:30-10:00							Junior Soccer 9:30 – 10:15am
10:00-10:30		Child Minding 9:00-12:00pm	Child Minding 9:00-12:00pm	Child Minding 9:00-12:00pm	Child Minding 9:00-12:00pm	Child Minding 9:00-12:00pm	Intermediate Soccer 10:15am – 11:00am
10:30-11:00							OPEN GYM
11:00-11:30							
11:30-12:00							
12:00-12:30							
12:30-1:00		Sr. Soccer 12:15-2:00pm (Rental)	OPEN GYM	Sr. Soccer 12:15-2:00pm (Rental)	STO: LO SCHOOL 12:10 – 1:10pm Only certain dates		
1:00-1:30			STO: LO SCHOOL 1:25 – 2:25pm Only certain dates				Birthday Party 12:00-2:00pm
1:30-2:00					OPEN GYM		
2:00-2:30	OPEN GYM					OPEN GYM	
2:30-3:00							Slammin' Saturdays 2:00-4:00pm **7-12 yrs
3:00-3:30							
3:30-4:00					Preschool Basketball		
4:00-4:30		OPEN GYM		Baseball Practice 3:30pm – 5:30pm (Rental)	Junior Basketball 4:00pm – 4:45pm		
4:30-5:00			SNAG® 4:00pm – 4:45pm		Intermediate Bball 4:45pm – 5:30pm		
5:00-5:30							
5:30-6:00							
6:00-6:30				Men's Soccer (rental) to Feb 14. 6:00 - 7:00pm	OPEN GYM		
6:30-7:00		GYM CLOSED		Volleyball Set-up		Friday Night Overdrive 6:00-8:00pm **7-12 yrs	
7:00-8:00			Wheel Chair Basketball 7:00-8:30pm	Ladies Vball League - Ends Mar 28 7:00-10:00pm	Co-Ed Vball League Ends Mar 29 7:00-10:00pm		
8:00-9:00		Drop-in Soccer 8:00-10:00pm				OPEN GYM	
9:00-10:00	9:30 CLOSE						9:30 CLOSE

### Friday Night Sports / Slammin' Saturdays:

**Ages:** 7 – 11 years

**Cost:** \$5.00, unless hold current membership.

**Notes:** Parents must sign children in and out at the front desk. We have staff in the pool, so 6 year olds are now allowed to join the rest of the kids in the swimming pool.

**Details:** Gym and Pool – Youth Drop-In program includes basketball, soccer, floor hockey, dance, special events, swimming, and much more. Youth will have a blast during their two hours at this drop-in. The well trained staff will coordinate and oversee the youth as they play and socialize with other youth from the community.

### Gym Rentals

Please see Front Desk Staff for more information about renting the gymnasium.

### Child Minding

**Ages:** 6 months to 6 years

**Cost:** First Child \$2.50/hour Additional Children \$1.50/hour

**Description:** Drop off your children with our staff while you have your work out or swim. Parents/Guardians must be **IN** the building to participate in this program.

### Fitness Classes

Please refer to "Group Fitness Schedule" at the front desk for drop-in classes and current registered programs.

### Starting New At Golf!

**SNAG** is a fun and affordable way to experience the game of golf giving all children equal opportunity to experience the game of golf in a safe environment. The goal of **SNAG** is to introduce the game, teach valuable life lessons including self confidence, integrity, and respect. All children will learn that new friendships can be built starting with **SNAG** and then moving them out onto the golf course.

### Birthday Parties

**Age:** varies

**Cost:** \$125 for up to 10 kids; \$145 for 11 – 15 kids.

**Notes:** Please see front desk "Parties" brochure. You will have a dedicated host for your 2.5 hour pool or gymnasium party.

**SCHEDULE VALID January 3 – June 30<sup>th</sup> 2012.  
Subject to change without notice.**

# >>GYMNASIUM SCHEDULE WINTER/SPRING 2012



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