



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FIVE POINTS BRANCH FALL 1 GYM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Gym 7am-8:45am	Open Gym 7am-7:45am	Open Gym 7am-8:45am	Open Gym 7am-7:45am	Open Gym 7am-10:15am	Open Gym 8am-8:45am
Active Older Adults 9am-10am Linda	Action Against Arthritis 8am-9am Linda	Active Older Adults 9am-10am Linda	Action Against Arthritis 8am-9am Linda	Enhance Fitness 10:15am-11:15am Linda	Pee Wee Basketball (Ages 5-7) 9am-9:45am
Enhance Fitness 10:15am-11:15am Linda	Action Against Arthritis 9:15am-10:15am Linda	Enhance Fitness 10:15am-11:15am Linda	Action Against Arthritis 9:15am-10:15am Linda	Child Care* 11:30am-12:30am	Youth Basketball (Ages 8-12) 10am-10:45am
Child Care* 11:30am-12:30pm	Tai Chi 10:30-11:30am Linda	Child Care* 11:30am-12:30pm	Tai Chi 10:30-11:30am Linda	Pickleball 12:30pm-2:00pm	Youth Soccer (Ages 8-12) 11am-11:45am
Open Gym 12:30pm-3:30pm	Childcare* 11:30-12:30pm	Open Gym 12:30pm-3:30pm	Childcare* 11:30-12:30pm	Open Gym 2pm-3pm	Pee Wee Soccer (Ages 5-7) 12pm-12:45pm
Child Care* 3:30pm-4:30pm	Open Gym 12:30pm-2:45pm	Child Care* 3:30pm-4:30pm	Open Gym 12:30pm-3:30pm	Child Care* 3pm-4:30pm	Family Open Gym 1pm-2:30pm
Leap and Learn 4:30pm-5:30pm	Rookie Sports Program 3pm-3:40pm	Leap and Learn 4:30pm-5:30pm	Child Care* 3:30pm-4:30pm	Open Gym 4:30pm-8:45pm	Open Gym 2:30pm-4:45pm
Open Gym 5:30pm-6:15pm	Open Gym 3:45pm-6:15pm	Tae Kwon Do (Ages 5+ beginner) 5:45pm-6:30pm George	Open Gym 4:30pm-5:15pm		SUNDAY
Travel Basketball Workouts 6:30pm-7:45pm	Tae Kwon Do (Ages 5-12 yellow stripe+) 6:30-7:15pm George	Tae Kwon Do (Ages 5-12 Yellow stripe +) 6:30pm-7:15pm George	Youth Basketball Classes 5:30pm-7:15pm		Family Open Gym 9am-11am
Open Gym 7:45pm-8:45pm	Open Gym 7:15pm -8:45pm	Open Gym 7:15pm -8:45pm	Open Gym 7:15 pm-8:45pm		Open Gym 11am-1pm

Schedule is subject to change.

*Please call the welcome center to confirm gym availability