

Open House Schedule

5:00–7:00pm

Win By Losing Information
Afterschool Club / Preschool Info
Teen Clubs & Program Info

Wellness Center Lobby
Pool Corridor
Marshall Lounge

5:00–5:30pm

Wellness Wednesday Information
Yoga Boot Camp with Lynae
Spin-Flex-Yoga with Joanne
Swim Level (Ability) Evaluation
Gymnastics (ages 2-3 with parent)
Hip Hop (Ages 5 & 6)

Group Exercise Room
Youth & Family Room
Cycling Studio
Pool
Gymnastics Studio
Gymnastics Studio

5:00–5:20pm

Toddler Track and Field (2-3 yrs)

Gym B

5:20–5:40pm

T- Ball (4-5 yrs)

Gym B

5:30–6:00pm

GET STARTED Information/Assessments
Yoga Boot Camp with Lynae
Spin-Flex-Yoga with Joanne
Swim Level (Ability) Evaluation

Group Exercise Room
Youth & Family Room
Cycling Studio
Pool

5:40–6:00pm

Basketball Skills (5-6 yrs)

Gym B

5:40–6:10pm

Gymnastics (age 4)

Gymnastics Studio

Hip Hop (age 7-9)

Gymnastics Studio

6:00–6:20pm

Floor Hockey Skills (5-6 yrs)

Gym B

6:00–6:30pm

GET STARTED Information/Assessments
Cycling Informational Talk
Aqua Fit Sampler
Family Time Theatre
(age 10 & Up with Parent)

Group Exercise Room
Cycling Studio
Pool
Youth & Family Room

6:00–7:00pm

Recreational Swimming

Pool

6:15–7:00pms

Contemporary Dance with Modern
(some dance exp. Required, age s 10 & up)

Gymnastics Studio

6:20–6:40pm

Flag Football (7-9 yrs)

Gym B

6:20–7:00pm

Gymnastics Level 1(age 5 & up)

Gymnastics Studio

6:30–7:00pm

Cycling Informational Talk
Aqua Fit Sampler
Ballroom Dance (ages 17 & up)

Cycling Studio
Pool
Youth & Family Room

6:40–7:00pm

Dodgeball (10-12 yrs)

Gym B