

### THE NAMES FAMILY FOUNDATION GYMNASIUM



JULY 17TH

JULY 18TH

JULY 19TH

JULY 20TH

JULY 21ST JULY 22ND JULY 23RD

SUN

MON

TUE

WED

THU

**DROP-IN** 

**PING-PONG** 

8:30-10:30AM

**TOT GYM** 

11-1:30PM

16&UNDER

**OPEN GYM** 

2-5PM

FRI

**DROP-IN\*** PICKLEBALL

8:30-11:30AM

11AM **12PM** 

8AM

9AM

10AM

DROP-IN\* BASKETBALL 12-2PM

2PM

1PM

16&UNDER 3PM **OPEN GYM** 2-4PM

4PM

5PM

6PM

7PM

8PM

9PM

**DROP-IN PING-PONG** 8:30-10:30AM

TOT GYM 11-1:30PM

16&UNDER **OPEN GYM** 2-5PM

**ADULT** BASKETBALL 6:30-8:30PM

**DROP-IN\*** PICKLEBALL 8:30-11:30AM

DROP-IN\* BASKETBALL 12-2PM

16&UNDER **OPEN GYM** 2-5PM

**WOMENS PICKLEBALL** LEAGUE 6-9PM

**ALL AGES VOLLEYBALL** 6:30-8:30PM

DROP-IN\* PICKLEBALL 8:30-11:30AM



SAT

FREE COMMUNITY PROGRAM

**INSTRUCTOR PROGRAM** 



# THE TOM & MEG NAMES FAMILY FOUNDATION MULTI-PURPOSE ROOM

JULY 20TH

THU



JULY 17TH MON 8AM GENTLE HATHA
YOGA 9AM **10AM** CHAIR YOGA **11AM** 10:30-11:30AM **12PM** 1PM 2PM 3PM 4PM 5PM 6PM 7PM 8PM

9PM

JULY 18TH TUE

JULY 19TH
WED

GENTLE HATHA
YOGA
9-10AM

CHAIR YOGA
10:30-11:30AM

DROP-IN PING-PONG 3-7PM

CLOSED FOR RENTAL 5:30-8:30PM JULY 21ST FRI

GENTLE HATHA
YOGA
9-10AM



JULY 22ND

SAT

SUN

JULY 23RD

FIRCREST PARK

FIRCREST PARK

COMMENCEMENT

FOR COMMENCEMENT

FOR

FREE COMMUNITY PROGRAM III

**INSTRUCTOR PROGRAM** 



#### THE NAMES FAMILY FOUNDATION FITNESS ROOM



JULY 17TH

JULY 18TH

JULY 19TH

JULY 20TH

THU

**SNAPOLOGY** 

CAMP

8-5PM

JULY 21ST JULY 22ND JULY 23RD

SUN

**BEG. BARRE** 9:30-10:30PM

MON

8AM

**SNAPOLOGY** 9AM CAMP **10AM** 8-5PM

**11AM** 

**12PM** 1PM

2PM

3PM

4PM

5PM

6PM

7PM

8PM

9PM

TUE

**SNAPOLOGY** CAMP

8-5PM

WED

**SNAPOLOGY** CAMP

8-5PM

**BRIDGE FOR BEGINNERS** 4-6PM

YIN YOGA & MEDITATION

BARRE/HIIT 10:30-11:30PM

FRI





SAT



#### **GATHERING** SPACE



JULY 17TH JULY 18TH MON TUE 8AM 9AM **SENIOR 10AM MORNINGS** 9-11AM **11AM 12PM** 1PM 2PM 3PM 4PM 5PM 6PM **CHESS CLUB** 7PM 6-8PM 8PM

9PM

JULY 19TH WED

**SENIOR MORNINGS** 9-11AM

**CLOSED FOR RENTAL** 10:15-12:15PM

JULY 20TH

THU

JULY 21ST

FRI

**SENIOR MORNINGS** 9-11AM



JULY 22ND

SAT

SUN

JULY 23RD

FREE COMMUNITY PROGRAM

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## YOUTH ROOM



	JULY 17TH	JULY 18TH	JULY 19TH	JULY 20TH	JULY 21ST	JULY 22ND	JULY 23RD
	MON	TUE	WED	THU	FRI	SAT	SUN
8AM							
9AM						GOLDZIELINGMENT BANK AN GOLGGEST DOUGS & REC PRESENT	
10AM						FIRCREST	
11AM						JULY 21 & 22, 2023	
12PM					GUAZZED SMENT BANK AN UNDERGREGO COLLES & REC PRESENT	FOOD TRUCKS	
1PM					FIRCREST	SEE YOU ATTHE PARK!	
2PM					JULY 21 8 22, 2023		
3PM					Towns and the state of the stat	FIRCREST PARK COMMENCEMENT BANK  COMMENCEMENT BANK  COMMENCEMENT BANK	
4PM					FOOD TRUCKS  SEE YOU  ATT THE PARK!		
5PM					frankling and the second		
6PM					FIRCREST PARK COMMENCEMENT BANK		
7PM					BANK STORY S		
8PM							
9PM							

FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM