

|      | AUG 7TH<br>MON                                  | AUG 8TH<br>TUE                                | AUG 9TH<br>WED                                    | AUG 10TH<br>THU   | AUG 11TH<br>FRI                                 | AUG 12TH<br>SAT                                   | AUG 13TH<br>SUN                       |
|------|---|---|---|---|---|---|---------------------------------------|
| 8AM  |   |   |   |   |   |   |                                       |
| 9AM  | <b>DROP-IN*<br/>PICKLEBALL<br/>8:30-11:30AM</b> | <b>DROP-IN<br/>PING-PONG<br/>8:30-10:30AM</b> | <b>DROP-IN*<br/>PICKLEBALL<br/>8:30-11:30AM</b>   | <b>DROP-IN<br/>PING-PONG<br/>8:30-10:30AM</b>   | <b>DROP-IN*<br/>PICKLEBALL<br/>8:30-11:30AM</b> | <b>FAMILY/BEG<br/>PICKLEBALL<br/>9:30-12:00PM</b> |                                       |
| 10AM |   |   |   |   |   |   |                                       |
| 11AM |   |   |   |   |   |   |                                       |
| 12PM | <b>DROP-IN*<br/>BASKETBALL<br/>12-2PM</b>       | <b>TOT GYM<br/>12:15-1:30PM</b>               | <b>DROP-IN*<br/>BASKETBALL<br/>12-2PM</b>         | <b>TOT GYM<br/>12:15-1:30PM</b>   | <b>DROP-IN*<br/>BASKETBALL<br/>12-2PM</b>       |   |                                       |
| 1PM  |   |   |   |   |   |   |                                       |
| 2PM  |   |   |   |   |   |   |                                       |
| 3PM  | <b>16&amp;UNDER<br/>OPEN GYM<br/>2-5PM</b>      | <b>16&amp;UNDER<br/>OPEN GYM<br/>2-5PM</b>    | <b>16&amp;UNDER<br/>OPEN GYM<br/>2-5PM</b>        | <b>16&amp;UNDER<br/>OPEN GYM<br/>2-5PM</b>  | <b>16&amp;UNDER<br/>OPEN GYM<br/>2-5PM</b>      |   | <b>CLOSED FOR RENTAL<br/>2-3:30PM</b> |
| 4PM  |   |   |   |   |   |   |                                       |
| 5PM  |   |   |   |   |   |   |                                       |
| 6PM  |   |   |   | <b>CLOSED FOR<br/>CONCERT<br/>PICNIC &amp; MARKET<br/>@ FIRCREST PARK<br/>AUGUST 10, 2023<br/>5:00-7:30 PM<br/>AUGUST 24, 2023<br/>5:00-8:00 PM<br/>CONCERT<br/>ARTISTS &amp; MARKERS<br/>FOOD TRUCKS</b> | <b>CLOSED FOR<br/>RENTAL<br/>6-8PM</b>          |   |                                       |
| 7PM  |   | <b>ADULT<br/>BASKETBALL<br/>6:30-8:30PM</b>   | <b>WOMENS<br/>PICKLEBALL<br/>LEAGUE<br/>6-9PM</b> |   |   |   |                                       |
| 8PM  |   |   |   |   |   |   |                                       |
| 9PM  |   |   |   |   |   |   |                                       |

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

|      | AUG 7TH<br>MON                                       | AUG 8TH<br>TUE                                | AUG 9TH<br>WED                                       | AUG 10TH<br>THU | AUG 11TH<br>FRI                         | AUG 12TH<br>SAT | AUG 13TH<br>SUN |
|------|--|---|--|-----------------|---|-----------------|-----------------|
| 8AM  |  |   |  |                 |   |                 |                 |
| 9AM  | <b>GENTLE HATHA<br/>YOGA<br/>9-10AM</b>              | <b>DROP-IN<br/>PING-PONG<br/>8:30-10:30AM</b> | <b>GENTLE HATHA<br/>YOGA<br/>9-10AM</b>              |                 | <b>GENTLE HATHA<br/>YOGA<br/>9-10AM</b> |                 |                 |
| 10AM |  |   |  |                 |   |                 |                 |
| 11AM | <b>GENTLE HATHA<br/>CHAIR YOGA<br/>10:30-11:30AM</b> |   | <b>GENTLE HATHA<br/>CHAIR YOGA<br/>10:30-11:30AM</b> |                 |   |                 |                 |
| 12PM |  |   |  |                 |   |                 |                 |
| 1PM  |  |   |  |                 |   |                 |                 |
| 2PM  |  |   |  |                 |   |                 |                 |
| 3PM  |  |   |  |                 |   |                 |                 |
| 4PM  |  |   |  |                 |   |                 |                 |
| 5PM  |  |   |  |                 |   |                 |                 |
| 6PM  |  |   |  |                 |   |                 |                 |
| 7PM  |  |   |  |                 |   |                 |                 |
| 8PM  |  |   |  |                 |   |                 |                 |
| 9PM  |  |   |  |                 |   |                 |                 |

**CLOSED  
TO PREPARE  
FOR  
THE CONCERT  
PICNIC &  
MARKET  
IN THE PARK**



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**INSTRUCTOR PROGRAM**

**FEE BASED PROGRAM**



# THE NAMES FAMILY FOUNDATION FITNESS ROOM

|      | AUG 7TH<br>MON                      | AUG 8TH<br>TUE                      | AUG 9TH<br>WED                            | AUG 10TH<br>THU                                      | AUG 11TH<br>FRI                      | AUG 12TH<br>SAT | AUG 13TH<br>SUN                    |
|------|-------------------------------------|-------------------------------------|---|--|--------------------------------------|-----------------|------------------------------------|
| 8AM  |                                     |                                     |   |  |                                      |                 |                                    |
| 9AM  | <b>SNAPOLOGY<br/>CAMP<br/>8-5PM</b> | <b>SNAPOLOGY<br/>CAMP<br/>8-5PM</b> | <b>SNAPOLOGY<br/>CAMP<br/>8-5PM</b>       | <b>SNAPOLOGY<br/>CAMP<br/>8-5PM</b>                  | <b>SNAPOLOGY<br/>CAMP<br/>9-10AM</b> |                 | <b>BEG. BARRE<br/>9:30-10:30PM</b> |
| 10AM |                                     |                                     |   |  | <b>BARRE/HIIT<br/>10:30-11:30PM</b>  |                 |                                    |
| 11AM |                                     |                                     |   |  |                                      |                 |                                    |
| 12PM |                                     |                                     |   |  |                                      |                 |                                    |
| 1PM  |                                     |                                     |   |  |                                      |                 |                                    |
| 2PM  |                                     |                                     |   |  |                                      |                 |                                    |
| 3PM  |                                     |                                     |   |  |                                      |                 |                                    |
| 4PM  |                                     |                                     |   |  |                                      |                 |                                    |
| 5PM  |                                     |                                     | <b>BRIDGE FOR<br/>BEGINNERS<br/>4-6PM</b> |  |                                      |                 |                                    |
| 6PM  |                                     |                                     |   | <b>YIN YOGA &amp;<br/>MEDITATION<br/>6:15-7:30PM</b> |                                      |                 |                                    |
| 7PM  |                                     |                                     |   |  |                                      |                 |                                    |
| 8PM  |                                     |                                     |   |  |                                      |                 |                                    |
| 9PM  |                                     |                                     |   |  |                                      |                 |                                    |

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|      | AUG 7TH<br>MON                        | AUG 8TH<br>TUE | AUG 9TH<br>WED                        | AUG 10TH<br>THU | AUG 11TH<br>FRI                       | AUG 12TH<br>SAT                  | AUG 13TH<br>SUN |
|------|---------------------------------------|----------------|---------------------------------------|-----------------|---------------------------------------|----------------------------------|-----------------|
| 8AM  |                                       |                |                                       |                 |                                       |                                  |                 |
| 9AM  | <b>SENIOR<br/>MORNINGS<br/>9-11AM</b> |                | <b>SENIOR<br/>MORNINGS<br/>9-11AM</b> |                 | <b>SENIOR<br/>MORNINGS<br/>9-11AM</b> |                                  |                 |
| 10AM |                                       |                |                                       |                 |                                       |                                  |                 |
| 11AM |                                       |                |                                       |                 |                                       |                                  |                 |
| 12PM |                                       |                |                                       |                 |                                       | <b>CHESS<br/>CLUB<br/>11-1PM</b> |                 |
| 1PM  |                                       |                |                                       |                 |                                       |                                  |                 |
| 2PM  |                                       |                |                                       |                 | <b>PINOCHLE<br/>GROUP<br/>12-4PM</b>  |                                  |                 |
| 3PM  |                                       |                |                                       |                 |                                       |                                  |                 |
| 4PM  |                                       |                |                                       |                 |                                       |                                  |                 |
| 5PM  |                                       |                |                                       |                 |                                       |                                  |                 |
| 6PM  |                                       |                |                                       |                 |                                       |                                  |                 |
| 7PM  |                                       |                |                                       |                 |                                       |                                  |                 |
| 8PM  |                                       |                |                                       |                 |                                       |                                  |                 |
| 9PM  |                                       |                |                                       |                 |                                       |                                  |                 |



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# YOUTH ROOM

|      | AUG 7TH<br>MON | AUG 8TH<br>TUE | AUG 9TH<br>WED | AUG 10TH<br>THU | AUG 11TH<br>FRI | AUG 12TH<br>SAT | AUG 13TH<br>SUN |
|------|----------------|----------------|----------------|-----------------|-----------------|-----------------|-----------------|
| 8AM  |                |                |                |                 |                 |                 |                 |
| 9AM  |                |                |                |                 |                 |                 |                 |
| 10AM |                |                |                |                 |                 |                 |                 |
| 11AM |                |                |                |                 |                 |                 |                 |
| 12PM |                |                |                |                 |                 |                 |                 |
| 1PM  |                |                |                |                 |                 |                 |                 |
| 2PM  |                |                |                |                 |                 |                 |                 |
| 3PM  |                |                |                |                 |                 |                 |                 |
| 4PM  |                |                |                |                 |                 |                 |                 |
| 5PM  |                |                |                |                 |                 |                 |                 |
| 6PM  |                |                |                |                 |                 |                 |                 |
| 7PM  |                |                |                |                 |                 |                 |                 |
| 8PM  |                |                |                |                 |                 |                 |                 |
| 9PM  |                |                |                |                 |                 |                 |                 |



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