









ROY H. MURPHY COMMUNITY CENTER

Hours:

Monday-Friday 8AM-9PM Saturday-Sunday 9AM-5PM



253-564-8177



555 Contra Costa Ave, Fircrest, WA 98466

All programs & prices are subject to change. For the most up to date information, please call or visit our website:

cityoffircrest.net fircrest.recdesk.com





## Littles

### Tot Gym Tu. Th 11-1:30PM

**Free** 

Toys, games, sports, puzzles, activities, and more. Y0-5

### Tot Story Time **Returns Sept. 9th**

**Free** 

Stories and fun with Ms. Dorothy. Ltd Capacity. Y0-5

# Youth skyhawks



Variety of youth camps skvhawks.com

### 16 & Under Open Gym M-F - 2PM-5PM

Free

Open gym with rotating activities.

#### Snapology Register @ snapology.com

\$60+

Hands-on, engaging, and interactive activities. Y5+

### Cross Country Sept 5th-Oct 28th 4PM

\$66-\$98

Fridays & some Tuesdays. Have fun, be active, get fit!

### **Basketball League** 1/11/26-3/15/26

Registration opens October 1st Residents October 10th Non-Residents

Practices start early December



### Ballet New Classes Added! ★



\$156

Taught by Damaris Caughlan Creative Movement Thurs 10-10:45AM Ages 3-5 Beginning Ballet Thurs 10:45-11:30AM Ages 4-6

Beginning Ballet Tues 12:30-1:15PM Ages 5-7

Taught by Helena Caughlan

- ★ Beginning Ballet Mon 5-6PM Ages 8-12
- ★ Beginning Ballet Mon 6-7:15PM Ages 13+ Adults Welcome!

# **Family**

### Family Pickleball Su 1:30-4:30PM

Free

Try the game in a welcoming and supportive environment!

### Vollevball **Thursdays 6-8:30PM**

or **Pass** 

Free

Drop-In volleyball, all experience levels welcome.

### **Board Game Club**

Tues 5:30-7:30PM Sat 1-4PM

Come play your favorite board and card games!

# **Adult Athletics**

#### Basketball Adult Drop-In M. W. F 12-2PM

or Pass

Drop-In competitive or independent for 18+

**Pickleball** M. W. F 8:30-11:30AM Tu 5:30-8:30PM

or **Pass** 

Drop-In pickleball, all experience levels welcome.

cityoffircrest.net

## **Adult Fitness**

### **Ping Pong** Tu. Th 8:30-10:30AM

**Free** 

Fun and competitive drop-in table tennis.

### Gentle Yoga M, W, 1st & 3rd F 9AM

\$6-\$50

Build strength, increase flexibility, & improve balance.

\$6-

### Yoga Fusion Thu - 9AM

Included w Gentle Yoga Fee

Dynamic blend of yoga. pilates, and functional movement.

#### **Chair Yoga** M. W 10:30AM

\$6-**\$35** 

Includes seated, standing, balance postures and breath practices.

### Barre Classes

\$15-

Fri/Su 10:30AM W 6:00PM

\$50

Low-Impact work out comb. pilates, yoga, and ballet.

# **Adult Activities**

### **Senior Mornings** M. W. F 9-11AM

**Free** 

Rotating coffee, doughnuts, games, newspaper & community.

### **Pinochle Group** F 12-4PM

**Free** 

Pinochle Group in the Gathering Space.

### **Bridge for Beginners** W 3:30-5:30PM

**Free** 

Weekly meetup for anyone new or returning to bridge.

> facebook & instagram @fircrestparksandrec