


### Aquatics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
12:00-2:30 pm <b>School Group</b>	12:00-2:30 pm <b>School Group</b>	12:00-2:30 pm <b>School Group</b>	12:00-2:30 pm <b>School Group</b>	12:00-2:30 pm <b>School Group</b>
4:00-7:30pm <b>Open swim</b> 8-17	4:00-6:30pm <b>Open swim</b> 8-17	4:00-7:30pm <b>Open swim</b> 8-17	4:00-6:30pm <b>Open swim</b> 8-17	4:00-7:30pm <b>Open swim</b> 8-17
	6:30-7:30pm <b>Swim team prac</b> 8-17		6:30-7:30pm <b>Swim meet @ Fairfax</b> 8-17	

All children up to 7 years old and under 4 feet tall must be accompanied and supervised in the water by an adult.  
Two children per adult.




**Homework club  
is back!**  
Monday–Thursday  
2:30pm to 6:00pm

### Flag Football

Flag football (Youth div.)	Mon & Wed	5:15-7:15
Flag football (Jr. div.)	Tues & Thur	5:15-7:15
All Youth & Jr games played at Lonnie Burten Field		
Flag football (Peewee)	Sat	1:00-2:30
Games played in Central's Gym		



**Girl Scouts**  
Where womanhood begins  
Every Thursdays @ 5:30pm  
Ages 8-15

### Gymnasium Schedule

**Other exciting activities**

Weight Room	Mon-Fri Sat	12-7:30 10a-5:30
Track	Mon-Fri Sat	12-7:30 10a-5:30
Strength & Conditioning	Mon-Thur	4:00-7:00
Youth Outdoors Adventure Club	Once per month	Varies
Photography	Tuesdays	5:30-7pm
Dancing Wheels	Wednesday	5:00-6:00

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00-2:30 <b>School group</b> 8-17	12:00-2:30 <b>School group</b> 8-17	12:00-2:30 <b>School group</b> 8-17	12:00-2:30 <b>School group</b> 8-17	12:00-2:30 <b>School group</b> 8-17	10:00-12:30 <b>Open Gym</b> 18 & older
3:00-4:00 <b>Open Gym</b> 8-17	3:00-4:30 <b>Open Gym</b> 8-17	3:00-5:00 <b>Open Gym</b> 8-17	3:00-4:30 <b>Open Gym</b> 8-17	3:00-5:30 <b>Open Gym</b> 8-17	1:00-2:30 <b>Flag football</b> 4-7
4:30-6:00 <b>Volleyball prac</b> 8-11	5:00-7:30 <b>Men's Basketball league</b> 18 & over	5:00-7:30 <b>Men's Basketball league</b> 18 & over	4:30-6:00 <b>Volleyball prac</b> 12-14	5:30-7:30 <b>Broom Hockey or Pickle Ball</b> 12-17	3:00-5:30 <b>Basketball skill enhancement</b> 8-17
6:00-7:30 <b>Open Gym-youth</b> 8-12			6:00-7:30 <b>Open Gym-teen</b> 13-17		

Schedule subject to change without prior notice.