



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NET SPORTS

Room Schedule for OCTORBER 2017

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
MORNING CLASSES													
Adult Badminton (16+) Large Gym 5-9:15am	Adult Pickleball (16+) Large Gym 5-9:15am		Adult Badminton (16+) Large Gym 5-9:15am	Adult Pickleball (16+) Large Gym 5-9:15am				Adult Badminton (16+) Large Gym Side A 5-9:15am					
								Adult Badminton (16+) Large Gym Side B 7-9:15am				Badminton (All Ages) 7:30am-12:30pm	Pickleball (All Ages) 7:30am-11:30pm
AFTERNOON/EVENING CLASSES													
										Table Tennis Group Fitness 1 2:30-7:30pm		Table Tennis Group Fitness 1 1:30-5:30pm	
Table Tennis Group Fitness 1 3-5:30pm			Table Tennis Group Fitness 1 3-5pm							Badminton (All Ages) Large Gym 4-5:45pm			
	Badminton (All Ages) Large Gym 6:15-9:30pm	Table Tennis Group Fitness 1 8:30-9:30pm	Adult Badminton (16+) Small Gym 8:15-9:30pm	Adult Volleyball (16+) Large Gym 7-9:30pm	Table Tennis Group Fitness 1 7:30-9:30pm			Adult Badminton (16+) Large Gym 6:15-7:30pm	Volleyball (All Ages) Large Gym 6:15-7:30pm				

Updated 10/8/2017

COMING THIS MONTH

FAMILY FUN NIGHT: BOO BASH!

Friday Oct 13, 6-8:30pm
Our most popular family night of the year returns with Halloween-themed activities, inflatables, Monster Mash Dance, and more...

DATE NIGHT DINNER

Friday Oct 6, 6-8:30pm
Bring your sweet heart, your best friend or come as a single for a fun and delicious evening of hands-on cooking! Learn tips and technique while building confidence in the kitchen.

INTRODUCTION TO BASKETBALL

Tuesday Oct 3, 5:30-7:30pm
A great way for adults to try something new at the Y! Gain basic understanding of foundation skills in basketball. Other sport classes include badminton, pickleball, and volleyball.