



BOW CREEK RECREATION CENTER
January Gym Schedule

DAY	TIME	PROGRAM	GYM #
MONDAY	6:00 am – 10:30 am	Open Gym	1 & 2
	10:30 am – 12:00 pm	OST Early Childhood	1
	10:30 am – 12:00 pm	Open Gym	2
	12:00 pm – 5:45 pm	Open Gym	1 & 2
	5:45 pm- 9:00 pm	Open Gym	1
	5:45 pm – 9:00 pm	Pickleball (Ages 9 & up)	2
TUESDAY	6:00 am – 8:30 am	Open Gym	1 & 2
	8:30 am – 8:45 am	Group Fitness Set Up	1 & 2
	8:45 am – 10:30 am	Group Fitness Class	1 & 2
	10:30 am – 12:00 pm	Open Gym	2
	10:30 am – 12:00 pm	OST Early Childhood	1
	12:00 pm – 5:45 pm	Open Gym	1 & 2
	5:45 pm – 6:00 pm	Adult Basketball Sign ups (Passes Handed Out at 5:45 PM)	Gym Entrance
5:45 pm- 9:00 pm	Adult Basketball (Ages 18 & up)	1 & 2	
WEDNESDAY	6:00 am – 10:30 am	Open Gym	1 & 2
	10:30 am – 12:00 pm	OST Early Childhood	2
	10:30 am – 12:00 pm	Open Gym	1
	12:00 pm – 5:45 pm	Open Gym	1 & 2
	5:45 pm – 6:00 pm	Youth Basketball Sign Ups (Passes Handed Out at 5:45 PM)	Gym Entrance
	6:00 pm – 8:00 pm	Youth Basketball (Ages 9 – 17)	1 & 2
	8:00 pm – 9:00 pm	Open Gym	1 & 2
THURSDAY	6:00 am – 8:30 am	Open Gym	1 & 2
	8:30 am – 8:45 am	Group Fitness Set Up	1 & 2
	8:45 am – 11:45 am	Group Fitness Class	1 & 2
	12:00 pm – 5:30 pm	Open Gym	1 & 2
	5:45 pm – 6:00 pm	Adult Basketball Sign Ups (Passes Handed out at 5:45 PM)	Gym Entrance
	6:00 pm – 9:00 pm	Adult Basketball (Ages 18 & up)	1 & 2
FRIDAY	6:00 am – 10:30 am	Open Gym	1 & 2
	10:30 am – 12:00 pm	OST Early Childhood	2
	10:30 am – 12:00 pm	Open Gym	1
	12:00 am – 7:45 pm	Open Gym	1 & 2
	7:45pm – 8:00 pm	Pickleball Set-up	2
SATURDAY	9:00 am – 12:00 pm	Pickleball (Ages 9 & up)	2
	9:00 am – 12:15 pm	Open Gym	1
	12:15 pm – 5:00 pm	Open Gym (No Full Court Games)	1 & 2
SUNDAY	11:00 am – 5:00 pm	Open Gym	1 & 2

SCHEDULE SUBJECT TO CHANGE

January 21st - Pickleball Class - no open Pickleball - Gym Closed until 10 am