

# BOW CREEK RECREATION CENTER

## BOW CREEK GYM SCHEDULE JUNE 17-30, 2019



DAY	TIME	PROGRAM	COURT #
MONDAY	6:00 am – 8:00 am	Walk Program	1 & 2
	8:00 am – 8:30 am	Open Gym	1 & 2
	9:00 am – 11:30 am	Silver Sneakers Fitness Classes	1 & 2
	11:30 am -12:00 pm	Early Childhood	2
	11:30 am – 12:00 pm	Open Gym	1
	12:00 pm -1:00 pm	Open Gym	1 & 2
	1:00 pm – 4:00 pm	OST Summer Camp	2
	1:00 pm – 3:00 pm	Open Gym	1
	3:00 pm – 6:45 pm	Open Gym	1 & 2
	4:30 pm – 6:45 pm	Pickle ball (ages 14 & up)	2
7:00 pm – 9:15 pm	Open Gym (all ages-no full court games)	1	
TUESDAY	6:00 am – 8:00 am	Walk Program	1 & 2
	8:00 am – 9:45 am	Open Gym	1 & 2
	10:00 am – 12:00 pm	Open Gym	1
	10:00 am – 11:30 am	Group Fitness Class	2
	11:30 am – 12:00 pm	Early Childhood	2
	12:00pm - 6:15pm	Open Gym	1 & 2
	7:00 pm – 9:15 pm	Adult Basketball (ages 18 & up) (passes 6:00pm; sign ups 6:30pm)	2
WEDNESDAY	6:00 am – 8:00 am	Walk Program	1 & 2
	8:00 am – 9:45 am	Open Gym	1 & 2
	10:00 am – 11:30 am	Group Fitness Class	1 & 2
	11:30 am – 12:00 pm	Open Gym	1
	11:30 am – 12:00 pm	Early Childhood	2
	12:00 pm -1:00 pm	Open Gym	1 & 2
	1:00 pm – 4:00 pm	OST Summer Camp	2
	1:00 pm – 3:00 pm	Open Gym (no full court games)	1
	3:00 pm – 4:30 pm	Open Gym	1 & 2
	4:45 pm – 6:45 pm	Pickleball ( ages 14 & up)	2
	4:30 pm – 7:00 pm	Open Gym (no full court games)	1
	7:00 pm – 9:00 pm	Recreational Badminton	2
7:00 pm – 9:15 pm	Open Gym (all ages-no full court games)	1	
THURSDAY	6:00 am – 8:00 am	Walk Program	1 & 2
	8:00 am – 9:45 am	Open Gym	1 & 2
	10:00 am – 12:00 am	Open Gym	1
	10:00 am – 11:30 am	Group Fitness Class	2
	11:30 am -12:00 pm	Early Childhood	2
	12:00 pm-1:00 pm	Open Gym	1 & 2
	1:00 pm – 6:15 pm	Open Gym	1 & 2
	7:00 pm – 9:15 pm	Adult Basketball (ages 18 & up) (passes 6:00pm; sign ups 6:30pm)	2
FRIDAY	6:00 am – 8:00 am	Walk Program	1 & 2
	8:00 am – 9:45 am	Open Gym	1 & 2
	10:00 am – 11:30 am	Silver Sneakers Fitness Class	1 & 2
	11:30 am - 12:00 pm	Open Gym	1
	11:30 am – 12:00 pm	Early Childhood	2
	12:00 pm – 1:00 pm	Open Gym	1 & 2
	1:00 pm – 4:00 pm	OST Summer Camp	2
	1:00 pm – 3:00 pm	Open Gym	1
	3:00 pm – 6:00 pm	Open Gym	1 & 2
	6:00pm – 8:45pm	Open Gym (no full court games)	1 & 2
SATURDAY	9:00 am –12:00 pm	Open Gym (all ages)	1
	9:00 am – 12:00 pm	Pickleball (ages 14 & up)	2
	12:00 pm – 4:45 pm	Open Gym (all ages)	1 & 2
SUNDAY	11:00 am – 4:45 pm	Open Gym- (all ages no full court games)	1 & 2

\*SCHEDULE SUBJECT TO CHANGE \* No FULL COURT GAMES DURING OPEN GYM

6/18/19

REV.