

Aquatics Schedule

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

All children 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 mid & 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 Wednesday @ 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
Photography	Tuesdays	4:00-5pm
Superhero Comics	Tues & Thurs	5:00-6:00
Girl Scouts	Wednesday	5:30-6:30

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00-2:30 Open Gym 18 & older	12:00-2:30 Open Gym 18 & older	12:00-2:30 Open Gym 18 & older	12:00-2:30 Open Gym 18 & older	12:00-2:30 Open Gym 18 & older	10:00-12:30 Open Gym 18 & older
3:00-4:30 Open Gym 8-12	3:00-4:30 Open Gym 13-17	3:00-4:30 Open Gym 8-12	3:00-4:30 Open Gym 13-17	3:00-5:30 Open Gym 8-17	1:00-2:30 Flag football 4-7
5:00-6:30 Open Gym 13-17	5:00-6:30 Open Gym 8-12	5:00-6:30 Volleyball prac 13-17	5:00-6:30 Volleyball prac 8-12	5:30-7:30 Community open gym 12-17	3:00-5:30 Basketball skill enhancement 8-17
6:30-7:30 Basketball skill enhancement 13-17	6:30-7:30 Basketball skill enhancement 8-12	6:30-7:30 Basketball skill enhancement 13-17	6:30-7:30 Basketball skill enhancement 8-12		

Schedule subject to change without prior notice.