

# Zelma George Track Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8am -12:30 pm Walking Club Adult	8am -12:30 pm Walking Club Adult	8am -12:30 pm Walking Club Adult	8am -12:30 pm Walking Club Adult	8am-12:30 pm Walking Club Adult	9:30 -12:30 pm Walking Club Adult
1pm-2:30 pm 3 Mile Walking Club Adult (19.5 Laps)	1pm-2:30 pm 3 Mile Walking Club Adult (19.5 Laps)	1pm-2:30 pm 3 Mile Walking Club Adult (19.5 Laps)	1pm-2:30 pm 3 Mile Walking Club Adult (19.5 Laps)	1pm-2:30 pm 3 Mile Walking Club Adult (19.5 Laps)	1pm-2:30 pm 3 Mile Walking Club Adult (19.5 Laps)
2:30 - 4pm Jogging Club Adult	2:30 - 4pm Jogging Club Adult	2:30 - 4pm Jogging Club Adult	2:30 - 4pm Jogging Club Adult	2:30 - 4pm Jogging Club Adult	2:30 - 4pm Jogging Club Adult
4pm-7:30 pm Family Walking	4pm-7:30 pm Family Walking	4pm-7:30 pm Family Walking	4pm-7:30 pm Family Walking	4pm-7:30 pm Family Walking	4pm-5:30 pm Family Walking

Children may not be on the track unless accompanied by an adult.

## Fit & Fifty Program

Senior Card Sharks  
Senior Walkers  
Senior Exercise  
Senior Line Dancing  
Blood Pressure  
Cooking Class

Monday & Friday  
Monday - Friday  
Tuesday & Thursday  
Tuesday & Thursday  
Every 4th Tuesday  
Wednesday

12:00 pm-3:30 pm  
8:00am—until  
9:00 - 10:00 am  
10:00 - 11:00 am  
9:00am-11:00am  
10am-12pm Adults



## Gymnasium Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12pm- 2:30 pm Open Gym Basketball Ages: 18 & over	12pm- 2:30pm Open Gym Basketball Ages 18&Over	12pm - 2:30 pm Open Gym Basketball Ages: 18 & Over	12pm - 2:30 pm Open Gym Basketball 18& Over	12pm- 2:30 pm Open Gym Basketball Ages 18 & Over	10am-11:30am Tot Basketball Ages: 4-7
3pm - 5pm Open Gym Ages 8 - 17	3pm- 5pm Teen Organized Gym Games Ages 15 - 17	3pm - 5:30pm Open Gym Ages: 8-17	3pm- 5pm Teen Organized Gym Games Ages 15 - 17	3pm- 5:30pm Open Gym Ages 8 - 17	5Pillars 10:00—12pm 12pm—2:30pm Skills & Drills Basketball Ages: 8-17
5:30-7:30pm Youth House League Basketball	5:30 - 7:30pm Senior House League Basketball	6pm-7:45pm Old Timer's Basketball Practice	5:30 - 7:30pm Junior House League Basketball	6pm— 7:30pm Family Game Night	2:30pm—5:30 Open Gym Basketball Ages 8-17



Schedule subject to change without prior



## Other Exciting Programs

Exercise Equipment Boxing	Monday - Friday Monday—Friday	12pm - 7:30pm 11am—1pm 5pm— 7:30pm	18+ 18+ 8+
Ballroom Dancing Line Dance Chess	Monday Tuesday Wednesday Saturday	5pm— 7:30 pm 6pm—7:30pm 5:30pm-7pm 4pm—5:30pm	18+ 8+ 8+
Entrepreneurship Reading Boost Volleyball Games House League Basketball Cooking Youth Girls Instructional Basketball	Tuesday & Thursday Monday & Wednesday Monday & Tuesdays Mon., Tues & Thursday Wednesdays Mondays (@Thurgood)	4:30—6:30pm 5pm—7pm 5:30—7:30pm 5:30—7:30pm 4:30—6pm 4:30pm— 6:30pm	10-17 8+ 12-17 8- 17 8- 17 8- 11

## Something Special

Recreational Free Skate / Every Tuesday  
(Rec. Centers program participants only)

