

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning – Open to 12:00pm						
Drop in Basketball 6:15-7:45am East Gym	Drop in Basketball 6:15-9:00am Full Gym	Drop in Basketball 6:15-7:45am East Gym	Drop in Basketball 6:15-7:45am East Gym	Drop in Basketball 6:15-7:45am East Gym	Drop in Basketball 8:15-9:00am Full Gym	Pickleball 1 8:15-10:15am Full gym
Badminton 6:15-7:45am West Gym	Pickleball 1 9:15-11:15am Full gym	Badminton 6:15-7:45am West Gym	Badminton 6:15-7:45am West Gym	Badminton 6:15-7:45am West Gym	Pickleball 9:15-10:45am Full gym	Pickleball 2 10:15-12:15pm Full gym
Y Gentle 8:00-9:00am Full Gym	Pickleball 2 11:15-1:15pm Full gym	Y Gentle 8:00-9:00am Full Gym	Y Gentle 8:00-9:00am Full Gym	Y Gentle 8:00-9:00am Full Gym	Drop in Basketball 11:00-1:45pm Full gym	Basketball Shooting 12:30-1:15pm West Gym
Pickleball 1 9:15-11:15am Full gym		Pickleball 1 9:15-11:00am Full gym	Pickleball 1 9:15-11:00am Full gym	Food Hub Private event 9:30-12:00pm Full Gym		Drop in Basketball 1:30-4:45pm Full Gym
Pickleball 2 11:15-1:15pm Full gym		Pickleball 2 11:00-12:45pm Full gym	Pickleball 2 11:00-12:45pm Full gym			
Afternoon – 12:00pm to 4:00pm						
Drop in Basketball 1:30-4:15pm Full gym	Drop in Basketball 1:30-4:15pm Full gym	VSB Foundations Private class 1:00-2:00pm Full gym	Drop in Basketball 1:00-6:30pm Full gym	Drop in Basketball 12:15-4:15pm Full gym	Generation Health Clinic 2:00-4:45pm Full gym	
		Drop in Basketball 2:15-4:15 Full Gym				
Evening – 4:00pm to Close						
Drop in Basketball 4:30-6:00pm East Gym	Drop in Basketball 4:30-6:00pm East Gym	Pickleball 3 4:30-6:00pm Full gym	Drop in Soccer 6:45-8:45pm Full Gym	Drop in Basketball 4:30-6:00pm East Gym		
Badminton 4:30-6:00pm West Gym	Badminton 4:30-6:00pm West Gym	Shotokan Karate 6:30-8:30pm Full Gym		Badminton 4:30-6:00pm West Gym		
Shotokan Karate 6:30-8:30pm Full Gym	Drop in Basketball 6:15-8:30pm Full gym			Drop in Basketball 6:15-8:30pm Full Gym		
Updated on April 1, 2025						

All programs except basketball & soccer
require registration. Please visit front desk to
learn more

This schedule is subject to change without
warning

Please allow 15 minutes for set up and take
down times