











November 2009 Gym & Events Schedule

~Court #2 activities listed below, unless otherwise noted. Court 1 is Open Basketball Play~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p>Open Volleyball 12-3pm</p> <p>**Adult V-Ball League 3-7pm</p>  <p>Racquetball Court #2 <i>Racquetball Challenge Time: 4-8pm Drop-In</i></p>	<p>2</p> <p>Open Badminton 6-11am</p> <p>*Jump Rope Clinic 4-5pm (8-14 years old)</p>  <p>Saguaro Skippers 5-6:30pm</p>	<p>3</p> <p>***Adult Day Program 9-10am</p> <p>Aerobics Room *Cardio Dance 4-4:45pm (8-14 years old)</p> <p>**Adult V-Ball League 6-10pm</p>  <p>6:00pm in Lakeview</p>	<p>4</p> <p>Open Ping Pong 6-11am</p> <p>*Racquet Sports 4-5pm (8-14 years old)</p> <p>Lobby Free Blood Pressure Screening 5:30-7:00pm</p>	<p>5</p> <p>PUSD Rental 12pm - 3pm</p> <p>Racquetball Court 2 *Wallyball Games 4-5pm (8 and older!)</p>  <p>**Adult V-Ball League 6-10pm</p>	<p>6</p> <p>Open Badminton/ Ping Pong 6am - 6pm</p>  <p>Teen Dodgeball 7:30pm (13-17 years old)</p>	<p>7</p> <p>Open Ping Pong/ Badminton 8am-1pm</p> <p>***Armed Forces Dodgeball Tourn. 10am-12pm</p> <p>Red Band Dodgeball 3-4:30pm (9-12 years old)</p> <p>Open Volleyball 5pm-8pm</p> <p>Open Volleyball 8pm-10pm (15 years & older)</p>
<p>8</p> <p>Open Volleyball 12-3pm</p> <p>**Adult V-Ball League 3-7pm</p> <p>Racquetball Court #2 <i>Racquetball Challenge Time: 4-8pm Drop-In</i></p>	<p>9</p> <p>Open Badminton 6-11am</p> <p>*Jump Rope Clinic 4-5pm (8-14 years old)</p> <p>Saguaro Skippers 5-6:30pm</p> <p>Lobby: Free Blood Pressure Screening 5:30-7:00pm</p>	<p>10</p> <p>***Adult Day Program 9-10am</p> <p>Aerobics Room *Cardio Dance 4-4:45pm (8-14 years old)</p> <p>**Adult V-Ball League 6-10pm</p>  <p>6:00pm in Lakeview</p>	<p>11</p> <p>VETERANS DAY OPEN 6am-10pm</p> <p>Open Ping Pong 6-11am</p> <p>Open V-Ball 11am-3pm</p> <p>*Racquet Sports 4-5pm (8-14 years old)</p>	<p>12</p> <p>Racquetball Court 2 *Wallyball Games 4-5pm (8 and older!)</p> <p>Lakeview Room Wedding Open House 5pm-9pm</p> <p>**Adult V-Ball League 6-10pm</p>	<p>13</p> <p>Open Badminton/ Ping Pong 6am - 6pm</p> <p>Teen Dodgeball 7:30pm (13-17 years old)</p> <p>Lakeview Room Wedding Open House 8am - 9pm</p>	<p>14</p> <p>Riverside Room Flu Shots 9am-12:30pm</p> <p>Open Ping Pong/Badminton 8am-1pm</p> <p>Red Band Dodgeball 3-4:30pm (9-12 years old)</p> <p>Open Volleyball 5pm-8pm</p> <p>Open Volleyball 8pm-10pm</p>
<p>15</p> <p>Open Volleyball 12-3pm</p> <p>**Adult V-Ball League 3-7pm</p> <p>Racquetball Court #2 <i>Racquetball Challenge Time: 4-8pm Drop-In</i></p>	<p>16</p> <p>Open Badminton 6-11am</p> <p>*Jump Rope Clinic 4-5pm (8-14 years old)</p> <p>Saguaro Skippers 5-6:30pm</p> <p>**Adult V-Ball League 6-10pm</p>	<p>17</p> <p>***Adult Day Program 9-10am</p> <p>Aerobics Room *Cardio Dance 4-4:45pm (8-14 years old)</p> <p>**Adult V-Ball League 6-10pm</p>  <p>6:00pm in Lakeview</p>	<p>18</p> <p>Open Ping Pong 6-11am</p> <p>*Racquet Sports 4-5pm (8-14 years old)</p> <p>**Adult V-Ball Tournament 6-9pm</p>	<p>19</p> <p>Racquetball Court 2 *Wallyball Games 4-5pm (8 and older!)</p> <p>**Adult V-Ball Tournament 6-9pm</p> 	<p>See Reverse for Nov. 20 - Dec. 17 B-Ball Court Closed</p> <p>*Be Fit Don't Sit program for 8-14 years old. Free with Rio Vista Pass. Drop-in participants welcome. **Pre-Registration required thru C.O.P. Sports Dept. ***Pre-Registration required. See the Front Desk.</p>	

November 2009 Gym & Events Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>BASKETBALL COURTS and INDOOR WALKING TRACK will be CLOSED due to improvements and resurfacing work being done to the gym floor from November 20th - December 17th.</p> <p>All 3 Month, 6 Month and Yearly Passes, Active on 11/20/09 Will be Extended 1 Month Due to the Closure.</p> <p>November 20th is the LAST DAY to Purchase a 3 Month or Greater Pass to Receive the FREE Month. See the Front Desk for Details!</p>					20	21
22	23	<div style="border: 1px solid black; padding: 5px;"> <p>Weight Watchers Meetings are held every Tuesday in the Lakeview Room @ 6:00pm.</p>  </div>	<div style="border: 1px solid black; padding: 5px;"> <p>Day Before Thanksgiving Rio Vista OPEN 6am - 10pm</p> </div>	<div style="border: 1px solid black; padding: 5px;"> <p>Thanksgiving Day Rio Vista CLOSED</p>  </div>	<div style="border: 1px solid black; padding: 5px;"> <p>Day After Thanksgiving Rio Vista OPEN 6am - 10pm See Below</p> </div>	28
29	30	<p>Elmo Ortiz will teach beginning racquetball lessons for Youth and Adults pass holders.</p> <p>Date: <u>Saturday, November 28</u> Time: 12-1:30pm (Teens/Adults-Course #56130) & 1:30-3:00pm (Kids 8 & older-Course #56131)</p> <p><i>Register early, space is limited. See front desk for details.</i></p>		<p><u>After Turkey Day Activities</u> Friday, Nov. 27th</p> <ul style="list-style-type: none"> • Kids Climbing Wall Balloon Grab • Adults Climbing Wall T-shirts <ul style="list-style-type: none"> • Free Cycle Fit Classes <p>Something for everyone, see flyer at the front desk for details.</p>		