ABILITIES CENTRE COURT ACTIVITY 2018 SCHEDULE

Week of July 9- July 15

Abilities Centre reserves the right to change/adjust the court schedule at any time without notice

	MONDAY 9		
	Court 1	Court 2	Court 3
8AM			
9AM			
10AM			Dance Fit
11AM	AC Youth Camp		Strength & Stretch
12PM			
1PM		AC Kinder Camp	Pickleball ($)
2PM			
3PM		AC Youth Camp	
4PM			
5PM	Grandview Boccia		
6PM			HIIT
7PM			Zumba
8PM	OBA		
9PM			
10PM	CLOSED		

	TUESDAY 10		
	Court 1	Court 2	Court 3
8AM			
9AM		AC Kinder Camp	Pump It
10AM	RM/CM	AC Youth Camp	
11AM			
12PM	TIME		Guns n' Glutes
1PM			
2PM	TIME	THRIVE TEEN CAMP	
3PM		THRIVE ADULT CAMP	
4PM			
5PM			
6PM			
7PM		Child Sports and Games	STRONG
8PM			Zumba Dance Party
9PM	Basketball		Basketball
10PM	CLOSED		

	WEDNESDAY 11		
	Court 1	Court 2	Court 3
8AM			
9AM			Strength & Stretch
10AM		AC Kinder Camp	Body Sculpt
11AM		AC Youth Camp	Strength & Stretch
12PM	TIME		
1PM		THRIVE ADULT CAMP	Pickleball ($)
2PM			
3PM		THRIVE TEEN CAMP	
4PM			
5PM			
6PM			
7PM	ASC Sports Night	Child Sports & Games	20/20/20
8PM			
9PM	Basketball		Men's Basketball
10PM	CLOSED		

	THURSDAY 12		
	Court 1	Court 2	Court 3
8AM			
9AM		AC Kinder Camp	20/20/20
10AM	RM/CM	AC Youth Camp	
11AM			
12PM	TIME		Staff Intramurals
1PM			
2PM	TIME	THRIVE TEEN CAMP	
3PM		THRIVE ADULT CAMP	
4PM			
5PM			
6PM			
7PM		Child Sports & Games	Pump It
8PM			
9PM		Men's Basketball	Men's Basketball
10PM	CLOSED		

	FRIDAY 13		
	Court 1	Court 2	Court 3
8AM			
9AM		AC Kinder Camp	Body Sculpt
10AM	RM/CM	AC Youth Camp	
11AM			
12PM	TIME		
1PM		THRIVE ADULT CAMP	Pickleball
2PM			
3PM		THRIVE TEEN CAMP	
4PM			
5PM			
6PM			Badminton
7PM		Basketball	
8PM			
9PM	Basketball		
10PM	CLOSED		

	SATURDAY 14		
	Court 1	Court 2	Court 3
8AM			
9AM		Preschool & Child Sports & Games	STRONG
10AM			Zumba
11AM			
12PM			
1PM			
2PM			
3PM			
4PM	Birthday Party *NO STAFF*		
5PM			
6PM			
7PM			
8PM	CLOSED		
9PM			
10PM			

	SUNDAY 15		
	Court 1	Court 2	Court 3
8AM			
9AM	Preschool & Child Sports		Body Sculpt
10AM			
11AM			
12PM			
1PM			
2PM			Family Badminton
3PM			
4PM			
5PM			
6PM			
7PM			
8PM	CLOSED		
9PM			
10PM			