

Recreation Newsletter

Thank you to everyone who has participated in our winter youth basketball program. We have had a great season and this was only made possible by the players, parents, volunteer coaches & concession stand operators, scorekeepers and referees.

Current Gym Schedule

Sundays -Ladies Open Gym
Mondays - Volleyball and Aerobics begin March 17 (see below)
Tuesdays - 6:30 p - 9:30 p - Men's Pickup Basketball
Wednesdays - 5:30 p - 7 p - Exercise Room open
Thursdays - 6 p.m. - 9 p.m. - Men's Basketball League
Saturdays -Children's Gymnastics begins March 29

Exercise Room Schedule

The exercise room is open any time the gym is open for nightly or weekend activities. It is also open during regular church office hours, Monday -Friday, 9 a.m.-5 p.m. If no one is in the gym, please come to the church office for access.



New Activity

Coed, adult pickup volleyball will begin on Monday, March 17th. The program will run from 7:30 p.m. to 9:30 p.m. every Monday night until Monday April 28. All skill levels are welcome. Please come and join us!

Attention Ladies

The men have had the gym long enough. On Sunday March 9th from 1 p.m.- 3 p.m., the gymnasium is open to women (age 16 and up) for free play, pickup basketball. This will be a one time trial event to determine interest for future scheduling. Come see us.

Aerobics

Aerobics classes will begin Monday, March 17th. Classes will be offered on Monday and Wednesday nights from 6-7 p.m. breaking during Holy Week and for holidays. Cost is \$28/month or \$5/class, due before participation. To register, you can see Michael in the gym, sign up at a table after church (date TBA) or you can show up any night we have class. Classes are open to all skill levels, ages, genders, etc.

Beginning Dance/Gymnastics for Children

Classes for boys and girls ages 3-8 will start Saturday, March 29. Classes will be every Saturday until May 17th (Breaking for Holy Week) Cost is \$40/child. For more information, please contact Michelle Constantinides at (404) 874-7531.

Please contact me at the church with any questions. Look forward to seeing you soon at the gym!

Michael Allen

(404) 633-5870

gym office - #6

