

May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:15 am Gentle Yoga with Melinda 10:00 am Beginner Pickleball 18+ 10:00 am Older Adult Social 55+ (free) 10:30 am Ukulele Jam Session 55+ (free) 2:00 pm Advanced Pickleball 18+ 4:30 pm Youth Floor Hockey, Soccer and Dodgeball 7:00 pm Adult Volleyball (18+)	2 9:00 am All Levels Pickleball 18+ 11:00 am Family Open Gym
3	4 10:00 am Gentle Yoga with Melinda 10:00 am All Levels Pickleball 18+ 1:00 pm Advanced Pickleball 18+ 3:00 pm Beginner Pickleball 18+	5 9:30 am Chair Yoga with Melinda 9:50 am Tai Chi and Qigong 4:30 pm Youth Basketball (school ages) 6:00 pm Hatha Yoga for Tight Hips with Kara 6:30 pm All Levels Pickleball 18+ 7:15 pm Yoga for Golfers with Kara	6 10:00 am Gentle Yoga with Melinda 10:00 am All Levels Pickleball 18+ 1:00 pm Advanced Pickleball 18+ 3:00 pm Beginner Pickleball 18+ 7:00 pm Man Stretch - Yoga for Men with Megan	7 9:30 am Mom and Baby Fit with Jen 9:50 am Tai Chi and Qigong 10:00 am Sit and Strengthen with Kara 1:00 pm All Levels Pickleball 18+ 4:30 pm Youth Open Gym (ages 9-12) 6:00 pm Youth Open Gym (ages 13-17) 6:00 pm Evening Gentle Hatha Yoga with Kara 7:15 pm Strengthen and Stretch - Yogalates with Kara	8 9:15 am Gentle Yoga with Melinda 10:00 am Beginner Pickleball 18+ 10:00 am Older Adult Social 55+ (free) 10:30 am Ukulele Jam Session 55+ (free) 2:00 pm Advanced Pickleball 18+ 4:30 pm Youth Floor Hockey, Soccer and Dodgeball 7:00 pm Adult Volleyball (18+)	9 9:00 am All Levels Pickleball 18+ 10:00 am Niagara Farm Day 11:00 am Family Open Gym
10	11 10:00 am Gentle Yoga with Melinda 10:00 am All Levels Pickleball 18+ 1:00 pm Advanced Pickleball 18+ 3:00 pm Beginner Pickleball 18+	12 9:30 am Chair Yoga with Melinda 9:50 am Tai Chi and Qigong 4:30 pm Youth Basketball (school ages) 6:00 pm Hatha Yoga for Tight Hips with Kara 6:30 pm All Levels	13 10:00 am Gentle Yoga with Melinda 10:00 am All Levels Pickleball 18+ 1:00 pm Advanced Pickleball 18+ 3:00 pm Beginner Pickleball 18+ 7:00 pm Man Stretch - Yoga for Men with Megan	14 9:30 am Mom and Baby Fit with Jen 9:50 am Tai Chi and Qigong 10:00 am Sit and Strengthen with Kara 1:00 pm All Levels Pickleball 18+ 4:30 pm Youth Open Gym (ages 9-12)	15 9:15 am Gentle Yoga with Melinda 10:00 am Beginner Pickleball 18+ 10:00 am Older Adult Social 55+ (free) 10:30 am Ukulele Jam Session 55+ (free) 2:00 pm Advanced	16 9:00 am All Levels Pickleball 18+ 11:00 am Family Open Gym

		Pickleball 18+ 7:15 pm Yoga for Golfers with Kara		6:00 pm Youth Open Gym (ages 13-17) 6:00 pm Evening Gentle Hatha Yoga with Kara 7:15 pm Strengthen and Stretch - Yogalates with Kara	Pickleball 18+ 4:30 pm Youth Floor Hockey, Soccer and Dodgeball 7:00 pm Adult Volleyball (18+)	
17	18	19 9:30 am Chair Yoga with Melinda 9:50 am Tai Chi and Qigong 4:30 pm Youth Basketball (school ages) 6:00 pm Hatha Yoga for Tight Hips with Kara 6:30 pm All Levels Pickleball 18+ 7:15 pm Yoga for Golfers with Kara	20 10:00 am Gentle Yoga with Melinda 10:00 am All Levels Pickleball 18+ 1:00 pm Advanced Pickleball 18+ 3:00 pm Beginner Pickleball 18+ 7:00 pm Man Stretch - Yoga for Men with Megan	21 9:30 am Mom and Baby Fit with Jen 9:50 am Tai Chi and Qigong 10:00 am Sit and Strengthen with Kara 1:00 pm All Levels Pickleball 18+ 4:30 pm Youth Open Gym (ages 9-12) 6:00 pm Youth Open Gym (ages 13-17) 6:00 pm Evening Gentle Hatha Yoga with Kara 7:15 pm Strengthen and Stretch - Yogalates with Kara	22 9:15 am Gentle Yoga with Melinda 10:00 am Beginner Pickleball 18+ 10:00 am Older Adult Social 55+ (free) 10:30 am Ukulele Jam Session 55+ (free) 2:00 pm Advanced Pickleball 18+ 4:30 pm Youth Floor Hockey, Soccer and Dodgeball 7:00 pm Adult Volleyball (18+)	23 9:00 am All Levels Pickleball 18+ 11:00 am Family Open Gym
24	25 10:00 am Gentle Yoga with Melinda 10:00 am All Levels Pickleball 18+ 1:00 pm Advanced Pickleball 18+ 3:00 pm Beginner Pickleball 18+	26 9:30 am Chair Yoga with Melinda 9:50 am Tai Chi and Qigong 4:30 pm Youth Basketball (school ages) 6:00 pm Hatha Yoga for Tight Hips with Kara 6:30 pm All Levels Pickleball 18+ 7:15 pm Yoga for Golfers with Kara	27 10:00 am Gentle Yoga with Melinda 10:00 am All Levels Pickleball 18+ 1:00 pm Advanced Pickleball 18+ 3:00 pm Beginner Pickleball 18+ 7:00 pm Man Stretch - Yoga for Men with Megan	28 9:30 am Mom and Baby Fit with Jen 9:50 am Tai Chi and Qigong 10:00 am Sit and Strengthen with Kara 1:00 pm All Levels Pickleball 18+ 4:30 pm Youth Open Gym (ages 9-12) 6:00 pm Youth Open Gym (ages 13-17) 6:00 pm Evening Gentle Hatha Yoga with Kara 7:15 pm Strengthen and Stretch - Yogalates with Kara	29 9:15 am Gentle Yoga with Melinda 10:00 am Beginner Pickleball 18+ 10:00 am Older Adult Social 55+ (free) 10:30 am Ukulele Jam Session 55+ (free) 2:00 pm Advanced Pickleball 18+ 4:30 pm Youth Floor Hockey, Soccer and Dodgeball 7:00 pm Adult Volleyball (18+)	30 9:00 am All Levels Pickleball 18+ 11:00 am Family Open Gym
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