

May 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:50 am Tai Chi and Qigong 1:00 pm Pickleball 18+ 3:00 pm Family Open Gym 4:30 pm Youth Open Gym (ages 9-12) 6:00 pm Youth Open Gym (ages 13-17) 6:30 pm Evening Gentle Hatha Yoga with Kara	2 10:00 am Beginner Pickleball 18+ 10:00 am Free Older Adult Social 55+ 10:30 am Free Ukulele Jam Session 55+ 2:00 pm Pickleball 18+ 4:00 pm Stick and Puck (ages 13-17) 4:30 pm Youth Open Gym (ages 9-12) 6:00 pm Youth Open Gym (ages 13-17) 7:30 pm Family Open Gym	3 11:00 am Family Open Gym 3:00 pm Pickleball 18+
4	5 10:00 am Gentle Yoga with Melinda 10:00 am Pickleball 18+ 1:00 pm Advanced Pickleball 18+ 3:00 pm Beginner Pickleball 18+ 4:00 pm Stick and Puck (ages 6-12)	6 9:30 am Chair Yoga with Melinda 9:50 am Tai Chi and Qigong 4:30 pm Youth Open Gym (ages 9-12) 6:00 pm Pickleball 18+ 6:30 pm Hatha Yoga for Tight Hips with Melinda 7:45 pm Full Body Slow Flow with Melinda 8:00 pm Youth Open Gym (ages 13-17) 8:00 pm Beginner Bounce Class with Stacey	7 10:00 am Gentle Yoga with Melinda 10:00 am Pickleball 18+ 1:00 pm Advanced Pickleball 18+ 6:30 pm Beginner Hatha Yoga with Megan 7:45 pm Man Stretch - Yoga for Men with Megan	8 9:50 am Tai Chi and Qigong 1:00 pm Pickleball 18+ 3:00 pm Family Open Gym 4:30 pm Youth Open Gym (ages 9-12) 6:00 pm Youth Open Gym (ages 13-17) 6:30 pm Evening Gentle Hatha Yoga with Kara	9 10:00 am Free Older Adult Social 55+ 10:00 am Beginner Pickleball 18+ 10:30 am Free Ukulele Jam Session 55+ 11:15 am Niagara Community Foundation Flag Raising 2:00 pm Pickleball 18+ 4:00 pm Stick and Puck (ages 13-17) 4:30 pm Youth Open Gym (ages 9-12) 6:00 pm Youth Open Gym (ages 13-17) 7:30 pm Family Open Gym	10 11:00 am Family Open Gym 3:00 pm Pickleball 18+
11	12 10:00 am Gentle Yoga with Melinda 10:00 am Pickleball 18+ 1:00 pm Advanced Pickleball 18+ 3:00 pm Beginner Pickleball 18+	13 9:00 am NRPS 5th Annual Spring Forward Food Drive 9:30 am Chair Yoga with Melinda 9:50 am Tai Chi and Qigong	14 10:00 am Gentle Yoga with Melinda 10:00 am Pickleball 18+ 1:00 pm Advanced Pickleball 18+ 6:30 pm Beginner Hatha Yoga with	15 9:50 am Tai Chi and Qigong 1:00 pm Pickleball 18+ 3:00 pm Family Open Gym 4:30 pm Youth Open Gym (ages 9-12)	16 10:00 am Beginner Pickleball 18+ 10:00 am Free Older Adult Social 55+ 10:30 am Free Ukulele Jam Session 55+ 2:00 pm Pickleball	17 11:00 am Family Open Gym 3:00 pm Pickleball 18+

	4:00 pm Stick and Puck (ages 6-12)	4:30 pm Youth Open Gym (ages 9-12) 6:00 pm Pickleball 18+ 6:30 pm Hatha Yoga for Tight Hips with Melinda 7:45 pm Full Body Slow Flow with Melinda 8:00 pm Youth Open Gym (ages 13-17) 8:00 pm Beginner Bounce Class with Stacey	Megan 7:45 pm Man Stretch - Yoga for Men with Megan	6:00 pm Youth Open Gym (ages 13-17) 6:30 pm Evening Gentle Hatha Yoga with Kara	18+ 4:30 pm Youth Open Gym (ages 9-12) 6:00 pm Youth Open Gym (ages 13-17) 7:30 pm Family Open Gym	
18	19	20 9:30 am Chair Yoga with Melinda 9:50 am Tai Chi and Qigong 4:30 pm Youth Open Gym (ages 9-12) 6:00 pm Pickleball 18+ 6:30 pm Hatha Yoga for Tight Hips with Melinda 7:45 pm Full Body Slow Flow with Melinda 8:00 pm Youth Open Gym (ages 13-17) 8:00 pm Beginner Bounce Class with Stacey	21 10:00 am Gentle Yoga with Melinda 10:00 am Pickleball 18+ 1:00 pm Advanced Pickleball 18+ 6:30 pm Beginner Hatha Yoga with Megan 7:45 pm Man Stretch - Yoga for Men with Megan	22 9:50 am Tai Chi and Qigong 1:00 pm Pickleball 18+ 3:00 pm Family Open Gym 4:30 pm Youth Open Gym (ages 9-12) 6:00 pm Youth Open Gym (ages 13-17) 6:30 pm Evening Gentle Hatha Yoga with Kara	23 10:00 am Free Older Adult Social 55+ 10:00 am Beginner Pickleball 18+ 10:30 am Free Ukulele Jam Session 55+ 2:00 pm Pickleball 18+ 4:30 pm Youth Open Gym (ages 9-12) 6:00 pm Youth Open Gym (ages 13-17) 7:30 pm Family Open Gym	24 11:00 am Family Open Gym 3:00 pm Pickleball 18+
25	26 10:00 am Gentle Yoga with Melinda 10:00 am Pickleball 18+ 1:00 pm Advanced Pickleball 18+ 3:00 pm Beginner Pickleball 18+	27 9:30 am Chair Yoga with Melinda 9:50 am Tai Chi and Qigong 4:30 pm Youth Open Gym (ages 9-12) 6:00 pm Pickleball 18+ 6:30 pm Hatha Yoga for Tight Hips with Melinda 7:45 pm Full Body Slow Flow with Melinda 8:00 pm Youth Open Gym (ages 13-17) 8:00 pm Beginner Bounce Class with Stacey	28 10:00 am Gentle Yoga with Melinda 10:00 am Pickleball 18+ 1:00 pm Advanced Pickleball 18+ 6:30 pm Beginner Hatha Yoga with Megan 7:45 pm Man Stretch - Yoga for Men with Megan	29 9:50 am Tai Chi and Qigong 1:00 pm Pickleball 18+ 3:00 pm Family Open Gym 4:30 pm Youth Open Gym (ages 9-12) 6:00 pm Youth Open Gym (ages 13-17) 6:30 pm Evening Gentle Hatha Yoga with Kara	30 10:00 am Beginner Pickleball 18+ 10:00 am Free Older Adult Social 55+ 10:30 am Free Ukulele Jam Session 55+ 2:00 pm Pickleball 18+ 4:30 pm Youth Open Gym (ages 9-12) 6:00 pm Youth Open Gym (ages 13-17) 7:30 pm Family Open Gym	