

SEPTEMBER & OCTOBER EVENTS & SPECIALS

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

13 Marina Restaurant: 12-8pm Tiki Bar: 12-6pm Sunday Funday: 12-8pm	14 Marina Restaurant: Closed Tiki Bar: 3-6pm Course Closed Aerification Humanitarian Group: 1-3pm	15 Marina Restaurant: Closed Tiki Bar: 3-6pm Writing Group: 10am Mahjongg: 1-4pm Course Closed Aerification	16 Marina Restaurant- Burger Night: 4-9pm Tiki Bar: 12-6pm Hackers: 9am Guided Meditation: 11am	17 Marina Restaurant: 4-9pm Tiki Bar: 12-6pm Arts & Crafts: 9:30-11:30am Birdie Seekers: 9am Mens League: 2pm Bible Study: 6-7:30pm	18 Marina Restaurant: 4-11pm Tiki Bar: 12-6pm Transfusion: 7-10pm	19 Health & Safety Fair: 9-12pm Marina Restaurant: 4-10pm Tiki Bar: 12-6pm Double Points 4-9pm
20 Greenbackville FD Tourn: 9am Christian Science Grp: 10am New Member Orient: 9-11am Marina Restaurant: 12-8pm Tiki Bar: 12-6pm Sunday Funday: 12-8pm	21 Marina Restaurant: Closed Breakfast Club: 9am Humanitarian Group: 1-3pm Candidate Forum: 4pm	22 Marina Restaurant: Closed Writing Group: 10am Mahjongg: 1-4pm Mens League: 2pm Dick Hazel Cup	23 Marina Restaurant- Burger Night: 4-9pm Hackers: 9am Guided Meditation: 6:30pm Ride & Stride: 5pm- Dusk	24 Marina Restaurant: 4-9pm Arts & Crafts: 9:30-11:30am Birdie Seekers: 9am Mens League: 2pm Bible Study: 6-7:30pm King Trivia: 7-9pm	25 Marina Restaurant: 4-11pm The Rockoholics: 7-10pm	26 Marina Restaurant: 4-10pm Double Points 4-9pm
27 Marina Restaurant: 12-8pm Sunday Funday: 12-8pm	28 Marina Restaurant: Closed Breakfast Club: 9am Humanitarian Group: 1-3pm PMT Meeting: 4pm	29 Marina Restaurant: Closed Writing Group: 10am Mahjongg: 1-4pm Mens League: 2pm Dick Hazel Cup	30 Marina Restaurant- Burger Night: 4-9pm Hackers: 9am Guided Meditation: 11am	1 Marina Restaurant: 4-9pm Arts & Crafts: 9:30-11:30am Birdie Seekers: 9am Homeschool Group: 11am Mens League: 2pm Bible Study: 6-7:30pm King Trivia: 7-9pm	2 Marina Restaurant: 4-11pm Open Mic: 7-10pm	3 Monthly Members Tournament Marina Restaurant: 4-10pm Double Points 4-9pm
4 Christian Science Grp: 10am Marina Restaurant: 12-8pm Sunday Funday: 12-8pm	5 Marina Restaurant: Closed Breakfast Club: 9am Humanitarian Group: 1-3pm	6 Marina Restaurant: Closed Writing Group: 10am Mahjongg: 1-4pm Mens League: 2pm Dick Hazel Cup Book Club: 7pm	7 Marina Restaurant- Burger Night: 4-9pm Hackers: 9am Guided Meditation: 6:30pm Cornhole League: 3-5pm	8 Marina Restaurant: 4-9pm Arts & Crafts: 9:30-11:30am Birdie Seekers: 9am Homeschool Group: 11am Mens League: 2pm Bible Study: 6-7:30pm King Trivia: 7-9pm	9 Marina Restaurant: 4-11pm Rythom Section: 7-10pm	10 Marina Restaurant: 4-10pm Double Points 4-9pm
11 Marina Restaurant: 12-8pm Sunday Funday: 12-8pm	12 Marina Restaurant: Closed Breakfast Club: 9am Humanitarian Group: 1-3pm	13 Marina Restaurant: Closed Writing Group: 10am Mahjongg: 1-4pm Mens League: 2pm Mosquito Control Mtg: 5:30pm	14 Marina Restaurant- Burger Night: 4-9pm Hackers: 9am Guided Meditation: 11am Cornhole League: 3-5pm Breast Cancer Walk: 4:30pm	15 Marina Restaurant: 4-9pm Arts & Crafts: 9:30-11:30am Birdie Seekers: 9am Homeschool Group: 11am Mens League: 2pm Bible Study: 6-7:30pm King Trivia: 7-9pm	16 Marina Restaurant: 4-11pm The Mixx: 7-10pm	17 Marina Restaurant: 4-10pm Double Points 4-9pm

All Times and activities are subject to change. For more information, please contact Reception at 757-824-3465

SEPTEMBER & OCTOBER FITNESS

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

13

Master Swim Club: 4-5pm

14

HydroCycle: 8- 8:45am
Water Aerobics: 9-10:10am
Floor Aerobics: 9 & 10am
Pool Volleyball: 10:15am

15

Crunch to Core: 8:30- 9:30am

16

HydroCycle: 8am
Water Aerobics: 9-10:10am
Floor Aerobics: 9 & 10am
Pool Volleyball: 10:15am

17

Strength Train: 8:30- 9:30am
Yoga: 10am

18

HydroCycle: 8- 8:45am
Water Aerobics: 9-10:10am
Floor Aerobics: 9 & 10am
Pool Volleyball: 10:15am

19

HydroCycle: 8-9am
Competitive Water Volleyball:
4:30-7pm

20

Master Swim Club: 4-5pm

21

HydroCycle: 8- 8:45am
Water Aerobics: 9-10:10am
Floor Aerobics: 9 & 10am
Pool Volleyball: 10:15am

22

Crunch to Core: 8:30- 9:30am

23

HydroCycle: 8am
Water Aerobics: 9-10:10am
Floor Aerobics: 9 & 10am
Pool Volleyball: 10:15am

24

Strength Train: 8:30- 9:30am
Yoga: 10am

25

HydroCycle: 8- 8:45am
Water Aerobics: 9-10:10am
Floor Aerobics: 9 & 10am
Pool Volleyball: 10:15am
Walking Group: 3pm

26

HydroCycle: 8-9am
Competitive Water Volleyball:
4:30-7pm

27

Master Swim Club: 4-5pm

28

HydroCycle: 8- 8:45am
Water Aerobics: 9-10:10am
Floor Aerobics: 9 & 10am
Pool Volleyball: 10:15am

29

Crunch to Core: 8:30- 9:30am

30

HydroCycle: 8am
Water Aerobics: 9-10:10am
Floor Aerobics: 9 & 10am
Pool Volleyball: 10:15am

1

Strength Train: 8:30- 9:30am
Yoga: 10am

2

HydroCycle: 8- 8:45am
Water Aerobics: 9-10:10am
Floor Aerobics: 9 & 10am
Pool Volleyball: 10:15am
Walking Group: 3pm

3

HydroCycle: 8-9am
Competitive Water Volleyball:
4:30-7pm

4

Master Swim Club: 4-5pm

5

HydroCycle: 8- 8:45am
Water Aerobics: 9-10:10am
Floor Aerobics: 9 & 10am
Pool Volleyball: 10:15am

6

Crunch to Core: 8:30- 9:30am

7

HydroCycle: 8am
Water Aerobics: 9-10:10am
Floor Aerobics: 9 & 10am
Pool Volleyball: 10:15am

8

Strength Train: 8:30- 9:30am
Yoga: 10am

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HydroCycle: 8- 8:45am
Water Aerobics: 9-10:10am
Floor Aerobics: 9 & 10am
Pool Volleyball: 10:15am
Walking Group: 3pm

10

HydroCycle: 8-9am
Competitive Water Volleyball:
4:30-7pm

11

Master Swim Club: 4-5pm

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Walking Group: 3pm

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HydroCycle: 8-9am
Competitive Water Volleyball:
4:30-7pm

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