

## Delta High School Adult Fitness & Wellness Calendar – April 2012

S	M	Tuesday	W	Thursday	F	S
1	2	3 <b>6:00</b> <b>Sign In:</b> Gym Lobby <b>Weight Room:</b> Supervised Lifting <b>Pool:</b> Laps, Open Swim, Splasketball <b>Aux. Gym:</b> Open Gym Possible <b>Main Gym:</b> Cross Court Basketball <b>Balcony:</b> Walking/Jogging <b>Main Building:</b> Running & Walking Courses Open	4	5 <b>6:00</b> <b>Sign In:</b> Gym Lobby <b>Weight Room:</b> Supervised Lifting <b>Pool:</b> Laps, Open Swim, Splasketball <b>Aux. Gym:</b> Open Gym Possible <b>Main Gym:</b> Cross Court Basketball <b>Balcony:</b> Walking/Jogging <b>Main Building:</b> Running & Walking Courses Open	6	7
8	9	10 <b>6:00</b> <b>Sign In:</b> Gym Lobby <b>Weight Room:</b> Supervised Lifting <b>Pool:</b> Laps, Open Swim, Splasketball <b>Aux. Gym:</b> Open Gym Possible <b>Main Gym:</b> Cross Court Basketball <b>Balcony:</b> Walking/Jogging <b>Main Building:</b> Running & Walking Courses Open	11	12 <b>6:00</b> <b>Sign In:</b> Gym Lobby <b>Weight Room:</b> Supervised Lifting <b>Pool:</b> Laps, Open Swim, Splasketball <b>Aux. Gym:</b> Open Gym Possible <b>Main Gym:</b> Cross Court Basketball <b>Balcony:</b> Walking/Jogging <b>Main Building:</b> Running & Walking Courses Open	13	14
15	16	17 <b>6:00</b> <b>Sign In:</b> Gym Lobby <b>Weight Room:</b> Supervised Lifting <b>Pool:</b> Laps, Open Swim, Splasketball <b>Aux. Gym:</b> Open Gym Possible <b>Main Gym:</b> Cross Court Basketball <b>Balcony:</b> Walking/Jogging <b>Main Building:</b> Running & Walking Courses Open	18	19 <b>6:00</b> <b>Sign In:</b> Gym Lobby <b>Weight Room:</b> Supervised Lifting <b>Pool:</b> Laps, Open Swim, Splasketball <b>Aux. Gym:</b> Open Gym Possible <b>Main Gym:</b> Cross Court Basketball <b>Balcony:</b> Walking/Jogging <b>Main Building:</b> Running & Walking Courses Open	20	21
22	23	24 <b>6:00</b> <b>Sign In:</b> Gym Lobby <b>Weight Room:</b> Supervised Lifting <b>Pool:</b> Laps, Open Swim, Splasketball <b>Aux. Gym:</b> Open Gym Possible <b>Main Gym:</b> Cross Court Basketball <b>Balcony:</b> Walking/Jogging <b>Main Building:</b> Running & Walking Courses Open	25	26 <b>6:00</b> <b>Sign In:</b> Gym Lobby <b>Weight Room:</b> Supervised Lifting <b>Pool:</b> Laps, Open Swim, Splasketball <b>Aux. Gym:</b> Open Gym Possible <b>Main Gym:</b> Cross Court Basketball <b>Balcony:</b> Walking/Jogging <b>Main Building:</b> Running & Walking Courses Open	27	28
29	30	<b>THIS IS THE LAST MONTH FOR ADULT FITNESS UNTIL THE FALL</b>		<b>THANK YOU FOR PARTICIPATING!! ENJOY THE SUMMER!</b>		

**Please note that Adult Fitness is scheduled from 6:00 - 8:00 p.m. this year.**

**Pool hours: 6:00 p.m. – 7:45 p.m.**

**DEL COM ADULT FITNESS /RECREATION PROGRAM**

Who: Any Del Com school patron or employee (School age children also are encouraged to attend with adult parent/guardian)

Where: Delta High School

When: **Tuesdays and Thursdays from 6:00 p.m. – 8:00 p.m.**

November	1, 3, 8, 10, 15, 17, 22
January	3, 5, 10, 12, 17, 19, 24, 26, 31
February	2, 7, 9, 14, 16, 21, 23, 28
March	1, 6, 8, 13, 15, 20, 22
April	3, 5, 10, 12, 17, 19, 24, 26

What: **Activities will vary due to gym/pool availability**

Swimming/Aquatics	Weight Lifting/Conditioning
Table Tennis	Shuffleboard
Basketball	Corn Hole
Indoor/Outdoor Walking, Jogging & Running	

Cost: **FREE**

Patrons wishing to participate should enter through the auxiliary gymnasium doors located in the west parking lot. Patrons will be expected to sign in and complete a waiver of liability before participating. Children are encouraged to attend with their parents.

**STUDENTS UNDER THE AGE OF 18 MUST HAVE A PARENT/GUARDIAN PRESENT IN THE BUILDING IN ORDER TO PARTICIPATE IN THE PROGRAM.**

Feel free to contact Brad Himes [bahimes@delcomschools.org](mailto:bahimes@delcomschools.org) or Cindy Vaughn [cvaughn@delcomschools.org](mailto:cvaughn@delcomschools.org) with any questions.