

Gymnasium Schedule

Activity Descriptions

For more information, contact:

624-3416

The *Lifestyle*
Center
A division of Kaweah Delta Health Care District



Unless otherwise indicated, activities listed are for individuals age 12 and up. Children ages 12 - 15 must be supervised by an adult at all times. Please refrain from playing outside music in the gymnasium.

B-Ball Pick Up Games

4 on 4 basketball games played to 15 points or 12 minutes. Games will be scored by 2's and 3's. Ages 12 and older. Kids between the ages of 12 and 15 must be supervised by an adult at all times.

Adult Pick Up B- Ball

4 on 4 basketball games played to 15 points or 12 minutes. Games will be scored by 2's and 3's. Must be 16 or older to play. Games will only be supervised from 7:30 pm to 9:30 pm however pick up games can be played until 11:00 pm.

Family Shoot Around

Fun for the whole family! Children 5 and older can shoot hoops with their families. Open shooting for anyone over the age of 5. Kids between the ages of 5 and 15 must be supervised by an adult at all times.

Kids Night Out

Kids ages 5-12 will enjoy a variety of fun activities and games. Meets 5:00 pm - 6:00 pm the 3rd Friday of the month.

Friday Night Fun

Kids ages 5-12 will enjoy a variety of fun activities and games. Meets 5:30 pm - 7:00 pm the 1st Friday of the month.

Kidz Klub

Kids ages 5 - 12 will enjoy a variety of fun activities and games. Meets Monday - Thursday from 4:30 pm - 5:30 pm. Kids Klub will be in the gymnasium Mondays from 4:30 pm - 5:30 pm.

Beginning Volleyball

Designed for the absolute beginner. No training necessary. Thursday nights 6:30 pm - 8:30 pm.

Intermediate Volleyball

Designed for the player with limited experience. Tuesday nights 6:00 pm - 7:30 pm and Thursday nights 8:30 pm - 10:45 pm.

Advanced Volleyball

Designed for players who are currently on competitive teams. Tuesday nights 7:30 pm - 10:45 pm.

Open Play Volleyball

Here is an opportunity for the family to get together for quality time for ages 12 and up. Kids between 12-15 must be accompanied by an adult at all times. A minimum of 4 players is required for volleyball nets to be set up.

Indoor Soccer

4 on 4 soccer games played to 3 points or 15 minutes. Must be 16 or older to play. Conventional indoor soccer rules apply with no slide tackles. Games will be supervised from 6:00 pm to 7:30 pm. Please see facility for additional rules.

Tots in Training

A 4-week introductory program (for kids ages 2-4 years old) that will help your child develop basic motor skills and coordination while interacting with peers. Classes are offered seasonally on Saturdays from 10:00 am to 10:45 am.