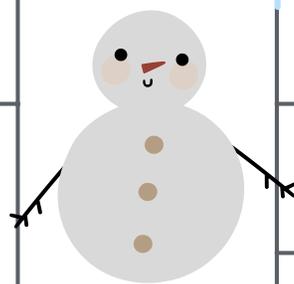


HODDER ANNEX WINTER SCHEDULE



709-635-4991
709-635-4292

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Walking Track 8:30 - 10:30 am Free	Pilates Simms Performance 9:30 - 10:30 am	Walking Track 8:30 - 10:30 am Free	Step Class Simms Performance 9:30 - 10:30 am	Giggle Gym 9:00 - 10:00 am	Walking Track 8:30 - 10:30 am Free	Walking Track 8:30 - 10:30 am Free
Music & Movers 10:45 - 11:45 am	Giggle Gym 10:45 - 11:45 am	Drop in Pickleball 10:45 - 12:45 pm	Walking Track 10:45 - 12:30 pm Free	Walking Track 10:30 - 12:00 pm Free		Drop in Pickle Ball 11:00 - 1:00 pm
All Abilities 1:00 - 3:00 pm Free	Walking Track 12:00 - 2:00 pm Free	After the Bell Ages 5 - 8 3:15 - 4:15 pm	Mini Movers Tree House 1:30 - 3:00 pm	Drop-in Pickle Ball 12:30 - 2:30 pm		
Drop in Youth Volleyball 4:00 - 5:30 pm	Cards & Coffee 2:00 - 3:00 pm	Drop in Youth Basketball 4:30 - 5:30 pm	After the Bell Ages 12 - 14 3:15 - 4:15 pm	Youth Zone (Ages 12 - 17) 6:30 - 8:30 pm		Giggle Gym 1:30 - 2:30 pm
Drop in Pickle Ball 6:00 - 8:00 pm	After the Bell Ages 9 - 11 3:15 - 4:15 pm	Walking Track 5:45 - 6:45 pm Free	Active Families 5:45 - 6:45 pm			Walking Track 5:15 - 6:15 pm Free
	Walking Track 8:00 - 9:00 pm Free	Markus Karate 5:30 - 9:00 pm	ZUMBA with Cheyenne! 7:00 - 8:00 pm	Drop in 18+ Adult Volleyball 7:00 - 8:30 pm		Drop in 18+ Adult Basketball 6:30 - 8:00 pm
			Drop in 18+ Adult Basketball 8:15 - 9:45 pm		PROGRAMS MARKED WITH ** ARE ORGANIZED BY THE TOWN OF DEER LAKE. PROGRAMS WITHOUT THIS MARK ARE PRIVATELY RUN AND MAY CHANGE WITHOUT NOTICE .	
						INDOOR SHOES REQUIRED FOR ALL ACTIVITIES IN GYM.

INFO & PRICING

Active Families **
\$2.00 Per Person
Enjoy drop in play with your whole family!

After the Bell (Ages 5 - 8) **
ADULT SUPERVISION REQUIRED
Free drop in! Play at own pace in the gym!

After the Bell (Ages 9-11/12-14) **
Free drop in! Play at own pace in the gym!

All Abilities **
Free of Charge
A relaxed gym session for adults of all abilities to move, socialize, and stay active in a safe and supportive environment!

Cards & Coffee **
\$2.00 Per Drop In
Cards, coffee, & good company!
Drop in for a fun social morning, we supply the coffee, you bring your favorite card & board games!

Drop in Youth Basketball/Volleyball ** (Ages 13-17)
\$5.00 Per Drop In
Drop in with your friends for some Basketball or Volleyball! Play at your own pace!

Drop in Basketball/ Volleyball (18+) **
\$5.00 Per Drop In
Drop in for a fun recreational game of ball! No teams or sign ups, all fun!

Drop in Pickle Ball (16+) **
\$5.00 Per Class
Drop in and enjoy group pickleball!

Giggle Gym (Birth - 5 Years) **
\$2.00 Per Child (1 Parent Free)
Free play with toddler equipment for small children.

Markus Karate
To Register: Markus Karate Facebook Page or Call 709-640-0499
Karate for all ages!

Mini Movers (Birth - 6 years)
Free of Charge
Join us and the Tree House for parent lead play & a snack provided.

Music & Movers (Ages 1 - 7)
\$2.00 Per Child (1 Parent Free)
Fun active play session for little ones! Kids can dance, jump, wiggle, and move their bodies to upbeat music! Perfect for burning off energy!

Sensory Explorers **
Free of Charge
Special open gym time for children with sensory needs and their caregiver. Freedom to run and play in a safe environment.

Simms Health & Performance (Pilates/ Step Classes)
To Register: Simms Health & Performance Facebook Page or Call 709 - 635 - 1115. Take part in one of these specialty class offerings, perfect for all fitness levels.

Walking Track **
Free of Charge
Get your steps in at the Annex!

Zumba with Cheyenne
To Register: Zumba With Cheyenne Facebook Page.
Fitness fun! Energetic dance workout for all fitness levels!

Youth Zone **
\$3.00 Per Drop In
Drop in and enjoy free play with the use of some gym equipment.

Rentals
\$35.00 Per Hour
Gymnasium is available for private rentals!
Times are not listed on schedule. Please call to book.