



# ANNEX SPRING SCHEDULE - DLRC



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Walking Track 8:30 - 10:30 am <b>Free</b>	Pilates Simms Performance 9:30 - 10:30 am	Walking Track 8:30 - 10:30 am <b>Free</b>	Step Class Simms Performance 9:30 - 10:30 am	Giggle Gym 9:00 - 10:00 am	Walking Track 8:30 - 10:30 am <b>Free</b>	Walking Track 8:30 - 10:30 am <b>Free</b>
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 <b>Free</b>	Walking Track 10:30 - 12:00 pm <b>Free</b>	Sensory Explorers 12:00 - 1:00 pm <b>Free</b>	Drop in Pickle Ball 11:00 - 1:00 pm
All Abilities 1:00 - 2:30 pm <b>Free</b>	Walking Track 12:00 - 2:00 pm <b>Free</b>	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		
	Cards & Coffee 2:00 - 3:00 pm	Drop in Youth Basketball/ Volleyball 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	
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 <b>Free</b>	Active Families 5:45 - 6:45 pm	Walking Track 5:15 - 6:15 pm <b>Free</b>		
	Walking Track 8:00 - 9:00 pm <b>Free</b>	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		
<p><b>PROGRAMS MARKED WITH ** ARE ORGANIZED BY THE TOWN OF DEER LAKE. PROGRAMS WITHOUT THIS MARK ARE PRIVATELY RUN AND MAY CHANGE WITHOUT NOTICE .</b></p> <p><b>INDOOR SHOES REQUIRED FOR ALL ACTIVITIES IN GYM.</b></p>						

## INFO & PRICING

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

**After the Bell (Ages 5 - 8) \*\***  
**ADULT SUPERVISOR 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.