

NOVEMBER

2024

Gym Hours of Operation

Monday-Thursday- 10:00 am- 8:00 pm

Friday- 10:00 am- 7:00pm

Saturday- 10:00 am- 7:00pm



Sunday- Closed

AUBURNDALE COMMUNITY CENTER

405 Bennett St. Auburndale, FL 33823

863-965- 6362 www.auburndalefl.com



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OCTOBER 27	28	29	30	31	NOVEMBER 1	2
GYM CLOSED	PICKLEBALL QUILTING JUDO AEROBICS OPEN-GYM	PICKLEBALL KARATE OPEN-GYM	PICKLEBALL ART JUDO AEROBICS BADMINTON OPEN-GYM	PICKLEBALL KARATE SALSA OPEN-GYM	PICKLEBALL JUDO OPEN GYM	*AYBL DRAFT DAY* OPEN-GYM
3	4	5	6	7	8	9
GYM CLOSED	PICKLEBALL QUILTING JUDO AEROBICS OPEN-GYM	PICKLEBALL KARATE AYBL PRACTICES	PICKLEBALL ART JUDO AEROBICS BADMINTON OPEN-GYM	PICKLEBALL KARATE SALSA AYBL PRACTICES	PICKLEBALL JUDO OPEN GYM	OPEN- GYM
10	11	12	13	14	15	16
GYM CLOSED	VETAN'S DAY GYM CLOSED 	PICKLEBALL KARATE AYBL PRACTICES	PICKLEBALL ART JUDO AEROBICS BADMINTON OPEN-GYM	PICKLEBALL KARATE SALSA AYBL PRACTICES	PICKLEBALL JUDO OPEN GYM	OPEN-GYM
17	18	19	20	21	22	23
GYM CLOSED	PICKLEBALL QUILTING JUDO AEROBICS OPEN-GYM	PICKLEBALL KARATE AYBL PRACTICES	PICKLEBALL ART JUDO AEROBICS BADMINTON OPEN-GYM	PICKLEBALL KARATE SALSA AYBL PRACTICES	*Early School Dismissal Day* PICKLEBALL JUDO OPEN GYM	OPEN- GYM
24	25	26	27	28	29	30
GYM CLOSED	*NO SCHOOL* PICKLEBALL QUILTING JUDO AEROBICS OPEN-GYM	*NO SCHOOL* PICKLEBALL KARATE AYBL PRACTICES	*NO SCHOOL* PICKLEBALL ART JUDO BADMINTON OPEN-GYM	THANKSGIVING DAY GYM CLOSED 	GYM CLOSED 	OPEN- GYM

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DAILY ACTIVITIES/ CLASSES OFFERED DESCRIPTION

- ✦ **Pickle Ball**- Pickleball is a fun, social and friendly game! The rules are simple, and the game is easy for beginners to learn, but can develop into a fast-paced, competitive game. Free to ALL AGES Monday-Friday only- Starts @ 10am- Ends @ 2:30pm Contact Rob Striegel @ rob_striegel@hotmail.com/Brian Toune @ bltoun@aol.com for more information.
- ✦ **Open Gym for Basketball**- Time when all individuals can play basketball in the gym without structure or instruction. Free to ALL AGES- Starts @ 12PM-Close Monday/Wednesday/Friday. Gym closed off to the public during AYBL Practices on Tuesday and Thursday starting @5:30 pm/ Games on Saturday
- ✦ **Auburndale Youth Basketball League**- Basketball league catering to ages 5-15. Mission to give kids an experience where they can learn and play the game of basketball. For more information about the league and the registration process, follow/message "Auburndale Youth Basketball" on Facebook or email auburndaleyouthbasketball@gmail.com Practices on Tuesday and Thursday starting @ 5:30pm/ Games on Saturday
- ✦ **Rockland Judo**- Japanese martial art and sport that emphasizes quick movement, leverage, and using an opponent's force to one's advantage. Aimed to be the highest and most efficient use of both physical and mental energy. Monday, Wednesday, & Friday Starts @ 5pm- Close Refer to Sensei Michael for prices and more information 914-527-5490
- ✦ **Main Street Karate Dojo**- teach and practice traditional martial arts through American Goju Karate. Goju-ryu karate incorporates both hard and soft techniques, including kicks, punches, joint locks, grappling, and throws. Tuesday & Thursday 5:30pm-Close Refer to Sensei Larry for prices! 863-289-4607
- ✦ **Badminton**- Fun a fast-paced racket sport that involves hitting a shuttlecock over a net into the opponent's court. Free to ALL AGES Wednesday Only 6:30pm- 8pm * Must be a group of 4 or more to play. Please contact Sampson Abraham 863-397-7020 for more information.
- ✦ **Xtreme Aerobics**- High energy toning and cardio class offered by Licensed Xtreme Instructor Carla Davis \$10/class-Monday. & Wednesday. 6pm-7:30pm-Contact Carla Davis @ cdavis27@gmail.com for more information.
- ✦ **Salsa Dance Lessons**- Concentrate on having fun while learning social Latin dances and rhythms. Available to all ages from Beginner to Advanced pros. Thursday Only 6pm-7pm/7pm-8pm. only/\$15 per class. Contact Alexis Colon for more info @787-525-0289
- ✦ **Quilting Class**- Group of individuals gather to stitch multiple layers of fabric together to create padded material, typically for a quilt or quilted garment. Must provide own supplies. Free to ALL AGES Monday Only 10am- 2pm Contact Barbara Whitney @ grammybabs65@comcast.net for more information.
- ✦ **Art Class**- Place where individuals can learn to draw, paint, and develop their artistic skills. Must provide your own art materials. Free to ALL AGES – Wednesday Only 11am-4pm Contact Carol Frye @ cfrye4art@msn.com for more information.