

OCTOBER

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
SEPTEMBER 29	30	OCTOBER 1	2	3	4	5
GYM CLOSED	PICKLEBALL QUILTING JUDO HIP-HOP AEROBICS OPEN-GYM	PICKLEBALL KARATE OPEN-GYM	PICKLEBALL ART JUDO HIP-HOP AEROBICS BADMINTON OPEN-GYM	PICKLEBALL KARATE SALSA OPEN-GYM	PICKLEBALL JUDO OPEN GYM	OPEN-GYM
6	7	8	9	10	11	12
GYM CLOSED	PICKLEBALL QUILTING JUDO HIP-HOP AEROBICS OPEN-GYM	PICKLEBALL KARATE OPEN-GYM	PICKLEBALL ART JUDO HIP-HOP AEROBICS BADMINTON OPEN-GYM	PICKLEBALL KARATE SALSA OPEN-GYM	PICKLEBALL JUDO OPEN GYM	AGC MEETING OPEN- GYM
13	14	15	16	17	18	19
GYM CLOSED	PICKLEBALL QUILTING JUDO HIP-HOP AEROBICS OPEN-GYM	PICKLEBALL KARATE OPEN-GYM	PICKLEBALL ART JUDO HIP-HOP AEROBICS BADMINTON OPEN-GYM	*Early School Dismissal Day* PICKLEBALL KARATE SALSA OPEN-GYM	*NO SCHOOL* PICKLEBALL JUDO OPEN GYM	OPEN-GYM
20	21	22	23	24	25	26
GYM CLOSED	PICKLEBALL QUILTING JUDO HIP-HOP AEROBICS OPEN-GYM	PICKLEBALL KARATE OPEN-GYM	PICKLEBALL ART JUDO HIP-HOP AEROBICS BADMINTON OPEN-GYM	PICKLEBALL KARATE SALSA OPEN-GYM	PICKLEBALL JUDO OPEN GYM	AGC MEETING OPEN- GYM
27	28	29	30	31	NOVEMBER 1	2
GYM CLOSED	PICKLEBALL QUILTING JUDO HIP-HOP AEROBICS OPEN-GYM	PICKLEBALL KARATE OPEN-GYM	PICKLEBALL ART JUDO HIP-HOP AEROBICS BADMINTON OPEN-GYM	PICKLEBALL KARATE SALSA OPEN-GYM	PICKLEBALL JUDO OPEN GYM	OPEN- GYM

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DAILY ACTIVITIES/ CLASSES OFFERED DESCRIPTION

- ✦ Pickle Ball- Pickleball is 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 @ bltoune@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-Friday/ Saturday-10AM-Close
- ✦ 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
- ✦ 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 Hip-Hop Aerobics- High energy toning and cardio class offered by Licensed Xtreme Hip-Hop Instructor \$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. 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.
- ✦ Auburndale Garden Club- Aims to cultivate a vibrant community of individuals with a passion for horticulture and gardening, regardless of experience level. Every other Saturday. Reach out to Hunter Sims @ huntersims@kw.com / 863-307-9997 for more information.