

JANUARY

2025

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
DECEMBER 29	30	31	JANUARY 1	2	3	4
GYM CLOSED	*NO SCHOOL* PICKLEBALL QUILTING JUDO OPEN-GYM	GYM CLOSED NEW YEAR'S EVE 	GYM CLOSED NEW YEAR'S DAY 	*NO SCHOOL* PICKLEBALL KARATE AYBL PRACTICES	*NO SCHOOL* PICKLEBALL JUDO OPEN GYM	*AYBL GAMES* STARTS @8:30 AM-Gym CLOSED after last game
5	6	7	8	9	10	11
GYM CLOSED	*NO SCHOOL* PICKLEBALL QUILTING AEROBICS JUDO OPEN-GYM	*NO SCHOOL* PICKLEBALL KARATE AYBL PRACTICES	PICKLEBALL ART JUDO AEROBICS BADMINTON OPEN-GYM	PICKLEBALL KARATE AYBL PRACTICES	PICKLEBALL JUDO OPEN GYM	*AYBL GAMES/PICTURES* STARTS @8:30-Gym CLOSED after last game
12	13	14	15	16	17	18
GYM CLOSED	PICKLEBALL QUILTING AEROBICS JUDO OPEN-GYM	PICKLEBALL KARATE AYBL PRACTICES	PICKLEBALL ART JUDO AEROBICS BADMINTON OPEN-GYM	PICKLEBALL KARATE AYBL PRACTICES	*EARLY DISMISSAL DAY* PICKLEBALL JUDO OPEN GYM	*AYBL GAMES* STARTS @8:30 AM-Gym CLOSED after last game
19	20	21	22	23	24	25
GYM CLOSED	*GYM CLOSED MARTIN LUTHER KING DAY* 	PICKLEBALL KARATE AYBL PRACTICES	PICKLEBALL ART JUDO AEROBICS BADMINTON OPEN-GYM	PICKLEBALL KARATE AYBL PRACTICES	PICKLEBALL JUDO OPEN GYM	*GYM CLOSED TO PUBLIC* MARTIN LUTHER KING PROGRAM
26	27	28	29	30	31	FEBRUARY 1
GYM CLOSED	PICKLEBALL QUILTING JUDO AEROBICS OPEN-GYM	PICKLEBALL KARATE AYBL PRACTICES	PICKLEBALL ART JUDO AEROBICS BADMINTON OPEN-GYM	PICKLEBALL KARATE AYBL PRACTICES	PICKLEBALL JUDO OPEN GYM	*AYBL GAMES* STARTS @8:30-Gym CLOSED after last game

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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 Gym closed off to the public during AYBL Practices on Tuesday and Thursday starting @5:30 pm/ Games are played on SATURDAY- All day gym will be closed to the public.
- ✦ **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 are played on SATURDAY-All day
- ✦ **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 ONLY 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 ONLY 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 ONLY. 6pm-7:30pm-Contact Carla Davis @ cdavis27@gmail.com for more information. (On Vacation until January 6th)
- ✦ **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.