

## ~Day By Day At A Glance~

### GYMNASIUM

#### MONDAY

6:00 - 8:00am Open Recreation  
9:00 - 3:00pm Reserved for Summer Camps  
3:30 - 5:00pm Open Recreation  
7:00 - 9:30pm Open Recreation

#### TUESDAY

6:00 - 8:00am Open Recreation  
9:00 - 3:00pm Reserved for Summer Camps  
3:30 - 5:00pm Open Recreation  
7:00 - 9:30pm Open Recreation

#### WEDNESDAY

6:00 - 8:00am Open Recreation  
9:00 - 3:00pm Reserved for Summer Camps  
3:30 - 5:00pm Reserved for WCC Child Care  
7:00 - 9:30pm Open Recreation

#### THURSDAY

6:00 - 8:00am Open Recreation  
9:00 - 3:00pm Reserved for Summer Camps  
3:30 - 5:00pm Open Recreation  
7:00 - 9:30pm Open Recreation

#### FRIDAY

6:00 - 8:00am Open Recreation  
9:00 - 3:00pm Reserved for Summer Camps  
3:30 - 5:00pm Reserved for WCC School Age  
7:00 - 9:30pm Open Recreation

#### SATURDAY

8:00 - 9:00am Open Recreation  
9:00 - 10:00am Youth Outreach  
11:00 - 2:00pm Open Recreation  
2:00 - 6:00pm Available for rent/Open Rec

#### SUNDAY

9:00 - 12:00pm Open Recreation  
12:00 - 3:45pm Available for rent/Open Rec  
3:45 - 5:00pm Open Recreation

**Gymnasium Unavailable:**  
Saturday, July 19<sup>th</sup> (all day)  
August 25<sup>th</sup>-August 29<sup>th</sup> for maintenance

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### WELLNESS

#### MONDAY

10:15 -10:45am Get Moving! \*  
(7/7, 7/14, 7/21)  
10:15 -10:45am Managing Food Allergies  
(8/4, 8/11, 8/18)

#### TUESDAY

10:15 -10:45am Tips for Better Sleep \*  
(7/8, 7/15, 7/22)  
10:15 -10:45am 10 Ways to Manage Asthma\*  
(8/5, 8/12, 8/19)

#### WEDNESDAY

10:15 -10:45am Relaxation for Deep Sleep \*  
(7/9, 7/16, 7/23)  
10:15 -10:45am Relaxation & Meditation \*  
(8/6, 8/13, 8/20)

#### FRIDAY

10:15 -10:45am Intro to Yoga (all summer)