





"Fitness and Fun... For Everyone!"

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 11-12 Paint Project 11:30am-2:30pm Swim Lessons 12-1:30pm Lacrosse 1:30-2:30 Sat. Rec.
3	7-9pm Community Swim Girl's Field Hockey Boy's Flag Football	5 7-9pm Co-Ed Youth Soccer Co-Ed Adult Volleyball	6 7-9pm Community Swim Boy's Baseball Girl's Softball	7 7-9pm Boy's Lacrosse Girl's Cheerleading Adult Pickleball	8	9 11:30am-2:30pm Swim Lessons 12-1:30pm Lacrosse 1:30-2:30 Sat. Rec.
10	No NRD - Veteran's Day!	7-9pm Co-Ed Youth Soccer Co-Ed Adult Volleyball	7-9pm Community Swim Boy's Baseball Girl's Softball	7-9pm Boy's Lacrosse Girl's Cheerleading Adult Pickleball	15	16 11:30am-2:30pm Swim Lessons 12-1:30pm Lacrosse 1:30-2:30 Sat. Rec.
17	7-9pm Community Swim Girl's Field Hockey Boy's Flag Football	7-9pm Co-Ed Youth Soccer Co-Ed Adult Volleyball	7-9pm Community Swim Boy's Baseball Girl's Softball	7-9pm Boy's Lacrosse Girl's Cheerleading Adult Pickleball	22	23 11:30am-2:30pm Swim Lessons 12-1:30pm Lacrosse 1:30-2:30 Sat. Rec.
24	7-9pm Community Swim Girls' Field Hockey Boy's Flag Football	26  No NRD - Thanksgiving Recess!		28	29	30