

Arlington Heights Recreation Center

Summer Session 2010: June 1 through Sept. 1

	Monday	Tuesday	Wednesday	Thursday	Friday			
6:00am					Early Bird 6:30a - 7:30a (Gym)			
7:00am								
8:00am								
9:00am	Walking 9:00a -12:00p (Gym)	Walking 9:00a -12:00p (Gym)	Walking 9:00a -12:00p (Gym)	Walking 9:00a -12:00p (Gym)	Senior Exercise 9:00a - 10:00a (Gym)			
10:00am								Walking 9:00a -12:00p (Gym)
11:00am								
12:00pm								

1:00pm * Open from 8am-8pm til Aug. 13th
Hours will change to 8am-1pm & 4pm-8pm

2:00pm

3:00pm

		Youth Open Gym 4:00p - 6:00p (Gym)	Youth Open Gym 4:00p - 6:00p (Gym)	Youth Open Gym 4:00p - 6:00p (Gym)	C
5:00pm	Adult Volleyball 5:00p -- 6:30p (Gym)				L
6:00pm		Adult Open Gym 6:00p - 8:00p (Gym)	Adult Line Dance <i>Beginner</i> 6:00p - 7:00p (Gym)	Adult Open Gym 6:00p - 8:00p (Gym)	O
7:00pm			Adult Line Dance <i>Intermediate/</i> Adult Evening Exercise Class 7:00p-8:00p		S
8:00pm					E
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