




# Regularly Scheduled Community Activities

January 2012

Activity	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
<b>Aquacise.</b> Water fitness. Instructed, no fee. Beach Club	Women's: 9-10 a.m. Co-Ed.: 10-11 a.m.		Women's: 9-10 a.m. Co-Ed.: 10-11 a.m.		Women's: 9-10 a.m. Co-Ed.: 10-11 a.m.	
<b>Aquarobics.</b> Exercise Program. No-impact water exercise. No instructor, no fee. Members only. Bay Club	8-9 a.m.	9-10 a.m.	8-9 a.m.	9-10 a.m.	8-9 a.m.	9-10 a.m.
<b>Aquawalk.</b> Exercise Program. Walk your way to fitness. No instructor, no fee. Members only. Bay Club	9-10 a.m.	8-9 a.m.	9-10 a.m.	8-9 a.m.	9-10 a.m.	10-11 a.m.
<b>Ballet/Ball.</b> Strength, core, balance. Certified instructor, fee. Bay Club				11-noon		
<b>Casual Bridge.</b> Learn while playing. Bay Club	1-4 p.m.					
<b>Bridge ACBL.</b> Duplicate. Bridge Deck	12:30-4 p.m.					
<b>Bridge Overtricks.</b> Chicago-style bridge. Bay Club					1-4 p.m.	
<b>Computer Club Workshop.</b> Topics vary. Bring your questions and problems. Bay Club						10:30 a.m.-noon
<b>Flyfishers.</b> Feathers, thread, and imagination come together in creations that tempt fish. Bay Club		9 a.m.-noon				
<b>Golf.</b> Ladies' 18 hole. WGA		See Bulletin Board in Pro Shop				
<b>Golf.</b> Men's 18 hole. MGA			See Bulletin Board in Pro Shop			
<b>Golf.</b> 9 hole. Nifty Niners				See Bulletin Board in Pro Shop		
<b>Hikers.</b> Timberton Loop Hike. Meet at Timberton Road parking area			9 a.m.			



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<b>Jazzercise Light.</b> Combines music, resistance training, Pilates, Yoga, kick boxing. Instructed, fee. Bay Club		9-10:30 a.m. Bay Club		9-10:30 a.m. Conference Center		9-10:30 a.m. Conference Center
<b>Line Dancing.</b> All levels of dancers welcome. No fee, great fun, exercise. Bay Club				9:30-10:30 a.m.		
<b>Mahjongg</b> Bay Club			12:45-4:45 p.m.			
<b>North Bay Arts Group.</b> Workshop for all experience levels. Bridge Deck					1-4 p.m.	
<b>Port Ludlow Amateur Radio Club.</b> Pedro's Fiesta Jalisco Restaurant			11:30 a.m.			
<b>Quilters by the Bay.</b> Beginners through expert. Bay Club			1-4 p.m.			
<b>Swimming.</b> Open swim - adults Open swim (children welcome) Lap Swim - adults Open swim (children welcome) Bay Club Pool	10-noon noon-3 p.m. 3-4:30 p.m. 4:30-7:30	10-noon noon-3 p.m. 3-4:30 p.m. 4:30-7:30	10-noon noon-3 p.m. 3-4:30 p.m. 4:30-7:30	10-noon noon-3 p.m. 3-4:30 p.m. 4:30-7:30	10-noon noon-3 p.m. 3-4:30 p.m. 4:30-7:30	11-noon noon-3:00 3-4:30
<b>Family Swim Night.</b> Beach Club Pool					6:30 p.m.	
<b>Tap Dancing.</b> Instructed, fee. Advanced. Bay Club Beginning. Beach Club	9:30-10:45 11-noon					
<b>Tennis.</b> Organized doubles play. Kehele Park / South Bay Courts Mixed Men's Women's Pickleball Round Robin		9:30 a.m. 12:00 p.m. 3:30 p.m.		9:30 a.m. 12:00 p.m. 3:30 p.m.		9:30 a.m.
<b>U.S. Coast Guard Auxiliary.</b> America's Volunteer Guardians. Flotilla 41. Snug Harbor Cafe		9:00 a.m.				
<b>Yoga.</b> Excellent non-aerobic exercise. Instructed, fee. Bay Club		9:30-10:45 a.m.				
<b>Yolates.</b> Cross training workout combining Yoga and Pilates. Instructed, no fee. Bay Club	8:15-9:30 a.m.		8:15-9:30 a.m.		8:15-9:30 a.m.	

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Call Kathie Bomke at 437-4086 with changes and corrections.