



CITY OF
Ames
PARKS & RECREATION

Community Center October Calendar

Parks and Recreation Office and Gymnasium Hours

Located at Ames City Hall, 515 Clark Ave - SW Corner, Enter doors on 5th S

Phone: 515-239-5350 Email: amesparkrec@cityofames.org Website: www.amesparkrec.org

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
12 - 8 PM	6 AM - 10 PM	6 AM - 10 PM	6 AM - 10 PM	6 AM - 10 PM	6 AM - 10 PM	8 AM - 4 PM
			1 6:00-7:30 AM Basketball 8:00-9:00 AM Walk w/ Ease 9:00-11:00 AM Play Pals 11:30 AM-1:30 PM Pickleball 1:45-5:15 PM Basketball 5:30-6:15 PM Zumba 6:30-9:45 PM Basketball	2 6:00-7:30 AM Basketball 7:30-8:45 AM (N) Basketball 9:00-11:00 AM Play Pals 11:15 AM-12:00 PM Sneakers 1:00-4:00 PM (N) Badminton 1:30-2:30 PM (S) Strength Circuit 2:45-4:00 PM (S) Basketball 4:00-6:30 PM Basketball 6:45-Close Volleyball League	3 6:00-7:30 AM Basketball 8:00-9:00 AM Walk w/ Ease 9:00-11:00 AM Play Pals 11:30 AM-1:30 PM Pickleball 1:45-6:30 PM Basketball 6:45-Close Volleyball League	4 8:00-11:00 AM Basketball 11:15 AM-1:45 PM Pickleball 2:00-3:45 PM Volleyball
5 12:00 PM—Close Volleyball League	6 6:00-7:30 AM Basketball 8:00-9:00 AM Walk w/ Ease 9:00-11:00 AM Play Pals 11:30 AM-1:30 PM Pickleball 1:45-5:15 PM Basketball 5:30-6:15 PM Zumba 6:45-Close Volleyball League	7 6:00-7:30 AM Basketball 8:00-8:45 AM Balance & Strength 9:00-11:00 AM Play Pals 11:15 AM-12:00 PM Sneakers 1:00-4:00 PM (N) Badminton 1:30-2:30 PM (S) Strength Circuit 2:45-4:00 PM (S) Basketball 4:00-6:30 PM Basketball 6:45-Close Volleyball League	8 6:00-7:30 AM Basketball 8:00-9:00 AM Walk w/ Ease 9:00-11:00 AM Play Pals 11:30 AM-1:30 PM Pickleball 1:45-5:15 PM Basketball 5:30-6:15 PM Zumba 6:30-9:45 PM Basketball	9 6:00-7:30 AM Basketball 7:30-8:45 AM (N) Basketball 9:00-11:00 AM Play Pals 11:15 AM-12:00 PM Sneakers 1:00-4:00 PM (N) Badminton 1:30-2:30 PM (S) Strength Circuit 2:45-4:00 PM (S) Basketball 4:00-6:30 PM Basketball 6:45-Close Volleyball League	10 6:00-7:30 AM Basketball 8:00-9:00 AM Walk w/ Ease 9:00-11:00 AM Play Pals 11:30 AM-1:30 PM Pickleball 1:45-6:30 PM Basketball 6:45-Close Volleyball League	11 8:00-11:00 AM Basketball 11:15 AM-1:45 PM Pickleball 2:00-3:45 PM Volleyball

DROP-IN ADMISSION: Adult \$2.75 Youth \$2.50 (17 and under)

Key: (N) = 1/2 Gym - North Courts only

DROP-IN ACTIVITIES: Youth & Adult **Basketball**, Adult **Pickleball**, Adult **Badminton**,
(Listed in **bold**) Adult **Volleyball**, and **Play Pals** (ages 5 and under w/ supervision)

(S) = 1/2 Gym - South Courts only

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
12 - 8 PM	6 AM - 10 PM	6 AM - 10 PM	6 AM - 10 PM	6 AM - 10 PM	6 AM - 10 PM	8 AM - 4 PM
12 12:00 PM—Close Volleyball League	13 6:00-7:30 AM Basketball 8:00-9:00 AM Walk w/ Ease 9:00-11:00 AM Play Pals 11:30 AM-1:30 PM Pickleball 1:45-5:15 PM Basketball 5:30-6:15 PM Zumba 6:45-Close Volleyball League	14 6:00-7:30 AM Basketball 8:00-8:45 AM Balance & Strength 9:00-11:00 AM Play Pals 11:15 AM-12:00 PM Sneakers 1:00-4:00 PM (N) Badminton 1:30-2:30 PM (S) Strength Circuit 2:45-4:00 PM (S) Basketball 4:00-6:30PM Basketball 6:45-Close Volleyball League	15 6:00-7:30 AM Basketball 8:00-9:00 AM Walk w/ Ease 9:00-11:00 AM Play Pals 11:30 AM-1:30 PM Pickleball 1:45-5:15 PM Basketball 5:30-6:15 PM Zumba 6:30-9:45 PM Basketball	16 6:00-7:30 AM Basketball 7:30-8:45 AM (N) Basketball 9:00-11:00 AM Play Pals 11:15 AM-12:00 PM Sneakers 1:00-4:00 PM (N) Badminton 1:30-2:30 PM (S) Strength Circuit 2:30-8:30 PM Mental Health Expo	17 6:00-7:30 AM Basketball 8:00-9:00 AM Walk w/ Ease 9:00-11:00 AM Play Pals 11:30 AM-1:30 PM Pickleball 1:45-6:30 PM Basketball 6:45-Close Volleyball League	18 8:00-11:00 AM Basketball 11:15 AM-1:45 PM Pickleball 2:00-3:45 PM Volleyball
19 12:00 PM—Close Volleyball League	20 6:00-7:30 AM Basketball 8:00-9:00 AM Walk w/ Ease 9:00-11:00 AM Play Pals 11:30 AM-1:30 PM Pickleball 1:45-5:15 PM Basketball 5:30-6:15 PM Zumba 6:45-Close Volleyball League	21 6:00-7:30 AM Basketball 8:00-8:45 AM Balance & Strength 9:00-11:00 AM Play Pals 11:15 AM-12:00 PM Sneakers 1:00-4:00 PM (N) Badminton 1:30-2:30 PM (S) Strength Circuit 2:45-4:00 PM (S) Basketball 4:00-6:30PM Basketball 6:45-Close Volleyball League	22 6:00-7:30 AM Basketball 8:00-9:00 AM Walk w/ Ease 9:00-11:00 AM Play Pals 11:30 AM-1:30 PM Pickleball 1:45-5:15 PM Basketball 5:30-6:15 PM Zumba 6:30-9:45 PM Basketball	23 6:00-7:30 AM Basketball 7:30-8:45 AM (N) Basketball 9:00-11:00 AM Play Pals 11:00 AM-6:30 PM Internal Event 6:45 PM-Close Volleyball League	24 6:00-7:30 AM Basketball 8:00-9:00 AM Walk w/ Ease 9:00-11:00 AM Play Pals 11:30 AM-1:30 PM Pickleball 1:45-6:30 PM Basketball 6:45-Close Volleyball League	25 8:00-11:00 AM Basketball 11:15 AM-1:45 PM Pickleball 2:00-3:45 PM Volleyball
26 12:00 PM—Close Volleyball League	27 6:00-7:30 AM Basketball 8:00-9:00 AM Walk w/ Ease 9:00-11:00 AM Play Pals 11:30 AM-1:30 PM Pickleball 1:45-4:15 PM Basketball 4:30-5:15 Line Dancing 5:30-6:15 PM Zumba 6:45-Close Volleyball League	28 6:00-7:30 AM Basketball 8:00-8:45 AM Balance & Strength 9:00-11:00 AM Play Pals 11:15 AM-12:00 PM Sneakers 1:00-4:00 PM (N) Badminton 1:30-2:30 PM (S) Strength Circuit 2:45-4:00 PM (S) Basketball 4:00-6:30PM Basketball 6:45-Close Volleyball League	29 6:00-7:30 AM Basketball 8:00-9:00 AM Walk w/ Ease 9:00-11:00 AM Play Pals 11:30 AM-1:30 PM Pickleball 1:45-5:15 PM Basketball 5:30-6:15 PM Zumba 6:30-9:45 PM Basketball	30 6:00-7:30 AM Basketball 7:30-8:45 AM (N) Basketball 9:00-11:00 AM Play Pals 11:15 AM-12:00 PM Sneakers 1:00-4:00 PM (N) Badminton 1:30-2:30 PM (S) Strength Circuit 2:45-4:00 PM (S) Basketball 4:00-6:30 PM Basketball 6:45-Close Volleyball League	31 6:00-7:30 AM Basketball 8:00-9:00 AM Walk w/ Ease 9:00-11:00 AM Play Pals 11:30 AM-1:30 PM Pickleball 1:45-6:30 PM Basketball 6:45-Close Volleyball League	1—November 8:00-11:00 AM Basketball 11:15 AM-1:45 PM Pickleball 2:00-3:45 PM Volleyball