

ANNEX FALL SCHEDULE - DLRC 709-635-4991
709-635-4292

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Walking Track 8:30 - 10:00 am Free	Simms Performance Pilates 9:00 - 10:00 am	Walking Track 8:30 - 10:00 am Free	Simms Performance Step Class 9:00 - 10:00 am	Walking Track 8:30 - 10:30 am Free	Walking Track 8:15 - 9:15 am Free	Walking Track 8:30 - 10:30 am Free
Simms Performance 10:15 - 11:15 am	Giggle Gym 10:15 - 11:15 am	Simms Performance 10:15 - 11:15 am	Walking Track 10:30 - 12:30 pm	Pickle Ball 11:00 - 1:00 pm	Giggle Gym 9:30 - 10:30 am	Adult Pickleball 11:00 - 1:00
Adult Pickle Ball 1:00 - 3:00 pm	Walking Track 11:30 - 1:30 pm Free	Adult Pickleball 1:00 - 3:00 pm	Tree House Mini Movers 1:30 - 3:00 pm	All Abilities 1:30 - 3:00 pm Free		Walking Track 5:15 - 6:15 pm Free
Youth Pickleball 3:15 - 4:15 pm	Senior Fit 2:00 - 3:00 pm	Cards & Coffee 1:00 - 3:00				Adult Mens Basketball 6:30 - 8:00 pm
Youth Basketball 4:30 - 5:30 pm	After the Bell 3:15 - 4:15 Free	After the Bell 3:15 - 4:15 Free	After the Bell 3:15 - 4:15 Free	Youth Zone 4:30 - 6:00 pm	Active Families 4:00 - 5:00 pm	
		Zumba with Cheyenne 7:00 - 8:00	Active Families 4:30 - 5:30 pm	INDOOR SHOES REQUIRED FOR ALL ACTIVITIES IN GYM. PROGRAMS MARKED WITH ** ARE NOT ORGANIZED BY THE TOWN OF DEER LAKE & ARE SUBJECT TO CHANGE WITHOUT NOTICE. Rentals \$35.00 Per Hour Gymnasium is available for private rentals! Times are not listed on schedule. Please call to book. NEW!! Bounce Castle Rentals \$135 Per Hour Available during select time slots. Call for more info!		
Cornhole 7:00 - 9:00 pm	Markus Karate 5:30 - 8:30	Adult Ladies Basketball 8:15 - 9:45 pm	Mixed League Adult Volleyball 7:00 - 8:30 pm			

INFO & PRICING

Active Families

\$2.00 Per Person
Enjoy drop in play with your whole family!

Adult Basketball/ Volleyball (18+)

\$5.00 Per Drop In
Drop in for a fun recreational game of ball! No teams or sign ups, all fun!

Adult Pickleball (18+)

\$5.00 Per Class
Drop in and enjoy group pickleball!

After the Bell

Free of Charge
Play at own pace in the gym! All ages welcome. Ages 7 and under require adult supervision.

All Abilities

Free of Charge
A relaxed gym session for those of all abilities to move, socialize, and stay active in a safe and supportive environment!

Cards & Coffee

\$2.00 Per Drop In
Cards, coffee, & good company!
Drop in for a fun social morning, we supply the coffee, you bring your favorite card & board games!

Cornhole League 19+

\$5.00 Per Drop In
Grab a friend and join us for a fun time! No experience necessary!

Giggle Gym (0 - 6 Years)

\$2.00 Per Child (1 Parent Free)
Free play with toddler equipment for small children.

Markus Karate **

To Register, visit the Markus Karate Facebook Page or Call 709-640-0499
Karate for all ages!

Mini Movers (0 - 6 years) **

Free of Charge
Join us and the Tree House for parent lead play & a snack provided.

Open Gym

\$2.00 Per Drop In
Use the gym at your own pace. Shoot hoops, play a game with friends, practice skills, or simply stay active!

Senior Fit

\$3.00 Per Drop In
Drop in fitness opportunity for adults 50+ to stay active, socialize and exercise at own pace.

Simms Health & Performance

To Register visit Simms Health & Performance Facebook Page or Call 709 - 635 - 1115. Take part in one of these specialty class offerings, perfect for all fitness levels.

Walking Track

Free of Charge
Get your steps in at the Annex!

Youth Basketball (Ages 8 - 17)

\$3.00 Per Drop In
Drop in with your friends for some ball at your own pace!

Youth Pickleball (Ages 8 - 17)

\$3.00 Per Drop In
Interested in pickle ball? Drop in with your friends and try it out. All equipment provided!

Youth Zone (Ages 8 - 16)

\$3.00 Per Drop In
Drop in and enjoy free play with the use of some gym equipment.

Zumba with Cheyenne

To Register: Zumba With Cheyenne Facebook Page.
Fitness fun! Energetic dance workout for all fitness levels!

SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME - PLEASE VISIT DEER LAKE RECREATION FACEBOOK PAGE FOR CLOSURES OR CANCELLATIONS