

RSS Gymnasium Schedule

Winter 2009-2010

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
11						Minor Soccer 11-12:30 5 & under	
12		For more information call the Rec. Dept. 993-2353 or 993-2350				Minor Soccer 12:30-2:30	
12:30							
1							
1:30							
2							
2:30							
3						Adult Drop-in Floor Hockey 3-5 13 & up	Drop-in Volleyball 3-5
3:30	RSS Basketball 3:30-5	RSS Badminton 3:30-5	RSS Basketball 3:30-5	RSS Volley- ball 3:30-6	Open Gym Gr.2-4 3:30-4:30		
4							
4:30							
5							Adult Drop-in Badminton 6-7
5:30							
6:15							
6:45	Family Badminton 6:45-7:45	Minor Soccer 6:15-7:45	Minor Soccer 6:15-9:15	Minor Soccer 6:15-7:45	Open Gym Grades 5 + 6:15-8		
7							
7:45	Drop-in Badminton 7:45-9	Adult Drop-in Soccer 7:45-9:30			Adult Drop-in Soccer 18 & up 7:45-9:30		
8							
8:30							
9							
9:15							
9:30							

For more information or to inquire about bookings please contact the
City of Dawson Recreation Department at 993-2350 or 993-2353



RSS Ancillary Room Schedule

Winter 2009-2010

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
9							Self Practice Yoga 9-11
10							
11							
11:30						Self Practice Yoga 11:30 - 1:30	
12		For more information call the Rec Dept. 993-2353 or 993-2350					
12:30							
1							
1:30							
2							
2:30							
3							
3:30							
4							
4:30							
5	Kickboxing 5-7 Drop-in		Kickboxing 5-7 Drop-in		Kickboxing 5-7 Drop-in		
5:30		Circuit Training 5:30-6:30					
6							
6:30							
7	Rec. Dept. Use 7-9		Aerobics 7-8 Drop-in		Rec. Dept. Use 7-8		
7:30							
8							
8:30							
9							

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