



PADUCAH PARKS & RECREATION
ALWAYS SOMETHING TO DO!

PADUCAH RECREATION CENTER


November 2022

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p>Paducah Recreation Center reserves the right to close early due to lack of participation. The court needs to be shared with other members who may not want to play full court pickup games for Open Gyms except for Basketball, Volleyball and Pickleball.</p>		<p>1 Fitness Fusion 10:15-11:00am Mat Yoga 11:15-12:00pm Chair Yoga 12:15-1:00pm Family Open Gym 2:30-5:00pm Basketball Reservation 5:15-6:15 SharQui 5:30-6:15pm (CR) Pickleball Open Gym 6:30-9:00pm</p>	<p>2 Tai Chi/Yoga Fusion 12:15-1:00pm Homeschool Open Gym 1:30-3:30pm Booty Jam 5:15-6:15pm Basketball Open Gym 6:30-9:00pm</p>	<p>3 Fitness Fusion 10:15-11:00am Mat Yoga 11:15-12:00pm Chair Yoga 12:15-1:00pm Open Gym 2:30-5:00pm Basketball Reservation 5:15-6:15 Mid-Eastern Dance 5:30-6:15pm (CR) SharQui 6:15-7:15pm (CR) Volleyball Open Gym 6:30-9:00pm</p>	<p>4 Chair Yoga 12:15-1:00pm Tai Chi/Yoga Fusion 1:15-2:00pm</p>	<p>5 Closed</p>
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<p>6 Volleyball Open Gym 1:30-4:30pm</p>	<p>7 Tiny Tot Open Gym 9:30-11:30am Chair Yoga 12:15-1:00pm Open Gym 2:30-5:20pm Yoga Relax & Restore 5:30-6:15pm Basketball Open Gym 6:30-9:00pm</p>	<p>8 Fitness Fusion 10:15-11:00am Mat Yoga 11:15-12:00pm Chair Yoga 12:15-1:00pm Family Open Gym 2:30-5:00pm Basketball Reservation 5:15-6:15 SharQui 5:30-6:15pm (CR) Pickleball Open Gym 6:30-9:00pm</p>	<p>9 Tai Chi/Yoga Fusion 12:15-1:00pm Homeschool Open Gym 1:30-3:30pm Booty Jam 5:15-6:15pm Basketball Open Gym 6:30-9:00pm</p>	<p>10 Fitness Fusion 10:15-11:00am Mat Yoga 11:15-12:00pm Chair Yoga 12:15-1:00pm Open Gym 2:30-5:00pm Basketball Reservation 5:15-6:15 Mid-Eastern Dance 5:30-6:15pm (CR) SharQui 6:15-7:15pm (CR) Volleyball Open Gym 6:30-9:00pm</p>	<p>11  Chair Yoga 12:15-1:00pm Tai Chi/Yoga Fusion 1:15-2:00pm</p>	<p>12 Closed</p>
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<p>13 Volleyball Open Gym 1:30-4:30pm</p>	<p>14 Tiny Tot Open Gym 9:30-11:30am Chair Yoga 12:15-1:00pm Open Gym 2:30-5:20pm Yoga Relax & Restore 5:30-6:15pm Basketball Open Gym 6:30-9:00pm</p>	<p>15 Fitness Fusion 10:15-11:00am Mat Yoga 11:15-12:00pm Chair Yoga 12:15-1:00pm Family Open Gym 2:30-5:00pm Basketball Reservation 5:15-6:15 SharQui 5:30-6:15pm (CR) Pickleball Open Gym 6:30-9:00pm</p>	<p>16 Tai Chi/Yoga Fusion 12:15-1:00pm Homeschool Open Gym 1:30-3:30pm Booty Jam 5:15-6:15pm Paducah Tennis Association Meeting (CR) 6:00-7:30pm Basketball Open Gym 6:30-9:00pm</p>	<p>17 Fitness Fusion 10:15-11:00am Mat Yoga 11:15-12:00pm Chair Yoga 12:15-1:00pm Open Gym 2:30-5:00pm Basketball Reservation 5:15-6:15 Mid-Eastern Dance 5:30-6:15pm (CR) SharQui 6:15-7:15pm (CR) Volleyball Open Gym 6:30-9:00pm</p>	<p>18 Fire Department 8:00 am-1:00 pm Tai Chi/Yoga Fusion 1:15-2:00pm</p>	<p>19 Closed</p>
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<p>20 Volleyball Open Gym 1:30-4:30pm</p>	<p>21 Tiny Tot Open Gym 9:30-11:30am Chair Yoga 12:15-1:00pm Open Gym 2:30-4:00pm Basketball Reservation 5:15-6:15 Yoga R & R 5:30-6:15pm Basketball Open Gym 6:30-9:00pm</p>	<p>22 Fitness Fusion 10:15-11:00am Mat Yoga 11:15-12:00pm Chair Yoga 12:15-1:00pm Family Open Gym 2:30-5:00pm Basketball Reservation 5:15-6:15 SharQui 5:30-6:15pm (CR) Pickleball Open Gym 6:30-9:00pm</p>	<p>23 Tai Chi/Yoga Fusion 12:15-1:00pm Homeschool Open Gym 1:30-3:30pm Booty Jam 5:15-6:15pm Basketball Open Gym 6:30-9:00pm</p>	<p>24 </p>	<p>25 Closed</p>	<p>26 Closed</p>
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<p>27 Closed</p>	<p>28 Tiny Tot Open Gym 9:30-11:30am Chair Yoga 12:15-1:00pm Open Gym 2:30-5:20pm Yoga Relax & Restore 5:30-6:15pm Basketball Open Gym 6:30-9:00pm</p>	<p>29 Fitness Fusion 10:15-11:00am Mat Yoga 11:15-12:00pm Chair Yoga 12:15-1:00pm Family Open Gym 2:30-5:00pm SharQui 5:30-6:15pm (CR) Pickleball Open Gym 6:30-9:00pm</p>	<p>30 Tai Chi/Yoga Fusion 12:15-1:00pm Homeschool Open Gym 1:30-3:30pm Booty Jam 5:15-6:15pm Basketball Open Gym 6:30-9:00pm</p>	<p>Call 270-444-8508 or visit www.paducahky.gov/parks-recreation-department for more information about these or other Paducah Parks & Recreation Programs.</p>		
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