





Regularly Scheduled Community Activities

July 2009

Activity	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Aquacize. 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.		
Aquarobics. 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.	
Aquawalk. 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.	
Beginning Tap. Instructed, fee. Bay Club	11 a.m.-noon						
Casual Bridge. Learn while playing. Bay Club	1-4 p.m.						
Bridge ACBL. Duplicate. Bridge Deck	12:30-4 p.m.						
Bridge Overtricks. Chicago-style bridge. Bay Club					1-4 p.m.		
Computer Club Workshop. Topics vary. Bring your questions and problems. Bay Club						10:30 a.m.-noon	
CEA Promotion Table. Signup or purchase tickets to CEA-sponsored events. Bay Club.			11 a.m.-2 p.m. Bay Club		10 a.m.-1 p.m. Fri. Market		
Flyfishers. Feathers, thread, and imagination come together in creations that tempt fish. Bay Club		9 a.m.-noon					
Golf. Ladies' 18 hole. WGA		See Bulletin Board in Pro Shop					
Golf. Men's 18 hole. MGA			See Bulletin Board in Pro Shop				
Golf. 9 hole. Nifty Niners				See Bulletin Board in Pro Shop			
Hikers. Timberton Loop Hike. Meet at Timberton Road parking area			9 a.m.				
Hula Dancing. Instructed, fee. Beginning Hula for ladies. Beginning Hula for children. Advanced Hula for teens. Advanced Hula for ladies. Beach Club.							10:30 a.m. 11:30 a.m. 12:30 p.m. 1:30 p.m.
Hula for Health. Instructed, fee. Bay Club					10:30 a.m.		

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Jazzercise Light. Combines music, resistance training, Pilates, Yoga, kick boxing. Instructed, fee. Bay Club		9-10:30 a.m.					
Jazzercise Light. Combines music, resistance training, Pilates, Yoga, kick boxing. Instructed, fee. Beach Club				9-10:30 a.m.		9-10:30 a.m.	
Ludlow Line Dancers. Beginners. Instructed, fee. All levels of dancers welcome. No fee, great fun, exercise. Bay Club		1:30-2 p.m. 2- 3 p.m					
Mahjogg Bay Club			12:45-4:45 p.m.				
North Bay Arts Group. Workshop for all experience levels. Bridge Deck					1-4 p.m.		
Port Ludlow Amateur Radio Club. Pedro's Fiesta Jalisco Restaurant.			11:30 a.m.				
Quilters by the Bay. Beginners through expert. Bay Club			1-4 p.m.				
Rockettes/Steppin' Out Trio. Advanced tap dancing. Instructed, fee. Bay Club	9:30-10:45 a.m.						
Swimming. 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 p.m.	10 -noon noon-3 p.m. 3-4:30 p.m. 4:30-7:30 p.m.	10 -noon noon-3 p.m. 3-4:30 p.m. 4:30-7:30 p.m.	10 -noon noon-3 p.m. 3-4:30 p.m. 4:30-7:30 p.m.	10 -noon noon-3 p.m. 3-4:30 p.m. 4:30-7:30 p.m.	11-noon noon-3 p.m. 3-4:30 p.m.	noon-3:30 p.m.
Family Swim Night. Beach Club Pool					6:30 p.m.		
Tennis. Organized doubles play. Kehele Park / South Bay Courts	Women's 9:30 a.m. South Bay	Mixed: 9:30 a.m. Men's: 12:30 p.m. Women's pickleball 3:30 p.m.	Women's 9:30 a.m. South Bay	Mixed: 9:30 a.m. Men's: 12:30 p.m. Women's pickleball 3:30 p.m.		Round Robin 9:30 a.m.	
Yoga. Excellent non-aerobic exercise. Instructed, fee. Bay Club		9:30-10:45 a.m.					
Yolates. 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.