



ADULT SPORTS SCHEDULE November 2024

BEGINS FIRST WEEK OF NOVEMBER
UNLESS OTHERWISE STATED

WHBC Sports
is a ministry of Washington
Heights Baptist Church

SATURDAY *(begins November 1)*

CLINICS	Pickleball 101 Clinics <i>(registration required. \$40)</i>	2:00-3:30 p.m.
SPORTS	Open Pickleball (beginners)	3:30-5:00 p.m.

MONDAY *(begins November 4)*

FITNESS	Pickleball & Push-Ups	6:30-7:40 a.m.
FITNESS	Total Fitness (low impact)	8:00-9:00 a.m.
SPORTS	Open Pickleball (all levels)	9:00-11:00 a.m.
SPORTS	Futsal (competitive)	8:00-10:00 p.m.

TUESDAY *(begins November 12)*

SPORTS	Pickleball Skills & Drills	4:30-5:00 p.m.
SPORTS	Open Pickleball (intermediate)	5:00-7:00 p.m.
SPORTS	Open Pickleball (advanced)	7:00-9:00 p.m.

THURSDAY *(begins November 7)*

FITNESS	Pickleball & Push-Ups	6:30-7:40 a.m.
FITNESS	Total Fitness (low impact)	8:00-9:00 a.m.
SPORTS	Open Pickleball (all levels)	9:00-11:00 a.m.

FRIDAY *(begins November 8)*

SPORTS	Pickleball Skills & Drills	4:30-5:00 p.m.
SPORTS	Open Pickleball (intermediate)	5:00-7:00 p.m.
SPORTS	Open Pickleball (advanced)	7:00-9:00 p.m.

All events are for adults 18+. Sports and fitness events are free. Clinics are \$40. Dates and times are weekly. There will be changes to schedules, especially during the holidays.

Check website often for specific details and cancellations.

WWW.WHBC.ORG