

ADULT SPORTS SCHEDULE

Winter 2025



WHBC Sports
is a ministry of Washington
Heights Baptist Church

SATURDAY

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

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

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

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 (non-competitive)	8:00-10:00 p.m.

FRIDAY

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. **Check website often for specific details and cancellations.**

WWW.WHBC.ORG