

# RED CARPET WEEK @ THE REC



## **4V4 Pick-up Indoor Wiffle ball Tournament**

Thursday, May 26 @ 530pm  
14 & older can play  
Teams can be co-ed  
Location: Sunshine Park



## **5V5 Pick-up Dodgeball Tournament**

Thursday, May 26 @ 8pm  
Bracket Play—Double elimination  
14 & older can play  
Teams can be co-ed  
Location: The REC



## **Weight Room**

Come utilize our fully equipped weight room, ping pong table, air hockey table, or enjoy beautiful views of our breath taking 60" TV! We also have an open gym all day long for basketball, four square, cardio, HIIT workouts, and more!

## **Gym Hours**

Early Bird Workout  
Mon—Fri  
(5:30-7:30am)

Regular Hours  
Mon, Tue, Thu, Fri, Sat  
(12-10pm)

Wed (12-5pm)

## **Pool Hours**

Adult Lap Swim  
M-F (5:30-7:30 am)

Open Swim  
Mon, Thurs, & Fri  
(1-10pm)

Tue & Saturday  
(1-8 pm)

Wednesday *CLOSED*

The  
**REC**  
@NOBTS

**Find all these  
events  
and more at the  
The REC!**