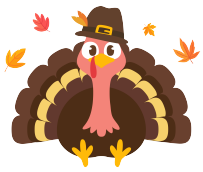
November 2026

Gymnasium Schedule

Kaweah Health Lifestyle Fitness Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 B-ball Pick Up Games 6:00 AM - 11:00 AM Family Shoot Around 11:00 AM - 12:30 PM Open Play Volleyball 12:30 PM - 3:00 PM B-ball Pick Up Games 3:00 PM - 6:45 PM	**2** B-ball Pick Up Games 4:30 AM - 9:45 PM	**3** B-ball Pick Up Games 4:30 AM - 6:00 PM Beginning V-Ball 6:30 PM - 8:00 PM Intermediate V-Ball 8:00 PM - 9:45 PM	**4** B-ball Pick Up Games 4:30 AM - 9:45 PM	**5** B-ball Pick Up Games 4:30 AM - 6:00 PM Beginning V-Ball 6:30 PM - 8:00 PM Intermediate V-Ball 8:00 PM - 9:45 PM	**6** B-ball Pick Up Games 4:30 AM - 9:45 PM	**7** B-ball Pick Up Games 6:00 AM - 11:00 AM Family Shoot Around 11:00 AM - 12:30 PM B-ball Pick Up Games 12:30 PM - 6:45 PM
8 B-ball Pick Up Games 6:00 AM - 11:00 AM Family Shoot Around 11:00 AM - 12:30 PM Open Play Volleyball 12:30 PM - 3:00 PM B-ball Pick Up Games 3:00 PM - 6:45 PM	**9** B-ball Pick Up Games 4:30 AM - 9:45 PM	**10** B-ball Pick Up Games 4:30 AM - 6:00 PM Beginning V-Ball 6:30 PM - 8:00 PM Intermediate V-Ball 8:00 PM - 9:45 PM	**11** B-ball Pick Up Games 4:30 AM - 9:45 PM	**12** B-ball Pick Up Games 4:30 AM - 6:00 PM Beginning V-Ball 6:30 PM - 8:00 PM Intermediate V-Ball 8:00 PM - 9:45 PM	**13** B-ball Pick Up Games 4:30 AM - 9:45 PM	**14** B-ball Pick Up Games 6:00 AM - 11:00 AM Family Shoot Around 11:00 AM - 12:30 PM B-ball Pick Up Games 12:30 PM - 6:45 PM
15 B-ball Pick Up Games 6:00 AM - 11:00 AM Family Shoot Around 11:00 AM - 12:30 PM Open Play Volleyball 12:30 PM - 3:00 PM B-ball Pick Up Games 3:00 PM - 6:45 PM	**16** B-ball Pick Up Games 4:30 AM - 9:45 PM	**17** B-ball Pick Up Games 4:30 AM - 6:00 PM Beginning V-Ball 6:30 PM - 8:00 PM Intermediate V-Ball 8:00 PM - 9:45 PM	**18** B-ball Pick Up Games 4:30 AM - 9:45 PM	**19** B-ball Pick Up Games 4:30 AM - 6:00 PM Beginning V-Ball 6:30 PM - 8:00 PM Intermediate V-Ball 8:00 PM - 9:45 PM	**20** B-ball Pick Up Games 4:30 AM - 9:45 PM	**21** B-ball Pick Up Games 6:00 AM - 11:00 AM Family Shoot Around 11:00 AM - 12:30 PM B-ball Pick Up Games 12:30 PM - 6:45 PM
22 B-ball Pick Up Games 6:00 AM - 11:00 AM Family Shoot Around 11:00 AM - 12:30 PM Open Play Volleyball 12:30 PM - 3:00 PM B-ball Pick Up Games 3:00 PM - 6:45 PM	**23** B-ball Pick Up Games 4:30 AM - 9:45 PM	**24** B-ball Pick Up Games 4:30 AM - 6:00 PM Beginning V-Ball 6:30 PM - 8:00 PM Intermediate V-Ball 8:00 PM - 9:45 PM	**25** **Modified Hours** B-ball Pick Up Games 4:30 AM - 6:45 PM	**26** **Closed for Thanksgiving!** 	**27** **Modified Hours** B-ball Pick Up Games 6:00 AM - 9:45 PM	**28** B-ball Pick Up Games 6:00 AM - 11:00 AM Family Shoot Around 11:00 AM - 12:30 PM B-ball Pick Up Games 12:30 PM - 6:45 PM
29 B-ball Pick Up Games 6:00 AM - 11:00 AM Family Shoot Around 11:00 AM - 12:30 PM Open Play Volleyball 12:30 PM - 3:00 PM B-ball Pick Up Games 3:00 PM - 6:45 PM	**30** B-ball Pick Up Games 4:30 AM - 9:45 PM					

Times listed are scheduled programs & activites including set ups that take place in the gymnasium. Please refer to the back of this schedule or specific activity fliers for program times and information. The Lifestyle Fitness Center reserves the right to make changes to this schedule.

5105 W. Cypress Ave., Visalia, CA 93277 | (559) 624-3400 | TheLifestyleCenter.org

Gymnasium Schedule Activity Descriptions

B-ball Pick Up Games
4 on 4 basketball games played to 15 points or 12 minutes. Games will be scored by 2's and 3's. Ages 12 and older. Kids between the ages of 12 and 15 must be supervised by an adult at all times.

Adult Pick up B-ball
4 on 4 basketball games played to 15 points or 12 minutes. Games will be scored by 2's and 3's. Must be 16 or older to play.

Family Shoot Around
Fun for the whole family! Children 5 and older can shoot hoops with their families. Open shooting for anyone over the age of 5. Kids between the ages of 5 and 15 must be supervised by an adult at all times.

Beginning Volleyball
New to the game of volleyball or a little rusty on your skills? Come enjoy casual games designed for those with limited or no experience. Tuesday and Thursday nights 6:30 PM- 8:00 PM.

Intermediate Volleyball
Designed for players who are competent in the 6 basic volleyball skills. Understands offensive concepts and defensive positions. Tuesday and Thursday nights 8:00 PM-9:45 PM.

Open Play Volleyball
Here is an opportunity for family to get together for quality time for ages 12 and up. Kids between 12-15 must be accompanied by an adult at all times. A minimum of 4 players is required for volleyball nets to be set up.

Kaweah Health
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