

February *Club 48* Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
3-6PM Hang Out Come do homework, play games or just hang! Igloo	3-6PM Hang Out Come do homework, play games or just hang! Igloo	3-6PM Hang Out Come do homework, play games or just hang! Igloo	3-6PM Hang Out Come do homework, play games or just hang! Igloo	3-6PM Hang Out Come do homework, play games or just hang! Igloo
3-5PM Basketball The court is open to shoot, scrimmage or play knock-out! Gym	3-5PM Basketball The court is open to shoot, scrimmage or play knock-out! Gym	3-5PM Basketball The court is open to shoot, scrimmage or play knock-out! Gym	3-5PM Basketball The court is open to shoot, scrimmage or play knock-out! Gym	3-5PM Basketball The court is open to shoot, scrimmage or play knock-out! Gym
3-4PM NEW!! Yoga Join us for a great workout that stretches muscles and builds strength. Yoga 2 Coach: Meghan	3-4PM Wall Ball Similar to racquetball, but without racquets. High energy & fast paced fun! Racquetball Court Coach: Dylan	3-4PM School Yard Games 4-Square, Tug of War, Hungry Human Hippos and much more! Main Studio Staff: Zach	3-4PM Capture The Flag Utilize strategy, speed and agility to bring your opponent's flag back to win the match! Main Studio Staff: Dylan	3-4PM Dodgeball We will dodge, duck, dip, dive and dodge in exciting games with friends! Racquetball Court Staff: Zach
3-4PM Floor Hockey Skills, drills, games, shoot-outs and more! Main Studio Coach: Zach	4-5PM Spikeball This game is like volleyball, but on the ground! Come join this 2-on-2 fast paced game. Racquetball Court Coach: Dylan	3-4PM NEW!! Kick Boxing Gain strength and compete against your friends while kick boxing! Boxing Studio Coach: Darrell	4-5PM NEW!! Parkour This is the sport of moving rapidly over, under and through obstacles by running, jumping and climbing! Main Studio Coach: Kurt	4-5PM Hip Hop & Breakdancing Join Joey and join him for some hard hitting hip hop and breakdancing. Yoga 2 Coach: Joey
4-5PM Soccer Join us as we play full scrimmages, skill games and improve our soccer prowess! Main Studio Coach: Zach	5-6PM Game Room Challenge your friends to ping pong, shuffleboard or bubble hockey! Game Room Staff: Taylor	4-5PM American Ninja Warrior Build & design the course and then compete for the best times! Main Studio Coach: Zach	4-5PM Game Room Challenge your friends to ping pong, shuffleboard or bubble hockey! Game Room Staff: Dylan	4-5PM Soccer Join us as we play full scrimmages, skill games and improve our soccer prowess! Main Studio Coach: Taylor
5-6PM GaGa Ball Come and play LSF's version of this fun game that combines dodging, striking, running and jumping! Racquetball Court Staff: Zach	5-6PM Archery Use real bows & arrows for target practice. This class is limited to 12 participants. Sign up in the Igloo to attend. Racquetball Court Coaches: Brent & Raquel	5-6PM Volleyball Bump, set, spike! Work on your serve and volley across the net for volleyball! Racquetball Court Coach: Taylor	5-6PM Run Club Drills, sprints, and more help you become a better athlete! Igloo & Track Coach: Dylan	5-6PM Wiffle Ball What better way to forget the cold and think about summertime than with a little wiffleball? Racquetball Court Staff: Zach

Please email Club48@LakeshoreSF.com with any questions, comments or suggestions.

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Saturday	
12-1PM	<p>Basketball Meet up on the basketball court for open play and to run through basketball drills and games.</p> <p>Gym Coach: Zach</p>
3-4PM	<p>Game Room Challenge your friends to ping pong, shuffleboard or bubble hockey!</p> <p>Game Room Staff: Zach</p>
1-2PM	<p>Dodge 'em All This game is similar to dodgeball but EVERYONE for themselves! No sides, no teams!</p> <p>Gym Staff: Zach</p>
4-5PM	<p>GaGa Ball Come and play LSF's version of this fun game that combines dodging, striking, running and jumping!</p> <p>Racquetball Court Staff: Zach</p>
2-3PM	<p>Wall Ball Similar to racquetball, but without racquets. High energy & fast paced fun!</p> <p>Racquetball Court Coach: Zach</p>

Sunday	
12-1PM	<p>Basketball Meet up on the basketball court for open play and to run through basketball drills and games.</p> <p>Gym Coach: Andres</p>
3-4pm	<p>Flag Football Participate in drills and play full games of no contact football! Learn the rules and how to play football while we play in a safe and fun way!</p> <p>Racquetball Court Coach: Andres</p>
1-2PM	<p>GaGa Ball Come and play LSF's version of this fun game that combines dodging, striking, running and jumping!</p> <p>Racquetball Court Staff: Andres</p>
4-5PM	<p>Game Room Challenge your friends to ping pong, shuffleboard or bubble hockey!</p> <p>Game Room Staff: Andres</p>
2-3PM	<p>Floor Hockey We will incorporate fun games while building hockey skills! Come join us as we shoot the puck and play full games.</p> <p>Racquetball Court Coach: Andres</p>

Old School Game Night Event is Friday, 2/17, 6-8pm!

All events are FREE for Club 48 members who register for the event at least 48 hours in advance via MyLSF.net. Late registrants are welcome to join with less than 48 hours notice for a \$10 fee, if space is available. Non-members are always welcome for a \$15 guest fee. All guests need a completed registration form on file. Email Club48@LakeshoreSF.com for more details.

