



MOVE IT MONDAYS

RECREATION, PARKS & OPEN SPACE



N O R F O L K

Life. Celebrated Daily.

SCHEDULE

JUMP ROPE TRAVELERS PROGRAM

4:30 – 7:00 p.m., All Sites

WOMAN'S ONLY FITNESS CENTER

6:00 – 8:00 p.m.

Berkley Community Center

Norview Community Center

Titustown Recreation Center

50+ OPEN GYM (BASKETBALL)

6:00 – 8:00 p.m., 2nd & 4th Monday

Ingleside Gymnasium

GIRL'S OPEN GYM (TEEN)

6:00 – 8:00 p.m., 1st & 3rd Monday

Young Terrace Community Center

WOMAN'S OPEN GYM

6:00 – 8:00 p.m., 1st Monday

Fairlawn Recreation Center

6:00 – 8:00 p.m., 3rd Monday

Lamberts Point Community Center

NPD NIGHT HAWK BASKETBALL

8:00-10:00 p.m. beginning October 5

Berkley Community Center

Norview Community Center

Park Place Community Center

NON-TRADITIONAL SPORTS NIGHT

6:00 – 8:00 p.m. through January 25

Bayview- Floor Hockey

Crossroads- Team Dodgeball

East Ocean View- Team Handball

Grandy Village- Indoor Flag Football

Titustown- Volleyball

Tarralton- Indoor Soccer

HEALTHY MEAL OPTION SEMINARS (4-H) 5:30 P.M.

9/28- Norview Community Center

10/5- Huntersville Community Center

10/19- Sherwood Forest Community Center

10/26- Berkley Community Center

11/9- Young Terrace Community Center

11/16- Lamberts Point Community Center

FOR MORE INFORMATION, VISIT NORFOLK.GOV/PLAY