November, 2017

Site **Coordinators:**

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			0800-0900|Beginning Strength Training| NMCSD 1100-1200|Meditation| NMCSD 1215-1315|Dance Clinic| NMCSD 1245-1430|Adapted Crossfit| Fathom Gym	0630-0730|Swim Workout|NMCSD 0800-0850|Yoga| Del Mar Beach 0801-1231|Surf| Del Mar Beach 0930-1230|Canine Therapy|NMCSD 1200-1400|Adaptive Powerlifting|MCRD 1330-1500|Yoga @ H&W| NMCSD 1500-1600|Yoga(Happy Back)| NMCSD 0900-1100|1:1 Music Therapy|NMCSD	0830-0930|Strength Training| NMCSD 1030-1130|Nutrition Mobility| NMCSD	
5	6	7	8	9	10	11
	0830-0930|Strength Training| NMCSD 1015-1200|Archery|Morley Field 1200-1300|Qigong|NMCSD 1330-1430|Tai Chi|NMCSD 1330-1500|Art Class| NMCSD	0630-0730|Swim Workout|NMCSD 0800-1130|Outrigger Canoe|Mission Bay 0830-1030|1:1 Music Therapy|NMCSD 0901-1000|Aquatic Healthy Back|NMCSD 0900-1000|Air Shooting Session 1| NMCSD 1000-1100|Air Shooting Session 2| NMCSD 1130-1430|Cycling| San Diego County 1200-1300|Yoga| NMCSD 1300-1430|WII Healthy Cooking| NMCSD 1500-1615|Creative Writing|NMCSD	0800-0900|Beginning Strength Training| NMCSD 1100-1200|Meditation| NMCSD 1215-1315|Dance Clinic| NMCSD 1245-1430|Adapted Crossfit| Fathom Gym	0630-0730|Swim Workout|NMCSD 0800-0850|Yoga| Del Mar Beach 0801-1231|Surf| Del Mar Beach 0930-1230|Canine Therapy|NMCSD 1200-1400|Adaptive Powerlifting|MCRD 1330-1500|Yoga @ H&W| NMCSD 1500-1600|Yoga(Happy Back)| NMCSD 0900-1100|1:1 Music Therapy|NMCSD	Veteran's Day Observation	
12	13	14	15	16	17	18
	0830-0930|Strength Training| NMCSD 1030-1200|Tennis|Morley Field 1200-1300|Qigong|NMCSD 1330-1430|Tai Chi|NMCSD 1330-1500|Art Class| NMCSD	0630-0730|Swim Workout|NMCSD 0830-1030|1:1 Music Therapy|NMCSD 0901-1000|Aquatic Healthy Back|NMCSD 0915-1230|Kayak on the Bay|Mission Bay 1130-1430|Cycling| San Diego County 1200-1300|Yoga| NMCSD 1300-1430|WII Healthy Cooking| NMCSD 1500-1615|Creative Writing|NMCSD	0800-0900|Beginning Strength Training| NMCSD 1100-1200|Meditation| NMCSD 1215-1315|Dance Clinic| NMCSD 1245-1430|Adapted Crossfit| Fathom Gym	0630-0730|Swim Workout|NMCSD 0800-0850|Yoga| Del Mar Beach 0801-1231|Surf| Del Mar Beach 0930-1230|Canine Therapy|NMCSD 1200-1400|Adaptive Powerlifting|MCRD 1330-1500|Yoga @ H&W| NMCSD 1500-1600|Yoga(Happy Back)| NMCSD 0900-1100|1:1 Music Therapy|NMCSD	0830-0930|Strength Training| NMCSD 0830-1230|Fly Fishing|Santee Lake 1030-1130|Nutrition Mobility| NMCSD	
19	20	21	22	23	24	25
	0830-0930|Strength Training| NMCSD 1015-1200|Archery|Morley Field 1200-1300|Qigong|NMCSD 1330-1430|Tai Chi|NMCSD 1330-1500|Art Class| NMCSD	0630-0730|Swim Workout|NMCSD 0800-1130|Outrigger Canoe|Mission Bay 0830-1030|1:1 Music Therapy|NMCSD 0901-1000|Aquatic Healthy Back|NMCSD 0900-1000|Air Shooting Session 1| NMCSD 1000-1100|Air Shooting Session 2| NMCSD 1130-1430|Cycling| San Diego County 1200-1300|Yoga| NMCSD 1300-1430|WII Healthy Cooking| NMCSD 1500-1615|Creative Writing|NMCSD	0800-0900|Beginning Strength Training| NMCSD 1100-1200|Meditation| NMCSD 1215-1315|Dance Clinic| NMCSD 1245-1430|Adapted Crossfit| Fathom Gym	Thanksgiving	No Clinics Scheduled	
26	27	28	29	30		
	0830-0930|Strength Training| NMCSD 1030-1200|Tennis|Morley Field 1200-1300|Qigong|NMCSD 1330-1430|Tai Chi|NMCSD 1330-1500|Art Class| NMCSD	0630-0730|Swim Workout|NMCSD 0800-1130|Outrigger Canoe|Mission Bay 0830-1030|1:1 Music Therapy|NMCSD 0901-1000|Aquatic Healthy Back|NMCSD 0900-1000|Air Shooting Session 1| NMCSD 1000-1100|Air Shooting Session 2| NMCSD 1130-1430|Cycling| San Diego County 1200-1300|Yoga| NMCSD 1300-1430|WII Healthy Cooking| NMCSD 1500-1615|Creative Writing|NMCSD	0800-0900|Beginning Strength Training| NMCSD 1100-1200|Meditation| NMCSD 1215-1315|Dance Clinic| NMCSD 1245-1430|Adapted Crossfit| Fathom Gym	0630-0730|Swim Workout|NMCSD 0800-0850|Yoga| Del Mar Beach 0801-1231|Surf| Del Mar Beach 0930-1230|Canine Therapy|NMCSD 1200-1400|Adaptive Powerlifting|MCRD 1330-1500|Yoga @ H&W| NMCSD 1500-1600|Yoga(Happy Back)| NMCSD 0900-1100|1:1 Music Therapy|NMCSD		