

Sports Division of the 50+ Sports & Fitness Program 2010

50+ Sports & Fitness Program



January	February	March	April	May	June	July	August	September	October	Nov	Dec
	FFF 2/02 Ice Hockey	3/9, 10, 12 Bowling	4/10 Huaches	5/1 Archery	6/5-6/8 Bocce	7/28 - 8/1 New Mexico S O	8/28 Weight Lifting Workshop	9/25 - 9/26 Doubles Tennis	10/9- 10/12 Bocce		
FFF 1/30 Nordic	FFF 2/06 Alpine	3/13 8 Ball	4/10 5K Road Race	5/1 - 5/2 Badminton					10/30 Weight Lifting		
1/15 - 1/17 Doubles Pickleball	2/27 Swim Clinic	3/13 Basketball Free Throw	4/10 Air Gun	5/6 Golf							
		3/13 Air Gun Workshop	4/11 Track Workshop	5/7 - 5/8 Track							
		3/19 - 3/20 Shuffleboard	4/16 - 4/17 Pickleball	Softball Throw							
		3/20 Swim	4/20 Talent Show	Frisbee Toss							
		3/25 Racquetball	Dance	Soccer Kick							
		3/27-28 Table Tennis	4/24 - 4/25 Cycling	5/15 - 5/18 Tennis							
			4/25 Race Walk	5/22 Horseshoes							
Snow- shoeing	Snow- shoeing	Snow- shoeing									
Downhill Skiing	Downhill Skiing	Downhill Skiing	Walk About	Walk About	Walk About	Walk About	Walk About	Walk About			
Cross Country Skiing	Cross Country Skiing	Cross Country Skiing	Hiking	Hiking	Hiking	Hiking	Hiking	Hiking	Hiking		



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FFF Nordic 1/30	FFF Ice Hockey 2/02 Alpine 2/06	Swim	Badminton	Track 5/7 - 5/8	
		Table Tennis	Pickleball	Race Walk	
		8 Ball	Air Gun	5K Road Race	
		Bowling	Huaches	Frisbee Toss	
		Shuffleboard	Basketball Free Throw	Soccer Kick	
		Racquetball	Golf	Horseshoes	
			Talent Show 4/20	Softball Throw	
			Dance	Tennis 5/15 - 5/18	
			Cycling 4/24 - 4/25	Archery	
Snow Shoeing	Snow Shoeing	Snow Shoeing			
Downhill Skiing	Downhill Skiing	Downhill Skiing	Walk About	Walk About	Walk About
Cross-Country Skiing	Cross-Country Skiing	Cross-Country Skiing	Hiking	Hiking	Hiking