

MONDAY

AQUA FIT

9am-10am
Truckee Community Pool
\$5 drop-in + Pool Admission

NOON BASKETBALL

11am-1:30pm
Community Recreation Center
\$6 drop-in

PICKLEBALL

(Beginner Only)
2pm-4pm
Community Recreation Center
\$6 drop-in

TUESDAY

QI GONG

9am-10am
Community Recreation Center
\$6 drop-in

AI CHI

9am-10am
Truckee Community Pool
\$5 drop-in + Pool Admission

PICKLEBALL

10:30am-2:30pm
Community Recreation Center
\$6 drop-in

CHAIR YOGA

1:15pm-2:15pm
Community Recreation Center
\$5 drop-in

CORNHOLE

6pm-8:30pm
Community Recreation Center
\$5 drop-in

50+ BASKETBALL

6pm-7:30pm
Community Recreation Center
\$6 drop-in

WEDNESDAY

AQUA FIT

9am-10am
Truckee Community Pool
\$5 drop-in + Pool Admission

TABLE & CARD GAMES

9am-11am
Community Recreation Center

NOON BASKETBALL

11am-1:30pm
Community Recreation Center
\$6 drop-in

YOGA ON THE MAT

(Starting January)
12pm-1pm
Community Recreation Center
\$10 drop-in

CRIBBAGE CLUB

6:30pm-9:30pm
Veterans Building
\$5 drop-in

THURSDAY

QI GONG

9am-10am
Community Arts Center
\$6 drop-in

PICKLEBALL

10:30am-2:30pm
Community Recreation Center
\$6 drop-in

AGILITY STRENGTH & BREATH TRAINING

11am-12pm
Community Recreation Center
\$15 drop-in

MAH JONG

1pm-3pm
Community Recreation Center

TABLE TENNIS

6pm-8pm
Veterans Building
\$6 drop-in

FRIDAY

AQUA FIT

9am-10am
Truckee Community Pool
\$5 drop-in + Pool Admission

NOON BASKETBALL

11am-1:30pm
Community Recreation Center
\$6 drop-in

CHAIR YOGA

1:15pm-2:15pm
Community Recreation Center
\$5 drop-in

FACILITY HOURS

FITNESS CENTER/INDOOR TRACK

Mon.-Fri. 6:00 am - 8:00 pm
Sat. 8:00am - 1:00 pm
Sun. 8:00 am - 12:00 pm

TRUCKEE COMMUNITY (INDOOR) POOL

Mon. - Fri. 6:00 am - 12:00 pm & 3:00 pm - 7:00 pm
Sat. & Sun. 7:00 am - 9:00 am & 1:00 pm - 6:00 pm

TRUCKEE ICE RINK - Public Skating

Wednesdays 11:00 am - 3:00 pm
Fridays 3:00 pm - 7:45 pm
Saturdays 12:00 pm - 7:45 pm
Sundays 12:00 pm - 7:45 pm



TRUCKEE-DONNER
Recreation & Park District

**All Programs Are For
Adults (ages 18+) Only.**

MORE INFORMATION AT TDRPD.ORG