



OCTOBER 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NOTES: -To avoid class disruptions, please arrive 5 minutes prior to the start of class. -10+ are welcome with a parent or guardian for open gym. 14+ may join all classes independently. -All classes/programs are subject to change. -Rock wall is open for all members during operating hours. -Open Gym Times subject to change.	LEGEND: (G) – Gymnasium (S) – Silo (BR) – Black Rock Park (AFP) – Anderson Farm Park (DH) – Dec Hockey P&R Website: www.uptrec.org BLUE – Programs MAROON - GYM RENTAL	(GEX) – Group Exercise Room (MPR) – Multipurpose Room (AMP) – Amphitheater Field (AF) – Arader Farm GREEN – Special events Scan the QR code to register.		1 5-5:45pm Youth Basketball (ages 6-9) (G2) 5:45-6:30pm Youth Basketball (Ages 10-12) (G2)	2 5:30-7pm Ghouls, Games, & Goodies Open House (G) Gymnasium closed 2:30pm – 8pm for the Community Center OPEN HOUSE!	3 9:30-10:10am MultiSport Tots: Ages 2-3 (AMP) 10:20-11am MultiSport Tots: Ages 3 to 4 (AMP) 11:30-12pm BrainGroove Pop Up (MPR)
4	5 1-3pm Hooks & Needles (S) 1:15-3pm Canasta (GEX) 4:30-5:10pm Golf Tots (Amp) 4:30-5:30pm Beginner Field Hockey (DH) 5-6 PM INSPIRE Growth Mindset (GEX) 5:20-6:20pm Beginner Golf (Amp) 5:30-6:30pm Beginner Field Hockey (DH)	6 1-3pm Trail Master Plan Exploratory Bike Tour (BR) 4:45-5:25pm Baseball Tots: Ages 2-3 (AMP) 5:35-6:15pm Baseball Tots: Ages 3-4 (AMP)	7 1-3pm Mahjong (GEX) 4:45-5:25pm Soccer Tots: Ages 2-3 (AMP) 5:35-6:15pm Soccer Tots: Ages 3-4 (AMP)	8 10-10:30am Story Time: UPT Police (MPR) 5-5:45pm Youth Basketball (ages 6-9) (G2) 5:45-6:30pm Youth Basketball (Ages 10-12) (G2)	9 11am-12pm: Art for Seniors: Pumpkins (MPR)	10 9:30-10:10am MultiSport Tots: Ages 2-3 (AMP) 10:20-11am MultiSport Tots: Ages 3 to 4 (AMP)
11	12 1-3pm Hooks & Needles (S) 1:15-3pm Canasta (GEX) 4:30-5:10pm Golf Tots (Amp) 4:30-5:30pm Beginner Field Hockey (DH) 5-6 PM INSPIRE Growth Mindset (GEX) 5-6pm Make It Mondays: Pumpkins (S) 5:20-6:20pm Beginner Golf (Amp) 5:30-6:30pm Beginner Field Hockey (DH)	13 4:45-5:25pm Baseball Tots: Ages 2-3 (AMP) 5:35-6:15pm Baseball Tots: Ages 3-4 (AMP)	14 1-3pm Mahjong (GEX) 4-5:30pm Lego Engineer (S) 4:45-5:25pm Soccer Tots: Ages 2-3 (AMP) 5:35-6:15pm Soccer Tots: Ages 3-4 (AMP)	15 5-5:45pm Youth Basketball (ages 6-9) (G2) 5:45-6:30pm Youth Basketball (Ages 10-12) (G2) 6:30-7:30pm Pokémon Central (S)	16	17 9:30-10:10am MultiSport Tots: Ages 2-3 (AMP) 10:20-11am MultiSport Tots: Ages 3 to 4 (AMP) 11:30-12pm BrainGroove Yoga (MPR)
18	19 8:30-4:30pm Kids' Day Out (G/MPR) 1-3pm Hooks & Needles (S) 1:15-3pm Canasta (GEX) 4:30-5:10pm Golf Tots (Amp) 4:30-5:30pm Beginner Field Hockey (DH) 5-6 PM INSPIRE Growth Mindset (GEX) 5:20-6:20pm Beginner Golf (Amp) 5:30-6:30pm Beginner Field Hockey (DH) No Pickleball! Open Gym is ONLY available from 5-8pm.	20 4:45-5:25pm Baseball Tots: Ages 2-3 (AMP) 5:35-6:15pm Baseball Tots: Ages 3-4 (AMP) 7-9pm Star Party with DVAA (Amp)	21 1-3pm Mahjong (GEX) 4-5:30pm Lego Engineer (S) 4:45-5:25pm Soccer Tots: Ages 2-3 (AMP) 5:35-6:15pm Soccer Tots: Ages 3-4 (AMP)	22 5-5:45pm Youth Basketball (ages 6-9) (G2) 5:45-6:30pm Youth Basketball (Ages 10-12) (G2) 6-8:30pm QPR Suicide Awareness Seminar (UPT Admin) 7-9pm RAINDATE: Star Party with DVAA (Amp)	23	24 9am-1pm Trail Master Plan Exploratory Walk (TBD) 9:30-10:10am MultiSport Tots: Ages 2-3 (AMP) 10:20-11am MultiSport Tots: Ages 3 to 4 (AMP) 11:30-12pm BrainGroove Yoga (MPR)
25	26 1-3pm Hooks & Needles (S) 1:15-3pm Canasta (GEX) 5-6 PM INSPIRE Growth Mindset (GEX) 5-6pm Make It Mondays: Trees (S)	27	28 1-3pm Mahjong (GEX) 4-5:30pm Lego Engineer (S)	29 10-10:45am Bilingual Story time (MPR) 5-5:45pm Youth Basketball (ages 6-9) (G2) 5:45-6:30pm Youth Basketball (Ages 10-12) (G2) 6-7:30 PM Intro to Cake Design (S)	30	31 9:30-10:10am MultiSport Tots: Ages 2-3 (AMP) 10:20-11am MultiSport Tots: Ages 3 to 4 (AMP) 11:30-12pm BrainGroove Yoga (MPR) Happy Halloween!