

The Kingsley Association's JULY 2024 | Program Schedule

| Activity/Class | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|-------------------------------|--|-------------------------------|--|---|---|
| Pickle Ball (Gym) | 8am-10am | 8am-10:45am | 8am-10am | 8am-10:45am | 8am-10am | |
| JP Gym Time | 10am-11am | 10am-11am | 10am-11am | 10am-11am | 10am-11am | |
| Christine Josephson | Latin Dance 12:45am-1:45pm | | Latin Dance 12:45am-1:45pm | | Rhythmic Movement W/ Chair 12:00pm-1:00pm | |
| N-Motion Line Dancing (Tonette Stewart) (Gym) | | 11:30am-1:30pm | | 11:30am-1:30pm | | Line Dancing to have additional classes 7/13 & 7/27 from 11am- 1pm |
| M.S.S.P. Chris Howard | 11:30am-12:30pm | | 11:30am-12:30pm | | | |
| Senior Fun Day | | | 2:00 pm - 3:30 pm | | | |
| Water Aerobics | | 10am-11am | | 11am-12pm 4-5:30pm | | |
| Body Toning By Blaire (Comm. Room) | | 5:30pm-6:30pm | | | | |
| Gentle Yoga w/ Debra Gloster (Yoga Studio) | | 9am-10am | | 9am-10am | | |
| IGIA-Movement for Health | | 10:15am-11:15am (Chair) 11:30am-12:30am (Mat) | | 10:15-11:15am (Chair) 11:30am-12:30pm (Mat) | | |
| Teen L.E.A.D. | 12-4pm | | 12-4pm | 12-4pm | | |
| Digital Innovation Center Open Hours | | 10am - 6pm | 10am - 6pm | 10am - 6pm | 10am - 6pm | |

PLEASE NOTE:

ALL CLASSES IN DANCE STUDIO WILL BE MOVED DUE TO DEMO AND RENOVATION OF NEW PILATES STUDIO

Note: Pool closed from 8-10am the last Friday of every month for cleaning.

POOL SCHEDULE



Monday

8am-7:30pm
Open Swim

Tuesday

8am-4pm
Open Swim

12-5pm
PIVOT
(One Lane)

5:30-6:30pm
YES Swim

***Limited Lanes:
10-11am**

Wednesday

8am-7:30pm
Open Swim

4-8pm
British Swim
School
(Half Pool)

***Limited Lanes:
4-8pm**

Thursday

8am-12pm
1-7:30pm
Open Swim

11am-12pm
4-5pm
Water
Aerobics

1-4pm
PIVOT
(One Lane)

5:30-6:30pm
YES Swim

***Limited Lanes:
11am-12pm
4-5pm**

Friday

8am-7:30pm
Open Swim

4:00 – 8:00
British Swim
School

Saturday

8am-12:30pm
British Swim
School

8am-3:30
Open Swim

***Limited Lanes:
8am-12pm**

***NOTE: During times with limited lanes (1-2 lanes open), you can reserve a lane at the Welcome Center at a \$10/hr rate**