

The Kingsley Association's APRIL 2024 | Program Schedule

<u>Activity/Class</u>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pickle Ball (Gym)	8am-10am	8am-10am 11am-12:30pm	8am-10am	8am-10am 11:00am-12:30pm	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)		11:30am-1:30pm		11:30am-1:30pm		
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				
Teen L.E.A.D.			4:00pm-6:00pm	4:00pm-6:00pm		
Gentle Yoga w/ Debra Gloster (Yoga Studio)		10:00am-11:00am		9:00am-10:00am		
IGIA-Movement for health		10:15am-11:15am (Chair) 11:30am-12:30am (Mat)		10:15-11:15am (Chair) 11:30am-12:30pm (Mat)		
Digital Innovation Center Open Hours		10am - 5pm	10am - 4pm	10am - 4pm	10am - 5pm	

PLEASE NOTE:

GIANT EAGLE TRUCK (ON SIDE OF KA) ON THURSDAYS 1-2:30PM

POOL SCHEDULE



Monday

8am-7:30pm
Open Swim

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

Tuesday

8am-4pm
Open Swim

10-11am
**Water
Aerobics**

12-5pm
**PIVOT
(One Lane)**

***Limited Lanes:
10-11am
4-7:30pm**

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)**

***Limited Lanes:
9am-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 \$15/hr rate**

YES Swim program begins April 16th and will be every Tuesday/Thursday from 5:30-6:30pm