

The Kingsley Association's MARCH 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			
Open Gym	2:30pm-4:00pm Members/Day Pass	2:30pm-4:00pm Members/Day Pass	2:30pm-4:00pm Members/Day Pass	2:30pm-4:00pm Members/Day Pass	2:30pm-4:00pm Members/Day Pass	
Senior Fun Day			2:00 pm - 3:30 pm			
Water Aerobics		10am-11am		12-1pm 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	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

4-8pm
British Swim

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

Tuesday
8am-4pm
Open Swim

10-11:30am
**Water
Aerobics**

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

4-7:30pm
British Swim

***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

9am-12pm
British Swim

12-1pm
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**